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MUSCLE MENU

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ON THE COVER ... from top left hand corner, Melicent & Arthur Whinston, Ben Rice, A.J. Mangum & his Mom, middle row, Pat Holloway, Gus Rethwisch & Bud Davis, below middle row Ray Hickman, and Tiny Meeker, bottom row - team champs - TEAM OHIO (photograph courtesy of f8 Imagery)

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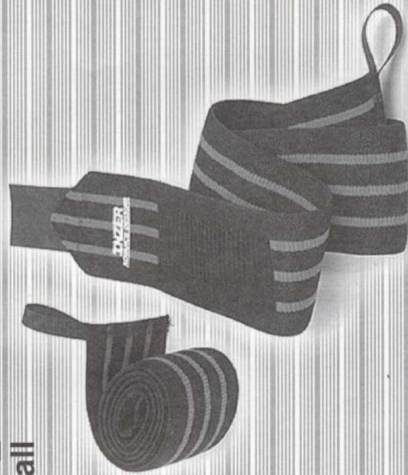
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685 lbs. @ 165 lbs.

Vlad Alifazov
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1,250 lbs. @ SHW

Rob Luyando
World Record Bench
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905 lbs. @ 242 lbs.
947 lbs. @ 247 lbs.

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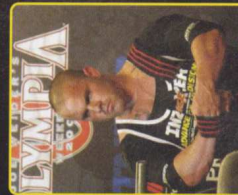
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Dennis Cieri
IPF World Record Bench
634 lbs. @ 198 lbs.



Brian Schwab
World Record Total
2,495 lbs. @ 165 lbs.



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



Joe Cekoivsky
World Record Bench
600 lbs. @ 147.6 lbs.

THE WORLD'S STRONGEST MEN ARE POWERED BY MHP

This was the 13th annual and 502 lifters converged on colorful Lake Tahoe and Reno to do battle. The Peppermill Hotel had done a \$450 million dollar renovation and it showed. The hotel went from 1070 rooms to 1850 and the new ballroom was the classiest ever. WABDL lifted itself in spacious class venues with warm-up areas as big or bigger than most federations lifting areas. 4500-6000 square feet for warm-up areas and lifting and audience areas of 13,000-20,000 square feet. An IPF Junior World's held in France recently had lifters staying in tents. The IPF and USA Powerlifting met to take care of executives first and lifters second, and the WABDL's motto is lifters first and executives serve not reign over or rule over but to simply administer and give the lifter a good experience. But no matter how good the experience some of the "cult" lifters in USA Powerlifting continue "drinking the poison" ala Jim Jones thinking if you have faith you will survive and prosper. The world numbers were down in no small part due to the IPF and USA Powerlifting policy of banning USA Powerlifting and IPF lifters who lift in the WABDL Worlds. According to the prominent USA Powerlifters who are lawyers, the practice is blatantly illegal, a restraint of free trade and directly violates the Sherman Anti-Trust laws. WABDL has spent \$60,000 in card money on drug testing. How much has AAU or USA Powerlifting spent? I know that many USA Powerlifters pay for their own drug test.

Moving onto the lifting. Three lifters flunked their drug tests. Two men and one woman. They lose their world records and their placing at world's and are suspended for six months. In the DEADLIFT in CLASS 1, Jed Lee of Ohio set a state record 512.5 lb. Jed was a member of Buckeye Power Team of Ohio coached by Don Miskins. In second place was Aramig Amichian of Arizona who set a state record of 440.7. In CLASS 1/198, Mark Pearce came back to the lifting platform after a two year absence and picked up where he left off with a fine 589 which also got him first place in master 40-46. He is coached by the legendary John Tyree who has pulled 650 at 165 and squatted 700 in his days and pulled 600 at age 50. A220: Ryan Rutledge of Minnesota set a state record 618.3 to win first place and help Minnesota come in second in the team standings. Dylan Wentz of Oregon was second with 556.5 and is enlisting in the Marine Corp. A242: Dennis Schmidt set a state record and won the world title with 607.3. Harry Jackson of Virginia was second with 589. At 308, Alan Aerts, who has been extremely instrumental and helpful in bringing the USPF back to prominence, won the world title with a 573 DL. Alan also helped judge and is an excellent judge. He and his wife Bonnie have a passion for powerlifting that is rarely seen. They compete in about 15 contests a year. At super their super gentleman Leo Contreras won with 314. He has made every WABDL World's except the first one, 12 in all. In DISABLED, Matthew Taylor of Washington who gets dialysis treatment on his kidneys three times a week pulled a courageous 501.5 deadlift.

WABDL ROCKY MCCULLOUGH GOODSON HONDA WORLD BP & DL CHAMPIONSHIPS
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Alan Aerts won the world title!



Matt Marsiglia pulled 672.2 lb.!



Garrett Maro with a big 699.2 lb.



Mark Pearce - back on the platform

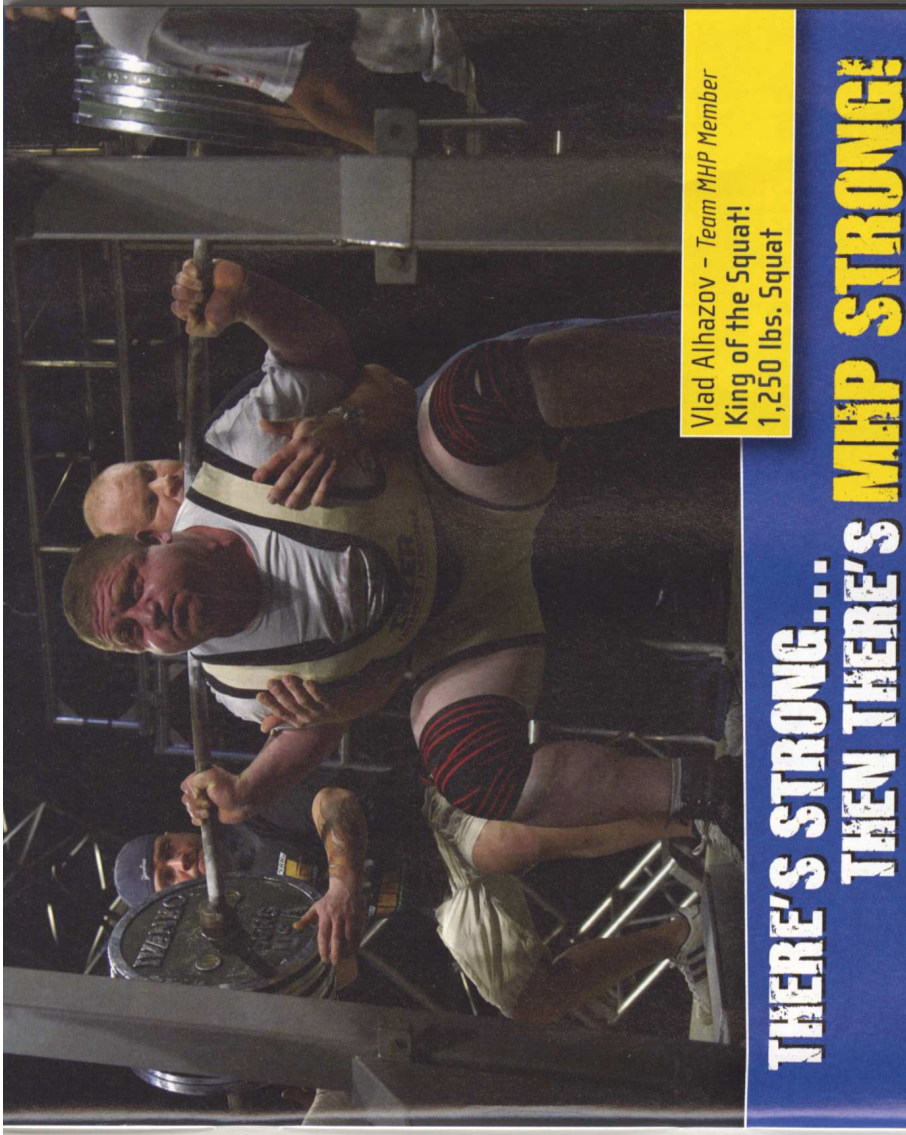
weighing 156.2 for a Washington record. Vilmar Oliveira of Brazil set a national record 462.7 at 181. Vilmar is the South American chairman for WABDL. John Herbein of Pennsylvania who graduated from the Naval Academy and has had hip replacement surgery pulled a 402.2. Four years ago he pulled 551 at age 67. He also finished third in master 68-74/198. He was the hero of the Three Mile Island nuclear disaster being called a 300 AKto come in and shut the nuclear plant down before six million people got exposed to some serious radiation. In other words, he saved lives and misery of six million people, that's a real life action hero. Reid Solar of Arizona who also had hip replacements, pulled 407.7 at 220 to win the world title. At 242 Sanford Graves III of California won his title with a 402.2. He also brought about 12 teenage lifters from the Vacaville area.

In JUNIOR 123, Jose Martinez of Mexico set a national record 303 and also a Texas record since he is attending the University of Houston downtown. Antonio Moreno of Mexico set a national record 413.2 at 132. At 165 Raul Hernandez of Mexico set a national record at 165 with 380.2 but came in second to Ray Segura of Washington who pulled 429.7. At 181, Al Mangum, weighing only 171.6, pulled an incredible world record 706.3. That's more than four times bodyweight! He's passed three drug tests and wears single-ply gear. He only benches about 340 and squats 550. He pulls sumo style and when he starts the bar doesn't move and he starts the bar doesn't move. Carlos Mata of Texas was second with 473.7 and Julian Batholomew of Louisiana was third with a state record 473.7. At 198 Matthew Marsiglia of Michigan set a state record 672.2, an above average pull and he's closing in on 700 fast. Bill Sandrett of Massachusetts was second with a state record 650.2. Dustin McFarland of Oregon was third with 573. At 242, Garrett Maro of Nevada pulled 699.2. He's done 705 for the Nevada state record. A couple of Texans hit 600.7 and 606.2. Valente Imbis-Thompson 600.7 at 275 and Frank Cineiz III 606.2 at Super. No state records but world titles.

In JUNIOR WOMEN 132, MaryAnn Sutton of California pulled 264.5 to beat out Kanna Phipps of Nevada who pulled a 253.5. Rocio Ruiz of Mexico was third with 198.2. At 148, Linda Okoro of Texas pulled the most impressive deadlift of the whole contest with a courageous 402.2 weighing 145.8. She has scoliosis and has two vertebrae in her lower back fused and therefore pretty much 402.2 stiff legged in her first contest. She won the Jerry Capella award for courage and a never die attitude on the platform. That lift was a state record. At 196, Kayleigh McWhinney won world's with a 309.2 and set a Nevada state record. She beat out Donatelli of Idaho set a state record with 374.7 to take her first world title.

In LAW/FIRE 40-47, Lance Davis has come back from serious back problems and pulled 573 at 259 which is about where he left off before he got hurt, and

(continued on page 8)



Vlad Alhazov - Team MHP Member
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of Utah set a state record 326.1 for his first world title. At 165, Dave Felton of Wisconsin was a little off his game but still managed to win world's with a 545 at age 51. Constants in the world are wars, crime, poverty, changing weather and Leamon Woodley's ability to deadlift between 661 and 700 for as long as five known him which is about 12 years. This time he got 672.2 to destroy a field of four. At 198, Jody Woods, the California chairman has done 661 but pulled 606 to finish second. He entered, judged, kept score, brought trophies to the meet. He's also on the board of director of WABDL. In first place was Tom Eisman with a 716.2. At last year's world's Tom opened with 800 and got it to his knees twice and a few inches off the floor the third time but bombed out. This time he got a lift in at age 50. At 220, in a field of six, the battle was between Dr. Steve Lemarie of Baton Rouge, Louisiana and Mitch Edelstein of St. Paul, Minnesota. Lemarie set a world record 688.7 and Edelstein set a state record 666.7 to come in second. This won't be the last battle between these two. Dr. Lemarie gave 700 a good ride by the way before it stalled. He's 48 years old. At 242, Stesydy Harry Munro pulled 540 to capture his second world title and numerous meet victories over the years. At 259 railroad section gang worker Bobby Driskell pulled 683, about what he's pulled for the last seven years. He's done 710.7 and considering his line of work, it's tough for him to recuperate after workouts for a meet. His nickname is "House". At 308, Andy Medak, who is deaf, pulled 650 to beat Alan Aerts, who pulled 573 and three other lifters. Andy was once featured on the cover of a national fitness magazine for his arm wrestling prowess.

In **MASTER 54-60/165**, Richard Cirigliano pulled an amazing world record 601.8. Gregory Klevn of Illinois and formerly of Russia had the world record at 562.5. He did 562 at this meet for second place. At 181, Rick Hagedorn set an Alabama record 551 to win the gold. He also has had total hip replace-

(continued on page 82)



(L) Al Bianchi set a state record of 683.2, (C) Rick Hagedorn won world's with a 545 DL the gold with 551 and (R) Dave Felton won world's with a 545 DL



Ed Miles and Mr. Richard Cirigliano



Dean Munsey (OR) won his sixth world title



(Left) Leamon Woodley & (right) Andy Medak

world title. Warren Orr of Canada set a national record 485 dead to win the law/fire 40-47/308 class. In law/fire 48-55 Greg Alves of California beat William Denniston of Michigan 496 to 468.2. Williams lift was a state record however. In **LAW/FIRE** 48-55 women, Leticia Rosales-Buie pulled 270 at 121. Very impressive for her age and weight. In **LAW/FIRE** 42-56 Mar-in Hollan set a world record 578.5. He's added 40 lbs. to this deadlift this year. In law/fire open, Dave Claroni set a Maine record 486.1 weighing 178. In law/fire open 308, Tommy Harrison Jr. set an Illinois world record 606.2. Tommy has set numerous world records in the bench with his best being 826. In law/fire submaster 220, Kerry Barletti of Minnesota set a state record 600.7. In law/fire submaster super, Keoni Reich pulled 699.4 for the world title. He's pulled 722 and cuts an imposing figure at six feet five inches 329 and lean. In law/fire submaster women, Kim Camer of Illinois set a world record 320.6 weighing 143.2.

In **MASTER MEN 40-46/148**, Willis McCoy of Ohio set a state record 441.8 at 143.7. At 220, Al Tortorelli of California set a state record 651.3 to best Tim Sparks of Arizona who set a state record 622.7. They are both making steady gains and could hit 700 in 18 months. At 242, Al Bianchi of Massachusetts set a state record 683.2 to beat Robert Exum of California who did 622.7. At 275, Patrick Holloway set a world record 821 in both 40-46 and open and it was the highest deadlift ever in WABDL and he passed his third drug test. Patrick is the WABDL co-state chair in Arizona and he's a very smart deadlifter and gives some good advice, from what I hear. At 308, Tomas Guiney of Oklahoma won with 628.2. He's done 661. In second place was Naresh Kumar of India with a national record 507 and in third was Warren Orr of Canada with 485. In super, Dean Munsey of Oregon competed in his 11th world championship and won his sixth world title with a Oregon record 632.4.

In **MASTER 47-53/148**, Paul Wach



Tom Eisman won 1st. Marvyn Hollan set a 578.5 lb. WR

Bobby "House" Driskell pulled a huge 683 Steve Lemarie of Baton Rouge, LA

NUTRITION

An in depth interview with author Sherry Brescia DIGESTIVE DISORDERS Are They Ruining Your Life?

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



Sherry Brescia fights digestive issues with proper food combinations and avoiding processed, junk and fast foods (photos: c. Brescia)

Part 3
Here we are again with another installment of this thought-provoking series. This month Sherry is going to touch on some very important topics, without a doubt. She will help inform you on some insightful information about pharmaceutical drugs and the reality of their health consequences down the road. This is a major problem for those that take pharmaceuticals to help control their digestive ailments—especially if it is done for long periods of time. Sherry will also touch on some digestive problems that plague women more frequently than men. Lastly, she will give you a heads up on what her program is all about and introduce you to some of those people that have gotten fantastic results with combating their digestive disorder by following her methods. With this said, let's take a look at what this issue has in store.

Anthony Ricciuto: It is well known that Nexium is only supposed to be used for short periods of time, but many doctors prescribe this for years on end. What are the long-term ramifications of this?
Sherry Brescia: You're correct. No clinical trials of Nexium exist beyond one year, so anyone taking it for longer than that has basically become a lab rat in an experiment.

Using a PPI (which shuts down the acid pumps in your stomach) completely ruins digestion, since acid is needed to properly digest proteins. Imagine what years and years of ruining your digestion means.

For starters, improper digestion results in gas, bloating and cramping—which are the symptoms usually identified as IBS. It also results in wastes that don't move through the intestines like they should, which can eventually lead to diverticulitis and other ailments.

Badly digested food also results in poor nutrient absorption, so long-term use of PPIs can lead to malnutrition. Researchers suspect that's why an increased risk of hip fractures is associated with long-term Nexium use—the patients' bodies are not absorbing calcium like they should.

Poor nutrient absorption can also mean weight gain. Our body's hunger signal is triggered by a need for nutrients—not by the physical absence of food in the stomach. So if you're not getting the nutrients you should from your food, you can actually feel hungry shortly after a large meal. That can result in overeating and weight gain.

AR: What about eating out at a restaurant—can they still follow your

can make a difference?
SB: The causes of many digestive disorders also lead to low energy levels, so there's a good reason they seem to go hand in hand.

One of these causes is eating processed, junk or fast food. By eating processed food (which is anything in a box, bag, can or jar with ingredients you can't pronounce) or food from the drive-thru, you are eating "stuff" that is extremely difficult to digest and devoid of naturally occurring nutrients.

Food manufacturers are clever, so they add nutrients to their creations to make them appear healthy. However, these added nutrients (like those in breakfast cereals) are irrelevant because eating processed foods causes your pH to be acidic. When you're acidic, your body can't effectively use vitamins and minerals anyway, so it doesn't matter that they are added to make the food appear "healthy."

The bottom line is this—eating processed or fast food leads to low energy due to poor nutrition as well as a stressed, aching stomach.

In addition, incompatible food combinations cause digestive problems and low energy too. When you eat foods that don't digest well together, your stomach repeatedly secretes acid. This overproduction of acid destroys the nutrients in your foods and causes you to be malnourished and sluggish, as well as experience excess acid rising up in your throat.

Lastly, nothing the human body does demands more energy than digestion. So when you eat processed food, fast food or bad combinations of foods, your body expends a tremendous amount of energy in digestion, leaving you very little for anything else. That results in you scrambling for coffee or looking for a place to take a nap after eating.

Great Taste No Pain discourages eating processed, fast or junk food, and teaches you the easy principles of good food combinations. This results in much easier, efficient digestion, less GI problems and MUCH more energy. One comment I hear frequently from clients is that they can't believe how their energy has soared with Great Taste No Pain, even people in their 70's and 80's!

AR: What is the average time that someone that suffers from any digestive disorder may feel a difference in their pain level and digestive improvement?
SB: Most people feel a noticeable difference within the first week and many as quickly as the first

meal. It may take some people a bit longer, especially if they have a large amount of wastes built up in their system from a lifetime of poor eating habits.

AR: Are any doctors now recommending your system to help people not rely on drugs so much to help with their problems?
SB: Yes, we have a number of chiropractors, holistic practitioners and traditional MDs that recommend Great Taste No Pain to their clients.

AR: Powerlifters love meat and that is the bottom line. Can they still eat meat while following your program and get good results?
SB: Absolutely! They just need to combine it correctly with the right other foods so it's digested efficiently.

AR: Women suffer a lot from constipation, even more than men. Why is this the case and what can they do to help this problem?
SB: There are a number of reasons why women are more affected by constipation than men. They include:

- Women are typically exposed to more stress over family matters, hormonal changes and social pressures. Mental stress contributes to constipation.
- Pregnancy causes hemorrhoids, which can lead to incomplete emptying of the bowels and constipation.
- Because they're used to straining to deliver babies, women tend to strain more, trying to force a bowel movement, which worsens constipation.

- Iron and calcium supplements can cause constipation, and women tend to take these supplements more often than men.
- Dietary changes can cause constipation, and women are definitely more concerned about dieting and weight loss than men.
- Women are more "socially conscious" of the sound and smells associated with a bowel movement, and are more likely to "hold it" instead of using a public bathroom. Withholding bowel movements causes constipation.

In addition to the obvious measures women can take (reduce stress, don't strain, avoid fast diets, and bite the bullet and use the public ladies room), diet can play a major role in overcoming constipation.

The Great Taste No Pain plan stresses lots of high fiber, alkaline foods, which act as a "broom" and naturally help alleviate constipation. Moreover, the complete digestion of foods that results when you eat good food combinations leads to wastes that move through the intestines easier.

I have been eating the way I teach in GTNP for 17 years, and I can say in all honesty that I have NEVER needed to use a laxative the entire time, even when I was pregnant with my son. And believe me, with owning 2 companies, having a family, being a black belt in karate and a runner, and still taking time to cook dinner every single night, my life is not without stress either.

AR: Do you feel that Big Pharma is trying to hold down the natural industry and nutritional discoveries so that they can continue to make billions from their medications that don't actually cure these problems but keep you on them for years?
SB: Yes, I do, because if more people knew about safer, less costly, natural remedies, the pharmaceutical companies (and many traditional doctors) would suffer financially. As a result, holistic approaches to treating illness (or preserving health) are usually accused by many members of the traditional medical community as being "not adequately tested," or "unproven" or even "quackery," when nothing could be further from the truth.

AR: Can you give us some real testimonials for different health conditions here for the readers to take a look at?
SB: I'll include a few here, and also invite people to read more at: www.greatstapain.com/cs/casestudies.asp

Saved from life-threatening diverticulitis

Hi Sherry: This is a short note from me (Penny) and my husband (Jerry) who is 68 and was so desperately ill after a really nasty attack of diverticulitis. The surgeon was adamant that he needed urgent, drastic and major surgery and advised my husband of the complications that could arise.

I was lucky enough to find your website www.greatstapain.com after searching for some answers for him. What made this even more frightening is that being a kidney donor and only having the one kidney left meant he could not afford any kind of post-operative infection in the colon or bowel area.

What a shame that this way of eating is not taught in schools so that everyone can know just how we should be eating instead of being taught (as I was) that a dinner plate needs a mixture of all different kinds of foods.
Penny

This way of eating of yours was and is for me, to say the least, life saving

Sherry: My diverticulitis was so bad

and had flared up into a serious situation so quickly I thought I faced only two options. First, agonizing death and by that I mean pains that almost resulted in me losing consciousness. Or the other alternative: major surgery with the horrors of a lifestyle so changed as a result that I considered it better to be dead.

I have always been an active outdoor person and this made my situation even more distressing. It is now six weeks since adhering to your plan and although in the beginning I was not convinced that this was the answer to a life-threatening problem that I had, I knew it was the only alternative for me, so I embarked upon your plan.

I want you to know that in my case no brand or amount of laxatives were of any assistance whatsoever. I had to be admitted to theatre each time to be flushed out. My surgeon was horrified that I would not agree to surgery.

After six weeks on your plan I am perfectly normal. I cannot believe the ordeal I suffered at the beginning of my illness and I am still stunned that this simple process of correct diet had meant such marvelous normality.

As a bonus, my sleep patterns have greatly improved.

This is just a short letter to thank you and to assure others that we are exactly what and how we eat.

Gerry
.....
God bless you,
Dot & Russ

Goodbye to Prilosec and excess pounds

Dearest Sherry: We can't praise you enough about your system of good healthy eating with the GREAT TASTE NO PAIN method. IT REALLY WORKS!!

I wish other people would just TRY IT! My husband and I are proof at age 65 that you can make a change in your health later in life.

We have been on GTNP since Sept. 2008 and each of us have lost just over 25 lb. and have stopped taking our Prilosec that we have been spending money on for the past 6 years for GERD gastritis, sliding hiatal hernia and esophagitis.

WE HAVE NO PROBLEMS with those issues now thanks to you and your GTNP system.

I'd like to add that we sleep better, and the system is very reasonable to keep following as it saves money at the grocery store as well as medical bills by not having all the above issues and more. We try to walk a half hour a day too.

We now spread the news of GTNP to everyone—they just can't believe how healthy we look and feel. We even had to buy smaller clothes, latest styles, and are told we look fantastic in retirement.

Thanks so much Sherry, many (continued on page 87)



Sherry Brescia prefers natural remedies to pharmaceuticals that create "false health" blessings to you.

We wish we found you much sooner but we didn't have a computer 6 years ago either. Just goes to show you that nobody has to suffer each day with health issues if they just TRY IT the GTNP way!

God bless you,
Dot & Russ

Relief from Diverticulitis, IBS and GERD

Dear Sherry: Finally my suffering is back on track. I've been suffering with Diverticulitis, IBS, and GERD for years.

I've gone from doctor to doctor all of whom threw a prescription at me and ordered more tests. Recently, I had a Colonoscopy and Endoscopy. The gastric surgeon said I needed two surgeries—a bowel resection for the diverticulitis and a hiatal hernia that needs repair. He also said my stomach did not empty as quickly as it should, then scheduled me for a gastric dumping scan. I left the hospital in tears.

Determined to find answers and take control of my health I began searching the internet and found your Great Taste No Pain program. After just 1 week, my bowel movements are regular, no more burping, no bloating, minimal gas, no abdominal tenderness, and my energy level is through the roof. I've been sedentary for months, but yesterday I walked a mile.

The dark circles under my eyes (continued on page 87)

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Matt Kroczaleski
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If someone were to tell the average powerlifter that the box squat, or its predecessor, the bench squat, has been around for over 50 years, I'd bet that there would be a lot of rolled eyes on shaven heads—but it's true. Louie Simmons, the Grandmaster of Westside Barbell, and the World's most renowned Strength and Conditioning Trainer, popularized the box squat well over 20 years ago and refined it through thousands of workouts with his lifters. With the emergence of the Internet and the many online forums specializing in powerlifting training, we now see the box squat being performed in tony fitness salons like LA Fitness and Lifetime Fitness as well as dungeon and basement gyms, from Victorville, CA, to Vladivostok, Russia, and everywhere in between. The box squat—simple movement that it is—is rich in powerlifting history and has touched the lives and careers of some of the greatest strength athletes to trod the face of the earth.

Before Louie and the Columbus

TRAINING

POWER HISTORY TRAINING THE BOX SQUAT - THEN AND NOW as told to Powerlifting USA by Ron Fernando

Westside Barbell—a 2 car garage on Neesho Street in Culver City, CA (the Westside of Los Angeles), owned by William Weiss, aka Peanuts West. Peanuts befriended a young Lebanese-American track athlete named George Frenn at a local powerlifting meet and invited him to train in his garage. Those two, Peanuts and Frenn, became the mad scientists of their era, concocting many new ideas on training which have, as we have seen, been carried on by others many years later.

The box squat, or actually the bench squat was one of these cra-

dungeon-like atmosphere. The year before, Ben Weider had stopped by with Chuck Sipes on a World FBFB tour and left some souvenirs—one of which was an early copy of "The Weider System," complete with wall charts. One of the charts (which we followed religiously) instructed us to do bench squats to develop the "teardrop" muscle in our thighs. So, there we were, a million years ago, in a little third-world country, doing box squats with a rusty barbell (with around 170 lb. as I hazily recall) on a wooden bench.

I didn't think a thing of it until I read in an *Iron Man* magazine how Frenn was able to squat the then unheard of weight of 819 lb. at the first International Powerlifting Event held in Los Angeles in 1970, between the USA (essentially the Westside Barbell Club) and a team from Great Britain which included the legendary Ron Collins. The *Iron Man* article quoted Frenn discussing how he prepared for this

(continued on page 77)



This is how the box squat is practiced in Louie Simmons' Westside Barbell Club in Columbus, OH (photograph courtesy of Wayne Stover)

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Congratulations to Clint Smith who recently recorded the thirteenth highest total of all-time when he totaled 2,407 at 242 pounds competing at the APF Southern States in Jacksonville, FL, on December 5th, 2009. Smith squatted 903, benched 766 and pulled 738 pounds!

Critical Bench: Clint, give us some background info about yourself!

Clint Smith: I live in Jacksonville, Florida, with my wife and little girl where I work as a Civil Engineer. I have been training with Team Samson since 2004 when I met them at my first shirted bench meet.

CB: Clint, after you benched around 315 for a few years, you said you got stronger very quickly when you found great training partners. Tell us why training partners have been so important for you and how you found great training partners to train with?

CS: Well, I think Sam Byrd ripped a quote from Yogi Berra when he told me "100% of powerlifting is half mental." Surrounding yourself with more knowledgeable experienced powerlifters allows you to grow your expertise in performing the lifts and how to mentally prepare for a weight so that you aren't defeated before you ever get under the bar.

CB: Give us 5 reasons why lifting with training partners works better than when you train alone?

CS: 1. It tremendously helps you to mentally prepare for handling heavy weight when you train alongside people who are consistently handling more than you are.

2. Intensity breeds intensity, so training with a group of focused lifters will make for a very productive session.

3. You learn a lot of little nuances with training and handling heavy weight that are best taught by example.

4. Your training partners can constantly critique your form to keep it in check.

5. Having training partners with you at the meet is invaluable and will add pounds to your total.

CB: How does it feel to now have benched over 750 lb.?

CS: I am proud of my bench, but I am humbled by great benchers like Frank and Luyando. It feels good to bench over 750, but I think it will feel better to bench over 800. I am working on it, but it has proven elusive so far.

CB: Clint, tell us your reactions the first time you hit milestones like a 500 or 700 pound bench?

CS: Each successive milestone has been more satisfying than the last one, but they have all been the same: a brief sense of accomplish-

INTERVIEW

CLINT SMITH of Team Samson Powerlifting interviewed by Ben Tatar of Critical Bench



(Above) Clint Smith mentally prepares to handle the heavy weight and (below) a smiling Clint after winning the Best Lifter award



ment followed quickly by thoughts of how to get to the next rung on the ladder.

CB: How is your kid doing?
CS: Little Keira is doing great; she just turned 2. Every day I look forward to getting home from work and babbling with her.

CB: What is your best bench today? What are your short term and long term goals?

CS: My best bench is 788 at 220. Short term goal is to bench over 800 at 220. Long term goal is to total over 2500 at 220.

CB: You train with Team Samson. What does Team Samson look for in potential new members?

CS: We look for people that can be dependable, want to compete successfully, are willing to change their habits and training methods to improve, and know how to spell Samson.

CB: Do you have any tips for us when it comes to using a bench press shirt? How does one pick a shirt? Any tips on using? Share.

CS: As far as tips, at the top of the list are: Keep all your muscles tight for the entire rep, arch as big as you can, push hard with your legs the entire rep, tuck your elbows hard, don't let the shirt slide over the bar off the bubble. The best way to pick a shirt, IMO, is good old trial and error. Experiment with older shirts from fellow lifters first until you think you found your favorite, and then buy a new one. When you first get into a shirt, don't focus on increasing the weight, handle lighter weights and focus on form and touching.

CB: You said in the past that it's good to take weeks off from benching so one won't bench the same weight year after year. How often would you advise one to take a week off from benching?

CS: That really depends on your body and how your training is set up. I even used to train with a guy that trained chest once every two weeks and had phenomenal gains in strength. A general rule of thumb would be once every 6-8 weeks, but you need to listen to your body; if you start to feel a little joint stiffness/pain and notice less explosiveness on warmup weights then a down week is probably in order. One of the hardest things to learn is the ability to recognize when to throttle back. We all want to go 100% every workout, but you will end up hitting a brick wall.

CB: Give us 5 tips so a person who benches in the 300s doesn't bench the same weight every week for years?

CS: 1. Avoid overtraining by over-

(continued on page 76)

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at around 5'6"—suffered horribly trying to make 114, and this took place in a strange environment with unfamiliar food and water, and no sauna. Sapped of strength, he bombed at a what he thought was a reasonable weight—a weight he should have never tried because of his depleted condition—in the deadlift. The other coaches and I urged him to lower his opener to something laughable, but pride prevailed, sadly for him. In 1987, I coached the Masters Team in Peru, and watched US Masters 114 lb. lifter Jerry Ringi go through the same hell—only to find out that the so-called 2nd meet scale at the hotel wasn't calibrated correctly, and he had to spend the last hour before weigh-ins doing repetition calisthenics in the sauna to lose 2 surprise lb. from his already dried out body. Fortunately for him, he wised up in a hurry, lowered his attempts and eked out a victory; albeit with a much lower than expected total. Anyone remember the story about Ernesto Milan reducing from 165 lb. down to 114 and winning the Seniors? I'm sure he enjoyed that process immensely.

Now, Chuck Dumber was born 52 years ago in Canton, Ohio, with Achondroplasia, a form of dwarfism that one detailed and long-running study in the Netherlands found that the prevalence determined at birth was only 1.3 per 100,000 live births. So rare is this condition that currently there are no viable treatments for this condition. Chuck's small stature, 4'8" (which is actually at the very upper end of the height scale for such individuals) was never a hindrance in his life, even in sports. Unlike a lot of flyweights, Chuck rarely worried about making weight, and even today, after a lifetime of careful eating and exercise, he only weighs 4 lb. over his competition limit. Healthy from birth, he led a very normal Middle-American life. His stature sometimes caused him to be the butt of good natured joking, but people could easily see the tough but kind nature of Chuck. His father worked as a welder, and his job took the Dumber family to various corners of the southern USA—Tennessee, South Carolina, and finally to New Martinsville, West Virginia, when Chuck was in his teens.

Chuck tasted early success in sports as a member of the Magnolia High School Wrestling Team in the 98 and 105 lb. weight classes. Chuck commented to me on his wrestling weight class challenges: "I had no problem making weight at 105 as my normal bodyweight

(continued on page 74)

POWER HISTORY
CHUCK DUNBAR
 1984 World Flyweight Champion
 as told to Powerlifting USA by Ron Fernando



Chuckie with his famous mentor **Luke Iams** at the '79 WV State meet

said, get sick of all of the heavy eating and quickly reduce bodyweight (and land have) resulted in cramping, vomiting, and, in some cases, even death. Horror tales of extreme water deprivation and starvation diets abound in this weight class, particularly for Americans, who as a people are naturally a little taller and heavier than their European and, especially, their Asian counterparts. Two stories come to my mind personally. In 1986, I was honored to be appointed as the Head Coach for the USA Junior World team heading to the IPF JR Worlds in India. One of my athletes, Todd Antinoro—a relatively tall flyweight

After the 2006 World Championships, the IPF made a critical decision to permanently eliminate the flyweight, or 114 lb. (52 kg) bodyweight class for men. This decision was based on the IPF's eventual desire to pare down the weight classes and—like the Olympic lifting weight class changes that have happened at least three times in the last 20 years—clearly differentiate between the records that were tested for P.E.D.'s (performance enhancing drugs) and those competitors where such testing was not exact.

These are all valid and sane reasons, but to me this action wiped out over 30 years of titanic lifting from some of the strongest "little" athletes in powerlifting history. Names out of history gallop across the horizon like a wild herd of zebras on the Serengeti—names like the incomparable "Dai Ichi" Hideaki Inaba of Japan, winner of a staggering 17 World Championship gold medals and a total of 25 medals overall; Andrzej Staszczek of Poland, who at a height of just under 4 feet, squatted over six times bodyweight and totally dominated his class from the early '90s right up until the New Millennium; and some of the early Russian superstars like Fedosenko and Ravi Kazakov. A careful analysis of the Flyweight World Champions will reveal that all of them were from either Asia (Japan, China, Taipei) or Europe (Russia, Poland)—all but one. In the year of the Los Angeles Olympics in 1984, a tiny titan from New Martinsville, West Virginia, won his own Gold Medal, thereby breaking the stranglehold that Inaba had on this most unique of weight classes. This was a runaway meet for the USA, held in Dallas, Texas, and he was surely the star of the show. The lifter was the great Chuck Dumber and he is the subject of this month's Power History feature.

The flyweight class, like its dimetrical opposite—the Superheavies—poses a unique set of physiological and psychological challenges for the competitor. Simply put, it is just as miserable to train, live, eat and breathe at 350 lb. + bodyweight as it is to do so at 114 lb. (or near that). Bruce Wilhelm, a top Olympic lifter and winner of the 1977 and 1978 World's Strongest Man, commented how difficult it was for a World Class Superheavy to lead a "normal" life. The constant attention to detail about the quantity of calories ingested, as well as the total elimination of extraneous activities that could potentially sap one's energy and bodyweight, and, of course, the daily grind of simply fitting into a normal car, airline seat or movie chair. Many Supers, it is

BEHIND THE SCENES 2009 IPF CHAMPIONSHIPS

as told to Powerlifting USA by Peter Thorne



Arriving at the meet hotel, everyone received a special warm and friendly India welcome. Visitors were greeted by large billboards proclaiming the championships.

Guests were received by the most helpful and friendly hotel staff. The staff of the Fortune Hotel Gurgaon broke all records for service excellence. Prior to the event, the hotel management held meetings with staff members where it was agreed that for the duration of the World Championships the word "NO" would be erased from everyone's vocabulary. All department heads provided home phone numbers to the Championship staff. The hotel management was available 24 hours a day. It was an awesome display of customer service. Each detail was attended to. These details included a spiffily dressed man positioned at the elevator. His sole job was to watch the hotel door and anticipate anyone coming to the elevator and press the elevator button. This thoughtful act was to have the elevator always ready and shorten elevator waiting time.

The rooms were clean and quite satisfactory. A buffet was available for all meals. It was a bountiful buffet featuring a wide assortment of Indian, Chinese and continental foods. The chef was often on the floor to discover the food preferences of the international powerlifting gathering. The selection of desserts was a delicious assortment of cakes, puddings and tarts. The dessert bar was just the place for anyone contemplating diabetes.

The championship hall seating was comfortable and the lifting stage was well presented. Officials from the Indian government and India's top industry leaders were on hand for the opening ceremonies. These ceremonies included native cultural dance demonstrations. The competition started on time and ran smoothly.

It appears the Russians benefited from their rest from the sport. Russia returned to dominate both the men's and women's competition. Some Russian athletes, after lifting, donned the spotters uniforms and assisted the spotting and loading. That ensured the competition platform ran along without delays. The closing ceremony was excellently presented. Prior to the banquet Indian music and dances were offered. Waiters circulated among the audience with silver bowls of special Indian treats. The nearby banquet hall provided an endless variety of foods and desserts. The music and Indian dances on stage went on well into the night. It was a special ending to a well run championship meet. Behind the scenes, Mr. Dutta overcame a string of chal-

in the 7-star hotel and a \$100 rate for the 5-star deluxe hotel for the athletes, plus a fantastic venue for the competition!" This information was passed to the IPF. Even though the IPF has changed meet cities many times in the past, the IPF's response was the following: "The IPF does not change locations. It was bid for Delhi and must stay in Delhi. Mumbai is too dangerous." The IPF refused the fabulous Mumbai offer.

The Meet Director's response included the following: "Mumbai is safe. The proposed hotel is in a private and secure area. The safest place is that place after a terrorist attack. 170 people were killed in Mumbai. More than three-thousand were killed in New York and people still come to New York. The IPF held and has future plans to hold meets in some of the world's most dangerous places without any mention of security. Many times IPF meet cities have been changed!"

This all took place some 9 months before the meet which would have given plenty of time to switch the meet location. The IPF obstinately refused these arguments and pleas for the change to Mumbai. The IPF still rejected the fabulous Delhi to face major expenses! Mr. Dutta was determined to meet these expenses and provide the best possible lifting experience for the participants. He was committed to ensuring a wonderful India experience for all the visitors. To comply with the IPF demands for special security Mr. Dutta hired uniformed security, armed security and plain clothes security for the event. I protested the unwarranted extra expenses to no avail.

The Delhi hotel was booked. With security costs and no concessions from the hotel, the expenses for the Meet Director mounted. More costs followed. The warm-up room required a complete floor over the existing marble floor. A stage had to be built. A truck load of lumber was purchased. Soon, workmen were hauling lumber to the 4th floor ball room. Carpenters worked around the clock to put things on new floor and build a lifting stage. Artists began painting the huge wall sized murals for the stage area. Early on the morning of the competition the stage and warm-up room were completed. The next concern was for the bars and weights for the event. Leoko of Finland offered to provide FREE weights for the championships. Iwanko made an attractive offer too. Mr. Dutta told he could NOT have the FREE bars and weights offered by Leoko

(continued on page 91)

"NASA HALL-OF-FAMER & MAY 2008 PLUSA COVER BOY J.T. HALL BREAKS 15 PR'S IN JUST 30 DAYS ON USPLABS PRIME!"

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J.T. Hall - NASA Hall Of Famer- 8 time PLUSA Top 100 Benchmer 1999-2007

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Dan Smith - a proud/Vietnam vet

WPF WORLDS as told to Powerlifting USA by David Carter (CB)

Arriving in Las Vegas after an 11-hour flight and an 8-hour time zone difference means those lifters needed to adjust fairly quickly to prepare themselves for what had been training for the last several months. The venue was west and well laid out, with 3 warm up stations, which is ample for lifters. The old chestnut extends beyond their shores at the 2010 WPF World Championships in Bath, England, held from the 3rd to the 7th of November. This will be a reality test at large, dealing with travel and time zone differences in the bigger world outside the USA.

The results are self evident for all to see to how well the lifters had done. Obviously the home nation swamped the championships with lifters to sweep up the team awards. This caused an immense heavy day Thursday with six full flights running from 9 AM to 1:30 AM, some 16.5 hours. Steve Denison's team crew were marvellous in their activity and dedication in running the championship. A big thank you to them from all of us. One day, maybe the WPF will apply the rule to a maximum of two lifts per nation per bodyweight class/category, who knows?

The photographic set up was hot, producing some brilliant action shots for lifters' memories. The side stall holders need to be congratulated. We



Nicki T'anson - power & purpose (photographs courtesy of CSS)

weights and no Mono-lifts facility, whereas the rest of the world's nations are with the 21st Century with technological equipment and the use of kilos. Rest assured lifters from all nations, in 2010 you will have two choices on the squat platform—either to set up without walking back or walk back. No impeding tracks and the 25 kg bar at 30 mm will be in use. Super heavyweights Lance Karabel, USA, and Sigitus Fossdel, ICE, will both be able to attempt squats exceeding 470 kg plus. Maybe the first 500 kg in the WPF?

WPF World PL/BP/DL	
10-15 NOV 09 - Las Vegas, NV	
BENCH	148 lbs
Female	148 lbs
Male	148 lbs
Junior	148 lbs
Androsovich-RUS	292
Open	143
123 lbs	308
148 lbs	347
165 lbs	347
Open	308
Richardson-USA	403
303	341
McNamara-IRE 198	341
Rodriguez-MEX 165	341
Master II	309
Open	308
Westin-USA	308
181 lbs	365
Master II	369
Reep-USA	369
308	369
Master II	369
170 lbs	297
Master I	170
181 lbs	385
Master I	385
336	336
Master I	336
154	352
Master I	352
155	352
SHW	352
330	352
Master I	352
154	352
Master I	352
165	363
Master II	363
165	363
Master II	363
123 lbs	440
Master II	440
143	407
Master I	407
132	407
Master I	407
132	407
Master I	407
231	407
154	352
Master III	352
154	352
Master III	352
214	363
Master III	363
148	363
Master III	363
330	363
Master III	363
330	363
Master III	363
358	363
Master III	363
308	363
Master III	363
220	363
Master III	363
209	363
Master III	363
209	363
Master III	363
275 lbs	363
Master III	363
148	363
Master III	363

Test Subjects Instantly Increased 18% STRENGTH By

Matt "KROC" Kroczaleski
WORLD-RECORD HOLDER: 220 CLASS
MAX DEADLIFT: 810 LBS.
MAX SQUAT: 1,014 LBS.

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ingredient in naNO Vapor® Hardcore Pro Series increased strength by 18.3 percent on the chest press compared to when using a placebo (5,254 vs. 4,442 lbs. of total weight lifted). But there's more to this new training experience than just an instant increase in strength. It's a raging rush of energy that consumes your every movement and harnesses razor-sharp mental focus. It's also a nitric oxide charged, blood-boiling experience that's designed to amplify anabolic nutrient delivery while you're hitting the weights. It's even formulated with two other key ingredients shown in research to build lean muscle faster than when using a placebo. In a controlled scientific study conducted at the University of Sao Paulo, researchers separated the test subjects into two groups of 10. At the end of just eight weeks, the test subjects using key ingredients in naNO Vapor Hardcore Pro Series gained dramatically more lean muscle than the control subjects. Get on this all-in-one pre-workout formula to take your lifts to the next level.

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Open	Pinelli-USA	644	Female	Wach-USA	330	440	Kidney-USA	—
Open	Schumizer-GER	496	115 lbs	Master V	330	440	Ramundo-USA	660
Open	Reep-USA	314	Master III	Santev-USA	451	512	242 lbs	—
Open	Lozano-USA	363	Heindel-AUT	Open	Joseph-USA	374	242 lbs	—
Open	Lozano-USA	363	123 lbs	Open	165 lbs	369	242 lbs	—
Open	Lozano-USA	363	148 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	181 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	209 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	231 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	254 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	275 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	297 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	314 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	330 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	347 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	369 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	385 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	407 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	440 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	478 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	512 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	546 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	580 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	614 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	648 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	682 lbs	Master III	293	303	242 lbs	—
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Open	Lozano-USA	363	784 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	818 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	852 lbs	Master III	293	303	242 lbs	—
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Open	Lozano-USA	363	954 lbs	Master III	293	303	242 lbs	—
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Open	Lozano-USA	363	1,158 lbs	Master III	293	303	242 lbs	—
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Open	Lozano-USA	363	1,702 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	1,736 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	1,770 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	1,804 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	1,838 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	1,872 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	1,906 lbs	Master III	293	303	242 lbs	—
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Open	Lozano-USA	363	2,042 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,076 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,110 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,144 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,178 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,212 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,246 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,280 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,314 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,348 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,382 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,416 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,450 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,484 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,518 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,552 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,586 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,620 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,654 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,688 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,722 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,756 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,790 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,824 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,858 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,892 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,926 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,960 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	2,994 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	3,028 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	3,062 lbs	Master III	293	303	242 lbs	—
Open	Lozano-USA	363	3,096 lbs	Master III	293	303	24	

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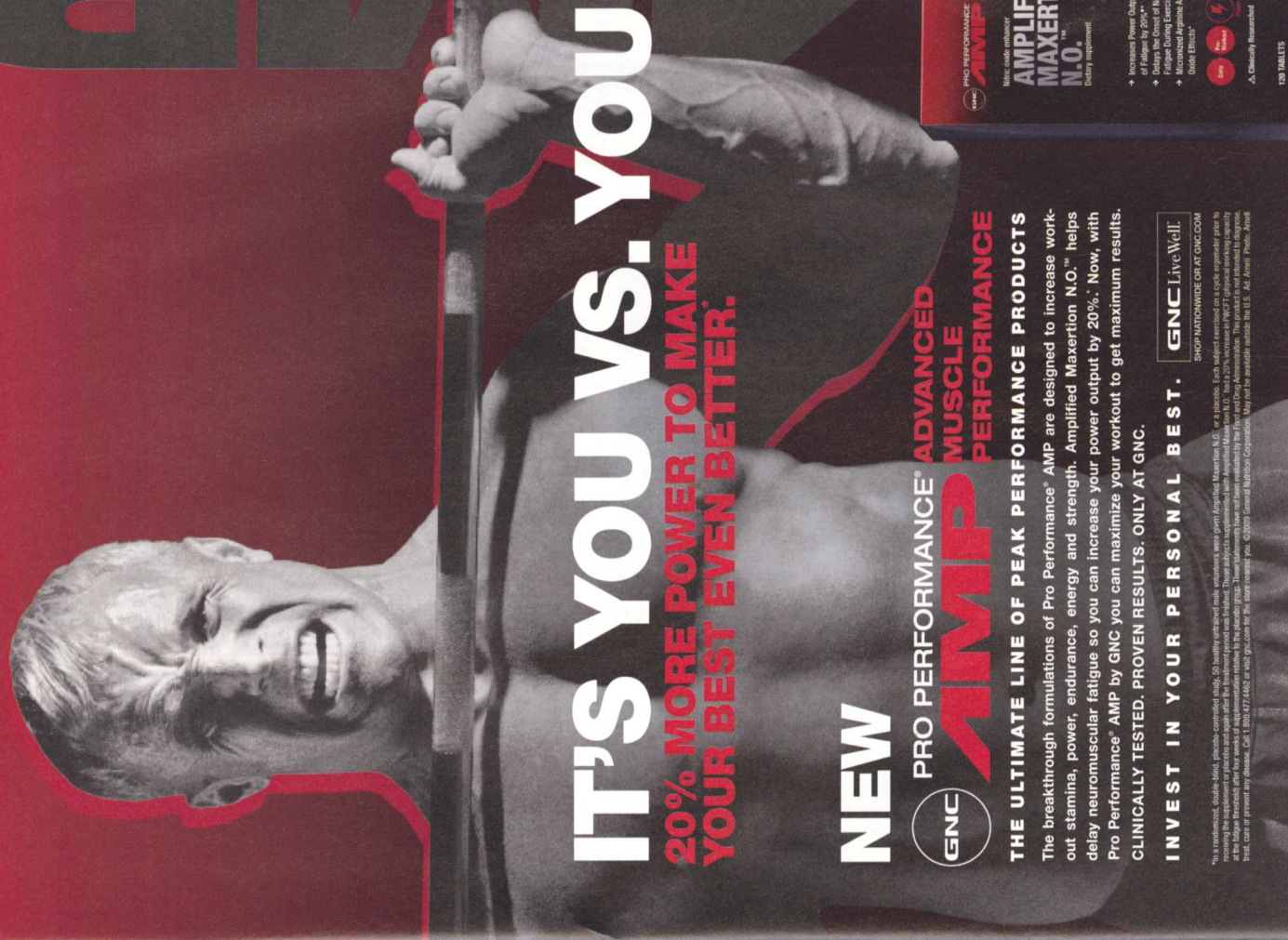
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¹ In a randomized, double-blind, placebo-controlled study, 50 healthy, untrained male volunteers were given Amplified Maxertion N.O. or a placebo. Each subject exercised on a cycle ergometer prior to receiving this supplement or placebo and again after the treatment period was finished. These subjects supplemented with Amplified Maxertion N.O. had a 20% increase in PMCT (physical working capacity at the fatigue threshold) after 100 weeks of supplementation to the placebo group. An increased improvement in muscle strength and muscle size was also seen in subjects taking a placebo. In an eight-week, randomized, double-blind, placebo-controlled study of 50 healthy male volunteers, comparing one set resistance training (RT) plus active or carbohydrate placebo to two sets RT along with no supplement, the active group showed equal gains in maximal muscle strength (MMS) and muscle endurance (ME) compared to the control group. After 10 weeks, the 2x RT group had a 30% increase in muscle strength and a 100% increase in exercise efficiency. A variety of RT protocols have been used to reach optimal performance. A variety of RT protocols have been used to reach optimal performance. A variety of RT protocols have been used to reach optimal performance. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4662 or visit gnc.com for the store nearest you. ©2009 General Nutrition Corporation. May not be available outside the U.S.



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No grains, no wheat, oats, potatoes, soy beans, rice, corn, barley, dairy, etc. We didn't eat them, we were evolving. Think about grains. You cannot run through the wheat field and pluck a handful of wheat kernels, eat, and digest them. You'll pass them right through. You have to process them to eat them. It's one of man's first processed foods. I have often said from a metabolic standpoint there is not much difference between that so called "all natural, healthy whole wheat bread" and a piece of cake. I don't care if you made it, or paid 10 bucks a loaf for it. Heaven help the moms who think a breakfast bar or toaster pastry is a good way for their kids to start the day. Look closer, moms—it's a jelly filled pastry regardless of the picture on the box. They are filled mostly with high fructose corn syrup. The phrase "all natural healthy whole grains" drives me up the wall. It should really be "not as bad as the bleached stuff, but still bad." Until someone shows me where you can pluck a loaf of bread from a tree, I'm not buying in.

No dairy? Forget about it. Caveman did not go toe to toe with something that big. WITH HORNS, to milk it! Didn't happen! No Way! Animals—we clubbed 'em and we ate 'em. No wonder everyone is lactose intolerant. You're not supposed to eat it. Oh, I know what you are thinking—Vitamin D. It's the latest and greatest deficiency we have. I need dairy. Well, stop by the Vitamin D council web page. They say you would have to drink 50 glasses of milk a day to get enough Vitamin D. Where do I get them, you ask? Well, remember we evolved back naked on the savannahs of Africa! So, it's the sun! Then you'll say Calcium. This is another ratio issue. Reference Magnesium to Calcium ratios for the truth there. The list goes on about grains and how bad they can be and others have already written books on these subjects—I encourage you to read them.

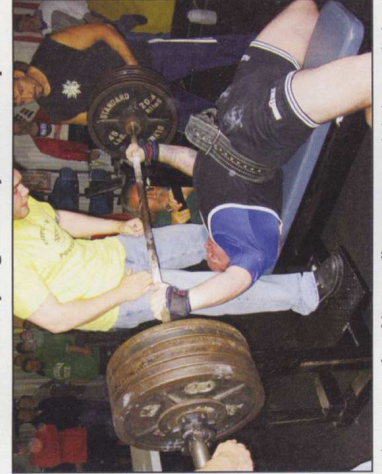
This brings me to an important point. Do what you can to eat natural meat, or in other words "range fed animals." Lots of big business meat farmers force feed animals corn (among other things) the last 90 days of their lives to fatten them up. This throws way out of proportion. That is another thing which Paleo man never experienced. That's why they market the hell out of taking Omega 3s when in fact you should be lowering your Omega 6 intake. It's okay to eat animal fat. Honest, we evolved eating it. Just not these corn fed animals they are jamming down our throats at your

(continued on page 89)

NUTRITION

FINDING THE LINE

What Are We Really Supposed To Eat? as told to Powerlifting USA by Jamie Caporosso



(Above) Jamie benching 605 lb. at a meet and (below) a "before" and "after" shot of Jamie showing the results of his eating regimen



used to suffer from Asthma. I had it since I was about 8 years old. That went away! I can't give myself an Asthma attack now. I literally got on my treadmill in my damp basement and ramped it up, and tried. Can't do it, can't do it at all anymore. No more Asthma. My Arthritis went away. I was developing arthritis in my knuckle. Hurt like hell if I bumped it in the morning or when it was cold out. Gone! Just recently went for that annual physical. Horrortally, I have had low HDL Cholesterol. You know, the healthy kind that you are supposed to be able to increase with exercise. Yeah, right. I ran my ass off on that treadmill 5-6

days week and couldn't raise it with a crane. It's up 5 pts now eating like a caveman. I found this to be a diet that better suits my needs as I hate to walk around hungry. I found that I don't have to count calories. This was not the case before. I needed to find a way to keep lean, but keep my calories up so I could continue to get strong. I was trying to get pound for pound as strong as I could be. That meant lose the useless body fat. If you can't flex it, it's not muscle. So what are the basics? Here they are. You eat what Paleolithic man ate: meat, fruits, vegetables, nuts, seeds.

What are we really supposed to be eating? Let's face it, the truth is buried by so much big business marketing it's hard to say what's real and what's not. The picture shows and the label says another. What is a person to do if they really want to know what they are supposed to be eating in order to be healthy?

Around the time of the birth of my second child, I decided it was time to shed some fat and get into a little better shape. This was prompted by a couple of things. One of which was my doctor making an unsolicited comment during a physical—"You know Jamie, there is a direct correlation between belly fat and heart disease." I was like, "uh...huh?" Maybe I should back up a second. I have been a competitive drug free powerlifter, off and on, since high school, just about 20 years now. Sometimes really serious, sometimes just on cruise control. At one point in this powerlifting career I decided that being as big as possible was the way to go. Bigger equals stronger, right?

Anyway, I packed it on until I hit about 250 lb. Mind you I'm only about 5'10". All that really did for me was make my head turn beet red when I was tying my shoes.

The second reason for the weight loss was that I had made a comment that I was thinking about dropping weight and getting my "six pack" back. I thought about going as King Leonidas, from the movie "300" for Halloween. My friends laughed. Oh, No! Was I so fat that the idea was funny. Now I had to do it!

In my quest to lose weight, I figured I would start with the guys who made it their profession to lose body fat. Bodybuilders! That made sense to me. That's what they do. Get as lean as possible. I figured I could learn from them and get this fat off. So, I started reading online fitness magazines and even found a book by Dr. Carlton Collier MD, FACN, called Extreme Muscle Enhancement. The book was great and I started down that path with great results. In a conversation with a friend of mine, I was also discussing that not only losing the fat was important to me but also my health. I wanted to increase my longevity, so I could enjoy my kids longer. He turned me on to what lots of people call a "Caveman Diet." This is where I really got the most bang for my buck! This was an approach that looked at our biology, and how we evolved. If we didn't evolve eating it, there is a good chance our biology will not support it. Adopting this style of eating not only solidified the weight loss, but gave me about 3 additional side effects that I had read about but never expected. I

PINK IRON

Los Angeles, CA— Having attracted a steady flow of fitness aficionados and celebrity fans since its soft launch in April, Pink Iron, a women's-only, full-service health and fitness center in West Hollywood, officially launched on October 15, 2009. Created by personal trainer and globally ranked fitness competitor Holly Holton, and staffed by more than a half-dozen female personal trainers, Pink Iron is designed to fulfill women's health and fitness needs by professionals who truly know them.

When women first enter Pink Iron, they know they're in for a different gym experience. Maybe it's the pink walls, pink carpeting and event the "pink iron" weights inside the 4,000 sq. ft. facility. But form quickly ceases to function in view of nearly two-dozen pieces of advanced circuit-training equipment, free weights, a functional training area, a group fitness classroom and ample locker rooms. Along with a private pilates area with specialized, spring-based equipment, Pink Iron also offers tanning and beauty services, including haircuts, styling, extensions, color, makeup application and waxing. There's also an apparel and coffee lounge area, with a proprietary Pink Iron drink on the way.

Pink Iron offers a complimentary assessment and training session to every new client, whether their goal is to achieve better health overall or just fit into their skinny jeans. Trainers customize an integrated training system for each new client, based on her goals and challenges, and its methods may include flexibility, core and balance training as well as cardio-respiratory, agility and resistance training.

A self-described "fitness junkie," Holly Holton is owner and GM of Pink Iron. Holly started teaching fitness classes at the age of 18, and began entering fitness competitions. She discovered a passion for using her fitness knowledge to help others and attended the Cooper Aerobic Institute in Dallas. Holly worked for Gold's Gym Corporation as a personal trainer before opening her own fitness center, Pink Iron.

– Liz Jaeger, ljaeger@bvr1-la.com

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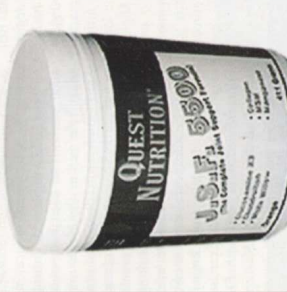
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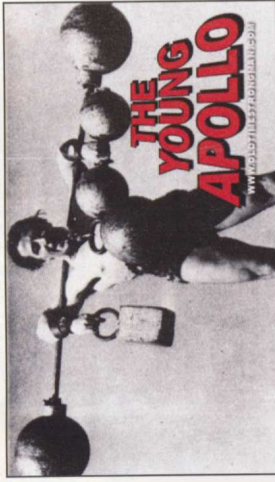
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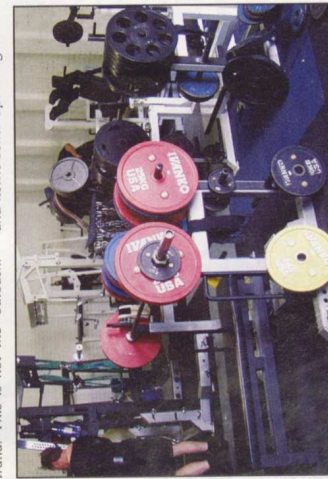
as told to Powerlifting USA by Rick Brewer



Paul Anderson's father was the Young Apollo, an Australian strongman Major sporting events include the Formula One Grand Prix, the Australian Football League (AFL) Grand Final, the Australian Tennis Open and the National Rugby League (NRL). These events are okay, but the city may also have the strongest gym in Australia!

Australian Athletes Have ESP in Apollo Gym

Located within the historical Dockland's Cotton Mills warehouse in the working-class suburb of Footscray, is Apollo Gym. Apollo is equipped with machines that, although possibly machinist in US powerlifting gyms, are rare to see in Australia. The diverse range of EliteFTS equipment includes a Monolift, Glute-Ham Raise, Reverse Hyper machines, and PowerRacks—as well as an extensive collection of sleds, resistance bands, chains, boards and kettle-bells. Operating within



at ESP are constantly in demand from those individuals and sporting teams looking to gain strength and speed for their chosen sport.

Can Australians Really Play Football?

Two men who assist Paul in ESP are coaches Maryn Girvan and Daniel DiPasqua, both of whom regularly compete in Australia's top powerlifting competitions. Maryn has been a fireman for more than twenty years, and is currently one of the strength and conditioning coaches at the AFL's Collingwood Football Club. This (ESP training assistance) enabled the club to minimize soft tissue injuries to their older players. The club's Sport Science Director, David Buttifant, explains that following a review of the club's program, ESP was able to identify several key problems. Collingwood has been able to address these trouble spots, and this has resulted in an improvement in the team's on-field football performance.

Rugby, plus Stronger Kicking, Boxing and Dribbling

Like-wise, Daniel is also involved in strength and conditioning at the elite level and is currently involved with the 2009 NRL Champions, the Melbourne Storm. The Storm credits ESP with having "...an excellent understanding of all aspects of training needed to improve an athlete's strength, power and reduce injury risk. They implement cutting edge methods to elicit maximum gains." As well as the Melbourne Storm, he has also developed programs for kickboxing, boxing and basketball. Aside from the practical experience gained by working with such teams at the elite level of Australian sport, Daniel is also continuing to gain more knowledge by adding to his Exercise Sports Science degree, with his current studies toward a Masters



in Exercise Rehabilitation.

Strongest Bench Press in Australia!

Apollo Gym is also home to Shaun Bostock who is currently the strongest bench presser in Australia with a 325 kg. (715 lb.) BP which was performed at the 2009 CAPO Professional Bench Press Competition. Shaun is also a regular competitor at this event which is held each year in conjunction with the IFBB Pro Bodybuilding Grand Prix, and he is always a favorite lifter with the audience.

More Westside Disciplines in Australia

Many of the lifters at Apollo base their training upon the methodology used by powerlifting legend, Louie Simmons, and have earned his endorsement: "ESP has a full grasp of the Westside system. They have integrated the contrast Method, the Maximum Effort Method and the Repetitive Method to near failure, through the conjugate system to improve all their training."

Max-Effort Day on BP

I was fortunate enough to have the opportunity to train with the morning crew at 6:30 AM on a Saturday morning. This day was dedicated to Maximum Effort on the bench press. The day's ME exercise was the board press, with lifters opting for boards ranging from four boards through to one board. Despite this being my first time at Apollo, and training with

the morning crew, I was really pleased that I was immediately made to feel part of the team. I was also fortunate to see Australia's strongest bench presser, Shaun Bostock, who is training to further increase his bench press record.

Group Hugs Make You Stronger

The support and encouragement that these guys gave each other during training was really inspiring. Following board presses, the crew moved onto pin presses out of the power rack with the pins set a few inches above chest height. Again, the intensity that the crew was able to generate was really inspirational and provided a fantastic training environment. With such a supportive training atmosphere, it would be hard not to be motivated to improve and develop into the best lifter that you can be.

Round Two of Max-Effort Day

As the morning crew was nearing the completion of the training session, another crew began arriv-

5kg	90kg	100kg	110kg	125kg	140kg	SHW
00	235	302.5	325	365	365	415
WILSON	STANWAY	DI PASQUA	CLIFTON	PSP	GIJAVAN	BOSTOCK
70	200	235	220	270	300	325
IBBY	KIRBY	DI PASQUA	STANWAY	PEYTERARD	GIJAVAN	BOSTOCK
251.45	280	300	300	295	305	285
WILSON	DI PASQUA	CLIFTON	PEYTERARD	PEYTERARD	GIJAVAN	BOSTOCK
800	820	840	890	920	930	930
DI PASQUA	CLIFTON	PEYTERARD	PEYTERARD	GIJAVAN	GIJAVAN	PARK

"The Board" at Apollo Gym helps keep the lifters motivated to reach their strength and lifting goals

different historic strongmen with the same name is amazing. I guess some names are just strong names; no matter who wears them. Maybe I'll change my name to OD Wilson and see what happens. I figure if I try to call myself Garry Frank, Andy Bolton, Donnie Thompson, or Scott Mendelson; these big guys who are still alive might come kill me.

Anyway, thanks to Darren for the lockdown on Apollo Gym! Next month, we'll go back to the USA and see if we've uncovered a new powerlifting state to add to the Iron Triangle states—which are full of hard core gyms. It turns out there are a lot of powerlifters in a whole new area! Come back next month and see if we visit YOUR state!

Lift big and tell me: rick@houseofpain.com

has been designed to improve the strength and conditioning of an athlete. Apollo Gym is the home of some of Australia's best lifters and their morning's session also consisted of board presses. Following on from the board press, the earlier team divided into several smaller groups and each went to work on an exercise that was specifically selected to increase strength in their particular area of weakness. Some performed bench presses with resistance bands and kettle-bells, whilst others performed dumb-bell work for the chest, shoulders and triceps.

It sounds like Darren hit the Australian powerlifting jackpot at Apollo Gym! He found a really cool place to train, with everything a powerlifter needs to become a champion in Australia! PLUS, he got to work with some of the strongest Aussies ever—in a gym owned by Paul Anderson. The fact that there are two

Uniquely Strong Without Bad Breath

To my knowledge there is no other facility like Apollo Gym in Australia, with its unique range of lifting equipment, all of which



Australia's strongest bench presser, Shaun Bostock, warms up with a 500 pound BP off of two boards

Apollo Gym is equipped with a diverse range of powerlifting equipment and is home to some of Australia's strongest lifters and athletes

Hi Rick, as a long time reader of PL USA I am always interested in reading your Hard Core Gym section in the magazine.

I was pleasantly surprised to read about the Body Matrix Gym in the Vol. 31 No. 10 edition of PL USA. A few months after the article was published I saw Leya at a bodybuilding show (in Australia) and told her that I saw the article in PL USA. She was very excited to see it in print!

In a few weeks, I will be returning to Melbourne and will visit the Apollo Gym. This gym could be best described as Australia's best version of Louie's Westside Barbell gym. Apollo Gym is stacked with chains, bands, and all sorts of lifting equipment and bars—and the gym has produced some of Australia's strongest lifters. Several professional athletes also train there.

If you like, I can submit a report about this gym during my visit next week. Can you please let me know if you are interested?

All the best,
Darren Burns
Senior Mine Engineer
Newlands Coal Pty Ltd

Darren, I'm interested in any group of strong lifters, especially if you read my PL USA column and then offer to help! I'm excited that you found a new Hard Core Gym. Tell me more about kangaroos and hoalas!

The bar is loaded,
Rick Brewer
House of Pain

Note to readers: Darren did an awesome job reporting on the Apollo Gym, so I'm just going to provide topical headlines for his info below:

Melbourne Sports and the Strongest Gym in Australia

Melbourne has long laid claim to being the sporting capital of Australia. This is not the 'outback,'

POWER RESEARCH

— dedicated to bringing Science to the sport of Powerlifting

NITRO-TECH HARDCORE PRO SERIES

as told to Powerlifting USA by Team MuscleTech

Q: I heard Team MuscleTech has released a new version of their Nitro-Tech Hardcore formula. I really liked the last Nitro-Tech because I saw great improvements in my strength while I was on it, so what's this new formula all about?

A: You're not the only one who wants to know; there's a ton of talk about the latest and greatest Nitro-Tech formula! The new Nitro-Tech Hardcore Pro Series formula is an extremely potent, scientifically advanced musclebuilding whey protein with a core formula shown through university research to be far superior to regular whey protein for building muscle and jacking up strength! And, Nitro-Tech Hardcore Pro Series is just one of the scientifically advanced formulas featured in the new Hardcore Pro Series line of supplements from MuscleTech® - also featured are Call-Tech™ Hardcore Pro Series and Nano Vapor® Hardcore Pro Series.

With Nitro-Tech Hardcore Pro Series, you get 25 percent more protein per serving than the previous Nitro-Tech Hardcore formula; every maxed-out daily dose of the advanced protein component delivers 11 grams of leucine and 13 grams of additional BCAAs! And, in fact, some of the best anabolic amino acids are BCAAs because they're able to effectively stimulate protein synthesis.

Like all of the premium MuscleTech® supplements, the new Nitro-Tech Hardcore Pro Series formula was developed using real scientific research. In a six-week, double-blind university study conducted collaboratively by researchers from University of Saskatchewan and St. Francis Xavier University, test subjects using the core formula in Nitro-Tech Hardcore Pro Series packed on an incredible 73 percent more muscle (8.8 vs. 5.1 lbs.) than those using whey protein! And, when compared to subjects using a placebo, Nitro-Tech Hardcore Pro Series test subjects packed on 340 percent more muscle (8.8 vs. 2.0 lbs.).

When it came to achieving hulk-like strength, every lifter's top priority, the results were just as impressive. Subjects taking the core formula in Nitro-Tech Hardcore Pro Series increased their bench press by a whopping 143 percent (64 vs. 14 lbs.) more than subjects using whey protein, and the placebo group only added 16 pounds! With study results like that, it's easy to see why there's so much industry buzz surrounding Nitro-Tech Hardcore Pro Series; it absolutely dominates your tried-and-true whey protein for packing on muscle and jacking up strength!

Additionally, Nitro-Tech Hardcore Pro Series contains proprietary ingredients; this includes Nitroxen, In-solugen, ENZYPLEX and the SyntheP-1 complex, which features a powerful key musclebuilding ingredient shown in a university study to promote protein synthesis, which in turn increases the production of muscle tissue. What

does this mean for you? Huge muscle gains and drastic improvements in strength, fast! And to top it off, Nitro-Tech Hardcore Pro Series was engineered with three state-of-the-art technologies: Tri-Phase Filtration Technology for ultra-pure protein, Nitrogen Retention Technology to enhance nitrogen retention and therefore muscle gains, and Micro-Diffuse Technology to deliver micron-sized particles of a key musclebuilding ingredient with enhanced dissolution properties!

The science backing its core formula is rock-solid and the real-life results are undeniable. Bottom line - Nitro-Tech Hardcore Pro Series is far superior to regular whey protein for packing on muscle and strength.



NEW FORMULA TEST SUBJECTS GAINED 143% MORE STRENGTH

Nitro-Tech Hardcore Pro Series has got everything you need to jack up strength and build huge muscle, fast - and that includes 25% more protein per serving than the previous formula!

- **Jack Up Strength by 143% MORE** than with Regular Whey Protein!
 - In a university study, test subjects increased max bench by 143% (34. vs. 14 lbs.) more than subjects using whey protein.
- **3 State-of-the-Art Technologies For:**
 - Ultra-pure protein
 - Enhanced dissolution of a key musclebuilding compound
 - Superior nitrogen retention
- **Contains 11 Grams of Leucine and 13 Grams of Additional BCAAs in Each Maxed-Out Daily Dose!**

Upgrade your protein product and your strength gains by switching to delicious Nitro-Tech Hardcore Pro Series, today!

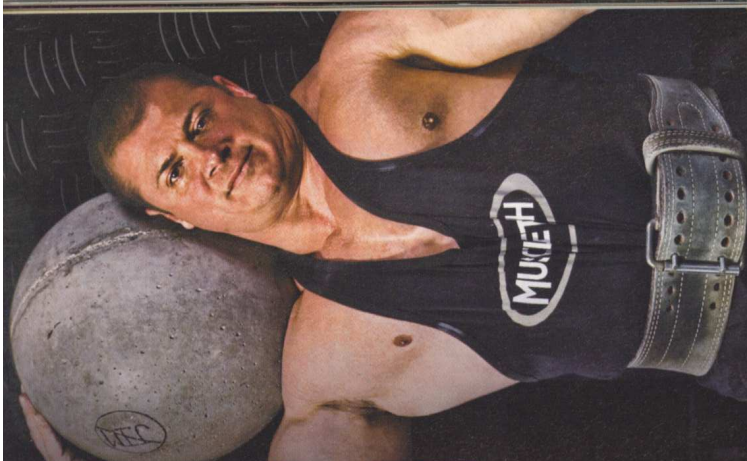
143% MORE BENCH PRESS STRENGTH

In a six-week study, subjects taking the core formula in Nitro-Tech Hardcore Pro Series increased their bench press by 143% (34 vs. 14 lbs.) more than subjects using whey protein.

73% MORE MUSCLE

Science shows you can pack on 73% more muscle (8.8 vs. 5.1 lbs.) with the core formula in Nitro-Tech Hardcore Pro Series than whey protein!

In a six-week, collaborative, double-blind study by researchers from University of Saskatchewan and St. Francis Xavier University, test subjects using the core formula in Nitro-Tech Hardcore Pro Series packed on 73 percent (8.8 vs. 5.1 lbs.) more pure muscle than subjects using whey protein; the placebo group only gained 2 lbs. In this same six-week study, subjects taking the core formula in Nitro-Tech Hardcore Pro Series jacked up their bench press by 143 percent (34 vs. 14 lbs.) more than subjects using whey protein; the placebo group only gained 16 lbs. © 2010.



OPINION

as told to Powerlifting USA by Tom Eiseman

On Sept. 19, 2009 I qualified for the 2010 Pro Deadlift Meet at the Arnold. The year before I qualified, also, and after I sent in my entry form and fee, the president of the USAPL e-mailed me informing me that I broke an IPF rule and lifted in another federation's international meet. I was therefore, rendered ineligible for IPF competitions. However, Larry Maile suggested I was unaware of the rule, being new to the federation, and I was, subsequently, allowed to participate. So this year on August 3, 2009, I e-mailed Larry to make sure I would still be able to compete in the IPF DL meet at the Arnold if following my qualification I lifted at the 2009 WABDL Worlds and he answered with, "As far as I can tell, you are good to go. Good luck in the contests." I won the 2009 NOTLDL and was on the list of qualified lifters until I competed at the WABDL Worlds. Four of the lifters I qualified at the USAPL qualifier are "invited" to the Arnold and I am not. The rest of the story has been deciphered from the e-mails below. As you will see, the reasons supplied by the USAPL officials, "Selection Criteria, "invitation only," and "not good for the show," are unverifiable, unquantifiable, and non-quantifiable. In addition, the USAPL has a special Arnold Committee whose members are not listed and they never disclosed which members were notified and involved in my de-selection. Below are the e-mails of the officials, in chronological order, discussing my situation. First I contacted Eliot Feldman who is on the executive committee of the USAPL and below is that correspondence and responses.

From: Thomas Eiseman
To: Eliot Feldman
Date: Thursday, November 12, 2009
Eliot,
This is a copy of an e-mail to Larry. Last year you asked me to give you 48hrs to clear up the situation. This year Larry expressed that my situation would not be a problem, however, my name was recently pulled from the accepted list for the Arnold DL 2010. I would appreciate clarification. Thanks for the help.
Tom

Here is the first response anyone offered.

From: Priscilla Ribic
To: Eliot Feldman; Thomas Eiseman
Cc: Larry Maile
Date: Thu, 12 Nov 2009
Hi Eliot,
The preliminary rankings do not necessarily reflect the Final Invite to participate in the event as indicated in the Selection Criteria. The Final Invite was posted this week, minus the International lifters.
Thanks,
Priscilla

Tom,
You've got your answer from Priscilla who heads the Arnold selection committee. If you want additional information reply to her email but make sure I am Cc'd.
Eliot

Next, I asked Athlete's representative, Wade Hooper, to help.

From: Wade Hooper
To: Lawrence J. Maile; Eliot Feldman; Priscilla Ribic
Sent: Thursday, November 12, 2009
Hey Priscilla,

I hope everything is going well with you and your back is healing up nicely. I received a phone call tonight from Tom Eiseman asking me, as athlete's representative, to look into recent events regarding his removal for participation for the Arnold Pro-Deadlift competition. It is my understanding from the forwarded e-mails that Tom had already been invited and accepted his invitation to compete at the Arnold Pro-Deadlift. Is this correct? He further told me that his name was removed from the final roster after he returned from competing at the WABDL Worlds. Again, is this correct? If this was the scenario of events, what was the reason for his removal? If not, what criteria was used to qualify for the Pro-Deadlift? It was my understanding that he did compete in a recent USAPL meet to qualify for the Arnold. Clarification on the circumstances would be



Tom Eiseman deadlifting at the 2007 WABDL Worlds in Anaheim, CA

greatly appreciated so I can forward it on to Tom.
Thanks,
Wade

A week later, on November 20th, I received this e-mail written by Larry Maile, which was accidentally forwarded to me with all the other e-mails from the USAPL officials discussing the situation.

From: Lawrence J. Maile
To: Wade Hooper; Brad Gillingham; Eliot Feldman; Priscilla Ribic
Sent: Friday, November 13, 2009
Hi, Wade, Eliot, Priscilla, Brad,
Let me answer this if I might and I will cut and paste the email that Priscilla sent all Arnold competitors prior to the deadline. No one has actually been invited until after the final deadline, although they were ranked and asked their likelihood to go. Tom indicated that he would go. He asked me if he did the qualifying meet and if he went to WABDL worlds if that would disqualify him earlier. The answer was no. So, he was in the pool. However, when reviewed in light of his bombing last year the selection committee decided not to invite him. It is clearly stated that it is an invitational meet and we have a responsibility to the sponsors to make the best show that we can. We are given the mission of doing that because in a lot of ways this is entertainment and not like the worlds where people win their slots and then basically GET to go. It also states on the selection criteria that the Committee will select athletes and teams. It is of some concern to me that Tom, in seeing his name removed essentially, threatened to "go public" if we didn't let him back in. This meet is not an entitlement. It is by invitation. As you know, the people who organize this are all volunteers. They put up with a good deal of brain damage in doing this. In good conscience, they can't put up with any more. They made a good decision based on the needs of the meet. I stand behind it. Please also note: Dave Ricks, who I have to say is a wonderful guy, loyal to USAPL, and really an icon isn't selected this year either. He bombed last year too.
Thanks,
LJM

Please don't forward this email to Tom, but feel free to summarize.

Next, is Wade Hooper's response after speaking with me about Larry and Priscilla's meeting.

From: Wade Hooper
To: Tony Cardella; Priscilla Ribic; Eliot Feldman; Brad Gillingham; Lawrence J. Maile
Date: Mon, 16 Nov 2009

I spoke with Tom on the phone the other day and to say that he was a little angry is an understatement. However, he does have several legitimate complaints about the whole scenario. First, the selection criteria on the USAPL website said nothing about past performances affecting qualification for the Pro-Deadlift. Second, I personally spoke with Dave Ricks, after Tom told me he declined his spot, and he indeed confirmed with me that he had declined his spot to compete in the Pro-Deadlift. So his example of another person not being selected because of bombing last year is not even relevant to this situation. Also, Dennis Cieri bombed on the bench last year, and he is on the list of competitors for the Pro-Bench this year. So, it appears that bombing is not the ultimate criteria. I realize that the USAPL has an obligation to put on the best event possible and this is an invitational meet and not an entitlement. However, the USAPL also has an obligation to the members, regardless of how long they have been members to the organization. The fact is that Tom qualified for the Pro-Deadlift, accepted his original ranking, and then was removed from the final roster. And in light of the current circumstances, regarding Dave Ricks declining his position and Dennis Cieri being accepted even after he bombed last year, Tom should be allowed to compete or at least be given a better reason for not being on the roster.
Thanks for your time and consideration in the matter,
Wade Hooper

From: Wade Hooper
To: Tony Cardella; Priscilla Ribic; Eliot Feldman; Brad Gillingham; Lawrence J. Maile
Date: Tue, 17 Nov 2009
Thanks... I have actually been trying to keep Tom from going public with this. This could potentially be a big fiasco for the USAPL. And we do not need bad publicity.
Wade

The following is another e-mail from Eliot to the "group."

From: Eliot Feldman
To: Donovan Thompson; Tony Cardella; Lance Slaughter; Wade Hooper; Johnny Graham



Coach Dick Hartzell with Gene Rychlak
Stop by our booth at "The Arnold" in March... We look forward to seeing you!

The "Rubberband Man" Dick Hartzell and Staff are here to serve you! Give us a call or check out our website to order FlexBands (endorsed by Louis Simmons of WestSide Barbell), along with Bases, Vertical Pipes, DVDs and other training accessories.

Sent: Tuesday, November 17, 2009
Gentlemen,

Below is a string of emails between Wade and Larry regarding the de-selection of Tom Eiseman from the GNC Pro-Deadlift. Tom had the third highest qualifying Wilks behind only Rob Herring and Brad C. The reason for Tom's removal from the event was his bombing last year with the justification being Dave Ricks was also removed because of a bomb last year. Wade talked to Dave Ricks and was told that he removed himself from the deadlift meet. He was not removed by the committee. There are also several lifters who bombed last year at the Pro-Bench and the Quest who have been invited back. It appears that Tom may have been de-selected based on his not being "USAPL." I hope this is not the case. Tom has involved Wade and I in our official capacities. It is our duty to bring it to the attention of our fellow administrators for the good of the organization. Tom is a high profile lifter and followed the qualifying standards of the letter. It appears that the USAPL is "freezing" out members from other federations then we will suffer a public relations nightmare. If lifters come to the USAPL, and follow the standards, including those for qualifying and DT, then they are full members. If it is because of Tom's participation at WABDL Worlds then we should invoke the IPF rule and not allow him to compete in the meet. If we are not invoking the rule, then we need to take another look at the decision to make sure that it doesn't come back to bite us.
Eliot

From: Johnny Graham
To: Eliot Feldman; Donovan Thompson; Tony Cardella; Lance Slaughter; Wade Hooper
Date: Thu, 19 Nov 2009
All,
Let's insure we get ALL the facts on this matter correct. Tom was removed because the SPONSORS of this event did not want the lifters who bombed last year to come back. They are paying the bills on this event. Tom, has not asked the same. As the Sponsor, they have the right to dictate the standards. This has NOTHING to do with Tom lifting in another organization. The POC for GNC on this event is Brad Gillingham.
Johnny

In conclusion, coercion doesn't breed loyalty. I will lift where I am encouraged, and can do my best. The rules are important, but the lifters and the lifting are much more important. Some in the USAPL abuse their power thinking they can coerce lifters to be exclusive members of the club because they have the only key to the IPF, but lifting is much more fun and rewarding without the political power plays.

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"It's been said in sports you can never fully pay back those that have given their heart and their many hours to coach you. The way to payback, therefore, is to pay forward onto others."
— Unknown

During my powerlifting lifetime, I have had the opportunity to meet some pretty amazing men and women up front and personal... Larry Pacifico, Fred Hatfield, Magnus Ver Magnusson, Joe Bradley, Bill Kazmaier, Lamar Gant, Danny Austin, Jan Todd, James "Hollywood" Henderson, Anthony Clark, Bev Francis and Paul Anderson, just to name a few, but none of them can compare to Fred Glass when it comes to powerlifting greatness. He is without question one of my greatest powerlifting heroes.

Now I may be a little biased, after all Freddie was my first powerlifting coach, but I don't think I am. Understand that I am not just referring to Freddie's lifting accomplishments when I say that, he is one of my greatest powerlifting idols. From a physical and performance standpoint, Freddie doesn't even come close to matching up against any of the aforementioned athletes. In fact, I doubt seriously if he would rank in the top 500 powerlifters of all time. That is not to say he wasn't a great lifter. In fact, I would venture to say that, in the fifty years that he has been competing he has won more titles than anyone in the history of the sport. Although he never won a national or world title, he did win some rather impressive titles in the open division—too many of them to mention here. Note, also, that when Freddie was competing in the open division there was only one federation and his weight class was loaded with some of the greatest lifters of all time. How does Gant, Bradley, Hummel, Key and Williams sound? All of them were in that one division and all lifting at the same time. There was also the fact that Freddie was totally drug free. That is not to make an excuse for Freddie's lifting career. He certainly doesn't need someone like me defending his career. I am just stating relevant facts.

Anyway, as a "master" lifter, Freddie has won sixteen world championships in seven age groups. He not only won the world championships, but was named, pound for pound, the best lifter—twice. He has set over fifty world and national records along the way, sometimes in the squat, usually in the deadlift, and often with respect to the total of the three lifts. I once asked him how he won so many titles as a "master" lifter. To which he replied in his typical modest way: "It was easy; I just out-lived all of those SOB's."

Despite his wonderful career, the dozens of national and world cham-

DR. JUDD

POWERLIFTING ICON FREDDIE GLASS

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



Powerlifting Great, Freddie Glass, gave a lot back to the sport

week. Amazingly, his incredible work schedule never diminished his cheerfulness and enthusiasm. I swear, in all the years that I have known Freddie for the sport. In these departments, he is literally otherworldly.

Let me digress for a moment. When Freddie was training me, he worked full time as a delivery man for the Pepsi Cola Company. He would get up at 4:30 in the morning, drive to the Pepsi Company, load his truck and then hand deliver heavy wooden cases of Pepsi into stores until five o'clock at night. That was a 12 hour day of back breaking work I know personally that it is back breaking because I helped him one day. That's right, ONE DAY;

for the simple reason that I was no where tough enough to keep up with those Pepsi cases, and I only did half the work Freddie did every day. After work, Freddie would drive home, eat and then meet with us, his lifting protégés, in the basement of his home at seven o'clock sharp. We would then lift weights until ten that evening. He would do that six days a

Most of the guys he brought to his home to learn about powerlifting.

gym initially didn't know the difference between a squat and a deadlift, and many of them weren't even aware that there was a sport of powerlifting. During his entire career, I would say that he was responsible for bringing more than 500 people into the sport and introducing the sport to literally thousands of other individuals. In this respect, Freddie was probably one of the greatest ambassadors the sport has ever had.

In the periods in-between lifting, recruiting and coaching, Freddie attended every competition—let me say that again just for emphasis, EVERY COMPETITION—in Pennsylvania, New York, New Jersey, and Delaware. He would compete five to ten times a year, and another ten or twenty times per year he would judge the powerlifting meets he didn't enter. He was constantly reaching out and helping promoters and meet directors organize, promote and run their events.

He was the quintessential coach. Freddie helped mold guys like Scott Edmonston, Doug Haines, Bill Schmidt, Joe Chiallamo, George Hummel, Todd VanBodegom-Smith, Jim Cope, Rich Wenner, and dozens of others to go on and achieve national and world acclaim. He also coached the Surf Breakers—the first American team to win a World Championship. He didn't just take the time to coach world class athletes either. He would offer assistance to novice athletes or even beginners. If anyone needed help, Freddie was there for them. As a matter of fact, he coached at every meet he attended. He was always there for others; forever helping. In fact, he has a propensity for putting others ahead of himself. I saw this man spend countless hours coaching people he had never met before, including younger kids who were stronger than he was, him and because of his coaching, some of them actually beat him. Best yet, he was genuinely happy for them when they did beat him. Freddie just wanted the best for everyone. That, in itself, makes him a special human being.

Freddie never refused to help anyone. He would drive guys, at his own expense, from Pennsylvania to Chicago to compete, and he would also drive that far just to sit in a chair for ten hours to judge—a job that paid nothing. Freddie was unlike so many others in our sport, who think only about their own performance, their own goals, and their own accomplishments. With Freddie it was always people first, things second. He was always there for others, and he has been there for over five decades. No one, in all my years in powerlifting has done more for the sport than Freddie Glass. He may not be the greatest lifter, but in every other respect he is a powerlifting great.

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WADE HOOPER



\$115

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For years, powerlifters have wanted the stability and improved technique provided by an Olympic shoe combined with the ankle support and feel of a high-top. Well, **BAF SQUAT SHOES ARE** that combination. The raised heel and solid sole keep the lifter balanced and on their heels where they should be, while the firm construction and high-top design keep the lifter supported throughout the setup and the lift. Don't waste another day in the gym trying to squat in shoes that weren't made for squats. **BAF SQUAT SHOES** are the combination that you need.

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ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 220 Pound (100 Kilogram) Weight Division — TOTAL

Rank	Name	Year	Date	Actual Weight	Exact Bodyweight	Location	Federation
1	Shawn Frankel	7/11/21	1988	220.0	115.73	Las Vegas, Nevada	(USPF)
2	Michael Schwanke	7/8	1948	220.0	113.37	Palmdale, California	(APF)
3	Donald Blue	7/3	1940	220.0	110.95	Indianapolis, Indiana	(WPO)
4	Sam Byrd	8/1	1957	220.0	110.55	Daytona Beach, Florida	(APF)
5	Chris Simmons	8/8	1967	220.0	110.97	Daytona Beach, Florida	(APF)
6	William Carter	7/12	1968	220.0	110.47	Daytona Beach, Florida	(APF)
7	Joe Robertson	8/1	1929	220.0	110.30	Chicago, Illinois	(WPO)
8	Chuck Vogel	6/5	1965	220.0	110.53	Atlanta, Georgia	(WPO)
9	Joe Norman	6/8	1936	220.0	110.47	Atlanta, Georgia	(WPO)
10	Phil Harrison	7/3	1942	220.0	110.51	Columbus, Ohio	(IPA)
11	Kenny Patterson	7/2	1938	220.0	110.23	Chicago, Illinois	(WPO)
12	Corey Adams	7/9	1929	220.0	110.05	Chicago, Illinois	(WPO)
13	Steve Guggins	6/3	1926	220.0	110.11	Dallas, Texas	(USPF)
14	Vincent Cooke	7/11	1926	220.0	110.11	Dallas, Texas	(USPF)
15	Chris "Ox" Mason	7/2	1935	220.0	110.25	Chicago, Illinois	(WPO)
16	Paul Urech	4/29	1937	220.0	110.23	Chicago, Illinois	(WPO)
17	William "Cot" Carter	7/4	1924	220.0	110.00	Daytona Beach, Florida	(APF)
18	Willie Vessels	6/3	1949	220.0	110.83	Rosemont, Illinois	(APF)
19	Gary Drigo	6/4	1923	220.0	110.83	Las Vegas, Nevada	(APF)
20	Adam Driggers	7/2	1938	220.0	110.19	Orlando, Florida	(APF)
21	Bobby Frankel	8/1	1928	220.0	110.78	Columbus, Ohio	(IPA)
22	Scott Rowe	7/4	1918	220.0	110.07	York, Pennsylvania	(IPA)
23	Jason Beck	7/8	1947	220.0	110.07	Saint Louis, Missouri	(APF)
24	Ray Pierce	7/2	1910	220.0	110.07	Omaha, Nebraska	(APF)
25	Mark Haislett	6/7	1946	220.0	110.64	Daytona Beach, Florida	(APF)
26	Carl Leslie	12/9	1919	220.0	110.53	Adel, Georgia	(USPF)
27	Jim Cash	4/9	1935	220.0	110.53	Honolulu, Hawaii	(USPF)
28	Henry Fletcher	6/3	1941	220.0	110.53	Daytona Beach, Florida	(APF)
29	Larry Hoover	(US)	7/0	220.0	110.53	Evansville, Indiana	(APF)
30	William "Carter"	7/12	1968	220.0	110.47	Murfreesboro, Tennessee	(USPF)
31	Fred Hatfield	4/2	1948	220.0	110.47	Austin, Texas	(USPF)
32	Joe McCovey	7/3	1927	220.0	110.47	Columbus, Ohio	(APF)
33	Jack Ross	12/2	1919	220.0	110.47	Columbus, Ohio	(APF)
34	Sam Byrd	(c. of Wayne Stover)					
35	Sam Byrd	(c. of Wayne Stover)					
36	Sam Byrd	(c. of Wayne Stover)					
37	Sam Byrd	(c. of Wayne Stover)					
38	Sam Byrd	(c. of Wayne Stover)					
39	Sam Byrd	(c. of Wayne Stover)					
40	Sam Byrd	(c. of Wayne Stover)					
41	Sam Byrd	(c. of Wayne Stover)					
42	Sam Byrd	(c. of Wayne Stover)					
43	Sam Byrd	(c. of Wayne Stover)					
44	Sam Byrd	(c. of Wayne Stover)					
45	Sam Byrd	(c. of Wayne Stover)					
46	Sam Byrd	(c. of Wayne Stover)					
47	Sam Byrd	(c. of Wayne Stover)					
48	Sam Byrd	(c. of Wayne Stover)					
49	Sam Byrd	(c. of Wayne Stover)					
50	Sam Byrd	(c. of Wayne Stover)					

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 181 Pound (82.5 Kilogram) Weight Division — TOTAL

Rank	Name	Year	Date	Actual Weight	Exact Bodyweight	Location	Federation
1	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
2	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
3	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
4	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
5	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
6	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
7	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
8	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
9	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
10	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
11	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
12	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
13	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
14	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
15	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
16	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
17	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
18	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
19	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
20	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
21	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
22	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
23	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
24	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
25	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
26	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
27	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
28	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
29	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
30	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
31	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
32	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
33	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
34	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
35	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
36	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
37	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
38	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
39	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
40	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
41	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
42	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
43	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
44	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
45	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
46	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
47	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
48	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
49	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)
50	Jill Brown	7/11	1991	181.0	82.5	Nashville, Tennessee	(USPF)

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 220 Pound (100 Kilogram) Weight Division — TOTAL

Rank	Name	Year	Date	Actual Weight	Exact Bodyweight	Location	Federation
1	Sam Byrd	(c. of Wayne Stover)					
2	Sam Byrd	(c. of Wayne Stover)					
3	Sam Byrd	(c. of Wayne Stover)					
4	Sam Byrd	(c. of Wayne Stover)					
5	Sam Byrd	(c. of Wayne Stover)					
6	Sam Byrd	(c. of Wayne Stover)					
7	Sam Byrd	(c. of Wayne Stover)					
8	Sam Byrd	(c. of Wayne Stover)					
9	Sam Byrd	(c. of Wayne Stover)					
10	Sam Byrd	(c. of Wayne Stover)					
11	Sam Byrd	(c. of Wayne Stover)					
12	Sam Byrd	(c. of Wayne Stover)					
13	Sam Byrd	(c. of Wayne Stover)					
14	Sam Byrd	(c. of Wayne Stover)					
15	Sam Byrd	(c. of Wayne Stover)					
16	Sam Byrd	(c. of Wayne Stover)					
17	Sam Byrd	(c. of Wayne Stover)					
18	Sam Byrd	(c. of Wayne Stover)					
19	Sam Byrd	(c. of Wayne Stover)					
20	Sam Byrd	(c. of Wayne Stover)					
21	Sam Byrd	(c. of Wayne Stover)					
22	Sam Byrd	(c. of Wayne Stover)					
23	Sam Byrd	(c. of Wayne Stover)					
24	Sam Byrd	(c. of Wayne Stover)					
25	Sam Byrd	(c. of Wayne Stover)					
26	Sam Byrd	(c. of Wayne Stover)					
27	Sam Byrd	(c. of Wayne Stover)					
28	Sam Byrd	(c. of Wayne Stover)					
29	Sam Byrd	(c. of Wayne Stover)					
30	Sam Byrd	(c. of Wayne Stover)					
31	Sam Byrd	(c. of Wayne Stover)					
32	Sam Byrd	(c. of Wayne Stover)					
33	Sam Byrd	(c. of Wayne Stover)					
34	Sam Byrd	(c. of Wayne Stover)					
35	Sam Byrd	(c. of Wayne Stover)					
36	Sam Byrd	(c. of Wayne Stover)					
37	Sam Byrd	(c. of Wayne Stover)					
38	Sam Byrd	(c. of Wayne Stover)					
39	Sam Byrd	(c. of Wayne Stover)					
40	Sam Byrd	(c. of Wayne Stover)					
41	Sam Byrd	(c. of Wayne Stover)					
42	Sam Byrd	(c. of Wayne Stover)					
43	Sam Byrd	(c. of Wayne Stover)					
44	Sam Byrd	(c. of Wayne Stover)					
45	Sam Byrd	(c. of Wayne Stover)					
46	Sam Byrd	(c. of Wayne Stover)					
47	Sam Byrd	(c. of Wayne Stover)					
48	Sam Byrd	(c. of Wayne Stover)					
49	Sam Byrd	(c. of Wayne Stover)					
50	Sam Byrd	(c. of Wayne Stover)					

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 181 Pound (82.5 Kilogram) Weight Division — TOTAL

Rank	Name	Year	Date	Actual Weight	Exact Bodyweight	Location	Federation
1	Jill Mills	at the '03 APF Nationals					
2	Jill Mills	at the '03 APF Nationals					
3	Jill Mills	at the '03 APF Nationals					
4	Jill Mills	at the '03 APF Nationals					
5	Jill Mills	at the '03 APF Nationals					
6	Jill Mills	at the '03 APF Nationals					
7	Jill Mills	at the '03 APF Nationals					
8	Jill Mills	at the '03 APF Nationals					
9	Jill Mills	at the '03 APF Nationals					
10	Jill Mills	at the '03 APF Nationals					
11	Jill Mills	at the '03 APF Nationals					
12	Jill Mills	at the '03 APF Nationals					
13	Jill Mills	at the '03 APF Nationals					
14	Jill Mills	at the '03 APF Nationals					
15	Jill Mills	at the '03 APF Nationals					
16	Jill Mills	at the '03 APF Nationals					
17	Jill Mills	at the '03 APF Nationals					
18	Jill Mills	at the '03 APF Nationals					
19	Jill Mills	at the '03 APF Nationals					
20	Jill Mills	at the '03 APF Nationals					
21	Jill Mills	at the '03 APF Nationals					
22	Jill Mills	at the '03 APF Nationals					
23	Jill Mills	at the '03 APF Nationals					
24	Jill Mills	at the '03 APF Nationals					
25	Jill Mills	at the '03 APF Nationals					
26	Jill Mills	at the '03 APF Nationals					
27	Jill Mills	at the '03 APF Nationals					
28	Jill Mills	at the '03 APF Nationals					
29	Jill Mills	at the '03 APF Nationals					
30	Jill Mills	at the '03 APF Nationals					
31	Jill Mills	at the '03 APF Nationals					
32	Jill Mills	at the '03 APF Nationals					
33	Jill Mills	at the '03 APF Nationals					
34	Jill Mills	at the '03 APF Nationals					
35	Jill Mills	at the '03 APF Nationals					
36	Jill Mills	at the '03 APF Nationals					
37	Jill Mills	at the '03 APF Nationals					
38	Jill Mills	at the '03 APF Nationals					
39	Jill Mills	at the '03 APF Nationals					
40	Jill Mills	at the '03 APF Nationals					
41	Jill Mills	at the '03 APF Nationals					
42	Jill Mills	at the '03 APF Nationals					
43	Jill Mills	at the '0					

STARTIN' OUT

SQUAT SET UP as told to Powerlifting USA by Doug Daniels



Superstar Lifter Ed Coan made sure to set up his squat very precisely

The competitive squat requires, by far, the most expense of energy and concentration of the 3 powerlifts. Just like our national energy conservation efforts in our daily lives, a powerlifter should be looking for ways to save as much energy as possible for their max contest squat. Most lifters devote the vast majority of their attention to the up and down execution of the squat itself, but other aspects of the squat are also critical and errors on any of those can have a negative impact on your lifts. A competition squat can be divided into several parts: bar height and rack setting, squat suit and knee wrapping, walkout with bar into squatting position, the actual execution of the squat itself, and re-racking the bar after the attempt. Let's examine a case study on how we can help insure optimal execution of these less dealt-with parts of the squat and change their impact to the positive side.

In this case study, let's follow a fictional novice lifter's squat attempt. "Doug" is in the hole, but has already been belt-tightened and knee-wrapped since the previous 2 lifter's attempts. Two attempts later is Doug's turn to squat. Doug steps onto the platform and gets under the bar. He finds that the squat rack height was set a little too high which requires him to tip the squat bar up and over the racks in order to get it out. Having succeeded with great effort in getting the bar out of the racks, Doug proceeds in precariously plodding 4 steps backwards with the heavy bar on his back. Finally coming to a halt, Doug fidgets both his feet for about 30 seconds until he is happy with his foot position. After all that, the referee finally gives the squat signal. As Doug descends, he drops like a rock to the bottom. Luckily the spotters narrowly save him from being buried under the bar. The spotters have to carry the bar back to the rack as Doug has no strength or energy left to do it himself or even help the spotters. Fortunately for the spotters, Doug's opener was a massive 100 kilos.

What went wrong? Before the meet, Doug tweeted to all that care that he hit a new PR squat in the gym. This requires them to tip toe with the bar on their back to get it out of the racks and into starting position. Obviously, this can be very strenuous as well as dangerous with maximum weight. On the other hand, if the rack height is set too low, the lifter needs to perform a quarter-squat to get the bar up and out of the rack. Both scenarios waste a lot of energy and increase your anxiety level, which is another sapper of energy. Setting the bar height properly at weight-in-saves a lot of energy and stress for squating on the platform and increases your chances of success. The next challenge for the squatter is the "on-deck" and "in-the-hole" circle. Being organized and staying in touch with how the meet is progress-

get into the ready-to-squat position quickly and safely and with as little expense of energy as possible. Having that energy available later during the squat attempt can mean the difference between success and failure.

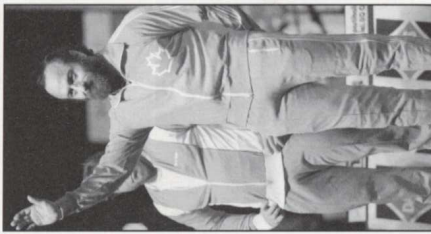
Too many lifters waste extreme amounts of energy backing out of the rack, they compound this by shuffling the position of their feet, searching for that perfect stance. Some lifters take numerous steps back setting up, taking the spotters on the trek with them. Never mind that they have to walk all the way back to the rack with the weight after the attempt.

Optimally, the squatter should take only one step back with each leg, getting into starting position and ready for the head judge's "squat" signal. This can only be accomplished with dedicated, repetitive practice during training. Back out of the rack and into position with one step on every set you do in training, from your first warm-up to your max lifts. Practicing in this manner will make efficient setting up automatic. If you find you need more than one step back to clear the rack, re-look at your squatting style. You do not need as much room between you and the rack as you may think. This is very similar to how far a major league catcher is positioned behind the batter. He knows to position himself just far enough away to not get hit by the swinging bat.

By positioning yourself one step away from the rack, the tip to re-rack the bar will be short and above all safe for both you and the spotters. This also saves energy for any succeeding squats as well as for the other powerlifts to follow. Also, the trip to re-rack the bar after a miss is always a lot longer than after a good lift.

Spotters can also have an impact in squat set up. Have your helpers assist. Before your attempt, have them verify that the bar is loaded correctly or at least evenly on both sides and that the racks are set to the correct in or out position. If they notice a problem they can call it to the attention of the spotters and loaders. Over the course of the meet, the lifting platform gets covered with chalk and powder residue. If there is a lot of residue, ask your helpers to request the spotters clean it up before you take the platform. Get this all done before you are set to lift. Waiting for the spotters to reset the rack or clean off the platform while you wrap your energy can really sap your precious energy.

Lots of hand work and expense goes into your contest preparation. That can all go up in smoke if you waste too much energy setting up the squat. Discipline yourself to practice setting up efficiently for the squat on every set and rep in training. This type of focus is the only way to help insure you have the best chance to get maximum results on contest day. That would be worth tweeting about.



Dr. Mauro Di Pasquale, MD

DEAR MAURO: I recently injured my shoulder bench pressing the wrong way and strained the muscles. My doctor gave me some anti-inflammatory drugs. My shoulder is feeling much better now.

My question is, my friend who is an elite level powerlifter, will be competing in a few months. About 8 months ago he had surgery on his knee which was the result of an injury. His knee is much much better now and he said only sometimes can he slightly feel some discomfort—usually with heavier weights—although using wraps helps a lot. I was wondering, would it be a good idea to him to take these anti-inflammatory drugs just a couple days before his competition? Do you think it would be of any benefit?

Also, I forgot to ask my doctor, but my injury was last Thursday and I got the drugs yesterday. How long do you think I should be taking them for? The drug is enteric coated, 50mg Diclofenac Sodium tablets.

Simon

SIMON: It wouldn't hurt for him to take the 50 mg Diclofenac a few days before the tournament. A lot of elite athletes use NSAIDs for injuries and rehab, as well as before training and competition. However, these compounds decrease both pain and inflammation and thus allow an athlete to exert him or herself more than they would ordinarily, increasing the risk of further injury, as well as potentially causing gastritis and even GI bleeding, so they shouldn't be taken for prolonged periods of time. If the discomfort persists I'd

ASK THE DOCTOR

Questions answered by Mauro Di Pasquale MD

have him see his doctor for re-evaluation to make sure that there's nothing else going on and perhaps for some further therapy. You might also want to read Dr. Ming Chew's book *The Permanent Pain Cure* (see www.mingchewmethod.net) to see if the methods he outlines make a difference, as they have for many athletes.

The usual dose is 50 mg three times a day for a week or so and then 25 mg a day after that for another week or so if needed.

Hope this helps.
Mauro

DEAR MAURO: I have a health question for you: about 5 years ago I had a TIA, and I had many tests done to try to find out why I had it. The doctors never really could tell me why I had it at the time. I had bought some male enhancement product that caused my blood pressure to go quite high—it was 195/115 at the time of the TIA. I was already taking blood pressure meds, *Lortel* 5/40. Since the TIA I still take the *Lortel* 5/40 and 1 Aspirin and Plavix 75mg per day. My doctor said I should start lifting again, but when I asked about your products, he had no idea what I was talking about. Do you think I could start doing some powerlifting again and could use some of your products? Thanks
Darryl

DARRYL: There are a lot of reasons for someone suffering one or more TIAs—I've included a recent paper on this. Since yours was an isolated incident and happened 5 years ago, the TIA was likely the result of either an acute spike or a drop in blood pressure, and that could happen for many reasons including stress and diet. It's difficult to say if the male enhancement product you were using contributed to either the hypertension you exhibited at the time or the TIA. But I would certainly keep away from any products that can significantly affect blood pressure and/or the cardiovascular system.

Unfortunately there are many products on the market today that specifically affect or even target the cardiovascular system to make it look like they're having certain desired effects, such as increasing pump and vascularity. This is done by marketing these products

on your goals, smaller amounts of any of the other supplements could also be used. If you wish I can set up a basic supplementation regimen for you and revise it as you progress with your lifting. To help out financially I offer a 15% discount to all powerlifters.

It would be prudent to monitor what changes you make to your training, diet, nutritional supplementations and habits to get your blood pressure checked on a regular basis. In fact it might not be a bad idea to get one of those easy to use wrist blood pressure cuffs so you can keep track of your own blood pressure as needed. For example, I've tested the inexpensive one sold in major department stores and found it easy to use and accurate—I've included a photo of it.

Hope this helps. Feel free to email me if I can be of any further help or if I wish more advice.
Best regards, Mauro



Omron Blood Pressure Cuff

(continued on page 79)

ETIOPATHOGENESIS OF TRANSIENT ISCHEMIC ATTACKS AND MINOR ISCHEMIC STROKES A community-based study in Segovia, Spain

BACKGROUND AND PURPOSE: We sought to analyze the etiology and underlying vascular risk factors of transient ischemic attacks (TIAs) and minor ischemic strokes (MIS). **METHODS:** We prospectively studied the vascular risk factors and etiologic categories in 235 patients with TIAs and MIS from a community-based register in a rural area of Spain. Five etiologic categories were considered: (1) cardioembolism, (2) large artery atherosclerosis, (3) small artery disease, (4) other etiologies, and (5) undetermined etiology. Systematic investigations included neuroimaging (CT/MRI) and vascular studies (duplex scan/MR angiography and angiography in selected cases). **RESULTS:** The two most frequent etiologic categories were small artery disease (31%) and cardioembolism (26%). Large artery atherosclerosis was detected in 11% of the patients. Significant carotid stenosis (> or =50%) was present in 13% of patients in carotid territory events. No cause could be found or it was uncertain in almost one third of the patients. The distribution of etiologic risk factors were as follows: arterial hypertension (50%), smoking (26%), atrial fibrillation (20%), hypercholesterolemia (17%), diabetes (15%), ischemic heart disease (12%), and peripheral vascular disease (3%). Carotid bruits were detected in 3% of the patients. **CONCLUSIONS:** An etiologic classification of TIAs and MIS is feasible. The two most frequent pathogenetic mechanisms in our study were small artery disease and cardioembolism. The prevalence of large artery atherosclerosis was low.

— *Sempere AP, Duarte J, Cabezas C, Clavéza L. Department of Neurology, Segovia General Hospital, Spain. aperez@medfisc.es*

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PHENOM

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

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



RADICAL DENIM

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

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



ULTIMATE DENIM

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

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Warm Up Pullover Crewneck
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\$14.95



Jersey Knit Short
 50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.

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 Quality, standard workout gloves. Power-Surge.

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Camo T-Shirts
 Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo.

\$10.00



Warm Up Pants
 This comfortable warm up pant with front pockets, features Inzer logo on each pant leg.

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Hoodie
 Pullover Hoodie with embroidered Inzer logo on the chest.

\$19.50



Gym Bag
 This large deluxe embroidered gym duffel is easy to look at Inzer logos and Strongest Sport. Large main compartment and two smaller pockets on nylon. Great value.

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

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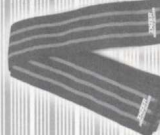
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 The high tech knee support advantage for strongman competitors and other athletes.

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Power-Surge Red Line Wrists Wraps
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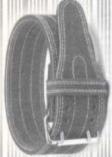
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Z-Suit
 The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

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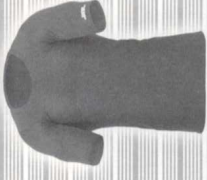
Champion Suit
 Champion Suit has proven itself in countless competitions and world records over time. Enjoy the incredible support. One suit - at an unbeatable price and value.

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The Pillar
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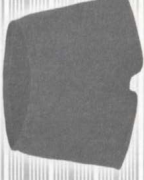
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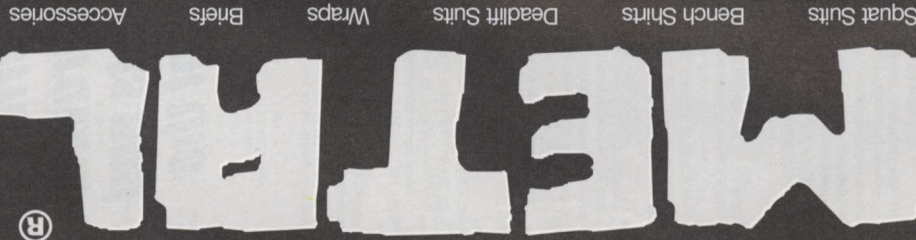
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because they want to be way past normal when it comes how much weight they can lift!
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Now, if scientists were to put *Oral Testibol™* in a traditional pill, you'd still get great results! However, they know that most people only absorb 15-20% of what they consume orally... and this is why injections were created. Because, as you know, by injecting something you get almost 100% delivery into the bloodstream.
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So quick, get to the phone now and reserve your FREE 1-Month supply of *Oral Testibol™*, priced at \$160, and limited 1 per person or household.
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of muscle and increasing your strength using DNA specific Testosterone. And this is the best news of all about *Oral Testibol™*... because it causes the release of DNA specific Testosterone.
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1. In a clinical study, a group of 25 participants performed a 10-minute run on a treadmill at 100% of their maximum heart rate for 10 minutes. They then received either a placebo or the AMP Pre-Training Pak 30 minutes before starting a 30-minute run. The group that received the AMP Pre-Training Pak showed a 300% increase in calorie burning prior to receiving the supplement or placebo and again after the treatment period was finished. These subjects supplemented with Amplified Maxertion N.O. and a 20% increase in physical working capacity at the subject's threshold after four weeks of supplementation relative to the placebo group. 2. In a clinical study, a group of 25 participants performed a 10-minute run on a treadmill at 100% of their maximum heart rate for 10 minutes. They then received either a placebo or the AMP Pre-Training Pak 30 minutes before starting a 30-minute run. The group that received the AMP Pre-Training Pak showed a 20% increase in physical working capacity at the subject's threshold after four weeks of supplementation relative to the placebo group. 3. In a clinical study, a group of 25 participants performed a 10-minute run on a treadmill at 100% of their maximum heart rate for 10 minutes. They then received either a placebo or the AMP Post-Training Pak 30 minutes after finishing a 30-minute run. The group that received the AMP Post-Training Pak showed a 54% increase in leg press results with only 25% of the dose of ordinary creatine. 4. In a clinical study, a group of 25 participants performed a 10-minute run on a treadmill at 100% of their maximum heart rate for 10 minutes. They then received either a placebo or the AMP Post-Training Pak 30 minutes after finishing a 30-minute run. The group that received the AMP Post-Training Pak showed a 400% increase in dose efficiency to enhance athletic performance. 5. In a clinical study, a group of 25 participants performed a 10-minute run on a treadmill at 100% of their maximum heart rate for 10 minutes. They then received either a placebo or the AMP Post-Training Pak 30 minutes after finishing a 30-minute run. The group that received the AMP Post-Training Pak showed a 50% increase in muscle soreness after exercise.



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181 lbs.	358	264	341	963
275 lbs.	402	363	402	1167
396	402	363	402	1167
165 lbs.	325	264	424	1013
165 lbs.	369	523	523	1415
165 lbs.	402	286	242	1112
165 lbs.	380	248	479	1107
176	303	479		
325	358	683		
523	628	1151		
148 lbs.	424	347	506	1277
148 lbs.	424	347	506	1277
148 lbs.	473	303	473	1250
116	297	666		
534	347	495	1376	
374	275	380	1029	

198 lbs.	286	171	308	765
220 lbs.	352	193	567	1112
220 lbs.	220	149	303	672
181 lbs.	347	215	424	985
198 lbs.	699	539	633	1872
165 lbs.	424	347	506	1277
165 lbs.	424	347	506	1277
165 lbs.	473	303	473	1250
325	149	352	826	

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123 lbs.	55	143	198	303	595	897
132 lbs.	55	143	198	325	501	826
132 lbs.	110	237	347	402	683	1084
144 lbs.	110	237	347	336	584	919
144 lbs.	110	237	347	314	606	919
181 lbs.	110	270	380	292	479	771
181 lbs.	110	270	380	209	418	628
181 lbs.	105	306	413	413	551	963
181 lbs.	105	306	413	275	440	716
MALE	—	501	501	—	501	501
181 lbs.	187	303	490	264	440	705
181 lbs.	154	352	506	385	556	941
181 lbs.	330	462	793	BP	DL	TOT
181 lbs.	226	407	633	MALE	SQ	
181 lbs.	176	391	567	132 lbs.	55	374
181 lbs.	358	457	815	148 lbs.	220	154
181 lbs.	358	457	815	181 lbs.	55	407
181 lbs.	363	551	914	181 lbs.	297	176
181 lbs.	391	501	892	181 lbs.	369	303
181 lbs.	297	506	804	181 lbs.	457	363
181 lbs.	363	551	914	181 lbs.	220	330
181 lbs.	220	330	551	181 lbs.	308	303
181 lbs.	363	528	892	181 lbs.	363	528
181 lbs.	402	683	1084	181 lbs.	413	551

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13 FEB, WABDL, World Qualifier for BP & DL Championships (Beaver Falls, PA) at the Holiday Inn - 7195 Eastwood Road, Charles Venetrella, 724.654.4117, stcharles1488peoples.com, www.wabdl.org
13 FEB, APA, North Family YMCA Bench Press & Deadlift (Norwich, NY), Sharon Caworski, 607.336.9622, 24th St Ctr at 607.437.2436
13 FEB, IPA 4th Annual Barno/Neuman Classic (Whitehall, PA), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.ny-childpowersystems.com
13 FEB, USPF Hang'em High III PL Meet (PL/SL/BP/DL & Open/Submaster/Master Divisions) (Tombstone, AZ) at Cold Iron Gym, 7th & Allen St., Tombstone, AZ 85638, coldironmg@aol.com, 520.457.3500, www.coldironmg.com
13 FEB, SLP Brickyard Open BP/DL Championship (Milwaukee, WI), Dr. Derrill Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
13 FEB, APF 3rd Annual Arizona State PL Meet (Peoria, AZ), JR Bolger, apaf@cox.net, www.worldpowerlifting.com
13 FEB, RAW United Biggest Bench in Lee (Fort Myers, FL) at Evolved Athletics, 123.10 entry deadline, Sperto Tshonnikids, 321.505.1194, ravunited@cdt.net
13 FEB, NASSA Missouri State Equipped/Unequipped PL/BP/PS/PP (Carthage, MO) www.nassa-sports.com
13-14 FEB, NASSA 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@whpower.com, www.nassa-sports.com
20 FEB, APF/AAPF Elite Barbell Invitational PL/BP/PS/PP (Fairhaven, VT) Scott Nutter, 932.215.2588, www.worldpowerlifting.com
20 FEB, APF/AAPF NE Winter Classic (Full Power/BP/DE/PL/PP) (Fairhaven, VT) at Fairhaven Fitness, Jamie Matta, 802.265.3470, www.apa-apa.com
20 FEB, USPF NW Championship PL/BP (Gresham, OR) at Olympia Gym, Travis Monteth, 503.381.9198, travismonteth@verizon.net, www.uspl.net
20 FEB, WABDL Wisconsin State BP & DL Championships (Madison, WI) at the Crown Plaza Hotel, David Constantineau, 920.737.2505, www.wabdl.org
20 FEB, IBP Regional Push Pull Championships (Statesville, NC), Keith Payne, 336.251.8704, keith@ironbodypowerlifting.net, www.ironbodypowerlifting.net
20 FEB, ADAU Raw Power Emmanuel Greater Johnston Single Lift Open, SQ/BP/DL contests (Johnston, PA),

Lewiston, NY 14092, 716.200.3533, cdbroche@roadrunner.com, www.usapowerliftinginfo.com
20-21 FEB, USAPL New Jersey State BP/PL, Rob Koller, Box 291571, Davis, FL 33329, 954.790.2249
21 FEB, APF Ohio Cup Meet (W. Lafayette, OH), John Blackstone, 740.502.4964, blackstonesgym@yahoo.com, www.worldpowerlifting.com
27 FEB, West Virginia High School BP/DL Championships (South Charleston, WV) at South Charleston High School, John Messenger, 304.744.2475, 304.766.0352
27 FEB, APF/AAPF Orlando Barbell FL State Meet (Orlando, FL), Brian Schwab, 407.678.2447, www.worldpowerlifting.com
27 FEB, USAPL Brother Bennett Memorial (MS Invitational) (Bay St. Louis, MS), Ted Longo, 228.324.1473, www.usapowerlifting.com
27 FEB, USAPL, Tennessee State

COMING EVENTS

Jim Alcaradi, 814.241.3052, www.adraapower.com
20 FEB, 4th WNPFF All-Raw World Cup Championships (Beaumont, NJ), Tom Ford, wnpff@aol.com, 770.668.6841, www.wnpff.net
20 FEB, SLP Bluegrass Open BP/DL Championship (Louisville, KY), Dr. Derrill Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
27 FEB, Red Brick Bench Press Championship VII (Lewiston, NY) at Cold Iron Gym, 7th & Allen St., Tombstone, AZ 85638, coldironmg@aol.com, 520.457.3500, www.coldironmg.com
27 FEB, SLP Brickyard Open BP/DL Championship (Milwaukee, WI), Dr. Derrill Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
13 FEB, APF 3rd Annual Arizona State PL Meet (Peoria, AZ), JR Bolger, apaf@cox.net, www.worldpowerlifting.com
13 FEB, RAW United Biggest Bench in Lee (Fort Myers, FL) at Evolved Athletics, 123.10 entry deadline, Sperto Tshonnikids, 321.505.1194, ravunited@cdt.net
13 FEB, NASSA Missouri State Equipped/Unequipped PL/BP/PS/PP (Carthage, MO) www.nassa-sports.com
13-14 FEB, NASSA 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@whpower.com, www.nassa-sports.com
20 FEB, APF/AAPF Elite Barbell Invitational PL/BP/PS/PP (Fairhaven, VT) Scott Nutter, 932.215.2588, www.worldpowerlifting.com
20 FEB, APF/AAPF NE Winter Classic (Full Power/BP/DE/PL/PP) (Fairhaven, VT) at Fairhaven Fitness, Jamie Matta, 802.265.3470, www.apa-apa.com
20 FEB, USPF NW Championship PL/BP (Gresham, OR) at Olympia Gym, Travis Monteth, 503.381.9198, travismonteth@verizon.net, www.uspl.net
20 FEB, WABDL Wisconsin State BP & DL Championships (Madison, WI) at the Crown Plaza Hotel, David Constantineau, 920.737.2505, www.wabdl.org
20 FEB, IBP Regional Push Pull Championships (Statesville, NC), Keith Payne, 336.251.8704, keith@ironbodypowerlifting.net, www.ironbodypowerlifting.net
20 FEB, ADAU Raw Power Emmanuel Greater Johnston Single Lift Open, SQ/BP/DL contests (Johnston, PA),

APF/AAPF/WPC Schedule

- 6 FEB, APF Best of the Best in the Midwest (PL/BP)
- 13 FEB, APF 3rd Annual Arizona State PL Meet
- 21 FEB, APF Ohio Cup Meet
- 27 FEB, APF/AAPF Orlando Barbell FL State Meet
- 27 FEB, APF/AAPF Elite Barbell Invitational PL/BP Meet
- 27 FEB, APF/AAPF Ohio Cup Meet
- 13 MAR, APF/AAPF Michigan State Meet
- 13 MAR, APF Frank Kostyo Memorial PL Meet
- 17-21 MAR, AWPC/WPC Eastern Europe Open
- 19 MAR, APF California Meet
- 20 MAR, AAPF New England PL Meet
- 20-21 MAR, APF/AAPF Illinois State Meet
- 9-11 APR, APF High School Nationals
- 10 APR, APF Alabama State Meet
- 16-18 APR, APF Nationals (AWPC Worlds qualifier)
- 17-18 APR, APF/AAPF Single Ply Nationals
- 24 APR, APF/AAPF Texas Classic
- 6-9 MAY, WPC Heydar Aliyev World Cup
- 8 MAY, AAPF Granite City Iron Wars VII
- 8-9 MAY, APF Master, Teen & Jr. Nationals
- 5-6 JUN, APF Senior Nationals
- 9-13 JUN, WPC European Championships
- JUN, APF Open/Novice Powerlifting Meet
- 10 JUL, APF Gator Open (PL/BP)
- JUL or AUG, AWPC World Championships
- JUL, APF Push Pull Meet
- 14 AUG, APF/AAPF Northwest PL Championships
- AUG, APF California Summer Bash
- 3-4 SEP, AWPC/WPC Raw Worlds
- 11 SEP, APF/AAPF Summer Heat VI
- 29 SEP - 2 OCT, WPC/AWPC Asian Open Championships
- OCT, APF Wolverine Open
- NOV, WPC World Championships
- 4 DEC, APF/AAPF Southern States (PL/BP)
- 13 DEC, APF Ironman Meet

Dates subject to change
889-4744 for more information
Call 866-389-4744 for more information
www.worldpowerlifting.com



WORLD NATURAL POWERLIFTING FEDERATION

- 6 FEB. WNPF Pan-Ams & FL States (Port St. Lucie, FL)
- 20 FEB. WNPF All-Raw World Cup (Bordentown, NJ)
- 20 FEB. WNPF Red Brick BP Championships (Lewiston, NY)
- 27 FEB. WNPF Tennessee Championships (Cleveland, TN)
- 13 MAR. WNPF Ohio Championships (Youngstown, OH)

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

- 17 APR. USAPL Texas State Jim Yalobski, 5900 W. Pioneer Pkwy., Abilene, TX 79705-8339
- 17 APR. USPF Las Vegas Open Use Dented Steve Denison, 661-333-9800, www.nasa-sports.com
- 17 APR. USAPL Iowa State, Equipped/Unequipped PL/BP/PS/PP (Alvin, TX) www.nasa-sports.com
- 17 APR. USAPL Texas Classic (Austin, TX), Greg & Heather Tillingsh, entliftingcongress.com
- 24 APR. RAW United D&D Push/Pull (Fort Myers, FL) at Evolved Athletics, 4.3.10 entry deadline, Spero Tshonkidds, 321.505.1194, rawunited@ftr.com
- 24 APR. 31st Annual ADAU Raw Power (Second Ave., Royersford, PA) 19468, 610.948.7823, bench_a_grand@yahoo.com
- 17-18 APR. APF/AAPF Single Ply Nationals (Orlando, FL) Kieran Kildner/Any Jackson, 630.896.7309, amyjackson@aol.com, www.worldpowerliftingcongress.com
- 18 APR. APF/AAPF Single Ply Nationals (Orlando, FL) Kieran Kildner/Any Jackson, 630.896.7309, amyjackson@aol.com, www.worldpowerliftingcongress.com
- 18 APR. USAPL Raw United (Newland, NC) Steve Denison, 661-333-9800, powlifts@msn.com
- 24 APR. USAPL Write on the Bayou Invitational (Marksville, LA) Wade Hooper, 8724 Sharlene Dr., Baton Rouge, LA 70809, 225-620-7680
- 24 APR. NASSA New Mexico State (Gallup, NM) www.nasa-sports.com
- 24 APR. NASSA West Virginia State (PL/BP/PS/PP) (Ravenswood, WV), Greg & Susan Van Hoose, greg@vhp.com, www.vhp.com
- 24-25 APR. BPO International Open Championships & British Open Champ-
- Full Power/BP/PP (Hillside, OH) at the Courtyard Marriott, 2450 Roberts Rd., Dan Diegus, 614-554-8824, lexen@lexentextreme.com
- 24 APR. SLP National BP/DL Championships (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 24 APR. APF/AAPF Texas Classic (Austin, TX), Greg & Heather Tillingsh, entliftingcongress.com
- 24 APR. RAW United D&D Push/Pull (Fort Myers, FL) at Evolved Athletics, 4.3.10 entry deadline, Spero Tshonkidds, 321.505.1194, rawunited@ftr.com
- "Power Day Classic" (seperate BP/DL meets, open and all age groups/divisions for men/women - Bigler, PA) Siegel Engraving, 304 Daisys St., Clearfield, PA 16830, 814-765-3214, www.pitkup.com, allpitkup.com
- 24 APR. Kerr County High School (Bakersfield, CA) Steve Denison, 661-333-9800, powlifts@msn.com, www.worldpowerliftingCA.com
- 24 APR. USAPL Write on the Bayou Invitational (Marksville, LA) Wade Hooper, 8724 Sharlene Dr., Baton Rouge, LA 70809, 225-620-7680
- 24 APR. NASSA New Mexico State (Gallup, NM) www.nasa-sports.com
- 24 APR. NASSA West Virginia State (PL/BP/PS/PP) (Ravenswood, WV), Greg & Susan Van Hoose, greg@vhp.com, www.vhp.com
- 24-25 APR. BPO International Open Championships & British Open Champ-

- fact Mike Sweeney, irmik@aol.com, www.worldpowerliftingcongress.com
- 8 MAY. WABDL Southeastern Regional BP & DL Championships (Gadsden, AL), Rick Hagedorn, 256.441.0143, www.wabdl.org
- 8 MAY. Lifetime Natural Powerlifting Nationals (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@verizon.net
- 8 MAY. NASSA Oklahoma Open State, Equipped/Unequipped PL/BP/PS/PP (OKC, OK), www.nasa-sports.com
- 8 MAY. AAPF Granite City Iron Wars VII (Bare, VT), Bret Kernoff, 802.865.2747, www.worldpowerliftingcongress.com
- 8 MAY. AAU Virginia High School Push/Pull Championships (Mechanicsville, VA) at Lee Davis High School, Judy Wood, 804.559.4624 letter 7 PM, Judy Meads, 804.730.8810 letter 7 PM, vapowrifting@aol.com, www.aausports.org
- 8 MAY. AAU Oklahoma State PL/BP/PS/PP (Sapulpa, OK), at Sapulpa High School Gym, Danny Berry, 918.695.3823, www.aausports.org
- 8-9 MAY. APF Masters, Teen & Junior Nationals (West Palm Beach, FL), Kieran Kildner/Any Jackson, 866.389.4744, amyjackson@aol.com, www.worldpowerliftingcongress.com
- 9 MAY. AAU 7th Annual Triple Crown Classic & East Coast BP Classic/Push/Pull Meet (Mechanicsville, VA) at Lee Davis High School, Judy Wood, 804.559.4624 letter 7 PM, Judy Meads, 804.730.8810 letter 7 PM, vapowrifting@aol.com, www.aausports.org
- 15 MAY. NASSA Kentucky State Championship (PL/BP/PS/PP) (Morehead, KY) at the Morehead Conference Center, Greg & Susan Van Hoose, greg@vhp.com, www.vhp.com
- 15 MAY. WABDL World Cup BP & DL Championships (Wisconsin Dells, WI) at Chula Vista Resort, Gene Rycklak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.nyhballpowerlifters.com
- 15 MAY. 1st WNPF Night of the Champions & Deadlift Nationals (Bordentown, NJ), Troy Ford, wnfp@aol.com, 770.668.4841, www.wnpf.net
- 15 MAY. SLP Platinum Fitness Open BP/DL Championship (Tusola, OK), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightpower@verizon.net
- 15 MAY. RAW United Firefighter/EMT Games (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 4.17.10 entry deadline, Spero Tshonkidds, 321.505.1194, rawunited@ftr.com
- 15 MAY. NASSA Western States National, Equipped/Unequipped BP/PS/PP (Denver, CO) www.nasa-sports.com
- 22 MAY. WABDL Western Regional (Santa Cruz, CA) at University Inn, 108844, 908.874-5843, www.wabdl.org
- 22 MAY. WABDL Buckleye Hall of Fame Classic (Anton, OH) at Pro Football Hall of Fame, Don Mislink, 216.272.9409, www.wabdl.org
- 22 MAY. 100% Raw Freedom USA

- Open Bench Press/Strict Curl (Leesburg, VA) at Gold's Gym, John Shifflett, 186 Happy Hollow Rd., Rockersville, VA 22968, valting@aol.com, www.vignapowrifting.blogspot.com
- 22 MAY. APA Guerra Gorilla II (Raw Northampton, MA), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 22 MAY. NASSA Tennessee State, Equipped/Unequipped PL/BP/PS/PP (Pickwick, TN) www.nasa-sports.com
- 22-23 MAY. USAPL Women's National PL Championships (Cleveland, OH), Gary Kanaga, 440.241.7984, bigspowerlifts@gmail.com, www.bigspowerlifts.com
- 23 MAY. SLP Ho-Chunk Nation Open BP/DL Championship (Champion, SHIP) (Baraboo, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, 7 PM, vapowrifting@aol.com, www.aausports.org
- 29 MAY. NASSA South Texas State, Equipped/Unequipped PL/BP/PS/PP (Arlington, TX) www.nasa-sports.com
- 29-30 MAY. USPF Military Nationals and Hula-Bes-Bes (Vancouver, BC) Steve Denison, 661-333-9800, powlifts@msn.com, www.worldpowerliftingCA.com
- 4-6 JUN. AAU Equipped National Open RAW Powerlifting and Single Lift Championships (Pittsburgh, PA) at Holiday Inn Pittsburgh Airport, Matt McCasie, 304.376.7538, www.powerliftersusa.com
- 5 JUN. (DATE CHANGE) NASSA West Texas State (Equipped & Unequipped PL/BP/PS/PP) (Hereford, TX), www.nasa-sports.com
- 5 JUN. WABDL Great Lakes Regional BP & DL Championships (Lansing, MI) at Holiday Inn South, Greg Rettsch, 503.901.1622, www.wabdl.org
- 5 JUN. APA Longhorn Championships (McAllen, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 5 JUN. Summer 2010 Push/Pull Meet (Elkhart, IN), John Smoker, jircsmoker@hotmail.com
- 5 JUN. SLP Missouri Open BP/DL Championship (Chesterfield, MO), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 5-6 JUN. RAW United Florida State Championships & Southeast Regionals (Melbourne, FL) at West Shores Jr./Sr. High School, 5.15.10 entry deadline, Spero Tshonkidds, 321.505.1194, rawunited@ftr.com
- 6 JUN. USAPL New Jersey High School BP/DL Championships (NJ), Mark Salansky, 5 Thompson Chase, Hillsborough, NJ 08844, 908.874-5843
- 9-13 JUN. WPC European Championships (Hungary), Peter Keresztesy, hungarypowerliftingcongress@gmail.com, www.worldpowerliftingcongress.com
- 10-12 JUN. APC National PL/BP/PS/PP (Denver, CO) www.nasa-sports.com
- 10-12 JUN. APC National Equipped World Team Selection qualifier-Athens, GA) L. B. Baker, 770-713-3080

- 253-5429, www.sonlightpower.com, sonlightpower@verizon.net
- 10 JUN. RAW United Southern States Bench (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 4.17.10 entry deadline, Spero Tshonkidds, 321.505.1194, rawunited@ftr.com
- 10 JUN. USPF Sacramento Pro/AM and Western Regions State Open Raw (Alvin, TX) www.nasa-sports.com, www.worldpowerliftingCA.com
- 10 JUN. USAPL Brute Strength Stars & Stripes BP/PL Championships (Norfolk VA), Gary Emrich, 804.239.8738, 7361 Sandy Ln., Mechanicsville, VA 23116, www.usapowrifting.com
- 10 JUN. USAPL Delta Summer High School Classic, Brian Kennedy, Box 556, Wisconsin Dells, WI 53965, 608-448-9034
- 10 JUN. California State Games (sponsored by USAPL) (San Diego, CA) Lance Slaughter, 610.995-0047, lanceoslaughter@yahoo.com, calstategames.org
- 17 JUL. NASSA Grand Nationals, Equipped/Unequipped PL/BP/PS/PP (Alvin, TX) www.nasa-sports.com
- 17 JUL. WABDL Great Northern BP & DL Championships (Olympia, WA) at Red Lion Hotel, Gus Rettsch, 503.901.1622, www.wabdl.org
- 17 JUL. WABDL Louisiana State BP & DL Championships (Zachary, LA) at Zachary High School Field House, Brandon Bankston, 225.362.2391, www.wabdl.org
- 17 JUL. AAU Teenage Nationals PL/BP (Sapulpa, OK), at Sapulpa Middle School Gym, Danny Berry, 918.695.3823, www.aausports.org
- 17 JUL. 12th WNPF USA & 3rd WNPF Lifetime USA Championships (PL/BP/PS/PP) (Atlanta, GA) Troy Ford, wnfp@aol.com, 770.668.4841, www.wnpf.net
- 17 JUL. USAPL Commonwealth Games of Virginia (PP or single lift) (or DJ) (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Rockersville, VA 22968, valting@aol.com, www.vignapowrifting.blogspot.com
- 17 JUL. APA 7th Annual Maine Iron Bash (Raw & Equipped) (Freeport, ME), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 18 JUL. 14th WNPF Drug Free Nationals & 2nd WNPF Lifetime (Ravenswood, WV), Greg & Susan Van Hoose, greg@vhp.com, www.vhp.com
- 18 JUL. USAPL Mississippi State Championships (Hattiesburg, MS), Kieran Kildner/Any Jackson, 866.389.4744, amyjackson@aol.com, www.worldpowerliftingcongress.com
- 24 JUL. 6th Vermont State Open Raw (Williston, VT), Rick Poston, www.802-999-7845, Rick Poston, www.allamericanfitness.net
- 24 JUL. WABDL Nevada State BP & DL Championships (Pahrump, NV) at Pahrump Nugget, Gary Miller, 775.751.5763, www.wabdl.org
- 24 JUL. IPA Connecticut State Powerlifting Championships/Euroa Subpersch (Hartford, CT), Gene Rycklak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_

grand@yaho.com, www.rychlakow-
 24 JUL, ADPPF "Un-Equipped" Larry
 Cannon Memorial Bench & Deadlift
 & USPC Power Curl (Towson, MD)
 at Dumbarton Middle School, Brian
 Westling, 410.265.8264, brian@
 westling.net
 24 JUL, USPC Larry Garrow Memorial
 Power Curl (Towson, MD) at Dumbar-
 tion Middle School, Brian Westling,
 410.265.8264, brian@westling.net
 24 JUL, SLP Northwest Arkansas
 Open BP/DL/Curl Championship
 (Fogers, AR), Dr. Darrell Latch, Son
 Light Power, 122 West Sale St., Tus-
 cola, IL 61953, 217-253-5429, www.
 sonlightgym@verizon.net
 24 JUL, USAPL Mississippi State
 (Hattiesburg, MS), Knute Douglas,
 601.606.1912, ogdoug29@yahoo.
 com, www.usaplmississippi.com
 24 JUL, USPF Muscle Beach Push-
 Pull (Venice Beach, Joe Wheatley) Steve
 Denison, 661.333-9800, pwrfltrs@msn.
 com, www.powerliftingCA.com
 24-25 JUL, EUROPA Show of
 Champions Sports & Supplement Expo
 (Hartford, CT), www.visionstarc.com
 24 JUL, USPF Muscle Beach Push-
 Pull (Venice Beach, Joe Wheatley) Steve
 Denison, 661.333-9800, pwrfltrs@msn.
 com, www.powerliftingCA.com
 24-25 JUL, EUROPA Show of
 Champions Sports & Supplement Expo
 (Hartford, CT), www.visionstarc.com
 30 JUL, AAU Junior Olympic Games
 (Chesapeake, VA) at Greenbrier Middle
 School, Roger Ernst, Herms28@aol.
 com, www.aauusa.org
 30-31 JUL, UPA PL/PB National
 Championships (Dubuque, IA), Bill
 Carpenter, 563.599.1390, www.
 upausa.com
 31 JUL (NEW DATE), 2nd WNPFL
 Nationals & 3rd WNPFL Lifetime Row
 US Open & 3rd WNPFL Lifetime Row
 Open or Merritt Island, FL), Troy Ford,
 wfp@aol.com, 770.668.4841, www.
 wfp.net
 31 JUL, WABDL Southern Regional
 BP & DL Championships (Dallas, TX)
 817.403.3525, www.wabd.org
 31 JUL, UPA Venice Soto Memorial
 Ohio State Fair BP/DL/Curl Championship
 (Columbus, OH), Dr. Darrell Latch, Son
 Light Power, 122 West Sale St., Tus-
 cola, IL 61953, 217-253-5429, www.
 sonlightgym@verizon.net
 31 JUL, APA Wolverine State (PP/BP/
 DL/Strength Sports/Strict Curl/Over-
 head Press, Raw and Equipped) (Monroe,
 MI), Scott Taylor (APA President), 356
 Lakeland Dr. Lot 3, Hot Springs, AR
 71913.941.626.4247, scott@apa-wpa.
 com, www.apa-wpa.com
 31 JUL, APF Push Pull Meet (MI), JJ
 Thomas, 734.642.7877, www.world-
 powerlifting.org
 JUL of AUG, AWPC World Champi-
 onships, Kieran Kildner/Amy Jackson,
 866.389.4744, amyjackson@aol.com,
 www.worldpowerlifting.org
 1 AUG, PA New York State Power-
 lifting Championship (Rochester, NY),
 Gene Rychlak Jr., 143 Second Ave.,
 Rochester, PA 19468, 610.948.7823,
 bench.a.grande@yahoo.com, www.ny-
 chklakpower.org
 6 AUG, Northern VA Raw Meet (Ster-
 ling, VA) John James, 703.475.9885
 BP & DL Championships (McAllen,
 TX), Scott Taylor (APA President), 356
 Lakeland Dr. Lot 3, Hot Springs, AR
 71913.941.626.4247, scott@apa-wpa.
 com, www.apa-wpa.com
 28 AUG, WABDL Southwest BP &
 DL Championships (Tumble, TX),
 Tiny Meeker, 832.423.7662, www.
 wabd.org
 28 AUG, WABDL Hawaii State BP

& DL Championships (Waimanalo, HI)
 at Kamiloiki Elementary, Keith Ward
 808.375.8700, www.wabd.org
 28 AUG, SLP Kentucky State Fair
 Outlaw BP/DL Championship (Louis-
 ville, KY), Dr. Darrell Latch, Son Light
 Power, 122 West Sale St., Tuscola, IL
 61953, 217-253-5429, www.sonlight-
 gym@verizon.net
 28-29 AUG, USAPL Bench Press
 Nationals (Charlottesville, VA -
 www.usaplathlons.com/2010-10-
 bench-press-nationals/index.html)
 John Shufflett, 186 Huppy Hollow
 Rd., Ruckersville, VA 22968, www.
 valifing@aol.com
 28 AUG, 4th WNPFL Virginia Cham-
 pionships (BP/DL/PL/Curl & 1st
 WNPFL Lifetime Single Lift Nation-
 als) (VA), Troy Ford, wfp@aol.com,
 770.668.4841, www.wfp.net
 AUG, APF California Summer Bash
 (Van Nuys, CA), Scott Mendelson,
 818.399.0905, www.worldpowerlift-
 ing.com
 3-4 SEP, AWPC NPC Raw Worlds
 (Ishbo Falls, ID) Mike & Linda Higgins,
 208.528.0444, mikehiggins@atao.com,
 www.worldpowerlifting.org
 4 SEP, NASSA 3rd Annual Texas State
 PL/PB (PP) (Elgin, TX), www.nassa-
 sports.com
 4 SEP, SLP Florida State Open BP/
 DL/Curl Championship (Kissimmee,
 FL), Dr. Darrell Latch, Son Light Power,
 122 West Sale St., Tuscola, IL 61953,
 217-253-5429, www.sonlightgym@
 verizon.net
 4-5 SEP, USPF Muscle Beach PL
 (Venice Beach - Joe Wheatley) Steve
 Denison, 661.333-9800, pwrfltrs@msn.
 com, www.powerliftingCA.com
 11 SEP, USPF American Record
 Breakers (New Martinsville, WV) at
 Work's Fitness World, Tim Cochran,
 304.615.3984, ohio.uspf@yahoo.
 com, www.uswsp.net
 11 SEP, (TENTATIVE DATE)
 NASSA Indiana Regional (Equipped &
 Unequipped) PL/BP/PS/PP (Kokomo,
 IN), Joe Hou-Sey, P.O. Box 565,
 Sheboygan, WI 53082, statechair-
 man@wisconsinpowerlifting.com,
 888.502.4087, www.nassa-sports.com,
 11 SEP, PA Pennsylvania State Pow-
 erlifting Championships (Hanover, PA)
 Gene Rychlak Jr., 143 Second Ave.,
 Rochester, PA 19468, 610.948.7823,
 bench.a.grande@yahoo.com, www.ny-
 chklakpower.org
 11 SEP, 4th WNPFL Jake the Ham-
 Perry Classic (BP/DL/PL/Curl) (Alanta,
 GA), Troy Ford, wfp@aol.com,
 770.668.4841, www.wfp.net
 11 SEP, SLP Tennessee State Fair
 Outlaw BP/DL Championship (TN),
 Dr. Darrell Latch, Son Light Power,
 122 West Sale St., Tuscola, IL 61953,
 217-253-5429, www.sonlightgym@
 verizon.net
 11 SEP, APF AAAP Summer
 Heat VI (Rock Hill, SC) Eric Hubbs,
 803.366.3995, netlinn_dish@msn.com,
 www.worldpowerlifting.org
 11 SEP, APA Border Bowl (PL/PP/
 DL/Curl) (Tumble, TX), Scott Taylor
 (APA President), 356
 Lakeland Dr. Lot 3, Hot Springs, AR
 71913.941.626.4247, scott@apa-wpa.
 com, www.apa-wpa.com

11-12 SEP, RAW United Armed
 Forces Open III (Melbourne, FL) at
 The Gym, 2300 Alaco Ave., Suite
 E, Melbourne, FL 32935, 8.21.10
 entry deadline, Sperto Throntonkilds,
 321.505.1194, rawunited@cl.rr.com
 12 SEP, BPO UK Open PL, BP, DL
 (Four Seasons, Tralton Rd., Llanssan-
 let, Swansea) Ken Williams, 07970
 625946
 18 SEP, (TENTATIVE DATE)
 NASSA Nebraska Regional (Equipped &
 Unequipped) BP/PS/PP (Omaha, NE),
 www.nassa-sports.com
 18 SEP, APA Indiana Power/Fit
 Championships (PL/PP/BP/DL/Strict
 Curl, Raw and Equipped) (Wheatfield,
 IL), Scott Taylor (APA President), 356
 Lakeland Dr. Lot 3, Hot Springs, AR
 71913.941.626.4247, scott@apa-wpa.
 com, www.apa-wpa.com
 18 SEP, RAW United & D Ford Pow-
 erlifting Extraneous II (Fort Myers,
 FL) at Evolver Athletics, 8.28.10
 entry deadline, Sperto Throntonkilds,
 321.505.1194, rawunited@cl.rr.com
 18 SEP, SLP Bodyworks Gym/Spears
 Foundation BP/DL Championship (Dry
 Ridge, KY), Dr. Darrell Latch, Son Light
 Power, 122 West Sale St., Tuscola, IL
 61953, 217-253-5429, www.sonlight-
 gym@verizon.net
 19 SEP, 4th WNPFL All-Americans &
 2nd WNPFL Lifetime Pam-Ans (PL/BP/
 DL/PL/Curl) (Port St. Lucie, FL), wfp@aol.
 com, 812.204.2886
 25 SEP, (TENTATIVE DATE)
 NASSA Tennessee Regional (Equipped
 & Unequipped) BP/PS/PP (Pickwick,
 TN), www.nassa-sports.com
 25 SEP, 19th WNPFL Penn. States (PL/
 2nd WNPFL Lifetime Pam, Troy Ford,
 wfp@aol.com, 770.668.4841, www.
 wfp.net
 25 SEP, SLP National Powerlift-
 ing Championship (Tuscola, IL), Dr.
 Darrell Latch, Son Light Power, 122
 West Sale St., Tuscola, IL 61953,
 217-253-5429, www.sonlightgym@
 verizon.net
 25 SEP, APA Gulf of Mexico Cham-
 pionships (PL/PP/BP/DL, Raw and
 Equipped) (Corpus Christie, TX), Scott
 Taylor (APA President), 356 Lakeland
 Dr. Lot 3, Hot Springs, AR 71913,
 941.626.4247, scott@apa-wpa.com,
 www.apa-wpa.com
 26 SEP, SLP Atlas Gym Open BP/
 DL Championship (Knoxville, WI), Dr.
 Darrell Latch, Son Light Power, 122
 West Sale St., Tuscola, IL 61953, 217-
 253-5429, www.sonlightgym@verizon.net,
 www.sonlightgym@verizon.net
 26 SEP, 22nd WNPFL Lifetime Na-
 tionals (BP/DL/PL/Curl) (Borden-
 town, NJ), Troy Ford, wfp@aol.com,
 770.668.4841, www.wfp.net
 29 SEP - 3 OCT, WPC/AMPC
 Asian Open Championships (Raw &
 Equipped) (Rustov, Golden Tiger,ru,
 & Viet Ussima, www.golden-tiger.ru,
 www.worldpowerlifting.org
 SEP, WNPFL Cam-Am Nationals
 (Rochester, NY), Power103@aol.com,
 www.wfp.net
 2 OCT, NASSA Wisconsin State (She-
 boygan, WI) at Sheboygan Falls YMCA,
 Job Hou-Sey, P.O. Box 565, Sheboygan,
 WI 53082, statechairman@wiscon-
 sinpowerlifting.com, 888.502.4087,

333-9800, pwrfltrs@msn.com, www.
 powerliftingCA.com
 24 OCT, IPA Lexenextreme Fall Clas-
 sic - Full Power/BP/PP (Hillard, OH)
 at the Courtyard Marriott, 2450 Rob-
 ertson Rd., Dan Deque, 614.554.8824,
 www.powerliftingCA.com
 OCT, USPF World Cup, Chasie D2
 PL (San Francisco - Bob Packer/John
 Ford) Steve Denison, 661.333-9800,
 pwrfltrs@msn.com, www.powerlift-
 ingCA.com
 3-7 NOV, BPO World PL, BP & DL
 (University of Bath, Somerset, GB)
 Entry to BPO no later than September
 23rd, Meet Director Greg Ashford,
 01373-859997, www.britishtpowerlift-
 ingorganisation.co.uk
 4-6 NOV, Natural Olympia Interna-
 tional Multi-Sports Expo - Bodybuild-
 ing, Martial Arts, Powerlifting, Bikini
 Contest, Arm Wrestling, Strongman and
 more! (Reno, NV) at the Grand Sierra
 Resort Casino & Convention Center,
 951.734.3900, naturalabab@aol.com,
 www.naturalbodybuilding.com
 6 NOV, Northern VA Raw Meet (Ster-
 ling, VA) John James, 703.475.9885
 BP & DL Championships (Hamilton, OH), Dr.
 Darrell Latch, Son Light Power, 122
 West Sale St., Tuscola, IL 61953, 217-
 253-5429, www.sonlightgym@verizon.net
 6 NOV, USPF NorCal PL (Sacramento
 - Mark Ball) Steve Denison, 661.333-
 9800, pwrfltrs@msn.com, www.pow-
 erliftingCA.com
 6 NOV, APA Gulf Coast Battle of
 the Bad (PL/PP/BP/DL, Raw and
 Equipped) (Corpus Christie, TX), Scott
 Taylor (APA President), 356 Lakeland
 Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
 24 OCT, IPA Lexenextreme Fall Clas-
 sic - Full Power/BP/PP (Hillard, OH)
 at the Courtyard Marriott, 2450 Rob-
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 PL (San Francisco - Bob Packer/John
 Ford) Steve Denison, 661.333-9800,
 pwrfltrs@msn.com, www.powerlift-
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 ling, VA) John James, 703.475.9885
 BP & DL Championships (Hamilton, OH), Dr.
 Darrell Latch, Son Light Power, 122
 West Sale St., Tuscola, IL 61953, 217-
 253-5429, www.sonlightgym@verizon.net
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 - Mark Ball) Steve Denison, 661.333-
 9800, pwrfltrs@msn.com, www.pow-
 erliftingCA.com
 6 NOV, APA Gulf Coast Battle of
 the Bad (PL/PP/BP/DL, Raw and
 Equipped) (Corpus Christie, TX), Scott
 Taylor (APA President), 356 Lakeland
 Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
 24 OCT, IPA Lexenextreme Fall Clas-
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 at the Courtyard Marriott, 2450 Rob-
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 PL (San Francisco - Bob Packer/John
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 BP & DL Championships (Hamilton, OH), Dr.
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 West Sale St., Tuscola, IL 61953, 217-
 253-5429, www.sonlightgym@verizon.net
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 - Mark Ball) Steve Denison, 661.333-
 9800, pwrfltrs@msn.com, www.pow-
 erliftingCA.com
 6 NOV, APA Gulf Coast Battle of
 the Bad (PL/PP/BP/DL, Raw and
 Equipped) (Corpus Christie, TX), Scott
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FEB 6 - Collegiate National - University of Texas, San Antonio - Dr. John Hudson - 713.223.7902

FEB 13 - New York, Penn, Ohio Regional - Holiday Inn, Beaver Falls, PA - Charles Ventrella - 724.654.4117

FEB 20 - Wisconsin State - Crown Plaza Hotel - David Constantineau - 920.737.2505

MAR 27 - Texas State - Humble, TX - Tiny Meeker - 832.423.7662

APR 3 - Northeastern Regional - Holiday Inn West - Portland, ME - Al Stork - 207.223.5945 or 207.356.9946

APR 10 - Florida State - Lakeland, FL - Louis Baltz - 863.687.6268

APR 10 - High School National - University of Texas, San Antonio - Dr. John Hudson - 713.223.7902

MAY 8 - Southeastern Regional - Gadsden, AL - Rick Hagedorn - 256.441.0143

MAY 15 - World Cup - Chula Vista Resort, Wisconsin Dells, WI - Gus Reithwisch - 503.901.1622

MAY 22 - Buckeye Hall of Fame Classic - Pro Football Hall of Fame, Canton, OH - Don Miskinis - 216.272.9409

JUN 5 - Great Lakes Regional - Holiday Inn, South Lansing, MI - Gus Reithwisch - 503.901.1622

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- tkids, 321.505.1194, rawunited@cl.rr.com
- 2010**, USAPL Raw Nationals (Denver, CO), Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com
- 2010**, USAPL Police & Fire Nationals, www.usapowerlifting.com
- 2010**, USAPL Deadlift and Push/Pull Nationals (Denver, CO), Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com
- 2010**, USAPL Military Nationals, www.usapowerlifting.com
- 2010**, 9th Annual South Jersey Sports Extravaganza (PL, Olympic Lifting, Strong Man, Arm Wrestling) (Jersey Shore, NJ), Robert Keller, www.southjerseysports.com
- JAN/2011**, USAPL HS Collegiate 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 Ridgcrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com
- JUL 2011**, USAPL Raw Nationals (Scranton, PA), www.purepowerlifting.com, www.usapowerlifting.com
- 10-11 DEC 2011**, USAPL American Open & Police/Fire Nationals (Bay St. Louis, MS), Jim Battenfield/Paul Fletcher, 505 Ridgcrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com
- 2011**, USAPL Bench Press Nationals (Orlando, FL), Rob Keller, Box 291571, Davie, FL 33329, 954.790.2241, www.usapowerlifting.com
- 2011**, USAPL Deadlift and Push/Pull Nationals, Charlottesville, VA, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, www.usapowerlifting.com
- 2011**, USAPL Raw Nationals (Scranton, PA), Steve Mann, 127 Summer Ave., Clarks Summit, PA 18411, 570.309.6316, www.usapowerlifting.com
- Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.piklup.com
- 11 DEC**, 13th WNPF Sarge McGray (PL/BP/DL/PC) (Bordentown, NJ), Troy Ford, wtpf@aol.com, 770.668.4841, www.wmpf.net
- 11 DEC**, USPF Region 4 Open Championships (Parkersburg, WV) at the Patriot Fitness Center, Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.wspaf.com
- 11 DEC**, 100% Raw Christmas Classic BP, DL, SC (Stanardsville, VA), John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiaopenlifting.blogspot.com, valifting@aol.com
- 11 DEC**, USPF San Diego Open, Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com
- 11 DEC**, NASA West Texas Regional Equipment/Unequipped PL/BP/PS/PP (Herford, TX), www.nasa-sports.com
- 11 DEC**, SLP Arkansas Christmas for Kids BP/DL/Curl Championships (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**, APA New England Winter Bash (Raw and Equipped) (Wallingford, CT), Scott Taylor (APA President), 356 Leland Dr., Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 12 DEC**, WNPF Delaware Championships (BP/DL/PC) (Lewes, DE), Troy Ford, wtpf@aol.com, 770.668.4841, www.wmpf.net
- 13 DEC**, APF Ironman Meet (Fresno, CA), Bob Packler, 559.760.2970 or 559.323.3892, www.worldpowerliftingcongress.com
- 18 DEC**, SLP The Last One!...BP/DL Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 18 DEC**, 2nd WNPF Winter Classic BP/DL/PC & 2nd WNPF Lifetime BP/DL/PC Nationals (FL), Troy Ford, wtpf@aol.com, 770.668.4841, www.wmpf.net
- 5 DEC**, BPO British, BP, DL Open Record Breakers (Four Seasons, Tralton, IL), Linsamkeit, Swansea Ken Williams, 07970.625946
- 5 DEC**, 18th annual Raw ADAU Coal Country Classic (separate SO/BP/DL meets, open and all age groups/divisions for men/women - Bigler, PA) Siegel 11.27.10 entry deadline, Sperto Tshon-
- virginiaopenlifting.blogspot.com, valifting@aol.com
- NOV**, USAPL Stars & Stripes BP & DL (Scranton, PA), www.purepowerlifting.com
- 4 DEC**, APF/AAPF Southern States Powerlifting & Bench Press (Jacksonville, FL), Wayne Pullum, 904.374.5333, powerliftingcongress.com
- 4 DEC**, IFA 6th Annual Christmas Carnage, Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowerystems.com
- 4 DEC**, ADFFF "Up-Equipped" December Bench & Deadlift (Towson, MD) at Dumbarton Middle School, Brian Washington, 410.265.8264, brian@usbf.net
- 4 DEC**, USPC December Power Curl (Towson, MD) at Dumbarton Middle School, Brian Washington, 410.265.8264, brian@usbf.net
- 4 DEC**, APA Battle of the Iron Barbarians (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX), Scott Taylor (APA President), 356 Leland Dr., Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 4 DEC**, (VENA TIVE DATE) NASA Missouri Regional, Equipped/Unequipped PL/BP/PS/PP (Carthage, MO), www.nasa-sports.com
- 4 DEC**, IronMan D2 PL (Fresno - Rob Packler) Steve Denison, 601-333-9800, pwrfltr@msn.com, www.powerliftingCA.com
- 4 DEC**, SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Barrett, TN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 16-21 NOV**, WABEDL Occasion Florida World BP & DL Championship (Las Vegas, NV) at the Hilton Hotel, Gus Retiwisch, 503.901.1622, www.wabedl.org
- 20 NOV**, (DATE CHANGE) NASA Colorado Regional, Equipped/Unequipped PL/BP/PS/PP (Denver, CO), www.nasa-sports.com
- 20 NOV**, 3rd WNPF Lifetime World Championships (PL/BP/DL/PC) (Atlanta, GA), Troy Ford, wtpf@aol.com, 770.668.4841, www.wmpf.net
- 20 NOV**, USA Raw Bench Press Federation World Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 21 NOV**, SLP Michigan State BP/DL Championship (Saranac, MI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- NOV**, IPA Autumn Apocalypse, Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowerystems.com
- NOV**, WPC World Championships (UKraine) Vitaliy Bobchenko, www.worldpowerliftingcongress.com
- NOV**, USAPL Virginia State PL, BP, DL Ironman (raw & assisted - Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.

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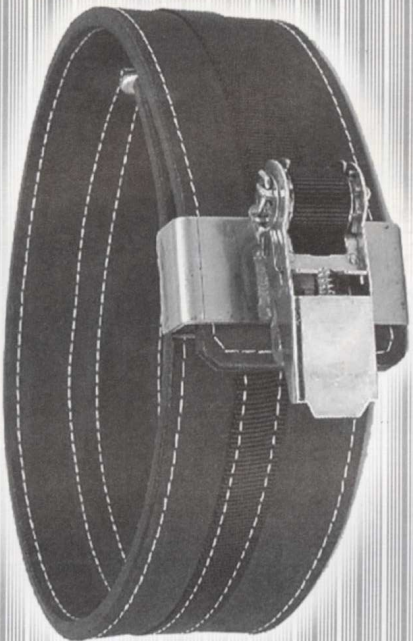
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(continued from page 10)



Jerry Obradovic posted great numbers in the Pro Men's Open 275 lb. class winning the coveted Pro Men's Heavyweight Best Lifter award with a 2060 lb. total Lifter Award with a total 10 times his bodyweight of 148 lbs. Mike took 700 lbs. on his third and fourth squat attempts, but ultimately had to settle for his second attempt and a new IPA record of 650 lbs., over 4 times his bodyweight. Michael followed with a 400 lb. bench and another record in the deadlift with 515 lbs. Pro Junior lifter, Clinton Koser gave us another stellar performance, mentally and emotionally. He is a pleasure to know and watch compete. Clint won the Professional Men's Lightweight Best Lifter Award with a record-breaking 732.2-lb. squat, 410 lb. bench, and 575 lb. pull. Clint gave both a 462.5 lb. bench and a 630 lb. pull a hearty try, but it wasn't his lifts that got his name in the books. He was lifted by lifting Raw Brax. He decided he'd better try to take it easy this time and lifted without gear. His performance was first-rate, earning four IPA Raw records: 500 lb. squat, 330 lb. bench, and a 545 lb. deadlift and a 1375 lb. record total. Winning the Amateur Men's Heavyweight Best Lifter Award was Stephen Buccilli with a 770 lb. squat, 520 lb. bench and 650 lb. pull. Congrats Walking away with the Professional Men's Heavyweight Best Lifter Award was Jerry Ohradovic. Weighing-in at 260 lbs., Jerry powered up an 820 lb. squat, 530 lb. bench, and a 710 lb. pull. Jerri is an impressive lifter to watch, we hope to see him in June at the IPA Strength Spectacular. "Hoss" Scott Cartwright stole the entire show with an 1110 lb. opening squat. This was Hoss' first IPA meet and we were happy to have him join us at the Nationals. After a long trip from California, a big weight loss, and at least 4 tries to make weight, the big squat just wasn't in the cards for Hoss on Sunday. His set-up for the first attempt was shaky calling on the spotters to get him out of the hole. Hoss struggled to control the second attempt, injuring his knee as he started up. After a massage and icy hot, Hoss tried for a third time. The pain kept him from moving the weight from the rack. Hoss says



Jim Cash can still pull big deadlifts at 60 years, breaking a 1.2-year record with a 665 lb. pull. Jim's notable powerlifting career earned him an IPF World Championship and an 832 pull as a 220 pounder. He initially lost a substantial range of motion due to a lot of swelling. But the good news is that he didn't sustain a complete rupture of the ACL, rather his orthopedist thinks the ACL is in tact and after 3-5 weeks he should be okay. Hope to see you in June, Hoss! John Mattei earned the Amateur Men's Best Lifter Award with a record-breaking performance. At 271 lbs. and 55 years, John narrowly missed an IPA record 705 lb. third attempt, settling for his 650 lb. second attempt. He came back strong, benching a 475 lb. record bench, finishing out his day with a 300 lb. pull. Powerlifting pioneer and legend James Smith broke the Lifter Award. We were honored to have Jim lift for the first time and he proved that this was his last lift, but he just as strong. At 60 years and 216 lbs. Jim equaled 325 lbs. benched a record 390 lbs. and not surprising coming from one of power lifting's best dead lifters, Jim broke a 12-year dead lift record with 665 lbs. If you recall, back in the day Jim pulled 832 lbs. in June at the IPA Strength Spectacular. Our most senior lifter at the Nationals was Clyde Tyler who at 79 years proved to the crowd that he's not too old to set some IPA records! At 179 lbs., Clyde set three IPA records making his fourth attempt squat of 160 lbs. Bench pull 230 lbs., totaling 530 lbs. Bench Only Meet. There was a nice showing of Bench Only competitors. Anna McCloskey made the cut twice winning the Amateur Women's Best Lifter Award in the Bench Only division. The Amateur Men's Master thanks are extended to all the lifters for their incredible performances. We hope to see you all at the 2010 IPA Strength Spectacular June 26-27 at York, Barbell Company. The week-end will include the IPA World Powerlifting Championships and the North American Strongman "Cradle of Iron Strongman Contest." Greg Murray, Ellen Chaillet, and a big 600 lbs. in the Pro Men's



Clint Koser won the Professional Men's lightweight Best Lifter award with a huge 732.5 lb. record-breaking squat, easily lifting more than 4x his bodyweight of 181 lb. (Top Right) **Mike O'Brien** made a stellar performance posing his first Pro total managing to break records along the way, finishing up with a 10x bwt. total, winning the Amateur Men's Lightweight Best Lifter award. (Bottom Right) At 17 yrs and 294 lb., **Jake McAlpine** managed to rewrite the IPA record books in his first meet with a 525 lb. squat and 470 lb. pull.



Bonnie Graube's 225 lb. bench proved that she's a big benchler without equipment too, winning the Pro Women's Open Best Lifter award in the bench only division (photos c. Chuck Ventrella) this time a Professional Raw lifter, Bonnie proved she's still a powerhouse benching 225 lbs. in the 161 lb. class. Bonnie won the Professional Women's Best Lifter Award. James Shaughnessy weighed only 212 lbs. Men's Open IPA record 495-lb. and Amateur bench record of 212 lbs. At a huge 620 lb. bench. Entering both the Amateur and Professional divisions, James won both the Lifter Awards for his tremendous performance. Dougie Hollis came to past some big numbers in the full power meet, but after three unsuccessful squat attempts Dougie decided to enter the Bench Only meet. His big 700 lb. bench in the Professional Men's Open 308 lb. weight class won him Pro Men's Best Lifter Award in the Bench Only division. The Amateur Men's Master thanks are extended to all the lifters for their incredible performances. We hope to see you all at the 2010 IPA Strength Spectacular June 26-27 at York, Barbell Company. The week-end will include the IPA World Powerlifting Championships and the North American Strongman "Cradle of Iron Strongman Contest." Greg Murray, Ellen Chaillet, and a big 600 lbs. in the Pro Men's

James Shaughnessy cinched the Pro Men's Master and Amateur Men's Open Best Lifter awards Master (40-44) 242 lb. weight class. Many thanks are extended to all the lifters for their incredible performances. We hope to see you all at the 2010 IPA Strength Spectacular June 26-27 at York, Barbell Company. The week-end will include the IPA World Powerlifting Championships and the North American Strongman "Cradle of Iron Strongman Contest." Greg Murray, Ellen Chaillet, and a big 600 lbs. in the Pro Men's



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(continued from page 20)
then was around 110, but 98 lb. It was at Magnolia High School that he started exercising with weights, via the use of the ubiquitous Universal Machine, where he surprised himself by quickly doing the entire stack on the pressing stations. The strength coaches in those days stressed flexibility and little was known, unbelievably so, about the benefits of barbell training for athletes. Chuck didn't really give Weight Training or bodbuilding a second thought as his days were filled with normal teenage activities of the 70s—cars, girls, friends, studies...did I say girls? He did start to work out with free weights—basic lifts, bench press, curls, standing press, upright rows, squats—the usual exercises we all did in those days with a 5' exercise bar and plates, in his Uncle Gale Yeater's basement while he was competing in wrestling.

One day when reporting to wrestling practice, Chuck was handed a flyer that would change his life. There was to be an "Old Lift" tournament in the school, and the lifts were (oddly enough) the Clean and Press and the Bench Press. Chuck entered and easily won this division with creditable lifts of a 170 lb. press and 105 lb. clean and press. The Clean and Press is curious because it basically meant that Chuck, with little training or instruction, elevated his bodyweight (quite easily, I might add) over his head, no belt and no wrist wraps. Chuck had been entering and winning some regional meets, in two successive meets in Erie and Salisbury, PA. Chuck started to move his total up, with consistent squats in the 325 range and bench presses of 250 lb. His deadlift, always a difficult lift for him because of his short, thick fingers, was also consistently over 300 lb. His equipment now had "graduated" to a thin belt and wrist wraps. Whether it was Luke, Paul Supthin, or just plain chance, Chuck had been training and competing "raw" for a couple of years with great success, and had been subconsciously laying the foundation of the great days to come.

In 1976, Bob Hoffman and York Barbell hosted the IPF Worlds in York. This meet proved to the world that powerlifting was truly an international sport as Great Britain, Roger Estep and Jack Wilson—and they will be forever remembered in the annals of powerlifting history as "The Wild Bunch." Chuck class Bill West, beat the USA for the team title. Lost in the shuffle of the USA-UK team championship was the debut of the lifter whom Herb Glosbrenner dubbed "The Super Oriental" in his write-up in the old Peary Reader from Man magazine, flyweight Hideaki Inaba. The grinning Inaba shocked the audience by squatting a deep and easy 397, followed by an equally easy 424 and a narrow miss at 441. "Dai ichi" (Number One) had arrived, and the powerlifting world was never the same. In the audience, sitting with some friends, was a teenage Chuckie Dunbar, who was instantly mesmerized by the future IPF Hall of Famer. "Seeing Inaba lift was a real revelation to me and spurred me on to really take my training to the next level. He was a real inspiration to me and I never thought I would actually be on the same platform as him."

That momentous event was but three years away, however, in those three years, two important events occurred. In 1976, the same year he met Inaba, Chuck competed (with the Wild Bunch) and won the Junior Nationals in Bedford, Ohio. There he and Luke met Roger Estep and Jack Wilson of Ohio, recent college grads at the time. By meeting Roger, he was exposed to what was then a treasure trove of guard-diamond West Coast powerlifting secrets from the original Westside Barbell Club itself. Roger had traveled that summer to Muscle Beach and spent time with the great George Frenn—and having absorbed the system,

passed it along to Luke and the Wild Bunch after settling in New Martinsville. The Wild Bunch was now world class with the addition of Jack and Roger, and everyone's totals began to climb rapidly. Chuck's squat went from the low to mid 300s in 1976 to a stupendous World Record breaking 485 at the infamous 1979 Seniors in Bay St. Louis, Mississippi, and his bench press was now at or over 300 lb. He was now wearing an early version of a squatting suit—made by Larry Pacifico—and a thick Bob Morris manufactured Power Belt. Training was now comprised of box squats, belly bow press and other variations of the three events that Frenn and Peanut West had dreamed up in their garage gym in Culver City along with a whole host of dumbbell exercises:

"We did a lot of dumbbell work, and a lot of parallel dips. I could do 10 reps in the dip with an 80 lb. dumbbell. We also did dumbbell presses, flies and inclines. Our training system was very simple—three days per week, 2 bench press sessions, one squat and one deadlift session (done together) plus the dumbbell and some accessory work. Roger loved doing the squat and deadlift together because they worked essentially the same muscles. Sets and reps were also pretty simple. We worked up to a 10 rep max on the high box, several singles on the low box, triples and fives on the regular squat, bench and deadlift—three days a week." Wow. In the face of all of the super routines of today, and guys training twice per day, this seems almost ridiculously anachronistic, but it sure worked for Chuck as well as the rest of the Wild Bunch. Chuck never maxed out in training, but managed a 550 box squat, slightly above parallel, over 50 lb. higher than the World Record at the time for the Flyweight squat.

By now, Chuck had graduated from Magnolia High (class of 1975) and was trying to find his way in the world. As powerlifting bit deeper and deeper into his being, he worked simple jobs—he helped run a variety of fast food restaurants in New Martinsville and, by living with his parents, was able to afford the travel expenses (though Luke helped as well) to go to contests. In 1979, Chuck and Luke were invited to Hawaii for one of Gus Reftwisch's first Hawaii World Record Breakers Meet. It was there he broke his first World Record—in the squat and bench press—and had the time of his life. "Hawaii was spectacular—the beautiful scenery and friendly people. Gus treated us royally and as a young man of 22 I had never traveled outside of the continent-

tal USA. What an experience!" Shortly thereafter, Chuck made his 1979 IPF Worlds debut at Ohio, put on by Larry Pacifico. He competed against Inaba and came in second due to "Dai-ichi's" superior deadlift. His Wild Bunch teammate Roger Estep also competed and also took second to Canada's Tom Campbell. It was a credible international debut for both, Chuck went to win, and what was holding him back was his deadlift. In 1980, he and Inaba hooked up again in Arlington, Texas, with the same results—huge lead in subtotal, only to be smoked in the deadlift. In 1981, Chuck traveled all the way to exotic Calcutta, India, to compete in the first IPF Worlds held in an Asian Country. Despite the challenges of unfamiliar food, water, and the spectre of disease (USA 242 pounder Dan Wohlschlag caught malaria that year), Chuck once again played bridesmaid to Inaba and garnered a silver medal. Chuck had, and all ways will have, the greatest respect for Inaba, but once again his deadlift was holding him back from true greatness. That greatness was right around the corner.

It wasn't Inaba, Luke, or anyone else that spurred Chuck to greatness, but another "Mighty Mite"—Joe Cunha from California. Standing at around 4'2", Joe had perfect levers for the squat and bench press and proved it by taking Chuck's 507 American record away from him. The stage was set for a stupendous showdown at the 1982 Senior Nationals in Dayton, Ohio. In those days, the USA Seniors was a far tougher meet to win or place than even the Worlds because the competition was so tough. Cunha came loaded for bear and turned the tables on Chuck by blowing ahead of him in the squat and bench press. I was at that meet, and it seemed that Chuck was supremely dejected as he trudged off to warm up for the deadlift, in the unenviable (and unfamiliar) position of being behind his absolute worst lift—the deadlift—for Chuck. Cunha left the door open to win. Cunha he only made his opener, but the door opening was a mere crack. Chuck had a long way to go if he was to defend his title. Making a strong opener, Chuck called for the stupendous weight of 424 to be loaded for a "swing for the fences" do-or-die attempt to win. "He'll never make it!" I thought, sitting there with some friends from LA. He's never pulled even close to 400 in training and this is, well, borderline impossible. Was I wrong! Boredome was made seconds later as Chuck yanked up the huge weight

and, to everyone's surprise, spent the entire evening talking about his new favorite move—the deadlift!

That new and improved deadlift years later in 1984 when he finally had his way with Inaba. By then, Inaba was a little older, but actually stronger in the squat and the deadlift, having regularly elevated well over 500 lb. in these disciplines. This year, however, Inaba was secretly nursing a shoulder tendon injury. In the past, his benches, though not in Chuck's 325 lb. capacity were in the respectable 264-270 range. Once again, I was at that competition and I was shocked when Inaba opened his bench with a paltry 80 kilos, or 176 lb. "Something's up, I thought. He must be hurt. I think Chuckie has a chance now, let's see what this plays out." Well, Chuck calmly pulled an easy 391 which forced Inaba to break his own world deadlift record to win. Although the great Inaba tried his best, he didn't make it. Chuck Dunbar was now the best—eight years after the young team lifter met the World's #1 lift was holding him back from true greatness. That greatness was right around the corner.

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He is now in the 25th year of his "little break," as healthy as a horse and a proud member of the Local 150 Pipefitters Union in Augusta, GA. Pipefitting and plumbing are actually very strenuous activities which require a lot of wrestling around with heavy pieces of metal and giant valves. This—coupled with consistent exercise including a lot of walking—has kept Chuck in top shape over the years. Chuck is also an active member of the Little People of America Association, a wonderful non-profit group that promotes public awareness of both the challenges and achievements of Americans of smaller stature. Chuck is greatly looking forward to this year's get-together and you can bet that they will get a copy of this article. They are so proud of him, for all he has accomplished in such relative obscurity, as well as for his humble and kind nature, and his innate goodness that shines through.

When I asked him what his memories of powerlifting were, it wasn't the adulation of the crowd, World Records and international travel—it was the friendships he made; guys like Lamar Gant, Paul Wenn, the late Roger Estep, and Ed Coan who is a particular inspiration to him. I had a chance to fill Chuck in about the state of the sport in 2009, establish his career.

NEW FEATURE - POWER HISTORY - BY RON FERNANDO

Starting this month, PL USA will feature a new series of articles entitled Power History, penned by Ron Fernando. Ron has been associated with powerlifting and PL USA for 29 years, both as a top level competitor—ranked #10 in the DL in 1991, USA Jr. and Master Team Coach for the IPF Jr. and Masters Worlds in 1986 and 1987, former Oceania Games Gold Medalist in 1990 (Ballarat, Australia) and author of many articles during the 80s and 90s in PL USA, including a fictional novel about powerlifting called *The Iron Factory*. His insight into the history of the sport from an author's and competitor's viewpoint is unique, and many of the lifters that he will write about he has known and trained with personally. We welcome Ron back into the PL USA team, and look forward to some great articles from him.

I guess the first and most obvious question for all of us is: why bother with the study of powerlifting history, anyway? Don't we have enough on our plates worrying about the present, and our eternal quest for strength? I took a look at an essay from the American Historical Association about the study of history in general, and its relevance to modern day society: "The past causes the present, and so the future. Any time we try to know why something happened—whether a shift in political party dominance in the American Congress, a major change in the teenage suicide rate, or a war in the Balkans or Middle East—we have to look for factors that took shape earlier...History also helps provide identity, and this is unquestionably one of the reasons all modern nations encourage its teaching in some form. Historical data include evidence about how families, groups, institutions and whole countries were formed and about how they have evolved while retaining cohesion..." — Peter N. Stearns, *American Historical Society*, July 11, 2008

Wow. Pretty esoteric stuff, especially if all we are trying to do is look for ways to improve our bench press lockout, grip strength in the last phase of the deadlift, or finally break the magical 300-400-500-and up barrier. History? Who cares? Well, we all should care because, frankly, all of us, regardless of age, can learn a lot from the early pioneers of the sport and get a lot of inspiration from reading their life stories and training techniques. So join me now as we take a trip back in time. — Ron Fernando, Chicago, IL

and he was shocked at some of the records, the equipment, and the Monolith, which he said would have made his life a lot easier.

On the Monolith: "In those days I remember going to a lot of meets where the squat stands were not small enough to accommodate my height, so the weight actually was placed on my back manually by the spotters."

On the emergence of the Russas as a world powerlifting superpower: "I'm not surprised. When the Russians get into something they do it to WIN."

On Luke lams: "The guy had a psyche routine that was out of this world. He would sit there calm as can be and all of a sudden start growling like a lion. Then the ho-lering and screaming would start. I don't know how he did it without collapsing. Me, I followed Roger's lead for inner strength and calmness."

Today Chuck Dunbar works out in a little community center. Everyone there knows him as just "Chuck"—a great guy and a regular person. No one knows of his accomplishments because, as Chuck said, "It ain't no big deal."

Well, Chuck, I beg to differ. It IS a HUGE deal! To Chuck Dunbar, a World Flyweight Champion!



Ron Fernando, author of PL History



Chuck Dunbar (USA) beat Inaba (IP) for the IPF World title in 1984

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tating your bench press exercises every 1-3 weeks (e.g. regular, wide, close grip, boards, floor press, incline, decline).
2. Do some research, plan a routine, stick to it. After completing the plan, assess what you think worked and didn't work, so that you can tweak it and also incorporate new training ideas you have learned for the next go-round.
3. Perfect your set-up: master staying tight, getting a good arch using leg drive.
4. Never think that you can't learn something new. Keep your ears open.
5. Take some down weeks every now and then in order to de-load your muscles, joints and CNS.
CB: How would you describe the atmosphere at most of the meets you compete at?
CS: Intense, but friendly. Most people are very gracious and willing to help a fellow lifter in need.
CB: What goes through your mind before attempting a world record? Do you get nervous or feel fear? How would you explain the process for you?
CS: I'm not strong enough yet to attempt world records, but before

a PR attempt, while waiting, I may be a little nervous about going out there and forgetting my technique. Just before I hit the platform, that fades and my mind clears—kind of like Kevin Costner from "For Love of the Game." He would say to himself "Clear the Mechanism."
CB: How do you see the future of powerlifting?
CS: I think the cash meets are going to continue to become more prominent. Other than that, I have no clue.
CB: Is there anyone you'd like to thank?
CS: I would like to thank God for the blessings he has given me. My wife Cheryl for putting up with my hobby turned obsession. Adam Driggers for letting me train with Team Samson and teaching me so much about powerlifting. I didn't know anything when I started training, and asked him lots of annoying questions. Brian Carroll for helping me plan my training and always being honest with me about it—sometimes brutally. All the guys that train out at Adams; Tony, Nate, Gary, Blue, Daniel and Colby to name a few. Last but not least: APT and CriticalBench.com for their continued support.

down, and violently stand up (is that possible—to stand up violently?) "Okay, I did it. My cool with little or no warm-up. Cool. A little tough considering it was my max, but the height and the rocking motion made it somewhat easier. I started to move forward in the rack when Frenn shouted "What the hell are you doing?" You got to do 10 reps." Well, 10 reps later I felt like I had carried Bob Packard on my back for a 400 meter run. My quads were unbelievably pumped (hello, Weider system, from sons ago!) and so was my lower back. I was breathing like an overweight dragon. Frenn looked at me and said "You think you're in shape—you will be after a few of these workouts." He was right. The high box squat done his style emphasized explosiveness, quad/erector involvement and cardiovascular/central nervous system super stimulation.
Roger Estep had traveled out to meet and train with George a few years earlier and had blasted his squat from around 600 to right at 800 using this version of the box squat as well as the Frenn "low box squat" which was nothing more than an old Knudsen Dairy wood and metal milk crate that was around 15 inches high. Now, take off about 100 lb. from your max and assume your normal stance. Sit down—all the way down. Pause and flex off. Do three singles. That's it. After the above parallel height of the high box, squatting onto the low box made me feel like my glutes were descending into the brimstone and fire. Down. Down. When on earth am I ever gonna feel the damn box already? But feel it I did, and the pause really made me tighten my entire posterior chain, especially the abs. "We don't bounce off the box. We flex." This flexing action will actually develop the correct muscles for the pull, as an added bonus by the way. But, the combination of these two exercises fit in perfectly with Frenn's Training Template (the million pieces. We all ran for our lives!) Funny, but dangerous! Which reminds me, conventional thinking and hindbody college strength training has always tried to make its students avoid box squats because of its (apparent) danger to the lower back. Louie teaches his students to sit BACK, not down, and FLEX, not bounce off the bottom.
The box squat and its variations—the parallel box, high



Smith squatted 903 lb. at the APF Southern States in FL on Dec. 5th

(continued from page 16)

event by squatting on three levels of boxes or benches. The first level was actually slightly above parallel (the bench) and two subsequent box heights, one around 17 inches and one lower, at around 14 inches. In those days, Joe Weider was still battling for dominance in the barbell world with Bob Hoffman, who had held sway since the early thirties. Weider quite rightly suspected that by embracing and promoting powerlifting, he would tap into a far larger audience than Hoffman's Olympic lifting roots did. Weider made Frenn "Power Editor" and one of his early articles was on—you guessed it—the box squat and its variations. That article (calling the Westside Guys the "Monster-men") talked about the "secret" of the information that they were about to share with the unsuspecting world—the high box and the low box squat.
I read this article about a million times as a University of Arizona student and remembered thinking "hey, this was the same weird exercise we did two summers ago in St. Lanka (then Ceylon) on that dirt floor dungeon gym at the Y.... I actually was able to train with it. So secret!" As fate would have it, I can't remember Frenn personally (to me then a dream come true) several years later in Los Angeles around 1981. I got to experience first hand what a high and low box squat was—George Frenn style—and let me tell you it wasn't pretty. I was a burgeoning 198er then, squatting in the mid 500s when I wrote some of my early articles for PL USA. How did I contact Frenn? Simple—I called 411 and got his listed number. Well, of course, I was invited to work out with him and his new crew at a converted supply shed at Long Beach State University. The high box they used wasn't a box, bench or otherwise. It was a custom designed stool that weighed about 150 lb., with a round, thick pad and it would have required a nuclear device to tip it over. If Humpty Dumpty needed a piano stool, this would have been it. "Yep, there's been a lot of big asses that have sat on that thing through the years," drawled Frenn. On to the high box—"What's your max—550? OK, let's load 550 on the bar (this after one or two paltry warmups) and get going." "What have I gotten myself into, I thought, too nervous to protest. "Keep your feet narrow, forget the your normal wide stance. Sit down and back on the squat (like Louie still teaches today). Rock backwards, (with a spotter following the path of the bar with his hands), lift your soles up, and slam them

formation on box squatting to the Wild Bunch of West Virginia, led by Luke Lams. Chuck Dunbar told me a funny Luke Story that involved the Louie and the guys from Westside with a thousand pounds and when he sat on the box, it broke into a million pieces. We all ran for our lives!" Funny, but dangerous! Which reminds me, conventional thinking and hindbody college strength training has always tried to make its students avoid box squats because of its (apparent) danger to the lower back. Louie teaches his students to sit BACK, not down, and FLEX, not bounce off the bottom.
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The box squat and its variations—the parallel box, high

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(L) Kari Pontinen of Finland tied for 1st with Brent Howard, (C) Ryan Snelling won his 9th world title in a row with 639.2 and (R) 148 pounder Barry Kunkel won with an impressive 512.5, also a state record...



(L) Brent Howard pulled 639.2 lb. to tie for 1st, (C) Texan Tom Emelander did 700 pounds in both the deadlift and bench press on the same day, and (R) Jim Nickerson won first place with 745.1 pounds!

Rebekah tried 470 and failed. At 198, Marita Pera lifted unopposed and won with 375.8. There were only 17 women in the whole open division and the reason for this is three-fold: economy, drug testing and the IFP USA Powerlifting Ban which is materially affecting WABDL. We had two women from foreign countries last year that deadlifted 540, a lunk 198 for one and 210 for the other. One finished the drug test and one passed. In the IFP you have women's 105, 114, and 123 deadlifting from 413-451. You have women at 148 and 165 deadlifting 540-560. State records in the women's open were set by Kim Carter of Illinois with 320.6 at 148 and Rebekah Schmidt's 435.2 at 181 for a Minnesota record.

With tremendous energy and spirit, special Olympian, Brady Tanner, pulled 553.2 her bodyweight with 342.6 lb. came in fifth with 655.7 and Adam Rio placed was Garrett Muro of Nevada who did 699.7 and fourth was Al Bianchi with a Massachusetts record of 683.2. At 239, Tom had some creditable drug free lifting. At 242, Kari Pontinen of Finland and Brent Howard of Las Vegas tied for first with 700 deadlift and the first to do it on the same day. He also passed the drug test and beat out Bobby "House" Driskell of Alabama who did a 683.2. At 275, Patrick Pontinen at 712, instead of 716. In third...

Cheryl Anderson pulled 3x her bodyweight with 342.6 lb. came in fifth with 655.7 and Adam Rio placed was Garrett Muro of Nevada who did 699.7 and fourth was Al Bianchi with a Massachusetts record of 683.2. At 239, Tom had some creditable drug free lifting. At 242, Kari Pontinen of Finland and Brent Howard of Las Vegas tied for first with 700 deadlift and the first to do it on the same day. He also passed the drug test and beat out Bobby "House" Driskell of Alabama who did a 683.2. At 275, Patrick Pontinen at 712, instead of 716. In third...

Table listing bodybuilding records by state, including columns for State, Name, Weight, and Record Value. Includes entries for Houston, Oklahoma, Illinois, etc.

Table listing bodybuilding records by state, including columns for State, Name, Weight, and Record Value. Includes entries for Michigan, Wisconsin, Minnesota, etc.



Pat Maupin with a PR/State Record 600 BP at 242 in Louisville, KY.

SLP Kentucky State Fair
29 AUG 09 - Louisville, KY

BENCH FEMALE	M. Evans	225
Raw	Master (55-59)	245
Novice	S. Matzko	245
123 lbs.	SHW	165 lbs.
145 lbs.	W. Kemp	165 lbs.
165 lbs.	N. Sline	185*
MALE	M. Brown	350*
Open		
J. Erbeben	J. Hill	385
275 lbs.	J. Hill	385
198 lbs.	J. Hill	385
J. Bumpus	DEADLIFT	445
Open		
198 lbs.		
B. Rudolph	Special Olympics	400
242 lbs.	S. Curry	340*
J. Bumpus	600*	
J. James	500	
J. Thomas	510	
B. Mann	J. Erbeben	605*
Raw	Teen (18-19)	405
Junior	275 lbs.	
D. Dalenberg	M. Brown	600*
198 lbs.	J. Bumpus	630*
Master (40-44)	J. Bumpus	630*
J. Robinson	41b-650*	
Master (50-54)	520	
148 lbs.	275 lbs.	



Jesse Bumpus won Best Lifter at the SLP Kentucky State Fair meet with this 650 DL @ Junior 198lb.

SLP Body Works/Spears Frdnin
19 SEP 09 - Dry Ridge, KY

BENCH FEMALE	Raw	Novice	315
Open	D. Drake	242 lbs.	
123 lbs.	C. Schaeffer	Master (45-49)	425*
145 lbs.	D. Moore	41b-455*	
165 lbs.	Master (40-44)	181 lbs.	
R. Bowen	145*	Master (65-69)	170*
181 lbs.	A. Heeger	155*	J. Wigginton
198 lbs.	E. Brown	242 lbs.	360*
242 lbs.	Master (45-49)	105*	Open
220 lbs.	R. Patton	220 lbs.	400*
L. Stovall	110*	A. Bollog	315
Open	148 lbs.	M. LIFT	
148 lbs.	125	Teen (18-19)	
MALE	Submaster	242 lbs.	
J. Watson	242 lbs.	275 lbs.	
275 lbs.	530*	M. Brown III	590
C. Breeden	525	41b-610*	
308 lbs.	60-54)	L. Wigginton	260
M. Giese	395*	Open	
Open		220 lbs.	560
198 lbs.	J. Kidd	530	
Light Power	Kenya's State Records, Best	41b-580	
Lifter Bench	Work	Al. Al.	
Deadlift:	Zach Whalen, The Son Light Power		
Body Works Gym/Spears Foundation Benefit			
The Body Works Gym in Dry Ridge, Kentucky,			
and to Chad Breeden for his help in hosting this			

Mike Brown did an SLP State Record 610 deadlift at 181-19/275 lb. at the Body Works Gym event

In the open division, 198 winner Jared Kidd had a great day, finishing with a best 550. Mike Brown set a new PR at 275 with 300. In the open division, Mike Brown III broke his own Kentucky state record at 181-19/275 with 300. We will also be thinking of Jim he is to have additional heart surgery in the future. In the open division, Zach Whalen got a new PR at 220 with 580. Zach beat out Mike by only five pounds for the best lifter trophy and the 600 Sportsman award. Chad Breeden and the Coach's Gym staff did a great job in their help setting up, loading and spotting, in promoting this event. See you all again next year. (Dr. Darrell Latch)

Alice Heeger-Hartman's record 155 BP at 40-44/181 in Dry Ridge, KY (photos courtesy Dr. Darrell Latch)

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Alice Heeger-Hartman's record 155 BP at 40-44/181 in Dry Ridge, KY (photos courtesy Dr. Darrell Latch)

(continued from page 13)

are gone and my skin is looking better everyday. Makes me angry that none of the 3 doctors I've seen over the years suggested food combining or dietary changes to heal my body. They did, however, recommend Pepcid, Prilosec and Nexium with no hope for ever coming off of those medications. Not to mention what filtering those meds has done to my poor liver. I'm pleased with the results of your program.

Thank you.
Barbara D.

AR: Is there anything you would like to chase with for our readers to better enlighten them on this very important health topic?
SB: Yes, I'd like to say to your readers that it's never too late. Even if you've been suffering from digestive problems for years or decades, there is still hope for you. The human body is an amazing creation that can bounce back from creating a diet of eating an acid-creating diet.

You deserve to have vibrant, good health naturally, instead of relying on medications to create "false health" and give you end-
less side effects.

You were not put on this earth to suffer ill health from eating.

That is not your destiny. You must listen to your body and respect what it needs. Just because most of the people around you eat foods and meal combinations that produce too much acid doesn't mean you have to do it, too. Stand apart.
You can achieve and maintain your ideal bodyweight without fad diets or feelings of deprivation. You can have boundless energy. You can live the longest, healthiest life you can possibly live.

My mission in life is to help you do just that. I know what it's like to suffer, and because of the way I eat, I now know how incredible it feels to be free of the prison of digestive problems.

AR: How can they reach you so that they can take advantage of your system?
SB: They can visit my website at: <http://www.greattastetopain.com/> or phone at 315-295-1236.

Conclusion
I have gotten so many positive responses and emails about this series already that it has made all the effort quite worth it. The main purpose of my writing my column is not only to help you get stronger, but also to help improve your health from many angles. It is a well known fact that powerlifters in general do not think about their long-term health. Hell, in fact many powerlifters—some of the most hardcore in the sport—would think little about their health until they come down with a major illness or would have their first child. Then all of a sudden it's as if they were hit with a lightning bolt. Now with a wife and child they are thinking outside the box of only eating that bigger total at any cost. Or they are now suffering through a major health problem because they ignored the warning signs of an impending health disaster for way too long and now it's too late.

It's not that attaining that bigger total is not part of their game anymore; no it's quite the contrary. In fact, they still train like animals in the gym, but the reality of life has set in where they no longer think they are made of molten steel. Over time injuries do occur, some can be major and the aches and pains of decades of training set in. On top of that, health problems that were

never even thought of start popping up. All of this hitting them at a time so precious in their lives with the birth of a new child can open your eyes quicker than you can imagine. Reality sets in for a minute and you realize that there is more to life than how much poundage you can get out of those new knee wraps.

The reason why I mentioned this is to help open your eyes before it's too late. Why deal with a digestive or health problem when you can prevent it from happening in the first place? If you take one thing from my column after all these years then I want you to be concerned about your long term health just as much as you are about hitting that PR in the bench press or squat. Without health you have nothing and that includes smashing weights in the gym and on the platform with the intensity that has become your trademark.

So until next month eat clean, train hard, and never forget how important taking care of your health is so that you can truly lift into your master years and beyond!

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

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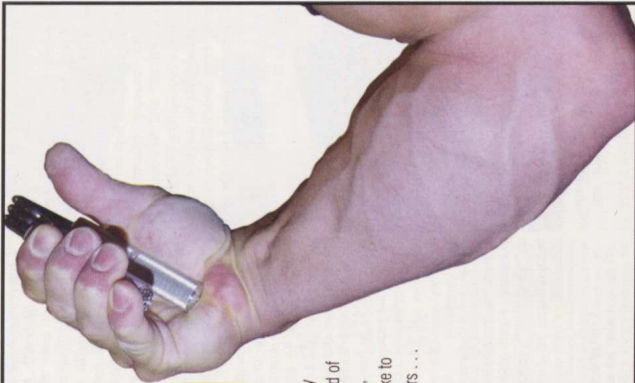
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local super market. If you are going to go out of your way to eat like we evolved eating, the animals you eat should be doing the same. Be careful. This has been such a common practice for so long even small "organic" farmers do this minus the antibiotics and hormones. Big Deal! If you are still force feeding animals the corn. It's bad.

Fruits, vegetables, nuts and seeds were available for the gathering. This is hard, but try to find truly organic. Big business has skewed this a little too. Some things marketed organic may be by current definition, but in reality are just "kind of organic." say ~70/30. So read labels with caution. Do some research.

We are the victims of the last 10,000 years of thinking with the agricultural era. That and marketing by big business. Take some time and do some research; read some labels before you put something in your mouth.

I know what you are a thinking. OH MY GOD! Way too drastic from where I am at now! Well, take baby steps. Practice eating this way. It will take time. I myself am lucky to eat this way maybe 90-95% of the time. I still reap the health benefits. I may go hardcore for a week, but something always comes up. Don't sweat it. Have a piece of pizza if you just feel like your existence depends on it that day. Just get yourself right back on track. I suggest one cheat/American meal a week. It will give you light at the end of a tunnel in the beginning.

So why "Finding the Line"? During a conversation with a friend of mine, as we started peeling back the layers of all this endless marketing and agricultural evolution, he said "jamiie, how far do you go? Where do you draw the line?" What I think he meant was, where do you protect yourself from obsessing? A light went off in my head at that moment. It wasn't about where you draw the line, but, in fact, finding the line. It's been hidden and no one knows where it's at. How do you find it? Our evolution is the answer; if we didn't evolve eating it, odds are you aren't supposed to be and it isn't any good for you.

Finding healthy food isn't always easy. Something you can do to help change that is to demand quality food from big business super markets. They will provide and have a lot more power to do so. Every time you buy something, whether you believe in locally made or organically grown/



Jamie pulling a semi as a lightweight at 198 lb. (photos c. Caporosso)

raised, you are telling big business what is important to you. Much of my information was pulled and gathered from the sources below and I highly recommend you check them out for yourselves.

Books I recommend you read: Neanderthin by Ray Audette, Paleo Diet by Loren Cordain, and Protein Power Lifeplan by Dr. Eades. Movies I recommend watching: Fat Head, King Korn, Food Inc., and Fresh the Movie.

Jamie Caporosso has a Degree in Medical Technology and Minor in Biology from The University of Michigan, Flint. Has been a competitive Drug free powerlifter for 20 years and has recently entered the realm of Strongman Competitions. He can be reached at www.xxpowerlifting.com, Myspace and Facebook. Special thanks to his sponsors Cytosport and Titan Support Systems.

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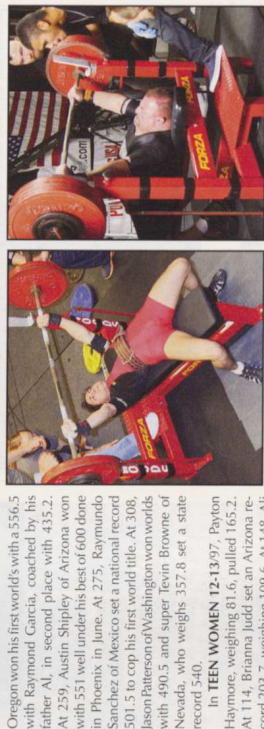
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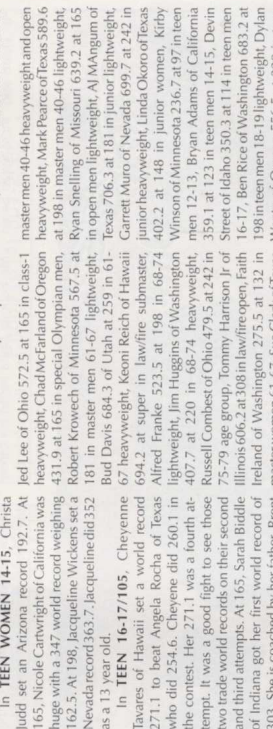
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Teen Cheyenne Tavarez of Hawaii pulled an incredible 347 world record at 162.5 lb!



Nicole Cartwright pulled an incredible 347 world record at 162.5 lb!



David Bradshaw did 523.5 lb.

In **SUBMASTER WOMEN**, Cheryl Anderson set a world record 342.6 to garner her second world record. Patricia Loera-Lewis was second with 270. At 132, Mary Ann Hobbs won with 292. At 165, Rosie McGill of Texas won with a 275.5 and Marfilla Pera won in submaster 198 with 375.8 and a California record. In super 198, Leiana McKandra of Indiana pulled up a 429.7 Indiana record to claim the world title. That was a 20 lb. PR for her and she was elated to put it mildly. In **TEEN MEN**, 12-13 Kirby Wilson set a world record 236.7 at the 97 class. He acquired a Minnesota record as well. Kade Haymore was second with an Arizona record 211.2. Mathew Nohlsine was a third with a California record 154.2. At 148, Antonio Waldorf of Minnesota got a 214.7 for first and helped his granddaddy's Team Minnesota by scoring 20 points on their way to a second place team finish. At 165, Storm Drayner hauled in a 231.2 for first. He's from Minnesota but wasn't on the team. Next time I think he'll be Jason Patterson of Washington worlds with 490.5 and super Tevin Browne of Nevada, who weighs 357.8 set a state record 540.

In **TEEN WOMEN**, 12-13 Peyton Haymore, weighing 81.6, pulled 165.2. At 114, Britzama Judd set an Arizona record 203.7, weighing 109.6. At 148, Al Miskins of Ohio pulled 214.7. In **TEEN WOMEN** 14-15, Christa Judd set an Arizona record 192.7. At 165, Nicole Cartwright of California was huge with a 347 world record weighing 162.5. At 198, Jacqueline Wickens set a Nevada record 363.7. Jacqueline did 352 as a 13 year old.

In **TEEN**, 16-17/103, Cheyenne Tavarez of Hawaii set a world record 271.1 to beat Angela Rocha of Texas who did 254.6. Cheyenne did 260.1 in the contest. Her 271.1 was a fourth at 407.7 at 220 in 68-74 heavyweights. Russell Combost of Ohio 479.5 at 242 in 75-79 age group. Tommy Harrison Jr of Illinois 606.5 at 208 in law/fire/open 13 lb Ireland of Washington 275.5 at 132 in master-women 61-67. Sue Clark of Texas 248 at 132 in master-women 68+. Bladen McClelland of Michigan 275.5 at 181 in master men 80+. Richard Cirigliano of California 601.8 at 165 in master men 54-60 lightweight. Cliff Sandberg of Washington 578.5 at 242 in master of Texas 578.5 at 242 in law/fire masters 40+. Theresa Holte of Oregon 433 at 165 in open women heavyweight. Cheryl Okorpulling 402.2 weighing 185.8 with scoliosis which means she pulls it stiff legged. She has the two bottom vertebrae fused. Dr. Steven Lumarie 688.7 at age 49 weighing 214.2. Richard Cirigliano pulling 601.5 at age 55 weighing 164.8. Ryan Anderson 342.6 weighing 105. Trevis Smith's 466.7 to 451.7. At 181, Ben Rice was spectacular with a 683.2 to take 181 and he set a state record. At 198, Ben Rice was a 683.2 to take 181 and he set a state record. At 198, Ben Rice was a 683.2 to take 181 and he set a state record. At 198, Ben Rice was a 683.2 to take 181 and he set a state record.

In **TEEN** 18-19 Jesus Sanchez of Texas coached by Jim Hudson and a member of the University of Houston Downtown team pulled a 330.5 at 114. Another one of his teammates Tony Le pulled 270 to capture the 123 title. At 132, Carlos Daniel Escobedo of California set a state record 380.2. He is coached by Jim Presley who has benched 611.7 and Ohio pulled 394.5 to edge Christopher Risco of Washington who pulled 391.2. Nick's lift was an Ohio state record. At 165, Donnie Miskins picked up a total of 40 points and his sister Al Miskins did likewise as they both won their respective teenage divisions in both bench and deadlift title. Buckeye Power was coached by Donnie's father Don. Donnie pulled a sub par 468.2. In May he pulled 540. Reginald's lift 468.2 to 468.2 to take 181 and he set a state record. At 198, Ben Rice was a 683.2 to take 181 and he set a state record. At 198, Ben Rice was a 683.2 to take 181 and he set a state record.

The outstanding deadlifters who received the biggest loving cups ever did it like it was 400. He then tried 700 and got to his knees, Jake Garbusch, also of Washington, got his first 600 deadlift to finish second. At 220, Dylan Wentz of Washington 501.5 at 165 (disabled).

At 220, Dylan Wentz of Washington 501.5 at 165 (disabled).



Eric Head benched 413.2 at 117.8



Jim Mersberg - 688.7 record BP



John Hudson benched 639.2 lb.



Valente Inmiss-Thompson of TX

David Bradshaw of California set a record of 523.5 to beat Bryan Harey of Ohio who set a state record of 491.6. At 259, Mike Drake of California won a 501.5. Mike was in the hardest working gym in the world. He unloaded the U-Haul, which contained weights, benches, bars, you name it. He then helped load it back up. He provided four nights of security. He was a single-ply shirt. At 308 tiny Meecker opened trophies, set them up; he was very helpful. At 275 Jim Presley of California was also very helpful and he unloaded the truck and helped Mike Drake set up the three warm-up platforms and the main stage as well as get all the trophies for the first day's set up. He and Mike Tracy Lundin of Oregon beat Alan Aerts 529 to 479.5. Alan is 52 and Tracy is about 20 years younger, so Alan is still competitive. At super, Leo Contreras won with 396.7.

been tested twice and passed both times. He's one of 2 in WABDL to bench press 600 in 4 different weight classes. At 308, Chicago policeman Tommy Harrison Jr. set a state record 710.7 weighing 285.2. Tommy has been tested three times and passed all three tests. He patrols the tough south side of Chicago both on foot and in a patrol car. Tracy Lundin of Oregon was second with a respectable 529.

In **LAW/FIRE SUBMASTER** at 220, Kerry Barbeti picked up 20 pins for Team Minnesota with a state record bench of 325. At 275, Jeff Begue set his second state record of the day with a 622.7. At 308, Tommy Harrison won his second world title to the day with a 710.7 and Keoni Reich of Hawaii hit a PR 556.5 to go along with 694.2 deadlift to win the super division.

In **LAW/FIRE WOMEN**, there were only four in the whole meet. Leticia Rosales-Butte put up a 148.7 weighing 121. She wasn't in top shape and spent many hours in the weigh-in room weighing in lifters and checking gear. She was in the law/fire 48-55 category. In law/fire 56+ at 181, cancer survivor Louise Jones set a world record 130. To say that she is courageous is an understatement. In law/fire open, Julie Kimoto set a world record 260.1 at 198. She is coached by Frank Wakakusa, and Jim Mersberg, among others. In law/fire submaster 148, Kim Carter of Illinois put up a 225.7.

At 402.2 deadlift with a Texas record 138.8 bench and first place. At 181, Courtney got two whites and a red and then a judge switched his call. Some bystanders thought he got the lift. At 165, Jon Cunningham of Utah set a state record 164.8 and 420.9. He passed his drug test, the second one that he has passed.

At 181, Andy Furnas of Ohio benched 507 in his battle with Keith Daniels of Hawaii. Keith benched 523.5 until Andy broke it with a 440.7. At 242, Frank Wakakusa of Hawaii set a world record 622.7 and world title. At 198 Duode, Noe of Ohio set a state record 447.3 to beat Barry Sullivan of Arizona and Jaem Frickey of Louisiana who benched 418.7 and 402.2 respectively. At 220, there were a couple of bomb-ouls. Dean Ideue a 600 lb. That opened the door for Ken Millinary of Tennessee to win his eighth world title with a 611.7 and Rob Gollano of Maine with a state record 319.5. At 308, Warren Juha Pulkki of Finland was third with a national record 501.5. At 242, Frank Wakakusa of Hawaii beat David Fischer of Georgia 622.7 to 601.8 with both lifts at 220 to beat out two police officers from Colorado and Michigan. In law/fire master 198/56+ Bruce Begue set an Ohio record 336 for a first place finish and 20 points to help Team Ohio win the fourth with a state record 562. There were six contestants in this weight class. At 259, Patrick Pirelli of Texas hit a 650.2 to beat Mike Drake who won at class-1, but his 501.5 was a distant second here. At 275, Patrick Holloway got a 639.2 to go along with his monster deadlift of 821.

At 275 Jeff Begue from Ohio set a state world title. At 198, David Onan did 40 lbs., a very impressive lift. At 165,

THE TOP 100 PHOTO PAGE

Will you make the upcoming TOP 100 list for the 198 lb. class? Last time we ranked this class, the minimum lifts to make that ranking were 600 lb. in the squat, 462 lb. in the bench press, 590 lb. in the deadlift, and 1554 lb. in the total. Often those minimum lifts to make the list go up a bit from one year to the next, but not always. The time period for the next ranking of the 198 lb. class will be competitions held February 2009 through January 2010, and it will appear in our April 2010 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 lifting (or something off the wall, like your junior high graduation photo) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.com (we recommend a JPEG at least 200 KB in size). If we use your photo we will send you a box of magazines from the month it appears. 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.



Ryan Snelling - keeps moving up the all time list



Can't Stop Him - Erik Nickson has cracked the 1700 lb. barrier



Joe Mazza puts up big weight (photo courtesy of Sean Katterle)



Al Caslow - another big name out of Big Iron



Dudley-Robey back on the list again



Laura Phelps still reigns supreme - which woman will break her records?



Manmano is the "DL Man" this year



Dre Valdez - back after injury in '06

TOP 100

For standard 165 lb./75 kg. USA lifters in results received from DEC/08 through NOV/09

SQUAT	BENCH	DEADLIFT	TOTAL
1 876 Caslow, A. 3/21/09	685 Mazza, J. 6/27/09	701 Manmano, E. 7/5/09	2099 Caslow, A. 6/13/09
2 810 Schwab, B. 12/6/08	622 Schwab, B. 6/13/09	688 Caslow, A. 6/13/09	688 Schwab, B. 12/6/08
3 730 Dunn, M. 6/27/09	540 Caslow, A. 3/21/09	655 Nickson, E. 3/7/09	1815 Caslow, A. 6/27/09
4 730 Dunn, M. 6/27/09	529 Hara, M. 5/30/09	650 Hollenbeck, A. 3/7/09	1720 Phelps, L. 10/2/09
5 705 Phelps, L. 10/3/09	515 Crowe, A. 8/27/09	650 Hollenbeck, A. 3/7/09	1705 Crowe, A. 8/27/09
6 694 Valdez, D. 8/22/09	507 Dunn, J. 9/12/09	640 Ciser, G. 8/28/09	1669 Spelling, R. 6/6/09
7 644 Bell, B. 5/22/09	505 Phelps, L. 10/3/09	630 Talmant, E. 9/12/09	1669 Spelling, R. 6/6/09
8 644 Bell, B. 5/22/09	500 Albano, T. 4/25/09	622 Schwab, B. 12/6/08	1664 Valdez, D. 8/22/09
9 639 Niedelbeck, S. 3/7/09	500 Murphy, J. 10/25/09	615 Conyers, T. 10/3/09	1647 Hollenbeck, A. 3/7/09
10 633 Crowe, A. 8/27/09	490 Rudan, M. 7/18/09	606 Tucker, M. 4/4/09	1631 Niedelbeck, S. 3/7/09
11 633 Crowe, A. 8/27/09	486 Crossen, M. 4/11/09	600 Cirigliano, R. 5/2/09	1581 Bell, B. 5/22/09
12 630 Holman, Z. 3/28/09	486 Crossen, M. 4/11/09	600 Cirigliano, R. 5/2/09	1581 Bell, B. 5/22/09
13 622 Mattison, S. 1/20/09	485 Luthi, J. 3/14/09	600 Hart, M. 5/9/09	1575 Mattison, S. 1/20/09
14 622 Mattison, S. 1/20/09	477 Cirigliano, R. 5/2/09	600 Hart, M. 5/9/09	1575 Mattison, S. 1/20/09
15 617 Cirigliano, R. 5/2/09	457 Smith, D. 8/28/09	600 Myers, T. 10/3/09	1545 Conyers, T. 10/3/09
16 617 Cirigliano, R. 5/2/09	455 West, S. 2/23/09	600 Niedelbeck, S. 3/7/09	1532 West, S. 2/23/09
17 617 Cirigliano, R. 5/2/09	446 McDonald, S. 3/28/09	600 Spencer, R. 11/14/09	1532 West, S. 2/23/09
18 611 Spelling, R. 6/6/09	440 Cunningham, J. 5/2/09	589 Walton, N. 6/13/09	1530 McKenney, A. 2/7/09
19 611 Spelling, R. 6/6/09	430 Cayer, A. 8/8/09	584 Mikulecky, S. 3/31/09	1510 Franoquillo, Z. 9/26/09
20 611 Spelling, R. 6/6/09	429 Mattison, S. 1/20/09	575 Speed, R. 3/7/09	1510 Franoquillo, Z. 9/26/09
21 606 Derstine, M. 7/7/09	429 Mattison, S. 1/20/09	573 York, M. 6/13/09	1505 Harwood, D. 3/28/09
22 606 Derstine, M. 7/7/09	424 Mahan, S. 12/6/08	570 Anderson, E. 3/7/09	1482 Stone, E. 7/31/09
23 606 Derstine, M. 7/7/09	424 Mahan, S. 12/6/08	567 Klyen, G. 4/25/09	1477 Thompson, D. 10/13/09
24 606 Derstine, M. 7/7/09	424 Mahan, S. 12/6/08	567 Hill, C. 10/31/09	1477 Thompson, D. 10/13/09
25 606 Derstine, M. 7/7/09	424 Mahan, S. 12/6/08	562 Cerz, J. 3/28/09	1477 Thompson, D. 10/13/09
26 600 Spator, C. 3/28/09	424 Snelling, R. 6/6/09	565 Cerz, J. 3/28/09	1470 Holman, Z. 3/28/09
27 600 Spator, C. 3/28/09	418 Cirigliano, R. 5/2/09	565 Cerz, J. 3/28/09	1466 Longley, B. 5/9/09
28 600 Spator, C. 3/28/09	413 Derstine, M. 7/7/09	562 Verbits, S. 6/13/09	1466 Longley, B. 5/9/09
29 600 Spator, C. 3/28/09	413 Derstine, M. 7/7/09	560 Andrews, B. 9/27/09	1460 Bennett, S. 3/28/09
30 600 Spator, C. 3/28/09	407 Thompson, D. 10/13/09	556 Zanotti, L. 9/19/09	1458 Hatcock, S. 2/1/09
31 595 Holtenbeck, A. 3/7/09	407 Thompson, D. 10/13/09	555 Hatcock, S. 2/1/09	1444 Seidel, J. 9/19/09
32 595 Holtenbeck, A. 3/7/09	405 Ramsey, M. 2/21/09	551 White, E. 4/4/09	1432 Mikulecky, S. 3/31/09
33 585 Miller, R. 2/14/09	403 Somma, J. 11/12/09	551 White, E. 4/4/09	1430 Miller, R. 2/14/09
34 585 Miller, R. 2/14/09	402 Niedelbeck, S. 3/7/09	551 Anderson, D. 6/27/09	1430 Miller, R. 2/14/09
35 580 Ramirez, E. 3/28/09	402 Niedelbeck, S. 3/7/09	551 Anderson, D. 6/27/09	1430 Miller, R. 2/14/09
36 578 Schneider, S. 1/30/09	399 Moorehead, B. 3/14/09	551 Fleming, M. 7/11/09	1430 Pegg, C. 3/28/09
37 578 Schneider, S. 1/30/09	395 Robinson, T. 9/14/09	550 Jones, D. 2/6/09	1416 Schneider, S. 1/30/09
38 578 Schneider, S. 1/30/09	395 Robinson, T. 9/14/09	545 Miller, R. 2/14/09	1415 Waggoner, Z. 1/17/09
39 578 Schneider, S. 1/30/09	391 Longley, B. 5/9/09	545 Miller, R. 2/14/09	1415 Waggoner, Z. 1/17/09
40 575 Potner, M. 3/28/09	385 Conyers, T. 10/3/09	545 Caldwell, V. 3/28/09	1415 Sator, C. 3/28/09
41 575 Potner, M. 3/28/09	385 Conyers, T. 10/3/09	545 Poljan, K. 11/14/09	1405 Sator, C. 3/28/09
42 575 Potner, M. 3/28/09	385 Conyers, T. 10/3/09	540 Quatek, Z. 7/7/09	1405 Sator, C. 3/28/09
43 575 Potner, M. 3/28/09	380 Hogg, D. 6/13/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
44 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
45 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
46 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
47 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
48 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
49 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
50 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
51 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
52 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
53 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
54 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
55 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
56 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
57 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
58 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
59 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
60 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
61 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
62 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
63 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
64 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
65 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
66 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
67 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
68 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
69 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
70 562 Lumpke, S. 5/2/09	375 Priest, T. 6/1/09	540 Quatek, Z. 7/7/09	1400 Caldera, V. 3/28/09
71 530 Box, S. 6/6/09	365 Presswood, K. 9/5/09	529 Spahs, M. 8/2/09	1360 Mchall, M. 3/28/09
72 530 Box, S. 6/6/09	365 Presswood, K. 9/5/09	525 Dillard, B. 2/7/09	1360 Mchall, M. 3/28/09
73 530 Box, S. 6/6/09	365 Presswood, K. 9/5/09	525 Wright, W. 3/7/09	1355 Foster, A. 4/4/09
74 530 Box, S. 6/6/09	365 Presswood, K. 9/5/09	525 Wright, W. 3/7/09	1355 Foster, A. 4/4/09
75 529 Warren, B. 6/13/09	363 Deeks, J. 5/9/09	525 Russell, C. 2/19/09	1355 Spahs, M. 8/2/09
76 529 Warren, B. 6/13/09	363 Deeks, J. 5/9/09	525 Russell, C. 2/19/09	1355 Spahs, M. 8/2/09
77 525 Kiser, C. 3/7/09	363 Westwood, S. 9/26/09	525 Russell, C. 2/19/09	1355 Spahs, M. 8/2/09
78 525 Kiser, C. 3/7/09	360 Giddens, K. 3/14/09	525 Mech, M. 6/6/09	1350 Harrington, S. 1/25/09
79 525 Kiser, C. 3/7/09	360 Giddens, K. 3/14/09	525 Mech, M. 6/6/09	1350 Harrington, S. 1/25/09
80 525 Kiser, C. 3/7/09	360 Giddens, K. 3/14/09	525 Mech, M. 6/6/09	1350 Harrington, S. 1/25/09
81 523 Forster, A. 4/4/09	360 Dyles, L. 6/21/09	523 Tanaka, B. 2/21/09	1344 Martin, K. 6/13/09
82 523 Forster, A. 4/4/09	360 Dyles, L. 6/21/09	523 Tanaka, B. 2/21/09	1344 Martin, K. 6/13/09
83 523 Forster, A. 4/4/09	360 Dyles, L. 6/21/09	523 Tanaka, B. 2/21/09	1344 Martin, K. 6/13/09
84 523 Forster, A. 4/4/09	360 Dyles, L. 6/21/09	523 Tanaka, B. 2/21/09	1344 Martin, K. 6/13/09
85 520 Jones, D. 3/14/09	358 Doherty, C. 12/6/08	523 James, D. 3/7/09	1335 Vasquez, J. 6/6/09
86 520 Jones, D. 3/14/09	358 Doherty, C. 12/6/08	523 James, D. 3/7/09	1335 Vasquez, J. 6/6/09
87 520 Jones, D. 3/14/09	358 Doherty, C. 12/6/08	523 James, D. 3/7/09	1335 Vasquez, J. 6/6/09
88 520 Jones, D. 3/14/09	358 Doherty, C. 12/6/08	523 James, D. 3/7/09	1335 Vasquez, J. 6/6/09
89 520 Jones, D. 3/14/09	358 Doherty, C. 12/6/08	523 James, D. 3/7/09	1335 Vasquez, J. 6/6/09
90 520 Jones, D. 3/14/09	358 Doherty, C. 12/6/08	523 James, D. 3/7/09	1335 Vasquez, J. 6/6/09
91 515 Mages, J. 3/28/09	352 Ferguson, T. 2/28/09	515 Palk, C. 3/7/09	1315 Schmidt, L. 3/13/09
92 515 Mages, J. 3/28/09	352 Ferguson, T. 2/28/09	515 Palk, C. 3/7/09	1315 Schmidt, L. 3/13/09
93 512 Hilar, K. 6/15/09	352 Conch, T. 4/15/09	510 Hughes, L. 1/31/09	1310 Burton, T. 3/28/09
94 512 Hilar, K. 6/15/09	352 Conch, T. 4/15/09	510 Hughes, L. 1/31/09	1310 Burton, T. 3/28/09
95 512 Hilar, K. 6/15/09	352 Conch, T. 4/15/09	510 Hughes, L. 1/31/09	1310 Burton, T. 3/28/09
96 512 Hilar, K. 6/15/09	352 Conch, T. 4/15/09	510 Hughes, L. 1/31/09	1310 Burton, T. 3/28/09
97 510 Wilcox, J. 2/28/09	350 Rubbo, J. 1/31/09	507 Syed, T. 3/7/09	1300 Gaddy, C. 3/7/09
98 510 Wilcox, J. 2/28/09	350 Rubbo, J. 1/31/09	507 Syed, T. 3/7/09	1300 Gaddy, C. 3/7/09
99 505 Preece, J. 3/7/09	350 Preece, J. 3/7/09	505 Preece, J. 3/7/09	1290 Meador, J. 2/21/09
100 505 Preece, J. 3/7/09	350 Preece, J. 3/7/09	505 Preece, J. 3/7/09	1290 Meador, J. 2/21/09

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NEXT MONTH... TOP 181s

Corrections... Vince Scello's 1320 total was not reflected on the TOP 100 list for lightweight in our January 2010 edition of POWERLIFTING USA. Anthony McCleskey's bench press of 501 and his deadlift of 675 were not reflected on the TOP 20 rankings for 2008. If you find errors in our articles, TOP 100/20 weight class rankings or the competition results we publish, let us know at PL USA Errors Department, Post Office Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

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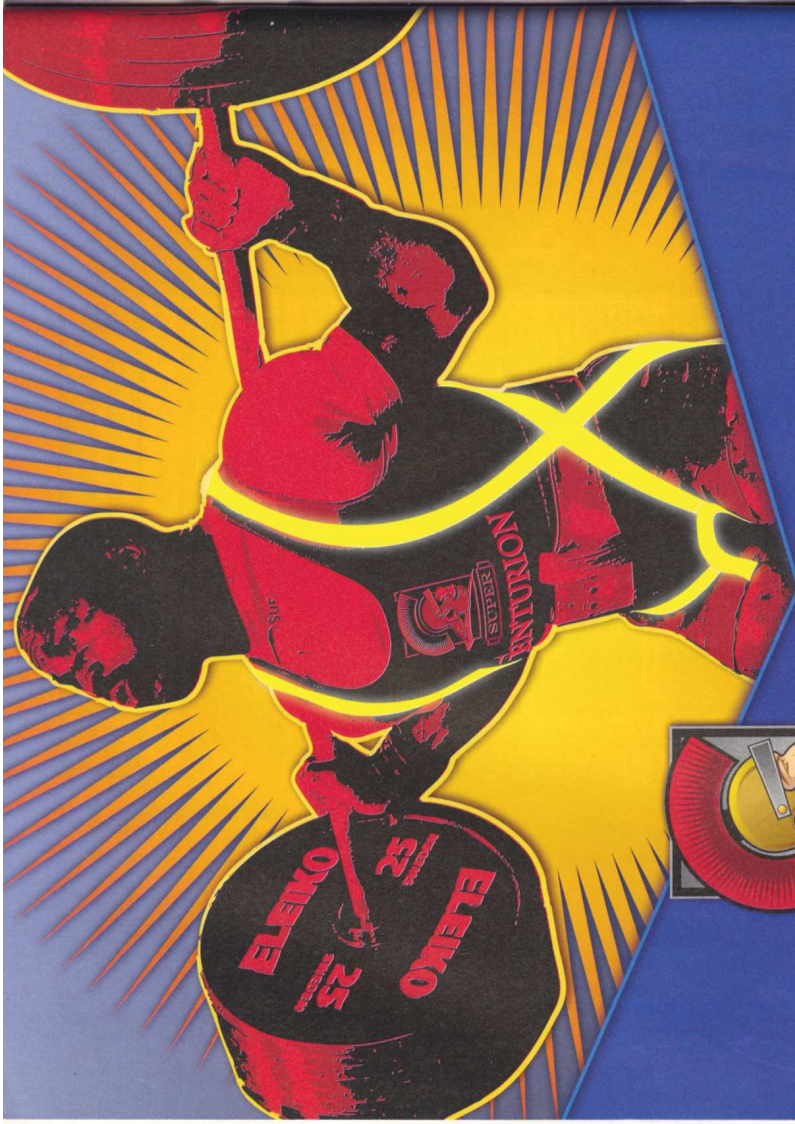
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