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THE WORLD GAMES

and its young star
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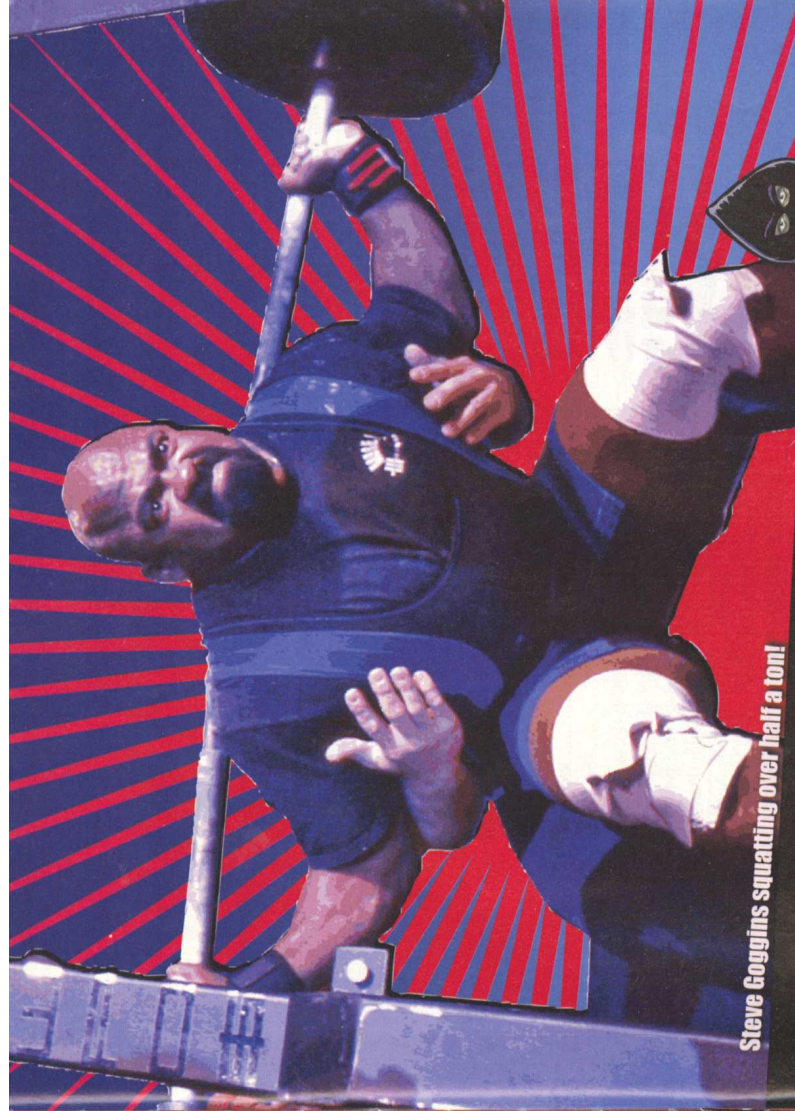
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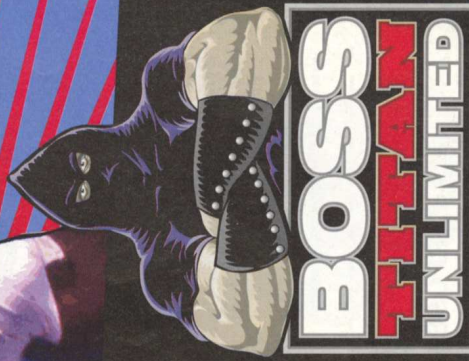
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MUSCLE MENU

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ON THE COVER... Mike Tuchscherer at the World Games
 (photo - copyright Henry Westheim/Asia Photo Collection)

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905 lbs. @ 242 lbs.
947 lbs. @ 247 lbs.

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

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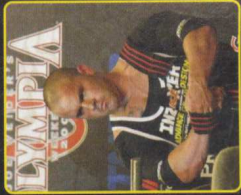
Dennis Cieri
IPF World Record Bench
634 lbs. @ 198 lbs.



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



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



Shawn Frank
World Record Total
2,630 lbs. @ 198 lbs.



Joe Cektovsky
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600 lbs. @ 147.6 lbs.

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Psychoic Intensity, Massive Pumps and Insane Strength Gains

Dark Rage introduces a totally new EPO Technology and an exclusive psychotropic stimulator for the most insane muscle pumps and intense workouts ever. MHP's new next generation pre-workout formula, with patent pending dual action EPO-NO Technology, allows for the most insane muscle pumps ever! Dark Rage stimulates the production of EPO, which increases red blood cell production and blood volume. This dual-action EPO-NO Technology forces a large volume of blood to be pushed through wider vasodilated veins, causing a much greater pump than conventional NO boosters. Dark Rage's exclusive psychotropic co-factor, beta-methoxyphenylethylamine, stimulates the release of adrenaline – inducing a powerful state of rage and fury to fuel you through your workout and greatly increase mental focus and euphoria...to put you "in the zone." To support this new level of training intensity, Dark Rage also contains key performance-enhancing ingredients such as a multi-phase creatine, beta-alanine, branched chain amino acids (BCAAs) and taurine to increase muscle size, strength and boost your workout stamina.



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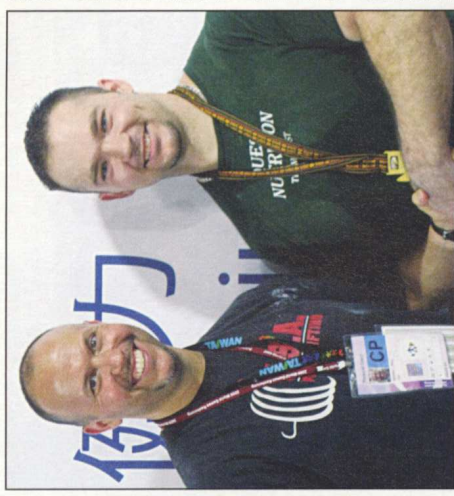
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IPF World Games
25-26 JUL 09 - Kaohsiung, TPE

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Lightweight	457	203	429	1102
Chen-TPE	402	275	358	1035
Fukushima-JPN	402	275	358	1035
China-TPE	413	192	446	1052
Chen-TPE	413	192	446	1052
Jorkko-FIN	385	198	336	920
Klymenko-UKR	385	253	352	991
Lepanse-FRA	374	214	363	953
Hartwig-USA	341	220	336	898
Sorkae-FIN	330	198	341	870
Midlleweight	429	214	—	644
Novatsina-NA	462	253	484	1201
Prynemcha-UKR	440	275	407	1122
Iranova-UKR	479	270	407	1157
Chen-TPE	440	483	571	1492
Aliev-UKR	440	483	571	1492
1134	—	—	—	396
Reksa-JPN	363	259	391	1014
Abdulina-UKR	418	226	374	1019
Lee-TPE	352	209	396	958
Gevers-USA	47	209	330	886
on Batches-GER	—	—	—	—
Heavyweight				
Solovova-UKR	468	330	495	1294
Ostini-ITA	484	319	462	1266
Ribic-USA	484	286	440	1211
Hartfield-USA	418	292	424	1134
Fowler-CAN	448	336	374	1159
Tseung-TPE	468	331	468	1167
Bilka-NOR	440	—	—	440
1124	—	—	—	—
YHs-UKR	523	363	532	1410
O'Donnell-USA	589	396	534	1521
Chang-TPE	578	308	484	1372
Blyn-USA	501	325	457	1284
Arnesen-NOR	473	281	429	1185
vdMeulen-NED	529	363	429	1321
Schaefer-NED	465	346	425	1295
Pecanite-CHI	482	294	439	1229
Hung-TPE	451	363	468	1179
Srik-NED	567	—	—	567
MALE				
Highlight	595	418	600	1614
Shaliba-UKR	639	435	545	1669
El Bright-FRA	639	447	666	1653
Wszola-POL	540	363	462	1366
Lin Wang-TPE	589	440	562	1592
Osht-BRA	606	396	584	1586
Chen-TPE	651	435	585	1671
Ishigawa-JPN	651	435	585	1671
Kobayawa-JPN	529	391	562	1482
Lited-FRA	545	—	—	545
Olech-POL	799	485	666	1951
Wang-TPE	848	573	705	2127
Huang-TPE	727	585	689	1995
Huang-TPE	683	585	627	1846
Hooper-USA	815	562	562	1940
1785	—	—	—	639
Kobayawa-JPN	677	468	639	1785
Kuan-TPE	644	385	639	1669
Shen-USA	644	385	639	1669
Keen-USA	606	418	628	1653
Espinoza-VEN	727	—	—	727
Heavyweight	837	617	749	2204
Wak-POL	848	573	705	2127
Chen-TPE	848	573	705	2127
Polmer-USA	730	573	705	2008
Reksa-USA	699	490	722	1912
1134	—	—	—	—
Tulki-USA	771	473	716	1962
Hartman-USA	664	507	716	1918
Chen-TPE	694	418	595	1675
Smith-RSA	659	374	573	1506
Shen-TPE	672	—	—	672
SHW	—	—	—	—
Tuchtscherer-USA	903	600	826	2331
Shepel-UKR	925	573	810	2309
Karpov-UKR	859	584	744	2187
2281	—	—	—	854
Ormland-NOR	815	617	705	2138
Spingl-CZE	931	628	694	2254
Markkainen-FIN	881	584	774	2237

USA's Tuchtscherer Takes Superheavy Gold at the
WORLD GAMES
as told to Powerlifting USA by Wendell Minnick



Matt Gary and Mike Tuchtscherer had the coaching/lifting thing going

Doern-GER 903 529 672 2105
 Middleweight 859 531 705 859
 World Recor® rds. Best Lifters Female: 1st-
 Chen Wei Ling-TPE, bwt. 46.75, WF 13.901,
 TOT 495, W. Pts. 668.27, 2nd-Fukushima
 Yukiako JPN, bwt. 47.15, WF 13.418, TOT
 5140, W. Pts. 632.57, 2nd-Tsai Hsiu-ling-TPE,
 bwt. 47.15, WF 13.418, TOT 5140, W. Pts.
 632.57, 2nd-Tsai Hsiu-ling-TPE, bwt. 47.15,
 WF 13.418, TOT 5140, W. Pts. 632.57, 2nd-
 O'Donnell won the silver in the women's
 superheavy and Priscilla Ribic won the bronze
 in the heavy.
 However, Ukraine took the majority of the medals (three gold, four silver, two bronze) and Taipei took three (two gold, one bronze). The U.S. tied with Poland with three medals (gold, silver, bronze) for third place.
 The 2009 World Games may very well be the closest a powerlifter will ever get to the Olympics. Ironically, though officially sanctioned by the Olympic Committee, it has become jokingly referred to as the "Other Games." This is due to the fact all the competitions are actually excluded by the Olympics, such as Frisbee, tug-of-war and bodybuilding.
 Though the World Games may not be the Olympics, the powerlifters who competed this year were clearly legends—Daisuke Midotte, Japan, Andy Elvis Doerner, Germany, and Wade Hooper, U.S., just to name a few.
 The U.S. Team was jammed pack full of hardcore legends. Veteran Matthew Gary led the men's team as head coach, which consisted of Brad Gillingham, Jeremy Hartman, Wade Hooper, Erik Nickson, David Ricks,



The mascot for the World Games

Michael Tuchtscherer and Nicholas Peter Tyuluk.

"We have some very seasoned veterans on the team this year. With over 20 world championships amongst team members," said Gary, who recently opened his own gym in Maryland called the Supreme Sports Performance & Training (SSPT). See www.supremesportspt.com.

Coch Lary Maille headed the U.S. women's team. This was his fifth trip to Taiwan for a powerlifting competition over the course of his long career. Maille's team consisted of many of the top female lifters in the country, including Lane Elizabeth Blyn, Suzanne "Stoux-z" Hartwig-Gary, Disa Lee Hatfield, Jessica O'Donnell and Priscilla Ribic.

Though there were many U.S. veterans at this year's Games, it was the youngest U.S. team member, Tuchtscherer, 24, who got most of the attention winning the gold in the superheavyweight class.

Tuchtscherer, a U.S. Air Force 1st Lt., based at Minot AFB, North Dakota, took the gold in the superheavy at a body weight of 121.15 kg (267 lbs.) with a squat of 410 kg (903 lbs.), bench 272.5 kg (600 lbs.) and top deadlift 375 kg (826 lbs.) with the top total to win at 1,057.5 kg (2,330 lbs.) at 606.63 points.

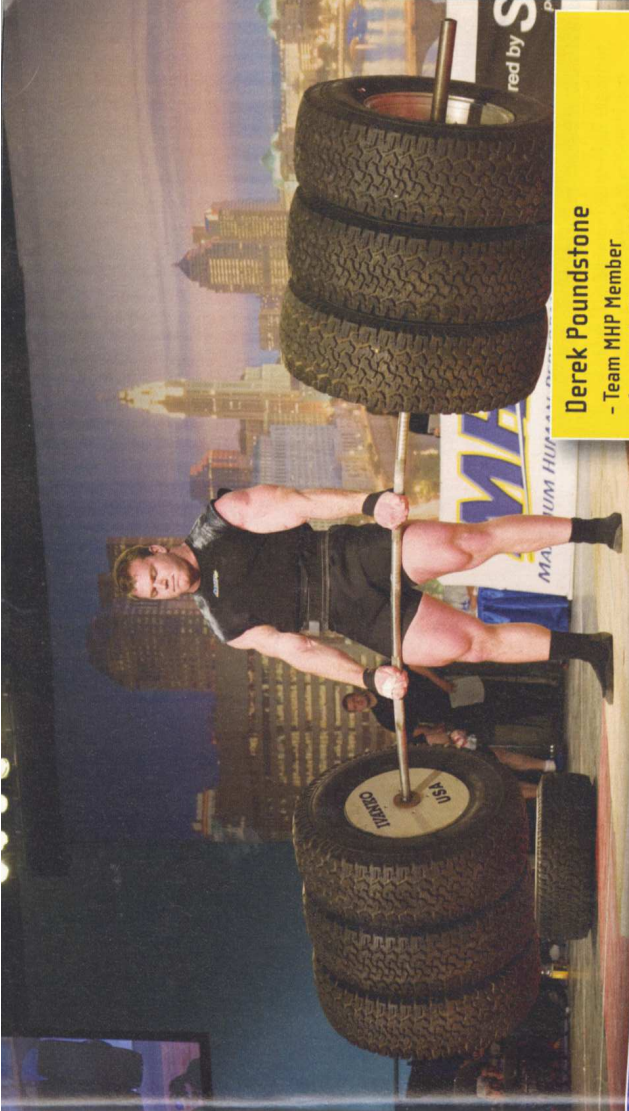
His total beat out Ukrainian competitor Oleksandr Shepel who hit the top squat of 420 kg (925 lbs.), a bench 260 kg (573 lbs.) and deadlift of 367.5 kg (813 lbs.) with an overall total of 1,047.5 kg (2,309 lbs.) taking the silver at 596.76 points. Bronze went to Ukrainian Valeriy Karpov, with a squat of 390 kg (859 lbs.), bench 265 kg (584 lbs.) and a deadlift 337.5 kg (744 lbs.) with a total of 992.5 kg (2,188 lbs.) at 584.28 points.

U.S. team member Brad Gillingham, 147 kg (324 lbs.), came in at fourth with a squat of 382.5 kg (843 lbs.), bench 265 kg (584 lbs.) and deadlift 387.5 kg (854 lbs.) with a total of 1035 kg (2,281 lbs.) with 573.85 points. Gillingham was the oldest competitor in the superheavy category by six years, born in 1966, yet still deadlifted more than all his competitors by 12.5 kg (26.45 lbs.). He took the bronze with a squat of 382.5 kg (843 lbs.), bench 265 kg (584 lbs.) and a deadlift 387.5 kg (854 lbs.) with a total of 1035 kg (2,281 lbs.) with 573.85 points. Gillingham was the oldest competitor in the superheavy category by six years, born in 1966, yet still deadlifted more than all his competitors by 12.5 kg (26.45 lbs.). He took the bronze with a squat of 382.5 kg (843 lbs.), bench 265 kg (584 lbs.) and a deadlift 387.5 kg (854 lbs.) with a total of 1035 kg (2,281 lbs.) with 573.85 points.

Though he had the second highest bodyweight.

The World Games divided the powerlifting competition into 4 classes—lightweight, middleweight, heavyweight, and superheavyweight. Men — 1st 56 kg-67.5 kg, 2nd 75 kg-82.5 kg, 3rd 90 kg-100 kg, and 4th 110 kg-125 kg. Women — 1st 48 kg-52 kg, 2nd 56 kg-60 kg, 3rd 67.5 kg-75 kg, and 4th 82.5 kg-90 kg.

(continued on page 74)



Derek Poundstone
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Westside has 15 members who deadlift more than 800 pounds, six women who have done more than 500 pounds, and one, M. Liggett, who deadlifted 484 at 132 body weight. I have found a common denominator for deadlifting success: the proper selection of special exercises. Let's start with special squatting.

Safety Squat Bar - This bar plays a large role in our deadlifting. Use a narrow squat stance and a box of 4 inches lower than your regular box that you use to train the squat. Work up to a 5- or 3-rep or single box record. The Safety Squat will overload the back, hip, and leg muscles, resulting in a stronger deadlift. One can use a very wide stance and very low box for more hip development. As a bonus, it increases your flexibility for your sumo pulls. Good mornings with the Safety Squat bar are tremendous for the deadlift as well. We use three varieties. One is the regular good morning standing up with bent or straight legs in an arched or bent-over back position. A second method is with the bar suspended by chains at a variety of heights, or placing the bar on power rack pins of your choice. Hold on to the bar yokes at all times. The third method consists in turning the bar around. It works completely differently this way. Try it.

Front Squat - This is a sec-

WESTSIDE TRAINING

DEADLIFTING

as told to Powerlifting USA by Louie Simmons

ond type of special squatting. For the front squat you want to use a front squat harness if you can. Many great pullers used the front squat for deadlifting. Eddie Coppin, who pulled 826 at 186 BWT, was the one. We use a low box, as for the Safety Squat bar squats. Sometimes we sit on a foam box for more leg strength, using both wide and close stance. For the individuals who wear Chuck Taylors like myself, try using a weightlifting shoe with a heel occasionally, to really feel it in the legs. I would have Olympic lifters do box squats like Westsiders to raise their front squat. We do front squats to raise our squat and deadlift.

Zercher Squat - Ed Zercher came up with this squat variety many years ago. In 1966 or 1967, I read about a prisoner by the name of Robert Barnett, who had just pulled a 675 deadlift at 165 BWT. He related that the Zercher squat was responsible for his success. He reported that his best was 395 x 5

Stretch Bands - The tension at the bottom is 100 pounds and 220

pounds at lockout. Do 5-10 singles for dynamic work. I made 535

pounds bar weight plus mini-bands and made a 715-pound deadlift at

217 BWT. The top weight with

with band resistance.

Speed Pulls with Mini Jump-

Stretches - The tension at the

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217 BWT. The top weight with

with band resistance.

bands was 755; 415 pounds with two sets of Jump-Stretch mini-bands, which doubles the tension, will yield a 700-pound deadlift.

Tom Eisenman came to Westside for a visit and pulled 505 bar weight plus monster mini Jump-Stretch bands that produce 280 pounds of tension at the top. The bands and the bar together equal 785 at the top, very close to his best official pull. We have several examples that are similar. My speed work for the 715-pound pull was 345 plus 220 pounds of tension at the top with the mini-bands. We will add more band tension at lockout by placing a light, medium, or strong band over the bar but not doubled up. This builds a tremendous lockout. It also develops a very fast start. After one such pull, your brain will understand what physical demands you are placing on it.

Rack Pulls - Rack pulls are as old as Milo, but we put a new twist on them. We quadruple-up mini-bands for up to 600 pounds max.

Monster mini-bands are used by up to 800-pound pullers. Sometimes light Jump-Stretch bands are used to slow the pulls from start to finish. When Chuck Vogelopolli trained here, I asked him what he thought the rack pulls with bands taught him. He replied that they teach him to

to slow the pulls from start to fin-

ish. When Chuck Vogelopolli trained

here, I asked him what he thought

the rack pulls with bands taught him.

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Vlad Alhazov - Team MHP Member
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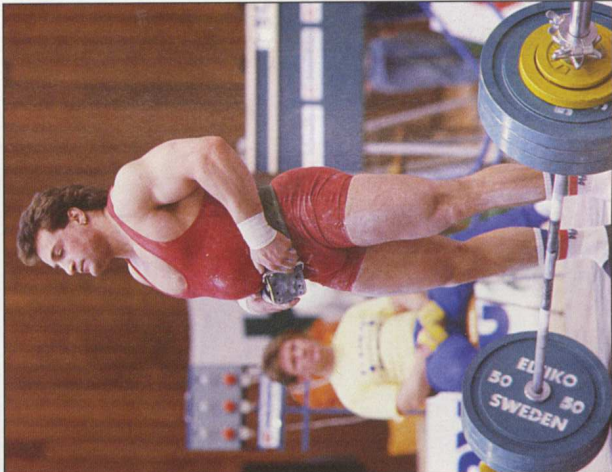
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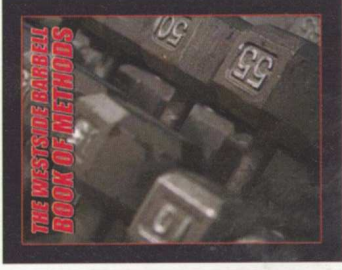
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Pulling Power - Eddie Coppin of Belgium pulled big off of front squats

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The "Dada" of India's Powerlifting SUBBRATA DUTTA as told to Powerlifting USA by Peter Thorne



In bed, on an Indian night train, Mr. Subrata Dutta remains busy lifting. Powerlifting, a World Games Sport, is a measure of pure power. It was that kind of sport that suited him. The day came when Subrata Dutta had another gold medal and he became India's National Powerlifting Champion.

Subrata Dutta demonstrated how to overcome the challenges of his youth. He destroyed the obstacles in his path. Subrata Dutta became the only Indian athlete ever to win a National Championship in three different sports. For this achievement the President of India, Dr. Neelam Sanjiva Reddy personally presented Subrata Dutta the Arjuna Award. Arjuna Award is India's highest award for athletic and sports achievement.

Iron and steel remained the center of his world. Iron determination remained his driving force. And 'steel' became his work place. His work was at Tata Steel, India's

Gurgaon, India, is host to the 2009 IPF Men and Women's World Championships. In incredible India one can see, feel, and discover beauty, magic and mystery. Gurgaon, a suburb of Delhi, is an ancient city steeped in Hindu mythology. At the same time, ancient Gurgaon is today's bustling city with modern shopping centers, gleaming new buildings, and luxury hotels. The ancient city is still there to discover and exists, simultaneously, with the new Gurgaon.

Yes, there are unattractive conditions in India. These sit side by side with people and places of awesome and wondrous beauty. Only India has the splendor of a Taj Mahal or a Golden Temple. Exquisite Indian palaces are made of marble. You will find beauty, mystery and history everywhere. India is similar to Aladdin's lantern. When you touch India the right way you will find magic.

The man behind these championships is known in India's sports world as "Dada" (meaning father). Dada is Mr. Subrata Dutta. He is respected by his athletes as well as India's most prominent citizens. MP Manoj (Senator) told a large crowd "Mr. Dutta is the backbone of powerlifting." K.C. Singh Babu, Ruler of Natal, stated "Mr. Dutta is powerlifting in India."

What is the story of this man who is hosting four international championships in 2009? Subrata Dutta has his own magical story. His personal road in sports drives his care for India's aspiring athletes. He knows the athletes and their challenges.

Subrata Dutta was born small and weak. His loving mother tried all that Indian medicine and medical advisors could offer, without his success. When he was entering his teens his caring mother took him to a gym. The gym was hot. The

second largest company. He was leader of Research and Development at Tata Steel, the World's 6th leading steel producer. However, this busy Steel Company Executive kept his ties to powerlifting and the athletes.

Subrata Dutta traveled a long road and overcame the obstacles. It is important to him that Indian boys, girls, men and women have the same chances. He tirelessly devotes himself to that cause. "For the Lifter" dominates each of his days. This former Iron Game Champion and Steel Company Executive gives back to his sport and to his athletes. He succeeded in his challenges with iron in the gym and steel in the workplace. Now his challenge is to provide aspiring strength athletes a road to travel. His efforts produce results. The results are everywhere in Indian powerlifting.

Today lifters and participants at all competitions, local, regional, and National have free accommodations. Last year, through his efforts, Mr. Dutta supplied over 10,500 free room nights for his lifters and staff. He also ensures that powerlifting events have onsite kitchens. These kitchens operate from early morning until late into the night. His cooks provide all participants with free food, as much and as often as they want. Last year his athletes and his staff members received over 33,000 free meals!

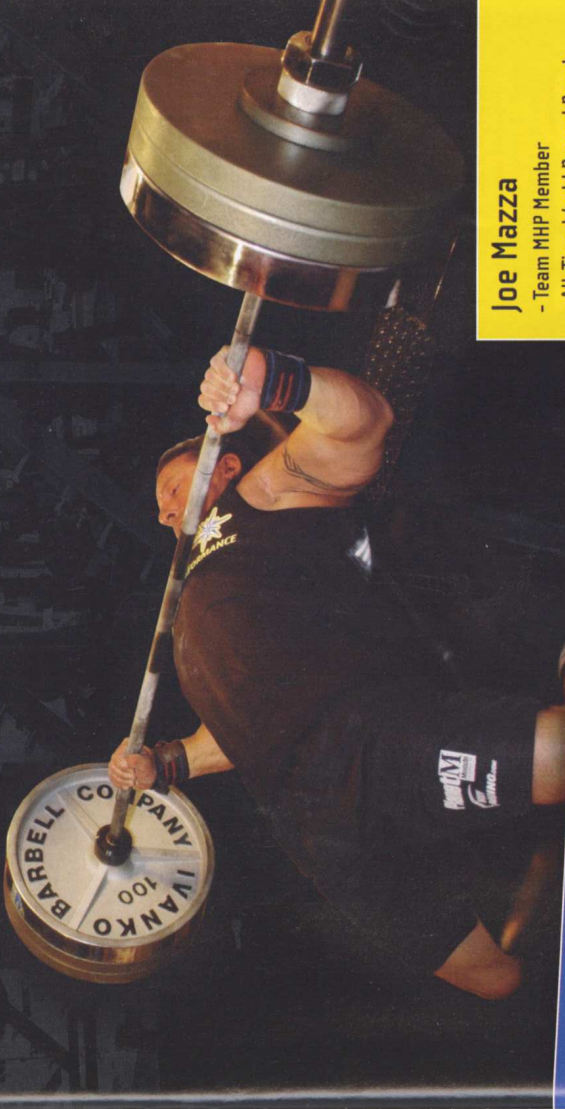
India is a large country and participants may have expensive long distance travel to competitions. Mr. Dutta arranged for India's Department of Transportation to provide all powerlifting participants a 75% discount on all travel to and from events.

He personally sees that each athlete is cared for. Mr. Dutta can

(continued on page 91)



WORLDS POWER – the article author, Peter Thorne, accompanied the Indian team to the IPF Junior Worlds located in France



Joe Mazza
- Team MHP Member
- All-Time World Record Bench
- 685 lbs. @ 155 lbs.

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The bench routine outlined below is a 10 week routine with the tenth week being a meet. It involves using your bench shirt every other week. On alternate weeks, raw floor pressing is used. I found that, as I turned forty, I was unable to recover from a weekly heavy squat or bench workout. I found that alternating heavy equipped bench workouts with heavy equipped squat workouts saved my shoulders and elbows from irreparable damage.

Recovery is very important for the older lifter, especially if the lifter also works a lot of hours. I regularly put in insane hours treating patients and doing paperwork. Owning your own business can mean seven day work weeks. Try to eat small meals every 2-3 hours during the day. Get at least 30 grams of protein in at every meal. Take vitamins including extra C and B complex. Drink at least 64 ounces of water per day. Seven to eight hours of good sleep is mandatory. Limit alcohol to a drink a night or less.

Regarding equipment and technique, I prefer the Inzer Super Phenom due to its excellent stretch properties, but I have had success with this routine using a stiffer material shirt such as the Inzer Rage X Arch as much as possible. Work on stretching your hip flexors regularly; they are the limiting factor in your arch. For flat footed benchers, work on stretching your calf musculature

WORKOUT OF THE MONTH

POWERDOC'S OLD GUY BENCH ROUTINE

as told to PL USA by Mark VanAlstyne, DC, PT, CSCS

too. If you lift in an organization that lets you lift on your toes, do so. This will allow you to push your heel toward the ground which helps you arch up toward the bar on the descent. This will decrease the distance the bar has to travel. When doing the floor pressing, keep the back as flat to the floor as possible to increase the work load on the benching muscles. Increasing your raw bench or floor press will help increase your shirtd bench press.

Week 1: Shirtd bench 405+60 lbs. chain x 3 sets x 3 reps; 2 boards 555x1, 565x1
Week 2: Floor press 225+60 lbs. chain x 3 sets x 3 reps; 225+100 lbs. chain 2 sets x 2 reps
Week 3: Shirtd bench 425+60 lbs. chain x 3 sets x 3 reps; 2 boards 570x1, 580x1
Week 4: Floor press 3 sets total 225+60 lbs., 120 lbs., 180 lbs. chains. 1 rep at each chain wt.
Week 5: Shirtd bench 465+40 lbs. chain x 2 sets x 2 reps; 1 board 560x1
Week 6: Floor press 235+100 lbs. chain x 2 sets x 2 reps
Week 7: Shirtd bench 485+40

(Below) Mark VanAlstyne recently benched an IPA world record 545 at 181 in the 40-44 age group



lbs. chain x 2 sets x 2 reps; 1 board 570x1
Week 8: Shirtd bench 485 x 1 set x 1 rep; 505x1x1 (no chain)
Week 9: Floor press 225 + 40 lbs. chains 2 sets x 2 reps
Week 10: Meet 1st 505 lbs., 2nd 535 lbs., 3rd 550 lbs. +

Assistance work is geared around back work. Shrugs, DB rows, and cable rows are done 1-2 times a week. Rotator cuff work should be done 4-5 times a week. This is very important to prevent injury and maximum benching performance. Check online for the Buchberger 12 rotator cuff routine if you need exercise ideas.

In closing, I would like to thank my lifting partners Scott Rowe, Mike Ferillo, and Brian Furgala. I would also like to thank my buddy Dr. Bill Ross for trash talking me toward bigger lifts. A special thank you goes to my long time sponsor Inzer Advance Designs for their support. I could not lift the weights I do without the perfectly fitted equipment they provide. Anyone who would like advice on routines or injuries can contact me through www.fordiffedion.com. Put it to the attention of Powerdoc. Good luck!

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Matt Kroczaleski PBs

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

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NUTRITION

An Uncensored No Holds Barred Interview with the ANABOLIC DOC

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



The Lifter's Doctor - the Anabolic Doc getting ready to bench train and competition?

AD: In my experience as a physician caring for lifters, I have not seen much of this behavior. I am sure it exists and one can understand that any medication that increases the sympathetic drive will lead to enhanced performance. Although in my own personal experience, I have tried various doses of caffeine when lifting big and have found that some caffeine was helpful, but when I did too much, I was jittery and weak!! I can only imagine what Dexadrine would do to me!! And if we relate these

agents to their side effects, the cardiovascular system will be the one to watch out for—big time elevated Blood Pressure and Heart Rate response that could lead to a heart attack or stroke. It does happen, and if not acutely, there will be chronic damage to the heart and blood vessel system for sure. And as for the cumulative effects of these agents, imagine what it will be like to have to take these agents routinely, because you will need to train on them to see how they work, so you can tailor the dose/effect for real competition. One would be very exhausted, irritated and not to mention a bear to be with!!! This cumbersome relationship is the reason why I do not routinely see this in my practice, although I do believe they are out there and some men will do anything to get a big lift!!!

AR: EPO is without a doubt one of the most commonly used drugs in endurance sports. It also has a following in professional bodybuilding as well. Can you tell the readers a little bit about what the drug does and its dangers?

AD: Again, more scary shit. EPO short for epoetin alfa, a medication that is basically a copy of the hormone erythropoietin, that comes from the kidneys and in a very complicated set of molecular interactions stimulates the stem cells of the bone marrow to increase red blood cell production. The medical need for this very powerful and lifesaving drug relates to anemia. Medical anemia is when your Hematocrit and Hemoglobin (H/H) are low. Many medical disease states can cause this for example, chronic kidney disease, poor nutrition and/or GI absorption disease. And any disease that depletes erythropoietin or impairs the bone marrow stem cells from producing red cell mass will cause anemia. Sports that require high end aerobic output have enjoyed EPO, for example, the bikers. Their cardiac output is enhanced with more oxygen carrying to the muscles with a higher H/H, which results in improved performance. These do come with risks!! Again, secondary to the higher viscosity of the blood and other adverse chemical changes related to EPO, strokes have occurred. And also damage to the inner-lining of the blood vessels. Now how about my powerlifter patients that come secondary to AS. *Please understand that if you are on AS, have your H/H checked!! It will go up, and if too high you will be at serious risk for stroke and heart attack!!* Can you imag-

ine a man on AS with an already elevated H/H and then going on EPO. OMG that would be the kiss of death for sure!!!!!! And we are anaerobic beasts anyway, so it is downright stupid for a lifter to use EPO!! As the mechanism of action should not relate to strength gains!! As for the body builders, who knows, those guys are so damn narcissistic that they will take anything for a better pump—you can see Tom real lifter!!!! I see cleared H/H all the time. This is very underlying medical condition called Hemochromatosis (rich iron stores) either in part or full bloom and this is one reason why the H/H of some men elevate to a greater extent than others. It is very easy to fix this, so see your doctor or come to me and at least get your H/H checked routinely!!! And do not take EPO!!!

AR: Can you expand on the topic of Hormone Replacement therapy (HRT) and Testosterone Replacement Therapy in aging men not necessarily looking to use these drugs to improve their performance, but to improve their health?

AD: Yes, Anthony, the majority of my practice is actually composed of middle aged men that are testosterone (T) deficient and on replacement doses of Testosterone. The Anabolic Doc has emerged because I have become an expert in Testosterone medical management from years of working with average non-lifter men. And being a lifter, and understanding the inherent relationship between Testosterone and Anabolic Steroid abuse, I knew that I would fill a niche related to weightlifters. I knew I could use my vast clinical experience with T replacement to help lifters that have abused AS. At any rate, the majority of men who are middle aged and have the metabolic syndrome (hypertension, diabetes, elevated cholesterol, and abdomen > 40") will have low Testosterone, aka hypogonad-



Dr. Tom O'Connor - Doctor by profession, powerlifter at heart in the body. And this stuff is really crazy "hardening" and "preparing agent" for those self absorbed body builders. The side effect profile on this drug is longer than Greg Valintino's rap-sheet!! And what about those ards? Bottom line: a stupid and very dangerous drug and I know our from brothers do not use this shit. End of story! Maybe we will have to make a list of the Anabolic Doc's top ten most stupid drugs ever used by healthly men!! That would be great and informative.

AR: Increased Estrogen levels are a common problem among lifters who use Anabolic Steroids. Can you tell the readers about some of the different modalities that you use to help combat this problem?

AD: Okay Anthony, now we are coming home. I think all of our ex-penned from brothers know that the body will convert androgen (T and AS) to estrogen compounds. Especially when AS are used in high doses and there are considerable adverse side effects related to this process. When I prescribe Testosterone to my man, I always keep a close and regular eye on his estrogen levels. The side effects of super physiological estrogen relate to increased volume in and outside the blood vessel, which will cause "bloat" and hypertension. Two other serious side effects related to too much estrogen involve the prostate and breast tissue!! These issues are not routine. Essentially, it acts as a Dopamine agonist (increases dopamine) for Parkinson's and blocks prolactin and HGH affects. Wait a minute, we like HGH?? This is really getting crazy. This agent is another



The Doc with his buddy Tom, who is 52 yrs. old and in amazing health

Part IV Here we are once again in a continuation of this series with the Anabolic Doc. All I can say is, WOW! The last few months of this ongoing interview has been really exciting for me and no doubt you readers too. Both the good doctor and I have gotten tons of emails from fans that have really loved this series. You all know with my column I try my best to help educate you on the finer aspects of health and nutrition to improve your performance and quality of life. This has been my intention from the start of my column close to 8 years ago and continues to this day with this series. In this issue, we are going to cover some really interesting information that will enlighten you on some of the finer points of health in relation to performance enhancing drugs. So enough babbling from me and let's get to this hot interview one last time.

Anthony Ricciuto: Another very important area of concern for those that use Anabolic Steroids is prostate issues. Can you tell the readers what tests they should be getting done and what they need to watch out for?

Anabolic Doc: Wow, you are sharp. This is a huge issue. The majority of my lifter patients who come to me do have some form of prostate issue after using Anabolic Steroids for years. These are the guys in their late 30s and early 40s. The younger men will typically have no clue on this issue and that is scary, because all men in their life will experience prostate enlargement and/or prostatic inflammation of the prostate with associated symptoms, not to mention prostate cancer—which I will not discuss. Prostate cancer and the use of Testosterone is a controversial topic, so see your doctor or me for further discussion. Testosterone derivatives (AS) will accelerate the enlargement and potentially the inflammatory process of the prostate, and when used in "super physiological" doses, it will for sure cause trouble. I see it every day and these men wish they had a physician to protect against this over the years. The mechanism of action related to these adverse events is essentially related to elevated levels of Dihydro Testosterone (DHT) and Estrogen. I will not launch off on the arcane details of how this happens because that would be beyond the scope of this article, but I do have techniques on how to manage these problems. I will routinely check a man's DHT and Estrogen levels and prescribe medications that will derail prostate problems. Any man that is

(continued on page 88)

INTERVIEW

MIKE WITMER TRIBUTE interviewed by Ben Tatar of Critical Bench



On Saturday, July 18th, 2009, Mike Witmer was taken into the hands of the Lord. He was a great friend, hero and mentor to me and many others. He had a seizure and collapsed during the Third Annual Southwest Florida Strongest Man Contest where he was volunteering. After being taken by ambulance to Lee Memorial Hospital, he had two more seizures. A cat-scan revealed a plum size tumor in his brain. He passed away on Monday, July 20th.

In powerlifting, Mike Witmer squatted 800 lbs. in a single ply z-back suit. He had benched 600 lbs. (back when 600 was a lot in competition), benched 700 lbs. in training (when 800 lbs. was the world record) and dead lifted 770 lbs. in a singlet. All of these lifts were done with the use of jacked racks, no monolifts, and using those old cotton knee wraps. Mike competed in strongman competitions, putting 300 lb. logs over his head for reps and he flipped 1000 lb. tires. He was an excellent football coach and teacher. He was married to Christa Witmer and had a four year old son, Ryan. In honor of this dear friend and dedicated powerlifter, the following interview was put together from conversations that I had with Mike through the eleven years that I knew him.

Ben Tatar: Mike, you have some of the most hardcore powerlifting stories of any man whom I have ever known. Tell us an extreme powerlifting story of your own.

Mike Witmer: This is an extreme and funny story. I trained at Sun-coast gym in Tampa, which was like the Westside of the 80s. I trained with Tony Conyers, Joe Ladtner and Bob Chrosinski. Our squat sessions were like contests. One day, a bad thunderstorm hit; the power went off and we had to open the door by the squat platform to keep from suffocating. It was hot with no air! The storm had shifted and I had 750 lbs. on my back. The room came whipping in the door, soaking me, and the thunder was really loud. I was scheduled for a triple. The guys got behind me, and got fired up, due to the conditions and started screaming and yelling. "F--- the weather, hit it!" I did hit my triple. To this day whenever I see those guys they always bring that up! (As you can see, Mike Witmer was a very intense man. Even through a thunderstorm, no power and rain, he was doing full range squats with 750 lbs.)

BT: Mike, what was your proudest moment in bodybuilding?

MW: In bodybuilding, I'm most proud of the time I won my weight class and competed for the over-

when Kennelly came on the scene and became a household name in powerlifting.)

BT: Mike, can you share a memory of Ryan Kennelly from the Arnold?

MW: I was lifting off for Ryan. I looked at him in the warm-up room, and said, "Just another Saturday at the gym, buddy!" We walked out onto the stage with hundreds of people watching and bright lights beaming down. Ryan laid on the bench just as we noticed ourselves on the jumbo-tron screen. Then the spotlight goes on Ryan he looks up at me and says, "B.S. another Saturday in the gym!" (Mike used to go to the Arnold to root Ryan Kennelly and all of his other powerlifting friends. In person, the aura of Mike was clearly larger than life and he always had great things to say to people.)

BT: Name 3 powerlifters who have been with you for a long time?

MW: Danny Aguirre, Dave Beers and Wayne Myers.

BT: What does your iron journey mean to you?

MW: The journey is what I cherish the most. There is not a week that goes by that I don't think back about it. There was a lot of work and sweat that went into it, and I wouldn't trade it for a million dollars! The lifetime friends I have met are priceless! (If you sent Mike a text message or an email he would respond right away with a thoughtful response. His response would make you laugh, make you think or fire you up. I admired his ability to embrace both the positive and darker aspects of life. He was a deep thinker; a good listener who could think outside the box. He lived fully. He lived everyday as if it were his last.)

BT: What makes the Witmer-Monster different from everyone else?

MW: I think I'm different from everyone because I do this sport with passion and try to help others along the way. (Mike motivated people to stay out of jail and instead inspired them to stay in school.)

BT: Mike, what are your thoughts on the people who are afraid of you and people you inspire?

MW: For people who love me, I respect them. I try to help people who love what I do. For people who fear me, I tell them that we were all scared of Santa at one time. For people who inspire, I try to continue to fight the fight. (Mike didn't care what people thought. He was tough as nails. He was a very whole and well rounded individual who interacted with a wide range of people. Whether a person was living through darkness or light Mike could show compassion because he was a balanced person who could

inspire people from different walks of life and states of being.)

BT: Mike, why did you like to be a hardcore lifter instead of an everyday gym lifter?

MW: I have always liked being "not normal" in everything I have done. Anyone can be in the middle. Life is way too short! (Mike always wanted to be the best that he could be. Mike lived to be exceptional in a world that naturally likes to conform and attain status that is viewed as mediocre.)

BT: Mike, what is your advice for people facing extreme adversity of any kind?

MW: With adversity, there will always be the silver lining in the cloud; the key is too tough to cut until you get there! (Although any one who becomes someone faces adversity, Mike never had a problem with adversity because he knew that the essence of adversity is what makes the ride and glory of success worth it.)

BT: Mike, of all the world records, which ones are your top three favorites and why?

MW: I Lee Moran's 1003 squat. The collar broke, weights went flying and he still managed to get back under the weight and squat it! 2) Heisey's 925 deadlift. That used maybe I could stay close to Mark and maybe pull some kind of miracle off. I hit a very, very hard 600! Mark goes from 700 to 750 and misses on depth. I take 650, keeping me within striking distance. I get fired up and was the crowd favorite, due to the Special Olympic kids! People were screaming and yelling; my boys were so excited!

BT: Mike, you have done so much. How do you want to be remembered as the strong guy who loved people and was a good dad, husband and educator. (Mike was all of those things. It's rare to know someone who had Mike's experience, level of living, intellectual depth, intensity and passion.)

MW: I want to be remembered as the strong guy who loved people and was a good dad, husband and educator. (Mike was all of those things. It's rare to know someone who had Mike's experience, level of living, intellectual depth, intensity and passion.)



Mike did some very strong lifts in both his training and competition

In Closing
That was Mike Witmer. Being friends with him was like winning a championship that would last forever! Every time you trained or did anything, you were riding a "high" because Mike Witmer always talked to the highest part of your spirit and you would celebrate all the great results that would follow. He was an amazing father. He always spoke well about his wife Christi and showed interest in everything she ever did. He took teams from a smaller school to beating powerhouse teams in football. He took average genetic guys to becoming lifters who people would call "extraordinary." He was just amazing like that. For me personally, this loss is the death of an era. I know that when a soul mate dies, we feel that a part of us dies. However, I think our soul mates, our heroes, would want us to carry their gifts everywhere. They always roam our souls and that can't change or break.

Mike Witmer, was balls to the wall. Mike's big goal came from advice from his father. "In the end, see life as a ride." He had priceless friends. He encouraged us to always try to improve. He lived and trained with passion. He had a great wife and son. He enjoyed his teaching job. I sometimes would ask him to take an old man perspective, play life backwards to see if he was in the right place. He would look back and shout, "WHOOAAA WHAT A RIDE IT HAS BEEN!" He inspires us to do the same—to live, love, go balls to the wall and to be happy, being you. When you train and feel like quitting, listen to him yell, "DON'T YOU QUIT. SHOW ME THAT ANIMAL DESIRE!"

See Mike's smile every time you take a step. In the legacy of Mike Witmer, you can serve him by keeping the "hardcore" edge of powerlifting around and keeping the brotherhood mentality of powerlifting forever! RIP Mike, you will be missed, but my spirit and what you meant to all of us will be with us forever.

and I matched him with a 450. It was raw since I had thrown my shirt out when I retired. LOL... here we go, deadlift time. I opened with 500, having no idea where I was at. Mark opens with 650, pops it easy. He then gets cocky and takes a big lump. Mark was a great deadlifter. He goes 775, which I have seen him hit a million of times, but he loses his grip and tears his hand. My chance, I thought! I went 650. Man it was an all day pull. I thought there is no way I can pull 700 for the win. I was lighter, so the tie goes to me. Mark bows out, after seeing my hard pull, thinking he had secured the win. One thing Mark didn't realize about me.... I HATE TO LOSE! And will do anything to win!

I called for a 700 and the win. Mark just shook his head, and said, "You couldn't stand not being competitive with me, huh?" I said, "No, I can't stand not beating you once again!" I tell my boys, "I need this one to win!" They look at me, with their trustful eyes, and tell me, "You can't lose coach. You're the strongest man in the world!" To them, I was! I was invincible to them! I COULDN'T let them down!

I got really cranked up screaming at the top of my lungs. The Special Olympic kids' parents were life backwards to see if he was in the right place. He would look back and shout, "WHOOAAA WHAT A RIDE IT HAS BEEN!" He inspires us to do the same—to live, love, go balls to the wall and to be happy, being you. When you train and feel like quitting, listen to him yell, "DON'T YOU QUIT. SHOW ME THAT ANIMAL DESIRE!"

My boys, their parents and other lifters rush me. One of my boys, a 250 lb. Down Syndrome kid, knocks me to the ground in joy! The rest of my boys jump me, kissing me and telling me they loved me. The parents hugged me after I got up while other lifters shook my hands! I collapsed in pure mental drain and cried. It was another amazing high of my life!

I dug down deep, refusing to miss, and grunted out the hardest squat of my life! Well, Mark's bench was his weak point. I always had a good bench. Plus, while I was retired, I benched more than I did anything. Well, he hit a 450

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Powerlifting Team - Mike Witmer with wife and fellow lifter, Christi

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INTERVIEW

ELI BURKS interviewed for PL USA by Bill Duncan

Eli Burks is a young lifter out of Missouri. He has been getting some attention in powerlifting circles for his prodigious deadlifting abilities. I have known Eli for a couple of years and am glad to have the opportunity to introduce him to the wider world of powerlifting, thanks to Mike Lambert and Powerlifting USA magazine.

Bill Duncan: Eli, would you begin with some general background information? Where do you live? What is your profession? Age? Family background?



Eli Burks: I was born and raised in Columbia, Missouri. I graduated in May from the University of Missouri, with a BS in Medical Chemistry. My immediate plans were to start a PhD program in chemistry this August. I just turned 22 in May. I have a strong family background: I have three brothers and one amazing sister. I have been blessed with the best parents anyone could ask for.

BD: How long have you competed in powerlifting and how did you get started?

EB: In high school, I competed in cross country, wrestling, and track; I played youth baseball through the age of 19. If it hadn't been for cross country and track, I might have played high school baseball. I also played youth soccer. My first competitive experience in powerlifting was the 2006 Show-Me State Games, a push pull meet. I really enjoyed the competitive atmosphere and the friendly people there. I met [the interviewer] at the 2007 WPA Worlds in Kansas City, where I was the 2007 APA Missouri State meet in Rolla, put on by Rodney Wood.

BD: Would you tell us some of the highlights of your powerlifting career to date? What are your best competition lifts and any awards you have received to you're especially proud of?

EB: I would include the first time I deadlifted 556 and 600 among the highlights for me; also, I'd say getting invited to the Arnold Weekend last year (2008) was a big honor. My best competitive squat is a 512.6 at the ADFPF Powerlifting Nationals in July; my best bench press is a 375 at the MU Push/Pull event (a non-sanctioned event); and my best competition deadlift is the 655 I pulled for my third attempt at the ADFPF Raw Nationals (although I just missed 672.4 at 196 lbs. at the 2009 USAPL Raw Nationals). My best total is 1515 at the ADFPF Nationals (at 202 lbs.). I'm really proud of receiving the Best Lifter (Junior, 20-23) award at the 2008 USAPL Raw Nationals.

BD: I noticed that you lift in more than one organization; which do you lift in and what is one thing you like about each?

EB: I am currently a member of NASA, APA, SLP, USAPL, and ADFPF. I like the power sports (curl/bench/dl) in NASA, the family "feel" and nice people in the APA; the laid back atmosphere of SLP; like lifting in big USAPL meets—traditionally, the USAPL in St. Louis easily draws 100 lifters to a meet, with more than 10 lifters in the 198s alone. I like that ADFPF meets, including the nationals, are so close to home (laughs).

BD: As long as I've known you, you've lifted in the 198s, but you lifted in the 220s at the ADFPF Powerlifting Nationals. What are your goals/plans for the next year or so? Will you stay raw or maybe add gear?

EB: I started off in the 181s, but moved into the 198s, but you lifted in the 220s at the 2009 USAPL Raw Nationals was my last meet at 198. I really want to pull over 700. I want to grow into the 220s. I'd like to go to the "Night of the Living Deadlift" meet in Tennessee. I don't plan on switching to gear in the foreseeable future, with the possible exception of the NOLDL meet. Things may change later on.

BD: Beyond your personal accomplishments on the platform, you have also demonstrated some skill as a leader. Tell readers a little about the MU Strength Club.

EB: The MU Strength Club started in 2003, but has only recently become really popular. In 2006, Becky Rich, then a law student, stirred up some

Multi-talented Lifter—Eli Burks deadlifting at this year's ADFPF Nationals

feel, with no swearing or negativity. We're planning on doing it again next year at the same venue. We're negotiating with the university for a date somewhere around the Fourth of July in 2010.

BD: We know you for a while now. I've lifted in some meets with you and came to a few events put on by the MU Strength Club. I always seem to see at least one or two of your family members around. Would you tell the readers what role your family and friends play in your lifting?

EB: Without the support of my family, I would not have been able to accomplish what I have so far. Family is the most important part of my life. My older brother Amos has been my workout partner from the beginning; we've been able to push each other and grow as lifters together. My sister, Georgia, has been very supportive—she has worked at the MU meets and made "Team Eli" shirts to go to my meets. She and my younger brother Walter traveled with me to this year's USAPL Raw Nationals in Charlottesville, Virginia. We drove through the night and got there in time for equipment check and weight-ins the day I lifted. Walter has also helped out at MU meets and supported my efforts. My father, especially, has been very supportive and wants me to succeed even more than I do. More importantly, he has pushed all of us to be the best people we can be. In our academics, athletics, and in our lives.

BD: Any final thoughts?

EB: You're not what people might call a "one trick pony"; you're involved in a lot of other activities as well. Would you mind telling us about some of the other things that occupy your time?

EB: I volunteer for a lot of events in Columbia, especially in church. I'm on the church softball team as a player/coach and just recently helped with Vacation Bible School. I am also involved in chemistry programs for youth and in Alpha Chi Sigma (chemistry honor society) at MU. I'm a youth league baseball coach and I'm involved in Big Brothers/Big Sisters of Columbia. I want to start getting involved in the hospice program in Columbia. I'm also being coached in the overhead lifts by Dr. Tom LaFontaine, and I dabble at CrossFit with a few friends.

BD: Any final thoughts?

EB: My advice about lifting: "lift heavy, don't lock out the joints" and "you're always stronger than you think." My advice about life: "do well in school," "obey your family," and "stay away from drugs." Finally, I'd like to thank Mike Lambert and Powerlifting USA magazine for giving me the opportunity to be interviewed and to Bill Duncan for his time.

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INTERVIEW

JANET LOVEALL interviewed for Powerlifting USA by Bob Gaynor



Janet Loveall squating strong at the '09 USPF National Championships

The following interview was done with Janet right after her recent victory at the USPF Nationals in Anaheim, CA.

Bob Gaynor: Janet, would you give us some info on yourself?

Janet Loveall: My name is Lazara Janet Loveall. I was born in Los Angeles as a first generation Cuban. I am married and have two children, a daughter and a son. I also have two grandsons and one more boy on the way. My oldest grandson is 3 years old, but is the size of a 5 year old. He started playing with dumbbells when he was 8 months old—a powerlifter in training (LOL). Sorry, got off track. I was born in Glendale, California, as one of three children. The joke between us siblings is that we all have special talents; my brother can fix and build anything, my sister speaks and writes the best Spanish between us, and I got the mutant gene. I have loved playing sports since I can remember, but as a good Cuban young girl I danced ballet for a few years. I believe that is what gave me my strength in my legs and the love of seeing my body morph. After that it was softball, cheerleading, and weightlifting at my local gym. Oh, and I was my brother's wrestling dummy when he was a high school wrestler.

BG: Janet, where do you live?

JL: I live in Rancho Cordova, CA, just outside of Sacramento. I have lived here since I was about 8 years old.

BG: What is your educational background?

JL: I went to college and received my CMA license.

BG: What do you do for a living?

JL: I am a quality assurance analyst for EDS, an HP company, and have done that the past 8 years.

BG: What interests do you have besides powerlifting?

JL: Reading, weightlifting, tar-ni-ging, camping, watching UFC fights and spending time with my family and grandchildren. Oh, and eating lots of good Cuban food. Hell, I love eating any kind of food, but these days I take it easy since I have been working with Anthony.

BG: What are some of your records or titles?

JL: Elite status in two weight classes, 198 and 198+, I hold 7 world records in the 198 wt. class open and masters categories (in the open class: squat, bench, and total; Masters I: squat, bench, deadlift and total). I hold several records in the 198+ weight class American and California state records in the open, submasters and masters classes.

BG: How did you get started in powerlifting?

Anthony Ricciuto. He has been my nutrition guru since January 2009. Anthony has taken my bodyweight from 215 to a steady 195, and I have never looked leaner than I do now (except that one stint in bodybuilding 11 years ago where I got down to a bodyweight of 132 lbs.). Anthony has me on a very clean diet of high protein and low carbs. His program has allowed me to get off my cholesterol medication. Thanks Anthony.

BG: How many different federations do you lift in?

JL: I have lifted USAPL, WABDL, UPA and USPF.

BG: Do you train differently for a raw meet?

JL: No, because since I started out as a raw lifter, I continue to do most of my training raw and incorporate my gear as I go.

BG: When you lift equipped, what brand of equipment do you use?

JL: Well, I just recently got sponsored by Titan. Thanks, Ken. Up to now I have used Inzer for my squat and deadlift suits. My squat suit was a Hardcore and my deadlift suit was a Max DL. My bench shirt is a Titan Katana.

BG: What do you think of the current state of powerlifting?

JL: My first thought is less bull, more lifting. I think it's sad that we have so many different federations. I would like to see fewer federations. I would also like to see a higher percentage of women lifters promoted and sponsored.

Okay, I'm off my soapbox now. I would also like to see powerlifting back on television, but to do that we need a "Dana White" type person who can market powerlifting the way the UFC has been promoted.

BG: Do you think we will ever eliminate some of the current federations?

JL: If they are to be eliminated, I think it will be more by attrition than by any other means.

BG: Who are some of the lifters you have admired/respected?

JL: Ed Coan, Becca Swanson, Shannon Hartnett and Louis Simmonds.

BG: Does a powerlifter need training partners to succeed?

JL: In my opinion, training partners are an important part of a powerlifter's success. I wouldn't be at the point I am today without the help of the Supertraining team.

BG: What, if anything, can be done to make powerlifting more popular?

JL: More meets with cash awards would be nice. Have more fun meets. Maybe also offering a Pro card, something like that. Okay guys, I can see you laughing at

me. So stop it. LOL!

BG: In your opinion has the internet been good or bad for powerlifting?

JL: This is a good one. I think the internet has been both good and bad. On one hand it has been good in the way it has allowed us to reach other powerlifters in other countries in the blink of an eye. The web also allows us to communicate and help out each other by viewing videos for training and providing constructive criticism.

The bad thing about the internet is that it allows a bunch of bull to be posted on powerlifting forums. These "people" who usually post anonymously and make useless comments only tend to move other comments off topic. If you are going to say something, put your name out there.

BG: Do you feel women are treated equally in powerlifting?

JL: This is one for the books! Well, as far as equality on the platform, yes. However, when it comes to sponsorship and coverage, I would say no. There are a lot of female lifters and it seems that we do not hear much about them in the magazine or on the internet. As far as sponsorship, I have approached

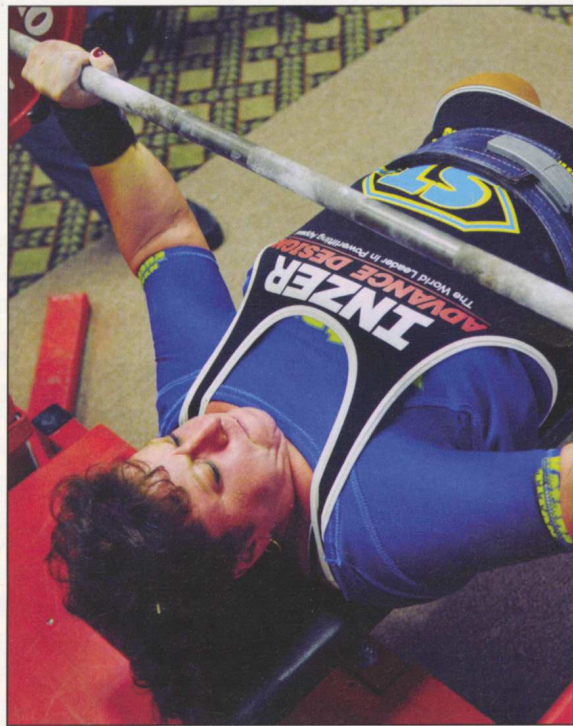
many sponsors over the past year and a half, and last month I spoke with Ken Anderson, and he agreed to sponsor me. For that, I thank him and Titan for their support. Having said that, it seems sponsorships should be equally distributed among women lifters.

A good strong female lifter is just as exciting to watch as a male lifter, and they should be represented equally as such.

BG: What was your all-time favorite moment so far in your career?

JL: Well, I actually have two. The first one was my first Best Lifter award at a USAPL meet in Napa in 2002. The second was squatting 301 lbs. this past April. What made these two moments so memorable was that my mother was present at both of these events.

The second one I would say was my best. Due to the fact that in that meet Scott Cartwright also squatted 1025 lbs. it was a big day for Supertraining and there was not a dry eye in the place between my family and Scott's mom. I did it Mom, Jorge and Tammy. I have told many people that there is no Supergirl without Wonder Woman and my mom is truly Wonder Woman. Since she has started the process of fighting cancer she has told me never stop. Whenever I feel tired I think about what she is going through and through her I get my strength to move mountains. Hell, all I have to do is train and move the weight on meet day. She is the one that



(Above) Janet has mastered the key techniques of maximum bench pressing and her deadlift (right) has topped off some world class totals (Lambert/Powerlifting USA photos) has to endure the radiation and chemo and feeling like crap. My hat is off to you, Mom.

BG: Any additional comments?

JL: I want to thank the Supertraining O.G. team members Mark Bell, Scott Cartwright, Roy Bradshaw, Juan Laiza, Jim McDonald, Jim Sheffield and Mike Moore (a.k.a. the hottest dudes in Sacramento) for their support and understanding, and for putting up with my OCD. I also want to thank Tara and Camilo from Midtown Strength and Conditioning. Ken Anderson/Titan and Cara Westin and Steve Denison and my husband, Steve, for being the best handler and to my family because without them I would not be here today. You rock, SexyE. You know who you are. Yeah Baby! I got a sponsorship. Okay, I am done being a dork. Thank you, Bob Gaynor, for the interview opportunity with PL USA. It's funny, but when I would read the interviews you did in PL USA magazine I would ask myself, "How would I answer the questions?" Well, I told myself to answer truthfully. So, if I have offended anyone, too bad. If you have any issue you know where to find me. I train at Supertraining. (JK) Thanks and stay strong.



POWER RESEARCH

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OF THE MONTH



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If you have an interesting photo, with a powerlifting connection... let us know at Powerlifting USA, P.O. Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.com and we may be able to run it in an upcoming "Power Photo of the Month" feature.

— photo courtesy of Ausby Alexander

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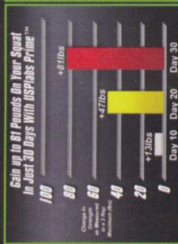
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THE USA TEAM PERSPECTIVE OF THE WORLD GAMES as told to PL USA by USA Team Member David Ricks



USA's **Priscilla Ribic** won bronze

The 2009 version of the World Games were held in Kaohsiung, Taiwan, from July 16th to July 26th. Kaohsiung is Taiwan's largest port city. The World Games are held once every four years and it is the year after the Summer Olympic year. The World Games events are ones that are going to be a member of the traditional summer Olympic Games. This version had over 40 athletic events with over 4800 athletes competing.

The powerlifting portion of the World Games had 40 female and 40 male athletes from many different countries. To be eligible to participate you had to be in the top 10 in the world in your respective weight class and from that pool you were selected. So you have the version of the ALL-STARs of powerlifting participating. To give you a better perspective at the regular Fall World Women's and Men's Championship you would have around 150 female and around 210 male athletes participating. The other unique twist to this event is that you have weight class groups competing together with the use of the Wilks formula in determining the placing. The US Women's team participants were Suzanne Hartwig-Gary, Disa Lee Hatfield, Priscilla Ribic, Jessica O'Donnell, and Lianne Blyn. The US Men's team participants were Erik Nickson, Wade Hooper, David Ricks, Nicholas Tylutki, Jeremy Hartman, Michael Tuchscherer, and Brad Gillingham.

The hotel accommodations were at a converted military barracks. The rooms were nice with air conditioning. The weather was constantly hot and humid. The host city pulled out the red carpet for this World Games event. From the time you landed at the airport you were escorted through an express customs line



(Above) **Fun & Games** - World Games participants know how to have fun and (below) **Team USA members** stand in the packed stadium



(Above) **Festival of Lamps** - part of the elaborate ceremonies in the stadium and (below) **Ricks** (at left) with World Games competitors



USA's **Erik Nickson** had a GILD

and taken by shuttle to the accreditation center. At the center you received your athlete badge, World Games shirt, carry bag, phone card, metro card, and tourist info. Most of the US team arrived on Wednesday, July 22nd, and stayed through the closing ceremonies. The hotel was near the World Games plaza where every night there were food vendors, concerts, and a fireworks display. The closing ceremonies were just awesome. It has held in a new soccer stadium built for these games and it was PACKED. The ceremony lasted over 3 hours and it was awesome! The US team wore polyester blazer jackets that were the same as the Beijing Olympic team. However, wearing those jackets in 85 degree high humidity was a draining experience.

Now, onto the lifting experience. The rules for the World Games are just slightly different than the traditional powerlifting meet. The weight classes were put into groups and therefore the Wilks formula was used to determine the placing.

Women

The lightweight Women's division composed of 48 K and 52 K weight classes. The gold medal was won by an awesome performance by Ling Chen Wei of Chinese Taipei with a 457 lb. squat (world record), 204 lb. bench, and a 430 lb. deadlift for a 1091 total which came out to a 668 Wilks. Suzanne Hartwig-Gary had a good performance by going 8 for 9. She had a 375 lb. squat, 215 lb. bench, and a 365 lb. deadlift for a 955 lb. total which put her at seventh place.

The middleweight Women's division composed of 56 K and

(continued on page 90)

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Doctors and scientists said that breaking the four-minute mile was impossible, that one would die in the attempt. Thus, when I got up from the track after collapsing at the finish line, I figured I was dead.

— Roger Bannister

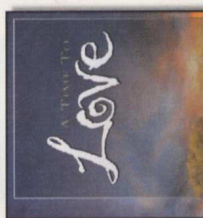
Four and a half decades ago, on May 6, 1954, a British medical student named Roger Bannister broke the four-minute barrier by running a mile at the filthy Road track, in Oxford, England, in three minutes and fifty-nine point four seconds. I was just a little boy at the time, but I remember the Bannister's feat vividly. It literally shocked the sports world. For more than a century, athletes had dreamed about breaking the four-minute mile. It was said to be the Holy Grail of athletic achievement, but was considered to be impossible to achieve. Doctors, scientists and physiologists not only alleged that the four-minute mile was impossible for a human being to run, but they also insisted that it would be extremely dangerous to the wellbeing of any athlete who attempted to break such a barrier. They contended that man could not run a mile in less than four minutes! It was physically impossible. The heart, they said, was not strong enough to take the stress of such an endeavor and the lungs were incapable of supplying enough oxygen to keep up with the body's demand of such a stressful experience. They further contended that if an athlete ran fast enough to break the four minute mile his heart would give out and he would die in attempting such an idiotic endeavor—it was an impossible dream. Nevertheless, the

Do you remember what our Lord said in the Bible? If I may paraphrase a little, He said, "If you have the barrier (the four-minute mile is physically impossible), hundreds of other runners achieved the feat. (To date, at least 1,074 runners have achieved the impossible dream, accomplishing the feat an incredible 5,000 plus times.) Was that because for over a thousand years no human being was born with such ability? Certainly not, but they all were conditioned to believe that it was impossible.

A time to Love and Life, Love and Miracles are two of the most magnificent books you would ever hope to read. They are treasure chest of marvelous stories that will warm your heart, enlighten your mind, and inspire your soul to strive for success, happiness and self-fulfillment. Both books are a magical chronology of Dr. Judd Basiotto's rich and varied experiences as a renowned sports psychologist, an award winning speaker and writer, a celebrated educator and a world class athlete. **A time to Love and Life, Love and Miracles** are wondrous manuscripts about love, compassion, tolerance, courage, and self-assurance. Every page shines with warmth and wisdom. They are truly instructional manuals for the soul. These manuscripts are for everyone who is eager to accept the challenge of life and to profit from the wonder of love. The books are totally enjoyable.

A time to Love and Life, Love and Miracles are a gift of love to every family throughout the world who is burdened with a child who has Muscular Dystrophy. ALL of the proceeds from these books will go directly to the **Muscular Dystrophy Association**. After reading these books, we think you will agree that they would be a wonderful gift for someone you love. Consequently, if you can find it in your heart to purchase additional copies of **A Time to Love and Life, Love and Miracles** as gifts for the people you love, you will also be giving a gift of hope to someone who is in great need. We are hoping that you might want to give these books as a gift to someone or several people this Christmas, (they would be a wonderful stocking stuffer) or perhaps you might want to give them as gifts of love throughout the coming year.

A time to Love and Life, Love and Miracles are designed to be collector's items. They are aesthetically attractive and brilliantly designed and arranged... unique coffee table books. They have high quality matted hardback covers with high quality paper. To purchase additional copies of these books go to www.DrJudd.net. You can purchase each book \$12.95 or both books for \$20 plus shipping and handling.



DR. JUDD

DARE TO DREAM AN IMPOSSIBLE DREAM

as told to PL USA by Judson Basiotto Ph.D.

Well, I'm here to tell you that nothing is impossible if you believe in yourself. I've learned over the years that there is no limit to human or athletic potential. We are unlimited possibilities. In fact, I'm convinced that nothing is hopeless, nothing is impossible, and that there are no boundaries for man. I'm also convinced that the power of the mind is God's greatest gift to mankind and that the secret to unlocking that power lies in belief. Belief, I contend, is the "deus ex machina" or the magic elixir that can transform a mediocre athlete into a world class competitor.

Many of life's barriers and obstacles come from within. Success is a choice to be chosen wisely because the choice you make today will determine your tomorrow. The power is to transform our lives, to make the dreams of today the realities of tomorrow, lies waiting within us all. Each and every one of us have the power to change our lives, mold our perceptions and shape our world. We have the power! In America, the greatest country in the world, we have unlimited opportunity. We are only limited by ourselves. In fact, the truth is that we are limitless.

A time to Love and Life, Love and Miracles are two of the most magnificent books you would ever hope to read. They are treasure chest of marvelous stories that will warm your heart, enlighten your mind, and inspire your soul to strive for success, happiness and self-fulfillment. Both books are a magical chronology of Dr. Judd Basiotto's rich and varied experiences as a renowned sports psychologist, an award winning speaker and writer, a celebrated educator and a world class athlete. **A time to Love and Life, Love and Miracles** are wondrous manuscripts about love, compassion, tolerance, courage, and self-assurance. Every page shines with warmth and wisdom. They are truly instructional manuals for the soul. These manuscripts are for everyone who is eager to accept the challenge of life and to profit from the wonder of love. The books are totally enjoyable.

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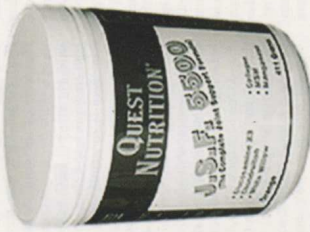
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POWERLIFTING PASSING

Howard Miller



My friend of 38 years died July 24th. Howard Miller was a journalist and photographer who reported on the powerlifting and weightlifting fronts in the early seventies and eighties. He traveled with the American team to the 1974 IPF Worlds and reported on the contest for Ironman magazine. He shot several covers of Les Cramer's Powerman magazine and took some of the photos of Jan Todd that appeared in Terry Todd's Inside Powerlifting that came out in 1978. He also wrote a piece in the local newspaper about the end of Alexey, when his career in weightlifting began to ebb. Howard had a National referee's card in weightlifting and was an AAU Mr. America judge for close to 15 years. He enjoyed announcing at local contests, both power and weightlifting. He attended the Olympics several times to catch the weightlifting.

Howard came into the weightroom at the Chestnut Street YMCA when he was 21 years old, wanting to build muscle and strength. He had no athletic background at all, but after training six months he squatted 300 lbs. and was on his way. Howard snatched 220 lbs. and cleaned and jerked 270 lbs. in a short career as a weightlifter that was interrupted by college and graduate school. He trained the power lifts raw and squatted in the low 400's and deadlifted 435 lbs. He never lost his love of the sport.

Howard started college later than most and was interested in journalism; primarily photo journalism. He changed that to journalism because of the high costs of photography. When he started college, he had a difficult time with spelling and composition, but prevailed and went on to get his masters degree from Columbia University in New York City. Howard worked for the local newspaper, The Louisville Times for several years as a staff writer. He had a stint as a radio announcer on a local station, and wrote for The Louisville Defender newspaper.

Howard loved classical music, good cigars, and fine food. He traveled extensively from coast to coast. Howard battled prostate cancer for over ten years. Trying many different therapies he continued to work and live his life with zest. He leaves behind two children, daughter Hillary and son Joshua and a host of friends and family.

Howard was a member of the Spartan Barbell Club. This was where we met when he asked me to train him at 21. Farewell, my friend. Spartans Forever!
 — John Hurle

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Hard Core Gym #90

BARBENDER'S GYM

as told to Powerlifting USA by Rick Brewer



The Barbenders Gym Strength Team in Austintown, OH for a WNPFF competition (photographs provided by courtesy of Paul Vargos)

Last month we saw how of our armed forces train: flipping tires, lifting logs, and running before they start TV's on each other. Sounds a lot like the weight-in rooms of some powerlifting meets that I've seen! This month we'll go back to an old familiar state where we've seen a lot of tough guys.

Seriously, we need to talk about the fact that most of you are in sissy states without any hardcore gyms. There seem to be more hard-core gyms in PA than in any other state. We'll go to CA next month, and visit a legit gym run by a superstrong lifter, but basically all of the other states are soft and fluffy compared to PA. I've told you all about several of the SERIOUS gyms in my part of TX, but I guess the rest of TX is filled with aerobic-training wannabes! I challenge the rest of the USA: if you have a crew of strong guys training together—prove it! More on that later, for now we'll see what just popped up in Western PA.

Paul Vargo sent the following info: Barbenders Gym just opened a year ago, but it came on the scene hard and is making a big impact in the fitness world. The philosophy of the gym is simple—train hard. It doesn't matter what you want to train for, just do it and do it well. It follows the philosophy of Gold's Gym in the 80's, by putting various people with different training goals under one gym roof. Good people, knowledge, and a high energy training environment hold it all together at Barbenders Gym. Today you can't even call a gym a gym, they have to be called "fitness facilities," or "wellness centers," or some other creative name to make sure you feel nice and cozy when you walk in. Let's make sure that someone doesn't work out too hard when they enter the gym, or even, don't prey it, sweat! But the point is that there are a lot of facilities out there that claim to be able to provide total fitness but can't back that up. Barbenders Gym (BBG) has come along to change the mentality that in business you need to soften up the image so that it attracts more clients. The theory goes, you can't have a hardcore place because "the hardcore" turns off too many people and the "un-hardcore" are the majority. But what about the hardcore people that have no place to go? BBG has a strategy/idea class been put in just for the big boys.

The Barbenders Gym Strength Team (BBGST) is all about drug-free lifting. Heading up the pack is Paul Vargo. Paul has won world championships and world records in a few divisions. He has traveled around the country competing and doing bench seminars for Universal Nutrition. He's been out of the game for a while after a "career-ending" injury at a contest in MI, but I don't think we've seen the last of him. Paul Hillard, a 308 veteran on the BBGST team, has competed all over PA, and has come

back to join the team. He recently showed that he is still getting stronger by benching 501 and pulling 617. Mike Wilson is BBG's 242 pound competitor. Mike is benching 300 game; only this year jumping into the assisted group, and is already meaning a 500 lb. bench. Dave Coxson is one of the 220 lb. guys and is not only new to competing, but new to lifting. After only 6 months of training, he got into a shirt and is already pushing in the mid 400's. Johnny Combine is another one of the 220 lb. guys and one of the youngest on the team. Johnny had some experience before joining the team, but has really taken it to another level since he has been training with the group. He became the first actual BBG World Champion when he traveled to Atlanta in November, and won in his class at the W.N.P.F. Drug Free Worlds. He is getting close to the big 500 lb. mark himself. Chris Clark is the last of the 220 lb. guys. Chris benches well, but his game is the deadlift. He recently pulled over 600 and had more in him. We have yet to see his best as he is another young lifter. Cory Witway comes from old school lifting and has been around it all his life, so it is not surprising that he is a standout. Currently he is smoking the mid 400's and working on the 5's. Once he gets some of the finer details, there will be bigger lifts in store. Dustin Hoog is the smallest of the boys, but he has the most experience. He has 380 lbs with a pause at 165. Amazing at such a young age. The youngest member of the team already has powerlifting in his blood: Gus Vargo. At age 11, Gus benchied 60 pounds at a W.A.B.D.L. World qualifier for a PA state record. He competes in the 97 lb. class and is now approaching his bodyweight in strength.

Barbenders Gym has brought back true team-strength training. Everywhere you look there are corporate-owned fitness places run by powerlifters?

PV: We are working on this one.

ously themselves. All they look at is the bottom dollar; is the business making money? Typical trainers only know what they know from books and teachers that never have stepped into the gym except to do their internship. BBG cares if the person coming in to the gym to lose weight actually loses weight. The strength team has been created from that perspective. The team is a family, and it isn't easy to come to that for that family. If you want to train, you never have to bring someone with you to spot, all you have to do is ask. Not only does someone spot you, but they know how to spot you. Only those that have trained seriously can understand the value of a good spot. There is not a doubt that the BBGST will be successful for years to come. With the mix of veterans and youngsters they can pass down the knowledge of powerlifting, as it was passed to these lifters. As some have forgotten, none of us are going to get rich from the sport, and there are not any Nike contracts waiting for the next guy that hits that big lift—so all we have is good friends and good times while training and competing. We are simply building a scrapbook of our accomplishments, so we can show our grandkids when we CAN'T get out of the chair to hold them (because of all the crazy weights lifted). BBG for life!

If you want to know more about the gym, visit www.barbendersgym.com. Of course, I wanted to know more, so I asked Paul a few Q's:

Rick Brewer: What kind of music do you play in the gym?
Paul Vargo: Right now there are two parts of the gym: the aerobic room and the free weight area; both have big stereos. BBG holds 30+ high energy aerobics classes a week and there is constantly loud, high energy music coming from there. The aerobics instructors alternate rubbing against each other with the pornographic sounds of grey whales mating. This makes the chubby housewives feel safe and warm as they do their aerobics. (Okay, I made that last part up to make sure you were paying attention. Rick) When you come to class at BBG, you not only get 80's pop music, but also laser lights and even a disco ball while you take class (I did NOT make this part up; they really do have laser lights and a disco ball! Rick)

RB: In the back of the gym we find the hardcore area, where the powerlifting goes on. Back here, the stereo is left to the heavy guys. We try to keep it clean, but these days you can really tell in a Disturbed song? You mostly hear Disturbed, Godsmack, Nickelback, and modern bands like that. With some of the younger guys you do hear some rap, but not as much as Kiss, Crue, & Ratt.

RB: Have you recruited any female powerlifters?
PV: We are working on this one.

When we started the gym, women wouldn't even walk back there and think training is everything, but as you get older you can't train that long and heavy and hard for that long of a time. You must learn how to maximize workouts. The biggest part of the stool that is missed is eating. People think they are eating big, but they aren't, and no one takes time to check to see what they are doing. Rest? Forget it. These days with all that is going on who really gets the rest they need? (I agree, but I think rest is the most overlooked leg of the stool. In my opinion, a lack of rest is often the factor which limits my strength gains. Rick)

RB: Has anyone been seriously injured there?
PV: No one has been to this point, knock on wood, but I got a story for you if you really want to fill this area up. I didn't get hurt at our gym the last time I competed, and it wasn't our gym when I got hurt, but I trained there. I snapped my arm in Michigan. As far as I know, I am the only one in history to have this happen to me.

Marriage: I have actually been lifting at this gym since the early 90's. It started out as a place called Trainers Health & Fitness in Sharpsville, PA. It has moved around a lot over the years, but I first saw my wife at the gym—way back when it was in its original location. We were never actually introduced. In 2004, some friends "made it convenient" for me to meet this woman at a local place. This woman that I had passed on the gym stairs in an early 90's actually had a crush on me. We started dating in '04, ended up married in '09 and a year later we bought the gym we have trained at all our lives. My wife used to be overweight and started training because of that. She ended up losing it so much that she became an aerobic instructor and has been one ever since! If that isn't a story, then I don't know what is.

RB: If power/strength is a 3 legged stool, with training, eating, and resting as the 3 legs—what is the biggest one that is missing?
PV: To be truly successful you was wrong as soon as I got off the

mind balance all three. Young guys think training is everything, but as you get older you can't train that long and heavy and hard for that long of a time. You must learn how to maximize workouts. The biggest part of the stool that is missed is eating. People think they are eating big, but they aren't, and no one takes time to check to see what they are doing. Rest? Forget it. These days with all that is going on who really gets the rest they need? (I agree, but I think rest is the most overlooked leg of the stool. In my opinion, a lack of rest is often the factor which limits my strength gains. Rick)

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RB: If power/strength is a 3 legged stool, with training, eating, and resting as the 3 legs—what is the biggest one that is missing?
PV: To be truly successful you was wrong as soon as I got off the

bench. My right arm hung low and it took all my strength to lift my hand. I finally lifted my right hand. Only when I got up half-way, then fell off to the right. A guy about 30 feet away from the warm-up bench heard it and said it sounded like a .22 going off.

I was in shock, but others must have known it was serious—so they called an ambulance. I rode to a large hospital in Lansing, thinking that I had dislocated my shoulder. My right arm wouldn't work, and it just seemed like it was out of place. When I got to the hospital and got some x-rays, it turned out that my arm was broke, right in half. The bone actually looked like it had exploded. There was a gap between the bones of about 2 inches, with nothing but shards of bone left at the break site. In the x-ray, you could see the shoulder, and about 3 inches down from there, just a huge black spot, then the bone again. It didn't come out of the skin, but was very close as there was a huge black and blue spot on the large triceps.

I returned from MI, to my home just outside Youngstown, Ohio, which is a 5-1/2 hour ride. I needed surgery to repair the arm, but I didn't want to have it done in MI. The competition was on a Saturday and I ended up having the surgery on Wednesday of the following week. The operation was supposed to take about an hour, but it ended up being almost 8 hours. The bone was so strong that it wouldn't take the titanium rod that they were trying to put in it. Because of where the bone broke, they couldn't just put it in a cast; I had to have a rod inserted into the bone, to hold it together until it healed. The first rod bent and broke, the second rod bent over, and lodged in the bone half-way. The doctor had no choice but to cut me open from shoulder to elbow so that he could break the rest of the bone and get the rod out! I ended up with a rod inserted and screwed at the shoulder, a couple of wires to hold the bone together where he had to break it until it healed, and about 80 stitches inside and out. He told me that I would never bench at that level again, but that is yet to be seen. It

has used to be harder to play like I used to, but I can see the platform again. It is yet to be seen if I can hit those kind of numbers again.

I learned a solid lesson with this one, since nothing could happen, at any time, when power people do what we do. I thought I always did the right things: being drug-free, and always eating my vitamins. That is the operation so tough. After the operation so tough, after all the years of heavy benching, and good nutrition, my bone had actual become denser than the titanium rod he was trying to insert. After being hurt I couldn't find any help or ideas on rehabbing my injured arm. No one wanted to know the truth. Praise House of Pain and Powerlifting USA for finally printing a story like this. I have been told many times that stories like this don't go into print because people don't want to talk about getting hurt in powerlifting—as if no one ever gets hurt. People get hurt playing ANY sport; there is no reason that it should be a dirty little secret that there are injuries in powerlifting. If I can share my experience with anyone, or if anyone is hurt and trying to rehab a broken arm, feel free to email me at purgio@barbenders.com or visit our gym website at www.barbendersgym.com.

Barbenders Gym
 2253 East State Street
 Hermitage, PA 16148
 Gym Phone: 724.342.5650
www.barbendersgym.com
 Contact: Paul Vargo
 Paul's Cell: 330.770.1048

All I can say after that story is... nothing. Words fail me, I better just let it stand on Paul's words! Congrats to Paul on building his arm strength back up, and also on building a really cool gym...even if Barbenders Gym is in PA, like so many other cool Hard Core Gyms. Next month, we'll go to a gym in sunny CA—and maybe I'll tell you what we do with concrete-filled beer cans in TX.

Until then, feel free to email me about your southern gyms and your lifting injuries.
rick@houseofpain.com.

Paul Vargo has done some world class benching

The Free Weight Room at BARBENDERS GYM

Met in the Gym — the Vargos' tied the knot not too long ago

Paul Vargo has done some world class benching

The Free Weight Room at BARBENDERS GYM

Met in the Gym — the Vargos' tied the knot not too long ago

Paul Vargo has done some world class benching

The Free Weight Room at BARBENDERS GYM

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INTERNATIONAL GERMAN STONELIFTING CHAMPIONSHIPS



The crowd watched in amazement and followed the competition closely (photos c. of Thomas Klose)

Stonelifting is popular in the southern parts of Germany and Austria and goes back for several centuries. The events are held in conjunction with original Bavarian folk festivals in giant beer tents or open-air in the summertime. A heavy block of 254 kg (560 lbs.) with an adjustable T-handle stands inside a metal frame with a platform above. The goal is to pull for height up to a maximum of 1 meter. The achieved distance is accurately measured with a mechanical or an electronic scale. The T-handle is adjustable in height so the athlete can determine where to start the lift. To get a good result, you have to start at a very low point and get the weight up as far as possible with a final shrug or high pull. The specialists pull the block to maximum height without much difficulty. To continue the contests additional plates will be added.

The 2009 version of the International German Stonelifting Championships took place in Dachaau, Germany, on the 16th of August. The giant tent was filled with up to 4,000 spectators according to organizer Jürgen Scherer.

- Results**
- Women:**
1. Nicole Geßler (175 kg/381.5 cm)
 2. Bettina Ditzler (150 kg/328.7 cm)
 3. Petra Huber (150 kg/328.7 cm)
 4. Nicole Kuckert (125 kg/278.4 cm)
 5. Daniela Hauber (125 kg/278.4 cm)
- Men:**
1. 100 kg, wt. class:
 1. Michael Oberger (254 kg/567.1 cm)
 2. Sunday Noskharer (254 kg/567.1 cm)
 3. Stefan Schönberger (254 kg/567.1 cm)
 4. Stefan Deggspiger (254 kg/567.1 cm)
 - 110 kg, wt. class:
 1. Thomas Strobl (300 kg/669.5 cm)
 2. Martin Garhammer (275 kg/609.7 cm)
 3. Andreas Breu (275 kg/609.7 cm)
 4. Felix Ehinger (254 kg/567.1 cm)
 5. Josef Ziegler (254 kg/567.1 cm)
 6. Josef Huber (254 kg/567.1 cm)
 7. Hann Obermayer (254 kg/567.1 cm)
 - 150 kg, wt. class:
 1. Martin Thobass (275 kg/609.7 cm)
 2. Otto Gotz (275 kg/609.7 cm)
 3. Sepp Maurer (254 kg/567.1 cm)
 4. Michael Kees (254 kg/567.1 cm)
 5. Martin Geßler (254 kg/567.1 cm)
 6. Thomas Vitzthum (254 kg/567.1 cm)
 7. Bill Oswald (254 kg/567.1 cm)
 8. Norbert Scherzer (254 kg/567.1 cm)
 9. Franz Nasser (254 kg/567.1 cm)
 10. 170 kg, wt. class:
 1. Andreas Altmann (325 kg/724.4 cm)
 2. Michael Zitzelsberger (325 kg/724.4 cm)



Legendary stonelifter Hans Zerchoh received a commemorative plaque for his lifting accomplishments from championship promoter Jürgen Scherer

lifter when he entered powerlifting in the mid 80s. He competed in Bavarian meets in the beginning. His first international appearance was at the 1991 European Championships in Finland where he placed 2nd with a 915 kg total at SHW. At the IPF Worlds in Sweden in 1991 and in England in 1992 he captured the world SHW title after the original winners were disqualified. In the Spring of 1993, he had a great battle with fellow countryman Ralf Gierz at the European in Werdning, Bavaria. Hans took the gold with a 325 kg (716.5 lbs) stone for 1 m (3 ft. and 3.4 in.) and 400 kg (881 lbs) for a height of 45 cm (1 ft. and 5.7 in.). Besides these remarkable feats, Hans was born in 1950 in Peissenberg, Bavaria. He is married, has 2 adult sons and one grandchild. Hans was already a famous Bavarian stone-



Hans Zerchoh won the IPF World Championship three times in a row in the Superheavyweights

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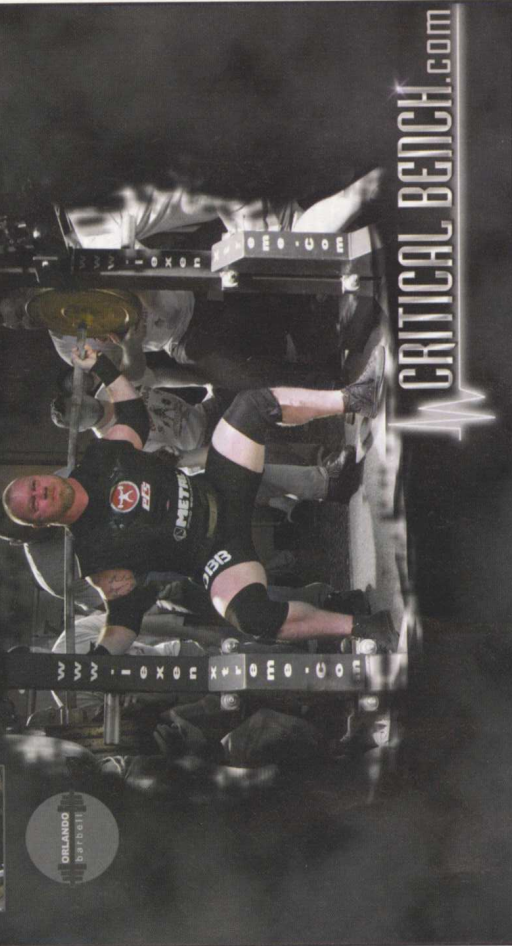


Matt "Kroc" Kroczaleski
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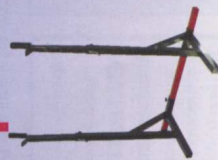
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Powerlifter Jo Jordan
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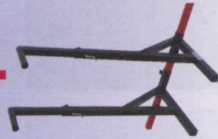


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DEAR MAURO: On the advice of a friend I've been using your Power Drink during my workouts and find that it's been a big help in allowing me to train harder and handle heavier weights. I'm just not sure why it works.

Other lifters and some track guys have seen me use it while working out and have asked about it, but they told me that what's important is the use of carbs and maybe even protein after training. They don't seem to think much of using protein while working out even though I tell them that it works for me.

Can you send me some info that I can show them?

Thanks,
Marc

MARC: I'm not surprised by the reaction that you're getting. The big push for nutrition for athletes is post exercise and that's all most of them, and their coaches, know. But they're not at fault. There are dozens of studies extolling the anabolic benefits of carbohydrates, and lately combined with protein, after exercise, but very few looking at the effects of protein use during exercise. I'm not a proponent of using carbs any time near a workout for anyone trying to maximize muscle mass, strength, and body composition.

I think the best diet for improving body composition and strength is my phase shift diet that stresses the use of fat as a primary fuel for the body, and fat and protein adaptation as against carbohydrates. For more info on the diet as pertain to powerlifters, see *The Anabolic Solution* for powerlifters under books in my store at www.MDPPlusStore.com.

Carbs prior to training, especially if you're on my diets and are fat adapted, are counter productive in that they decrease levels of growth hormone and insulin-like growth factor 1 (IGF-1) and increase insulin with an end result that there's less of an anabolic effect and the fat burning effects of exercise are dramatically less. Ditto for carbs during exercise. As far as carbs after exercise, they're counter productive then as well.

In contrast to the effects of using protein to increase post exercise muscle protein synthesis, little is known about the potential to manipulate protein synthesis during exercise. So far only four studies have specifically looked at the effects of protein intake during exercise. I've copied the four citations below as references in case you want to show them to your friends.

These studies report an improvement in whole body protein balance after protein ingestion

ASK THE DOCTOR

Questions answered by Mauro Di Pasquale MD

The reason that the use of protein and carbs did not further augment protein synthesis rates during 9 hours of subsequent overnight recovery is that the use of carbs short circuited ongoing protein synthesis. But that's another story and one that I cover in one of my articles titled **Post Exercise Carbohydrates are Counter Productive** explaining why it's best not to use carbs for several hours after exercise.

But Power Drink is a complex formulation and is much more than just a protein drink. For the full scoop on Power Drink go to <http://www.mdpplusstore.com/pdf/powerdrink.pdf>.

I hope this info helps you understand why Power Drink is increasing your strength and performance. And also helps you to educate others as to why it works for you, and why it will work for them.

Best regards,
Mauro

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ADRIAN LARSEN DOES 2 BENCH PRESS MEETS IN 1 DAY



I have been training at Nelson's in Oregon City, Oregon, for the last two years. I train with Ben Brizendine. We started our own team—Primal Power Systems. We have a unique training style lifting a modified Westside. In Nelson's, we have our own back room. It includes a bench, area to deadlift, a squat rack, lots of chalk and a loud stereo. Ben and I have made this our home. We currently train with about 12 guys and girls who have all different ranges of experience. All members either have competed or have a competition in mind. When Ben and I started Primal Power Systems we wanted to make it unique and unforgettable. We decided that every year we will host a bench contest with lots of prizes and to donate to a major charity. This year we are hosting a toy drive for the kids at Dornbacher hospital in Portland. These kids all deal with major disabilities. On December 5th, Ben and I hope to take their minds off all of that and donate toys for their holiday season. I am really looking forward to this special event. I hope to have a couple big-time guest lifters.

Okay, so to the two competitions in one day! About eight weeks out from the competition, I decided to try two competitions in one day. I was able to work it out that I had the first lift in the WARD at Olympia, WA, the APF meet in Lake Oswego on Monday and then had the second lift in the WARD at Olympia, WA, on Tuesday. I had a 135X10, 225X10, 135X10, 160kg morning workout and 7 A.M. to start the first lift at 8:30 A.M. I had a 135X10, 225X10, 315X10, 405X5, 495X3 (3 board max), 585X3 (3 board shirts), 635X1 (full range). Thank goodness for Freddy Evangelista. He is such a talented lifter. He approached me and asked if I had any of my team present. After I told him no, he said, "no worries, I will lift off for you."

I opened up with 637 lbs. It felt so light! All I heard was "press" and I gave it my all, but I fell short of pressing it to lock out. So I jumped for 3 seconds. Again, so light. I had a hard time finding the groove. It felt like I had the bar hovering over my chest for 3 seconds. Of course it wasn't that long. I heard "press" and I couldn't lock it out. I walked back to the warm up area. My girlfriend walked up to me and said, "what will happen if you miss the next one?" I told her, "I can't."

I have been here before where I have missed my first two attempts and it all relies on the third. I stayed with 644 lbs. Just before I walked out to the platform, I asked my girlfriend to call my daughter—she is two years old and when I am working out she screams "go Dada, go Dada—I just needed to hear that. I walked out to the platform and BLASTED 644 lbs, like it was nothing! What a relief. On my fourth, I attempted 688 lbs. I didn't get a ton of rest, but enough. It was close to being locked out, but I was just out of gas.

After saying my goodbyes and thank you's, I started the 2.5 hour drive to Lake Oswego, Oregon. I drove for about an hour, then my girlfriend drove so I could sleep. I arrived at Lake Oswego in enough time to talk about my morning. Then it was time to warm up again. I had a really hard time getting that intensity back. Staying focused was difficult. I began my normal warmup and made my way back to the platform. I opened with 644 lbs. It went up with no stalls. My next attempt was 677 lbs. Again, no problem. I walked to the scores table and said, "lets give 700 a ride." I was so pumped because I just saw Ben Brizendine hit 661. "I remember hearing 'press' and the bar went up so fast. I thought, 'holy cow, I am going to get it. And then all of the sudden the bar stopped moving! I heard every one yell, but I couldn't lock out my elbows. The spotters took the bar. Oh well, I'll get it next time. What a fun day!" —Adrian Larsen

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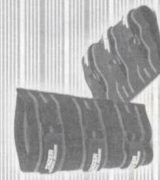
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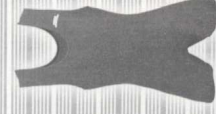
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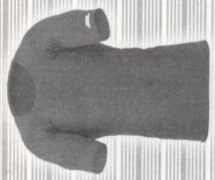
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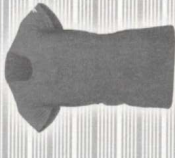
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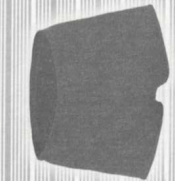
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STARTIN' OUT

NOVICE SPECIALIZATION as told to Powerlifting USA by Doug Daniels

In the last fifty years or so, just about every discipline has spun off its own group of specialists. This ranges from medical doctors, NFL players, relief pitchers to the guys and gals at the local Lowe's. Powerlifting has always had its specialists, lifters who excelled or concentrated their efforts on one of the three lifts. In the last few years we have witnessed an explosion of bench press records in just about every issue of *PL USA* due to specialists. But what makes powerlifting so different than many other disciplines, is that each lift is different from the other two. Some lifters seem better suited for one powerlift over the others, only a very small number of lifters rank at or near the top of all 3 lifts. A decision many lifters make is whether to specialize in a certain lift they prefer or have relatively better body structure, or place equal emphasis on each lift for a balanced total. In order to make this decision, a lifter must examine the factors involved.

The first factor is body structure which is one of the few things that cannot be altered. If you have long arms, this will tend to favor the deadlift and be detrimental in the bench while shorter arms would be a boost in the bench. This all has to do with distance and leverage. Of course, varying grip, stance, etc. can partially compensate for most physical shortcomings. In the end, your body structure will be the ultimate physical limitation on each lift. That is, no matter how hard or smart you work your bench, if you have arms as long as an NBA power forward, don't expect to make the *PL USA* top five list in the bench. By the same token, this doesn't mean that you should not train the bench hard or that you cannot improve. But if you do have a body structure that favors a lift that would be an important factor in your decision to specialize.

Another factor is the good old self-fulfilling prophecy. If you favor one lift over the others, it could show the most progress over time. Just looking at this, a lifter might say that this lift should be the one that should receive specialization or priority in training. Again, this should be balanced with how hard and consistently you have trained the other lifts. Some lifters do a lot of benching and little squatting and even less deadlifting. These two lifts require much more energy to train and some lifters are just plain guilty of being too lazy to train their hard enough. Not to be forgotten is inefficient lifting technique. It could be very possible your lagging lift could be affected by less than desirable bad lifting style. Consult an experienced lifter for a critique of your lifting techniques. This could reveal some untapped power you never knew you had.

Your bodyweight is an overlooked piece to this puzzle. Changes in bodyweight have different effects on each of the 3 lifts. A general rule of thumb in the bench is most affected by a bodyweight change, followed by the squat, then lastly the deadlift. As a lifter increases in bodyweight, the lift that was once your strength may not improve as well another. This could change

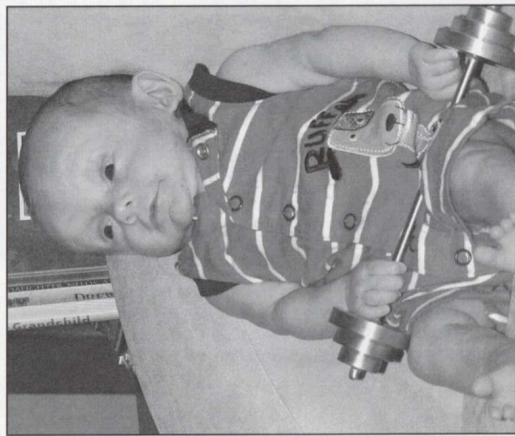
the lifter's whole training strategy, including specialization. Your bench could really take off when you move up in body weight, and your once relatively strong deadlift may increase fractionally in comparison. In this case, your current bodyweight may determine your stronger lifts. This would indicate that your stronger lift might not always remain the same over your lifting career. This could greatly affect how you view your goals, strengths and weaknesses. This of course, applies in reverse in the event of weight loss. A weight loss could spell a drop in your bench, all things being equal.

An injury may affect your choice to specialize. Back or knee problems may limit training volume in the squat, thus leaving the bench press as the lift of choice. Shoulder problems could limit your benching, but could have no effect on your ability to train the squat or deadlift.

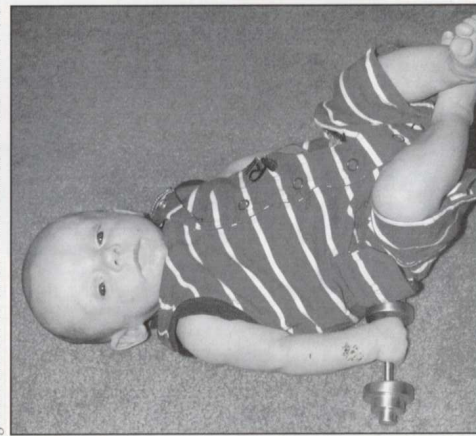
Next, we should examine goals. There are primarily two types of lifts, 3-lift meets and bench meets. There are very few meets that feature either the squat and/or the deadlift. The large quantity of bench meets provides many venues for bench specialists to do their thing. This can be a good justification for bench specialization. Some bench-only men do lift at 3-lift meets in order to be eligible for state and national records, which may be required by various organizations to be set at 3-lift meets. In this scenario, they usually take token squats and deadlifts just to make a necessary total. Very few big bench men seem to dominate important 3-lift meets. What this indicates is that the other two lifts are more critical in the final total. You can interpret this that to succeed in 3 lift meets, the squat and deadlift provide the most impact on your total.

Sometimes in order to get a lagging lift in line with the others, a lifter may decide to specialize on that lift for a period of time. This usually means more bench, squat or deadlift sets and assistance work. This could lead to overtraining that lift and actually cause a decrease in it. As always, let common sense be your guide. Listen to your body for signs of overtraining like unusual amounts of soreness and decreasing strength. Before you consider doing extra, again evaluate your technique for flaws or give thought to moving up a weight class. This makes even more sense if you struggle to make weight for meets. Let your body grow and perhaps your lagging lift will grow with you.

My strong recommendation to novice lifters is to train all three lifts with equal dedication for at least two years. Do not expect to be equally proficient in each lift, but don't let that be an excuse to not train them hard. Smarter training, efficient lifting technique along with mental focus and changes in bodyweight are all factors in your long-term progress. More training is 3 not necessarily the answer, smarter training is. Specialize in increasing your lift total and your future goals will be more obvious.



Getting started early... Jim Yakubovsky's grandson, A.J., got his first set of barbells and dumbbells at 3 months old



Team Merritt Island at the WNPF Florida State/Lifetime Nationals/US Open (photograph provided by courtesy of T. Ford)

WNPF FL Lifetime/US Open 4 APR 09 - Merritt Island, FL

BENCH	132 lbs.	145*
(40-49) Raw	T. Murk	
(13-16) Raw	181 lbs.	
M. Trembley	90	315*
(13-16) Raw	Karavach	
132 lbs.	198 lbs.	
C. Petik	Open	425*
(13-16) Raw	220 lbs.	
T. Murray	305	385S
(50-59) Raw	D. Duncan	
198 lbs.	Open Raw	480*
W. Wilcox	R. Supplee	
(50-59) Raw	242 lbs.	415*
Open Raw	L. Baruchioni	
220 lbs.	POWERLIFT	
Open Raw	325	
R. Supplee	275 lbs.	
(50-59) Raw	450*	125
F. Buzzozz	D. Duncan	
(50-59) Raw	C. Wojcik	
405	(50-59)	
SHW	B. Bradford	180*
Junior Raw	REPS	
M. Nelson	385*	275 lbs.
(50-59)	F. Buzzozz	19*
DEADLIFT	Reps	DL
105 lbs.	BP	PC
(40-49) Raw	R. Mondragon	135
132 lbs.	80	165
(17-19) Raw	380	
205*	145*	250*
(40-49) Raw	600*	
SHW	A. Humphreys	95
90*	205*	390*
(50-59) Raw	P. Trembley	205*
115*	250*	370*
(13-16) Raw	144 lbs.	
132 lbs.	N. Wilcox	165*
(40-49) Raw	275*	185*
S. Soudup	300*	760*
(17-19) Raw	D. Bossack	600*
165 lbs.	350	885*
(17-19) Raw	A. Dumont	220 lbs.
M. Wilcox	405	315*
405	315*	405
1125		

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(40-49) Raw	C. McDermott	405*	275*	475*	1155*
T. Murray	315	305	405	1025	242 lbs.
(60-69) Raw	L. Buchhorn				
D. Bossack	600*	365*	475*	1440*	385*
Open Raw	K. Mosler	485	355	535*	1375*
(50-59) Raw	E. Leblanc	410*	330*	525*	1265*
Submaster Raw					

B. Thomas	400	450*	550	1400
(13-16) Raw	D. Brush	380	253*	425
Open Raw	C. Phibacke	585*	405	635
SHW				1625
(13-16) Raw	B. Kiser	525*	430*	575*
(50-59) Raw				1530*

State Records, IWNPF Lifetime National Records, #2-Best Lifters, Team Champs Powerlifting, Willy's Powerhouse, Team Champs Bench Press, Willy's Powerhouse, The WNPF Florida State, WNPF Lifetime Nationals/US Open meet put on by the WNPF and WNPF Elite. I want to thank Willy Wilcox and all. I want to thank Willy Wilcox for finding this location for us and providing equipment and bringing for me and two teams to this event. Also I would like to thank Moses Battaglia for his help in getting the equipment. Without these two men we would not be able to have meets in the state of Florida. Thanks to the two spotters from the area, sorry I can't remember their names but they did a fine job for their first time. Thanks to Vincent Brown my fine judges Bob and Elizabeth. Thanks to Harrier, again they did not take one lift away from any lifters but they did give a few. Thanks to Moms for always being there for the last 21 years and to Lester my announcer for all that he has done. The best two lifts in my opinion were Alex's squat and deadlift. Thanks to Chris Phibacke squad to stay in the meet. Both of them needed their lifts to stay in the contest and they both came through and never gave up on their last attempts. I heard a guy make a comment about a lifter doing a squat would have a greater lift. I think you must be kidding that we have a rule that you must be parallel in the squat in order to receive credit for it. We don't make guys go to the floor with their squats but we would like you to at least be parallel. This is not being said to knock the APF. We try to live by the rules of powerlifting and do the lifts correctly. Excellent lifting by Don Bossack and I hope Don considers lifting at the worlds this year. We had three guys that started in the WNPF in 1992 and two of them were Larry Buchhorn, Eric Leblanc and Larry Buchhorn. 1005 total raw at 60 years young. Larry got hurt in the squat but still finished the meet with a hamstring injury. Big Brian Duncan did a great lifting in the SHW masters class. Dave Duncan did a great job for his first contest, this man is coming cancer trained hard for his event and did well. Anne Humphreys also did well for her first event. The lifter that won in the WNPF was Eric Leblanc. State records in this meet and the lifters in the WNPF lifetime were able to set state and national records. There is some confusion, I hope to see all of these lifters in July in Kissimmee for the U.S. Open. Brian Burritt is also hosting the Summer Classic in Ft. St. Lucie in June and the All-American Cup in September. Thanks to everyone once again for making this a successful event for the WNPF (WNPF)

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I started powerlifting 17 years ago in 1992. I've trained with some great powerlifters like Ray and James Benenito. My best lifts raw are: 330 squat, 330 bench, and 440 deadlift. I never trained long enough to get anything out of the squat suit or deadlift suit. I did get a lot from the bench shirt, and my best bench is 375 in competition. I currently hold the USA record in the 50/50 class. I recently set a Strongman (SM) record in the WNPB with a 308 BP for the 220 lb. class. I've competed in the 275, 242, 220 and 198 class in the last 17 years. Ten of my last 11 meets have been at 220. Although it's not a big deal for most powerlifters, I've bench 300 lbs. in my 20s, 30s, 40s, and my last at 50 years old! I'm very proud of this. I wanted to thank my long-time training partner and friend, John Corsetto, my part-time training partner and brother, Steve, and of course my wife, Kathie, who has put up with all of my crazy and hectic hobbies!

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Weight	DL	BP	DL	BP	DL	BP	DL	
BENCH FEMALE 123 lbs.	237	204	99	226	528	204	99	226
Teen 123 lbs.	435	204	99	226	528	204	99	
MALE 148 lbs.	435	204	99	226	528	204	99	
181 lbs.	424	171	110	248	528	171	110	
High School 220 lbs.	314	171	110	248	528	171	110	
Teen 181 lbs.	473	314	171	248	528	314	171	
181 lbs.	473	314	171	248	528	314	171	
High School 242 lbs.	275	314	171	248	528	314	171	
S. Moore 242 lbs.	501	314	171	248	528	314	171	
Open 242 lbs.	501	314	171	248	528	314	171	
Submaster I 242 lbs.	462	314	171	248	528	314	171	
C. Jones Jr. 242 lbs.	319	413	226	319	661	413	226	
Open 242 lbs.	451	413	226	319	661	413	226	
D. Ostad 242 lbs.	451	413	226	319	661	413	226	
Submaster Pure 242 lbs.	451	413	226	319	661	413	226	
R. Ostad 242 lbs.	193	116	226	319	661	116	226	
59 lbs.	193	116	226	319	661	116	226	
Youth 176	193	116	226	319	661	116	226	
R. Harris 176	193	116	226	319	661	116	226	
PS DEADLIFT 198 lbs.	303	116	226	319	661	116	226	
High School 198 lbs.	303	116	226	319	661	116	226	
Master I 198 lbs.	462	116	226	319	661	116	226	
Open 198 lbs.	462	116	226	319	661	116	226	
Shaw 198 lbs.	462	116	226	319	661	116	226	
Open 198 lbs.	501	116	226	319	661	116	226	
Master I 198 lbs.	501	116	226	319	661	116	226	
D. Shingleton 242 lbs.	501	116	226	319	661	116	226	
Master Pure 242 lbs.	501	116	226	319	661	116	226	
J. Clark 242 lbs.	501	116	226	319	661	116	226	
PS CURL 242 lbs.	501	116	226	319	661	116	226	
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Open 59 lbs.	501	116	226	319				

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**SAVINGS: \$46
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WHEY PROTEIN

2 lbs \$9.99
6 lbs \$19.99
11 lbs \$37.99
44 lbs \$139.99

**SAVINGS: \$30
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L-Ornithine 250 grams \$19.99

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L-Threonine 250 grams \$7.99

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200 caps \$19.99
500 caps \$29.99

**SAVINGS: \$29.95
SAVE 152%! Nice!**



BCAA

200 caps \$19.99
500 caps \$34.99

**SAVINGS: \$89.99
SAVE 257%! Fa-Shizzle!**



WHEY PROTEIN HYDROLYSATE

2 lbs. \$24.99

**SAVINGS: \$24.95
SAVE 125%! Sweet!**



KRE-ALKALYN

120 caps \$29.99

**SAVINGS: \$75
SAVE 150%! Pwned!**



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25 mg/100 \$6.99
100 mg/100 \$14.99

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SAVE 233%! Sick!**



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90 caps \$24.99

**SAVINGS: \$65
SAVE 185%! Shocker!**



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180 caps \$19.99
360 caps \$34.99

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SAVE 100%! Good Deal!**



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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.

24 OCT. USAPL Central Maine BP, Terry Halliday, 3 Seaway St., Waterville, ME 04901, 207-314-0430
24 OCT. USAPL Rivers Edge PL/BP, Rick Fowler, 1713 Garfield, Granite City, IL 62040, 618-451-4737
24 OCT. IBP SC State PL (Easley, SC) Keith Payne, 336-251-8704, keith@ironboypowerlifting.net
24 OCT. APF Orlando Barbell Meet (Orlando, FL), Brian Schwab, 407-678-2447, www.worldpowerliftingcongress.com

24 OCT. North Carolina Power Challenge (Hickory Foundation YMCA), (Hickory, NC), Gene Ruchlak, 143 Second Ave., Royersford, PA, 19468, bench_a_grand@yahoo.com, www.rychlakpower-systems.com
24 OCT. USAPL Night of the Living Dead: Greed (professional deadlift competition), (Gray, TN), Alex Campbell, 423.725.2415, abcampbell69@hotmail.com
24 OCT. NASA Iowa Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Peters, P.O. Box 735, Noble, OK, 73068, 405-527-8513, sbpdl@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.net, sonlightgym@verizon.net
24 OCT. USPF 4th Regional PL & Single Lift (Parkersburg, WV) Matt McCase, 304-376-7538, mcase@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) 458-7918
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. APF Super Training Classic (Sacramento, CA) Mark Bell, 530-574-1070, www.super-

traininggym.org
25 OCT. IPA Lexenxtreme Fall Classic, Full Power & Bench (Court yard, Marietta, Columbus, OH), Dan Deque, 614-544-8824, lexenxtreme@aol.com, www.lexenxtreme.com
27 OCT-1 NOV. WABDL World BP/DL (Peppermill Hotel, Reno, NV) Gus Rehnwisch, 763-545-8654 or 503-901-1622
31 OCT. USAPL Halloween Push-Pull & BP, Gary & Tricia Ernich, 7361 Sandy Ln., Mechanicsville, VA 23111, 804-239-8738
31 OCT. USAPL Michigan State, Miguel Ruelan, 464 Woodlawn Ponds Ct., Flushing, MI 48433, 810-701-1876
31 OCT. USAPL Hudson Natural Open, Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-3560
31 OCT. APA Garden State Bench Press (Edison, NJ) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, www.apa-wpa.com/entrnfirms.htm

31 OCT. SLP Fall National BP/DL (Baraboo, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
31 OCT. NASA Ohio Regional, Equipped & Unequipped PL & BP, Power Sports, Push, Pull, Power Press (Springfield, OH), Rich Peters, P.O. Box 735, Noble, OK, 405-527-8513, sbpdl@aol.com, www.nasa-sports.com
31 OCT. 27th ADAU Raw Power Central PA Open (Bigler, PA) Siegel Engraving, 814-765-3214, al@pkitup.com
31 OCT. 5th Westminster Family Center Open Bench Press (WVFC, 11 Longwell Ave., Westminster, MD) Scott Eskier, 443-89-9452
31 OCT. NASA Wisconsin State (9-30 AM), Monster-Bench-Bash-4-Cash (6 PM), (Sheboygan), Wisconsin Powerlifting, Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888-502-4087
OCT. 100% Raw Worlds (Las Vegas, NV) Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com
6-7 NOV. 100% Raw World

COMING EVENTS

Single Lift (Norfolk, VA) Meet Director Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com
7 NOV. USPF 11th Crain PL, BP, DL, Open (Shawnee, OK) Ricky Dale Crain, 405-275-3689, 800-272-0051, rcrain@allegiance.tv
7 NOV. Pride Washington State BP & DL (raw, equipped, unlimited classes - Kennewick, WA) www.PridePowerlifting.com, 509-868-2192
7 NOV. APA Bay State Open

24 OCT. APF Orlando Barbell Meet
25 OCT. APF Super Training Classic
7 NOV. APF Texas Cup
8 NOV. AAFP Old School Iron Wars
14 NOV. APF Dakota Barbell Fall BP/DL
14-15 NOV. APF Pine Tree Open
17-22 NOV. WPC World Championships
5 DEC. APF SC PL/BP Championships
5-6 DEC. APF Southern States PL/BP
12 DEC. APF/AAPF Illinois Raw Power Challenge
12 DEC. WPC Israel Open Championships
12-13 DEC. APE/AAPF Golden State PL Meet
MAR 2010. APE/AAPF Illinois State Meet
APR 2010. AAFP Nationals (AWPC Worlds qualifier)
8-9 MAY 2010. APF Master, Teen & Jr. Nationals
9-13 JUN 2010. WPC European Championships
2010. WPC World Championships

Dates subject to change
Call 866-389-4744 for more information
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(Northampton, MA) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, www.apa-wpa.com/entrnfirms.htm
7 NOV. USAPL Southern California Regionals (Santa Clarita, CA) Lance Slaughter, (310) 995-0047, lanceoslaughter@yahoo.com, usapla.org
7 NOV. ADFFF PP/BP/DL (Washington Sq, Mall, Ewansville, IN) Meet Director Mike Slagg, home (812) 324-0031, cell (812) 204-3755, www.adfff.org
7 NOV. APF TX Cup (Dallas, TX), Greg & Heather Tillinghast, aptftexas@yahoo.com
7 NOV. USAPL Virginia State BP, DL, PL, Ironman, Raw, Assisted - Standardsville, VA) John

APF/AAPF/WPC Schedule

- 24 OCT, APF Orlando Barbell Meet
- 25 OCT, APF Super Training Classic
- 7 NOV, APF Texas Cup
- 8 NOV, AAFP Old School Iron Wars
- 14 NOV, APF Dakota Barbell Fall BP/DL
- 14-15 NOV, APF Pine Tree Open
- 17-22 NOV, WPC World Championships
- 5 DEC, APF SC PL/BP Championships
- 5-6 DEC, APF Southern States PL/BP
- 12 DEC, APF/AAPF Illinois Raw Power Challenge
- 12 DEC, WPC Israel Open Championships
- 12-13 DEC, APE/AAPF Golden State PL Meet
- MAR 2010, APE/AAPF Illinois State Meet
- APR 2010, AAFP Nationals (AWPC Worlds qualifier)
- 8-9 MAY 2010, APF Master, Teen & Jr. Nationals
- 9-13 JUN 2010, WPC European Championships
- 2010, WPC World Championships

Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valiffing@aol.com, www.virginiapowerlifting.blogspot.com

7 NOV. USAPL 7th Tom Foley BP/DL Classic (Nanuet, NY) 73068, 405-527-8513, sqpdl@aol.com

8 NOV. 100% Raw, AAFP, www.premierfitness.com

7 NOV. SLP Ohio State BP/DL (Hamilton, OH) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

7-8 NOV. NASA Masters/Sub Masters Nationals, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Power Press (Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK, 73068, 405-527-8513, sqpdl@aol.com

10-15 NOV. WPF World PL, BP, DL (Riviera Hotel Casino, Las Vegas, NV) Steve Denison, 661-333-9800, Pwrfltr@msn.com

13-14 NOV. USAPL Dakota Open, Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-393-2151

13-15 NOV. RAW United North American Open (Greencastle, PA) Spero Tshontikids, 401 Highway

NASA Powerlifting & Power Sports

October

24th - Iowa Regional (Des Moines, IA)

31st - Wisconsin State (Sheboygan, WI)

31st - Ohio Regional (Springfield, OH)

November

7th-8th - Arizona Regional (Mesa, AZ)

7th-8th - Masters/Sub Masters Nationals (Mesa, AZ)

14th - Colorado Regional (Loveland, CO)

14th - WV Regional (Ravenswood, WV)

21st - Kansas Regional (Salina, KS)

21st - Great Lakes Regional (Niles, IL)

21st - North Carolina Regional (Hickory, NC) - POSTPONED

December

5th - Missouri Regional (Carthage, MO)

5th - New Mexico PP/PP/PS (Albuquerque, NM)

12th - West Texas Regional (Hereford, TX)

19th - Illinois Christmas Regional (Flora, IL)

2010 Meets

January

23rd-24th - Natural Nationals (OKC, OK)

February

6th - Arizona State (Mesa, AZ)

13th - Missouri State (Carthage, MO)

13th-14th - Ohio State HS (Springfield, OH)

27th - East Texas State (Tyler, TX)

March

6th - Colorado State (Denver, CO)

20th - House of Pain Expo (Amarillo, TX)

20th-21st - Jr. High Teen/Jr. Nationals (Springfield, OH)

April

3rd - Kansas State (Salina, KS)

11th - Power Sports Nationals (Mesa, AZ)

17th - Iowa State (Des Moines, IA)

Coming Events/Entry Forms at: www.nasa-sports.com

17-22 NOV. WPC World Championships (Bournemouth, UK) Brian Batchelor, www.worldpowerliftingchampionships.com

21 NOV. USAPL Idaho State PL/Bill's Bad Ass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

21 NOV. USAPL Anchorage Fall BP/PL, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-345-7996

21 NOV. Gold Cup ADPPF World Qualifier PL, BP, DL, Quality Classic H & F Ctr., 295 Main St., Park Forest, IL 60466, Earl or Alla Davis, 708-536-0258

21 NOV. Children's Christmas Classic Charity BP (Celina, OH) Mike Wolfe, 41-9-953-9009, bigbadwolve900@yahoo.com

21 NOV. APA Michael Francis Orlando Open Raw Classic (Orlando, FL) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

21 NOV. 5th Annual Nasa/YMCA Great Lakes Regional Championship, (at the Learning Tower YMCA, 6300 W. Touhy Ave.), (Niles, IL) David O'Leary, 847-828-8964, david.oleary@connect.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, sonlightgym@verizon.net

21 NOV. Grand Slam II Bench Contest (Coca Cola, Buffalo, NY) Mark J. Becht, 716-549-3952, pagetbecht@wildblue.net

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

21 NOV. (POSTPONED) Nasa North Carolina Regional, Powerlifting, BP, PP & Power Sports (Hickory, NC) Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, 304-273-3110, greg@vhpower.com

21 NOV. Nasa 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, jduree7086@aol.com

21-22 NOV. IPA Senior National Powerlifting & Bench Press Championships (York Barbell Co., 3300 Board Rd., York, PA) Mark Chaillet, 717-495-9024, chaillet@yahoo.com

UPCOMING SLP COMPETITIONS

24 OCT. ANPPC National PL Championship (Tuscola, IL)

31 OCT. SLP Fall Grand Nationals (Baraboo, WI)

7 NOV. SLP Ohio State (Hamilton, OH)

14 NOV. SLP Kentucky State (Louisville, KY)

21 NOV. USA Raw BP World Championships (Tuscola, IL)

5 DEC. SLP Tennessee Christmas for Kids (Bartlett, TN)

Son Light Power
122 W. Sale, Tuscola, IL 61953
www.sonlightpower.com sonlightgym@verizon.net
217-253-5429

com, or Ellen Chaillet, schallert@aol.com, www.ipapower.com

28 NOV. Gum Warriors Battle for the Turkey (MA) paula@stinson01@aol.com, 978-768-6280

4-6 DEC. RAW United National Championships (Must Qualify), Spero Tshontikids, 401 Highway AIA, Unit 122, Satellite Beach, FL 32937, 321-505-1194, rawunited@cfl.r.com

4-6 DEC. USAPL American Open, and Colorado State BP/PL, Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303-475-3366

5 DEC. USA VMI PL Classic, Monte Spatzman, 314 Cooke Hall, VMI, Lexington, VA 24450, 940-867-4375

5 DEC. APF South Carolina Championship PL/BP (Progressive Sports PT, W. Columbia, SC) Will Millman, 843-886-5366, Shelter223@gmail.com

5 DEC. Nasa New Mexico Push Pull, BP and Power Sports (Albuquerque, NM) Lisa Siddell, behprsr1@aol.com, www.nasa-sports.com

5 DEC. Pride Raw BP & DL Nationals (no qualifying required - raw only - belt and wrist wraps ok - Post Falls, ID) www.PridePowerlifting.com, 509-868-2192

5 DEC. APA New England Winter from Bash (Wallingford, CT) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

5 DEC. Walker's Gym Deadlift Classic (Hopewell, VA) Meet Director, Barry Walker, (804) 458-7918

5 DEC. 22nd Annual Elkhart Bench Press Classic, Jon Smoker, jensmoker@hotmail.com

5 DEC. 9th Pocket Samson's Christmas BP/DL (one toy from each lifter for Toys for Tots -

All wt. classes/divisions/age groups), (Westminster, MD), Chaz Riddle's Powerhouse Gym, 410-857-1232

5 DEC. 56th Annual USPF Div. II Iron Man PL (GPC Rules), (Fresno, CA), Bob Packer, 559-323-3892 (after 8 PM), (c) 559-760-2970

5 DEC. Nasa Missouri Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Carthage, MO), www.nasa-sports.com

5 DEC. IPA Christmas Carnage/Genie Rychlak YMCA Bench Classic, Gene Rychlak, 143 Second Ave., Roystersford, PA 19468, bench_a_grand@yahoo.com, www.nyhklakpowerlifting.com

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

5 DEC. WNPFL Lifetime Nationals & 12th Sarge McCray BP, DL, PL (Bordentown, NJ) Troy Ford, 770-668-4841, wnpl@aol.com, WNPFL PO BOX 142347, Fayetteville, GA 30214, www.wnpl.net

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

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

5-6 DEC. AAU World BP, DL, P-P & AAU International PL (all divisions, raw equipped - Laughlin, NV) Martin Drake, Box 108, Nuovo, CA 92567, 951-928-4797, naturalpower@hughes.net, cell 310-953-5030

6 DEC. USPF MuscleSport Nutrition Open BP, DL, PP (USPF Div-

ision II, multi-ply) (Manchester, NH) Dave Follansbee, 603-626-5489, NHBodybuilding@yahoo.com, www.AmericanPowerlifting.org

12 DEC. Nasa West Texas Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Power Press & 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 Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valiffing@aol.com, www.virginiapowerlifting.blogspot.com

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

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

26 DEC. SLP The Last One! BP/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

9 JAN 2010. USAPL Wisconsin Dells High School Meet, Brian Kenny, Box 556, Wisconsin Dells, WI 53965, 608-448-9034

16 JAN 2010. USAPL Louisiana State PL (Lafayette, LA)

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



WORLD NATURAL POWERLIFTING FEDERATION

14 NOV. WNPF Lifetime Drug-Free International Championships & WNPF USA vs. WORLD Championships (Orlando, FL)

5 DEC. Sarge McCray-Ralph Peach Memorial & 21st Lifetime National Championships (Bordentown, NJ)

6 DEC. WNPF Delaware Championships (Lewes, DE)

12 DEC. WNPF Georgia State Championships (Atlanta, GA)

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

Kirk Lavergne, 940 Wagon Trail Rd., Carencro, LA 70520, 337-247-1618
0657. ekhart1@tptd.net
0657. ekhart1@tptd.net

23-24 JAN 2010, American Cup (Fit Expo, Los Angeles, CA) Steve Denison, 661-333-9800, www.thefitexpo.com

23-24 JAN 2010, Nasa National Nationals, Equipped/Unequipped PL/BP/PS/PP (OKC, OK) www.nasa-sports.com

30 JAN 2010, USPF Sooner State Winter Games, (Shawnee, OK) Rickley Dale Crain, 405-275-3689, 800-272-0051, trcrain@allegiance.tv

30 JAN 2010, USAPL Wisconsin State/Milwaukee Open, Bruce Sullivan, 1545 41/2 Mile Rd., Racine, WI 53402, 262-639-3210

30 JAN 2010, USAPL High School & Collegiate Raw/Summit, PA) steve@purepowerlifting.com, www.purepowerlifting.com

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

30-31 JAN 2010, Raw Unity Meet (Tampa, FL) Eric Talmant, eric.talmant@yahoo.com, www.rawunitymeet.com

6 FEB 2010, ADAU Raw Power Pennsylvania PL/BP & Out of State PL/PL (Lehighton, PA) Nick The-

as State, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) www.nasa-sports.com

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

FEB 2010, USPF Sacramento Meet, Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com

6 MAR 2010, Nasa Colorado State, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) www.nasa-sports.com

MAR 6-7 2010, USAPL Washington State Powerlifting Championships (Tumwater, WA), Valley Athletic Club, full powerlifting with bench and/or deadlifting option, Bull Stewart, 206-725-7894, bullstewart@hotmail.com

Richard Schuller, 206-280-8122, rsbull@com

13 MAR 2010, USPF Div. 2 California State (Fresno, CA - Bob Packer) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com

13 MAR 2010, Walker's Gym Bench Press Meet (Hopewell, VA) Meet Director, Barry Walker, (804) 458-7918

20 MAR 2010, Nasa House of Pain Expo, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) www.nasa-sports.com

6 FEB 2010, Nasa Arizona State, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) www.nasa-sports.com

6-7 FEB 2010, IPA LEX-EXTREME Columbus Pro Am (Courtyard Marriott, Columbus, OH) Dan Dague, (614) 554-8824, lexextreme@aol.com, www.lexextreme.com

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

13 FEB 2010, Nasa Missouri State, Equipped/Unequipped PL/BP/PS/PP (Carthage, MO) www.nasa-sports.com

13-14 FEB 2010, Nasa Ohio State HS, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@chpower.com, www.nasa-sports.com

21-22 MAR 2010, USAPL PA State (State College, PA) www.purepowerlifting.com

26-28 MAR 2010, USAPL High School Nationals, Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034

27 MAR 2010, USPF California State (Los Alamitos, CA) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com

27 MAR 2010, (TENTATIVE) USPF 46th Oklahoma State Meet, (Shawnee, OK) Rickley Dale Crain, 405-275-3689, 800-272-0051, trcrain@allegiance.tv

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

www.purepowerlifting.com

MAR 2010, APF/AAPF Illinois State Meet (Willowbrook, IL) Eric Stone, 630.677.4358, thestone@chicago-powerlifting.com, www.worldpowerliftingcongress.com

3 APR 2010, Nasa Kansas State, Equipped/Unequipped PL/BP/PS/PP (Salina, KS) www.nasa-sports.com

9-11 APR 2010, APF High School Nationals, Garry Frank, 225.241.8154

11 APR 2010, 11th Pittsburgh Monster BP/DL (men, women, all classes, cash prizes, Pittsburgh Airport Crown Plaza) Mike Barwacchio, 152 Drove Dr., Moon Township, PA 15108, 412-264-9996, veckes@verizon.net

11 APR 2010, Nasa Power Sports Nationals, Curl/BP/DL, www.nasa-sports.com

17 APR 2010, Nasa Iowa State, Equipped/Unequipped PL/PS/PP (Des Moines, IA) www.nasa-sports.com

17 APR 2010, APA Raw Nationals, <http://aparawnationals.webs.com>

24 APR 2010, 31st annual ADAU Raw Power/Power Day Classic (separate BP/DL meets, open and all age groups/divisions for men/women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.piktup.com

24 APR 2010, Kern County High School (Bakersfield, CA) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com

APR 2010, AAPF Nationals (Qualifier for AWPFC Worlds) (Detroit, MI) JJ Thomas, 734.642.7877, jthomas1@lifetimefitnesscongress.com

APR 2010, USAPL 29th Collegiate National Championships (Scranton, PA) steve@purepowerlifting.com, www.purepowerlifting.com

1 MAY 2010, Nasa Western States Nationals, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) www.nasa-sports.com

1-2 MAY 2010, USPF Sacramento Open, Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com

8 MAY 2010, Nasa Oklahoma Open State, Equipped/Unequipped PL/BP/PS/PP

(Oklahoma City, OK) www.nasa-sports.com

8-9 MAY 2010, APF Master, Teen & Junior Nationals (West Palm Beach, FL) Kieran Kidder/amyjackson@aol.com, www.worldpowerliftingcongress.com

15 MAY 2010, Nasa Bench Press Nationals, Equipped/Unequipped BP/PS/PP (Denver, CO) www.nasa-sports.com

22 MAY 2010, Nasa Tennessee State, Equipped/Unequipped PL/BP/PS/PP (Pickwick, TN) www.nasa-sports.com

29 MAY 2010, Nasa South Texas State, Equipped/Unequipped PL/BP/PS/PP (Ablin, TX) www.nasa-sports.com

29-30 MAY 2010, USPF Military Nationals and Muscle Beach PL (Venice Beach) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com

12 or 19 JUN 2010, WPC European Championships (Hungary) Peter Keressy, hungarianpowerliftingcongress@gmail.com, www.worldpowerliftingcongress.com

12 or 19 JUN 2010, USPF Division 2 National PL/BP (Fresno - Bob Packer) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com

12 JUN 2010, Nasa East Texas Open, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) www.nasa-sports.com

18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (Palm Springs, CA) Lance Slaughter, 310-995-0047, lanceolaughter@yahoo.com, www.usapowerlifting.com

24 JUN, 6th Vermont State Open Raw BP, All American Fitness Center, 1881 Williston Rd., Burlington, VT 05403, 802-999-7845, Rick Poston, www.alamericantimefitnessvt.com

25-26 JUN 2010, ADFFPL Nationals, (MO) Bill Duncan, mopwriftr@yahoo.com

26 JUN 2010, (TENTATIVE) Nasa USA Nationals, Equipped/Unequipped PL/BP/PS/PP, www.nasa-sports.com

10 JUL 2010, USPF Sacramento Pro/AM and Western Regionals, Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com

10 JUL 2010, USAPL Dells Summer High School Classic, Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034

10 JUL 2010, (TENTATIVE) Nasa Grand Nationals, Equipped/Unequipped PL/BP/PS/PP

www.purepowerlifting.com

MAR 2010, APF/AAPF Illinois State Meet (Willowbrook, IL) Eric Stone, 630.677.4358, thestone@chicago-powerlifting.com, www.worldpowerliftingcongress.com

3 APR 2010, Nasa Kansas State, Equipped/Unequipped PL/BP/PS/PP (Salina, KS) www.nasa-sports.com

9-11 APR 2010, APF High School Nationals, Garry Frank, 225.241.8154

11 APR 2010, 11th Pittsburgh Monster BP/DL (men, women, all classes, cash prizes, Pittsburgh Airport Crown Plaza) Mike Barwacchio, 152 Drove Dr., Moon Township, PA 15108, 412-264-9996, veckes@verizon.net

11 APR 2010, Nasa Power Sports Nationals, Curl/BP/DL, www.nasa-sports.com

17 APR 2010, Nasa Iowa State, Equipped/Unequipped PL/PS/PP (Des Moines, IA) www.nasa-sports.com

17 APR 2010, APA Raw Nationals, <http://aparawnationals.webs.com>

24 APR 2010, 31st annual ADAU Raw Power/Power Day Classic (separate BP/DL meets, open and all age groups/divisions for men/women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.piktup.com

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APR 2010, USAPL 29th Collegiate National Championships (Scranton, PA) steve@purepowerlifting.com, www.purepowerlifting.com

1 MAY 2010, Nasa Western States Nationals, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) www.nasa-sports.com

1-2 MAY 2010, USPF Sacramento Open, Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com

8 MAY 2010, Nasa Oklahoma Open State, Equipped/Unequipped PL/BP/PS/PP

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www.purepowerlifting.com

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17 APR 2010, Nasa Iowa State, Equipped/Unequipped PL/PS/PP (Des Moines, IA) www.nasa-sports.com

17 APR 2010, APA Raw Nationals, <http://aparawnationals.webs.com>

24 APR 2010, 31st annual ADAU Raw Power/Power Day Classic (separate BP/DL meets, open and all age groups/divisions for men/women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.piktup.com

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1 MAY 2010, Nasa Western States Nationals, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) www.nasa-sports.com

1-2 MAY 2010, USPF Sacramento Open, Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com

8 MAY 2010, Nasa Oklahoma Open State, Equipped/Unequipped PL/BP/PS/PP

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MAR 2010, APF/AAPF Illinois State Meet (Willowbrook, IL) Eric Stone, 630.677.4358, thestone@chicago-powerlifting.com, www.worldpowerliftingcongress.com

3 APR 2010, Nasa Kansas State, Equipped/Unequipped PL/BP/PS

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Nevada City, CA 95959, 916-265-6725,
www.ironmind.com

PS/PP (Springfield, OH) www.nasa-sports.com
OCT 2010, USPF Modesto Open (Modesto - Mike Wornack) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com
OCT 2010, USPF Monster BP/DL (Chatsworth - Kevin Meskew) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com
no later than September 23rd, Meet Director Greg Ashford, 01373-859997, www.wpfpowerlifting.com
6 NOV 2010, USPF NorCal PL (Sacramento - Mark Bell) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com
2-7 NOV 2010, World PL, BP & DL (University of Bath, Somersets, GBR) Entry to BPO **13 NOV 2010**, USPF Cen-

MEET DIRECTORS:

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tral, California Open (Taft, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

13 NOV 2010, NASA Colorado Regional, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) www.nasa-sports.com

20 NOV 2010, (TENTATIVE DATE) NASA Kansas Regional, Equipped/Unequipped PL/BP/PS/PP (Salina, KS) www.nasa-sports.com

NOV 2010, USAPL Stars & Stripes BP & DL (Scranton, PA) www.purepowerlifting.com

4 DEC 2010, (TENTATIVE DATE) NASA Missouri Regional, Equipped/Unequipped PL/BP/PS/PP (Carthage, MO) www.nasa-sports.com

4 DEC 2010, IronMan D2 PL (Fresno - Bob Packer) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

5 DEC 2010, 18th annual Raw ADAU "Coal Country" Classic (separate SQ/ BP/DL meets, open and all age groups/divisions for men/women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.piklup.com

11 DEC 2010, USPF San Diego Open, Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

11 DEC 2010, NASA West Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Hertford, TX) www.nasa-sports.com

18 DEC 2010, NASA Illinois Christmas Regional, Equipped/Unequipped PL/BP/PS/PP (Ibora, IL) www.nasa-sports.com

2010, WPC World Championships (Ukraine) Vitaliy Bobchenko, www.worldpowerliftingcongress.com

JAN 2011, USAPL HS/Collegeiate Raw (Scranton, PA) www.purepowerlifting.com

8-10 APR 2011, USAPL Collegiate Nationals (Scranton, PA) www.purepowerlifting.com

10-12 JUN 2011, USAPL Men's Open, Teen, Jr. Nationals, Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601-665-7783

JUL 2011, USAPL Raw Nationals (Scranton, PA) www.purepowerlifting.com

10-11 DEC 2011, USAPL American Open & Polite/Fire Nationals (Bay St. Louis, MS) Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601-665-7783

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SLP Northeast Arkansas Open
21 MAR 09 - Jonesboro, AR

BENCH	220 lbs.	415*	Open
M. Stab	181 lbs.	375	R. Gilmore
Teen (13-15)	280		418-390
165 lbs.	220 lbs.	455	C. Taylor
C. Criss	280*		308 lbs.
J. Criss	430*	575	R. Henning
Teen (16-17)	320*	600*	S. Richardson
418-305			
Z. Brown	275 lbs.		
220 lbs.	375*		
B. Shubin	448 (65-68)		
Submaster	242 lbs.		
H. Timbs	730*		
308 lbs.	465*		
S. Low	220 lbs.		
40-44	405*		
J. West	242 lbs.		
Open	540		
C. Taylor, Jr.	730*		
475 lbs.			
J. Timbs	405*		
Raw	308 lbs.		
M. Rowe	308 lbs.		
Novice	308 lbs.		
148 lbs.	500*		
W. Wicker	Teen (16-17)		



Harley Timbs with his 750 lb. State Record at 275 Submasters, in Jonesboro, Arkansas (LATCH photos)



Steve Richardson with his new SIP Arkansas State record setting deadlift of 570 at 220/40-44

USAPL LA Tech Qualifier
7 FEB 09 - Ruston, LA

Powerlifting	SQ	BP	DL	TOT	
Collegiate	114 lbs.	230	115	280	645
D. Bennette	300	160	30	760	
J. Williams	332 lbs.	275	165	275	715
A. Taylor	260	140	225	625	
S. Aolds	405	250	385	1040	
J. Melancon	355	300	460	1115	
T. Wilson	240	150	290	680	
Senior	270	130	235	675	
J. Hernandez	450	325	475	1250	
Winchester	475	305	505	1285	
M. Pappas	445	290	505	1240	
220 lbs.	500	350	450	1300	
242 lbs.					
J. Mathes	500	325	480	1305	
S. Brady	700	480	650	1830	
K. Rutledge	505	405	395	1305	
275 lbs.					
275 lbs.	530	320	475	1325	
275 lbs.					

Coordinator: Josh Chovanec; (from USAPL)

“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.

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100% Raw/AAPF Nationals
15 MAR 09 - Haverhill, MA

BENCH	123 lbs.	83*	171*	254
100% Raw	148 lbs.	99	165	265
100% Raw	181 lbs.	127	270*	397
100% Raw	220 lbs.	110	193	303
100% Raw	270 lbs.	105	276	380
100% Raw	315 lbs.	138*	340	477
100% Raw	360 lbs.	160*	337	497
100% Raw	405 lbs.			
100% Raw	450 lbs.			
100% Raw	500 lbs.			
100% Raw	550 lbs.			
100% Raw	600 lbs.			
100% Raw	650 lbs.			
100% Raw	700 lbs.			
100% Raw	750 lbs.			
100% Raw	800 lbs.			
100% Raw	850 lbs.			
100% Raw	900 lbs.			
100% Raw	950 lbs.			
100% Raw	1000 lbs.			

them set National and World records at this meet. Mike the Trainer did an incredible job of coaching each and every one of his lifters during this meet. Vermont Powerlifting would like to apologize that no photos are available from the camera before they could be saved. The only remaining photos are located on the Vermont Powerlifting website at vermontpowerlifting.com. (results of this competition were provided by Brett Kernoff)

USAPL WI Delts High School
11 JUL 09 - Wisconsin Dells, WI

Powerlifting	SQ	BP	DL	TOT
97 lbs. FEMALE				
105 lbs. FEMALE	195	115	155	465
115 lbs. FEMALE	170	75	200	445
125 lbs. FEMALE	170	50	200	420
135 lbs. FEMALE	150	70	180	400
145 lbs. FEMALE	160	65	200	425
155 lbs. FEMALE	165	85	230	480
165 lbs. FEMALE	170	—	—	—
175 lbs. FEMALE	170	—	—	—
185 lbs. FEMALE	200	105	225	530
195 lbs. FEMALE	170	65	200	435
205 lbs. FEMALE	200	110	245	555
215 lbs. FEMALE				
225 lbs. FEMALE				
235 lbs. FEMALE				
245 lbs. FEMALE				
255 lbs. FEMALE				
265 lbs. FEMALE				
275 lbs. FEMALE				
285 lbs. FEMALE				
295 lbs. FEMALE				
305 lbs. FEMALE				
315 lbs. FEMALE				
325 lbs. FEMALE				
335 lbs. FEMALE				
345 lbs. FEMALE				
355 lbs. FEMALE				
365 lbs. FEMALE				
375 lbs. FEMALE				
385 lbs. FEMALE				
395 lbs. FEMALE				
405 lbs. FEMALE				
415 lbs. FEMALE				
425 lbs. FEMALE				
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785 lbs. FEMALE				
795 lbs. FEMALE				
805 lbs. FEMALE				
815 lbs. FEMALE				
825 lbs. FEMALE				
835 lbs. FEMALE				
845 lbs. FEMALE				
855 lbs. FEMALE				
865 lbs. FEMALE				
875 lbs. FEMALE				
885 lbs. FEMALE				
895 lbs. FEMALE				
905 lbs. FEMALE				
915 lbs. FEMALE				
925 lbs. FEMALE				
935 lbs. FEMALE				
945 lbs. FEMALE				
955 lbs. FEMALE				
965 lbs. FEMALE				
975 lbs. FEMALE				
985 lbs. FEMALE				
995 lbs. FEMALE				
1005 lbs. FEMALE				
1015 lbs. FEMALE				
1025 lbs. FEMALE				
1035 lbs. FEMALE				
1045 lbs. FEMALE				
1055 lbs. FEMALE				
1065 lbs. FEMALE				
1075 lbs. FEMALE				
1085 lbs. FEMALE				
1095 lbs. FEMALE				
1105 lbs. FEMALE				
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SLP Missouri: Open
6 JUN 09 - Chesterfield, MO

BENCH
J. Murphy 135*
Open 181 lbs.
Master (50-54) 255
J. Campbell 4th-260
S. Gaudley 150*
198 lbs.
4th-155*
MALE
C. Curry 365*
Novice
MALE
148 lbs.
Master (45-49)
J. Fu 245*
Teen (16-17) 150*
D. Leslie
DEADLIFT
M. Mackelae 255*
181 lbs.
Open 245
S. Gaudley 215*
V. Baum
Master (40-44) 390*
Master (45-49)
M. England 360
Master (45-49) 505*
198 lbs.
D. Leslie 410*
Muccigrosso 335*
Master (50-54)
20 lbs.
D. Leslie 570*
M. England 390*
Master (60-64)
Master (50-54) 220 lbs.
T. Roberts 435*
R. Carth 330*
Master (65-69)
Master (60-64) 120*
J. Murphy 230*
181 lbs.
4th-250*
J. Campbell 385
Master (65-69)

Best
=Sun Light Power Missouri state records. Best
Lifter: Deadlift: Mike Raya. Best Lifter Bench:
Dave Leslie. The Sun Light Power Missouri Open
Bench Press/Deadlift Championship was held
at the YMACA for all their help during the
competition and to the YMACA for once again
hosting this event. In the bench press event, all
of the participants lifted raw, a rare event in
the current sport of "super bench shirts". First
up was a regular to this meet, Sharon Gaudley. She
was a lady who just turned 50, who looks thirty.
She lifted 255 lbs. on the bench press. The
45-49/123. Lifting in a new state record there
Sharon established a new state record there
with a strong 155. Newcomer John Fu set the
state record at novice 148 with 245, lifting
in his first competition. At 16-17 we had two
fine competitors, Martin Mackelae and Sean

Evans. Martin finished with a new state record
of 255 at 105 while training partner, Sean did
not finish. Mike Raya, a 16-year-old from
England, won at 40-44/220 with 360, just miss-
ing a fourth state record attempt with 370. At
45-49 we had two more state records broken,
Matt Muccigrosso at 198 and Dave Leslie at
220. With his two week old baby daughter
present, Matt broke his own state record at
198 with 335. Dave came down from Iowa
for the first time to compete. Dave's record
was also awarded the best lifter trophy among
the benchers. Ron Carth returned to competi-
tion after several years away from the sport to
capture the title at 50-54/242. Ron, who has
been visually-impaired for the past thirty years,
was a great inspiration to everyone present as
he finished the day with a new Missouri state
record at 60-64/220 with 250 along with
John Murphy, who did the same at 65-69/148
won at 181 with 260 while Gary Curry took
the 198 class with a new state record of 365.
Dave Leslie was our only participant in the current
competition, where he finished with a new
state record at 60-64/220 with 250. In the
in the deadlift event Veronica Barsaun broke
her own state record at open 132 with 215.
Matt Muccigrosso captured his second state
record of the day at 45-49/198 with 505 while
Tom Roberts repeated at 60-64/220 with his
435 state record and John Murphy, who had
lifted 181 with 260, repeated at 181 with 260
at 148 with a pull of 120. Jerry Campbell won
again at 181 with 385. Thanks again to everyone
who helped with this competition. See you all
again next year! (these results were provided
by courtesy of Dr. Darrell Latch)

Maple Street YMCA Open
30 MAY 09 - Omaha, NE

BENCH
Open Raw 600
M. Little 450
198 lbs.
T. John
Submaster Raw
M. Cole 420
198 lbs.
Z. Zolotarev 385
Master I Raw 405

DEADLIFT
Open Raw 375
T. Jensen
Master I 300
181 lbs.
R. Page 505

Mike Raya with his state record
570 pound deadlift at 198 lbs. in
the 30-34 age group (photographs
courtesy of Dr. Darrell Latch)



Dave Leslie with his SLP Missouri State Raw record 400 lb. bench press at 220/45-49 in Chesterfield



Push Pull	BP	DL	TOT
Master I	385	375	760
SHW			
Jensen	SQ		
Teen Raw			
123 lbs.	205	150	275
J. Grasso			
132 lbs.	195	160	325
J. Gouger			
148 lbs.	215	135	260
W. Ross			
165 lbs.	225	140	235
165 lbs.			
Q. Rochford	250	170	345
765			
C. Guzman	285	185	375
845			
J. King	315	180	365
860			
181 lbs.			
C. Baldwin	365	290	405
1060			
198 lbs.			
315	260	405	980
275 lbs.			
J. Britman	365	205	405
975			
Open Raw			
132 lbs.	295	245	365
905			
V. Alvarado	350	275	455
1080			
A. Evans			
181 lbs.	325	280	420
1025			
E. Ortiz	242	340	275
475			
Master II Raw			
242 lbs.			
C. Toney			
1090			
148 lbs.			
275	225	350	850
165 lbs.			
1070			
Z. Henson	400	245	425
1070			
Outstanding Lifters: Women-E. Mwaja, Squat- Z. Henson, Bench-M. Cole, DWL-M. Little. (Results by courtesy of John Jones)			

PULL A NEW PB WITH 340% MORE MUSCLE

The chalk dust has settled. Your grip is locked in and you're ready to pull. This day isn't any ordinary day. Why? Because you know that you're bigger, stronger and downright more powerful than ever before. That's right! You're ready to crush your PB with this gravity-defying lift because you've been training with Six Star® Muscle Professional Strength Whey Protein. Loaded with a massive 10,642 milligrams of power-potentiating muscle growth accelerators and 52 grams of high-quality whey protein, every maximum serving of Six Star Muscle Whey Protein will help you pack on pounds of powerful muscle.

Here are the facts. In a six-week study, test subjects taking the key ingredients in Six Star Muscle Professional Strength Whey Protein gained, on average, a staggering 340 percent more lean muscle than the placebo group.¹ In another study, subjects increased their strength potential by a mind-blowing average of 105 pounds on a key lift in only 10 weeks!² With strength and muscle gains like this, just imagine the ground-shattering poundages you'll be pulling in just weeks!



- UNIVERSITY-VALIDATED RESULTS:**
- Test Subjects Built 340% More Strength-Building Lean Muscle!¹
 - Test Subjects Amplified Their 1-Rep Max by 105 lbs!²
 - Triggers Massive Strength and Muscle Gains from Day One!

Available at:

GNC LiveWell In Select Risk-Ad Locations
Super Centers BODY BUILDING.COM
Body Building
Super Centers
GNC LiveWell SHIP NATIONWIDE OR AT GNC.COM
 In one 6-week study, individuals taking the key ingredients in Six Star Muscle Professional Strength Whey Protein gained, on average, more lean mass than subjects using a placebo (8.8 vs. 2.0 lbs.).¹ In one 10-week study, subjects taking a key ingredient in Six Star Muscle Whey Protein increased their one-rep max bench by an average of 105 lbs.² © 2009.

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		Last		State		Zip	
First		Middle		County		City	
Street Address		Home Phone		County		City	
Application Date		Work Phone/Ext.		Home Phone		Fax Number	
E-Mail Address		Gender		Call Number		Sport Code (see list below)	
Birth Date		Club Name (if known)		Male <input type="checkbox"/> Female <input type="checkbox"/>		Signature	
Do you have Health and Accident Insurance? YES <input type="checkbox"/> NO <input type="checkbox"/>		Parent/Guardian Signature		Date		Date	

I certify that: 1) I have never been convicted of any sex offense nor felony; or, 2) this application is correct in every material respect, 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.aasports.org. NOTE: Parent/Guardian signature if member is under 18 years old.

Age Group	Weight Class	Name	Weight	Record
USAPL New England Open 30 MAY 09 - Brighton, MA	BENCH	L. Emerson	374	226
	Open Raw	J. Haddad	201	1091
	Open Raw	P. Hubbard	154	303
	Open Raw	J. Haddad	396	396
	Open Raw	E. Curdiero	446	446
	Open Raw	J. Ascari	529	281
	Open Raw	S. Rituco	512	402
	Open Raw	E. Gistowski	512	325
	Open Raw	J. Cappellano	457	319
	Open Raw	J. Cappellano	457	483
AAU 100% Raw	Open Raw	D. Emur	451	347
	Open Raw	K. Mears	347	248
	Open Raw	K. Rossi	545	463
	Open Raw	K. Rossi	545	253
	Open Raw	T. Kerrigan	352	253
	Open Raw	T. Kerrigan	352	463
	Open Raw	T. Kerrigan	352	1069
	Open Raw	T. Kerrigan	352	970
	Open Raw	T. Kerrigan	352	358
	Open Raw	T. Kerrigan	352	275
AAU 100% Raw	Open Raw	C. Thomas	727	490
	Open Raw	R. Moore	600	336
	Open Raw	R. Moore	600	584
	Open Raw	R. Moore	600	1521
	Open Raw	R. Moore	600	418
	Open Raw	R. Moore	600	1339
	Open Raw	R. Moore	600	112
	Open Raw	R. Moore	600	644
	Open Raw	R. Moore	600	275
	Open Raw	R. Moore	600	1008
AAU 100% Raw	Open Raw	J. Cressano	303	192
	Open Raw	L. Acevedo	397	203
	Open Raw	L. Acevedo	397	314
	Open Raw	L. Acevedo	397	815
	Open Raw	L. Acevedo	397	220
	Open Raw	L. Acevedo	397	1835
	Open Raw	L. Acevedo	397	1835
	Open Raw	L. Acevedo	397	1835
	Open Raw	L. Acevedo	397	1835
	Open Raw	L. Acevedo	397	1835
AAU 100% Raw	Open Raw	J. Haddad	290	281
	Open Raw	J. Haddad	290	573
	Open Raw	J. Haddad	290	1383
	Open Raw	J. Haddad	290	1162
	Open Raw	J. Haddad	290	396
	Open Raw	J. Haddad	290	396
	Open Raw	J. Haddad	290	1157
	Open Raw	J. Haddad	290	1157
	Open Raw	J. Haddad	290	1157
	Open Raw	J. Haddad	290	1157
AAU 100% Raw	Open Raw	D. Fisco	380	275
	Open Raw	D. Fisco	380	501
	Open Raw	D. Fisco	380	1157
	Open Raw	D. Fisco	380	925
	Open Raw	D. Fisco	380	925
	Open Raw	D. Fisco	380	925
	Open Raw	D. Fisco	380	925
	Open Raw	D. Fisco	380	925
	Open Raw	D. Fisco	380	925
	Open Raw	D. Fisco	380	925
AAU 100% Raw	Open Raw	K. Rossi	545	463
	Open Raw	K. Rossi	545	223
	Open Raw	K. Rossi	545	1532
	Open Raw	K. Rossi	545	1267
	Open Raw	K. Rossi	545	246
	Open Raw	K. Rossi	545	309
	Open Raw	K. Rossi	545	309
	Open Raw	K. Rossi	545	309
	Open Raw	K. Rossi	545	309
	Open Raw	K. Rossi	545	309
AAU 100% Raw	Open Raw	P. Mears	391	214
	Open Raw	P. Mears	391	440
	Open Raw	P. Mears	391	1047
	Open Raw	P. Mears	391	303
	Open Raw	P. Mears	391	402
	Open Raw	P. Mears	391	1080
	Open Raw	P. Mears	391	970
	Open Raw	P. Mears	391	970
	Open Raw	P. Mears	391	970
	Open Raw	P. Mears	391	970
AAU 100% Raw	Open Raw	J. Burke	325	1675
	Open Raw	J. Burke	325	1675
	Open Raw	J. Burke	325	1675
	Open Raw	J. Burke	325	1675
	Open Raw	J. Burke	325	1675
	Open Raw	J. Burke	325	1675
	Open Raw	J. Burke	325	1675
	Open Raw	J. Burke	325	1675
	Open Raw	J. Burke	325	1675
	Open Raw	J. Burke	325	1675
AAU 100% Raw	Open Raw	L. St. Pierre	226	226
	Open Raw	L. St. Pierre	226	226
	Open Raw	L. St. Pierre	226	226
	Open Raw	L. St. Pierre	226	226
	Open Raw	L. St. Pierre	226	226
	Open Raw	L. St. Pierre	226	226
	Open Raw	L. St. Pierre	226	226
	Open Raw	L. St. Pierre	226	226
	Open Raw	L. St. Pierre	226	226
	Open Raw	L. St. Pierre	226	226



amy shedrick with a National Record at the Granite City Iron Wars of 347 pounds in the deadlift in the Women's Open 148 pound category. Amy is an APF sponsored athlete.

staff of First and Fitness for being wonderful... The... were almost flawless today. One lifter did have the bar slip out of his hands and bounce off his chest. Fortunately some quick work by the spotters and first aid staff helped quick this lifter to have only a minor injury. The scores table... to... back to First in Fitness in the first half of 2010. (courtesy Bret Kernoff)

Bullitt County Championship
20 JUN 09 - Mt. Washington, KY

BENCH	S. Matzek	245
MEN	Open Raw	235
	165 lbs.	235
	220 lbs.	385
	242 lbs.	385
	275 lbs.	405
	315 lbs.	315
	355 lbs.	405
	405 lbs.	355
	445 lbs.	275
	485 lbs.	315
	525 lbs.	335
	565 lbs.	335
	605 lbs.	335
	645 lbs.	335
	685 lbs.	335
	725 lbs.	335
	765 lbs.	335
	805 lbs.	335
	845 lbs.	335
	885 lbs.	335
	925 lbs.	335
	965 lbs.	335
	1005 lbs.	335
	1045 lbs.	335
	1085 lbs.	335
	1125 lbs.	335
	1165 lbs.	335
	1205 lbs.	335
	1245 lbs.	335
	1285 lbs.	335
	1325 lbs.	335
	1365 lbs.	335
	1405 lbs.	335
	1445 lbs.	335
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	1525 lbs.	335
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	1605 lbs.	335
	1645 lbs.	335
	1685 lbs.	335
	1725 lbs.	335
	1765 lbs.	335
	1805 lbs.	335
	1845 lbs.	335
	1885 lbs.	335
	1925 lbs.	335
	1965 lbs.	335
	2005 lbs.	335
	2045 lbs.	335
	2085 lbs.	335
	2125 lbs.	335
	2165 lbs.	335
	2205 lbs.	335
	2245 lbs.	335
	2285 lbs.	335
	2325 lbs.	335
	2365 lbs.	335
	2405 lbs.	335
	2445 lbs.	335
	2485 lbs.	335
	2525 lbs.	335
	2565 lbs.	335
	2605 lbs.	335
	2645 lbs.	335
	2685 lbs.	335
	2725 lbs.	335
	2765 lbs.	335
	2805 lbs.	335
	2845 lbs.	335
	2885 lbs.	335
	2925 lbs.	335
	2965 lbs.	335
	3005 lbs.	335
	3045 lbs.	335
	3085 lbs.	335
	3125 lbs.	335
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	3245 lbs.	335
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	3605 lbs.	335
	3645 lbs.	335
	3685 lbs.	335
	3725 lbs.	335
	3765 lbs.	335
	3805 lbs.	335
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	4525 lbs.	335
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	4605 lbs.	335
	4645 lbs.	335
	4685 lbs.	335
	4725 lbs.	335
	4765 lbs.	335
	4805 lbs.	335
	4845 lbs.	335
	4885 lbs.	335
	4925 lbs.	335
	4965 lbs.	335
	5005 lbs.	335
	5045 lbs.	335
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	8205 lbs.	335
	8245 lbs.	335
	8285 lbs.	335
	8325 lbs.	335
	8365 lbs.	335
	8405 lbs.	335
	8445 lbs.	335
	8485 lbs.	335
	8525 lbs.	335
	8565 lbs.	335
	8605 lbs.	335
	8645 lbs.	335

(continued from page 17)

So if a man was on AS or even HRT doses of T for years, he will be at significant increased risk for breast cancer! And in the USA, about 1% of all breast cancers are in men!!! As for the prostate, as I discussed above, elevated estrogen relates to BPH and prostatitis. And this is not a good thing. Trust me, I manage my men by routinely checking total serum estrogens and I keep the value < 130 pg/ml. I do not lower the estrogen too much; this would be a big mistake. This is another clinical detail that I have fine tuned. I do not know if other physicians who manage T levels in men do this, but they really should! I lower estrogen by keeping the T level doses in check, using different modalities of delivery, e.g. intramuscular injection vs. transdermal application or even pellet implants. If we find a good T level and satisfactory clinical response by the man, yet the estrogen is still too high, I will prescribe Arimidex 1 mg, usually only 1/2 or 1 tablet per week will work. And this is a great way of using a safe Aromatase inhibitor in a dose fashion that will not cause any side effects. Some guys in the gym will over-dose big time! With these Aromatase inhibitor drugs and cause themselves serious problems!!! I see this all the time. We need some estrogen, and balance is the trick here.

AR: Can you explain the different to the readers in how let's say an anti Estrogen like Novex works compared to say an Aromatase inhibitor does like Arimidex?

AD: Great clinical question. As I mentioned above, Arimidex is an Aromatase inhibitor and acts as an anti-neoplastic agent, aka an anti-cancer drug. The cancer we use it with is breast cancer. Breast cancers that are classified as estrogen positive in receptor activity will respond to anti-estrogen agents and cure rates are significantly increased. Now for bodybuilders and lifters using steroids it can help reduce your chances of getting gynecomastia or what is known as "bitch tits." It will also reduce water retention which is key side effect of the steroids you are taking which is showing the signs of aromatization. This is why when you see a powerlifter whose head looks like a pumpkin, this usually means he is taking a ton of oral steroids like Anadrol. Now what I mean by an Aromatase inhibitor is the fact that it blocks the Aromatase enzyme. Now the reason why this is so important is because this is what helps convert testosterone to estrogen. So in

essence this is a third generation drug in terms of its effectiveness making it much stronger than Nolvadex (Tamoxifen). On the other hand, Nolvadex does not act on the enzyme, but blocks the estrogen receptor site so that it can't be activated by estrogen. In reality Nolvadex is really a weaker form of estrogen. So this drug is in a different category of anti estrogen agents known as Selective Estrogen Receptor Modulators (SERM)

AR: What is your take on two other powerful anti Aromatase inhibitors Aromasin and Femara?

AD: I'll keep this one simple. Essentially, these agents are the same thing. Aromasin is technically considered an Aromatase inhibitor. This is us. Femara or Arimidex, which are Aromatase inhibitors. The difference here is in clinical utility and beyond the scope of this article. Oncologists use these agents in different ways based on an individual patient's cancer profile. In the weight lifter world where Aromasin Steroids and Testosterone are being used, I would keep it simple and if estrogen levels are elevated I would see how I manage the above. And of course, please see me and join my special practice. One day, I still building my practice. One day, soon after I am on Oprah, I will start a waiting list!!! Get in with the Anabolic Doc ASAP!! LOL.

AR: I would now like to discuss that fact of different case studies that you have had success with. Can you give me a few different individuals you have worked with and where they started and where they have come working with you?

AD: Yes, Anthony, this is the gold standard of what I do. I have been treating lifters for about 7 years now as an MD, so I do have some amazing clinical vignettes. Let us start with a common case that I actually have many examples of. I do have to be careful because there are laws regarding privacy and I do not want to expose anybody that may be reading this or piss anybody off. Let's say a man comes to me in his mid to late thirties and is complaining of chronic tiredness, headaches and he is just feeling like shit. He has been on and off Anabolic Steroids for many years and in some cases, only a few cycles. I diagnose him with hypothyroidism, an abnormal cholesterol panel and after I have him stress tested and get him an echocardiogram; I diagnose him with LVH diastolic dysfunction. In layman's terms, this means an enlarged heart and heart failure of the diastolic type. I am finding this to be a mainstay of this type of patient. Lifter and there are so many



The Doc looks to Tom's superb health as the standard for his 50+ patients men out there that fit this profile! Hematoctrit (HCT) (see other article series for this discussion). No doctor in his western state would touch him. Stupid doctors! This man came to me in near tears and we got down to business. Long story short, 9 months later he feels better and I found out why his HCT was so elevated. And his HCT is now within normal limits. Without me, his only solution was to stop his T completely and get depressed or worse. The standard physician does not understand that if you pull a man off Anabolic Steroids or Testosterone, a major depression will set in. This is no joke. And I did this with ease. I just spent adequate time with this man.

There is one very special man who has allowed me to briefly describe how well he is doing and please see his pics here in this series of PL USA. His name is Tom and he is one of my best friends and let me just tell you that he is not only one of the strongest men in the world, but he is as sweet as a pussy cat. He is now 52 years old and weighs about 240. I have seen him bench over 600 in a double ply shirt, dead lift over 700 and through all of this, he is as healthy as a 25 year old tennis player!!! I swear, it is freaky. His blood pressure is better than mine is on 2 medications, his cholesterol looks like that of a vegan and his glucose (marker of diabetes) is perfect. Due to all of this and the fact that he can play the trumpet like Louie Armstrong, he has married a woman almost 20 years younger and very beautiful. I look to Tom as a standard for all of my lifter patients over 50!

AR: Alutop is a well know drug in Powerlifting circles to help heal

major injuries like muscle tears and tendon ruptures. I know several lifters that swear that it helped heal their injuries much faster and their recovery also seemed less painful. Can you expand on what the rage about this drug is for powerlifters and how they are incorporating it in their pharmaceutical program?

AD: Alutop is not on formulary in the US and I have no direct experience with it, though some of my lifter/patients have tried it with varied response. It is a chondroprotector made from sea fish and is injected intramuscularly. It is composed of a bioactive concentrate including bioactive mucopolysaccharides, amino acids and trace elements. It is said to work on damaged soft tissue and chronically inflamed disease states like Rheumatoid Arthritis. Lifters have been known to inject this stuff like a cycle, from daily to weekly for weeks to months and some of the reports appear good. I did a literature search on this stuff and found it to be safe. So, Alutop may be worth looking into. I do not have any physicians who I would refer you to, so you are on your own.

AR: What about women lifters who are pharmaceutically enhanced? Do you work with them also and can you elaborate on it?

AD: I do have a few! And it is very interesting. They usually take low doses of AS and more orals, which they try to minimize the androgen side effects as much as possible. Some women can get away with it, but most will have issues. And they are prone to the same cardiac risks as men, but appear to not want to address this. I am not sure why?

AR: It seems that almost every month in Powerlifting USA there is at least one lifter that has passed away at a young age. Many of these lifters have passed away due to cardiovascular conditions. What is your take on this?

AD: This is such a very important question. Please everyone understand your risks are heart related! Big men, lifting big weight to work on damaged soft tissue and elevated cardiac risks, as I have discussed prior. It's no wonder we see these guys passing away from heart attacks and kidney disease. Please have your blood pressure and cholesterol and glucose checked by a physician!

AR: Is there anything you would like to close with or leave with the lifters that do not have any physicians who I would refer you to, so you are on your own?

AD: Yes Anthony, I would like to thank the lifters of PL USA for giving me the opportunity in reaching out to them as not only a doctor, but as a brother in iron. There is not a day that goes by that I do not ru-

inate on lifting and what I will do next to up my lifts or be stronger. And for this thought process I can say I truly understand you! And those who use them or with those who decide not to use them. You see with me I work with all types of athletes and lifters and no matter what side of the fence you sit on with this topic I truly care for you all in the end, your long term health and quality of life is what truly matters. Making sure that you take care of your health is not just something that enhanced lifters should focus on, but for those that are enhanced it is crucial to make sure you are most responsible in making sure you get blood work done and have your health monitored regularly. Powerlifters in general (this is for those that are drug free and those that are not) do not take care of their health like they should and it is not a major priority in their lives. This laziness is what I am trying to change so that I don't decide to take those all important steps only when you have become sick. I hope that you think about the many different things that we have discussed over this very informative series. It has been a blast for me and the Anabolic Doc too and we want to thank all our readers for taking such a keen interest in this series. So until next month eat clean, train hard, and take care of your health because without it you have nothing!

Conclusion
The Anabolic Doc
Thomas O'Connor, MD

Well, Power Nutrition fans, here you have it. In the last part of this series I wanted the Anabolic Doc to help relay the final message about Anabolic Steroid use and health. The main thing I want you to take from this series is to take your health seriously if you are one that has chosen this path. The purpose of this series was not to debate the

morals of taking pharmaceuticals vs. not taking them in sports. The purpose was not to take sides with those who use them or with those who decide not to use them. You see with me I work with all types of athletes and lifters and no matter what side of the fence you sit on with this topic I truly care for you all in the end, your long term health and quality of life is what truly matters. Making sure that you take care of your health is not just something that enhanced lifters should focus on, but for those that are enhanced it is crucial to make sure you are most responsible in making sure you get blood work done and have your health monitored regularly. Powerlifters in general (this is for those that are drug free and those that are not) do not take care of their health like they should and it is not a major priority in their lives. This laziness is what I am trying to change so that I don't decide to take those all important steps only when you have become sick. I hope that you think about the many different things that we have discussed over this very informative series. It has been a blast for me and the Anabolic Doc too and we want to thank all our readers for taking such a keen interest in this series. So until next month eat clean, train hard, and take care of your health because without it you have nothing!



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Internal Medicine Physician

Current Connecticut APA
Masters I Recordholder
at 198 & 220 lbs.



(continued from page 30)

60 K weight classes. The gold medal was won by Sari Noviana of Indonesia with a 463 lb. squat, 253 lb. bench, and a 485 lb. deadlift for a 1201 lb. total. There were no US lifters in this group.

The heavyweight Women's division composed of 67.5 K and 75 K weight classes. The gold medal was won by Larissa Soloviova of Ukraine with a 468 lb. squat, 330 lb. bench, and a 496 lb. deadlift for a 1294 lb. total. Priscilla Ribic incurred a major back injury several weeks before the Games. She displayed true grit and determination with a solid bronze medal performance with a 485 lb. squat, 286 lb. bench, and a 441 lb. deadlift for a 1212 lb. total. Disa Hatfield was not too far behind with a fifth placing and she hit a 419 lb. squat, 292 lb. bench, and a 424 lb. deadlift for a 1135 lb. total.

The heavyweight Women's division composed of 82.5 K and 90+ K weight classes. This was a tremendous battle in this group. The deadlift was the deciding factor. The gold medal was won by Iryna Yavor-ska-Karpova of Ukraine with a 523 lb. squat, 363 lb. bench, and a 523 lb. deadlift for a 1410 lb. total. Jessica O'Donnell came a close second with the silver. She hit a 589 lb. squat, 397 lb. bench, and a 534 deadlift for a 1520 lb. total. Jessica just barely missed her third deadlift of 556 which would have given her the gold. Lianne Blyn was not too far behind with fourth place and



Brad Gillingham of TEAM USA

she hit a 501 lb. squat, 325 lb. bench, and a 457 lb. deadlift for a 1283 lb. total.



Silver winner, Jessica O'Donnell

would have moved him up into the medals. Erik Nickson placed eighth with a 633 lb. squat, a 408 lb. bench, and a 611 lb. deadlift.

The heavyweight Men's division composed of 90 K and 100 K weight classes. Sergiy Pevnev of Ukraine took the gold with a 837 lb. squat, a 617 lb. bench, and a 749 deadlift for a 2203 lb. total. The US had 3 lifters in the group. Old man (50 year old) David Ricks finished fifth. He had trouble in the squat with only his 700 lb. opener. He hit a PR 495 lb. bench and finished with a 722 lb. deadlift for a 1911 lb. total. Nicholas Tyutudi placed sixth with a 771 lb. squat, a 473 lb. bench, and only his opening deadlift of 715 lb. for a 1960 lb. total. Jeremy Hartman placed seventh, but hurt his back with his 693 lb. opening squat, but was able to hit a 507 lb. bench. It affected his deadlift which he finished with a 716 lb. pull for a



Lianne Blyn from TEAM USA

1916 pound total. The super heavyweight Men's division composed of the 110 K, 125 K, and 125+ K weight classes. Michael Tuschscherer had an awesome performance with a gold medal placing. He hit an impressive 902 lb. squat, a 600 lb. bench, and a 826 lb. deadlift for a 2330 lb. total. Big

Brad Gillingham was not far behind with a fourth place showing with a 843 lb. squat, and a 583 lb. bench, and a 854 lb. deadlift on his third pull to seal up his fourth placing. His deadlift was the highest of the competition. Myself and all the team members want to thank the coaches who worked their tails off during this contest. Thanks to: Matthew Gary, Johnny Graham, Larry Maille, Mike O'Donnell, Rob Keller, and Gary Grabin. A special thank you goes to Angela Stomons who facilitated the logistics for the US team. I'd also like to personally thank Wade Hooper, Disa Hatfield, and Jeremy Hartman who woke me up at 3:00 A.M. on my birthday with 30 other powerlifters to wish me happy 50th.



TEAM USA visits with the official mascots of the WORLD GAMES



Beautiful View—a bridge symbolic of the joining together of athletes from many sports and many more countries in friendly competition



A Powerlifter's Kitchen—courtesy of the 'Dada,' Subrata Dutta

throughout the competition cities. Dignitaries and government officials take part in the ceremonies. Each event is a special event for the athletes. I watched powerlifters win money (rupees) get free track suits, supplements and prizes. Those competitions can be gala events. There are press conferences and plenty of media. I witnessed parades with elephants and marching bands leading up to the competitors. Huge posters and banners are seen

no regard for giant obstacles in his path. His goal, this November, is to provide the IPF and all the competing lifters a great World Championship experience in India. The 'Dada' of Indian powerlifting looks forward to hosting the participants, their families and friends in India this year. He is committed to providing a special championship. Subrata Dutta offers a warm Indian welcome for all at the 2009 World IPF Powerlifting Championship.



A Powerlifter's Kitchen—courtesy of the 'Dada,' Subrata Dutta

ready to help. His goal, this November, is to provide the IPF and all the competing lifters a great World Championship experience in India. The 'Dada' of Indian powerlifting looks forward to hosting the participants, their families and friends in India this year. He is committed to providing a special championship. Subrata Dutta offers a warm Indian welcome for all at the 2009 World IPF Powerlifting Championship.

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Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____
 STREET ADDRESS _____
 CITY, STATE, ZIP _____
 AREA CODE, TELEPHONE: _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____
 ACE _____ SEX _____

REGISTRATION FEE \$10.00
 SPECIAL OLYMPICS \$20.00
 HIGH SCHOOL \$40.00
 ADULTS

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____
 (memberships are valid for one year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
 WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

WNPF NJ/Lifetime Raw Nationals
 7 JUN 09 - Bordentown, NJ

Open Raw	410	315*	465	1190	1335
Worship	345	275	385	1005	1195
Smith	425	275	545	1245	
Open Raw	—	—	—	—	1305
Subs Raw	280*	215*	315*	810*	
(50-59) SP	290	270	415	975	
Vogel	365	190	375	930	
(13-16) Raw	505	270	540	1315	
Kay	390	265	475	1150	
Novice Raw	505	270	540	1315	
Prior	325	185	360	770	
Open Raw	630*	450*	630*	1710*	
Novice Raw	565	345	600	1510	
Subs Raw	565	345	600	1510	
(40-49) Raw	565	345	600	1510	
Hakoren	565	345	600	1510	
Novice SP	325	185	360	770	
Znaczo	150*	115*	235*	490*	
Open Raw	365	275	415	1055	
Novice Raw	615	485	615	1715	
Open Raw	500	265	490	1255	
Novice Raw	242	185	265	490	
Open Raw	470	315	580	1365	
Novice Raw	300	220	300	720	
Open Raw	—	—	—	—	100
Subs Raw	420	275	515	1195	
Open Raw	160	100	165	325	
Subs Raw	450	300	450	1200	
Open Raw	405	275	405	1080	
Subs Raw	100	100	100	300	
Open Raw	41*	150	150	450	
Subs Raw	220	150	220	590	
Open Raw	26*	150	220	590	425
Subs Raw	198	150	198	594	
Open Raw	242	150	242	734	
Subs Raw	19	150	19	57	600
Open Raw	148	150	148	444	
Subs Raw	95*	60*	145*	300*	
Open Raw	300	160	385	845	
Subs Raw	160	90	230	480	
Open Raw	181	115	215	511	
Subs Raw	115	75	165	355	
Open Raw	100	100	100	300	
Subs Raw	420	275	515	1195	
Open Raw	160	100	165	325	
Subs Raw	450	300	450	1200	
Open Raw	405	275	405	1080	
Subs Raw	100	100	100	300	
Open Raw	41*	150	150	450	
Subs Raw	220	150	220	590	
Open Raw	26*	150	220	590	425
Subs Raw	198	150	198	594	
Open Raw	242	150	242	734	
Subs Raw	19	150	19	57	600
Open Raw	148	150	148	444	
Subs Raw	95*	60*	145*	300*	
Open Raw	300	160	385	845	
Subs Raw	160	90	230	480	

WNPF NJ/Lifetime Raw Nationals
 19 JUL 09 - Atlanta, GA

Open Raw	430	315*	465	1190	1335
Worship	345	275	385	1005	1195
Smith	425	275	545	1245	
Open Raw	—	—	—	—	1305
Subs Raw	280*	215*	315*	810*	
(50-59) SP	290	270	415	975	
Vogel	365	190	375	930	
(13-16) Raw	505	270	540	1315	
Kay	390	265	475	1150	
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Novice Raw	565	345	600	1510	
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Subs Raw	19	150	19	57	600
Open Raw	148	150	148	444	
Subs Raw	95*	60*	145*	300*	
Open Raw	300	160	385	845	
Subs Raw	160	90	230	480	

WNPF Lifetime USA
 19 JUL 09 - Atlanta, GA

Open Raw	430	315*	465	1190	1335
Worship	345	275	385	1005	1195
Smith	425	275	545	1245	
Open Raw	—	—	—	—	1305
Subs Raw	280*	215*	315*	810*	
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Open Raw	148	150	148	444	
Subs Raw	95*	60*	145*	300*	
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 19 JUL 09 - Atlanta, GA

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Subs Raw	19	150	19	57	600
Open Raw	148	150	148	444	
Subs Raw	95*	60*	145*	300*	
Open Raw	300	160	385	845	
Subs Raw	160	90	230	480	

(50-59) Raw	510*	375	510	1395	1545
Open Raw	375	275	375	1025	1175
Subs Raw	500	375	500	1375	1525
(40-49) Raw	650*	440	650	1740	1890
Open Raw	440	340	440	1180	1330
Subs Raw	505	375	505	1380	1530
(30-39) Raw	750*	505	750	2005	2155
Open Raw	505	405	505	1310	1460
Subs Raw	600	475	600	1575	1725
(20-29) Raw	850*	550	850	2200	2350
Open Raw	550	450	550	1400	1550
Subs Raw	650	525	650	1675	1825
(10-19) Raw	950*	600	950	2450	2600
Open Raw	600	500	600	1500	1650
Subs Raw	700	575	700	1725	1875
(0-9) Raw	1050*	650	1050	2700	2850
Open Raw	650	550	650	1600	1750
Subs Raw	750	625	750	1825	1975
(0-9) Raw	1150*	700	1150	2950	3100
Open Raw	700	600	700	1700	1850

USA Raw BPF Spring Nationals
7 MAR 09 - Tuscola, IL

BENCH
 Julie/Fire (50-54)
 A. Kennedy 375*

Master (45-49)
 Open
 D. Covington 175*
 C. Cressbaum 390

MALE
 Novice
 220 lbs. Baum 390
 4th-400
 Z. Bulkus 480
 4th-500
 W. Franklin 465

242 lbs. SLP BENCH
 D. Burrs 345
 Teen (13-15)
 123 lbs. Raw
 181 lbs. Master (40-44)
 T. Cox 390

4th-400*
 148 lbs. SLP DEADLIFT
 C. Williams 165

FEMALE
 405*
 Junior
 L. Lancaster 175

M. Davis 375
 Master (45-49)
 181 lbs. D. Covington 360

Submaster
 J. Blessman 360
 242 lbs. Novice
 181 lbs. D. D. 400

Master (40-44)
 181 lbs. Teen (13-15)
 123 lbs. D. D. 400

M. York 330
 T. Ramey 185

4th-205
 Teen (18-19)
 M. Williams 300

4th-400
 M. Williams 300

4th-45-49)
 220 lbs. Junior
 D. Leslie 370

275 lbs. Master (50-54)
 M. Davis 560

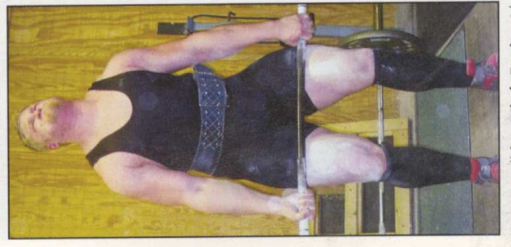
308 lbs. Master (45-49)
 B. Chiblar 400

220 lbs. D. D. 410

242 lbs. D. D. 410

J. Bridges 380

*USA Raw Bench Press Federation national records. Best Lifter Open Men Bench Press: Zach Bulkus. Best Lifter Open Men Bench Press: A. Kennedy. Best Lifter Women Bench Press: Mitch Davis. The USA Raw Bench Press Federation Spring Nationals were held at Son Light Power Gym, thanks to my son Joey Latch and the other lifters who helped with the loading and spotting. To Linda Middleton who helped with the judging and talking prizes and medals. Dan Lancaster who helped me with the awards. Our



Best Deadlifter Mitch Davis with his PR 560 at the Spring Nationals



Dian Covington's National Record 175 @ 45-49/181 in Tuscola, IL. (photos courtesy of Dr. D. Latch)

only lady lifter was one of the top raw master lifters in the world. Dian Covington, who finished with a strong national record of 175, taking the title at 45-49/181. In the novice men's division it was Chris Cressbaum for the win at 220 with 400. This represented new SLP state records for both Illinois and Indiana. Dan see Jim Bridges again after a few years hiatus and looked strong, finishing with a new Missouri state raw record of 380 at 55-59/242. Another old friend was Al Kennedy, who is just beginning to compete again. Al had a great day, breaking the Illinois state and USA national record for Missouri in the process. Cool but not surprising, Zach Bulkus won the national title at 18-19/148 with 375! Al also received the best lifter award for the 18-19/308 class with 405. At junior 275 lb division Mitch Davis won at 220 with 400, his second title of the day. Then at 308 we had our only tough competition, between W.T. Franklin and while John Ramey took the 242 class with 400. Zach Bulkus won the 242 class with 400 and loading and spotting. The 242 class was won by York won at 40-44/181 with 330, but looked

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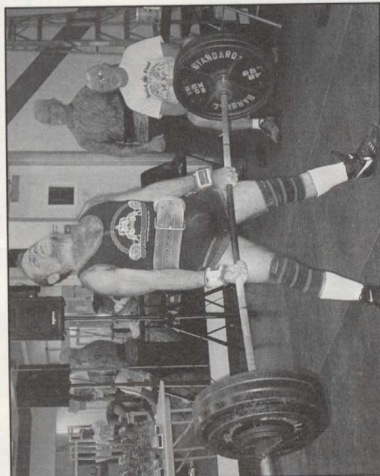
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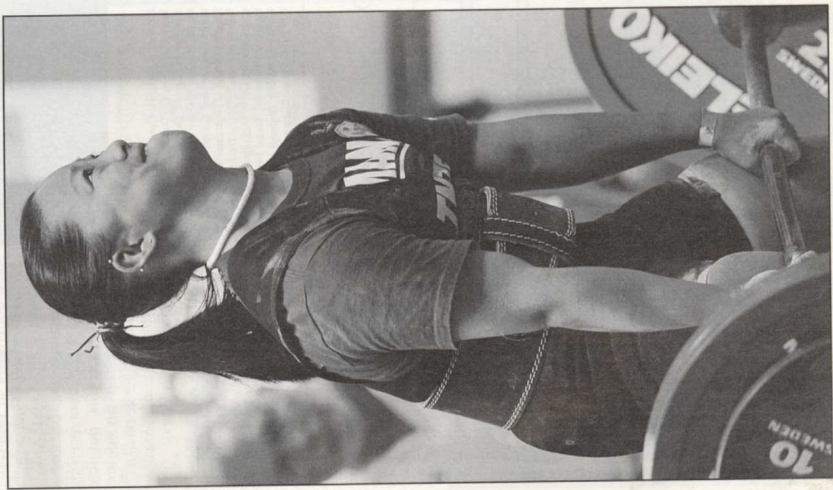
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The TOP 100 Photo Page

Will you make the upcoming TOP 100 list for the 132 lb. class? Last time we ranked this class the minimum lifts to make that ranking were 335 lbs. in the squat, 225 lbs. in the bench press, 370 lbs. in the deadlift, and 885 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 132 lb. class will be competitions held October 2008 through September 2009, and it will appear in our December 2009 edition. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page" send a photo of your recent lifting (or something off the wall, like your junior high graduation photo) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail to lambertplus@aol.com (we recommend a JPEG at least 200kb in size). If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list.



Gary Zoella has been cracking the TOP 100 list since his college days



Ren Yamashita pulled enough at the USPF Nats to make the TOP 100



Lasting Power - Ernesto Milian has been a nationally ranked lifter for over 4 decades. He's announced his retirement, so this may well be the last time his name appears on our TOP 100 list!



Stou-z Hartwig-Gary (center), the 2003 IPF Women's World Champion, is one of a few women who has routinely placed impressively on the TOP 114 rankings



Curt Hale is one of many teenage lifters to place on this year's TOP 100 rankings for the 114 lb. class (photography courtesy of Klontz)

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. Land 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).

NEXT MONTH...TOP 1235

CORRECTIONS.... On page 78 of our August 2009 edition of POWERLIFTING USA, in one of the photo captions, we misidentified the exceptional young lifter Daniel Tinajero as "Dennis" Tinajero. Highly ranked for many years, veteran lifter Ken Ulford's lifts of 771/529/771/2072 achieved on February 28th, 2009 were not reflected on our TOP 100 ranking list for the Superheavyweight division in the September edition of POWERLIFTING USA. **Tim Meeker** reports that the former Courtney Gathright (now his wife, Courtney Meeker) should have been credited (per the records list on the WABDL website) with a 325 lb. bench press on the All Time TOP 50 Women's rankings for the 165 lb. class. If you find errors in our articles, TOP 100/200 weight class rankings or in the competition results that we publish, let us know at PL USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the manner and an appropriate correction in a following issue.

TOP 100

For standard 114 lb. /52 Kg. USA lifters in Results received from AUG/08 through JUL/09

SQUAT		BENCH PRESS		DEADLIFT		TOTAL	
1	280 Salgado, J. 3/10/09	280 Price, J. 2/21/09	475 Nequin, B. 11/08	1140 Torres, E. 3/14/09			
2	440 Torres, E. 3/14/09	440 Torres, E. 3/14/09	465 Torres, E. 3/28/09	1100 Millan, E. 11/22/08			
3	440 Torres, E. 3/28/09	245 Millan, E. 11/22/08	465 Torres, E. 3/28/09	1075 Martinez, A. 3/27/09			
4	410 Awhit, A. 3/27/09	220 Harwig-Gary, J. 11/3/08	430 Horn, J. 3/14/09	1030 Garcia, L. 3/28/09			
5	400 Martinez, A. 3/14/09	220 Galick, S. 3/14/09	415 Jacinto, M. 3/7/09	1025 Naquin, B. 11/08			
6	400 Martinez, A. 3/28/09	215 Torres, E. 3/28/09	415 Torres, E. 3/28/09	1025 Naquin, B. 11/08			
7	375 Horn, J. 3/28/09	215 Torres, E. 3/28/09	415 Torres, E. 3/28/09	970 Horn, J. 3/28/09			
8	374 Harwig-Gary, J. 11/3/08	214 Pantliff, L. 8/2/08	410 Barajas, R. 3/28/09	959 Harwig-Gary, J. 11/3/08			
9	370 Shags, K. 3/28/09	214 Harrison, C. 3/28/09	407 Harrison, C. 3/28/09	945 Casas, J. 3/28/09			
10	370 Knight, A. 3/28/09	214 Harrison, C. 3/28/09	400 Goza, F. 3/11/09	945 Rocha, M. 3/28/09			
11	365 Naquin, B. 11/08	214 Harrison, C. 3/28/09	400 Goza, F. 3/11/09	945 Rocha, M. 3/28/09			
12	365 Naquin, B. 11/08	210 Martinez, M. 3/14/09	391 Awhit, A. 11/15/08	930 Shags, K. 3/28/09			
13	365 Naquin, B. 11/08	210 Martinez, M. 3/14/09	391 Awhit, A. 11/15/08	930 Shags, K. 3/28/09			
14	365 Naquin, B. 11/08	210 Martinez, M. 3/14/09	391 Awhit, A. 11/15/08	930 Shags, K. 3/28/09			
15	365 Alvarez, E. 3/28/09	210 Sanchez, G. 3/28/09	390 Skilton, H. 3/28/09	925 Williams, R. 3/14/09			
16	365 Alvarez, E. 3/28/09	210 Sanchez, G. 3/28/09	390 Skilton, H. 3/28/09	925 Williams, R. 3/14/09			
17	365 Alvarez, E. 3/28/09	210 Sanchez, G. 3/28/09	390 Skilton, H. 3/28/09	925 Williams, R. 3/14/09			
18	360 Martinez, M. 3/28/09	209 Poon, J. M. 3/27/09	385 Williams, R. 3/27/09	914 Williams, R. 3/27/09			
19	360 Martinez, M. 3/28/09	209 Poon, J. M. 3/27/09	385 Williams, R. 3/27/09	914 Williams, R. 3/27/09			
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99	355 Jacinto, M. 3/7/09	205 Durban, A. J. 3/14/09	380 Shags, K. 3/7/09	914 Williams, R. 3/27/09			
100	355 Jacinto, M. 3/7/09	205 Durban, A. J. 3/14/09	380 Shags, K. 3/7/09	914 Williams, R. 3/27/09			

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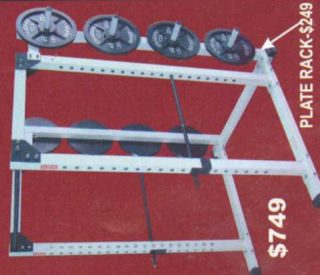
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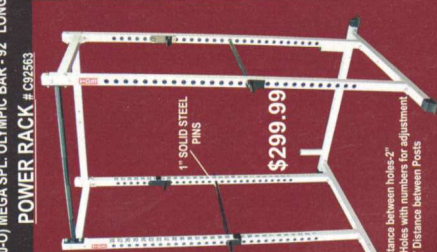
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ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD

THE FOREVER GUARANTEE... MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



13mm lever belt - \$68
13mm buckle belt - \$70
10mm buckle or lever belt - \$58
Tapered buckle or lever belt - \$52

Choice of stiff leather for the firmst support or soft leather for immediate comfort.

Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly.

Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

1.3mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, stuede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSION RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.

- Highest quality suede provides non-slip surface.
- NOT BRADED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER

WE MAKE POWER GEAR A SCIENCE
1-800-222-6897

