

"POWERLIFTING USA"

JULY 2010 » VOL. 33 NO. 9

PATRICK HOLLOWAY

PUTTIN' UP RECORD LIFTS WITH HIS
92.5% SYSTEM



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PATRICK HOLLOWAY

Patrick Holloway recently pulled a PR deadlift of 832 pounds
courtesy Mike Lambert of PL USA



MATT KROCZALESKI

— World Record Holder,
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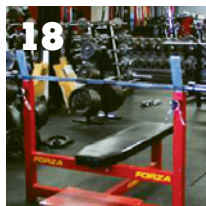
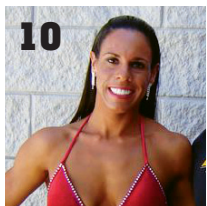
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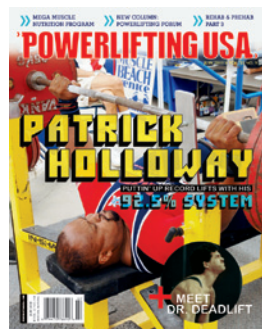


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Big-pullin' lifter Patrick Holloway and Dr. Deadlift, aka. Dr. Greg Zweig

photos courtesy Mike Lambert of Powerlifting USA



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

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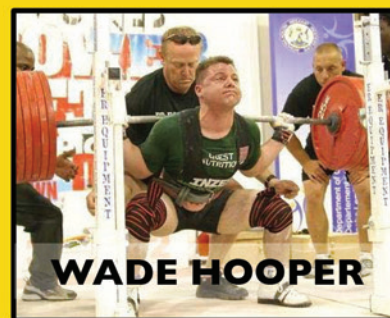
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World Record Total
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Shawn Frankl
World Record Total
2,630 lbs. @ 198 lbs.



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

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“DARK RAGE has helped me take my training to a new level of power and intensity.”

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NO-BOMB: A NEW ERA IN NITRIC OXIDE!

as told to Powerlifting USA by Steve Downs, C.S.C.S.



If you look at bodybuilding magazines or supplement ads these days, it seems that the only thing bodybuilders are interested in is the "pump." Yet for the powerlifters who read PL USA, strength, peak power and performance are much more important. After all, who the hell cares how pumped up you are if you bomb out at a bench meet? Well, in truth, the sensation of a muscle swollen with blood is an important indicator of an anabolic, growth-producing environment. The reason is that greater blood saturation is indicative of greater oxygen content in the muscles, better nutrient delivery, improved clearing of metabolic wastes that occur with maximal exertion and an overall cellular atmosphere for growth and recovery. And that's why the pump's important to power athletes, too!

When it comes to performance-enhancing supplementation, one of the biggest breakthroughs introduced in the last twenty years is nitric oxide (NO). As most lifters know, nitric

oxide is an important vasodilator that helps relax the muscles that line blood vessels, causing them to expand and produce greater blood flow. With increased blood flow comes greater nutrient delivery and faster clearing of the metabolic wastes that build up following exhaustive exercise. The hallmark of NO supplementation is, as previously stated, "the pump" that is felt due to greater blood pooling in the muscles. But the latest research points to nitric oxide as a signaling molecule for a host of other tremendously important processes, such as increased fatty acid utilization, greater energy, enhanced lactic acid removal and enhanced recovery.

Since the introduction of NO to the supplement marketplace, the main source of its production has been via ingestion of the amino acid L-arginine and related compounds, such as AAKG. This made sense for the most part since the main source of production is the arginine-NO synthase (NOS) pathway. As scientists investigated the use of arginine for enhanced nitric oxide levels, however, some surprising facts came to light. For starters, for truly effective benefits, the efficacious dose was a whopping 30 grams of arginine delivered intravenously! As it turns out, oral dosing of arginine proved to be very inefficient and only moderately effective to boost NO concentrations. In fact, the maximum dosage that could be tolerated without wreaking havoc on study subjects' stomachs was a paltry 3-4 grams. Some people do feel a slight NO response at this level, but it is only a fraction of the 30 gram efficacious dose truly needed.

Fortunately, a newly discovered pharmaceutically enhanced natural compound has been shown in numerous scientific studies to significantly raise serum nitric oxide levels via oral dosing. Enter GlycoCarn (glycine propynol-L-carnitine, or GPLC), a creation of Sigma-tau HealthSciences that is revolutionizing the world of nitric oxide supplementation. At an easy-to-tolerate 4.5 gram orally ingested clinical dosage, GlycoCarn is proven to vastly increase nitric oxide levels, increase utilization of fatty acids for a thermogenic effect, increase energy levels, speed the clearing of lactic acid and improve recovery from intense exercise.

MHP's NO-BOMB is the first-ever nutritional supplement to contain the 4.5 gram clinical dose of GlycoCarn. In fact, NO-BOMB has been granted the Sigma-tau Certified Clinical Dose seal to prove it contains the efficacious amount of GPLC in each single dose. But to know just how important the introduction of MHP's NO-BOMB really is, you have to examine some scientific facts about NO supplementation.

SCIENTIFIC FACTS ABOUT NITRIC OXIDE SUPPLEMENTATION

1. Oral dosing of arginine in amounts easily tolerated only result in a slight increase in

vasodilation (Adams, et al., 1995; Chin-Dusting, et al., 1996).

2. Although marketed as an NO-booster, AAKG's NO-mediating effects are tied only to the arginine content of this compound, which are not significant (Bode-Boger, et al., 1998).

3. Effective nitric oxide enhancement for improved performance enhancement requires 30 grams intravenous dosing of arginine, something not effective in any "real world" situation (Bode-Boger, et al., 1998).

4. GlycoCarn is, however, clinically efficacious with oral dosing at 4.5 grams. Two studies by Dr. Richard Bloomer of the University of Memphis (Bloomer, et al., 2007, and Bloomer, et al., 2008) showed that resistance trained men administered a 4.5 gram dose of GlycoCarn (GPLC) showed up to a 55 percent increase in nitric oxide levels (measured in NOX) compared to placebo. Better yet, the findings indicated that oral supplementation of GPLC enhanced peak power production with significantly less lactic acid accumulation—meaning greater strength and faster recovery.

5. Research by Dr. Patrick Jacobs at Florida Atlantic University (Jacobs, et al., 2009) found that the 4.5 gram full clinical dose of GPLC increased resting nitric oxide concentrations in both untrained and resistance trained men. Supplementation also increased the NO response to occlusion in resistance trained men, while potentially increasing the lactate threshold. (Journal of the International Society of Sports Nutrition, 2009, 6:9.)

PERFORMANCE-ENHANCING BENEFITS OF GLYCOCARN

GlycoCarn has been extensively researched for performance-enhancing benefits and has been proven in scientific studies at the 4.5 gram dosage to promote increased vasodilation, improved muscle pumps and performance, enhanced recovery, lactic acid removal, increased fat burning and added energy for workouts. It also has strong anti-oxidant benefits and is active in the body for extended periods for improved athletic performance. GPLC has been shown in human research to be more effective than other nitric oxide precursors, and its 4.5 gram oral dosing increases NOX levels in the body more than 30 grams arginine administered intravenously. However, exercise scientists warn that lower dosages used in products other than MHP's NO-BOMB contain smaller doses of GlycoCarn and are not effective to improved performance.

NITRIC OXIDE. GPLC stimulates clinically validated immense increases in nitric oxide for

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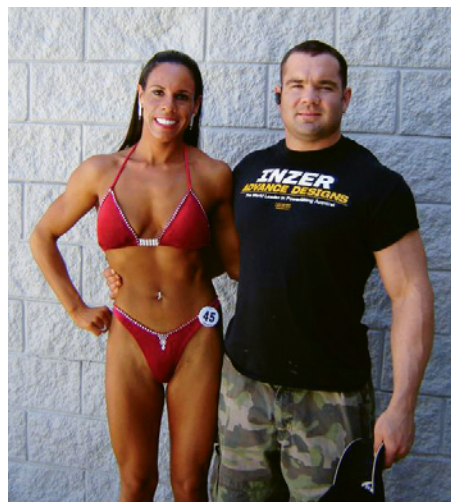
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SUZANNE SCHWANKE

as told to Powerlifting USA by Mike Westerdal of Critical Bench



Suzanne Schwanke with her husband Mike



Tom Bodenbender, Ryan Carr, Suzanne Schwanke and Mike Westerdal at the APF Southern States

Hey Suzanne, where are you from, where do you live and what do you do for a living?

I am originally from Tarrytown, NY, which is where I grew up and spent the first eighteen years of my life. I moved to Tampa in 2002 to attend the University of Tampa. After I graduated with a bachelor's degree in biology I decided to stay in the area primarily because of the warm weather. Currently I am living in Tampa, FL, with my husband Mike, and I am back in school getting my bachelor's in nursing. In one year I hope to become a pediatric nurse.

Very cool. How old are you?

I am 25 years old and will be 26 in July.

What federations have you competed in?

For the most part I compete in APF because they allow double-ply equipment and the local competitions are run in that federation. I have done one competition in APA and I competed on amateur day at the PowerStation Pro-am this past August 2009. I would compete in any federation that uses a monolift and allows multi-ply equipment since that is what I have access to in training.

How did you first get started in powerlifting?

When I met my husband, Mike Schwanke, I was introduced to the sport. Up until meeting Mike three years ago, I knew very little about the sport. At the first opportunity that arose I went to watch Mike compete and thought to myself that looks like fun! I asked Mike if I could try it out and that week he took me to Tampa Barbell with him. I was introduced to a team of amazing lifters who were eager to teach me the technique and eventually how to properly use gear. After training for only three months, I did my first competition and got eight out of nine

lifts. I could not wait to begin training for the next meet and was hooked on powerlifting from that point on.

What is it like training at Tampa Barbell?

Tommy Fannon's Tampa Barbell is the best gym I have ever been to. Everyone is extremely helpful and I enjoy working out with people who have the similar goal of getting stronger. There are three monolifts, three competition benches, two deadlift platforms, chains, bands in many different tensions, and other machines for accessory work. We train in groups as a team. My favorite part is training with a group of strong guys; even though there is a lot of deloading of the bar, it is very motivating for me. It is also nice when someone is going for a single rep max—everyone in the gym stops what they are doing to cheer and watch to see if their teammate gets the lift. The team atmosphere is great and part of the reason I decided to stick with the sport.

I have to agree with you, it's a great atmosphere. What does your training schedule look like?

I train at Tampa Barbell Tuesday, Thursday, and Saturdays. Tuesdays I do back and biceps exercises. On Thursdays I bench in my shirt. I vary my bench workouts by doing singles, doubles, triples, bands, chains, and boards. After benching I do some raw chest and work my triceps. Saturdays I squat, deadlift, and train legs. I vary the deadlift by pulling both sumo and conventional, and add in some rack pulls. Mondays I train shoulders. I do 45 minutes of cardio 5 times a week along with abdominal exercises.

What's your favorite lift and why?

My favorite lift is the squat! It is the hardest,

most tiring lift requiring the most adrenaline and that's why I love it. I love the feeling of getting under the bar, un-racking the weight and then having that feeling that I am going to get crushed, yet managing to go all the way down and all the way up with it. Squatting gives me the most sense of accomplishment and it is also my best lift. I also like benching a lot, but I do not get the same feeling as when I am squatting.

That reminds me, congrats on hitting elite! What are your best numbers so far and what are your upcoming goals?

Thank you. My best numbers are as follows: 480 squat, 280 bench, 400 deadlift, 1155 total. Those were all done at 148 lb. My goal for my next meet is a 500 squat, 300 bench, 415 deadlift, and 1200 total. In the long term I would like to hit PRO for women in the 148 weight class. I still have a long ways to go before I can get there.

You have also competed in figure. Do you plan on doing that again?

I don't think I will do figure again. I did not place very well because I was too muscular. I do not plan on getting smaller and losing my muscle so next time I would compete in light weight bodybuilding. I would have a better chance to place and do well in that. I plan on doing another show in the next two years.

How did you like figure compared to powerlifting?

It does not compare to powerlifting. Powerlifting is so much more fun! The diet for a figure show is twelve weeks long, at least, and I was miserable the entire time. I had no energy to do the things I liked to do or spend time with friends and family. Also I enjoy competing and

THE MOST ANABOLIC BCAA FORMULA!



Joe Mazza - Team MHP Member
IPA World Record Bench
705 lbs. @ 165 lbs.

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BRIAN SIDERS SETS THREE POWERLIFTING RECORDS!

MHP powerhouse Brian Siders set new unofficial IPF world records in the squat, bench press and total within the super-heavyweight class at the USAPL West Virginia Open on May 15th. Just two months after competing in the MHP Arnold Strongman Classic, Siders came back to competitive powerlifting in a huge way. Along with setting the new total record at a whopping 2,650 lbs., Brian set record marks with a massive 799 lb. bench press and a whopping 1,019 lb. squat. He also deadlifted 832 lb., going nine-for-nine in successful lifts at the meet. Brian is a longstanding member of Team MHP and credits MHP supplements such as Up Your MASS, DARK RAGE and GLUTAMINE-SR for his continued success in powerlifting and strongman competitions.



BRIAN SIDERS

SIDERS LIFT-BY-LIFT:

Squat	Bench Press
1st Attempt – 942 lb.	1st Attempt – 705 lb.
2nd Attempt – 968 lb.	2nd Attempt – 788 lb.
3rd Attempt – 1019 lb.	3rd Attempt – 799 lb.
(Unofficial World Record Squat)	(Unofficial Record Bench)
Deadlift	Total
1st Attempt – 777 lb.	2,650 lb.
2nd Attempt – 804 lb.	(Unofficial Record Total)
3rd Attempt – 832 lb.	



JOE MAZZA

JOE MAZZA BENCHES 460 RAW AT 165!

MHP bench press superstar Joe Mazza is at it again. Not only does this 165 lb. strength phenom hold the all-time World Record in the bench press at 705 lbs., he's also aiming to smash a nearly 30-year-old raw bench press record in the coming months.

On May 15th, Joe won the IPA South Jersey Rumble raw bench press competition and barely missed breaking the 485 lb. record. Benching without an assisting shirt, Joe's first attempt was an easy 430 press. On his second attempt, he blew away 460. On his final attempt, he barely missed 487.5, which would have been a new all-time raw record at 165 lbs.

Joe has his eye on crushing the longtime unbreakable mark and he's pressing more with each meet. His goal is to bench press 500 lbs. raw this year! Joe credits MHP's NO-BOMB and DARK RAGE in a stack as his secret to phenomenal workouts and his continuous increases in strength.



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

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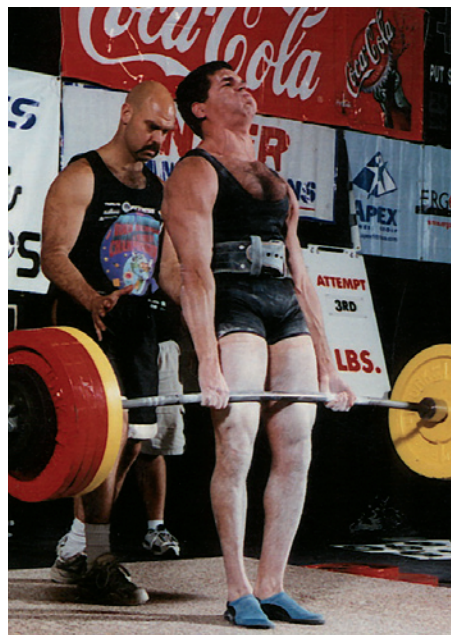
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GREG ZWEIG, M.D. aka. DOCTOR DEADLIFT

as told to Powerlifting USA by Greg Zweig, M.D.



639 lb. DL at the 2001 WABDL Worlds



595 lb. DL at 165 – 1987 ADFPA IL meet



601 lb. DL at 165 at the 1987 Viking Open

INTRODUCTION:

Greg Zweig, M.D., recently deadlifted 272.5 kg. (600.75 lb.) in the 2010 AAPF Illinois state meet. This represents him performing a 600+ deadlift in 5 different calendar decades starting in November 1979. All lifts were performed as a lifetime drug-free lifter weighing 181 pounds or less. He has had a demanding medical career since starting his pre-med college program in 1977, working about 60 to 70 hours per week from age 18 to age 31 and averaging 50+ hours per week thereafter.

PERSONAL INFORMATION:

I am currently 51 years old and work full time as a diagnostic radiologist and neuroradiologist at a large hospital in the Chicago suburbs. A large part of my practice deals with imaging of sports related injuries, but more commonly diseases related to inactivity. I live with my wife Carla, who is a huge supporter of my powerlifting endeavors. We have beautiful 7-year-old twins, Bella and Josh, who are now just starting to attend the meets I enter.

POWERLIFTING ACCOMPLISHMENTS:

I have been lifting weights since age 13 and competing since early 1978, when I was a freshman in college. I bench pressed over 300 pounds and deadlifted over 500 pounds while still in high school, weighing about 165 pounds.

In the late 1970s, I competed in Illinois state collegiate powerlifting championships under the old AAU. In November of 1979, I did a deadlift work-out consisting of warm upsets, 475 x 5, 525 x 3, and 575 x 1, all raw. Shortly thereafter, I received the old "super suit" and pulled 600 lb. for the first time the following week.

I did not compete much in the early 1980s as I was going to medical school, but resumed competition during my senior year of medical school in 1985. In my second meet back I pulled a 601 deadlift at the 1985 Viking Open. From 1985 to 1991, I won my division in the prestigious ADFPA Viking Open 7 years in a row mainly in the 165 pounds class. In the process, I deadlifted over 600 pounds in competition several times including a 280 kg. (617 lb. deadlift) in the 1989 Viking Open, at 165.

In the 1990s, I mainly competed in NASA, winning several national titles, setting several American records and deadlifting 606 at 165, and a world record 653 pounds at 181.

In the 2000s, I competed in several organizations, pulling over 600 pounds several times at 181 including the current one AWPC 40-44 year old, 181 class world record 634 pounds.

On March 21, 2010, I deadlifted 272.5 kg.

(600 lb.) at the AAPF Illinois state meet in Bolingbrook, Illinois.

In my entire career, I have deadlifted over 600 pounds more than 30 times in competition and numerous more times in training. In all I have competed in 8 different powerlifting organizations and have won 10 national titles, 4 world titles, set 7 world records and 52 American records. I currently still hold several of these records, mainly in NASA, ADFPA and AAPF/AWPC. (There are way too many powerlifting organizations!)

My all-time best gym lifts are: 520 x 10 and 580 x 5 in the deadlift, raw all paused reps; 475 x 5 wide-grip stiffleg deadlift off a 5 inch block; 405 x 10 below parallel raw squat; 275 x 10, 325 x 5 raw bench.

My best official lifts at 165 are: squat – 546 pounds, benchpress – 336 pounds, deadlift – 617 pounds and total – 1471 pounds, all lifetime drug-free and in single ply equipment.

My best official lifts at 181 are: squat – 601 pounds, benchpress – 363 pounds, deadlift – 653 pounds and total – 1573 pounds. Again, all lifetime drug-free and everything but the squat performed with single-layer equipment. I have unofficially broken the 300 kg. barrier in

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WHAT CAN BE DONE TO STANDARDIZE SQUAT DEPTH?

The Powerlifting USA Forum begins this month. The purpose of the forum is to have an open dialogue concerning our sport. The subjects will range from training, nutrition, equipment and powerlifting standards. Each month, a topic will be picked and 10 or 12 powerlifters—this includes administrators, judges and lifters, past and present—will express their opinion and possible steps for improvement. The panel will be from different backgrounds—raw, single-ply, multi-ply, tested/non-tested. With a well rounded panel we should be able to present all points of view. Hopefully the discussion will lead to improvement in our sport.

We would also like to involve our readers in this forum. If a reader has a subject they would like to see discussed, please submit to: Powerlifting USA, Attn: Power Forum, P.O. Box 467, Camarillo, CA 93011 or email it to bobgaynor@comcast.net with "Powerlifting USA Forum" as the subject. We would also like to have that reader include their opinion which will be included when their topic is discussed. As you will see, the current panel are all well respected members of the powerlifting community. If you would like to be included in future forums as a panelist, please email bobgaynor@comcast.net.



Ryan Celli preparing to squat at the 2010 USPF American Cup at the Fit Expo in Los Angeles

Now on to this month's topic, what can be done to standardize squat depth in powerlifting?

RYAN CELLI: I think one way we can standardize squat depth is by changing what areas we look at when judging depth. This way everyone will be looking at the same thing. As far as I know, just about every powerlifting federation's definition of legal squat depth is the same. The crease formed above the hip joint must break parallel with the top of the knee.

Do they know where the crease is? Which part of the crease are they supposed to be looking at? The crease above the hip joint, but that is not always easy to find or see, depending on the lifters' build. This crease can be hard to see from the side where depth is judged from. We can see the side of the crease where it wraps around, but the top is hard to see and is lost when the suit/skin folds.

Do they know where the top of the knee is? Where is the top of the knee? It can be hard to find under multiple layers of knee wraps. Some lifters even tie a knot with their wrap on top of the knee to make an illusion of the top of the

knee being higher than it really is. Are they able to quickly and accurately find these hard to find areas as the lift takes place? So now we are guessing where the crease is because we can't see it, and we are guessing where the top of the knee is because we can't see it either. I was always taught to look at the hip joint, and make sure it breaks parallel with the knee joint when judging depth. When you look at the hip joint, from the side, it is clear and easy to see. It is where the femur head meets the hip socket. It is a pivot point. The knee joint is also easy to see; it's another pivot point.

So there you have it, two specific points, one must be lower than the other. Maybe this can be the start of getting all of us on the same page as far as squat depth is concerned.

AL CASLOW: There are two issues with the squat right now. There are two standards because of the different federations and their equipment restrictions. One being where the squat depth is overkill and the other has significantly lost the standard. In the IPF, USAPL, USPF and such single-ply federations, the depth has gone overboard. In a lot of instances it has eliminated good squats, i.e. Mike Bridges at the Arnold. You're seeing guys go 3-4" with the hips below the knee caps; this challenges exactly how low your are really supposed to go.

I think it's great they can do that, but it's overkill in terms of the legality of a squat with regards to the rulebook. The other side of this is multi-ply feds; the consistency is garbage with what is being passed. The gear makes it incredibly hard to get to proper depth, but it can be done and absolutely should be done. Unfortunately, from experience, there are a lot of people sitting on judges seats who should not be on them.

I think the rule books, personally, have it right; what is wrong is the understanding of it and the enforcement of it. Not just for high squats, but we need to help those also who butcher going low for obvious reasons benefiting the lifter.

MIKE TUCHSCHERER: There's the thing about squat depth. Everybody believes in their heart of hearts that they do it right. I don't think that either side, save possibly a few individuals, is

trying to subvert their own rule book. I think refs (and most lifters) try very hard to uphold the rules. So what's the difference between us? In my experience, it's how we're taught, what we're familiar with, etc.

In that sense, making standard enforcement of rules is a matter of changing the fractured culture of powerlifting. In this sense, the solution to standardizing squat depth is to improve our interaction with one another. Get refs interacting with other refs from wide and varied backgrounds. This has to happen in a positive and open format. I fully understand that this would be a difficult and sometimes drama-filled process—cultural changes in any organization are always very difficult. But this is a real solution. We all have a role to play in this. Meet directors could seek dual sanctions for contests. Lifters, do what you can to become an official. Already an official? Try to be an official with more than one organization. If you can't do that, support meet directors that get dual sanctions for their meets. And if you can't do that, then at least have an open-minded discussion with someone who thinks differently than you do. And humble yourself enough to think that the truth probably lies somewhere in the middle. The thing is if someone really cares about powerlifting, then they will DO something constructive to help it. And there's plenty of room for all of us to pitch in.

SIouxZ HARTWIG GARY: The easiest thing is that we all go back to the gold standard, the International Powerlifting Federation, IPF. This organization has been around for more years than any other international organization that the USA is involved with. The standard should be to break parallel. That is how powerlifting was started and that is the best definition of a good squat. A lot of people can do half squats, powerlifters should do full squats.

WADE HOOPER: Wow, what a way to start this forum off. Almost every federation/organization's rule book is identical in defining what legal squat depth is. So, the only real issue comes from each federation's interpretation of what squat depth should look like. If this sport is to ever grow and become more mainstream, pow-

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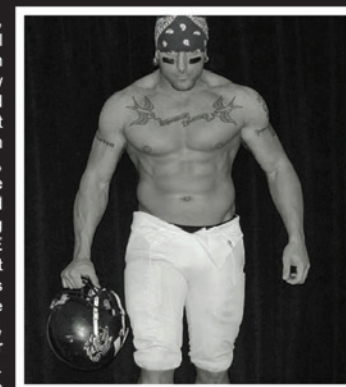


Advice from Matt - "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once every 10 days. My main training days are Monday, Wednesday, and Friday with Tuesday and Thursday being devoted to weak point training, cardiovascular training and last, but certainly not least, mobility work. I utilize the big multi-joint movements to build strength (rep ranges 1-5) while also using higher rep accessory work for hypertrophy and balance in my training (rep ranges 10-50).

Training Tips:

- Have defined both short and long term goals.
- More is not better - better is better.
- Progress slowly and measure your progress (always WRITE IT DOWN!)

Chad Herlehy - Pensacola, FL PRO FOOTBALL FREE AGENT & COMBAT VETERAN



"I am a U.S. Marine Corps combat veteran, Personal Trainer and Semi Pro football player/Pro football Free agent. I have been training since I was 12 yrs old. I am now 32 and achieving new goals...unexpected goals. If there has been a supplement out there...I've tried it and/or taken it. From protein, carbs, and weight-gainers to andro, tribulus, NO's, glutamine, glucosamine and multi-vitamins. Recently I stumbled across The Jack3d Stack. I was looking for something to help give me that EDGE on the field and during training. The first time I tried it before my season opener was AMAZING! My explosiveness was off the charts! My closing speed, my explosion, was unlike I've ever experienced! So for the rest of the season...The Jack3d Stack... every game day & training session! We won the championship and I was selected to the All-star Team. Thanks to those who turned me on to USPlabs Supplements...it honestly brought my game to another level and has gotten me scouted for the next level too!"

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#98 EXTREME RIPPED FITNESS

as told to Powerlifting USA by Rick Brewer of House of Pain » rick@houseofpain.com



EXTREME **RIPPED** FITNESS



Jody Tripp and her husband Brad

Last month we talked about the W.A.R. House Gym. We saw Willie Wessels, Andy Bible, and Rob Kolberer in action. We also played a little "Where's Waldo?" game to see if you could identify the home state of that gym. Sadly, you bombed. It looks like the reference to an Ohio powerlifting meet tricked everyone—no one guessed the correct state. (You only get ONE guess per lifter, folks.) So this month, we'll go somewhere else—how about Utah?

Extreme Ripped Fitness (ERF) is one of the new class of serious gyms that has a budding Facebook presence. ERF is in a suburb of Salt Lake City, Utah and, well, I'll let them tell you:

Rick, thanks for your interest in our gym—what a compliment. Your articles on hardcore gyms are always very interesting, entertaining, and inspiring. (Look at me blush; my head is bright red! RB)

My name is Jody Tripp and along with my husband, Brad, we set out almost four years ago to fulfill our long time dream of building a hardcore gym.

Brad and I originally met in 1984 in Montana. We both have always been involved in competitive sports, and after we met we joined a small hardcore gym and started training together. Once you train in a hardcore gym it is hard to train anywhere else. As soon as Brad started training, he began competing in powerlifting. It was about three kids later before I began powerlifting. We love the fact that we can enjoy the sport of powerlifting together. Our journey led us to Salt Lake City, Utah, where we joined a fitness center that somewhat met our needs. But soon after we joined, it was bought out by a larger chain—and became what I refer to as a white carpet gym. It was simply not comfortable, and I felt like a number—not a name—so that is when we decided our dream was about to become

real. (No one ever asks me about my dream, but it involves a unicorn, a bearded female dancer, and a singlet. RB)

We made our plans, and Brad set out to buy equipment from a larger gym in California that went out of business. Brad took a couple of friends and four semi trucks, and soon brought back enough equipment to get us started!

We originally set up in Draper, UT, but later found a much better location in Sandy, UT. We moved into a 10,000 sq.ft. building that was originally a place to go paint-balling, so (needless to say) we had our work cut out for us in the construction phase. We did a lot of the demo and build-out ourselves.

We didn't mind a little hard work because we knew the end result would be worth it. We also added some of the best trainers we knew.

There were no serious powerlifting gyms in the Salt Lake City area, until we built ours. We wanted serious athletes to be able to come train on the right equipment, so they could excel in their iron sport. Other gyms (in the SLC area) try to discourage powerlifters from using their facility, and you can forget about the use of chalk.

We have chalk. We also have: competition benches, lots of bands and chains, deadlift platform, monolift, power-racks, a full line of hammer strength, 2 jungles complete with lions and tigers, over 50,000 lb. of free weights, dumbbell sets that go up to 190, sleds, tires, kettlebells, reverse hyper, glute-ham, grippers, rolling thunder, forearm/grip machines, medicine balls, several SQ, BP & DL bars (including cambered, safety squat and olympic bars), several squat boxes, chalk boxes, and bumper plates. (Okay, okay—I might've lied about the tigers. And maybe there aren't very many lions. RB)

photos courtesy Extreme Ripped Fitness

page 95 »



The Tripps and the Extreme Ripped Fitness powerlifters



Extreme Ripped Fitness trainers



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A.J. ROBERTS

as told to PL USA by Louie Simmons » 614.801.2060 » www.westside-barbell.com

A.J. has traveled a long journey to find his true home at Westside Barbell. He first came to the United States as a foreign exchange student in 2001, weighing in at a mere 170 pounds. In addition, he had never lifted weights before. He began lifting on a program based on Bigger, Faster, Stronger—a basic program that included box squats, benching, deadlifting, cleans, and incline presses.

He graduated high school at 210 pounds with a 400 pound squat, a 205 pound bench, and a 540 pound deadlift. He really got into powerlifting in 2004, when he started training with Brent Mikesell, a world record holder in the SHW squat, making a 1141 pound squat at the WPO. That year was A.J.'s first power meet. He made a 545 pound squat, a 365 pound bench, and a 560 pound deadlift at 220 bodyweight. He made his first Elite total in 2005 at 275 bodyweight. In 2006, he made a 2297 pound total. Later that year, he won the WPC worlds with an 880 squat, a 699 bench, and a 705 deadlift in the 308s. He made his first 1000 pound squat in 2007. In 2009, at the SPF he made a 1008 pound squat, a 710 bench, and a 710 deadlift, for a 2500 pound total. At the Guerilla Squat Classic he made a 1035 squat, an 805 bench, and a 760 deadlift for a 2600 total.

In less than two years he has gone from a 2428 pound total to a 2600-pound total. What's the method behind the total increase? First and foremost it's his training partners. They're some of the best in the world, including Tony Bolognone, with a 2705 total; Dave Hoff (Neutron), with a 2685 total; Matt Smith, with a 2671 total; and Luke Edwards, with a 2450 total and 840 deadlift, just to name a few. Westside has what it takes to reach the top, such as the Plyo Swing, the Reverse Hyper machine, and all of the bars, but without intense and logical training and helping each other, none of this would be possible.

For squatting, A.J. is just starting to hit his stride. He has always box squatted, but when we widened his stance, he blew up a 1035 pound squat. We found his hips were tight, so he started doing a lot of stretching, which made all the difference. Many have this problem, but ignore the fact and become stuck or go backward in their progress in the squat and can't lockout their deadlift. Next, A.J. started pushing up the average percent of his squat workouts. A second plus was raising the deadlift volume. He did lots of sets of 3-5 reps in the power rack with bands and ultra-wide sumo deadlifts with bands. We use the multiple sets for developing the muscles that contribute not only to deadlifting, but also squatting.

On Friday, the volume must be extremely high while the intensity is moderate to moderately high. Three days later on Monday, the bar volume averages 30-60% of Friday's workout. The intensity is 100%+ of our current physical preparedness. On max effort day, A.J. will work up to a max single 80% of the time. The other 20% is 3 reps of good mornings or 3-5 reps in the ultra-wide sumo. A.J. does a lot of special bars to squat with or do good mornings. On both days sled pulling for strength or strength endurance is done, and many times he does light sled pulling for his warm-up before the speed squat or on max effort day for squatting and deadlifting. Reverse Hyper machine and glute/ham raises are two main exercises that are done in high volume. A.J. also pays a lot of attention to flexibility. Two small workouts for the squat and deadlift are done in the afternoon. His main training sessions are at 8 AM. His bench training is typical Westside. In a span of less than two years his bench has gone from 710 to 805. How did A.J. do this? Let's take a look.

On speed day, he will rotate from mini to monster-mini bands to chains. Sometimes he uses a combination of chains and bands. Other times he will choke a mini or monster-mini to cause an abrupt loading at lockout. He uses a close grip just touching the smooth part of bar, two inches out with little finger touching the power ring. He does 9 sets of 3 reps; sometimes after a meet he will use 9 sets of 5 reps. The intensity is the same, but the volume is considerably higher to regain muscle mass. A.J., like other Westsiders, will do a rest pause system on speed day. A.J. will do a set, then rest 10 seconds and do a second set, rest 10 seconds and do a third set, rest 2 minutes and repeat. This is done for 3-4 series, or a total of 9-12 sets. This will really stimulate your body for a change of pace. Of course, he will change bars quite often. A power bar, a 2-inch-cambered bar, a football bar, a T-grip bar, or an arch bar is rotated in and out of his speed cycle. He does a couple sets of dumbbell presses with a moderate weight or two light sets of benches, one ultra-wide and one close grip for a set each with 15 reps. This is a warm-up before triceps work. A.J. will rotate from dumbbell roll-backs to extensions with the elbows out. When they start to fail, A.J. goes to the J.M. press and straight bar triceps extensions. He does board press, but only as a tester, not a builder. Some side and rear delt work, hammer curls, and lat work, and he is done.

Like George Halbert, A.J. thinks speed work is most important, but max effort is a must. A.J. does max effort work on Wednesday. This makes it possible to taper the heavy work 10 days out from a contest. He will do speed work on Sunday, which leaves 6 or 7 days to rest for a contest.

Wednesday is our max effort day. A.J. does not have a favorite, but the floor press with 200 pounds of chains is a main indicator of how strong he is for a contest. He will rotate between several exercises in no particular order: 2-3 board press; maxing out with chains, bands, and real weight; rack lockouts from 2 inches off chest to 4 inches from lockout; incline and decline press with a barbell using close and wide grips; and dumbbell pressing at all angles. He also does more muscle building with push-ups with weight on his back. Each week A.J. changes the max effort work, never doing the same exercise 2 weeks in a row. He will put a bench shirt on about every 4 weeks. Lots of triceps extensions have put almost 100 pounds on his bench in a year and a half.

Only time will tell where A.J. will be in the next year and a half; so stay tuned to the Westside channel and find out. ☺



A.J. now stretches to loosen up his hips



A.J. working his glutes/ham



Hardcore squatting power (Westside photos)

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A FUTURE CHAMPION

Eleven-year-old Evan Pittman of Tampa, Florida, is an accomplished athlete whom incorporated powerlifting into his sports training a year ago and has broken records in every powerlifting meet he has entered. Evan is the son of Rear Admiral Harold Pittman. The Admiral is currently serving in the U.S. Central Command at MacDill AFB. He was commissioned through OCS, and has served all over the world for the past 27 years. The Admiral has had four assignments in the Middle East. The Admiral is also working with Raw United and hopefully other federations to establish a 9/11 meet for the military.



A fifth grade honor roll student at Christ the King School in Tampa, Evan started training gradually with weights at age ten to help prepare for the President's Physical Fitness Test and for taekwondo competition. He had played soccer and basketball since age five and six, and the addition of weight training seemed natural, since his mom and dad routinely went to the YMCA to work out.

Evan began resistance training under the Admiral's supervision in January 2009, starting with the bench press, leg press and chin-ups, in addition to plyometrics and running. He quickly progressed to doing squats on a smith machine, and then to deadlifting. As his father incorporated powerlifting into his exercise regime, Evan's success in taekwondo skyrocketed. He won both the 2009 AAU Virginia State and AAU Carolina Taekwondo championships, and finished second in the 2009 USA Taekwondo Junior Nationals in Austin, Texas. "We just started lifting to help my taekwondo," Evan says. "Then my dad told me he thought I could break records, so we decided to train for a meet."

In July 2009, Evan got his first taste of powerlifting competition at the AAU Junior Olympic Games in Des Moines, Iowa, where he competed in the single-lift bench press contest, setting an AAU record and winning a gold medal. Two days later he won a second Junior Olympic gold medal in taekwondo, winning three straight fights by superiority gap.

In November 2009, Evan traveled with his dad to Myrtle Beach, SC, to compete in the AAU World Powerlifting Championships, where he set nine records in full power raw and assisted divisions, and single lift bench press and deadlift, including a 194 lb. deadlift at 75 lb. bodyweight.

Evan has lifted in AAU and Raw United meets and broken records in every meet he has competed in. He specifically trains for powerlifting on Sundays, in addition to his other sports specific training. He and his dad believe his new found strength has significantly enhanced his performance in other sports.

In addition to being an honor roll student and Junior Olympic athlete, Evan is also a talented musician. He plays violin with Tampa's Patel Conservatory String Symphonia, is learning trumpet and piano, and sang with the Virginia Opera Company's childrens' choir in their 2009 production of the opera Tosca.

According to his mother, the key to being successful at such a young age is deliberate practice of specific skills, along with time management and parental commitment—and homework always comes before sports and extracurricular activities.

Evan hopes to compete at the 2010 AAU Junior Olympic Games in both powerlifting and taekwondo, and has set his sights on competing in the 2016 Olympic Games as a member of the USA Taekwondo Team.

Evan seems very dedicated to his goals and maybe we will see him on the cover of Powerlifting USA or Sports Illustrated in the future.

We also wish his dad success with his plan to establish a 9/11 Power Meet.

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APRIL SHUMAKER

as told to Powerlifting USA by Bob Gaynor

This interview was done with April right after she took best lifter at the IPF worlds master benchpress championship. April currently trains at Bob Benedix's World gym in Port St. Lucie, FL. Stop in for a workout; it's a great place for a powerlifter.

Where were you born?

Worcester, MA, but I consider myself a Floridian because I moved to Florida with my parents when I was four.

Where do you live now?

I live in Port St. Lucie, Florida, near the beach; the area known locally as the Treasure Coast.

What is your educational background?

Martin County High School, certified personal trainer and aerobics and aqua exercise instructor.

Married/children?

Married to my coach and trainer, Bill Shumaker. We have two children, seven-year-old Billy, and five-year-old April.

Are you employed?

LA Fitness & Ruby Tuesday. I work at LA Fitness even though it is not a lifter's gym because I love to teach aerobics, and I work at Ruby Tuesday because it is my favorite restaurant.

What are your hobbies?

Powerlifting, aerobics, playing games and going places with my children.

What are some of the powerlifting titles/records you have?

It's hard to remember them all because some were done in the years BC (before children). Actually, I started competing as April Delmore in 1988 or so in the USPF "Natural" Division, which was the drug tested division of the USPF at that time—before Rich Peters left and started NASA. I won my first Nationals in Dallas, at the 1991 USPF Senior Nationals. I am proud of setting a world record bench in 1997 at the USPF Men and Women's Senior Nationals in Philadelphia. USPF 48-kilo National Champion in 1991, 1996 and 1997. IPF Pan-Am champion and champion of champions at the 1996 Pan-Am in Hamilton Ontario. 2009 USPF Olympia in Las Vegas where I set the American Open Bench record at 100-kilos. I also broke the long standing USAPL American open bench press record set by Jennifer Maile in 2003 with my 3rd attempt at 100-kilos at the Florida State meet on February 20th of this year. 2010 USPF American Cup 48-kilo champion and overall winner with a 903 total—which is a personal record of mine—along with a PR bench of 112.5-kilos. 2010 IPF World Masters bench press 48-kilo champion, and overall winner with a 100-kilo bench.

How did you get started in powerlifting?

I was working at a local gym as an aerobics instructor and I wanted to lose weight and tone up like so many other girls do. I was one of those girls walking around the gym saying, "How does this work? Can you show me how to use this machine?" Bill showed me how to use the machines and put together a nutritional and exercise program for me. When I started, I could not squat or bench the empty bar and I had to hold little dumbbells to learn the lifts. Warning: if you help someone in the gym, it could lead to marriage.

What is your current weight class and bodyweight? What other weight classes have you lifted in?

I am currently in the 48-kilo class where I usually lift and I have lifted in the 44, 48, and 52-kilos classes. I am usually between 102 and 104.5 at



April Shumaker at the 2010 Fit Expo

a meet and 5 or so pounds heavier out of meet.

What kind of training routine do you follow—number of days, sets, reps?

Our training revolves around the squat and bench. Deadlifts are tossed in on a squat day around five weeks out from a meet. Except for empty bar warm-ups, we never go over seven reps, with the majority of sets being five or three reps. Singles are done from time to time to test strength and to prepare for a meet, but we are drug free and cannot get stronger simply by doing singles. The squat and bench are done either twice a week or twice every eight days and we do a lot of box squatting and other work with chains and bands. We do not train raw. Except for warm-ups, we bench geared and we use boards from time to time. We workout five or six days a week, with limited assistance work on the days when we do none of the three lifts. When we start deadlifting, we change the assistance work or eliminate it altogether. Bill changes up the routines by using a lot of different methods—staggering, stuttering, dynamic and conjugate methods to name a few that I remember him mentioning.

Do you follow any special nutritional program?

I can blow up pretty quickly if my nutrition is neglected, so my normal diet is mostly protein, a few carbs, and little sugar or fat. Before a contest



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In one 6-week study, subjects taking the key ingredients in Six Star Muscle Whey Protein gained, on average, 340% more lean mass than those using a placebo (8.8 vs. 2.0 lbs.). †† In the same study, subjects taking the key ingredients in Six Star Muscle Whey Protein gained, on average, more lean mass than subjects using regular whey protein (8.8 vs. 5.1 lbs.). † In one 10-week study, subjects taking a key ingredient in Six Star Muscle Whey Protein increased their one-rep max bench by 160% more than those using casein protein (105 vs. 40.7 lbs.). *In the same study, subjects taking a key ingredient in Six Star Muscle Whey Protein gained, on average 5 times more lean mass than those using casein protein (11 vs. 1.81 lbs.). © 2010.

POWER RESEARCH

HMB & CREATINE: GIVING RESULTS™ EVERY TIME

Strength, power, muscle and speed are our specialties at AtLarge Nutrition, LLC. Every single day we work with and speak with the best athletes in the world. We listen to their needs, hear about the rigors of their sports, and sympathize when they tell us they need just a little something extra to help them reach their full potential. That's when we head to our lab, lock ourselves inside, and design the highest quality supplements that will help the best of the best get the results that they want.

Recently, we strove to formulate a product that would dramatically enhance performance while simultaneously remaining safe and legal in as many athletic federations as possible. Exhaustive research and in-the-trenches conversations led to the creation of RESULTS™.

Two ingredients in RESULTS™, HMB (β-hydroxy-β-methylbutyrate) and creatine monohydrate, are potent enough to be stand-alone supplements. However, we found something that shocked us: when you combine these two amazing compounds, the effects were far more exciting and powerful. Simply put, the results were increased lean muscle mass and strength and reduced body fat.

HMB for Muscle Growth and Increased Endurance Performance!

HMB is a naturally occurring compound produced in the body during metabolism of the amino acid leucine. Leucine is a branched chain amino acid (BCAA) of great interest. Taken in comparatively low doses (4-6g), it has been demonstrated to stimulate protein synthesis to the same degree as much larger servings of complete proteins. This effectively means that you can get the same surge of protein synthesis without taking in tons of protein.

Dr. Steven Nissen was the first man to explore the potential health and ergogenic benefits of HMB. He theorized that leucine's powerful protein synthesis-stimulating effects were correlated to its metabolism of HMB in the body. Following Dr. Nissen's pioneering work, HMB has become one of the most studied supplements in the sports nutrition industry. Recent research has elucidated the ways in which HMB both stimulates protein synthesis⁽²⁾ and blunts catabolism⁽³⁾, thus assisting in creation of a net anabolic environment.

HMB not only has positive effects on the net protein state of the body (and thus potentially on skeletal muscular hypertrophy), but it has also been recently shown to aid endurance. It does so via two distinct pathways:
Pathway 1 - Enhancement of maximum oxygen uptake (VO_{2max})
Pathway 2 - Improvement of the respiratory compensation point (RCP)⁽⁴⁾.

These improvements allow endurance athletes to exercise at a *higher level of intensity for a longer period of time*, thus potentially improving performance.

In yet another study, HMB reduced peak creatine kinase (CK) levels after a prolonged run⁽⁵⁾. CK is generally considered to be a marker of muscle damage, and thus a reduction in peak levels indicates reduced muscle damage, more rapid recovery, or both. CK levels are also highly correlated with muscular soreness. A reduction in peak CK levels may result in reduced muscular soreness from intense training. This means you can train more frequently and feel better!

So far we have discussed proven effects of HMB that *should* result in improved performance in the gym. But what about real-life results?

Two Studies - Nothing Short of Phenomenal

In one study, HMB users experienced double the strength increase and three times the lean gain in muscle mass as compared to that of those using a placebo. This study's amazing results prompted a second seven-week study that resulted in HMB users increasing their bench press strength three times that of placebo users!⁽⁶⁾

Safe and Effective!

Supplements or drugs with the proven ergogenic benefits of HMB are often considered unsafe, but HMB is one of the very few exceptions. In fact, it may even be beneficial to overall health via a positive effect on LDL cholesterol and blood pressure.

Bottom line: If HMB isn't part of your daily supplement regimen, then it very well should be!

Creatine: The Classic Stand-By That Packs a Punch

Creatine, or α-methylguanido-acetic acid, is a naturally-occurring nitrogen compound that contains an acidic component found both in select foods (primarily meats) and in the body. The majority of creatine in the body is found in the skeletal muscle system and plays a very important role in energy metabolism.

Supplementation with creatine allows for increased intramuscular stores and thus enhanced anaerobic training endurance (more reps with the same weight). This enhanced endurance allows for greater training volume and thus greater potential stimulation of muscular hypertrophy.

Creatine supplementation also increases intramuscular stores of fluid, which results in volumization of the muscle cells, and volumization of muscle cells has a stimulating effect on protein synthesis. Therefore, creatine allows



the trainee to lift more weight and potentially to respond to the increased training stimulus with greater muscular hypertrophy.

Creatine's theoretical benefits, as listed above, have been proven in research. Volek et al. studied the effects of a one-week creatine loading phase. The result was that creatine significantly increased the work performed (on the bench press and with jump squats) as compared to placebo⁽⁸⁾. In a separate study, creatine was shown to improve 100-meter sprint times⁽⁹⁾. Finally, another study by Volek et al. involving 12 weeks of creatine supplementation resulted in both increased muscle mass and training volume⁽¹⁰⁾.

As with HMB, there is a literal mountain of studies on creatine proving both its efficacy as an ergogen and its safety. Again, like HMB, creatine may even provide certain health benefits such as acting as a potent antioxidant.

The Super Supplement: RESULTS™

As addressed above, both creatine and HMB have been proven to increase skeletal muscle mass and strength. Individually, they are both impressive ergogenic supplements, but when combined, they make for a kind of *super supplement*.

page 100 »



POWER ON

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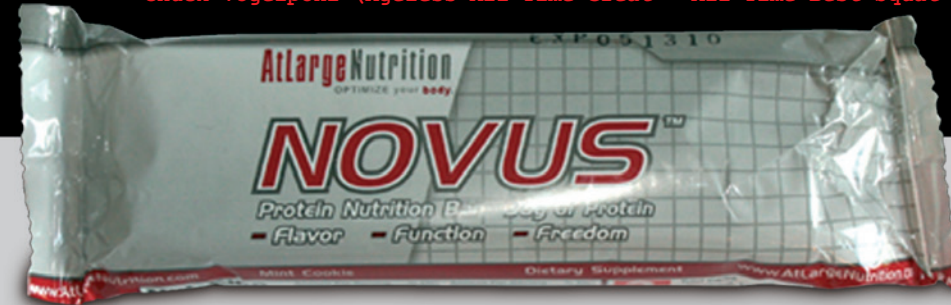
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Tom Mutaftis (National Champion LW Strongman - 20 podium appearances, 10 wins)

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Chuck Vogelwohl (Ageless All-Time Great - All-Time Best Squat in the 242 lbs class with 1,140 lbs)



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LEG PRESS

as told to Powerlifting USA by Doug Daniels

An effective assistance exercise should target and strengthen the involved muscular structure of a specific powerlift and result in measurable improvement in that lift. Of course, as I have always stressed, assistance exercises are a means to an end, not the end itself. That is, we use assistance exercises to become stronger in the powerlifts.

One effective assistance exercise for the squat is the leg press. Let's look at the benefits offered to the powerlifter. First, the leg press allows a lifter to work the lower body when their lower back is sore or needs rest. The leg press is a perfect candidate for light leg days when you may choose not to squat at all. This can be a real plus for a lifter whose leg strength is subpar but cannot squat more than once per week due to back pain or injury. A perhaps overlooked factor to consider is that a lifter's squat form may not be conducive to developing maximum leg strength. By using the leg press, a lifter can strengthen that area and hopefully transfer that power over to the squat.

There are numerous types of leg presses available. One type is the 45-degree leg press on a sled, another is the "universal" style in which the lifter presses from a seated position and presses the weight straight ahead. Another style is a press in which the lifter lays flat on a movable sled and pushes away from the stationary base. Old style leg presses require the lifter to lay flat on the floor and push the weight straight up above. Which one you choose depends, of course, on what is available. Some leg press machines provide different degrees of comfort to each individual lifter. Comfort is an important factor in deciding which one to use if you have several choices. I personally prefer the 45-degree sled type. There is no pressure on my lower back and its operation is smooth and it has a high level of safety, while a seated leg press wreaks havoc on my back.

If you are new to the leg press, progress slowly with weight increases. The leg press allows a wide range of motion on the lower or bottom part of the lift. Lowering the weight to the extreme low position requires flexibility and acquired strength in that area and injury can result from premature excess range of motion. I do not see the need for a lifter to lower the weight to the extreme bottom in the leg press anyway. Simulate the depth in the squat. Have a partner tell you when you have reached that depth and use that as your maximum and target depth level. This will enable increases in strength to be measured. Too many lifters tend to decrease the range of motion as the weight increases and mistake that as a strength increase when actually, less work is performed and less benefit gained. The lifter only cheats himself in that scenario.

At the bottom or low part of the squat, many lifters come up with their knees bowed



Dr. Ken Leistner's son, Gregory, currently the associate head coach for Stanford's football program, doing a Kell Leg Press (Ken Leistner photo)

inward as they attempt to rise up. Not only can this cause injury, but it is a very inefficient use of leg power. This problem can go on forever unless a lifter is made aware that he is doing this by an observant coach or training partner. If this is your problem; the leg press offers hope. As you leg press the weight to up completion, concentrate on keeping your knees straight and parallel to each other throughout the whole press. Because your knees are in clear view, you can see if and when they bow in. It may be necessary to lower the weight on the leg press until you can maintain this position. Increase the weight slowly while maintaining this form. If you combine this type of form with new attention and similar adjustments in your squat, this problem will be history and personal records are just around the corner.

The deadlift can also be improved by the leg press. The movement of the leg press simulates your legs pushing away from the floor as the bar goes up. Perform your leg presses with the same leg width spacing as your deadlift pull for best results. This favors conventional deadlifters more than the sumo user.

The leg press is generally regarded as an isolation exercise, but unlike other isolation exercises, such as the stiff-legged deadlift, lifters can use more weight in the leg press than they can use in the targeted squat. This is due to the fact that the lifter does not need to balance or control the weight during the leg press. The weight is also in perfect alignment so that the involved muscle groups can efficiently move it. But some muscle groups are isolated in this exercise and some are excluded like the lower back and arms and shoulders. For that reason,

the leg press is really a hybrid.

Safety should always be important, so before lifting make sure any leg press you use is in good working order and the weights are loaded properly. If you are going to attempt an extremely heavy weight, have a few spotters stand by. If you miss a rep in the leg press, it may be too heavy for just one spotter to get it off you. A 500 pound squatter can easily leg press 800-1000 pounds. That is some significant iron! When warming up, start your light reps with partial presses and increase the range of motion of your presses as you progress.

Lastly, let's look at how we can fit the leg press in our training schedule. The key thing to remember is not to over train on assistance work. For most lifters, I would recommend squatting once per week and leg pressing on light days to the exclusion of squats. This will help insure your lower back will remain fresh and not be overly stressed by the demands of squatting and deadlifting. I would suggest keeping reps in line with your current cycling scheme. Although I would avoid going lower than reps of 5 for safety reasons.

Please do not think I am saying that leg presses are a substitute for hard work in the squat. But they are a top pick for squat assistance work. Adding the leg press to your training schedule can allow you to strengthen your legs and hips and not over-stress the lower back in the process. It can also provide an injured lifter with a means to maintain lower body power while on the mend. Variety is also another benefit. I hope I have given you some food for thought on what can be an effective assistance exercise; the leg press. <<

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naNO VAPOR HARDCORE PRO SERIES

Scientific Research Reveals Test Subjects increased by 18.6%!

as told to Powerlifting USA by Team MuscleTech

What do you take before you go into battle with the iron? Any serious powerlifter knows that what you consume prior to your workout could make or break your session. That's why some of the world's most hardcore lifters, such as 220 lb. class world record holder Matt "Kroc" Kroczaleski, use the new naNO Vapor® Hardcore Pro Series™ formula. Each pre-workout dose Kroc slams back is engineered to ignite a fury of raw intensity powerful enough to fuel the most insane training session.

As one of the first powerlifting test subjects to experience this potent new pre-workout formula, we were anxious to hear about what effect it had on Kroc's training sessions. Would the countless hours invested into scientific research developing this formula translate into a phenomenal training session for a powerlifter in the real world? Well, to answer that question, take it from Kroc in his own words: "As I continued to train on naNO Vapor Hardcore Pro Series, I was breaking PBs and my strength levels were insane! I definitely recommend this stuff to every powerlifter." This was a confirmation for Team MuscleTech™ researchers who knew this could very well be the powerlifter's ultimate pre-workout formula.

PRE-WORKOUT POWERHOUSE IN THE GYM

What does it take to create the perfect pre-workout formula for a hardcore powerlifter? You want cranked energy and intensity to help get you in the right zone to destroy a big lift. You also want a formula that supports extreme muscle performance and amplified ATP muscle energy production. But most importantly, you want a formula that helps you increase your strength as you continue to train on it. So does your current pre-workout supplement do all these things? Chances are it doesn't. But rest assured, Team MuscleTech™ researchers considered all of these critical training elements when developing the new naNO Vapor Hardcore Pro Series.

Our researchers invested countless hours scanning the latest published studies in search of new, cutting-edge ways to create the most powerful and effective pre-workout formula. They put in tedious and sometimes monotonous work so you don't have to. As a result, naNO Vapor Hardcore Pro Series is scientifically designed to crank your energy and intensity and deliver a key ingredient that helps amplify ATP muscle energy production and even increase strength levels.

TEST SUBJECTS INCREASED STRENGTH BY 18.6% IN JUST 10 DAYS!

Most regular pre-workout arginine-based formulas are really only designed to help you get

"As I continued to train on this new formula, I was breaking PBs and my strength levels were insane!"



"Scientifically designed to increase strength, this could be the powerlifter's ultimate pre-workout formula."

a pump in the gym. But what good is that for a powerlifter? You want a formula that cranks your energy, intensity and increases strength. Because increasing strength is your primary goal

as a powerlifter, Team MuscleTech researchers infused naNO Vapor Hardcore Pro Series with a key ingredient that's actually shown in real scientific research to increase strength.

Here are the actual facts: In a 10-day, double-blind, placebo-controlled study, 31 subjects were divided into three groups (Selsby, J.T., et al., 2004). The test subjects using a key ingredient in naNO Vapor Hardcore Pro Series increased strength capacity on the bench press by an average of 18.6 percent compared to baseline (6,658 vs. 5,613 J). This study is particularly relevant for powerlifters. Not only did they use weight trained men for the study, but they measured the strength levels on a core powerlifting exercise – the bench press. The next time you lay under the bench press starting up at a fully loaded barbell, ask yourself if your body is loaded with this key strength-enhancing ingredient.

PURE MUSCLEBUILDING POWER IN JUST WEEKS

In most instances, more muscle equals more strength. And it's no coincidence that some of the strongest powerlifters in the world also carry a ton of muscle mass. So to help you grow, the new naNO Vapor Hardcore Pro Series formula contains a key ingredient shown in third-party research to help pack on muscle.

As published in the Journal of Medicine and Science in Sports and Exercise, 22 untrained test subjects were divided into three separate groups (Willoughby, D.S., 2001). At the end of just 12 weeks, the subjects consuming a key musclebuilding compound in naNO Vapor Hardcore Pro Series gained 7.12 pounds of muscle while subjects using a placebo gained only 1.30 pounds! Researchers in this study suggested that this key ingredient produces increases in muscle protein myofibrillar content, which leads to greater muscle and strength gains. This key ingredient also plays a primary role in regenerating muscle ATP content when you're in the gym – helping you to produce explosive strength and power.

If your current pre-workout supplement isn't helping you get the job done in the gym, it's time to use a formula created from scientific research. The new naNO Vapor Hardcore Pro Series formula will change your workouts forever. Try it for yourself and feel what you've been missing out on. «

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

Test Subjects *Instantly* **Increased STRENGTH** By **18%**

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Want to smash a PB the next time you step into your iron playground? Sure you do – it's your sole purpose every time you hit the weights. Then why wouldn't you prime your mind and body with the exact amount of a key ingredient shown in published scientific research to increase strength on the very first dose? In a third-party, double-blind, crossover, placebo-controlled study, 18 subjects taking a key

INCREASE RAW STRENGTH & PERFORMANCE



In a third-party, double-blind, crossover, placebo-controlled study, 18 subjects taking a key ingredient in naNO Vapor Hardcore Pro Series increased strength on the chest press by 18.3% compared to when using a placebo (5,254 vs. 4,442 lbs. of total weight lifted).

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 São 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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Collin Rhodes with a 575 Raw BP



Germany's Holger Kuttroff pulled 750 lb. raw!



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- » 2nd Place Scott Smith 675 @ 250.4 lb. Bwt
- » 3rd Place Stefan Oesterle 660 @ 197.8 lb. Bwt
- » 4th Place Chip Edalgo 655 @ 242 lb. Bwt
- » 5th Place DaMon Mayers 645 @ 214 lb. Bwt
- » 6th Place Jamie McDougal 640 @ 175.8 lb. Bwt
- » 7th Place Cardell Oliver 620 @ 215 lb. Bwt
- » No Lift Brent Gossett

Heavyweight Division (251 lb. & up)

- » 1st Place James "Pitbull" Searcy 805 @ 340 lb. Bwt \$1,000 Cash
- » 2nd Place Travis Ortmyer 800 @ 310 lb. Bwt
- » 3rd Place Holger Kuttroff 750 @ 305 lb. Bwt
- » 4th Place Brian Jones 725 @ 271 lb. Bwt
- » 5th Place Tino Czeranowski 650 @ 289.2 lb. Bwt
- » 6th Place Randall Harris 600 @ 341 lb. Bwt
- » 7th Place Billy Pierce 500 @ 288 lb. Bwt

600 POUND DEADLIFT FOR REPS W/APT LIFTING STRAPS

- » 1st Place James "Pitbull" Searcy 12 Reps @ 340 lb. Bwt \$500 Cash
- » 2nd Place Tino Czeranowski 6 Reps @ 289.2 lb. Bwt
- » 3rd Place DaMon Mayers 5 Reps @ 214 lb. Bwt
- » 4th Place Brandon Cass 5 Reps @ 229 lb. Bwt

MAX RAW BENCH

Lightweight Division (175.9 & Under)

- » 1st Place Joe Mazza 450 @ 175.2 lb. Bwt \$1,000 Cash
- » 2nd Place Jamie McDougal 420 @ 175.8 lb. Bwt
- » 3rd Place Eddie Webber 350 @ 167 lb. Bwt
- » 4th Place Carlos Huerta 300 @ 163 lb. Bwt

Middleweight Division (176 - 250.9 lb.)

- » 1st Place Scott Smith 535 @ 250.4

lb. Bwt \$1,000 Cash

- » 2nd Place Jared Cassidy 525 @ 238 lb. Bwt
- » 3rd Place Chip Edalgo 500 @ 242 lb. Bwt
- » 4th Place Stefan Oesterle 470 @ 197.8 lb. Bwt
- » 5th Place Cardell Oliver 380 @ 215 lb. Bwt
- » 6th Place DaMon Mayers 375 @ 214 lb. Bwt
- » 7th Place Ricky Lee Durham 360 @ 229 lb. Bwt

Heavyweight Division (251 lb. & up)

- » 1st Place "Big Al" Davis 635 @ 296 lb. Bwt \$1,000 Cash
- » 2nd Place Collin Rhodes 575 @ 295.6 lb. Bwt
- » 3rd Place Brad Johnson 550 @ 255 lb. Bwt
- » 4th Place AJ Schroeder 550 @ 264 lb. Bwt
- » 5th Place Holger Kuttroff 550 @ 305 lb. Bwt
- » 6th Place Tino Czeranowski 415 @ 289.2 lb. Bwt

MHP'S CLASH OF THE TITANS RAW PUSH PULL TOTAL

- » 1st Place Holger Kuttroff 1,300 @ 305 lb. Bwt \$1,200 Nebula Custom Benchpress
- » 2nd Place Scott Smith 1,210 @ 250.4 lb. Bwt
- » 3rd Place Chip Edalgo 1,155 @ 242 lb. Bwt
- » 4th Place Stefan Oesterle 1,130 @ 197.8 lb. Bwt
- » 5th Place Tino Czeranowski 1,065 @ 289.2 lb. Bwt
- » 6th Place Jamie McDougal 1,060 @ 175.8 lb. Bwt
- » 7th Place DaMon Mayers 1,020 @ 214 lb. Bwt
- » 8th Place Cardell Oliver 1,000 @ 215 lb. Bwt

315 POUND BENCH BATTLE FOR STRICT REPS

- » 1st Place Chip "Big Hoot" Edalgo 26 Reps @ 242 lb. Bwt \$250 Cash + \$250 House Of Pain.com Gift Certificate + Photo Coverage in a future issue of Planet Muscle Magazine
- » 2nd Place Jared Cassidy 23 Reps @ 238 lb. Bwt
- » 3rd Place Scott Smith 18 Reps @ 250.4 lb. Bwt

- » 4th Place Joe Mazza 16 Reps @ 175.2 lb. Bwt
- » 5th Place Jamie McDougal 11 Reps @ 175.8 lb. Bwt
- » 6th Place Stefan Oesterle 11 Reps @ 197.8 lb. Bwt
- » 7th Place Ricky Lee Durham 11 Reps @ 229 lb. Bwt
- » 7th Place Ed Brown 11 Reps @ 229 lb. Bwt

405 POUND RAW BENCH FOR STRICT REPS

- » 1st Place "Big Al" Davis 19 Reps @ 296 lb. Bwt \$250 Cash + \$250 House Of Pain.com Gift Certificate + Photo Coverage in a future issue of Planet Muscle Magazine
- » 2nd Place Collin Rhodes 16 Reps @ 295.6 lb. Bwt
- » 3rd Place AJ Schroeder 13 Reps @ 264 lb. Bwt

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UPDATED HARDCORE POWERLIFTING FEDERATION RECORDS (As of April 10th, 2010)

SQUAT RECORDS

- Open Class 175 Pound Division: Eric Talmant, 520lbs @ 170.6 lb. bwt, Clash of the Titans 2009 (Dallas, TX)
- Open Class 225 Pound Division: Jesse Kellum, 750lbs @ 218 lb. bwt, Clash of the Titans 2009 (Dallas, TX)
- Open Class 250 Pound Division: Brandon Cass, 800lbs @ 228 lb. bwt, Clash of the Titans 2007 (Dallas, TX)
- Open Class 275 Pound Division: Scott Smith, 830lbs @ 268.2 lb. bwt, Clash of the Titans 2009 (Dallas, TX)
- Open Class 276+ Pound Division:

Randall Harris, 790lbs @ 341.8 lb. bwt, Clash of the Titans 2009 (Dallas, TX)

BENCH RECORDS

- Open Class 175 Pound Division: Joe Mazza, 450lbs @ 175.2 lb. bwt, Kings of the Bench 2010 (Dallas, TX)
- Open Class 225 Pound Division: Michael Green, 530lbs @ 225 lb. bwt, Clash of the Titans 2007 (Dallas, TX)
- Open Class 250 Pound Division: Jeremy Hoonstra, 615lbs @ 240 lb. bwt, Kings of the Bench 2006 (Las Vegas, NV)
- Open Class 275 Pound Division: Russell Kitani, 550lbs @ 264lbs bwt, Clash of the Titans 2007 (Dallas, TX)
- Open Class 276+ Pound Division: Al Davis, 635lbs @ 296lbs bwt, Kings of the Bench 2010 (Dallas, TX)

DEADLIFT RECORDS

- Open Class 175 Pound Division: Jamie McDougal, 640lbs @ 175.8lbs bwt, Clash of the Titans 2010 (Dallas, TX)
- Open Class 225 Pound Division: Brandon Cass, 770lbs @ 222lbs bwt, Clash of the Titans 2009 (Dallas, TX)
- Open Class 250 Pound Division: Brandon Cass, 800lbs @ 229lbs bwt, Clash of the Titans 2010 (Dallas, TX)
- Open Class 275 Pound Division: Scott Smith, 750lbs @ 268.2 lb. bwt, Clash of the Titans 2009 (Dallas, TX)
- Open Class 276+ Pound Division: James Searcy, 840 lb. @ 350 lb. bwt, Clash of the Titans 2007 (Dallas, TX)

TOTAL RECORDS

- Open Class 175 Pound Division: Jamie McDougal, 1,530 lb. @ 175.6 lb. bwt, Clash of the Titans 2009 (Dallas, TX)
- Open Class 225 Pound Division: Jesse Kellum, 1,950 lb. @ 218 lb. bwt, Clash of the Titans 2009 (Dallas, TX)
- Open Class 250 Pound Division: Brandon Cass, 1,960 lb. @ 228 lb. bwt, Clash of the Titans 2007 (Dallas, TX)
- Open Class 275 Pound Division: Scott Smith, 2,130 lb. @ 268.2 lb. bwt, Clash of the Titans 2009 (Dallas, TX)
- Open Class 276+ Pound Division: James Searcy, 2,030 lb. @ 355 lb. bwt, Clash of the Titans 2007 (Dallas, TX)

BENCHPRESS FOR STRICT REPS

- 225 lb. for Reps (175 Pound Division): Joe Luther, 30 Reps @ 165 lb. bwt, Kings of the Bench 2006 (Las Vegas, NV)
- 315 lb. for Reps (175 Pound Division): Joe Mazza, 16 Reps @ 175.2 lb. bwt, Kings of the Bench 2010

(Dallas, TX)
315 lb. for Reps (225 Pound Division): Stefan Oesterle 11 Reps @ 197.8 lb. bwt, Kings of the Bench 2010 (Dallas, TX)
405 lb. for Reps (250 Pound Division): Jeremy Hoonstra, 27 Reps @ 240 lb. bwt, Kings of the Bench 2006 (Las Vegas, NV)
405 lb. for Reps (Unlimited Division): Al Davis, 19 Reps @ 296 lb. bwt, Kings of the Bench 2010 (Dallas, TX)

Coming Spring 2011: MHP's Kings of the Bench V & Clash of the Titans IV at The Ronnie Coleman Classic Expo in Mesquite, Texas!
» results and photos courtesy of Sean Katterle, contest promoter, producer, scorekeeper and announcer, www.hardcorepowerlifting.com



Brandon Cass pulled a huge 800!



James Searcy with an 805 raw deadlift



Champion lifter Joe Mazza (left) with Kenny Dinolfo

You can now watch over 90 minutes of highlight videos from this competition on YouTube! (Just look up SeanHCPL as I've stored all the clips on my personal web page.) The same videos are re-posted on my HouseOfPain.com blog (username = HOP Oregon Distributor) http://www.houseofpain.com/blog.html?search_author=22

MHP'S NO-BOMB »

incredible pumps and muscle growth. GlycoCarn is the only compound shown in verified scientific research to increase levels of nitric oxide in the body to statistically significant levels that will produce performance-enhancement effects.

RECOVERY. The faster worked muscles are once again ready to train to their capacity (muscle recovery), the faster the entire body experiences an adaptation to its increased capacity for work. GlycoCarn aids in muscle recovery through its antioxidant properties. Studies indicate that GLPC may affect the removal of metabolic waste produced in the ATP energy cycle (namely lactic acid and carbon dioxide) through this increase of NO in the bloodstream. In addition to post workout recovery, an increase in recovery during workout increases endurance and stamina. The antioxidant properties of GlycoCarn facilitate the body in ridding itself of metabolic waste that builds up during exercise, allowing the body to increase its threshold to fatigue time.

LACTIC ACID REMOVAL. Short-term supplementation of GPLC was shown in research studies to produce significant enhancement of anaerobic power during repeated cycle sprints in resistance trained men. The increase in peak power output was accompanied by a significantly lower accumulation of lactate. Free carnitine in the body that's available as a result of GPLC supplementation reduces serum carnitine deficiencies during intense exercise, which facilitates the production of short chain acylcarnitines as a buffering process that reduces lactate accumulation.

FAT BURNING. GlycoCarn has been shown by research to be safe and effective as a weight support supplement that supports fat metabolism. Many weight loss products on the market rely solely on artificial stimulants and diuretics to induce weight loss or the appearance of weight loss. However, GPLC supports a healthy boost of metabolism, as well as an increase in energy levels – two essentials in both dropping weight and fueling you through your workouts! GlycoCarn amplifies the mobilization of fatty acids (stored energy) into working tissue for cellular metabolism, which creates energy in the ATP, or Krebs's Cycle, via the beta oxidation process. When supplemented into the diet for a period of over eight weeks, GPLC has been shown to increase this fat burning process in subjects when combined with aerobic activity.

ENERGY. GlycoCarn possesses the ability to mobilize fatty acids and utilize them for energy. GPLC also enhances active performance at a cellular level, increasing blood flow and increasing nitric oxide retention. This increases increasing ATP energy and aids in recovery both during and after activity. GPLC increases NO levels in the human bloodstream and optimizes the delivery of oxygen and nutrients to working muscles through vasodilation and increased blood flow. This facilitates the body in production of ATP energy and assists in diminishing harmful free radical buildup in the body—essential elements of endurance, stamina and recovery. GlycoCarn fuels your performance, in training and in competition, giving your body the physical endurance and stamina to match your drive.

NO-BOMB'S KNO3 NITRITE-NO AND NOSA TECHNOLOGIES

To amp up the performance-boosting effects of GlycoCarn, NO-BOMB also includes some revolutionary advances in NO supplementation. The highly advanced KNO3 Nitrite-NO Technology utilizes bioactive nitrates and nitrites to trigger a newly discovered nitric oxide pathway to provide far greater vasodilation and muscular performance. Research shows this nitrate/nitrite-NO pathway kicks in when you need it most – during your workouts. Unlike the arginine-NOS pathway, the nitrate/nitrite-NO pathway actually takes effect during training sessions to increase the blood's oxygen carrying capacity, enhance muscle pumps and boost performance. Because these bioactives have the ability to recycle back into nitric oxide, the KNO3 Nitrite-NO Technology has been proven to sustain fiber-stretching muscle pumps far greater and longer than the arginine NOS pathway. This equates to increased exercise performance, longer workout capacity and greater muscle pumps.

NO-BOMB also contains a uniquely effective capacity to extend nitric oxide production via its proprietary Nitric Oxide Sustaining Agents (NOSA). The NOSA technology helps to overcome the body's natural

tendency for homeostasis that typically circumvents greater NO production than normal – a situation no lifter wants to encounter. NO-BOMB's NOSA includes specialized PDE-5 inhibitors that prevent the degradation of nitric oxide, promote extended NO synthase activity and result in significantly higher weight training capacity.

THE NEW AGE IN NITRIC OXIDE HAS ARRIVED!

NO-BOMB is the ultimate muscle-building and strength-promoting nitric oxide supplement. NO-BOMB ignites numerous incredible muscle-maximizing and numerous performance and physique enhancing benefits, including buffering lactic acid for increased muscular endurance, powerful antioxidant properties for improved recovery, and amplified fatty acid metabolism for increased energy and fat burning. Never before has one formula been able to deliver all of these clinically supported benefits. Take your powerlifting, iron pumping, muscular growth and workout performance to a new level with the most advanced clinically researched formula ever created—MHP's NO-BOMB! For more information, visit www.MHPstrong.com. «

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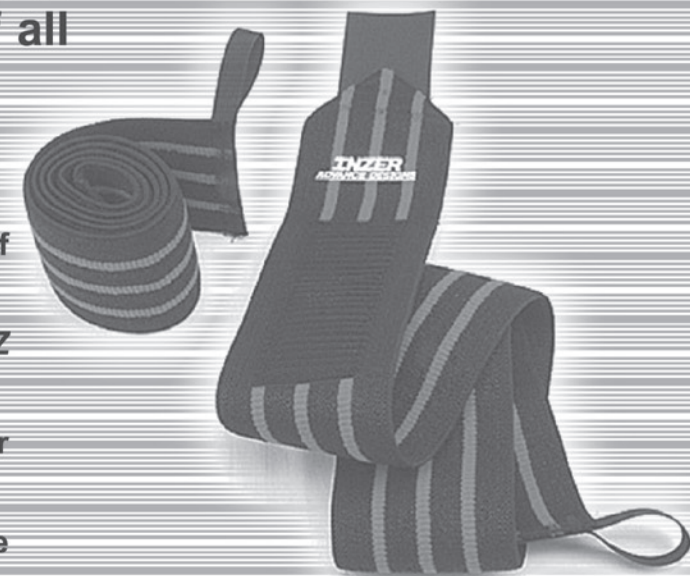


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QUESTIONS ANSWERED

by Mauro Di Pasquale, MD, MRO, MFS » mauro@metabolicdiet.com » www.metabolicdiet.com

NEWS FLASH!

If you like getting the latest tips on lifting issues, sign up for Dr. Mauro's Elite Performance Newsletter. Every month Dr. Mauro will be covering topics ranging from diets, nutritional supplements and the nutritional supplement industry, to performance enhancement, drug testing, scams, and more.

To sign up for the monthly newsletter email Dr. Mauro at mauro@metabolicdiet.com

DEAR MAURO: Sorry it took so long to get back to you. Thanks for sending the newsletter. The information is hands down "amazing". I receive tons of journals ranging from the *New England Journal of Medicine* to the *NSCA research journal*, but the info you provided in yours is really one of a kind. The amount of info is overwhelming, but in a very good way. I can't wait to see the future issues.

Also, on another note, I heard an audio interview you did on heavy muscle radio awhile back and it was great. If you do any other future interviews, with any website, please let me know. Thanks again and keep up the amazing work.

In good health, Nick

NICK: Thanks for the kudos. Although I've done others in the past, I gather that this more recent one is the one you heard on Heavy Muscle Radio (www.rxmuscle.com/hmr-radio-show/1032-jtp-heavymuscleradio.html).

I have done other interviews and have copied below the links to the more recent ones on SuperHumanRadio.com.

⇒ <http://superhumanradio.com/super-human-radio-show/451-post-workout-carbohydrate-consumption-blunts-insulin-sensitivity-for-up-to-24-hours.html>

⇒ <http://superhumanradio.com/super-human-radio-show/439-resistance-training-and-arterial-stiffness-and-followup-on-carbohydrates-and-performance.html>

⇒ <http://superhumanradio.com/super-human-radio-show/430-best-of-carbohydrates-and-athletic-performance.html>

athletic-performance.html

⇒ <http://superhumanradio.com/super-human-radio-show/426-mark-mcguire-mea-culpa.html>

I'll be doing more radio interviews over the next several months and we'll post these in the newsletter and on www.ElitePerformanceNewsletter.com. BTW you can download the first two and any subsequent newsletters from this site.

Thanks, Mauro

DEAR MAURO: I am a drug free lifter governed by the IPF. Would taking TestoBoost and GHboost disqualify me at a meet?

Thanks, Don

DON: There is absolutely no danger of a positive drug test when taking GHboost and TestoBoost. That's because both supplements increase the natural production of growth hormone, IGF-1, testosterone and other anabolic factors. As such, there is a natural increase of all the precursors to these substances and no actual exogenous hormones in either product. Thus the drug tests used to detect the use of exogenous growth hormone, IGF-1, testosterone, insulin, and red blood cell mass, which depend on the measurement of ratios of hormones, the unnatural presence of hormones of plant origin, or the presence of specific markers, will never show up as positive.

As well, TestoBoost and GHboost have been used for over a decade by thousands of drug tested athletes to improve body composition and performance, and using WADA, USADA, and NCAA protocols there has never been a positive test from the use of my supplements, including GHboost and TestoBoost. For more information on both of these supplements, and my whole line of supplements and books, go to www.MDPlusStore.com and look at the information under each supplements full PDF file.

As well, you might be interested in my free Elite Performance Newsletter available for download at www.ElitePerformanceNewsletter.com. The first two issues are available now and future issues, covering topics of interest to all power athletes, will also be available. You can get notification of when new issues are available by joining the newsletter mailing list.

Best, Mauro

DEAR MAURO: I would like to receive your newsletter. I have followed your column in PL USA for years, and lately have also listened to several interviews that you have done with Carl Lanore on Super Human Radio and really appreciate your insight. It's good to put a voice to someone who I've been following for so many years. I also joined your Facebook Metabolic Diet page and saw some touching pictures of you and your two grandkids.

Your information over the years, including your books, columns and articles, has helped

me both on the personal and on the business end. As a professional athlete, I get to work with many of the top people in the strength and conditioning /human performance industry, but I find that your research and ideas are often at the leading edge. Keep up the great work.

Thank you, Bill

BILL: The idea of putting out a free newsletter came to me out of a sort of frustration. I've been doing my research, writing, and due diligence as far as keeping right up to date with all the relevant scientific and medical journals, as well as being in the trenches as an elite athlete and administrator, for over four decades. And although I've written dozens of books and thousands of articles over that time period, I still didn't have a satisfactory outlet for the more advanced information that I was constantly accumulating and ruminating over. My new Elite Performance Newsletter has given me that outlet and in order to get it out to as many people as possible, I decided to make it free to anyone who wanted it.

You can download both the Premier and March issues from www.ElitePerformanceNewsletter.com. Feel free to send the link to anyone that you think might be interested, as that will help me spread the word.

Thanks, Mauro

DEAR MAURO: I know you're a busy man, but I'd appreciate a quick word of advice. I'm in my third week of the "Anabolic Diet for Powerlifters" and I'm doing great. I feel energized even at very low levels of daily carbs. In a couple of weeks I'm doing a long mountain bike ride of around 40 miles in one day. So far, the only cardio activity I've done on the diet has been cross-country skiing for about an hour and a half. It was during the initial assessment phase and I was fine during the ski, but did feel pretty drained afterwards. So my question is, how should I eat around this long bike ride? It will be on a Saturday, so it will be during a carb-up day. Should I just carb-up like normal or will feeding my body carbs during this day convince my body to use carbs instead of fat for energy?

Thank you so much for your hard work and your time.

Gary

GARY: It takes a few months to be fully fat adapted even though changes take place in less than a week during the induction phase. As such, your body is still somewhat dependent on carbs as an immediate source of energy, although that will change as you stay on the diet. When you're fully fat adapted you'll function at a higher VO_{2max} on fatty acids rather than carbs as the body will find ways to deliver more oxygen to the working muscles and thus improve

THE NUTRITIONAL SUPPLEMENT INDUSTRY THE GOOD, THE BAD AND THE UGLY PT. 1

I've been using, researching, writing about and formulating nutritional supplements for five decades. In that time I've seen it all, and will be telling much of it in this Elite Performance Newsletter.

I first started reading about and using nutritional supplements when I was 13 years old. Throughout the 1960s I used mostly protein powder and tabs, desiccated liver and Brewer's yeast powder and tabs, wheat germ oil, and vitamins and minerals. These supplements, while effective for my purposes at the time, are fairly primitive when compared to what's available today. Since that time not only have the supplements become more sophisticated as far as what's in them, but also as to how they're used, including dosages and timing, and integrating them with various dieting and training phases.

While the use of nutritional supplements has increased exponentially over the years, the controversy surrounding their use, misuse and abuse—both by the manufacturers and consumers—has also continued to grow. Because of the confusion that exists in the minds of the consumers, I'm going to cover aspects of the nutritional supplement scene that will give you some insight to nutritional supplements and the nutritional supplement industry. This information should be useful in helping you to understand what's going on in the industry and help you to judge nutritional supplement claims—separating the wheat from the chaff.

I'll outline the reasons why everyone should be using at least a minimal amount of nutritional supplements, why athletes should be using more than the general public for maximizing body composition and performance, and why some of the practices surrounding nutritional supplement use are suspect. I'll try and put supplement use in context to other factors that are important if people want to reach their goals. As well, I'll go over some of the reasons why I decided to enter the nutritional supplement fray and start up my own nutritional supplement company. I'll also cover one or more nutritional supplement ingredients or one or more multi-ingredient supplements, in each issue, the latter to give you examples of effective, targeted, multi-ingredient nutritional supplement formulations.

INTRO

One of the major problems with the supplement industry is that it's profit/market driven. But then again, almost everything is. However, consumeritis (since I consider excessive consumption to be dysfunctional and inflammatory, this term seems appropriate) is definitely worsening with each passing year as we consumer more and become more materialistic.

With consumeritis comes an escalating loss of personal identity as shopping and possessing take over our lives, and we increasingly tend to measure who we are by what we own and consume. The end result of this quest to own and consume is a pathological state that reflects our socioeconomic circumstances and that ultimately revolves around certain inadequacies in our psyche and a failure to achieve a proper perspective. While this isn't the place to discuss the dehumanizing effects of consumeritis and the accompanying, and in my view inevitable existential alienation, it bears at least a cursory look as it explains much of what's going on in the nutritional supplement industry, and, in fact, our society. That's because "success" in the industry depends on increasing consumer demand, which too often is driven by the overwhelming need to maximize profits, and as such, is created more by smoke and mirrors marketing than by the value and efficacy of the supplements being sold. Greed is far too often the bottom line for more driven supplement manufacturers, and completely overshadows any desire on their part to produce a product that has true merit and value.

THE BOTTOM LINE

Because the bottom line rules, a lot of what you get in a supplement will be determined by the way a company wants to market the product. Supplements are often designed not so much to get you a certain set of results as they are to appeal to a particular group they want to sell the supplements to. As a result, you're often buying not what you need or want, but what the supplement producer thinks you will buy or has manipulated you to buy.

"Perceived value" is of great importance here. It has much in common with the old saying: "It's not who you are that matters. It's who people think you are." Products are sold according to who the products are targeted for. The wording, of course, is important and varies drastically if the intended audience is a bodybuilder or women who want to lose weight. The color of the advertising, labels (pretty to provocative), and packaging is important as is the presentation and palatability of the product itself. The elements that will allow for successful marketing and advertising, which will interest you in the product regardless of the formula's overall effects, are frequently the focus of the product and the ingredients in the formula.

Again, most often you're not buying a formula rigorously and painstakingly designed for optimum success. You're buying a product that can be advertised in a lively manner or in a way that will make you think you're buying a winner. Whether that product is of real value can be another subject entirely...

To read the rest of this article, download Mauro's Elite Performance Newsletter, Vol. 1 Issue 2 from www.eliteperformancenewsletter.com

aerobic energy production as against anaerobic.

Also because my phase shift diets are not just low carb diets in that there is a higher carb phase, you'll be able to utilize both the glycogen stored in muscle when it's really needed, as well as the intramuscular fat droplets that abut to the mitochondria and thus deliver immediate energy via the release of fatty acids. Theoretically, and practically for those that stay on the diet, you get the best of both worlds as far as energy

production, decreased fatigue, and increased stamina and strength.

I'll be explaining all of this in more detail in my new Elite Performance Newsletter—in fact, there's some related information in the March issue including post training nutrition. The newsletter is free and you can download both the Premier issue and the March issue from www.ElitePerformanceNewsletter.com.

As far as your bike ride, I would just stick to

your routine and see how it goes. At this point you'll likely use up a varying proportion of your body fat (which is the intention of my phase shift diets so as to improve body composition and performance), stored glycogen and dietary carbs for fuel during the 40 mile trek.

I'd be interested to know how the ride goes and how you perform and feel during and after the ride.

Best regards, Mauro ☺

IT IS VERY SIMPLE...WE NEED EACH OTHER

as told to Powerlifting USA by Judd Biasiotto, Ph.D.

"A truly rich man is one whose children run into his arms when his hands are empty." — Author Unknown

I want to tell you a magnificent story about love, compassion and sacrifice. One of my best friends is Brian Pizzo. If you live in the Pennsylvania/New Jersey area you may be familiar with the name. Brian was one of the most celebrated high school football players to ever come out of that region. That is a pretty big compliment considering that the region has produced numerous professional football players. Needless to say, it was the general consensus of most sports prognosticators that Brian would one day be showing his wears in the National Football League.

At 6'1", 245 pounds, he had extraordinary strength and power and he could run like the wind. He was literally a man-child. It wasn't just his physical size and power though that made him great. He had a real nasty attitude when it came to football. I mean that in a positive way. He was totally committed to excellence, and he was the most positive person you could ever imagine. I don't know of anyone who believed in himself more, and I definitely don't know anyone who worked harder. He demanded maximum effort from himself and his teammates.

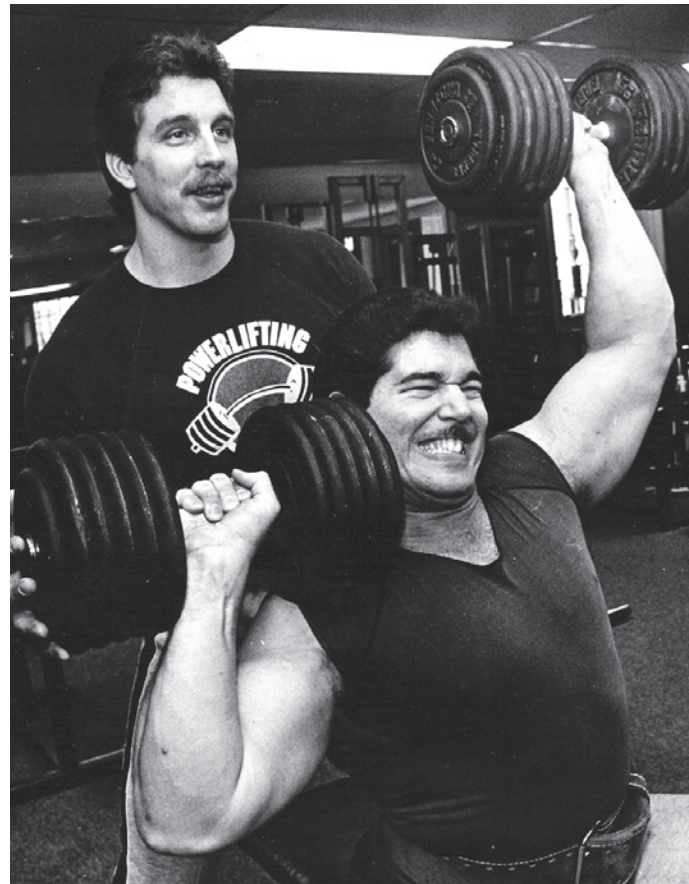
When you went up against Brian, it was to the death—he would never quit, never give up. He had a will that would bend tempered steel, and everyone who played against him knew it. His determination and tenacity literally struck terror in the hearts of his opponents. He was an emotional predator whose attitude suggested carnage and savage brutality. He looked and acted as if he owned the world and was about to evict the entire population. The impression he gave was "this is my world and I'm just letting you reside in it for the time being." He destroyed every opponent that was put in front of him, and he was so powerful that he could literally handle two or three guys at one time. Like I said, he was a man-child.

That's how he was on the football field. Off the field he was the most gentle and loving human being you would ever hope to meet. The absolute anti-thesis of what he was on the field. He was extremely loyal, honest, giving and compassionate—qualities which are indeed rare in today's society. On numerous occasions I observed him going out of his way to help others. In fact, he had a propensity for putting others ahead of himself. In this respect he was a very special human being.

If there was one other thing that stood out about Brian it was that he was extremely close to his father. They were inseparable. Brian worshiped his dad and his dad worshiped Brian. They definitely had a mutual admiration for each other. Best yet, they expressed their love for each other openly. Brian would kiss his dad every time they would see each other and every time they would part company. They would also verbally express their love for each other openly. It was really heart warming and rather moving, seeing these two men, being so uninhibited, showing their love for each other. They had the kind of relationship that you would want for every father and son, but few ever really experience.

In a nutshell, Brian was a beautiful and loving person, as long as you didn't run into him on a football field. On the field he would literally kill you...dead even. Actually, he was a marvelous mix—big and tough, yet gentle and caring. Now that is just the prologue for the story I want to share with you.

When Brian was 17 years old, his father was stricken with multiple sclerosis. As you may be aware, MS is a complex and unpredictable disease. In some people, it can cause relatively few symptoms. Others experience intermittent attacks and in the worst cases, people who have multiple sclerosis can lose the ability to speak, walk or write. As luck would have it, Brian's dad contracted the worse type of MS, primary progressive multiple sclerosis, a chronic, progressive, degenerative disorder that affects nerve fibers in the brain and spine. The disease renders the voluntary muscles useless which usually results in paralysis, loss of vision, mental impairment and eventually a slow agonizing death from suffoca-



Even at a young age, Brian has had super-human strength (Pizzo photos)

tion—an absolute wretched disease.

Brian was completely devastated when his dad was diagnosed with the disease. He described to me how he felt when he got the news. His words were heart-breaking. He said, "When the doctor told my mother and me that my dad was going to be paralyzed and that he only had a few years to live, my heart ripped right out of my chest. I remember being so afraid that I was trembling. I didn't want to lose my father. The doctor kept talking to us after he gave us the diagnosis, but I didn't hear a word he was saying after that. The only thing I could think about was that death sentence the doctor gave my dad and how much I loved my father. I always thought I was kind of a tough guy. I never wanted anyone to see me cry, so I walked down to the far end of the hospital corridor where no one could see me, and then I just started crying. I must have stood there crying for a good half-hour. Then I asked God to spare my dad. I couldn't bear to lose him. I said, 'Dear God, please don't take my father from me. Please give him back to me as a normal, healthy man, but if that is not possible, please don't take him from me. If he has to be paralyzed, I will be there for him, but please don't take him from me.' That was my plea to God."

Within less than a year, Brian's father lost control of his arms and legs and was confined to a wheelchair. Just as Brian promised, he became his dad's arms and legs. Every morning he would pick his dad up out of bed and carry him down a flight of stairs and put him in his wheelchair. And every night he would take him out of his wheelchair and carry him back up that flight of stairs and put him back in bed. Each single day Brian would literally push his dad in his wheelchair from one end of the town

to the other. He took him to games, to the park, even to the movies. "I would be so tired some days pushing him around," Brian told me. "but I wanted him to experience everything he possibly could. I wanted him to see the sun rise and set, I wanted him to see kids playing and people interacting, I wanted him to experience life. I didn't want him to just sit in a wheelchair in the middle of the living room simply existing."

With the help of his mother, he also cared for his dad's physical and social needs. Brian would feed him, bathe him and read to him even though his father most likely could not comprehend the passages he read. "It was hard seeing my dad like that," Brian said. "I always saw my dad as being invincible. He was big and strong, and always in control. He was the corner stone of our family. Then, in what seemed like a blink of an eye, everything was taken away from him. I saw the emotional pain in his eyes and the fear in his face. I saw him transformed from an energetic and positive person with everything to live for into a broken man. Not only did it scare me, it broke my heart."

As Brian's dad's condition deteriorated, Brian's future improved dramatically. In his senior year he literally dominated on the football field. Colleges from all over the country came courting him, including Brian's beloved Penn State University. When it came time for Brian to make a decision as to what college he was going to attend, he decided to forgo college to stay home and take care of his mother and father. Brian's mother insisted that he go to college. She was afraid that he would lose his opportunity for an education, and a successful life, but Brian wouldn't hear any of that. He turned down all of his offers including a full scholarship to Penn State University. As a result, Brian gave up his dream of playing major college football and eventually professional football to stay with his father and to help his mother.

"Forfeiting my college education for my father was one of the easiest decisions I ever made in my life and one I never regretted," explained Brian. "My father had sacrificed everything for me, and I was more than happy to sacrifice a little for him." That's love!

For eight years, Brian kept his promise to God...he was his father legs and arms. More importantly he became his father's reason for living. Not only did Brian take care of his dad's every need and want, he also

took care of his intellectual, social and spiritual desires. They became as close as a father and son could become. When it came time for Brian's father to breathe his last breath, Brian was right at his side. "It was hard letting my father go," said Brian. "My father was my heart. Never in my life had I met a man that I admired and loved as much. For me, he represented everything that was right about this beautiful world of ours. My Father's life was way too short—at least for me. He lived it fully and with love in his heart, but it was just too short. He has left me with so many questions: Why did he have to suffer? Why did he have to die? Where has he gone? Will I ever see him again?"

I saw Brian about a month after his dad's funeral and asked him how he was doing. The first thing he told me was, "I wish I had my dad in his chair so I could just push him one more time."

I remembered what Leo Buscaglia said, "... If everyone had just one single person in his life who says, 'I will love you no matter what. I will love you if you are stupid, if you slip and fall on your face, if you do the wrong thing, if you make a mistake, if you behave like an idiot...I will love you no matter what; then you will be a rich man.'" Brian's dad died a rich man.

I firmly believe that to give of one self without expecting anything in return is one of the greatest things one human being can do for another. The expression of love is the most vital human characteristic when it is given unconditionally and without expectation. When you give your mind, heart and soul to the people that you love, then you have something extraordinary and wonderful. Then and only then can you capture the true meaning of life and the magic of love. When you love because you will to love and you give because you will to give, the world becomes, well, BRILLIANT! ☺



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Steve Goggins just after becoming the 1st man to break the 1100 squat barrier!



Oan Basson – Israeli-American squatting power

MEN'S 275 LB. (125 KG.) WEIGHT DIVISION » SQUAT

Squat	X-Bwt	American Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1150.0 (521.6)	*4.36X Chuck Vogelpohl/65 4/1/07 (1150.0 lb. @ 264.0 lb.) (Newark, Ohio) (IPA)
2.	1110.0 (503.5)	*4.04X Brian Carroll/81 2/27/10 (1110.0 lb. @ 275.0 lb.) (Orlando, Florida) (APF)
3.	1107.8 (502.5)	*4.04X Marc "Spuds" Bartley/68 3/4/06 (502.5 kg. @ 124.4 kg.) (Columbus, Ohio) (WPO)
4.	1105.0 (501.2)	*4.43X Joe "Ironman" Norman/68 2/27/10 (1105.0 lb. @ 249.5 lb.) (Orlando, Florida) (APF)
5.	1102.3 (500.0)	*4.15X Steve Goggins/63 3/1/03 (500.0 kg. @ 120.45 kg. First man to squat 1100 pounds.) (Columbus, OH) (WPO)
6.	1102.3 (500.0)	4.00X Charles Bailey/63 6/24/07 (500.0 kg.) (Marietta, Georgia) (APC/GPC)
7.	1080.3 (490.0)	*4.06X Jose Garcia/77 6/14/09 (490.0 kg. @ 120.6 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
8.	1074.8 (487.5)	*3.92X Michael Griffin/75 6/1/08 (487.5 kg. @ 274.5 lb.) (Omaha, Nebraska) (APF/WPC)
9.	1058.2 (480.0)	*3.84X Charles "Chas" Fay/80 6/17/07 (480.0 kg. @ 124.9 kg.) (Daytona Beach, Florida) (APF/WPC)
10.	1058.2 (480.0)	*4.01X James Grandick/68 9/6/08 (480.0 kg. @ 264.0 lb.) (Omaha, Nebraska) (APF)
11.	1047.2 (475.0)	*3.93X Jeremiah Frey/81 3/22/09 (470.0 kg. @ 121.0 kg., accidentally misloaded to 475.0 kg.) (Omaha, NE) (APF)
12.	1050.0 (476.3)	*3.83X Ron "Scott" Yard/82 9/30/06 (1050.0 lb. @ 274.5 lb.) (New Castle, Delaware) (APF)
13.	1041.7 (472.5)	*3.79X Oan Basson/78 3/4/06 (472.5 kg. @ 124.8 kg.) (Columbus, Ohio) (WPO)
14.	1040.0 (471.7)	*3.96X Greg Panora/80 1/20/08 (1040.0 lb. @ 119.1 kg.) (Columbus, Ohio) (IPA)
15.	1030.7 (467.5)	*3.75X Dave Pasanella/62-90 5/28/89 (467.5 kg. @ 124.8 kg.) (Rosemont, Illinois) (APF/WPC)
16.	1030.7 (467.5)	*4.04X Justin Graafls/79 11/29/05 (467.5 kg. @ 255.0 lb.) (Omaha, Nebraska) (APF)
17.	1015.0 (460.4)	*3.89X Dave "Neutron" Hoff/88 8/23/09 (1015.0 lb. @ 260.6 lb.) (Sharonville, Ohio) (SPF)
18.	1014.1 (460.0)	*3.93X Fred Hatfield/42 3/23/87 (460.0 kg. @ 117.0 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
19.	1014.1 (460.0)	*3.68X Jim Hoskinson/65 3/28/04 (460.0 kg. @ 125.0 kg.) (Lewiston, Maine) (APF/WPC)
20.	1010.0 (458.1)	*3.88X Greg "Beetle" Lowe/55 11/14/98 (1010.0 lb. @ 260 lb.) (Huntington, Pennsylvania) (FCI)
21.	1010.0 (458.1)	*3.69X Karl Tillman/63 8/27/05 (1010.0 lb. @ 273.7 lb.) (Rock Hill, South Carolina) (APF)
22.	1010.0 (458.1)	*3.67X Scott Mount/65 4/12/08 (1010.0 lb. @ 275.0 lb.) (Columbus, Ohio) (IPA)
23.	1008.6 (457.5)	*3.69X Ted Forbes/72 6/5/05 (457.5 kg. @ 124.0 kg.) (Detroit, Michigan) (APF/WPC)
24.	1008.6 (457.5)	*3.67X Anthony Carlquist/79 7/13/08 (457.5 kg. @ 124.6 kg.) (Dubuque, Iowa) (UJA)
25.	1005.0 (455.9)	*3.92X John Poremba/80 11/21/04 (1005.0 lb. @ 116.2 kg.) (Shamokin Dam, Pennsylvania) (IPA)
26.	1005.0 (455.9)	*3.88X Nelson Castellano/84 5/29/10 (1005.0 lb. @ 259.0 lb.) (Tampa, Florida) (APF)
27.	1003.1 (455.0)	*3.75X Kirk Karvoski/66 7/23/95 (455.0 kg. @ 121.45 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
28.	1003.1 (455.0)	*3.73X Michael Allocco/78 6/5/05 (455.0 kg. @ 122.0 kg.) (Detroit, Michigan) (APF/WPC)
29.	1003.1 (455.0)	*3.65X Matt Wenning/79 11/4/06 (455.0 kg. @ 124.5 kg.) (Lake George, New York) (WPO)
30.	1003.1 (455.0)	*3.83X Ray Pierce/72 11/4/06 (455.0 kg. @ 262.0 lb.) (Plano, Texas) (APF)
31.	1003.1 (455.0)	*3.86X Toby Irby/74 9/15/07 (455.0 kg. @ 260.0 lb.) (Woodstock, Georgia) (APF)
32.	1003.1 (455.0)	3.64X Andy Zavala/77 12/1/07 (455.0 kg.) (Concord, California) (UJA)
33.	1003.1 (455.0)	*3.89X Joe Jordan/73 6/14/08 (455.0 kg. @ 258.0 lb.) (Kennesaw, Georgia) (APF)
34.	1003.1 (455.0)	*3.74X Jason Gibson/73 4/3/10 (455.0 kg. @ 121.7 kg.) (Sandy, Utah) (AAPF)
35.	1000.0 (453.6)	*3.64X Jim Wendler/75 4/17/05 (1000.0 lb. @ 274.5 lb.) (Newark, Ohio) (IPA)
36.	1000.0 (453.6)	*3.68X Zech Cole/84 4/2/06 (1000.0 lb. @ 271.5 lb.) (Zanesville, Ohio) (IPA)
37.	1000.0 (453.6)	*3.68X Brandon Matney/77 11/18/07 (1000.0 lb. @ 272.0 lb.) (York, Pennsylvania) (IPA)
38.	1000.0 (453.6)	*3.75X Luke Edwards/81 8/24/08 (1000.0 lb. @ 266.8 lb.) (Sharonville, Ohio) (IPA)
39.	1000.0 (453.6)	*3.69X Lester Estevez/72 2/27/10 (1000.0 lb. @ 271.0 lb.) (Orlando, Florida) (APF)
40.	985.0 (446.8)	*3.72X Doug Furnas/58 11/16/86 (985.0 lb. @ 265.0 lb.) (Maui, Hawaii) (APF/WPC)
41.	981.1 (445.0)	*3.63X Noel Levario/73 3/12/06 (445.0 kg. @ 122.7 kg.) (Bolingbrook, Illinois) (APF)
42.	975.0 (442.3)	*3.62X John Green/65 11/16/03 (975.0 lb. @ 269.2 lb.) (Camp Hill, Pennsylvania) (IPA)
43.	970.0 (440.0)	3.52X Bill Nichols/58 2/8/98 (440.0 kg.) (Aurora, Illinois) (AAPF/WPC)
44.	970.0 (440.0)	*3.76X Justin Redding/77 3/22/09 (435.0 kg. @ 117.0 kg., accidentally misloaded to 440.0 kg.) (Omaha, NE) (APF)
45.	970.0 (440.0)	*3.57X Charlie Telesco/85 4/25/09 (440.0 kg. @ 123.2 kg.) (Dubuque, Iowa) (UJA)
46.	964.5 (437.5)	3.50X Scott Warman/56 8/8/93 (437.5 kg.) (Charlottesville, Virginia) (APF/WPC)
47.	964.5 (437.5)	*3.95X Ed Coan/63 6/25/00 (437.5 kg. @ 110.8 kg.) (Chester, West Virginia) (USPF/WPL)
48.	960.0 (435.4)	*3.58X Dan Wohleber/61 12/12/82 (960.0 lb. @ 268.0 lb.) (Sandusky, Ohio) (NSM)
49.	959.0 (435.0)	3.48X Shane Hammock/88 9/13/08 (435.0 kg.) (Kennesaw, Georgia) (APF)
50.	953.5 (432.5)	*3.50X Dain Soppelsa 6/28/08 (432.5 kg. @ 123.4 kg.) (Kalamazoo, Michigan) (APF)

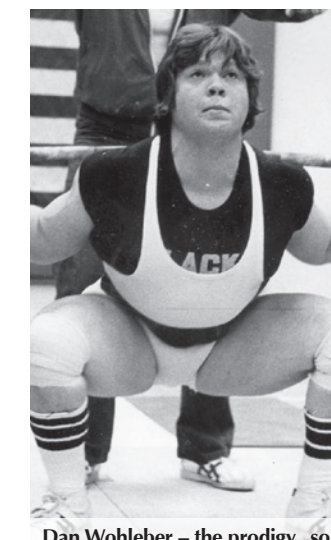
(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Records accurate as to my knowledge.



Scott Warman – APF Nat. Champ



Marc Bartley had a massive squat in WPO competition



Dan Wohleber – the prodigy...so young, so strong!



Doug Furnas – thunder thighs

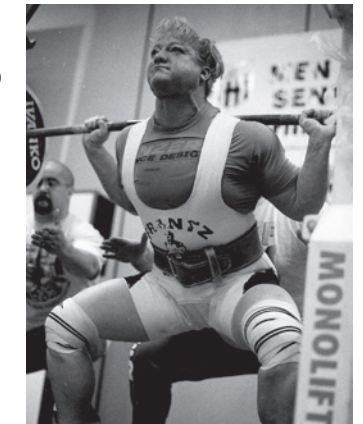
WOMEN'S SHW (90+ KG.) WEIGHT DIVISION » SQUAT

Squat	X-Bwt	American Female Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	854.3 (387.5)	*3.46X Becca Swanson/73 10/29/05 (387.5 kg. @ 112.1 kg.) (Chicago, IL) (WPO)
2.	675.0 (306.2)	*1.88X Melissa Garrett/78 10/3/09 (675.0 lb. @ 359.0 lb.) (Nashville, Tennessee) (SPF)
3.	661.4 (300.0)	Liz Willet/72 7/9/04 (300.0 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
4.	650.4 (295.0)	*2.31X Machia Dudley/86 11/3/06 (295.0 kg. @ 127.7 kg.) (Lake George, New York) (APF/WPC)
5.	630.0 (285.8)	*3.06X Sandi "Candyazz" McCaslin/64 12/2/06 (630.0 lb. @ 206.0 lb.) (Riverhead, New York) (APF)
6.	628.3 (285.0)	*2.88X Lorraine Costanzo/54 11/22/87 (285.0 kg. @ 218 lb.) (Dayton, OH) (APF/WPC)
7.	625.0 (283.5)	*2.62X Karen Sizemore/64 4/12/03 (625.0 lb. @ 238.5 lb.) (Newark, Ohio) (IPA)
8.	611.8 (277.5)	Juanita Trujillo/64 7/31/94 (277.5 kg.) (Houston, Texas) (USPF/IPF)
9.	610.0 (276.7)	*2.84X Jessica Watkins-O'Donnell/80 8/9/08 (610.0 lb. @ 215.0 lb.) (Dayton, Ohio) (USAPL)
10.	600.8 (272.5)	Harriet Hall/50 3/11/06 (272.5 kg.) (Anchorage, Alaska) (USAPL)
11.	600.0 (272.0)	*2.40X April Mathis/87 5/29/10 (600.0 lb. @ 250.0 lb., no squat suit or knee wraps.) (Tampa, FL) (APF)
12.	584.2 (265.0)	*2.16X Tiffany Vargas 3/31/07 (265.0 kg. @ 270.0 lb.) (Oklahoma City, Oklahoma) (NASA)
13.	575.0 (260.8)	*2.76X Jolynn Arvin/67 3/29/97 (575.0 lb. @ 208.0 lb.) (Kalamazoo, Michigan) (APF)
14.	551.2 (250.0)	*2.55X Kristy Reske/77 6/4/05 (250.0 kg. @ 216.3 lb.) (Detroit, Michigan) (APF/WPC)
15.	545.6 (247.5)	*2.41X Jan Todd/48 1/31/81 (247.5 kg. @ 226.0 lb.) (Columbus, GA) (USPF/IPF)
16.	545.6 (247.5)	Shelby Corson/67 4/24/93 (247.5 kg.) (Waterville, Maine) (USPF)
17.	540.1 (245.0)	*2.31X Sarah Greenup/82 2/12/06 (245.0 kg. @ 106.26 kg.) (Denver, Colorado) (USAPL/IPF)
18.	534.6 (242.5)	*2.08X Joanna Conner/64 6/4/05 (242.5 kg. @ 257.5 lb.) (Detroit, Michigan) (APF/WPC)
19.	525.0 (238.1)	*2.44X Stacey Manly/71 10/13/07 (525.0 lb. @ 215.0 lb.) (Tampa, Florida) (APF)
20.	523.6 (237.5)	*2.18X Maris Sternberg/48 11/10/85 (237.5 kg. @ ~240 lb.) (Parkersburg, West Virginia) (USPF)
21.	523.6 (237.5)	*2.62X Dawn Reshel-Sharon/55-00 12/1/89 (237.5 kg. @ 90.6 kg.) (Stone, England) (APF/WPC)
22.	523.6 (237.5)	*2.38X Toni Scopacasa/74 9/26/98 (237.5 kg. @ 100.0 kg.) (Las Vegas, Nevada) (AAPF/AWPC)
23.	523.6 (237.5)	*1.71X Ashton Chatelain/93 5/8/10 (237.5 kg. @ 138.7 kg.) (West Palm Beach, Florida) (APF/WPC)
24.	520.0 (235.9)	*1.99X Michelle Daniels/87 3/19/04 (520.0 lb. @ 261.4 lb.) (Killeen, Texas) (THSPA)
25.	512.6 (232.5)	*2.09X Melissa Navarro/88 4/15/07 (232.5 kg. @ 111.4 kg.) (Killeen, Texas) (USAPL)
26.	512.6 (232.5)	Rebecca Jordan/90 9/22/07 (232.5 kg.) (Saint Francisville, Louisiana) (APF)
27.	510.0 (231.3)	*2.45X Sue Meany 6/7/86 (510.0 lb. @ 208.0 lb.) (Akron, Ohio) (APF)
28.	510.0 (231.3)	*2.27X Andrea "Thor" Thornton/78 4/7/07 (510.0 lb. @ 224.5 lb.) (Spokane, Washington) (AAPF)
29.	510.0 (231.3)	*2.54X Cheryl Clodfelter/62 5/3/08 (510.0 lb. @ 201.0 lb.) (Fresderiksburg, Virginia) (IPA)
30.	507.1 (230.0)	*1.80X Annie McElroy/60 2/1/86 (230.0 kg. @ 127.5 kg.) (Salt Lake City, Utah) (USPF/IPF)
31.	507.1 (230.0)	*2.42X Cheryl Klein 1/31/88 (230.0 kg. @ 209.2 lb.) (Austin, Texas) (USPF)
32.	507.1 (230.0)	*2.30X Diane U'Glav 1/31/88 (230.0 kg. @ 220.8 lb.) (Austin, Texas) (USPF)
33.	507.1 (230.0)	*2.27X Victoria Gagne-Hembree/61 11/8/03 (230.0 kg. @ 101.24 kg.) (Colorado Springs, Colorado) (AAU)
34.	501.6 (227.5)	*2.08X Marlene Lewis 3/19/88 (227.5 kg. @ 241.4 lb.) (Philadelphia, Pennsylvania) (USPF)
35.	501.6 (227.5)	Seilala Sua/78 12/7/02 (227.5 kg.) (Fresno, California) (APF)
36.	501.6 (227.5)	*2.46X Kym Allen 5/13/06 (227.5 kg. @ 92.42 kg.) (Turner, Maine) (APF/WPC)
37.	501.6 (227.5)	*1.86X Katie Sons/90 9/11/09 (227.5 kg. @ 122.5 kg.) (Ribeirao Preto, Sao Paulo, Brazil) (USAPL/IPF)
38.	501.6 (227.5)	*2.41X Shannon Detman/81 3/20/10 (227.5 kg. @ 94.3 kg.) (Willowbrook, Illinois) (APF)
39.	500.0 (226.8)	*2.06X Tamara Nansteel 12/17/94 (500.0 lb. @ ~110.0 kg.) (Okinawa, Japan) (NSM)
40.	500.0 (226.8)	*2.06X Lyndee Mullins 3/16/01 (500.0 lb. @ 243.1 lb.) (Killeen, Texas) (THSPA)
41.	500.0 (226.8)	*1.96X Stacey Motter/80 2/23/08 (500.0 lb. @ 254.5 lb.) (Orlando, Florida) (APF)
42.	500.0 (226.8)	*1.80X Tiffany Parks 2/1/07 (500.0 lb. @ 277.2 lb.) (Palacios, Texas) (THSPA)
43.	490.5 (222.5)	Carloss Lott 10/26/85 (222.5 kg.) (Hattiesburg, Mississippi) (USPF)
44.	490.0 (222.3)	*2.02X Cynthia Regan/48 12/17/83 (490.0 lb. @ ~110.0 kg.) (Racine, Wisconsin) (USPF)
45.	490.0 (222.3)	Jeri Butler 5/15/88 (490.0 lb.) (Washington, D.C.) (LEAFF)
46.	485.0 (220.0)	Valerie Perry 3/4/93 (220.0 kg.) (Dallas, Texas) (NASA)
47.	485.0 (220.0)	Julie Schulz 5/8/94 (220.0 kg.) (Chicago, Illinois) (ADFFPA)
48.	485.0 (220.0)	Kristal McLellan/78 6/14/98 (220.0 kg.) (Rockland, Massachusetts) (AAU)
49.	485.0 (220.0)	Gracie Espericueta/85 4/16/05 (220.0 kg.) (Baton Rouge, Louisiana) (USAPL)
50.	485.0 (220.0)	H. Holt 3/29/08 (220.0 kg.) (Oklahoma City, Oklahoma) (NASA)

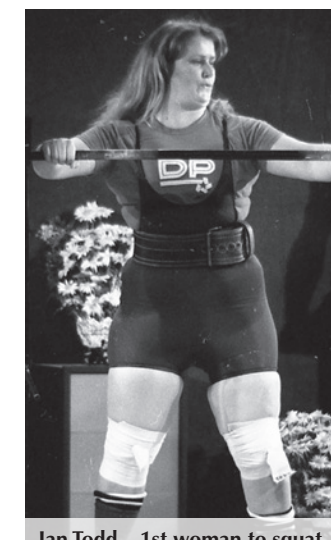
Listing compiled by Michael Soong » 70 King James Court, Savannah, Georgia 31419 » 912.920.2051 » soongm@comcast.net



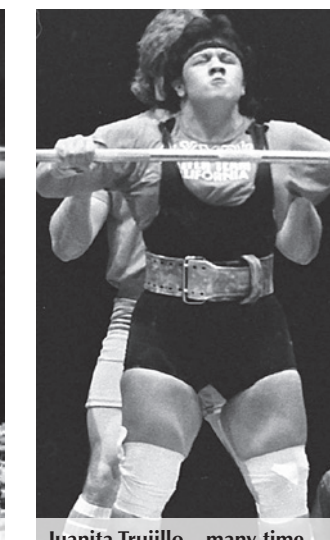
Annie McElroy competing at the USPF Women's Nationals in UT



Becca Swanson – 1st woman to squat past 700 lb., then 800 lb.!



Jan Todd – 1st woman to squat over 500 lb.!



Juanita Trujillo – many time national champion



Liz Willet at the '05 Arnold



Lorraine Costanzo – 1st woman to squat with 600 lb.!

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by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T. » aricciuto@nutritionxp3.com » www.nutritionxp3.com



IS JUNK FOOD AS ADDICTIVE AS HEROIN?

Q: I really loved that last article you did on the window cleaner in fast food burgers. That just about made me sick to my stomach. I have now sworn off eating any fast food because if that garbage is put inside the meat then I don't want any part of it. I also had my child part of the school lunch program and I have canceled it. I will spend the extra time preparing healthier meals for my children because I don't want them eating those chemicals as well. I just want to say thank you for bringing this to my attention because I had no idea what was really going on behind the scenes. My question to you is about junk food. I am a female masters competitor and I will say that I think I am addicted to junk food. Is that even possible? I seem to have cravings daily for at least one or two different things whether it may be some cookies or ice cream or I might wolf down some potato chips. Is this all in my head? Maybe I am lacking discipline or is there something else to this. I figured you would be the guy to ask since you seem to reveal many of the realities that the large majority of the American public is totally unaware of. Thanks again for all your help and please keep up the interesting articles.

Sincerely, Joy Weston

A: Hey Joy, I am happy to hear that you not only enjoyed my article, but also the fact that you have now sworn off that sorry excuse for meat that is provided at fast food restaurants once and for all. This is one of the wisest choices you could have made not only for yourself but your children also. Now on to your question about junk food being addictive. It's funny that you emailed me this question the same day I was doing some research from some medical and nutrition journals. I stumbled upon some really interesting information. Researchers from Scripps Research Institute recently presented a mind boggling topic at the annual meeting for the Society of Neuroscience. I know most lifters are not too interested in the finer workings of Neuroscience and would rather figure out how to get more pounds out of those 3-ply squat briefs they just got. According to a study that that Scripps performed early this year they believe that obesity and drug addiction have similar neuro-biological foundations. Some researchers even stated that junk food is almost as addictive as heroin. If that doesn't make

you wonder what the hell the manufacturers are putting in your junk food, then you are either in a coma or simply just don't care how long you live. The reason why I touch on these different topics about unhealthy eating choices over and over with powerlifters is simply for the fact that I have never (listen up here folks) ever dealt with a specific sport where its athletes ate as poorly and as unhealthy as powerlifters. Those words are not here to make fun of you or make you feel like a gluttonous slob, but that is the dark dirty reality of what goes on in the sport. Powerlifters are unlike any other athlete I deal with in regards to the fact that they are always looking to use the latest new bench shirt because this one is made from a new polyester that is twice as thick and will get your more rebound out of the bottom of the press. Or how this new 2-ply brief will make that super hard-core canvas suit have more stopping power so you can add another 100 pounds to your squat over your last suit purchase, only to then go and fill their stomachs with food that totally destroys their performance in the gym as well as causes health problems that will shorten their lifespan and take them away from the sport they love so much. So what's the deal? So much emphasis on one area that will help you lift more and yet total neglect on another area that truly is much more important for your performance and how long you actually stay alive. That is really a mystery, if you ask me. Now that I got that off my chest, let's take a look at the study a little more in depth. To quote a leading researcher in the country he confirmed that this study is the most complete evidence ever collected thus far that drug addiction and obesity both have common neuro-biological foundations.

During this study, researchers fed rats three different types of diets. The first group ate a healthy diet without any junk food included. The second group was fed a healthy diet and was given some junk food, but it was limited. The third group of rats had unlimited amounts of junk food (maybe these ones were the powerlifters...LOL). The junk foods that were included in this study are many powerlifting favorites. They consisted of cheesecake, fatty cuts of meat and chocolate sponge cake. That sounds like one lifter's breakfast that I started working with last month. To scientifically see what effect the junk food had on the brain's pleasure sensors of these rats, the researchers electrically stimulated those areas whenever the mice would run on their wheel. So basically to dumb this down, the more the rat would run on the wheel the more pleasure they would receive as their reward. Sounds like some bodybuilders I know who will do an extra hour of cardio just to have a cheat meal. Anyways, what transpired is that the rats for the first two groups did not alter their running on the wheel. What was different were the rats in the third, junk food group. The junk food rats began running on their wheel for longer periods of time. Researchers believe this is because the rat's brain's pleasure sensors had dulled and became less sensitive. To further solidify the evidence these same rats began gorging on the junk food which reveals that their bodies became desensitized to the pleasure that the junk food was now providing. Now here is something that I would really like to drive home and I couldn't emphasize this enough to many of the lifters who keep eating junk food. You might not like how this sounds, but this relates very much to lifters, as you will see below. The researchers changed their course and instead of giving the rats pleasure they quickly changed this around and started to give the rats electric shocks every time they ate the junk food. The rats in the second group quickly stopped eating the junk food, but the junk food third group of rats would keep eating the junk food over and over no matter how much they got shocked by electricity. They would not give up and were determined to get their fix of junk food even though they were continually getting doses of electric shock each and every time they took a bite. What does this show? Even someone without a grade nine science class will tell you that the rats became severely addicted to the junk food and were not deterred from eating it no matter how much pain they were inflicted with! This sounds like many lifters I personally know. Even one lifter who suffered a heart attack told me he was going to clean up his eating and 'go straight' away from his daily junk food binge. But less than six months later he is now back eating like one of the rats in the third group just devouring garbage foods over and over knowing that his next heart attack is right around the corner, yet

ignorantly ignores the fact. Does this sound like the hallmarks of addiction or what? It's like a relative of mine who smokes cigarettes. Even after coming down with cancer and having to get cancerous lumps removed he still—close to five years later—smokes a pack a day. If the two above scenarios are not major addictions, then I don't know what an addiction is. No matter if it's junk food, cigarettes, alcohol or crack-cocaine, addictions all bear the same hallmarks. The next part is my favorite section of the study. When the rats in this junk food group had their junk food taken away they protested like spoiled little addicted brats and refused to eat any food whatsoever for two full weeks. Imagine that these little junk food addicted rats are now sporting the attitude of a teenage girl from Beverly Hills who just got grounded by her parents. I know I depicted this study with humor, but the take home message should not be ignored. Powerlifters are notorious for having horrible diets loaded with every type of junk food known to man. Many of them have junk food addictions, and even though it may sound funny it really isn't because you are taking years off your life because you can't put that box of Little Debbie's down before you finish off the whole thing. So please give this study some thought and relate it to your current eating habits. Do you have an addiction to junk food? I am sure several thousand readers right now are asking themselves the same question.

ONE BOURBON, ONE SCOTCH AND ONE BEER

Q: Hey Nutrition Guru, I just wanted to drop you a line and ask you a few questions in regards to alcohol. I am 19 years old and live in Canada, like you. Now my question is since I am of age I have been clubbing a lot lately and have been packing away quite a bit of alcohol as of late. I know this isn't good because I can feel it affecting my performance in the gym. I know I need to slow this down, but at the same time I just love to go out and tie one on—especially on Fridays and Saturdays with my friends. I just love slamming Tequila shots until it's lights out. Recently I read an article about how girls who drink as teenagers can have many more health problems down the road as they age. Is this true? Can you give me some feedback into this without criticizing me? Thanks for your help.

Sincerely, Julie "Now Legal" Johnson

A: Hey Julie, congrats on becoming an adult. I guess that was a big thing too for all of us old fogies looking to be able to legally buy alcohol when we were growing up. Like you mentioned, I am not here to criticize your lifestyle choices, but only here to help you make the right decisions for your performance and long term health. One of the things that you should know is that alcohol and performance just don't mix. I can do an entire article on this and I probably will now that you have brought up this topic. Just to make it brief, alcohol dramatically decreases performance and if you are planning to get loaded out of your gourd once or twice a week, all I can say is that you really are not that serious about your powerlifting career. There is no way you can be at your best in the gym when you are suffering from a hangover that makes you want to cry. Abusing alcohol will totally ruin your performance in the gym. I know some lifters like to have a drink after a tough workout to take the edge off. Having a few beers and unwinding once a week is one thing, and going on a tequila blitz like you are doing and having your friends peeling you off the dance floor because you drank so much you can't stand up is a totally different thing. I don't want to sound like an old fuddy duddy, but the reality is you have to be responsible with your drinking if this sport or your health means anything to you. In the past I have talked about different studies and how drinking more than a couple drinks daily will increase your chances for pancreatic cancer and how that is one of the worst forms to get because the survival rate is around 5%.

I was scouring through some new studies recently and one got my attention—especially after reading your email from a few weeks back. A study that was published online in April in a journal called *Pediatrics* showed that girls who start drinking alcohol at an early age are at an increased risk of developing benign breast disease. Now you may say since they are benign, what's the big deal. Well the big deal my friend is that when a woman gets any type of breast lumps, cysts, or bumps, they are actually risk factors for breast cancer. The researchers in this study took 7,000 girls that were aged 9 to 15 years of age. The key point from this study showed that the benign breast lumps increased with the amount and frequency of alcohol that the girls consumed. Now those girls that drank alcohol daily

were five and half times more likely to get a breast disease than those who drank once or less per week. The study also showed that teenage girls that drank even as few as a 2-3 times per week (just like you, Julie) were three times as likely to get a breast disease. Wow, those are some crazy facts that I hope you not only listen to but take to heart as well. Many experts believe that because the teenage years is a time when a woman's breast tissue is going through rapid proliferation, consuming large amounts of alcohol will set them up for breast cancer in later years. As you can see, Julie, pounding back Tequila like it was root beer will not only have a dramatic effect on your training performance, which you already noted, but the effects it will have on your breast health now and in your later years of life can be fatal. Plus, for those of you who may not be aware there are other studies that show adult women who drink alcohol regularly most definitely increase their risk for breast cancer. What I want you to understand, Julie, is that going out and having a night out on the town with your friends and having a few drinks is one thing, but drinking like a fish and getting totally sloshed is another. Moderation is the key here. Not only so you can train and succeed in this sport, but also for your breast health during your younger years as well as when you get older.

PRODUCT REVIEWS...BRING THEM BACK!

Q: Hey big guy, how's it hanging? I was wondering if you could start doing some supplement reviews like you used to do. I haven't seen you do any for a while and I always looked forward to you letting us in on the inside scoop of what supplements are good for increasing our performance and what can help improve our health. In the past I have tried many of the ones you have recommended and, to be honest, I was quite pleased with all of them. I still use the AtLarge Nitrean protein you recommended way back when and still like taking my Cytomax during competitions. You really gave out some kick ass information on what worked and I appreciate this because I used to waste all kinds of money getting duped by the young teenage guy at the health food store trying to sell me products that would net him the biggest commission, not what was best for my performance. Since it has been some time since you did any, there are so many more things available on the market. Please start making this available to us again because I used to really look forward to you explaining what different ingredients do and what brands were the best. Thanks again for your help and please keep enlightening us with exciting articles every month.

Yours in strength, Mike Housenberg

A: Hey Mike, it's great to hear from you. I am happy to hear that you have taken my advice in the past in regards to what supplements I felt were best for increasing your performance and recovery. It makes me feel happy when I hear that people actually apply what I teach them every month in the pages of *PL USA*. Over the last year I have been giving out information on what some readers were complaining they weren't getting and that was more interviews with different specialists in their fields. Now that I have completed a few good series on different topics, you can be rest assured that I will now go back and start doing some more product reviews. I know that natural supplementation is always a hot topic for increasing performance and especially with drug free lifters looking for that extra natural edge to help take their performance over the top. I am going to do one better for you Mike, so I know you will be pleased. I will start reviewing some of the new up and coming natural supplements that will help increase your performance as well as some holistic products that will help improve your health and blood profiles as well. This way we get a nice balance of performance enhancing supplements along with longevity health supplements as well. Make sure you stay tuned—in the next few months I will start including them again like I did in the past. Geez, it's hard to please all you readers, once I got caught up doing some interviews, now I have people bugging me for more products reviews—what am I to do?! Just teasing, but rest assured you can look forward to some honest, no bull reviews that will help make you spend your money on quality supplements so that you don't waste it on snake oils that just thin out your wallet. So, keep yourself posted to my column and I know you will be pleased with what I put forth. Until next month, eat clean, train hard, and please take my words to heart so that you can enjoy this wonderful sport into your master years without becoming a cardiovascular statistic that takes you away from your powerlifting dreams and your family. ☺

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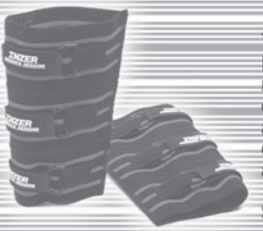
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HISTORICAL MEETS FROM HELL

PT. 1 OF 3

as told to Powerlifting USA by Ron Fernando » rfern2000@aol.com

My youngest daughter (10 years old) calmly informed me yesterday that she wanted a cell phone, and in her innocent little mind, anything was on the table: "Well, I don't want just any phone, Daddy, I want one that does multi-media, with a movie camera, and...well, why don't we just get one custom made, and while we're at it...can I get it in pink?" I digested this all, trying not to gag while looking at MY phone, which cost the grand sum of one cent and suppressed a chuckle. My little daughter isn't some spoiled brat princess—far from it—but she, like the rest of today's "younger generation," has a whole set of unreasonable expectations about life in general—most of which are propped up by the tsunami of instantaneous electronic media we have at our fingertips. The catchphrase is "I want it all...and I want it NOW." Whatever happened to good old delayed gratification?

Our younger generation isn't necessarily at fault because each and every time they turn on a TV, computer or look at a billboard, images of the good things in life beckon—like the sirens of old did to Ulysses in his ill-fated trip across the Aegean—to come hither with wallets out and credit cards at port arms...and if you don't, or cannot engage in the overpriced product or service they are trying to hawk, you probably need to go back to your trailer and watch a re-run of Jerry Springer or maybe clean up your meth lab.

Why do you think so many young people START out so deeply in credit card debt after graduating from college? Because they feel they are immediately entitled to the "bare necessities" of life—like a flat screen 47" LCD TV, or maybe the latest electronic gadgetry including the aforementioned "custom-made" cell phones (with a gazillion "apps" that do everything from finding the best pizza joints to predicating the migratory pattern of the bald eagle), blazing fast mobile internet enabled laptops, and, of course, the very latest in Wii gaming, and a new car to boot—without necessarily waiting for the time for a simple cash payment. This attitude hasn't been lost on our young powerlifters either, no sir. One of the many great things about this sport are the opportunities to interface and network with a whole cross section of humanity, and of all ages. It seems that a lot of lifters these days are carrying their life savings (or the equivalent of it) in their gym bags: \$300 dollar squat suits, uber expensive bench press shirts, briefs, wraps, belts, extras of all of the above, and who knows what else. Since they have spent the equivalent of a used (or new!) car on the contents of their gym bags, most expect the same "quality" at powerlifting meets, and are terribly incensed when it doesn't happen. A



A proud and happy U.S. team with their team trophy – bottom row, (L-R) Joe Spack, John Redding, Gary Kucipak, Vince Anello, Roger Benjamin; middle row: Rickey Dale Crain and Carlton Snitkin; back row: Jesse Hurst, Herb Gowing, Clay Patterson, Bob Glasgow, and George Lugin

young lifter recently told me in disgust, "Ron, you should have seen that last meet. What a mess. One of the Monolifts didn't work in the warm-up room and we had to (horrors) squat in a cage to warm up. They only had one deadlift bar and we actually ran out of Gatorade in the back. To top it all off, the computer scoring system was fouled up, the awards sucked and apparently one of the cash sponsors backed out at the last moment so no one won any money. I jacked my back up and had to wait over an hour for the massage guy to get to me. What a rip-off—a real meet from hell!"

I reacted to this diatribe almost the same way I did to my 10 year old daughter's innocent request for a "custom made" cell phone—by suppressing my now well used gag reflex. You see, our sport, being only about 45 years old, has had a distinct evolution when it comes to actual competitions—largely because of the fact that there are (at the date of this writing) some 31—yes THIRTY ONE (in the USA alone)—powerlifting federations, all competing for the same "customer"—the powerlifter who has to pay entry fees, annual fees (in most cases), divisional fees, plus admission fees for their friends and family. Powerlifters indeed have a huge choice when it comes to the type of meet they can go to (and spend their money on). So the meet director better have his (financial) act together. There is to be a historic deadlift meet

in 2011 with Andy Bolton vs. the world format, and the meet director informed me recently that he was attempting to secure enough financial sponsorship for some five figure cash prizes plus all expenses paid—wow! Running a meet today can be an economic nightmare. A meet director, even for a small local meet, better be prepared to spend some serious dollars on equipment, whether bought or rented, and be prepared to spend additional money on the venue rental, spotters/loaders, judges, assorted other helpers and flunkies and, of course awards, both cash and non-cash and—of all things—liability insurance because, after all, the last thing he needs is a lawsuit after someone gets his face crushed by an errant bench press attempt. But the true beneficiary of all of this is the lifter, as it well should be. Powerlifting has turned into big business for some, as we all know there are "full time meet directors" who put on, in some cases, several dozen meets a year. Meet entry fees have skyrocketed, to cover all of these costs, but today's lifter merrily pays these to compete. Most meets advertised in *PL USA*, even if they are local-yokel affairs, are run very well, with extremely professional equipment, nice awards—and we're not just talking large trophies, but actual cash prizes, leather jackets, custom made swords, supplements—the works. This isn't just in the good ol' U.S. of A. either. I read that the 2009 All-India Bench

Press Championships awarded not one, but TWO, brand new motorcycles (actually a motorcycle and a motor scooter) for the best male and female lifters, respectively, along with a slew of other nice awards like clothing, protein supplements, t-shirts and such—all in a purported third world country teeming with poverty. The WPC in the Ukraine and Russia regularly put on cash meets where some of their big names earn between \$500 and \$4000 for their efforts, and over there, even in their inflated economy, that's a lot of borscht and vodka. It would be an understatement of the greatest magnitude to say that this wasn't always the case. In fact, there was a time when we powerlifters were glad to have any competitions at all, and gleefully put up with horrific conditions, insultingly tiny trophies, drunken meet directors, and with no exaggeration, death and disease—just to test our strength against the very best, represent the USA, and perhaps even break some records. Some of those conditions we endured in those meets would make a prison lifting competition run by the Aryan Brotherhood seem like a Club Med vacation, but guess what—we thrived on it and actually had (some) fun along the way. Now THOSE meets would easily qualify for the dubious appellation of a "Meet from Hell," and this month I would like to recall three of them just to put things into perspective for the young'uns out there, so that the next time the energy bars run low in the warm-up room, or the awards aren't fancy enough, you may think about what we "old timers" had to put up with not too very long ago.

GUNS, COWBOYS AND LOST EQUIPMENT

The 1976 Pan American Powerlifting Championships – Valencia, Venezuela.

In 1976, Roger Benjamin thought he had scaled Mt. Olympus itself, after being informed of his selection as one of the USA Team to compete in the Pan American Powerlifting Championships. "What an honor to be selected to represent your country. It's a feeling that is hard to replicate. I could hardly wait to get my uniform and march proudly in the Parade of Nations." Roger admitted that he was clearly on the "2nd string" of the U.S. team as world record holders Marv Phillips and Larry Pacifico declined for business reasons, and luckily for him, he met the second criterion of selection—i.e. the ability to pay his expenses. Somehow, somehow, the powers that were (and remember, this was a long time ago) awarded the contest to Señor Miguel Torrealba, owner and proprietor of the American City Gymnasium and Karate School in Valencia, a three hour bus ride from the capital city of Caracas. Señor Torrealba was, in my opinion, severely under-qualified to run a meet of this magnitude, as our intrepid U.S. athletes and their followers were soon to find out the hard way. One huge red flag was that the USA's Clay Patterson had to ship some equipment to Venezuela, just to ensure that the team would lift on certified bars and plates as some had been training to break world records. The team itself was comprised of

some of the USA's greatest lifters—John Redding at 114, Rickey Crain at 148, Joe Spack at 165, Vince Anello at 198 and Carlton Snitkin at SHW, plus the "2nd stringers" Roger Benjamin at 220, Bob Glasgow at 220, Jesse Hurst at 181, Gary Kucipak at 123, Clay Patterson and George Lugin at a player-coach spot at 242, plus Marine MSgt. Herb Gowing as Manager/Coach and some of the wives/girlfriends as the able support crew.

After an uneventful flight from Miami, the team touched down in the capital city of Caracas just before midnight, May 12, 1976. They spent the day in Caracas, and tried to train at the Caracas Y, but were a bit limited since the "Y" only had around 480 lb. of weights or so. The first signs of trouble came the next morning when they were due to depart for Valencia, where the meet was actually to be held. The bus provided was one of those ancient "hippie" style minibuses that perhaps held 10 or 15 people. Problem was, there were 17 (rather large) people, and enough luggage for 22 or more. Solution was to cram everything and everybody in, and hope for the best. The journey, though difficult, was lightened up a little by Rickey Crain and his wonderful guitar playing. Turned out that RDC's guitar pickin' was the highlight of the journey, as they found out in a short time. A few hours later they arrived at the meet site, which was the aforementioned American City Gymnasium. The shock set in slowly, kind of like glue being poured down your face, as the U.S. lifters finally woke up and saw what they were facing—that the equipment was from the 1930s, that the gym was essentially an open air dirt floor with a bunch of rusty and broken down machines scattered hither and yon and that EVERYTHING was utterly and totally filthy. The phrase "we've been screwed" was heard not once, but many times during that initial hour or so. Was this where the Pan Am Power Championships were to be held? Top it all off, the erstwhile meet director was nowhere to be found. Well, a few hours later (and after much looking) they found him, and he could not (or would not) give anyone a straight answer as to where the meet was going to be held, where the equipment Clay Patterson had shipped was, why there was no publicity—nothing. There were no other teams present either. Apparently he had been allotted almost \$12,000 by the Venezuelan Government for this competition, but he didn't have the \$900 or so needed to clear air freight customs for the equipment Patterson shipped. So there they were, several thousand miles from home, in a foreign country, (no one spoke any Spanish) supposedly to compete in an international sporting event, with no venue, no awards, no equipment, and ostensibly no competition. Depressed and more than angry, the team checked into their hotel, which was your basic flea-bitten cockroach-infested south of the border special, complete with threadbare blankets, no air conditioning and rusting pipes. The food was, in one word, lousy, although Joe Spack, of the USA solved that issue by simply bringing his own food supply—four heads of

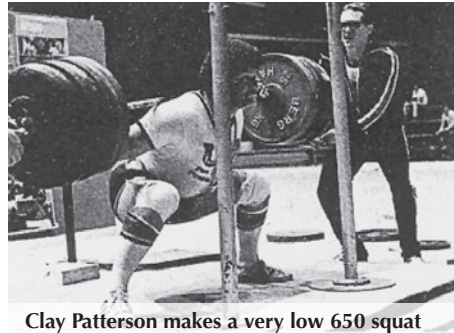
lettuce (that's all he ate while there, apparently). The hotel was located a few yards from Lake Valencia and the balmy night breezes, while at first somewhat comforting, soon brought with them the horrible stench of the nearby oil fields, which coated everything in sight from exposed skin to the dining utensils in the restaurant with a thin layer of Venezuelan crude and salt. Yum! No one was drinking any water, only sticking to Perrier and similar bottled drinks, but despite every precaution, the ravages of dysentery started to make its rounds.

"Apparently the plates we ate off of and the cups we drank out of were washed in the local water, as well as the vegetables and fruits. We all felt like crap..." – Roger Benjamin

The next day the Canadian, Bolivian and Puerto Rican delegation arrived and now that there were some (sane) Spanish speakers, negotiations began in earnest regarding the competition. It was soon apparent that Torrealba may have used the government funds for other purposes and now was trying to chisel his way out of the problem. The big issue was how to get the expensive (and certified for world records) gear, specially shipped to Venezuela, onto the platform where it belonged. The U.S. team didn't and wouldn't pay the customs fee, but when Clay Patterson generously said that whoever paid could just keep the equipment, things started to happen, and happen fast. Although the sets never materialized, I will bet my last "Yanqui" dollar that if one were to mosey over to the American Gymnasium and Karate School (if still around) these days, you may indeed find several rusting sets of American power bars and gear.

The issue at that moment was the very existence of the competition—remember, our lifters had trained diligently for this, were awarded the precious spots on the team and had to fork over their own money for expenses. They were now looking at the very real possibility of simply turning around and going back home, empty handed and disgusted. All this with NO team uniforms, save simple Greco-Roman type wrestling singlets and t-shirts. I can recall many USA teams in the 21st century that were provided custom lettered and stylish warm-ups. T-shirts, casual attire and gym bags PLUS wraps, suits, etc. Not these guys! The lifters of today simply have to pick up a phone or click a mouse and any conceivable iteration of equipment will be on their doorstep within days. Most of the lifters in those days resorted to "home brewing" powerlifting-style gear—like homemade belts, and wraps made from curtain edging or jock strap elastic material which were the norm among the USA lifters. The foreign guys looked like they came out of a Ringling Brothers' strongman act circa 1910, with the only thing missing being a one shouldered leopard skin singlet! By this time, the meet director had the unmitigated stones to bus everyone to a grand tour of the "meet site"—not to be held at an auditorium, conference hall, convention center or even the inside of a gym. Nope. THIS particular meet

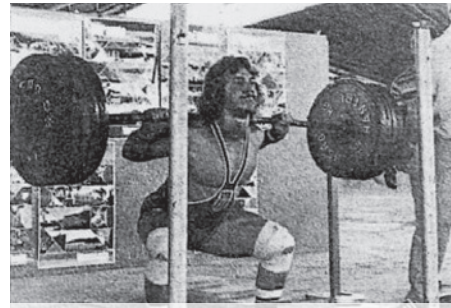
HISTORICAL MEETS FROM HELL PT. 1 »



Clay Patterson makes a very low 650 squat



Glasgow and Benjamin had a real battle for 1st in the 242 class, with Benjamin finally winning after being far behind on the first two lifts.



Rickey Dale Crain with a tremendous 562 squat

was to be held OUTDOORS—in a livestock arena, complete with the requisite quota of cow and horse droppings, horrific heat, battalions of extra large Venezuelan flies plus several dozen surly cowboys (who, as it turned out would later comprise the bulk of the audience). Flies, feces and heat were present in abundance, but the meet site didn't have some important things: a platform, weights, equipment, or meet director. And, to add flavor to this oh so spicy situation, one could hear the thudding of distant artillery pieces as the Venezuelan Army was (as usual) on alert for yet another coup, and yet another tinhorn dictator assuming power. As Roger Benjamin so eloquently stated over 30 years ago, "At this point in time, my personal feeling was to simply just give up. We had been had!"

Fate, however, was a little kinder at that very moment, as a decrepit pickup truck—vintage Sanford and Son—rattled onto the scene with a fairly new European lifting bar (with no knurling), squat stands, two benches and a rubber platform. The team morale surged 200% as they now knew they were going to hoist some iron, come what may. There was no warm-up area to speak (and no complimentary Gatorade, massages, energy bars and computer scoring system either). In fact, the guys had to take their squat warm-ups off of a rickety, but serviceable, elevated bench press apparatus. But...they were there to represent and to win, so on with the meet! The competition was basically the USA vs. a few Latin American guys; no real teams to speak of. The most accomplished of the non U.S. guys was Puerto Rico's Fernando Baez, an ex-Olympic lifter who beat the USA's Gary Kucipak in the 123s. In many other cases the only two lifters in the weight class (like the 220s) were both from the USA, or where there were a few lifters, they were so far behind the U.S. guys as to turn the whole event into one long max-out session. Some of the margins of victory seemed laughable. For example, Prairie View A&M's Jesse Hurst simply destroyed the field in the 181s by over 300 lb. Vince Anello, despite a horrible day, managed not only to win, but to beat his opponent(?) in the 198 class by over 830 lb.! That, my friend, is no misprint. The star of the show was a slightly overweight 148 pounder, Rick Crain, who lifted in the 165s and blasted his only real competition, Joe Spack of the USA, by virtue of a huge squat. If there was an award for bravery, it should have gone to 114 pounder John Redding who fell violently ill after weigh-ins with dysentery and was vomiting profusely. The coaching staff decided to scratch him, but still let him lift as a guest lifter, because it was highly doubtful if he would finish. Well, finish he did and by a 400 lb. plus margin over the competition, though his efforts resulted in a big fat goose egg as far as team points were concerned. George Lugin was pressed into duty at the last moment as he had traveled with the team just to coach, but with Redding's scratch, he was needed for team points and responded with a last minute 2nd place and some nice lifting. There was an initial problem as George only weighed 216 and was needed at 242—well, the team solved the problem by surrounding the scales as he was being weighed in (conveniently blocking the view) and an unnamed lifter surreptitiously pressed down on George's extended thumb to give him the necessary few pounds to put him into the 242 class.

The contest of the meet was between Roger Benjamin and Bob Glasgow in the 220s which came down, as usual, to the last deadlift where Benjamin hung on for dear life to the oil-slicked bar with a great 694 deadlift. The heavier guys all did equally well, as Carlton Snitkin weighing in at a paltry 243 lb. easily beat Pedro Domenici and Jose Perez from Puerto Rico. Patterson and Lugin, as stated, swept the 242s. What made this particular meet a true "Meet from Hell" wasn't just the bad

food, dysentery racking half the team, crooked meet director, flies and horse dung. No way. It was the way the meet finished up. As Clay Patterson approached the bar for his first bench press of 468.5, the lights, which had been flickering a bit, went out completely. Let me quote Roger Benjamin once more: "Well, as it turned out, the cowboys, now properly lubricated with the local hooch, had had enough and departed for the nearest cantina. The meet was finished by the headlights of a '66 Dodge Dart along with a few other old wrecks." So, for about half the competition, our intrepid road warriors had to lift in the darkness, with the bar illuminated by a ring of headlights, and hope and pray that they weren't assaulted by a bunch of surly (and armed) cowboys. Well, they won (as if there was a doubt), but most of all they SURVIVED and lived to tell the tale. Roger Benjamin was emotional as he climbed the award platform to receive his first place trophy. That emotion, however, soon changed when he saw the inscription on his award, "Donated by the Guyana Lunch Bar." «

Next up: Roast Lizards, Dysentery and Sweaty Deadlifts: The 1986 Junior Worlds – Cochin, India.

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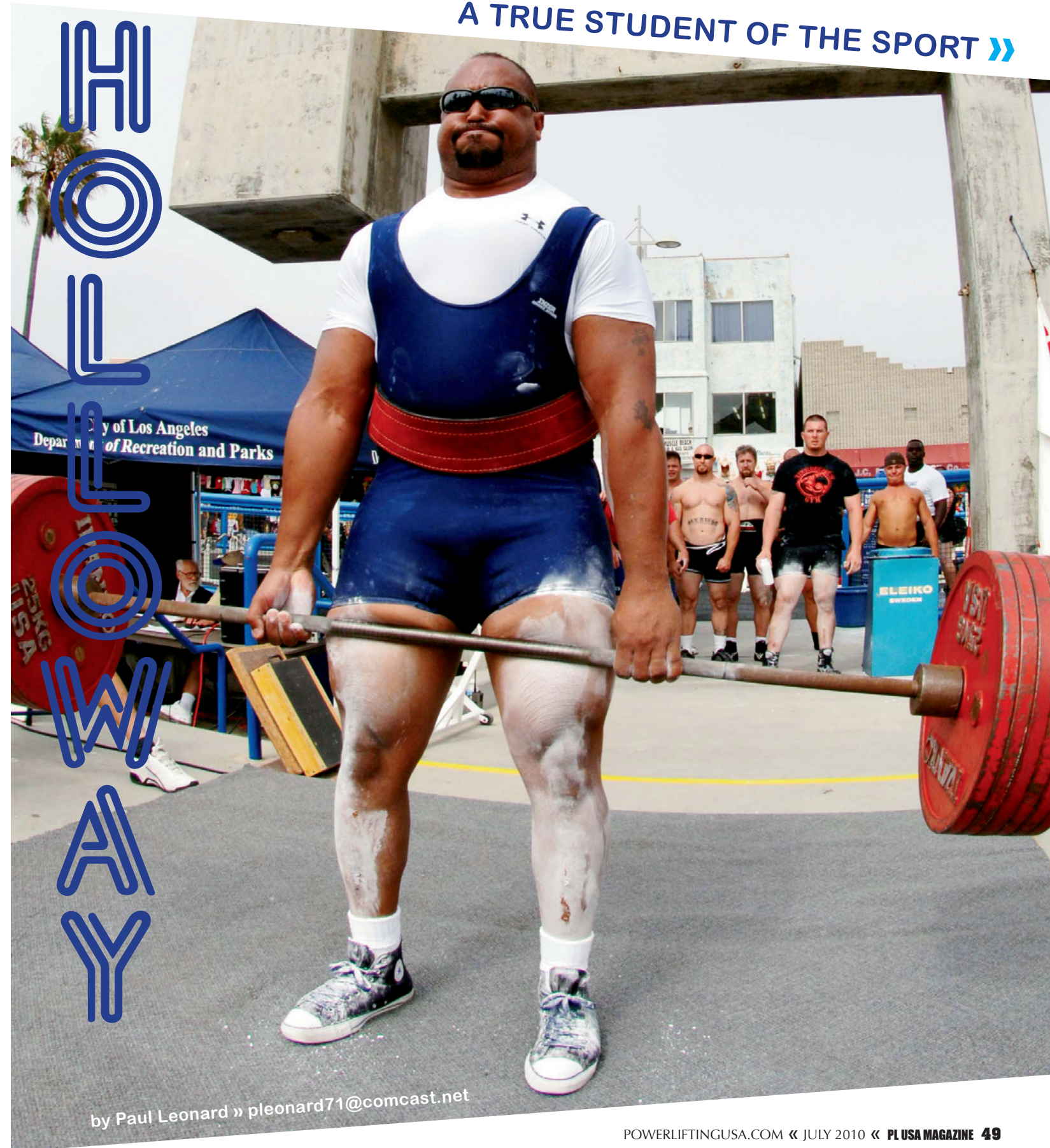
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PATRICK

A TRUE STUDENT OF THE SPORT »



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by Paul Leonard » pleonard71@comcast.net

PATRICK HOLLOWAY »

Tell us a bit about yourself.

My name is Patrick Holloway. I am 42 years old and compete in the 275 and 308 pound classes. I am married to a great woman, Wendi, and have been for seven years. We have two great kids, Christopher and Morgan. I am a strength and conditioning coach/personal trainer in Phoenix, AZ.

When did you begin training?

I started like a lot of guys—in high school getting in shape for football and wrestling. That was back in the mid '80s. I started training for powerlifting in 2000 as a promise I made to myself that I was going to put up or shut up. So I put up and have not looked back since.

What systems of training have you followed?

I started with "The Westside Methods" and "The Joe Average" and over the years I have studied everything that I can find on training from some of the current and past monsters of metal. I modified and designed my own training methods. I also added "The Underground Training" methods of Zach Even-Ash, to get in the best shape as possible.

What current system do you use?

The current system is my own. I train 13 days on then I take one day off and start all over again. It is the "92.5 Percent System." It is a little strange, but has worked for me. My goal for each training cycle is to hit 92.5 percent, a preset goal for an upcoming meet that I am training for. I have to hit it four weeks in a row for 5 x 1. I do not overtrain on this method. I hit the bench three times per week, squat and deadlift two times per week and strongman/underground two times per week. And yes, that is training every day. I do take a day off every two weeks which is one of my bench days. I feel like my underground training (sandbags, kettlebells, sledgehammer, and mace) keep my conditioning at a very high level and I have to also keep my nutrition in line with this style of training. I keep from overtraining by limiting my volume of exercise to low, but the intensity high. I look at my training habits sometimes and can't believe that I have made it this far without falling apart.

Please elaborate more on how you cycle your training and what your latest training cycle looked like.

For my deadlift I pull for three weeks with the weights on boxes, then I do three weeks standing on a 2" block, then I will do a five week cycle pulling off of the floor with 5 singles at 92.5 percent—which I will do for the entire five weeks, repeating the 92.5 percent for 5 singles every week.

I just completed 5 sets of 5 with 710 pounds standing on a 2" block, with 30 seconds of rest between sets. This was 85 percent of my projected goal of 840 lb., which I intend to pull on June 12th at the WABDL nationals in Phoenix. I do the above deadlift training sessions on Fridays. I will deadlift again with Jerry Pritchett on Sunday mornings when we train on strongman implements and then do deadlifts in the power rack against orange (medium) jump stretch bands. The bar is positioned at mid-shin level and we work up to heavy singles.

I work my squat on Wednesdays by doing triples to a box with a deadlift stance supersets with leg presses. I work with 400 to 450 lb. for the box squats and 1000 lb. on the leg press for 10 reps per set. The squat stance I utilize is solely to position me for deadlift success—the conjugate method at work.

To build my bench press, I bench three times per week—Monday, Thursday and Saturday. On Monday, I train the bench with a close grip either off the chest or a one or two board, building up to a heavy triple. This is followed by close grip push-ups with bodyweight for 25 to 30 reps for 4 to 5 sets, keeping constant tension on my triceps.

Thursday I will bench with my normal competition grip and work up to a heavy triple. I follow this up with pec work and then either incline dumbbells or decline dumbbell presses. On Saturdays, I will bench heavy in a shirt and implement 92.5 percent of my goal for 5 heavy singles.

That's quite a workload, Pat. How do you do it?

Following all of my workouts I will do conditioning with Underground

style training—using either sandbags, sledgehammers, maces, or kettlebells. I mix and match these aforementioned implements doing cleans with a sandbag or swinging a 50 lb. mace for 12 minutes straight. I call this part of my workout punishment training and came up with the idea after seeing military shows on television that showed people going through bootcamp. No one got injured during this type of training—it just built mental toughness into people.

To what do you attribute your world class push-pull total to? Drug free, no less.

I attribute my lifts to being a student of the sport. I listen to advice from other elite lifters, past and present. I watch videos of my lifts, paying very close attention to technique and study every bit of information out there on strength training and proper technique on each of the lifts. I am very hard on myself when it comes to technique. I have great training partners that really help me clean up a lot of bad habits. I keep an open mind when it comes to having someone evaluate my techniques and since I can't see what it looks like when I am performing the lift, I have to listen and keep what is good and get rid of what is not.

Meet PRs?

710 bench press and an 821 deadlift.

Training PRs?

I have no training PRs. I focus all of my attention getting prepared for meet day. So with such a long training week, staying away from PRs in the gym keeps me a little fresher.

What is your rehab-prehab routine?

I am a big believer in massage, so all of my deadlift muscles get worked over thoroughly once every two weeks.

Other lifts you are proud of—military press, strongman lifts, incline bench dumbbell work, etc.?

It has to be any and all of the strongman lifts I do. This style of training is still pretty new to me and just getting out there and trying it all is something to be proud of. (P.S. I hate stones and farmers, Jerry.)

How and what do you eat?

I eat four to five meals per day. Weight gainers pre and post workout for me are the most important meals out of the four. The basic Creatine, BCAAs, Beta Alanine, and Omega-3 mix with a good carb to protein ratio. Nothing too fancy.

Any training influences?

Gus Rethwisch and the other old school power guys, and all the guys who can pull the big weights that give me something to work towards. I have to say, the old school crew are the guys I truly would like to thank. I don't have enough space to name them all, but we know who they are.

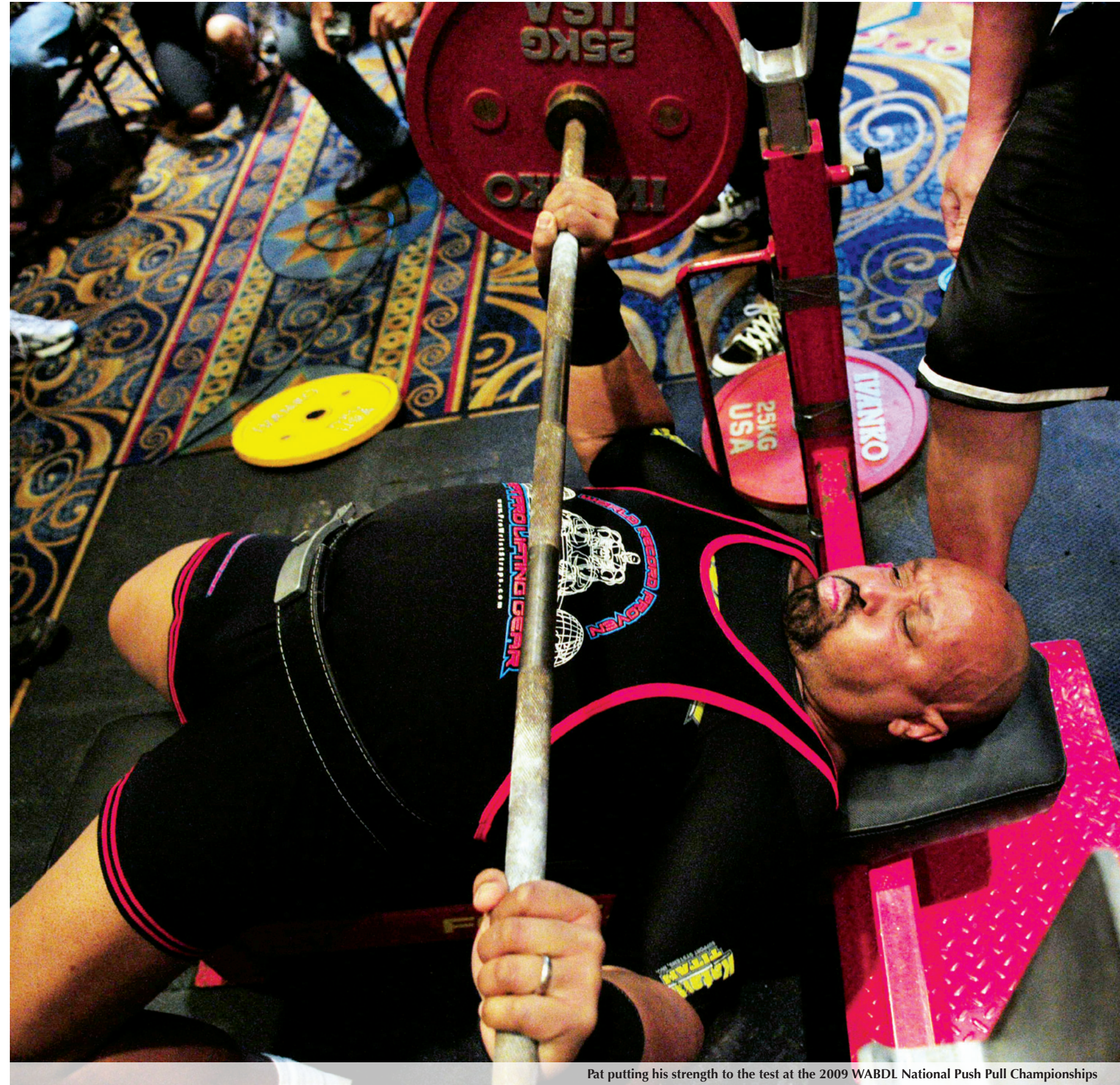
Who would you like to thank?

Gus Rethwisch, Jerry Pritchett, and Mike W. Without their help and watchful eye I would not be where I am right now. The Metal Mafia crew: Jeff, Mark, Scott, Chris, Marsha, Shelly and Matt. These guys have been great to train with. Most importantly my wife, Wendi. She puts up with a lot of the madness and still stays by me—thanks is not enough.

Any last words?

Meet day is a reward for getting your ass handed to you all week for a year. I have trained with Jerry Pritchett for five years and he has pushed me to be the best I can be. He is never satisfied and always wants to push me harder and further. My time is money, but the beating is free.

To contact Patrick for personal training or to purchase an online program, please contact him at pfit@cox.net. «



Pat putting his strength to the test at the 2009 WABDL National Push Pull Championships

Why Gaining 20 lb. of Muscle & Losing 20 lb. of Body Fat Will Help You Win!

MEGA MUSCLE NUTRITION PROGRAM

as told to Powerlifting USA by Eric Serrano, MD, and Scott Mendelson » scott@infinityfitness.com » www.infinityfitness.com

EXAMPLE BASE DAY 1-5

- ⇒ Protein 1.5 grams per lean pound of bodyweight
- ⇒ Dietary Fat 0.5 grams per lean pound
- ⇒ Carbohydrate 0.25 grams per lean pound
- ⇒ Lean protein sources will naturally contain some dietary fat
- ⇒ Organic/Grass fed protein sources preferred
- ⇒ Rotate food sources regularly to avoid food allergies/sensitivities
- ⇒ Stomach upset, bloating, gas and fatigue following a meal signal that food choices must be changed

BREAKFAST

- ⇒ 4 whole eggs
- ⇒ 4 egg whites
- ⇒ 4 strips turkey bacon
- ⇒ ½ grapefruit
- ⇒ 3 Alpha Omega



MID-MORNING SNACK

- ⇒ ½ cup raw nuts
- ⇒ 6 oz. organic meat jerky



LUNCH

- ⇒ 8–10 oz. 90% lean ground beef; grass fed if possible
- ⇒ 1 green pepper mixed with beef
- ⇒ 1 tablespoon extra virgin olive oil



MID-AFTERNOON SNACK

- ⇒ 2 tablespoons organic peanut or almond butter
- ⇒ 1 small apple

30 MIN PRE WORKOUT

- ⇒ 3–4 scoops 100% MR
- ⇒ 3–4 scoops Muscle Synthesis Powder



IMMEDIATELY FOLLOWING TRAINING

- ⇒ 3–4 scoops 100% MR
- ⇒ 3–4 scoops Muscle Synthesis Powder



POST WORKOUT MEAL/ DINNER (30–60 minutes following training)

- ⇒ 8–10 oz. fish, seafood, chicken, buffalo etc.
- ⇒ 1 sweet potato
- ⇒ 1 tablespoon extra virgin olive oil or ½ avocado
- ⇒ 2 cups green vegetables
- ⇒ 3 Alpha Omega



EVENING MEAL

- ⇒ 8–10 oz. fish, seafood, chicken, buffalo etc.
- ⇒ ½ cup brown rice
- ⇒ 2 cups green vegetables

The larger the muscle engine, the greater the power potential. Maximizing lean muscle mass accumulation while preventing the addition of worthless body fat is no easy task. The proven system below will pack on the muscle while improving performance when consistently executed. The key? Consumption of the right food choices at specific times providing abundant growth materials not easily converted to stored fat. Play your cards right along with proper supplementation and training and watch your body fat levels drop as lean body mass surges. Five days per week your food intake will be pretty similar with the exception some post workout carb intake. Two days per week you will make use of revolutionary macronutrient cycling to prime the body for rapid growth.

FOOD CHOICES MADE SIMPLE

If it was not around 10,000 years ago—do NOT eat it. Avoid bread, pasta, cookies, candy, and all other refined foods. While many of societies modern “food inventions” are tasty, they are not necessarily going to support your goals. A calorie is not a calorie! The metabolic and hormonal response from eating 50 grams of lean protein vs. 50 grams carbs from potato chips will be significantly different. The trainee who maximizes consumption of nutrient dense foods will gain muscle and lose body fat 2–3 times faster based on our experience.

BULLS GRAZE AND PIGS PIG OUT!

See the difference between the two species physically? Eat often the easy way! Concentrate on four sit down meals per day—breakfast, lunch, dinner and a night snack. This should fit the schedule well for most without any hassle. Fill in the gaps between with the right snacks consisting of real food ranging from raw nuts to high quality protein on the go sources like organic jerky. You can also amino-load with 100% MR and Muscle Synthesis between meals to provide muscles preferred building blocks in the exact ratios needed to be rapidly assimilated into the muscle bellies.

AMINO LOADING FOR RAPID MUSCLE GROWTH PRE AND POST TRAINING

Amino loading with 100% MR and Muscle Synthesis 30 minutes before training primes the body for training both physically and mentally. The abundance of raw materials flood muscles to serve as rapidly assimilated building blocks while optimizing multiple performance elements. During the workout, blood flows into the muscles to act as a nutrient super highway, however, the consumption of food sources right after training activates digestion which requires

It is important to eat healthy, simple foods and to be aware of the sources they come from



blood flow to the stomach. This is counterproductive as you want the highway to accommodate new nutrient to the muscle at 100 MPH! Yes, insulin is important as it is highly anabolic and opens the muscles to new raw materials; you can achieve an insulin spike to support your goals with 100% MR and Muscle Synthesis immediately after your last set.

MACRONUTRIENT CYCLING – PRIMING THE HORMONAL ENVIRONMENT

By now all trainees are aware that training routines must change frequently and in a strategic manner to maximize success. The same holds true for nutrition. Macronutrient Cycling creates a beneficial hormonal explosion helping the body convert more nutrients into muscle mass and is most beneficial when done on a weight training day. On Saturday ramp up good

fat intake with organic beef, olive oil, avocados, whole eggs and raw nuts. The influx of the right dietary fat levels can send testosterone levels through the roof while boosting fat burning enzymes. Four days later carb load to put a log on the hormonal fire while refilling glycogen levels.

FOCUS YOUR CARB INTAKE FOLLOWING TRAINING

Using the right carb sources at the correct times are vital for success, not only to support muscle growth, but also performance. Replenishing glycogen storage levels is best done following training when the muscles are well positioned to absorb nutrients and metabolism is peaked. During the two meals after training consume 80% of your daily carb intake from potatoes, rice, oatmeal and low glycemic index fruits. ☺



Scott Mendelson of Infinity Fitness

ABOUT SCOTT MENDELSON

Scott H. Mendelson, author of the 100% Fitness Solution E book and Director of Infinity Fitness is a highly regarded performance nutrition and training specialist. In addition to designing customized programs for his celebrity, weekend warrior and executive clients, Scott works daily with professional athletes from the NFL, NHL, MLB, MLS and NCAA. Scott has built an excellent reputation providing effective supplements, cutting-edge information and unmatched service to thousands of clients worldwide since 1999. Also the special assistant to Dr. Eric Serrano MD, Scott helps with the design of training, nutrition and supplementation trials to confirm the effectiveness of protocols and expand his expertise.

ABOUT INFINITY FITNESS

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ADFPF SINGLE EVENT NATIONALS

MAR 6 2010 » Muskegon, MI

BENCH	Masters (55-59)	
FEMALE	F. Givens	264
126 lbs.	242 lbs.	
Teen (16-17)	Junior (20-23)	
B. Palleschi	S. Pedaris	248
Raw	Masters Open	
129 lbs.	Police/Fire/Military	
Junior (20-23)	D. Walker	551
S. Simmons	Open	
139 lbs.	R. Pettet	369
Open Masters	275 lbs.	
K. Hockeborn	Masters (60-64)	
Teen (14-15)	G. Krueger	341
C. Rittenhouse	Raw	
165 lbs.	132 lbs.	
Masters (45-49)	Masters (60-64)	
R. Fricke	G. Morrison	182
Open	Teen (14-15)	
C. Perdaris	A. Stagg	138
181 lbs.	Teen (18-19)	
Masters (50-54)	J. Fairchild	237
J. Harris	148 lbs.	
198 lbs.	Masters (40-44)	
Masters (45-49)	T. Greenman	264
J. Jachim	Open	
Masters (50-54)	C. Sulzener	237
J. Perdaris	M. Wynn	220
Masters (85-89)	165 lbs.	
L. Coon	Junior (20-23)	
Teen (16-17)	Masters (55-59)	
W. Perry	C. Baiers	308
220 lbs.	S. Slater	248
Masters (50-54)	Masters (40-44)	
M. Leclair	M. Stagg	270
	Masters (60-64)	
	Open Masters	
	T. Kohut	132
	D. Wallace	374

Teen (18-19)	242 lbs.	
J. Burrow	Masters (40-44)	
J. Wallace	A. Leatherman	341
181 lbs.	Open	
Junior (20-23)	R. Slater	347
C. Wallace	D. Butterfield	325
Masters (40-44)	Open Junior	
T. Couger	G. Head	363
Masters (65-69)	Open Masters	
J. Kiszelik	J. Brodski	297
Open	275 lbs.	
R. Herrmann	Masters (40-44)	
D. Rowles	J. Johnson	462
Teen (16-17)	Masters (45-49)	
Z. Storms	E. Jones	402
198 lbs.	Masters (60-64)	
Junior (20-23)	G. Krueger	314
A. Tallman	Open	
Masters (40-44)	J. Devoy	347
G. Krause	Open Masters	
Masters (55-59)	J. Campion	396
Teen (14-15)	Police/Fire/Military	
W. Nicolen	N. Balanowski	325
M. Cury	319 lbs.	
A. Stagg	Junior (20-23)	
Teen (18-19)	Masters (40-44)	
J. Fairchild	T. Andrews	231
148 lbs.	Open	
Masters (40-44)	R. Madison	385
T. Greenman	J. Bennatyne	336
Open	N. Cole	275
C. Sulzener	220 lbs.	
M. Wynn	Junior (20-23)	
165 lbs.	C. Kirkwood	286
Junior (20-23)	Masters (55-59)	
L. Coon	F. Hockeborn	352
Teen (16-17)	Open	
W. Perry	J. Botbyl	380
220 lbs.	M. Stagg	270
Masters (50-54)	J. Kuzyk	363
M. Leclair	Open Masters	
	D. Wallace	374

S. Simmons	204	M. Wider	424	J. Vaughn	418	165 lbs.
139 lbs.	Open	C. Sulzener	380	Masters (50-54)		Masters (45-49)
Teen (14-15)	M. Wynn	446	J. Bell	435	R. Fricke	231
C. Rittenhouse	154 lbs.		Masters (65-69)		198 lbs.	
Open	C. Burr	347	K. Donnelly	380	Open Teen	
Masters (50-54)	165 lbs.		242 lbs.		W. Perry	275
C. Burr	Junior (20-23)		Open		220 lbs.	
Masters (40-44)	S. Slater	473	D. Fenderson	517	Masters (50-54)	
165 lbs.	Masters (40-44)		D. Butterfield	501	J. Bell	523
Masters (45-49)	M. Stagg	484	Open Junior		Masters (55-59)	
R. Fricke	S. Sielawa	484	G. Head	562	F. Givens	380
Open	Masters (60-64)		275 lbs.		Open Masters	
C. Perdaris	T. Kohut	325	Masters (60-64)		D. Wallace	606
181 lbs.	Teen (18-19)		G. Krueger	501	242 lbs.	
Masters (60-64)	J. Burrow	330	Open		Open	
R. Batko	181 lbs.		E. Reid	600	R. Pettet	551
220 lbs.	Junior (20-23)		Police/Fire/Military		275 lbs.	
Masters (50-54)	R. Gottwald	297	N. Balanowski	628	Masters (60-64)	
J. Bell	Masters (40-44)		319 lbs.		G. Krueger	495
Masters (55-59)	B. Whitcomb	380	Junior (20-23)		Raw	
F. Givens	Masters (60-64)		M. Stewart	600	132 lbs.	
242 lbs.	R. Batko	451	Masters (40-44)		Masters (60-64)	
Junior (20-23)	198 lbs.		W. Hanna	567	G. Morrison	209
S. Pedaris	Junior (20-23)		SQUAT		Open Teen	
A. Tallman	Masters (40-44)		FEMALE		J. Fairchild	330
Open	B. Morton	396	Raw		Teen (14-15)	
R. Pettet	Masters (55-59)		129 lbs.		A. Stagg	242
275 lbs.	Masters (40-44)		Junior (20-23)		148 lbs.	
Masters (60-64)	M. Cury	473	S. Simmons	176	Open	
G. Krueger	Masters (70-74)		139 lbs.		M. Wynn	380
Open	T. Andrews	319	Teen (14-15)		Open	
C. Sulzener	Open		C. Rittenhouse	198	C. Sulzener	308
154 lbs.	N. Cole	385	Masters (50-54)		165 lbs.	
Masters (55-59)	Open		C. Burr	215	Junior (20-23)	
Teen (14-15)	T. Piper	363	MALE		S. Slater	369
A. Stagg	220 lbs.		139 lbs.		Masters (40-44)	
Masters (40-44)	Junior (20-23)		Open Masters		M. Stagg	374
M. Stagg	C. Kirkwood	501	K. Hockeborn	242	Masters (45-49)	
Open Masters	Masters (40-44)		S. Sielawa	374		
D. Wallace	Junior (20-23)					

Junior (20-23)	C. Kirkwood	—
Masters	J. Bell	402
242 lbs.	Masters (40-44)	
Open Junior	A. Leatherman	451
Masters (40-44)	Open Junior	
G. Head	501	
198 lbs.	275 lbs.	
Masters (40-44)	Masters (60-64)	
B. Morton	G. Krueger	451
Masters (55-59)	Police/Fire/Military	
M. Cury	N. Balanowski	512
Masters (70-74)	319 lbs.	
T. Andrews	Junior (20-23)	
Open	J. Newton	501
N. Cole	Masters (40-44)	
325	W. Hanna	534
220 lbs.	States Represented: Illinois, Indiana, Michigan, Wisconsin.	
	» courtesy Judy Gedney	

Masters (60-64)	Junior (20-23)	
T. Kohut	C. Kirkwood	—
Teen (18-19)	Masters	
J. Wallace	J. Bell	402
181 lbs.	242 lbs.	
Junior (20-23)	Masters (40-44)	
C. Wallace	A. Leatherman	451
Masters (40-44)	Open Junior	
B. Whitcomb	G. Head	501
198 lbs.	275 lbs.	
Masters (40-44)	Masters (60-64)	
B. Morton	G. Krueger	451
Masters (55-59)	Police/Fire/Military	
M. Cury	N. Balanowski	512
Masters (70-74)	319 lbs.	
T. Andrews	Junior (20-23)	
Open	J. Newton	501
N. Cole	Masters (40-44)	
325	W. Hanna	534
220 lbs.	States Represented: Illinois, Indiana, Michigan, Wisconsin.	
	» courtesy Judy Gedney	

IBP 9TH REGIONAL CHAMPIONSHIPS

FEB 20 2010 » Statesville, NC

BENCH	R. Mabe Jr.	275
220 lbs.	MALE	
114 lbs.	Intermed. (24-34)	
Teen (14-15) Raw	B. Norman	240
J. Care	Master (40-44) Raw	
155	R. Smith	425
132 lbs.	242 lbs.	
Teen (14-15) Raw	Intermed. (24-34)	
S. Kerhoulas	J. Ridenhour	495
150	Master (40-44) Raw	
165 lbs.	J. Borek	380
Junior (20-23) Raw	Master (45-49) Raw	
T. Barefoot	J. McLaughlin	275
255	Open Raw	
Master (45-49) Raw	L. Bullins	510
S. Hargrove	Teen (14-15) Raw	
270	J. Davis	180
Open Raw	275 lbs.	
J. Rogers	Inter. (24-34) Raw	
295	A. Nesta	325
Teen (14-15) Raw	Novice Raw	
L. Walker	J. Ashley	315
190	Open Raw	
A. Holland	M. Belk	580
145	308 lbs.	
Teen (18-19) Raw	Master (60-64) Raw	
J. Rogers	D. House	300
295	308+ lbs.	
J. Borek Jr.	Open Raw	
225	D. Adams	550
Youth (12-13) Raw	BP DL TOT	
Z. Carr		
145		
198 lbs.		
Master (45-49) Raw		
J. Care		
310		
Master (50-54) Raw		
T. Smith		
300		
Novice Raw		
T. Walker		
315		
Push Pull		
FEMALE		
148 lbs.		
Novice Raw		
A. Sweatman		
100		
220		
320		
4th-DL-230		
165 lbs.		
Master (40-44)		
D. Malecki		
165		
245		
410		
4th-DL-255		
Novice Raw		
A. Lassiter		
125		
265		
390		
4th-DL-275		
Open		
D. Malecki		
165		
245		
410		
4th-DL-255		
198+ lbs.		
Master (45-49) Raw		
M. Boyles		
180		
175		
355		
4th-DL-200		
MALE		
77 lbs.		
Youth (10-11) Raw		
B. Lines		
65		
80		
145		
4th-DL-85		
88 lbs.		
Teen (16-17) Raw		



Jonathan Byrd deadlifted 625 at 308 for a 1175 total (Keith Payne photo)

A. Adkins	65	140	205	Youth (12-13) Raw			4th-DL-450
97 lbs.				D. Wilson	155	315	470
Youth (10-11) Raw				4th-DL-330			Master (55-59) Raw
N. Comer	65	155	220	Youth (12-13) Raw	115	175	290
4th-BP-70 DL-175				R. Gallion	90	165	255
105 lbs.				S. Douglas			Teen (18-19) Raw
Youth (10-11) Raw				181 lbs.			T. Goodson
I. Rushton	75	120	195	Intermed. (24-34) Raw	315	535	850
4th-DL-140				A. Rosario	230	475	705
114 lbs.				J. Neal			Intermed. (24-34)
Teen (14-15) Raw				M. Belk	255	350	605
K. Drum	145	245	390	Master (65-69)			B. Morton
J. Delgado	115	255	370	J. Shoaf	110	170	280
4th-BP-120				Teen (14-15) Raw			Master (45-49) Raw
123 lbs.				J. Whitaker			L. Scales
Open Raw				Teen (16-17) Raw			Master (50-54)
B. Aguilar	210	305	515	J. Ingram	265	410	675
Youth (12-13) Raw				4th-BP-280 DL-420	195	315	510
B. Hall	95	190	285	T. Curtis			Intermed. (24-34) Raw
Youth (12-13) Raw				Teen (18-19) Raw			L. Stubbs
J. Johnston	70	110	180	T. White	300	475	775
132 lbs.				M. Holbach	195	340	535
Master (50-54) Raw				4th-DL-360			Junior (20-23)
J. Pacelli	215	315	530	Youth (12-13) Raw			S. Spear
Teen (14-15) Raw				J. Darr	75	165	240
S. Kerhoulas	150	245	395	198 lbs.			Master (40-44) Raw
Youth (12-13) Raw				Intermed. (24-34)			S. Mabe
W. Hill	90	245	335	M. Curtis	335		



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	GRAMS PER SERVING	MORNING	BETWEEN-MEAL SNACK	PRE-WORKOUT	POST-WORKOUT	EVENING/ BEDTIME	ON-THE-GO
100% WHEY PROTEIN	20	●		●	●		
MASS XXX™	50		●		●	●	
100% CASEIN PROTEIN	25		●			●	
WHEY ISOLATE 28	28	●		●	●		
LEAN MUSCLE MEAL	40		●		●		●
50 GRAM SLAM™ DRINK	50	●	●		●		●
OATMEAL PROTEIN BAR	30	●	●				●

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Brett Cotter – best lifter with 960



William Dixon – 275 BP + 455 DL (Scott Taylor photos)



Kevin Cotter – 430 DL with a total of 730



John Massey – 425 at 220 lb.

APA RAZORBACK OPEN PUSH PULL FEB 13 2010 » Hot Springs, AR

BENCH	J. Alaniz	370
Raw		
242 lbs.		
Master II		
J. Alaniz	370	
Open		
J. Massey	425	
Push Pull		
Raw		
181 lbs.		
Open		
W. Dixon	275	455 730
Junior		
M. Atchley	250	425 675
198 lbs.		
Submaster		
K. Cotter	300	430 730
Master I		
R. Kaiser	250	365 615
242 lbs.		
Open		
B. Cotter	455	505 960

Location: American Legion. A very special thanks to those who attended the Razorback Open after several days of adverse weather in Arkansas. All of the lifters chose to lift raw instead of with gear and some great lifts were registered. Proceeds of the event were donated to the American Legion. Brett Cotter won best lifter award which was determined by Schwartz Formula. He registered a flawless raw bench press of 455 at 232 bodyweight and a deadlift of 505.

» courtesy Scott Taylor, APA President

GYM WARRIORS SPRING BREAK BASH MAR 6 2010 » Peabody, MA

BENCH	J. Flynn	70
FEMALE		
110 lbs.		
Raw		
K. Hickey	110	
MALE		
220 lbs.		
Masters (40-44)		
S. Green	355	
B. Angelo	410	
Open		
C. Kozlowski	260	
Raw (Age 10)		
BENCH Reps		
D. Madden	170	29
A. Keone	215	24
D. Mahan	190	22
K. Pena	200	22
CURL Reps		
	Lbs.	Bwt.

N. Patti (62)	100	180		
D. Patti	40	137		
G. Richards (71)	100	163		
Open				
S. Robison	183	231		
A. Keone	183	210		
D. Litelen	123	242		
P. Cogen	118	149		
Teen				
B. Connolly	128	223		
J. Pimental	113	150		
Junior				
D. Madden	138	168		
Master (40-44)				
T. Hegerty	108	—		
DEADLIFT Trap Bar				
Bwt. Lbs.				
D. Delisle	200	730		
D. Omareggie (17)	250	640		
J. Flynn (10)	—	250		
P. Cogen	149	310		
G. Richards (71)	163	420		
E. Sisson (16)	—	500		
Push Pull				
Raw (71)				
G. Richards	200	350	550	
Open Raw				
R. Dasilva	225	395	620	
220 lbs.				
Open				
G. Sousa	340	500	840	
242 lbs.				
Open Raw				
S. Robison	405	585	990	
275 lbs.				
Open Raw				
P. Hadly	290	455	745	
Junior				
198 lbs.				
B. Rearick	275	425	700	
K. Carr	265	425	690	
B. Feldman	—	530	—	
T. Ambrosio	—	405	—	

Overall Junior Best Lifter, Bench, Curl, Reps: Danny Madden. Overall Best Teen Lifter, Trap Bar, Bench: Dan Omareggie at age 17. The 1st Place Winner of Bench Rep Your Bodyweight Contest: Danny Madden, who won IGF from Pure solutions, and Bsn supplements. Plus a huge trophy. I would like to say thanks to Shawna Sidilou for providing food, Big Rich Auger for security, to all the fans who showed up, thanks to the guys for competing and our sponsors, isopure protein, BSN, IGF by pure solutions, and Brian At Crown Trophy. Overall Curling Winner: Andrew Keone.

» courtesy Paul D.

165 lbs.				
Teen (16-17)				
W. Perry	275			
198 lbs.				
Master (45-49)				
J. Jachim	363			
220 lbs.				
Master (40-44)				
P. Morris	418			
242 lbs.				
Master (45-49)				
D. Walker	551			
275 lbs.				
Master (45-49)				
M. Hinkston	—			
Raw				
148 lbs.				
Junior (20-23)				
J. Szafranski	253			
181 lbs.				
Master (40-44)				
G. Kraose	286			
198 lbs.				
Master (40-44)				
T. Gouger	297			
220 lbs.				
Master (50-54)				
M. LeClair	396			
Master (65-69)				
R. Hemenway	292			
Master (40-44)				
Powerlifting SQ				
220 lbs.				
Open				
B. Crabill	611	429	495	1536
242 lbs.				
Master (45-49) Open				
J. Perry II	545	325	567	1437
Open				
R. Pettet	562	391	528	1481
Raw				
148 lbs.				
Master (40-44)				
T. Greenman	341	270	413	1024
Open				
C. Sulzener	281	237	369	886
165 lbs.				
Junior (20-23)				
C. Baiers	324	286	413	1023
Master (45-49)				
S. Sielawa	369	237	473	1079
Teen (18-19)				
J. Burrow	187	187	281	655
181 lbs.				
Open				
R. Herrmann	297	330	429	1057
Master (40-44)				
B. Whitcomb	374	237	391	1002
198 lbs.				
Master (70-74)				
T. Andrews	187	215	270	672
Junior (20-23)				
A. Tallman	286	292	418	996

A small crowd was witness to the return of NASA Real Powerlifting to the State Nebraska this past Saturday, when the AV Sorensen Center hosted the 2010 Nebraska State Meet, in Omaha. Marvin Cifuentes had the highest coefficient of the day,

J. Muha	314	220 lbs.		
242 lbs.				
Master (60-64)				
J. Vaughn	330	264	413	1007
242 lbs.				
Open				
D. Butterfield	385	314	451	1151
275 lbs.				
Open P/F/M				
Balanowski	506	319	628	1453
Open				
S. Tooley	407	264	462	1134
Master I Open				
R. Cairns	512	341	473	1327
Master (40-44)				
G. Kraose	—			
Master (60-64)				
R. Batko	462			

NASA NEBRASKA STATE MAR 13 2010 » Omaha, NE

BENCH	PS DEADLIFT
Raw	242 lbs.
99 lbs.	Master I
Youth	R. Baker
S. Hou-Seye	63
181 lbs.	275 lbs.
Master Pure	Submaster
E. Ortiz	J. Blaine
303	551
Push Pull	
181 lbs.	
Master III	
E. Waugh	105
231	336
Powerlifting	
Raw	
181 lbs.	
Master II	
C. Brown	352
187	396
936	
Master Pure	
E. Ortiz	330
303	424
1057	
Open	
M. Cifuentes	407
297	429
1134	
220 lbs.	
Military	
T. Scobey	352
292	501
1145	
Novice	
P. Dooley	501
286	551
1338	
Dominguez	330
270	462
1062	
SHW	
Submaster	
J. Loth	562
336	573
1470	
Power Sports	
CR	
BP	
DL	
TOT	
181 lbs.	
Master III	
E. Waugh	61
105	231
396	
198 lbs.	
Open	
Vandeweerd	154
325	451
930	

USAPL SOUTH DAKOTA STATE FEB 27 2010 » Sioux Falls, SD

BENCH	K. Leisinger	275		
MALE	Open			
Master (40-49)	181 lbs.			
181 lbs.	K. Leisinger	248		
J. Blindauer	402			
198 lbs.	198 lbs.			
K. Hansen	336	352		
336	K. Hansen	336		
Master (50-59)	242 lbs.			
165 lbs.	J. Lenz	435		
T. Brown	231			
181 lbs.	SHW			
Powerlifting	J. Leo	644		
SQ	BP			
DL	TOT			
D. Williams	286	149	248	683
A. Liston	204	116	264	584
Lightweight				
A. Barrows!	198	110	242	551
T. Smith!	171	99	220	490
S. Wilde!	160	110	215	484
Middleweight				
M. Boomsma!	204	132	308	644
Sioux Falls Open				
E. Meiers!	143	72	204	418

earning him the Galileo Cup Trophy. Many notable Lifters had an excellent day, including Elaine Vaughn who traveled all the way from Rio Rancho, NM, to go 8 for 9 at the Meet, and Eddie Ortiz who squatted a personal best 330 lbs. For several of the lifters it was their first NASA Meet, and many commented that they were going to bring several lifters to the next NASA Nebraska Meet, which means it will probably double in size. A few spectator-lifters commented that they wished they had entered the Meet, after seeing the many sculptured awards and the trophies, some in excess of 4 feet tall. In all, the Meet represented Lifters from 5 States, including Nebraska, Iowa, Kansas, New Mexico, and Wisconsin. Many thanks to Fred Kooser for helping book the venue, and for judging half the flights of lifting. Thanks also to Referees Keith Machula (NE), Jeff Blaine (IA), Rich Baker (IA), and Jim Tabbert (WI), and to Rich and Devon Peters who traveled all the way from Oklahoma to help announce and load with me. Finally, a Huge Thanks to all of the Nebraska Lifters and Spectators who helped to load the truck and trailer after the Meet, making loadout a very easy task. We anticipate holding the Omaha-Iowa Bluff Classic on August 28th, 2010, in Council Bluffs, IA, and we are already planning next year's Nebraska State Meet, to be held in March of 2011.

USAPL SOUTH DAKOTA STATE FEB 27 2010 » Sioux Falls, SD

BENCH	K. Leisinger	275		
MALE	Open			
Master (40-49)	181 lbs.			
181 lbs.	K. Leisinger	248		
J. Blindauer	402			
198 lbs.	198 lbs.			
K. Hansen	336	352		
336	K. Hansen	336		
Master (50-59)	242 lbs.			
165 lbs.	J. Lenz	435		
T. Brown	231			
181 lbs.	SHW			
Powerlifting	J. Leo	644		
SQ	BP			
DL	TOT			
D. Williams	286	149	248	683
A. Liston	204	116	264	584
Lightweight				
A. Barrows!	198	110	242	551
T. Smith!	171	99	220	490
S. Wilde!	160	110	215	484
Middleweight				
M. Boomsma!	204	132	308	644
Sioux Falls Open				
E. Meiers!	143	72	204	418

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MASS & STRENGTH

RESULTS

USAPL MINN. STATE

FEB 13 2010 » Elk River, MN

Powerlifting

FEMALE

165 lbs.

L. Lee 154 88 303 545

148 lbs.

J. Drenth 198 138 281 617

165 lbs.

W. Sivanich 187 121 253 562

198+ lbs.

M. Augustine 336 204 363 903

C. Schouweiler 209 132 303 644

MALE

Junior

181 lbs.

T. Schwabath 523 325 556 1404

Junior Raw

148 lbs.

K. Tran 314 242 457 1013

T. Rgnonti 198 132 275 606

165 lbs.

S. Sullivan 435 347 551 1332

J. Norman 325 204 363 892

181 lbs.

N. Gagnon 484 319 545 1349

198 lbs.

J. Doran 479 325 551 1354

B. Hanson 319 232 451 1095

G. Miron 369 242 402 1013

C. Ortendahl 396 — — 396

220 lbs.

J. Krogman 539 358 589 1486

D. Nelson 523 330 551 1404

S. Johnson 407 330 440 1178

D. Langer — 336 584 919

Masters

181 lbs.

M. Hrudka 440 314 484 1239

198 lbs.

G. Grahn 457 308 457 1222

220 lbs.

G. Edwards 512 380 551 1442

242 lbs.

R. Kolbeck 589 424 562 1574

R. Weiskendorfer 534 330 — 864

275+ lbs.

S. Johnson 473 402 506 1382

Masters Raw

181 lbs.

P. Beaumaster 506 — 562 1068

S. Reid 358 220 457 1035

198 lbs.

D. Miller 402 369 451 1222

E. Maki 341 363 484 1189

M. Babcock 385 297 418 1101

D. Aldrich 358 292 374 1024

T. Haggemiller 303 253 462 1018

J. Woods 319 264 413 996

220 lbs.

D. Patzlaff 451 319 484 1255

C. Fite 352 220 473 1046

220 lbs.

J. Eggers 584 380 578 1541

M. Ross 473 369 650 1492

R. Hintz 501 314 545 1360

D. Schlichting 303 220 457 980

242 lbs.

J. Krogman 793 512 418 1723

A. Holley 473 336 551 1360

T. Miller 699 — 551 1250

J. Nestingen 429 303 501 1233

T. Urbonas 600 — 584 1184

275 lbs.

N. Nord 606 429 622 1657

275+ lbs.

C. Bjork 562 341 556 1459

K. Milnes 705 374 198 1277

Guest

220 lbs.

J. Miller 138 138 138 413

» courtesy Jennifer Cahill

USAPL LOUISIANA STATE

JAN 16 2010 » Lafayette, LA

Powerlifting

FEMALE

Lightweight

T. Mabile 250 155 280 685

Middleweight

S. Louque 260 125 305 690

B. Jenkins 225 120 215 660

C. Cantrell 205 115 235 555

L. Rimassa 175 95 240 510

Heavyweight

M. Bradley 295 125 300 720

Raw

Lightweight

N. Coleman 200 145 285 630

Middleweight

L. Garcia 175 130 290 595

M. Lalone 155 130 285 570

E. Hunter — 125 290 415

MALE

123 lbs.

A. Deshore 320 185 345 850

132 lbs.

A. Escamilla 405 270 345 1020

148 lbs.

L. Bates 405 255 395 1055

M. Eckert 310 240 385 995

R. Primeaux 285 180 318 780

181 lbs.

P. Lubat 390 395 450 1359

T. Pluckett 490 295 450 1235

C. Bartholomen 450 310 475 1235

C. Gulino 425 275 515 1215

J. Jumenville 405 330 410 1145

F. Fitzsimons 380 210 465 1115

K. Wiese 260 235 345 840

W. Callihan! 145 105 440 690

198 lbs.

R. Calhonn 440 255 525 1190

A. Murray 455 225 440 1110

Raw

123 lbs.

G. Sullivan! 300 205 355 860

132 lbs.

D. Murphy! 300 225 385 910

165 lbs.

J. Palliser 445 300 505 1250

C. Dupuis 405 295 410 1170

J. Guillory 405 245 450 1100

181 lbs.

J. Rivet 455 305 500 1260

J. Walker! 280 260 360 900

K. Melancon 315 205 335 855

198 lbs.

T. Godawa 530 380 630 1540

N. Ballay 475 335 525 1335

D. Benas 430 300 570 1300

M. Etienne 415 290 540 1245

A. Mouton 260 — 330 590

B. Weller 520 375 575 1470

D. Daigle 355 285 415 1115

L. Leger 355 225 355 935

242 lbs.

M. Alexander — 405 455 860

275 lbs.

K. Ramsey! 610 385 560 1555

! = American Records. At the 2010 USAPL

LA State Meet there were seven lifters

who broke USAPL American records. Best

Female Raw: Nicole Coleman. Best Teen

Raw: Kyle Ramsey. Best Junior Raw: Blake

Weiser. Best Master Raw: Lonnie Leger.

Best Lightweight Raw: Jeff Palliser. Best

Heavyweight Raw: Travis Godawa. Best Fe-

male: Tori Mabile. Best Teen: Patrick Labat.

Best Junior: Andre Lablanc. Best Master I:

Steve Lamarie. Best Master II Female: Dale

Fitzsimons. Best Master III: Vince Breaux.

Best Master IV: William Callihan. Best Light-

weight: Abel Escamilla. Best Heavyweight:

Steve Lamarie.

» courtesy USAPL

USAPL 25TH VIRGINIA OPEN

FEB 27 2010 » Stanardsville, VA

BENCH

148 lbs.

Raw (45-49)

Brendlinger 290

C. LaPrade 100

165 lbs.

Raw (50-54)

K. Larson 115

242 lbs.

Open

T. Durrett 465

Powerlifting

105 lbs.

Open (45-49)

K. Ryman 185 125 285 595

132 lbs.

Raw Open

J. Gutierrez 165 155 235 555

148 lbs.

College

Haftheemeyer 445 365 465 1275

165 lbs.

Raw (14-15)

B. Holland 195 205 265 665

Raw (16-17)

A. Pastore 220 195 305 720

K. Haskins 215 160 325 700

Raw (18-19)

C. Garrett 255 215 340 810

Raw (20-23)

S. Young 440 225 485 1150

College

R. Stockman 370 335 440 1145

M. Strobo 375 325 405 1105

C. Clubb 370 310 395 1075

J. Clayton 350 245 365 960

N. Iseman 275 240 375 890

Raw Open (40-44)

Raw Open

S. Roy 290 215 360 865

Raw (50-54)

M. Punaro 245 165 285 695

181 lbs.

Raw (65-69)

P. Miller 275 165 365 805

College

C. Gibson 400 240 455 1100

J. Rivas 420 300 525 1245

T. Mecelis 400 315 510 1225

Raw Open

J. Greene 275 200 300 775

SO

C. Riggelman 265 180 300 745

198 lbs.

Open

B. Rowe 635 410 600 1645

College

P. Sweeney 455 260 550 1265

220 lbs.

Raw (16-17)

N. Berry 435 320 500 1255

Raw Open

M. Sidwell 420 275 475 1170

(40-44)

D. Johnston 455 355 505 1315

Raw (50-54)

Z. Dearden 365 260 395 1020

242 lbs.

College

B. Ashooh 480 410 460 1350

K. Hurley 345 325 335 1005

UNL

Raw (18-19)

R. Key 460 315 505 1280

This was the first contest since we lost our

dear friend Will Morris. It was very hard

day for me but the lifters at the Virginia

Open were so wonderful and encouraging.

RESULTS

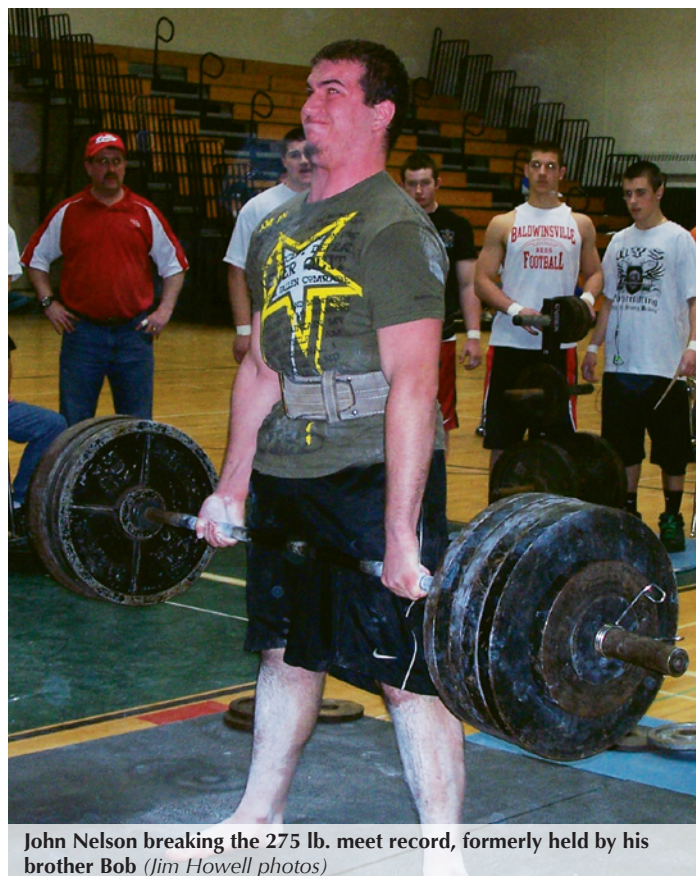


Nick Apseloff with a 350 BP (Jay Strojnowski photo)

100% RAW POTOMAC OPEN JAN 30 2010 » Woodbridge, VA

BENCH	FEMALE	123 lbs.	Open	132 lbs.	Open	148 lbs.	MALE	132 lbs.	Open	165 lbs.	Open	181 lbs.	Open	198 lbs.	Open	220 lbs.	Open	242 lbs.	Open	275 lbs.	Open	298 lbs.	Open	315 lbs.	Open	325 lbs.	Open	385 lbs.	Open	420 lbs.	Open	385 lbs.	Open	385 lbs.	Open
N. Arbia (35-39)	B. Muretta (45-49)	C. Hightower (14-15)	K. Matthews (40-44)	D. Buchannon (55-59)	B. Feeney (20-24)	J. Lasica (25-29)	J. Leavitt (45-49)	K. Roberts (30-34)	C. Norwood (30-34)	A. Yee (30-34)	S. Price (35-39)	M. Nicasastro (45-49)	J. Rennish (16-17)	N. Apseloff (25-29)	D. Hollaway (16-17)	J. Self (20-24)	T. Drake (40-44)	C. Haller (40-44)	N. Mercorelli (45-49)	K. Tuohey (20-24)	R. Kalbaugh (25-29)	D. Cooley (40-44)	J. Jackson (20-24)	J. Smith (20-24)	B. Hall (20-24)	G. Kurlick (20-24)									
370	375	340	150	150	315	220	240	410	300	280	250	300	265	350	295	390	325	385	430	300	375	325	390	420	385	385									

120	125	115	115	120	125	115	115	120	125	115	115	120	125	115	115	120	125	115	115	120	125	115	115	120	125	115	115	120	125	115	115	120	125	115	115
N. Arbia (20-24)	J. Wood (25-29)	D. Cooley (45-49)	C. Hightower (14-15)	J. Hugh (25-29)	C. Peters (55-59)	B. Feeney (20-24)	J. Lasica (25-29)	K. Zimmerman (25-29)	Open (30-34)	K. Roberts (30-34)	J. Marchio (30-34)	Pizzoferrato (30-34)	A. Yee (30-34)	S. Price (35-39)	M. Nicasastro (16-17)	N. Apseloff (25-29)	D. Hollaway (20-24)	C. Haller (45-49)	K. Tuohey (25-29)	D. Cooley (20-24)	N. Arbia (45-49)	C. Hightower (25-29)	N. Arbia (40-44)	R. Kalbaugh (25-29)	D. Cooley (25-29)	K. Zimmerman (25-29)									
120	125	115	120	250	470	315	220	155	240	410	450	425	425	405	480	425	465	475	315	590	475	475	375	325	475	50									



John Nelson breaking the 275 lb. meet record, formerly held by his brother Bob (Jim Howell photos)

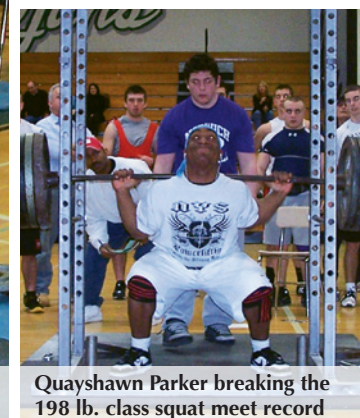
NY HIGH SCHOOL CHAMPIONSHIPS MAR 6 2010 » Newfield, NY

Powerlifting	SQ	BP	DL	TOT
FEMALE				
<i>Junior</i>				
J. Kipp-CV	170	115	250	535
R. DeGennaro-CV	150	115	245	510
S. Blincoc-CV	155	110	240	505
M. Pert-CV	155	100	225	480
<i>Senior</i>				
K. Baldino-Ba	245	140	300	685
MALE				
<i>Junior</i>				
T. Grant-Ba	315	190	345	850
Hernandez-Bi	250	165	285	700
C. Burrell-Bi	250	145	265	660
<i>Senior</i>				
T. Grant-Ba	315	190	345	850
Hernandez-Bi	250	165	285	700
C. Burrell-Bi	250	145	265	660
<i>Junior</i>				
C. Turner-N	365	250	350	965
Sellepack-Bi	275	165	290	730
Kirchner-Ba	235	160	335	730
B. Hodack-Bi	215	145	315	675
<i>Senior</i>				
Standing-C	290	200	335	825
<i>Junior</i>				
B. Papfoki-Ba	405	255	445	1105
Battaglia-CS	300	195	360	855
B. Pichura-Bi	285	185	350	820
T. Russell-Ba	235	190	365	790
M. Brown-Bi	285	160	315	760
<i>Senior</i>				
T. Gates-WG	315	190	405	910
B. Riese-CS	300	195	300	795
<i>Junior</i>				
Levesque-N	445	330	525	1300
T. Waite-WG	315	240	365	920

L. Masso-Bi	285	185	335	805
Faughnan-Bi	265	170	315	750
J. Jones-Bi	405	250	—	655
<i>Senior</i>				
S. Cook-WG	300	275	385	960
198 lbs.				
<i>Junior</i>				
Q. Parker-Bi	495	305	465	1265
K. Kerr-N	385	330	435	1200
T. Hoffman-N	385	300	445	1130
Hassanien-Bi	455	245	425	1125
Twombly-Ba	365	255	485	1105
Stoughteng-Ba	300	260	470	1030
T. Meyers-CS	350	235	315	900
220 lbs.				
<i>Junior</i>				
T. Jerome-N	375	270	415	1060
J. Martin-CS	415	255	385	1055
Garbarino-Bi	385	205	375	965
Benjamin-Ba	205	150	285	640
<i>Senior</i>				
J. Brown-WG	405	405	565	1375
Kerniski-Ba	415	285	450	1150
242 lbs.				
<i>Senior</i>				
R. Jones-Ba	475	365	540	1380
K. Martin-CS	500	375	405	1280
275 lbs.				
<i>Junior</i>				
S. Hawks-Ba	385	220	—	605
<i>Senior</i>				
J. Nelson-CS	385	265	550	1200
Robinson-Ba	385	235	465	1085
Fitzgerald-Bi	375	215	425	1015
SHW				
<i>Junior</i>				
J. Margrey-Ba	390	260	450	1100



Kegan Levesque deadlifting



Quayshawn Parker breaking the 198 lb. class squat meet record

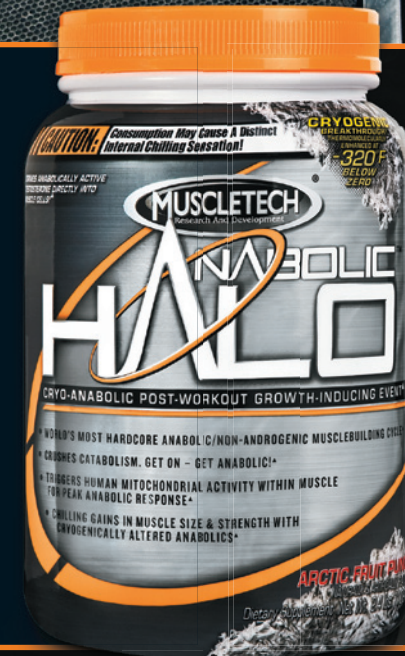


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- Squat: 826
- Deadlift: 814

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Backed by scientific research on its key ingredients conducted at multiple universities, ANABOLIC HALO™ delivers a multi-platform formula to help lifters of any caliber. One powerful element of this formula is a combination of scientifically backed forms of creatine which helps increase your strength fast. From this research-driven foundation, Team MuscleTech™ researchers further developed the formula with fast-acting carbohydrates, L-leucine and L-carnitine for incredible results. The advanced formula also helps to reduce post-workout catabolism. If you want to build raw power for more explosive lifts, finish every workout with ANABOLIC HALO™!



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— Johnnie Jackson

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- Manipulates insulin release to promote nutrient absorption
- Contains L-carnitine to promote amplified androgen receptor expression
- Helps reduce post-workout catabolism



In a human study conducted at a renowned university research center, a precise dose of just one of the powerful compounds in ANABOLIC HALO was shown to amplify the number of testosterone (androgen) receptors versus placebo in just 21 short days. Another third-party study published in the journal *Medicine & Science in Sports & Exercise* involving 22 untrained subjects divided into three study groups showed that the subjects who were taking a key ingredient in ANABOLIC HALO significantly increased their strength compared to subjects who used a placebo. Read the entire label before use. © 2010.

RESULTS

USAPL LAST SHOT TOURNAMENT

MAR 14 2010 » Necedah, WI

Powerlifting	SQ	BP	DL	TOT
FEMALE				
123 lbs.				
Thornton-Nec	180	70	230	480
Kildea-OT	175	80	170	425
132 lbs.				
Vandave-Nec	255	125	225	605
Cole-Kas	180	90	245	515
White-Hol	185	80	210	475
Poquette-EC	175	70	205	450
148 lbs.				
Louis-Mau	215	95	245	555
Arnold-Kas	200	95	255	550
Fischer-Nec	195	80	205	480

165 lbs.				
Cowan-Mau	300	140	250	690
Brettingen-RF	240	110	220	570
Ries-Kas	200	90	255	545
Ward-WD	225	95	225	545

181 lbs.				
Cudahy-OT	250	90	225	565
198 lbs.				
Deane-AD	405	145	—	550
Rip-Mau	280	85	290	655

198+ lbs.				
Durst-Kas	270	130	345	745
Rath-Kas	260	100	280	640

Powerlifting	SQ	BP	DL	TOT
MALE				
123 lbs.				
Podgorak-LD	265	115	250	630
148 lbs.				
Mixis-Gle	340	215	360	915
Cramer-SM	340	185	360	885

165 lbs.				
Halverson	370	265	405	1040
Bejster-Nec	355	185	335	875
Flaherty-Sey	370	185	330	885
Helein-Sey	365	175	335	875
Mader-Sey	350	165	360	875
Kaiser-SM	335	170	370	875
Walford-RF	300	175	400	875

181 lbs.				
LaCoste-AD	460	180	440	1080
Munsch-AD	425	155	460	1040
Stauner-SM	365	250	395	1010
Rigsby-Tom	395	170	435	1000
Olsen-War	365	205	415	985
Vervoort-Sey	380	195	350	925
Wagner-Sey	375	160	390	925

198 lbs.				
Halpin-Loy	425	250	550	1225
Spelman-Bro	375	215	450	1040
Carr-RL	340	250	410	1000
Obed-RL	315	200	365	880
Heytens-SM	265	245	460	970

220 lbs.				
Doud-EC	460	185	415	1060
Oenson-OT	385	190	400	975

242 lbs.	Sobczak-SM	425	315	460	1200
275 lbs.	Stefanec-SM	400	260	385	1045
	Martin-WD	370	210	370	950

275+ lbs.	Conrad-WD	500	235	530	1265
	Rood-LA	405	280	500	1185

High Schools: AD=Adams, Bro=Brookfield, EC=Eau Claire, Gle=Gleason, Hol=Holmen, LA=LaCrescent, LD=Lake Delton, Loy=Loyal, Mau=Mauston, Nec=Necedah, OT=Ootsburg, RF=River Falls, RL=Rice Lake, Sey=Seymour, SM=South Milwaukee, Tom=Tomah, War=Warrens, WD=Wisconsin Dells. (Angela Simons) » courtesy USAPL

NASA MISSOURI STATE FEB 13 2010 » Carthage, MO

BENCH	SQ	BP	DL	TOT
198 lbs.				
Master III				
W. Smith	231			347

Master Pure				
W. Smith	231			347
242 lbs.				
Police/Fire				
D. Marlow	457			462

T. Davis	363			204
275 lbs.				
Master III				
Powerlifting	SQ	BP	DL	TOT

132 lbs.				
Teen				
G. Bolin	319	204	352	875

220 lbs.				
Master I				
G. Bolin	374	363	391	1129

Raw				
165 lbs.				
Open				
B. Freitas	380	231	429	1040

220 lbs.				
Master I				
J. Owens	347	303	402	1051

Power Sports CR				
FEMALE				
165 lbs.				
Master Pure				
L. Anderson	72	121	264	457

MALE				
148 lbs.				
Teen				
Cl. Anderson	110	165	341	617

High School				
Cl. Anderson	99	171	314	584
Cl. Anderson				
Cl. Anderson	110	165	341	617

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Cd. Anderson	99	171	314	584
Novice				
E. Freitas	61	94	127	281

165 lbs.				
High School				
A. Fletcher	116	171	380	666

Int				
B. Jacobi	154	325	495	974
Master I				
B. Anderson	143	259	407	809

Master Pure				
B. Anderson	143	259	407	809
Pure				
B. Freitas	121	231	429	782

181 lbs.				
Teen				
P. Robinson	94	160	286	539

High School				
N. Console	110	226	424	760
Junior				
P. Robinson	94	160	286	539

242 lbs.				
Int				
C. Frakes	193	363	512	1068

Master I				
T. Robinson	127	204	396	727
Master Pure				
T. Robinson	127	204	396	727

Pure				
C. Frakes	193	363	512	1068

ADFPF MASSACHUSETTS' QUALIFIER				
DEC 5 2009 » Scituate, MA				
Powerlifting	SQ	BP	DL	TOT

148 lbs.				
Open				
J. Breault#	435	270*	424*	1129*

Masters (50-54)				
T. McCarty#	402!*	264*	407*	1073*

181 lbs.				
Masters (45-49)				
M. Marrocc#	512!*	303!*	501!*	1316!

220 lbs.				
Open				

B. Schlafman#	551	435!*	578*	1563*
---------------	-----	-------	------	-------

Masters (50-54)				
B. Coleman	275	220	440	936

242 lbs.				
Masters (50-54)				
P. Berrio	418*	220*	418*	1057*

Raw				
148 lbs.				
Masters (70-74)				
L. McCrary	187!*	110!*	286!*	584!*

242 lbs.				
Masters (50-54)				
C. Clancy	325*	209*	363*	897*

! = American Records. * = State Records.				
# = Qualified for the Powerlifting World Championships. Venue: Bay State Athletic Club Annex. This was another one of our fun meets, designed to both introduce some rookies to our sport and encourage long absent veteran lifters back to the platform. Of special interest was the return of Mark Marrocco, who had been away from the sport for some ten years. Mark is a combat veteran, former Special Forces Team Member. Although he was fighting a nondescript virus this day, and wisely passed on some of his attempts, he's overcome some formidable obstacles on his journey back to the lifting platform. The other fellow is a 27 year old rookie who has shown some serious potential, both physically psychologically. Both Mark I have had the opportunity to train Ben Schlafman, and this guy's for real. This was his first three lift meet. I should also note the lifting of Phil Berrio, who is recently back from shoulder surgery. Unlike most lifters, who are really several meets (at least) away from where they think they are, Phil carefully conservatively planned his attempts, adjusting where need be, but mostly sticking with the plan. As a result, he missed no lifts, displayed impeccable mechanics, established a new base from which to rebuild his total. American Record Holders: Joe Breault, Tom McCarty, Leon McCrary (AR/WR holder) lifted well coming back from various injuries. Thanks to Judges: Mark Sieminski, Steve Antonetti & Dave Mansfield.				

» courtesy Rich Peters				
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» courtesy Saul's Elite Training				
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» courtesy Saul's Elite Training				
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» courtesy Saul's Elite Training				
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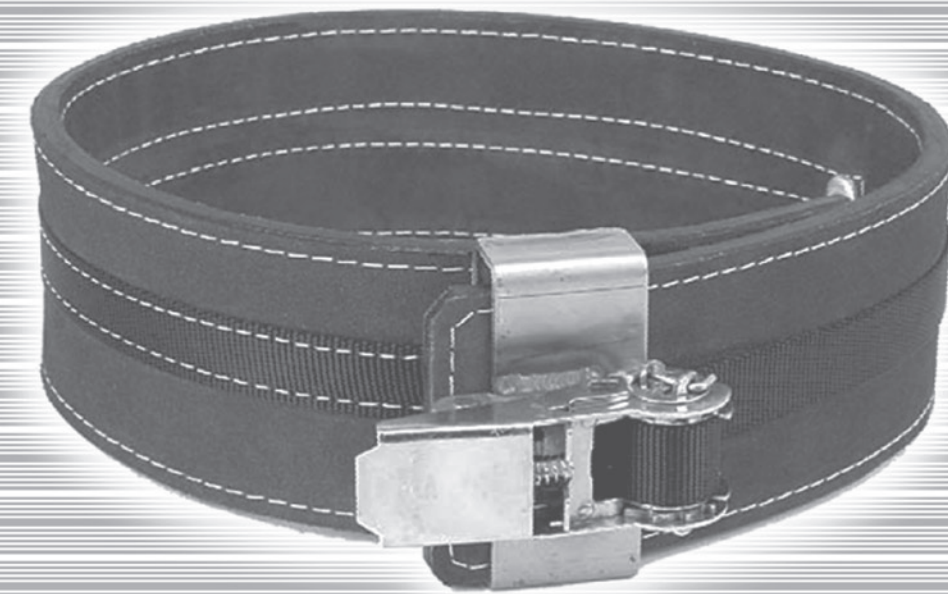
» courtesy Saul's Elite Training				
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» courtesy Saul's Elite Training				
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A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.

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- Hand-crafted in the USA. Patent # 5,647,824

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CPA/APA/WPA QUEBEC

MAR 14 2010 » Quebec, Canada

BENCH FEMALE	M. St-Laurent	305	155	280	435
Raw	M. St-Laurent	305	155	280	435
114 lbs.	J. Parisien	280	135	240	375
Open	J. Toussaint	280	135	240	375
132 lbs.	S. Simard	405	100	270	370
(33-39)	S. Simard	405	100	270	370
148 lbs.	R. Legare	360	230	275	505
(40-49)	R. Legare	360	230	275	505
148 lbs.	M. Giguere	320	110	—	110
Open	M. Giguere	320	110	—	110
242 lbs.	S. Sangster	110	—	—	—
(50-59)	S. Sangster	110	—	—	—
220 lbs.	I. Mercier	405	145	200	345
(60-69)	I. Mercier	405	145	200	345
Push Pull	A. Desharnais	435	90	280	370
FEMALE	A. Desharnais	435	90	280	370
UNL	L. Duval	195	325	520	1040
(20-23)	L. Duval	195	325	520	1040
Open	P. Turcot	615	155	280	435
181 lbs.	P. Turcot	615	155	280	435
(30-39)	P. Turcot	615	155	280	435
Raw	Y. Longpre	525	165	295	460
97 lbs.	Y. Longpre	525	165	295	460
(40-49)	Y. Longpre	525	165	295	460
123 lbs.	R. Beaudette	165	295	460	855
(50-59)	R. Beaudette	165	295	460	855
Raw	M. Gregoire	170	355	525	1050
97 lbs.	M. Gregoire	170	355	525	1050
(60-69)	M. Gregoire	170	355	525	1050
Push Pull	S. Boisvert	130	245	375	650
FEMALE	S. Boisvert	130	245	375	650
UNL	J. Ford	—	240	240	480
(20-23)	J. Ford	—	240	240	480
Open	J. Ford	—	240	240	480
114 lbs.	N. Blanchette	280	475	755	1510
(30-39)	N. Blanchette	280	475	755	1510
Raw	D. Caron	275	650	925	1850
97 lbs.	D. Caron	275	650	925	1850
(40-49)	D. Caron	275	650	925	1850
123 lbs.	O. Michaud	80	275	355	710
(50-59)	O. Michaud	80	275	355	710

BENCH FEMALE	A. Lepage	155	280	435	
Raw	A. Lepage	155	280	435	
114 lbs.	J. Toussaint	280	135	240	375
Open	J. Toussaint	280	135	240	375
132 lbs.	D. Paris	100	270	370	
(33-39)	D. Paris	100	270	370	
148 lbs.	S. Ouellet	230	275	505	
(40-49)	S. Ouellet	230	275	505	
148 lbs.	M. Giguere	320	110	—	110
Open	M. Giguere	320	110	—	110
242 lbs.	S. Sangster	110	—	—	—
(50-59)	S. Sangster	110	—	—	—
220 lbs.	I. Mercier	405	145	200	345
(60-69)	I. Mercier	405	145	200	345
Push Pull	A. Desharnais	435	90	280	370
FEMALE	A. Desharnais	435	90	280	370
UNL	L. Duval	195	325	520	1040
(20-23)	L. Duval	195	325	520	1040
Open	P. Turcot	615	155	280	435
181 lbs.	P. Turcot	615	155	280	435
(30-39)	P. Turcot	615	155	280	435
Raw	Y. Longpre	525	165	295	460
97 lbs.	Y. Longpre	525	165	295	460
(40-49)	Y. Longpre	525	165	295	460
123 lbs.	R. Beaudette	165	295	460	855
(50-59)	R. Beaudette	165	295	460	855
Raw	M. Gregoire	170	355	525	1050
97 lbs.	M. Gregoire	170	355	525	1050
(60-69)	M. Gregoire	170	355	525	1050
Push Pull	S. Boisvert	130	245	375	650
FEMALE	S. Boisvert	130	245	375	650
UNL	J. Ford	—	240	240	480
(20-23)	J. Ford	—	240	240	480
Open	J. Ford	—	240	240	480
114 lbs.	N. Blanchette	280	475	755	1510
(30-39)	N. Blanchette	280	475	755	1510
Raw	D. Caron	275	650	925	1850
97 lbs.	D. Caron	275	650	925	1850
(40-49)	D. Caron	275	650	925	1850
123 lbs.	O. Michaud	80	275	355	710
(50-59)	O. Michaud	80	275	355	710



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BENCH FEMALE	C. Dallaire	340	650	990
Raw	C. Dallaire	340	650	990
114 lbs.	M. Talbot	235	345	580
Open	M. Talbot	235	345	580
132 lbs.	D. Zenklusen	205	430	635
(33-39)	D. Zenklusen	205	430	635
148 lbs.	O. Langlois	195	420	615
(40-49)	O. Langlois	195	420	615
148 lbs.	M. Benoit	300	405	705
Open	M. Benoit	300	405	705
242 lbs.	P. Royer	195	375	570
(50-59)	P. Royer	195	375	570
220 lbs.	N. Marcoux	—	—	—
(60-69)	N. Marcoux	—	—	—
Push Pull	T. Nadeau	430	520	950
FEMALE	T. Nadeau	430	520	950
UNL	N. Blanchette	280	475	755
(20-23)	N. Blanchette	280	475	755
Open	D. Caron	275	650	925
114 lbs.	D. Caron	275	650	925
(30-39)	D. Caron	275	650	925
Raw	F. Belanger	300	505	805
97 lbs.	F. Belanger	300	505	805
(40-49)	F. Belanger	300	505	805

USPF SILICON VALLEY

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BENCH FEMALE	M. Farrell	—	265	265	
Raw	M. Farrell	—	265	265	
114 lbs.	B. Aerts	140	278	418	
Open	B. Aerts	140	278	418	
132 lbs.	P. Rose	204	276	375	650
(33-39)	P. Rose	204	276	375	650
148 lbs.	R. King	276	375	650	
(40-49)	R. King	276	375	650	
148 lbs.	A. Lee	336	529	865	
Open	A. Lee	336	529	865	
242 lbs.	M. White	452	650	1102	
(50-59)	M. White	452	650	1102	
220 lbs.	M. Bowden!	557	612	1168	
(60-69)	M. Bowden!	557	612	1168	
Push Pull	D. Cannataro	342	364	705	
FEMALE	D. Cannataro	342	364	705	
UNL	D. Harvey	226	408	634	
(20-23)	D. Harvey	226	408	634	
Open	M. Scurry	601	—	—	
114 lbs.	M. Scurry	601	—	—	
(30-39)	M. Scurry	601	—	—	
Raw	M. White	650	—	—	
97 lbs.	M. White	650	—	—	
(40-49)	M. White	650	—	—	
123 lbs.	B. Aerts	209	140	278	627
(50-59)	B. Aerts	209	140	278	627
Raw	M. Farrell	231	—	—	231
97 lbs.	M. Farrell	231	—	—	231
(60-69)	M. Farrell	231	—	—	231
Push Pull	H. Gomez!	689	430	645	1764
FEMALE	H. Gomez!	689	430	645	1764
UNL	B. Moberg	513	364	502	1378
(20-23)	B. Moberg	513	364	502	1378
Open	B. Pacheco	540	474	491	1505
114 lbs.	B. Pacheco	540	474	491	1505
(30-39)	B. Pacheco	540	474	491	1505
Raw	J. Lindsey	424	353	562	1339
97 lbs.	J. Lindsey	424	353	562	1339
(40-49)	J. Ferris	347	215	413	976
123 lbs.	J. Ferris	347	215	413	976
(50-59)	H. Gomez!	689	430	645	1764
(60-69)	H. Gomez!	689	430	645	1764
Push Pull	B. Moberg	513	364	502	1378
FEMALE	B. Moberg	513	364	502	1378
UNL	B. Pacheco	540	474	491	1505
(20-23)	B. Pacheco	540	474	491	1505
Open	A. Bidanian	353	165	386	904
114 lbs.	A. Bidanian	353	165	386	904
(30-39)	A. Bidanian	353	165	386	904
Raw	J. Puckett	424	265	402	1091
97 lbs.	J. Puckett	424	265	402	1091
(40-49)	C. Tremblay	386	276	402	1064
123 lbs.	C. Tremblay	386	276	402	1064
(50-59)	R. King	276	276	375	926
(60-69)	R. King	276	276	375	926

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BENCH FEMALE	J. Doyle!	463	364	568	1394
Raw	J. Doyle!	463	364	568	1394
114 lbs.	D. Cannataro	314	342	364	1020
Open	D. Cannataro	314	342	364	1020
132 lbs.	D. Harvey	270	226	408	904
(33-39)	D. Harvey	270	226	408	904
148 lbs.	W. Stanton	402	220	502	1124
(40-49)	W. Stanton	402	220	502	1124
148 lbs.	Rich Lopez.	402	220	502	1124
Open	Rich Lopez.	402	220	502	1124
242 lbs.	Best Lifter: James Doyle.	402	220	502	1124
(50-59)	Best Lifter: James Doyle.	402	220	502	1124
220 lbs.	Best Lifter: Henry Gomez.	402	220	502	1124
(60-69)	Best Lifter: Henry Gomez.	402	220	502	1124
Push Pull	Master Men Best Lifter: Jerry Tremblay Jr.	402	220	502	1124
FEMALE	Master Men Best Lifter: Jerry Tremblay Jr.	402	220	502	1124
UNL	Bench Press Open & Sub Men Best Lifter: Rich Lopez.	402	220	502	1124
(20-23)	Bench Press Open & Sub Men Best Lifter: Rich Lopez.	402	220	502	1124
Open	Rich Lopez. Bench Press Master Men: Bryan Yager.	402	220	502	1124
114 lbs.	Rich Lopez. Bench Press Master Men: Bryan Yager.	402	220	502	1124
(30-39)	Rich Lopez. Bench Press Master Men: Bryan Yager.	402	220	502	1124
Raw	Push Pull Best Lifter Master Men: Michael Bowden.	402	220	502	1124
97 lbs.	Push Pull Best Lifter Master Men: Michael Bowden.	402	220	502	1124
(40-49)	Push Pull Best Lifter Master Men: Michael Bowden.	402	220	502	1124
123 lbs.	Meet Director & Promoter:				

COMING EVENTS

MEET DIRECTORS: *a listing here is a FREE service. To have your event added to our listing, send details preferably at least three months prior to your event by mail to PL USA Coming Events, P.O. Box 467, Camarillo, CA 93011, or by email to info@powerliftingusa.com, or by phone at 1.800.448.7693.*

9-11 JUL » **AAU National BP/DL/PP Championships** and North American Powerlifting (Mesquite, NV) at the Casablanca Resort Hotel Casino » Martin Drake, naturalpower@earthlink.net, www.aaupowerlifting.org
10 JUL » Beast of the Chrome and Steel BP/DL (unsanctioned meet following SSA rules) (Warren, PA) at Fitness Connection, 200 Liberty St. » Carl Seeker, 814.726.7377, www.ironasylumgym.com/applications/SummerBeast_2010.doc
10 JUL » NASA New Mexico Summer Classic (Equipped & Unequipped PL/BP/PS/PP) (Las Cruces, NM) » Rich Kahle, liitbigweights@hotmail.com, www.nasa-sports.com
10 JUL » APA New Jersey Summer Bash (PL/PP/BP/DL) (Raw & Equipped) (Edison, NJ) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
10 JUL » NASA Mid-America Classic (Equipped & Unequipped PL/BP/PS/PP) (Mt. Grove, MO) » www.nasa-sports.com
10 JUL » SPF Battle of the States PL/BP Championship (Branson, MO) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
10 JUL » USAPL Brute Strength Stars and Stripes BP/PL Championships (Norfolk, VA) at Brute Strength » Gary and Tricia Emrich, 804.240.8632 & fatboydd@comcast.net (Gary), 804.239.8738 & swtpea4gary@comcast.net (Tricia), www.virginiapowerlifting.blogspot.com, www.usapowerlifting.com
10 JUL » USPF Patriot Challenge (Parkersburg, WV) at Patriot Fitness Center » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.wvuspf.com
10 JUL » APF Gator Open PL & BP (Jacksonville, FL) » Jim Hoskinson, 904.879.7457, www.worldpowerliftingcongress.com
10 JUL » IPA Ohio State Championships & 1st Annual State Records Meet - Full Power/BP/PP (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
10 JUL » **ANPPC World Cup Powerlifting 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
10 JUL » RAW United Southern States Bench (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 6.19.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com
10 JUL » USAPL Dells Summer High School Classic » Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034
10 JUL » California State Games (sanctioned by USAPL) (San Diego, CA) » Lance Slaughter, (310) 995-0047, lanceoslaughter@yahoo.com, calstategames.org
11 JUL » APA 23rd Annual Nutmeg State Open (PL/PP/BP/DL, Raw & Equipped) (Wallingford, CT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
14 JUL » SPF Southeastern Regionals PL/BP Championship (Guntersville, AL) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
16-18 JUL » **AWPC World Championships** » Kieran Kidder/Amy Jackson, 866.389.4744, amy@kidderson@aol.com, www.worldpowerliftingcongress.com
17 JUL » AAPF Big Sky State Games (Billings, MT) » Jim Thompson, 406.655.1738, ironjim@bresnan.net, www.worldpowerliftingcongress.com
17 JUL » WCPF USA Championships (Atlanta, GA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
17 JUL » SLP Derby City Open BP/DL Classic (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
17 JUL » **SSA National Powerlifting Championships** (Full Power/Ironman/Single Lift) (Tribes Hill, NY) at Iron Asylum Gym » Sandi McCaslin, 518.829.7990, www.ironasylumgym.com
17 JUL » Kinross Powerlifting Club Meet (Kincheloe, MI) at Kinross Correctional Facility » Dave Mastaw, 906.495.2282
17 JUL » Show-Me State Games Powerlifting (BP/DL) (Columbia, MO) at Lange Middle School » Joe Garcia, 573.687.3161 or 573.289.3921, www.smsg.org/sports.php
17 JUL » **NASA 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 Rethwisch, 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/DL/PC) (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
17 JUL » WCPF American Open (Full PL & Single Lifts) (Youngstown, OH) » Ron DeAmicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net/wcpfmain.htm
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
17 JUL » RAW United Maryland Open (Hagerstown, MD) at Anytime Fitness » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
17-18 JUL » Putting It All Together Out East: Combining Weightlifting, Powerlifting, and GPP to Work for You (Seminar/Clinic) (Brogue, PA) at Vision Fitness Gym » Niko Hulslander, 717.779.5622, garageinkpowerlifting@hotmail.com, www.garageinkpowerteam.com, www.visionfitnessofpa.com
18 JUL » EPF Test Your Strength (trap bar DL, grip strength gripper machine hold, BP medly, log press) (Peabody, MA) at Gym Warriors » Paul Desimone, 978.766.6280, pauldesimone01@aol.com, www.elitepowerlifting.com
18 JUL » **14th WNPf Drug Free Nationals** & 2nd WNPf Lifetime All-Americans (Youngstown, OH) » Ron Deamicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net
20 JUL » USAPL Summer Power Fest (Spring, TX) » Tony Cardella, 281.419.0286, www.usapowerlifting.com
23-24 JUL » EUROPA Show of Champions Sports & Supplement Expo (Hartford, CT) » www.visionstarinc.com
24 JUL » Heavy Hitters BP/DL (Buffalo, NY) at Coca-Cola Field » Mark Becht, 716.549.3952, pagetbecht@wildblue.net
24 JUL » USAPL Mid Atlantic Bench Press (Stanardsville, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
24 JUL » USAPL Iron Works Open VI (Midland, MI) » Matt Smith, 989.948.3738, matt@smittysironworks.com, www.usapowerlifting.com
24 JUL » NASA Georgia Tri-State (Equip & Unequip PL/BP/PS/PP (Dalton, GA) » www.nasa-sports.com
24 JUL » APF Mayhem in Myrtle Beach (North Myrtle Beach, SC) » Will Millman, 843.886.5366, www.worldpowerliftingcongress.com
24 JUL » Nevada State BP/DL Championships (Pahrump, NV) » Gary J. Miller, 775.209.4916
24 JUL » USPF Buckeye Open Ohio State and Open Single Lift Championships (Circleville, OH) at Pickaway County Fairgrounds » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, Dave Jeffrey, 304.489.2428, matofficial@yahoo.com, Jon Elick, 740.412.1177, antman517@aol.com, www.wvuspf.com
24 JUL » Backyard BP/DL (Madison, WI) at Ford's Gym » 608.249.4227, www.fordsgym.com
24 JUL » USPF Europa Battle of Champions (Harford, CT) at the Connecticut Convention Center » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.usfpowerlifting.com
24 JUL » 6th Vermont State Open Raw BP, All American Fitness Center » 1881 Williston Rd., S. Burlington, VT 05403, 802.999.7845, Rick Poston, www.allamericanfitnessvt.com
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/Europa Supershow (Hartford, CT) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
24 JUL » ADFPF "Un-Equipped" Larry Garro Memorial Bench & Deadlift & USPC Power Curl (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net
24 JUL » USPC Larry Garro Memorial Power Curl (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net
24 JUL » SLP Northwest Arkansas Open BP/DL/Curl Championship (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
24 JUL » USAPL Mississippi State Championships (Hattiesburg, MS) » Knute Douglas, 601.606.1912, ogdawg29@yahoo.com, www.usaplmississippi.com
30 JUL » AAU Junior Olympic Games Powerlifting - 3 lift event & PP/BP (Chesapeake, VA) at Greenbrier Middle School » Roger Ernst, rlernst828@aol.com, www.aausports.org
30-31 JUL » **UPA PL/BP National Championships** (Dubuque, IA) » Bill Carpenter, 563.599.1390, www.iowa.upapower.com
31 JUL » USAPL New York State BP Championships (Utica, NY) » Dave Kingwater, 315.723.2296, www.usapowerlifting.com
31 JUL » Power Works Gym Push-Pull & BBQ (all classes, plus rep your bodyweight BP, Farmer's Dumbbell Walk, and Sled Pull) (Perham, MN) » Tom Haggemiller, 651.366.1595
31 JUL » SPF Bristol Classic Full Powerlifting (Bristol, VA) » Jesse Rodgers,

423.255.3672, www.southernpowerlifting.com
31 JUL » 2nd WNPf U.S. Open & **3rd WNPf Lifetime Raw Nationals** (PL/BP/DL/PC) (Kissimmee, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
31 JUL » WABDL Southern Regional BP & DL Championships (Dallas, TX) at Crown Plaza Hotel » Alex Calvo, 817.403.3525, www.wabdl.org
31 JUL » SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
31 JUL » APA Wolverine State (PP/BP/DL/Strength Sports/Strict Curl/Overhead 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 » **WCPF Nationals** (Kissimmee, FL) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
31 JUL » NASA Tri-State Regional (Flora, IL) at The Gym, all current NASA weight classes and divisions will be offered » Smitty, 618.662.3413, lesmitty@speedy.com, www.nasa-sports.com
31 JUL » USAPL NJ State BP/PL Championships (NJ) » Rob Keller, 954.790.2241, www.usapowerlifting.com
31 JUL » USAPL Arizona State Championships (Peoria, AZ) » Rich Wenner, 480.688.7336, Mass Barbell Club, 623.825.7818, www.usapowerlifting.com
31 JUL-1 AUG » **100% RAW Western Canadian PL/BP National Championships** (Calgary, AB, Canada) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com
31 JUL - 1 AUG » USAPL Rocky Mountain State Games/State Games of the West (Aurora, CO) » Dan Gaudreau, 303.475.3366, www.usapowerlifting.com
31 JUL - 1 AUG » USAPL 27th New Jersey State BP/PL Championships (Princeton, NJ) » Robert Keller, 954.790.2249, www.usapowerlifting.com
JUL » APF Push Pull Meet (MI) » JJ Thomas, 734.642.7877, www.worldpowerliftingcongress.com
JUL » Montreal Power War (Montreal, Canada) » Bruce McIntyre, bruce-mcintyre@sympatico.ca, www.worldpowerliftingcongress.com
1 AUG » SPF Strongest in the South PL/BP Championship (Russellville, AR) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
6 AUG » Northern VA Raw Meet (Sterling, VA) » John James, 703.475.9885
7 AUG » APF Texas Challenge (Houston, TX) » Greg & Heather Tillinghast, aptexas@yahoo.com, www.worldpowerliftingcongress.com
7 AUG » 100% RAW Mid-Atlantic Powerlifting Championships (MD) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com
7 AUG » IPA New York State Powerlifting Championships (Rochester, NY) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
7 AUG » WABDL Midwest Regional BP & DL Championships (Minneapolis, MN) at Marriot Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
7 AUG » SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
7 AUG » APA Gulf Coast Open (PL/PP/BP/DL, Raw & Equipped) (La Marque, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
7 AUG » RAW United UPF Challenge II (Orlando, FL) at UPF Gym, 7.17.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com
7-8 AUG » **NASA World Cup**, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) » www.denver.com/holiday-inn-central, www.nasa-sports.com
13-14 AUG, EUROPA Show of Champions Sports & Supplement Expo (Dallas, TX), www.visionstarinc.com
14 AUG » **NASA Youth Nationals** (PL/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, greg@vhpower.com, www.vhpower.com, www.nasa-sports.com
14 AUG » NASA WV Open Championships (BP/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, greg@vhpower.com, www.vhpower.com, www.nasa-sports.com
14 AUG » APA Summer Bench Bash and BBQ (BP Only & bodyweight for reps) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com
14 AUG » USPF Sierra Nevada Cup PL/BP/DL/PP Championship (Grass Valley, CA) » Steve & Karen Matthews, 530.263.4969 or 530.205.9114, karen@mail-2freedom.com, www.powerliftingCA.com
14 AUG » Wisconsin State Fair Park BP/DL Competition (West Allis, WI) at the Wisconsin State Fair Park Grounds » Jeffrey Scott Stage, Eddie Santiago, 414.645.4624, edwardo.santiago@milwcnty.com
14 AUG » ADFPF Battle on the Beach (Holland, MI) at the State Park, Single Events, Equipped/Unequipped » John Jachim, www.adfpf.org
14 AUG » WABDL West Coast Open BP & DL Championships (Sacramento, CA)

at Mariott Hotel Rancho Cordova » Jody Woods, 916.524.0914, www.wabdl.org
14 AUG » RAW United Southern States Deadlift (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 7.24.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com
14 AUG » APF/AAPF Northwest Powerlifting Championships (Portland, OR) » Chris Duffin, 503.784.6389, www.worldpowerliftingcongress.com
14 AUG » **14th WNPf Raw Nationals** & 11th WNPf (Equipped) Powerfest (PL/BP/DL/PC) & **3rd WNPf Lifetime Raw Nationals** (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
14 AUG » APA Arkansas Summer Bash (PL/PP/BP/DL/Overhead Press/Strict Curl) (Raw & Equipped) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
14 AUG » APA Summer Bench Bash & BBQ (Fair Haven, VT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com
14-15 AUG » **ADAU Raw Open Single Lift Nationals** (Ft. Washington, PA) » Tony Braca, 610.945.4037, www.pikitup.com

APF/AAPF/WPC Schedule

10 JUL, APF Gator Open (PL/BP)
16-18 JUL, AWPC World Championships
17 JUL, AAPF Big Sky State Games
24 JUL, APF Mayhem in Myrtle Beach
JUL, APF Push Pull Meet
JUL, Montreal Power War
7 AUG, APF Texas Challenge
14 AUG, APF/AAPF Northwest PL Championships
21 AUG, APF California Summer Bash
21 AUG, APF Ohio State Meet
AUG, APF/AAPF Chicago Summer Bash 7
3-5 SEP, AWPC/WPC Raw Worlds
11 SEP, APF/AAPF Summer Heat VI
11 SEP, APF Georgia State Meet
29 SEP - 3 OCT, WPC/AWPC Asian Open Championships
SEP, APF Mississippi State PL Meet
9 OCT, Iron Warriors BP AAPF Raw & APF Equipped
16 OCT, APF Orlando Barbell Classic
23 OCT, APF Wolverine Open
1-7 NOV, WPC World Championships
4 DEC, APF/AAPF Southern States (PL/BP)
11 DEC, Israel Open Championships
13 DEC, APF Ironman Meet
DEC, APF South Carolina Championships
DEC, Ontario Amateur Pro Championships
JAN 2011, Battle in Montreal
12 FEB 2011, APF 4th Annual Arizona Open State

Dates subject to change
Call 866-389-4744 for more information
or go to our website:
www.worldpowerliftingcongress.com

COMING EVENTS »

15 AUG » SLP Missouri State Fair BP/DL Championship (Sedalia, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
19-20 AUG » Lexenxtreme hosts the IPA Police & Fire Can/Am Games (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com, www.canampolicefiregames.org
20-21 AUG » SPF Powerstation Pro/Am (Cincinnati, OH) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
21 AUG » APA Florida East Coast Championships (FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
21 AUG » WNPf Summer Classic (Cleveland, TN) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
21 AUG » WCPF Summer Classic (Cleveland, TN) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
21 AUG » APF Ohio State Meet (Full Power/Bench Only/Deadlift Only) (Plainfield, OH) » John Blackstone, 740.502.4964, www.worldpowerliftingcongress.com
21 AUG » APC Americas Cup Powerlifting and Bench Press Championships (Athens, GA) » LB Baker, 779.713.3080, www.americanpowerliftingcommittee-usa.com
21 AUG » 26th Annual Iowa State Fair Drug Free BP/DL Meet (Bench Divs - Raw, Pure, Novice, Masters 1, 2 & 3, Sub Masters, Womens, Teens, Beginners; DL Divs - Pure, Masters, Sub Masters, Womens, Teen) (IA) » Jeff Baird, 515.953.6833, bairdzz@aol.com
21 AUG » APF California Summer Bash (Van Nuys, CA) » Scot Mendelson, 818.399.0905, www.worldpowerliftingcongress.com
21 AUG » APC America's Cup PL/BP Championships (Raw & Equipped) (Athens, GA) » L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com
21 AUG » IBP SC Powerlifting Championships (Easley, SC) at RIPT 24/7 Gym » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
21 AUG » SLP Indiana State Fair Outlaw BP/DL Championship (Beech Grove, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
22 AUG » SLP Illinois State Fair BP/DL Championship (Springfield, IL) » Dr.

Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
27-29 AUG » WABDL Tropical Island Bench Press & Deadlift Championship (Okinawa, Japan) at CrossFit Asia » info@asiapowerlifting.com, Japan: 090.3797.9810, International: 81.903.797.9810, www.asiapowerlifting.com
28 AUG » APA St. Pete Open BP Meet (Raw Meet) (Clearwater, FL) at Lion Heart Gym, 11203 49th Street North » Stephen Byer, 727.743.1515, lionheartgym@tampabay.rr.com, www.apa-wpa.com
28 AUG » Emerald Coast Power Expo (APA Powerlifting, NPC Bodybuilding, Fitness, Bikini, NAS Strongman, Arm Wrestling, USA Wrestling, Grappling) (Fort Walton Beach, FL) » Bobby Myers, 850.974.2880, alacqua-pits@netzero.net, John Micka, 601.297.5646, jgmicka@aol.com, www.apa-wpa.com
28 AUG » APA South Carolina Summer Bash (PP/BP/DL) (Florence, SC) » 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 (Humble, TX) » Tiny Meeker, 832.423.7662, www.wabdl.org
28 AUG » WABDL Hawaii State BP & DL Championships (Waimanalo, HI) at Kamilioki Elementary » Keith Ward, 808.375.8700, www.wabdl.org
28 AUG » SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
28-29 AUG » USAPL Bench Press Nationals (Charlottesville, VA - www.usaplnationals.com/2010-benchpress-Nationals/index.html) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com
29 AUG » New England Push Pull Championships (100% RAW and AAPF sanctioned) (Derry, NH) » Bret Kernoff, bret@vermontpowerlifting.com, www.vermontpowerlifting.com
AUG » APF/AAPF Chicago Summer Bash 7 (Chicago, IL) » Eric Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com
3-5 SEP » AWPC/WPC Raw Worlds (Idaho Falls, ID) » Mike & Linda Higgins, 208.528.0444, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com
4 SEP » USPF West Coast Muscle Beach PL/BP/DL Championship (Venice Beach, CA) » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com
4 SEP » NASA 3rd Annual Texas State PL Picnic (Equipped & Unequipped BP/PS/PP) (Gilmer, TX) » www.nasa-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.sonlightpower.com, sonlightgym@verizon.net
4 SEP » MA state Strongman/Woman Championships (Everett, MA) » Nate FitzGerald, 508.791.3291, nate@paxtonpowergym.com, www.paxtonpowergym.com
7-12 SEP » SPF/GPC Mutli-Ply World Championship (Prague) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
11 SEP » NASA Wisconsin MSE Open (PS/PP/BP only) (Milwaukee, WI) » Brad Aldag, aldagb@msoe.edu, www.nasa-sports.com
11 SEP » Fitness Zone Bench Press Classic (Albans, VT) (non-sanctioned BP only, trophies for top 3 in each weight class, best lifter trophies for best male and female lifters, strongman exhibitions, professional arm wrestling, food, t-shirts, etc....it's going to be a fun time! \$50 entry fees) » James Aikey, 802.825.3495, jathepunisher@aol.com, www.fitnesszonevt.com
11 SEP » USAPL Virginia State PL/BP (Zion Crossroads, VA) » John Shifflett, 434.985.3932, www.usapowerlifting.com
11 SEP » APF Georgia State Meet (Kennesaw, GA) » John Grove, iron_mover1@hotmail.com, www.worldpowerliftingcongress.com
11 SEP » WCPF South Georgia BP/DL/PC (Atlanta or Perry, GA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
11 SEP » King of the Beach IV Bench Press & Deadlift Contest (Pensacola Beach, FL) at Bamboo Willie's » Chip Holston, 850.304.9097, www.chips24hrhealth.com
11 SEP » 2nd Annual PRPA Clash for Cash Raw Powerlifting Championships (Kenner, LA) at the Crowne Plaza Hotel » Jake Impastato, jraw504@gmail.com, 504.494.1238, www.raw504.com
11 SEP » USAPL Virginia State PL, BP, DL, Ironman (raw & assisted) (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com
11 SEP » APF American Record Breakers (New Martinsville, WV) at Work's Fitness World » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.wuspf.com
11 SEP » IPA Pennsylvania State Powerlifting Championships (Hanover, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823,

bench_a_grand@yahoo.com, www.rychlakpowersystems.com
11 SEP » 4th WNPf Jake the Hammer Classic (BP/DL/PC) (Atlanta or Perry, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.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.sonlightpower.com, sonlightgym@verizon.net
11 SEP » APF/AAPF Summer Heat VI (Rock Hill, SC) » Eric Hubbs, 803.366.9895, nettin_fish@msn.com, www.worldpowerliftingcongress.com
11 SEP » APA Border Brawl (PL/PP/BP/DL, Raw and Equipped) (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
11-12 SEP » RAW United Armed Forces Open III (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 8.21.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com
12 SEP » WPF UK Open PL, BP, DL (Four Seasons, Trallwn Rd., Llansamlet, Swansea) » Ken Williams, 07970 625946, www.britishpowerliftingorganisation.co.uk, www.wpfpowerlifting.com
18 SEP » USAPL WY State PL Championships (Gillette, WY) » Mark Hermann, 307.257.9500, www.usapowerlifting.com
18 SEP » NASA Tennessee Regional (Equipped & Unequipped BP/PS/PP) (Pickwick, TN) » www.nasa-sports.com
18 SEP » 100% RAW Illinois State Powerlifting Championships & Single Lift (Bloomington, IL) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com
18 SEP » IBP 10th Annual BP Classic & Strict Curl (Pfaftown, NC) at West Central Community Center, Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
18 SEP » (TENTATIVE DATE) NASA Nebraska Regional (Equipped & Unequipped BP/PS/PP) (Omaha, NE) » www.nasa-sports.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.sonlightpower.com, sonlightgym@verizon.net
19 SEP » 4th WNPf All-Americans & 2nd WNPf Lifetime Pan-Ams (PL/BP/DL/PC) (Port St. Lucie, FL) » wnpf@comcast.net, 812.204.2886
25 SEP » NASA Indiana Regional (Equipped & Unequipped PL/BP/PS/PP) (Kokomo, IN) » Job Hou-Sey, P.O. Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com
25 SEP » NASA New Mexico Regional (Equipped & Unequipped PL/BP/PS/PP) (Gallup, NM) » www.nasa-sports.com
25 SEP » USPF 3rd Annual Tom Eldridge Top Gun AZ State Championship Meet (Full meet/SLB & SLD meet/Open/Jr./Submaster/Master) (Tombstone, AZ) at Cold Iron Gym » Danni Eldridge, www.coldirongym.com
25 SEP » 19th WNPf Penn. States & 2nd WNPf Lifetime Penn. States (PL/BP/DL/PC) (Ephrata, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
25 SEP » SLP National Powerlifting 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
25 SEP » APA Gulf of Mexico Championships (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
25 SEP » WCPF Penn State Championships (Ephrata, PA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
26 SEP » WNPf Can-Am Nationals (Rochester, NY) » Ron Deamicis, 330.792.6670, powerl103@aol.com, www.wnpf.net
26 SEP » SLP Atlas Gym Open BP/DL Championship (Kenosha, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
26 SEP » 22nd WNPf Lifetime Drug Free Nationals (PL/BP/DL/PC) (WNPf sanctioned) (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
29 SEP - 3 OCT » WPC/AWPC Asian Open Championships (Raw & Equipped) (Russia) » Andrey Replitzky and Yuri Ustinov, www.golden-tiger.ru, www.worldpowerliftingcongress.com
SEP » APF Mississippi State Powerlifting Meet (MS) » Garry Frank, 225.241.8154, www.worldpowerliftingcongress.com
1-3 OCT » 100% RAW West Coast Single Lift Championships (Las Vegas, NV) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com
2/9 OCT » WNPf Palmetto Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
2 OCT » NASA Wisconsin State (Sheboygan, WI) at Sheboygan Falls YMCA » Job Hou-Sey, P.O. Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com
2 OCT » SLP Tennessee State BP/DL Championship (Lexington, TN) » Dr.


UPCOMING SLP COMPETITIONS

10 JUL, ANPPC World Cup PL (Tuscola, IL)
17 JUL, SLP Derby City Open BP/DL/Curl (Louisville, KY)
24 JUL, SLP Northwest Arkansas Open (Rogers, AR)
31 JUL, SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH)


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

Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
2 OCT » APA Great Lake State Championships (PL/PP/BP/DL, 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
2 OCT » NASA East Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) » www.nasa-sports.com
2-3 OCT » 100% RAW World Powerlifting Championships (Las Vegas, NV) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com
3 OCT » APA Green Mountain Fall Classic (Full Power, Push-Pull, BP only, DL only) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com
8-10 OCT » AAU World Bench Press, Deadlift, Push-Pull & International Powerlifting Championships (Las Vegas, NV) at the Imperial Palace Hotel Casino, (meet capped at 1st 500 lifters) » Martin Drake, 951.928.4797, naturalpower@earthlink.net, www.aapowerlifting.org
9 OCT » NASA Mid America Regional (Equipped & Unequipped PL/BP/PS/PP) (Mt. Grove, MO) » www.nasa-sports.com
9 OCT » SLP Western National/Oklahoma State BP/DL/Curl Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
9 OCT » RAW United Southern States Push/Pull II (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 9.18.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com
9 OCT » SPF Hawkeye Classic PL/BP Championship (Des Moines, IA) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
9 OCT » Iron Warriors Bench Press AAPF Raw & APF Equipped (Dillon, MT) » Phil Turner, 406.683.4663, www.worldpowerliftingcongress.com
9 OCT » APA Billy Funk Memorial (Portola, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
9-10 OCT » SPF/WBPLA World PL/BP Championship » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
10 OCT » USPF New England BP/DL/PP (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.uspfpowerlifting.com
15-17 OCT » IBP National Powerlifting Championships (Pfaftown, NC) at West Central Community Center » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
16 OCT » APF Orlando Barbell Classic Powerlifting Meet (Orlando, FL) » Brian Schwab, 407.678.2447, www.orlandobarbell.com, www.worldpowerliftingcongress.com
16 OCT » APC Region 5 PL/BP Championships (East Peoria, IL) at Fitness America » Stephen Parkhurst, 309.657.0963, parhurst111@hotmail.com, www.americanpowerliftingcommittee.com
16 OCT » Supreme Fitness IV (100% RAW and AAPF sanctioned) (Brattleboro, VT) at Supreme Fitness » Bret Kernoff, VT_Chair@rawpowerlifting.com, www.rawpowerlifting.com, www.vermontpowerlifting.com
16 OCT » SSA Asylum Power (Full Power/Ironman/Single Lift) (Tribes Hill, NY) at Iron Asylum Gym » Sandi McCaslin, 518.829.7990, www.ironasylumgym.com
16 OCT » USAPL Deadlift and Push/Pull Nationals (Denver, CO) » Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com
16 OCT » NASA Unequipped Nationals, Equipped/Unequipped PL/BP/PS/PP (Oklahoma City, OK) » www.nasa-sports.com



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COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

17 JUL, 12th WNPFA USA & 3rd WNPFA Lifetime USA Championships (PL/BP/DL/PC) (Atlanta, GA)

18 JUL, 14th WNPFA Drug Free Nationals & 2nd WNPFA Lifetime All-Americans (Youngstown, OH)

31 JUL, 2nd WNPFA Drug Free Nationals & 2nd WNPFA Lifetime All-Americans (Youngstown, OH)

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

16 OCT » SLP Indiana State Open BP/DL Championship (Beech Grove, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

17 OCT » NASA 3rd Annual Pro Power Sports Championships & Pro Powerlifting (Registered Pro Lifters Only) (\$14,000 in cash) (Oklahoma City, OK) » www.nasa-sports.com

22-24 OCT » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Atlantic City, NJ) at the Taj Mahal » mmasportsexpo.com

23 OCT » USPF 13th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rcrain@allegiance.tv, www.wvusp.com

23 OCT » APA Barbee Classic (Corpus Christie, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

23 OCT » APT Night of the Living Dead Deadlift Competition (Elizabethton, TN) at Elizabethton High School Gym » Alex Campbell, abcampbell69@hotmail.com, www.nightofthelivingdeadlift.blogspot.com

23 OCT » IPA New England Power Challenge (Cranston, RI) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com

23 OCT » APF Wolverine Open (Kalamazoo, MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com

23 OCT » (TENTATIVE DATE) NASA Iowa Regional (Equipped & Unequipped BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com

23 OCT » NASA KY Regional Championships (Equipped & Unequipped BP/PS/PP) (Morehead, KY) at the Morehead Conference Center » Greg & Susan Van Hoose, greg@vhepower.com, www.vhepower.com, www.nasa-sports.com

23 OCT » ANPPC National Powerlifting 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

23 OCT » 28th annual ADAU Raw Power "Central PA Open" PL (open and all age groups/divisions for men/women (Bigler, PA), the longest continually conducted drug free meet in the world) » Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.pikitup.com, al@pikitup.com

23-24 OCT » 19th WNPFA World Championships & International BP/DL Championships (Guatemala City, Guatemala) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

24 OCT » IPA Lexentreme Fall Classic - Full Power/BP/PP (Hilliard, OH) at the

Courtyard Marriott, 2450 Roberts Rd. » Dan Dague, 614.554.8824, lexentreme@aol.com, www.lexentreme.com

30 OCT » WABDL Regional BP/DL Championship (Lakeland, FL) at All American Gym, 309 West Main St. » All American Gym, 863.687.6268, www.allamericangym.com

30 OCT » APA Southern Regionals (Raw & Equipped, PL/BP/DL) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

30 OCT » (TENTATIVE) USPF 13th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689 or 1.800.272.0051, rcrain@allegiance.tv, www.wvusp.com

30 OCT » 2nd Annual Unleash the Beast Raw Powerlifting Meet (Ft. Worth, TX) at MetroFlex Gym, 5501 Thelin St. #125, (will be giving away swords, \$50 to best BP/SQ/DL and \$200 to overall best lifter; meet is to benefit the community and keep kids off drugs, gangs and streets) » Remy & Christine DeLaCruz, 817.891.6261 or 817.713.7118, metroflexgymftw@yahoo.com

30 OCT » APA 2nd Annual Irontoberfest (Raw & Equipped, PL/BP/DL) (Hartford, AL) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

30 OCT » SLP Open Grand National BP/DL/Curl Championships (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

30 OCT » 6th Westminster Family Center Open Bench Press (Westminster, MD) 11 Longwell Ave. Westminster, MD » for entry form and more info contact Scott Bixler, 443.789.9452

30 OCT » (TENTATIVE DATE) NASA Ohio Regional, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) » www.nasa-sports.com

1-7 NOV » WPC World Championships (Mikaeli, Finland) » Minna & Ano Turtiainen, www.worldpowerliftingcongress.com

3-7 NOV » WPF World PL, BP & DL (University of Bath, Somerset, GBR) Entry to BPO no later than September 23rd » Meet Director Greg Ashford, 01373-859997, www.britishtpowerliftingorganisation.co.uk, www.wppowerlifting.com

4-6 NOV » Natural Olympia International Multi-Sports Expo - Bodybuilding, Martial Arts, Powerlifting, Bikini Contest, Arm Wrestle, Strongman and more! (Reno, NV) at the Grand Sierra Resort Casino & Convention Center » 951.734.3900, naturalaba@aol.com, www.naturalbodybuilding.com

6 NOV » 8th Annual Tom Foley DL/BP Classic (fundraiser for Thomas Foley - NYC Firefighter who lost his life on 9/11; all proceeds go to the Tom Foley Memorial Scholarship) (Nanuet, NY) at Premier Fitness Gym » Abby Mahoney, 845.920.0501

6 NOV » Northern VA Raw Meet (Sterling, VA) » John James, 703.475.9885

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

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

6-7 NOV » 19th WNPFA World BP/DL/Reps/PC (Atlantic City, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

6-7 NOV » WCPF International Invitational Championships (Atlantic City, NJ) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm

6-7 NOV » (TENTATIVE DATE) NASA Masters/Sub Masters Nationals, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) » www.nasa-sports.com

6-7 NOV » RAW United North American Open (Tampa, FL) at Jackson Springs Recreation Center, will be streamed live in HD, filmed for a Reality TV Series, 10.9.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com, www.rawunitymeet.com

6-7 NOV » 100% RAW Single Lift World Championships (Norfolk, VA) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com

7 NOV » Old School Iron Wars Full Powerlifting (100% RAW and AAPF sanctioned) (Burlington, VT) at the YMCA » Bret Kernoff, VT_Chair@rawpowerlifting.com, www.rawpowerlifting.com, www.vermontpowerlifting.com

13 NOV » USAPL Region VI Championships (Pearl, MS) » Jim Battenfield, 601.665.7783, www.usapowerlifting.com

13 NOV » APA 23rd Annual Bay State Open (PP/BP/DL, Raw & Equipped) (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

13 NOV » USPF NorCal PL/BP/DL/PP Championship (TBD) » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com

13 NOV » IBP Battle of the Bench (Shelby, NC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net

13 NOV » SPF Arkansas Christmas Classic PL Championship » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

13 NOV » NASA Kansas Regional, Equipped/Unequipped PL/BP/PS/PP (Salina,

KS) » www.nasa-sports.com

13 NOV » NASA WV Regional (Equipped & Unequipped BP/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, greg@vhepower.com, www.vhepower.com, www.nasa-sports.com

13 NOV » SLP Kentucky State BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

13-14 NOV » 3rd WNPFA Lifetime World Championships (PL/BP/DL/PC) (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

13-14 NOV » WDFPF PL World Championships (Castleblayney Co, Monaghan, Ireland) » www.adfpf.org

14 NOV » WCPF World Record Breakers (Atlanta, GA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm

16-21 NOV » WABDL Goodson Honda World BP & DL Championships (Las Vegas, NV) at the Hilton Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

20 NOV » APA West Coast RAW Regional Powerlifting Championships (Sacramento, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

20 NOV » SPF Record Breakers PL Championship » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

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

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

20 NOV » WNPFA/WNPFA Lifetime Ironman Nationals & Florida BP/DL/PC Championships (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

20 NOV » WNPFA Power Outage (Full Meet/Single Lifts) (Ambridge, PA) » Ron Deamicis, 330.792.6670, 330.519.3078

20 NOV » USAPL Ohio PL/BP Championships (Bedford Heights, OH) » Ed and Frank King, 440.439.5464, www.usapowerlifting.com, www.kingsgymohio.com

20-21 NOV » IPA Sr. Nationals (York, PA) at York Barbell Co., 3300 Board Rd. » Mark Chaillet, 717.495.0024, chailfit@yahoo.com, Ellen Chaillet, echaillet@aol.com

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

27 NOV » NASA Oklahoma Boomer Classic (Equipped & Unequipped BP/PS/PP) (Oklahoma City, OK) » www.nasa-sports.com

NOV » IPA Autumn Apocalypse » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com

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

2-4 DEC » Global PL Alliance for Raw Powerlifting World PL/BP Championships (Athens, GA) » L.B. Baker, 770.713.3080, lbbaker@ironrawdawg.com, www.globalpowerliftingalliance.com

4 DEC » NASA New Mexico Push-it Lift-it (PP/BP/PS) (Rio Rancho, NM) » Mike & Teale Adelman, mike@liftinglarge.com, www.liftinglarge.com

4 DEC » APA Winter Power Wars (Fair Haven, VT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

4 DEC » APA Winter Power Wars (Full Power, Push-Pull, BP only, DL only) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com

4 DEC » USAPL Midwest Sr. States (Fremont, NE) » Tim Anderson, 402.687.4182, www.usapowerlifting.com

4 DEC » APF/AAPF Southern States Powerlifting & Bench Press (Jacksonville, FL) » Wayne Pullum, 904.374.5333, pullumsplatform@aol.com, www.worldpowerliftingcongress.com

4 DEC » IPA 6th Annual Christmas Carnage (Boyetown, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com

4 DEC » ADFPF "Un-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 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

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

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

4 DEC » 2nd WNPFA Winter Classic (BP/DL/PC) & 2nd WNPFA Lifetime BP/DL/PC Nationals (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

4 DEC » Elkhart Bench Press Classic (Elkhart, IN) » Jon Smoker, jjrcsmoker@hotmail.com

4 DEC » 10th Annual Pocket Samson's Christmas BP/DL (all weight classes, divisions, and age groups) (Hanover, PA) at Club 2000, 28 Baltimore St. » Glenn Murphy, 410.634.9195, Kevin Bidelsbach at Club 2000, 717.632.6009

4-5 DEC » USAPL Colorado State Powerlifting Championships (Denver, CO) » Dan Gaudreau, 303.475.3366, www.usapowerlifting.com

5 DEC » WPF British BP, DL Open Record Breakers, (Four Seasons, Trallwn Rd., Llansamlet, Swansea) » Ken Williams, 07970 625946, www.britishtpowerliftingorganisation.co.uk, www.wppowerlifting.com

5 DEC » USPF Northern Cup BP/DL/PP (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.uspfpowerlifting.com

5 DEC » 18th annual Raw ADAU "Coal Country" Classic (separate SQ/ BP/DL meets, open and all age groups/divisions for men/women) (Bigler, PA) » Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, www.pikitup.com, al@pikitup.com

11 DEC » Carroll County Christmas Classic (BP/DL/PP; all weight classes and divisions) (Sykesville, MD) at Athen's Health Club, 6000 Emerald Lane » Tom Freedman, John David, 410.549.3001, Glen, 410.634.9195

11 DEC » USPF San Diego Open PL/BP/DL/PP Championship (San Diego, CA) » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com

11 DEC » 13th WNPFA Sarge McCray (PL/BP/DL/PC) (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.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.wvusp.com

11 DEC » 100% Raw Christmas Classic BP, DL, SC (Stanardsville, VA) » John



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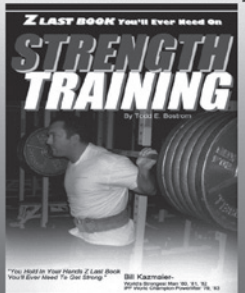
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11 DEC » NASA West Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Hereford, TX) » www.nasa-sports.com

11 DEC » SLP Arkansas Christmas for Kids BP/DL/Curl Championship (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

11 DEC » WPC Israel Open Championship (Haifa, Israel) » Anna Marcus, annamarcus@rambler.ru, www.big-champ.com, www.worldpowerliftingcongress.com

12 DEC » WCPF Delaware Championships (Lewes, DE) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnfp.net/wcpfmain.htm

12 DEC » APA New England Winter Bash (Raw and Equipped) (Wallingford, CT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

12 DEC » WNPFL Delaware Championships (BP/DL/PC) (Lewes, DE) » Troy Ford, wnfp@aol.com, 770.668.4841, www.wnfp.net

13 DEC » APF Ironman Meet (Fresno, CA) » Bob Packer, 559.760.2970 or 559.323.3892, www.worldpowerliftingcongress.com

18 DEC » APA Lake Hamilton Open (PL/PP/BP/DL/Overhead Press/Strict Curl) (Raw & Equipped) (Hot Springs, AR) » 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 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 » NASA Illinois Christmas Regional, Equipped/Unequipped PL/BP/PS/PP (Flora, IL) » www.nasa-sports.com

18-19 DEC » RAW United Police, Firefighter & Military Cup (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 11.27.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com

DEC » APF South Carolina Championships (Columbia, SC) » Will Millman, 843.886.5366, shelter223@gmail.com, www.worldpowerliftingcongress.com

DEC » Ontario Amateur Pro Championships (Ontario, Canada) » Bruce McIntyre, bruce McIntyre@sympatico.ca, www.worldpowerliftingcongress.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 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.southjerseyexpo.com

22-23 JAN 2011 » Raw Unity Powerlifting presents Championships 4 (Tampa, FL) at Jackson Springs Recreation Center, will be streamed live in HD, filmed for a Reality TV Series, Jay Adams Brawl Call Fight Zone TV Fox Sports » www.rawunitymeet.com

JAN 2011 » Battle in Montreal (Montreal, Canada) » Bruce McIntyre, bruce McIntyre@sympatico.ca, www.worldpowerliftingcongress.com

JAN 2011 » USAPL HS/Collegiate Raw (Scranton, PA) » www.purepowerlifting.com, www.usapowerlifting.com

29 JAN 2011 » IPA 2nd Annual NJ State Powerlifting Championships (Newark, NJ) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com

12 FEB 2011 » IPA 5th Annual Barno-Newman Classic (Whitehall, PA) » Gene

Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com

12 FEB 2011 » APF 4th Annual Arizona Open State PL Meet (Peoria, AZ) » JR Bolger, azapf@cox.net, www.worldpowerliftingcongress.com

19 FEB 2011 » **APA Bench Press Nationals** » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaqua-pits@netzero.net, www.apa-wpa.com

19 FEB 2011 » Red Brick Bench Press Championships VIII Fundraiser for WNY Military Family Readiness Groups (Buffalo, NY) » Dennis Brochey, 716.200.3533, cdbrochey@roadrunner.com, www.niagarapowerliftingclub.com

27 FEB 2011 » USPF Northeastern Open BP/DL/PP (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.usfpowerlifting.com

4 MAR 2011 » IPA Arnold Weekend Open (Full Power/BP/PP) (Columbus, OH) at the Courtyard Marriot, 2350 West Belt Dr. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com

5 MAR 2011 » IPA Arnold Weekend Open (Lexenxtreme Pro/Elite Coalition Multi-ply Meet - IPA Rules Apply/ Full Power/BP - Multi-ply only open to Pro and Elite level lifters) (Columbus, OH) at the Courtyard Marriot, 2350 West Belt Dr. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com

26-28 MAR 2011 » **USAPL High School Nationals** (Corpus Christi, TX) » Hector Munoz, 361.813.9691, www.usapowerlifting.com

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

16 APR 2011 » **APA Raw National Championships** » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaqua-pits@netzero.net, www.aparawnationals.webs.com

28 APR - 1 MAY 2011 » USAPL Men's Master Nationals (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com

20-22 MAY 2011 » **USAPL Women's Nationals** (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com

27 MAY 2011 » Andy Bolton Deadlift Challenge (Cleveland, OH) » Ty Phillips, 216.310.2283, gorillapitps@gmail.com

27-29 MAY 2011 » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (King of Prussia, PA) at the Valley Forge Convention Center » mmasportsexpo.com

10-12 JUN 2011 » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Denver, CO) at the Crowne Plaza Denver International Airport » mmasportsexpo.com

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

JUL 2011 » **USAPL Raw Nationals** (Scranton, PA) » Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com

26-28 AUG 2011 » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (New York, NY) at the Hilton » mmasportsexpo.com

8 OCT 2011 » IPA MD State Powerlifting Championships (Westminster, MD) » Scott Bixler, 443.789.9452, www.ipapower.com

10-11 DEC 2011 » **USAPL American Open & Police/Fire Nationals** (Bay St. Louis, MS) » Jim Battenfield/Paul Fletcher, 505 Ridgecrest 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

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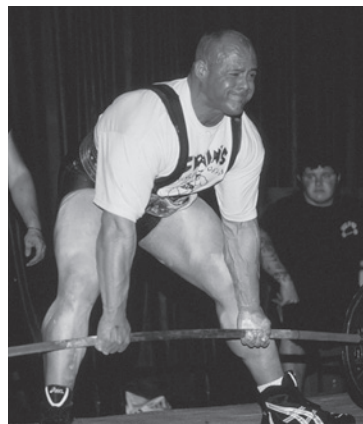
Chris Papillion – USPF Nats winner



Mike Kalter used to represent Holland



Brent Howard, aka "Sgt. Rock"



Brandon Cass – consummate DLER



Chuck Vogelpohl – a living legend



Mike Botticelli at the IPA New York State Meet



Gary Pamplin – USAPL Masters Superstar



Ryan Girard re-validated his ticket to the 700 club



Jeff Douglas – rugged USAPL competitor



Jason Patrick is back in the mix in the APF

For standard 242 lb./110 kg. USA lifters in results received from APR 2009 through APR 2010

SQUAT

- 1 1140 Vogelpohl, C., 8/23/09
- 2 1030 Hopper B., 2/27/10
- 3 1025 Hof, D., 12/5/09
- 4 1025 Edwards, L., 12/5/09
- 5 960 Jordan., 8/23/09
- 6 950 Christie, M., 12/5/09
- 7 931 Holman, C., 3/27/10
- 8 931 Norman, J., 5/3/09
- 9 930 Wilson., 8/23/09
- 10 925 Baggett, G., 6/14/09
- 11 925 Smith, C., 2/27/10
- 12 903 Patrick, J., 6/14/09
- 13 900 Ehler, J., 3/10
- 14 880 Hypes, T., 10/4/09
- 15 880 Chilla, C., 10/25/09
- 16 870 Randa, D., 4/26/09
- 17 855 Gale, T., 2/20/10
- 18 850 McCloskey, A., 2/13/10
- 19 845 Coppola, S., 8/1/09
- 20 837 Atef, J., 7/31/09
- 21 821 Prosek, S., 3/27/10
- 22 820 Pillado, J., 3/6/10
- 23 810 Schultz, P., 4/26/09
- 24 810 Mistic, L., 5/3/09
- 25 804 Parkhurst, S., 6/7/09
- 26 804 Douglas, J., 6/14/09
- 27 804 Radoicic, M., 6/27/09
- 28 804 Allen, G., 3/27/10
- 29 800 Eilers, B., 2/27/10
- 30 800 Naspinski, G., 2/10
- 31 800 Turner, P., 4/25/09
- 32 793 Krogman, J., 2/13/10
- 33 788 Roberts, P., 11/7/09
- 34 788 Brinkley, J., 3/27/10
- 35 782 Bowman, T., 5/3/09
- 36 777 DeBoer, D., 7/31/09
- 37 777 Dibble, J., 7/31/09
- 38 777 Newton, D., 8/29/09
- 39 770 Trusnovac, C., 7/18/09
- 40 770 McKeefer, R., 2/27/10
- 41 760 Varela, D., 4/26/09
- 42 750 Ahearn, M., 5/3/09
- 43 750 Cass, B., 10/7/09
- 44 750 Kroczaleski, K., 1/16/10
- 45 750 Hires, A., 3/27/10
- 46 750 Flynn, P., 4/17/10
- 47 750 Winter, E., 4/10
- 48 749 Fritz, A., 5/3/09
- 49 749 Mastrean, M., 7/26/09
- 50 749 Papillion, C., 11/12/09
- 51 749 Mitchell, M., 11/14/09
- 52 745 Dittilo, A., 1/30/10
- 53 744 Donegan, S., 5/3/09
- 54 740 Botticelli, M., 9/1/09
- 55 740 Skinner, S., 10/25/09
- 56 738 Groesser, J., 5/9/09
- 57 738 McMahon, M., 6/14/09
- 58 733 Levasseur, G., 5/9/09
- 59 733 Self, B., 11/28/09
- 60 733 Meyers, T., 4/3/10
- 61 730 Clark, E., 5/23/09
- 62 727 Eucker, B., 6/14/09
- 63 727 Kalter, M., 6/14/09
- 64 727 Zenzen, D., 11/18/09
- 65 727 Prusha, J., 4/3/10
- 66 725 Arnold, S., 10/25/09
- 67 725 Hood, C., 2/27/10
- 68 723 Pamplin, G., 5/3/09
- 69 722 Gibson, J., 9/26/09
- 70 722 Brill, J., 12/6/09
- 71 722 Mitchell, K., 12/6/09
- 72 720 Pearo, R., 9/20/09
- 73 716 Beauregard, J., 4/26/09
- 74 716 Davis, K., 5/9/09
- 75 716 Brady, S., 11/14/09
- 76 716 Carney, J., 11/14/09
- 77 710 Nunn, D., 9/19/09
- 78 705 Wotring, H., 4/4/09
- 79 705 Ladnier, J., 5/3/09
- 80 705 Moore, M., 5/24/09
- 81 705 Smith, M., 9/26/09
- 82 705 Buckingham, A., 11/14/09
- 83 705 Pollock, L., 12/12/09
- 84 700 Whittingham, M., 6/20/09
- 85 700 Alexander, M., 6/20/09
- 86 700 Michel, J., 7/18/09
- 87 700 Perkins, K., 9/19/09
- 88 700 Smith, D., 11/14/09
- 89 699 Miller, T., 2/13/09
- 90 695 Smith, C., 4/17/10
- 91 694 Wild, M., 5/24/09
- 92 694 Cavaretta, K., 11/7/09
- 93 688 Gouchterov., 6/14/09
- 94 688 Gomez, H., 3/6/10
- 95 685 Tamachski., 7/18/09
- 96 685 James, D., 10/25/09
- 97 683 Nicolosi, J., 4/5/09
- 98 683 Lowry, B., 4/5/09
- 99 683 Branson, D., 5/3/09
- 100 683 Koons, R., 6/14/09

BENCH PRESS

- 832 Minuth, M., 7/11/09
- 785 Hof, D., 12/5/09
- 775 Smith, C., 2/27/10
- 725 Burgett, M., 8/29/09
- 705 Girard, R., 5/24/09
- 705 Patrick, J., 6/14/09
- 705 Wilson., 8/23/09
- 700 Gentges, N., 8/16/09
- 685 Parrish, K., 6/20/09
- 675 Martinez, J., 5/20/09
- 672 Schmidt, T., 4/4/09
- 666 Hunter, J., 5/23/09
- 661 Kelly, J., 8/09
- 660 Kirby, R., 5/30/09
- 650 Kruszely, R., 4/18/09
- 650 Randa, D., 4/26/09
- 650 Jordan., 8/23/09
- 640 Hopper, B., 2/27/10
- 639 Thomas, R., 4/10/10
- 635 Gale, T., 2/20/10
- 635 Willis, D., 10/10/09
- 633 Hoffman, B., 7/31/09
- 633 Mayer, K., 9/13/09
- 628 Reneau, D., 3/27/10
- 622 Macauley, E., 3/13/10
- 622 Wakakuwa, F., 10/29/09
- 622 Papillion, C., 11/12/09
- 622 Brubaker, B., 11/15/09
- 620 Robinson, R., 6/13/09
- 620 Whittingham, M., 6/20/09
- 617 Johnston, J., 1/17/09
- 617 Norman, J., 5/3/09
- 615 Pernu, T., 4/17/10
- 615 Coppola, S., 8/1/09
- 615 Arnold, S., 10/25/09
- 611 Anderson, T., 4/25/09
- 611 Stewart, S., 5/30/09
- 606 Abfalter, R., 1/17/09
- 606 Doan, D., 5/30/09
- 606 Diel, S., 6/21/09
- 606 Pinelli Jr., R., 7/5/09
- 606 Laija, J., 1/12/09
- 605 Loudermilk, K., 4/11/09
- 605 Trusnovac, C., 7/18/09
- 605 Brown, J., 7/19/09
- 601 Fischer, D., 10/31/09
- 600 Dittilo, A., 1/30/10
- 600 Reliford, D., 1/30/10
- 600 Criss, J., 2/6/10
- 600 Hobmeier, M., 3/27/10
- 600 Asbury, C., 4/25/09
- 600 Powers, R., 4/10
- 600 Lawson, J., 6/13/09
- 600 Bible, A., 6/27/09
- 600 Maupin, P., 8/29/09
- 600 Murray, G., 11/22/09
- 600 Moon, T., 10/24/09
- 600 Naspinski, G., 2/10
- 600 Schultz, P., 3/27/10
- 585 Minor, D., 5/23/09
- 585 Szeps, A., 7/11/09
- 584 Dunham, D., 8/22/09
- 584 Murphy, J., 10/31/09
- 585 Perrotta, J., 1/30/10
- 585 Pillado, J., 4/25/10
- 578 Edwards, J., 4/26/09
- 578 Pamplin, G., 5/3/09
- 578 Walker, D., 4/10/10
- 578 McKenzie Sr., S., 4/24/10
- 575 Eilers, B., 2/27/10
- 573 Beauregard, J., 4/26/09
- 583 Prusha, J., 4/3/10
- 580 Chilla, C., 10/25/09
- 565 Brown, R., 5/2/09
- 565 Gore, J., 6/28/09
- 565 McCloskey, A., 2/13/10
- 565 Butler, G., 3/6/10
- 562 Davis, K., 5/9/09
- 562 Bartolomei, T., 6/27/09
- 562 Murphy, D., 7/31/09
- 562 Doerfer, K., 10/31/09
- 562 Holman, C., 3/27/10
- 560 Thomas, J., 2/20/10
- 556 Atef, J., 7/31/09
- 556 Chaaban, J., 11/15/09
- 555 Winter, E., 4/10
- 552 Maki, C., 5/16/09
- 551 Rector, L., 4/4/09
- 551 Varela, D., 4/26/09
- 551 Frank, T., 4/26/09
- 551 Donegan, S., 5/3/09
- 551 Bazinet, M., 5/9/09
- 551 McMahon, M., 6/14/09
- 551 AhQuin, K., 7/5/09
- 551 Brinkman, R., 8/15/09
- 551 Newton, D., 8/29/09
- 551 Harbert, R., 11/21/09

DEADLIFT

- 820 Vogelpohl, C., 8/23/09
- 800 Kroczaleski, K., 1/16/10
- 800 Cass, B., 4/10/10
- 790 Hof, D., 12/5/09
- 750 Smith, C., 10/24/09
- 750 Pillado, J., 3/6/10
- 749 Cooper, D., 10/17/09
- 749 Box, B., 10/18/09
- 745 Phillips, K., 8/22/09
- 744 Ladnier, J., 5/3/09
- 738 Patrick, J., 6/14/09
- 733 Capello, J., 6/13/09
- 733 Muro, D., 7/4/09
- 733 Mitchell, M., 11/14/09
- 733 Gouchterov., 12/6/09
- 727 Eucker, B., 6/14/09
- 727 Wetcher, M., 8/22/09
- 722 Driscoll, C., 3/27/10
- 720 Wilson., 8/23/09
- 717 Parkhurst, S., 6/7/09
- 716 Howard, B., 10/31/09
- 710 Wild, M., 5/24/09
- 710 Hires, A., 3/27/10
- 705 Muro, G., 5/30/09
- 705 Douglas, J., 6/14/09
- 705 Grau, J., 7/5/09
- 705 Krych, E., 8/1/09
- 705 Newton, D., 8/29/09
- 705 Smith, J., 10/17/09
- 705 Ferguson, J., 12/5/09
- 705 Jones, D., 3/27/10
- 700 Ahearn, M., 5/3/09
- 700 Coppola, S., 8/1/09
- 700 Jordan., 8/23/09
- 700 Domingos, F., 12/5/09
- 700 Chojnowski, T., 12/6/09
- 700 Jacobs, J., 4/10
- 699 Mitchell, K., 5/23/09
- 699 Papillion, C., 11/12/09
- 694 Tronske, M., 3/27/10
- 688 Roberts, P., 11/7/09
- 685 Hopper, B., 2/27/10
- 683 Norman, J., 5/3/09
- 683 Kalter, M., 6/14/09
- 683 Bianchi, A., 10/31/09
- 683 Holman, C., 3/27/10
- 680 McKeefer, R., 2/27/10
- 677 Meyers, T., 4/18/09
- 677 Gomez, H., 4/26/09
- 677 Kelske, J., 5/24/09
- 677 Woody, M., 8/15/09
- 677 Demarinis, S., 12/12/09
- 677 Garza, R., 3/13/10
- 675 Wells, J., 4/18/09
- 675 Weyrough, K., 4/18/09
- 675 Flynn, P., 6/27/09
- 672 DeForest, E., 7/5/09
- 672 McCoy, M., 10/10/09
- 672 Mangini, J.R., 12/12/09
- 672 Soderqvist, I., 4/10
- 666 Brinkley, J., 3/27/10
- 662 Bielski, B., 4/25/09
- 661 Jones, S., 6/14/09
- 661 Smiley, D., 7/4/09
- 661 Andrews, P., 11/12/09
- 660 Andrade N., 6/1/09
- 660 Baity, W., 11/14/09
- 660 Gale, T., 2/20/10
- 655 Abnee, J., 5/23/09
- 655 Moore, M., 5/24/09
- 655 Pinelli Jr., R., 7/5/09
- 655 Ochoa, M., 10/17/09
- 655 Phillipson, K., 2/27/10
- 655 Schultz, P., 3/27/10
- 655 Edalgo, C., 4/10/10
- 650 Petty, R., 4/11/09
- 650 Randa, D., 4/26/09
- 650 Davis, K., 5/9/09
- 650 Groesser, J., 5/9/09
- 650 Christie, M., 5/23/09
- 650 Bolyard, B., 6/27/09
- 650 Padgett, R., 7/19/09
- 650 Wylie, P., 7/26/09
- 650 Cole, M., 8/22/09
- 650 Whitefield, E., 9/26/09
- 650 Pierce, R., 11/7/09
- 650 Tekautz, F., 11/14/09
- 650 Lake, G., 1/30/10
- 650 Billiot, R., 2/27/10
- 650 White, M., 3/6/10
- 650 Ehler, J., 3/10
- 650 Maranto, P., 4/17/10
- 645 Hamilton, M., 1/16/10
- 644 Beauregard, J., 4/26/09
- 644 Fritz, A., 5/3/09
- 644 Koons, R., 6/14/09
- 644 Will, K., 6/20/09
- 644 Brady, S., 11/14/09
- 644 Tremblay Jr., J., 3/6/10

TOTAL

- 2600 Hof, D., 12/5/09
- 2430 Smith, C., 2/27/10
- 2355 Hopper, B., 2/27/10
- 2350 Wilson., 8/23/09
- 2348 Patrick, J., 6/14/09
- 2310 Jordan., 8/23/09
- 2232 Norman, J., 5/3/09
- 2220 Christie, M., 12/5/09
- 2176 Holman, C., 3/27/10
- 2171 Randa, D., 4/26/09
- 2160 Coppola, S., 8/1/09
- 2150 Gale, T., 2/20/10
- 2149 Baggett, G., 6/14/09
- 2145 Pillado, J., 4/25/10
- 2105 Vogelpohl, C., 8/23/09
- 2090 Kroczaleski, K., 1/16/10
- 2072 Papillion, C., 11/12/09
- 2055 McCloskey, A., 2/13/10
- 2050 Hypes, T., 10/4/09
- 2049 Douglas, J., 6/14/09
- 2044 Schultz, P., 3/27/10
- 2033 Newton, D., 8/29/09
- 2022 Atef, J., 7/31/09
- 2017 Parkhurst, S., 6/7/09
- 2006 Prosek, S., 3/27/10
- 2000 Tusnovac, C., 7/18/09
- 2000 McKeefer, R., 2/27/10
- 2000 Naspinski, G., 2/10
- 1967 Eucker, B., 6/14/09
- 1967 Brinkley, J., 3/27/10
- 1962 Mistic, L., 5/3/09
- 1960 Dittilo, A., 1/30/10
- 1956 Mitchell, M., 11/14/09
- 1955 Ehler, J., 3/10
- 1940 Whittingham, M., 6/20/09
- 1940 Eilers, B., 2/27/10
- 1934 Beauregard, J., 4/26/09
- 1934 Wild, M., 5/24/09
- 1929 Davis, K., 5/9/09
- 1923 Muro, D., 1/23/10
- 1920 Cass, B., 10/17/09
- 1920 Hires, A., 3/27/10
- 1918 Varela, D., 4/26/09
- 1918 Gouchterov., 6/14/09
- 1912 Allen, G., 3/27/10
- 1901 Donegan, S., 5/3/09
- 1901 Roberts, P., 11/7/09
- 1901 Mitchell, K., 7/4/09
- 1901 DeBoer, D., 7/31/09
- 1901 Prusha, J., 4/3/10
- 1900 Arnold, S., 10/25/09
- 1900 Turner, P., 4/25/10
- 1896 McMahon, M., 6/14/09
- 1890 Jones, D., 3/27/10
- 1885 Smith, C., 4/17/10
- 1885 Winter, E., 4/10
- 1884 Fritz, A., 5/3/09
- 1875 Ahearn, M., 5/3/09
- 1873 Billiot, R., 2/27/10
- 1868 Brill., 12/6/09
- 1862 Pamplin, G., 5/3/09
- 1862 Brady, S., 11/14/09
- 1857 Ladnier, J., 5/3/09
- 1857 Meyers, T., 4/3/10
- 1855 Infante, A., 4/25/10
- 1851 Dibble, J., 7/31/09
- 1846 Bowman, T., 5/3/09
- 1846 Smiley, D., 7/4/09
- 1846 Jones, S., 1/25/10
- 1840 Botticelli, M., 9/1/09
- 1829 Kalter, M., 6/14/09
- 1829 McCoy, M., 10/10/09
- 1829 Tronske, M., 3/27/10
- 1824 Mangini, J.R., 12/12/09
- 1818 Groesser, J., 5/9/09
- 1818 Koons, R., 6/14/09
- 1807 Carney, J., 11/14/09
- 1807 Keanu, A., 4/10
- 1802 Cavaretta, K., 9/12/09
- 1800 Skinner, S., 10/25/09
- 1800 Barth, D., 2/13/10
- 1790 Hamilton, M., 1/16/10
- 1780 Alexander, M., 6/20/09
- 1780 Jacobs, J., 4/10
- 1779 Demarinis, S., 12/12/09
- 1774 Ladner, M., 4/10
- 1765 Perkins, K., 9/19/09
- 1763 Haumesser, M., 5/9/09
- 1763 Gomez, H., 3/6/10
- 1757 Durrett, T., 4/10/10
- 1750 Newman, L., 2/6/10
- 1746 Nunn, D., 9/19/09
- 1746 Gack, K., 11/11/09
- 1746 Furst, C., 1/17/10
- 1745 Price, K., 2/27/10
- 1741 Marum, B., 11/12/09
- 1740 James, D., 10/25/09
- 1736 Branson, D., 5/3/09
- 1736 Eddins, N., 6/6/09
- 1736 Mastrean, M., 7/26/09

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, 1and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 8.25% tax).

NEXT MONTH » TOP 275s

CORRECTIONS: Al Yearby should have been credited with a 620 bench press on the TOP 100 and TOP 20 Masters rankings list for the 220 lb. class. Cory Wasnievski should have been credited with a 705 deadlift and 1750 total on the TOP 100 220 lb. rankings. Rudy Hillyard should have been listed with a 410 bench press on the TOP 100 list for the 181 lb. class. John Monk should have been credited with a 475 bench press on the TOP 100 list for the 181s as well. Josh Stottlemire's photo on the TOP 100 photo page for the 198 lb. class in our April edition, was incorrectly captioned as being Jason Stottlemire. Margaret Kirkland's 518 lb. squat was not listed on the TOP 20 rankings for the Women in the 114 lb. class, she also benched 231 and deadlifted 396 for a 10 times bodyweight total. Mike Brown was not listed for his 633 squat on the TOP 100 for the 181 lb. class. Jeff Cory's photo from the SLP MI State results was incorrectly captioned as Feij Cory. If you find errors in our articles, TOP 100/20 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.

RESULTS

USAPL NORTH EAST USA REGIONAL OCT 17-18 2009 » King of Prussia, PA

BENCH		SQ	BP	DL	TOT
FEMALE					
105 lbs.					
Open	P. Grohoski	512			
	T. Wygerle	259			
	A. Ward	—			
MALE					
115 lbs.					
Raw	J. McDaniel	402			
	A. Halko	380			
	A. Wright	297			
123 lbs.					
Open Teen (16-17)	Master (40-49)				
	T. Whipple	264			
132 lbs.					
Open	M. Williams	385			
	T. Borgia	248			
	Varsity HS				
Teen (16-17) Raw	E. Aguilar	336			
	T. Marhsall	99			
	R. Erfer	209			
	Teen (18-19)				
	J. Oliver	138			
	Master (40-44)				
	V. Aybar	209			
148 lbs.					
Open	M. Williams	385			
	M. Santiago	314			
	Teen (16-17)				
	C. Snow	198			
	Master (50-59)				
	R. Polizzano	242			
165 lbs.					
Open	R. Eckhart	473			
	M. Salandra	237			
	Teen (16-17)				
	N. DeAnne	292			
	Teen (18-19)				
	D. Stocker	215			
	Master (40-49) Raw				
	M. Salandra	237			
181 lbs.					
Open	A. Mamola	595			
	Teen (16-17)				
	D. Macey	270			
	Master (60-69)				
	A. Smith	231			
	Master (70-79)				
	R. Hill	248			
198 lbs.					
Open	K. Johnson	578			
	B. Igoe	—			
Powerlifting					
	SQ	BP	DL	TOT	
FEMALE					
105 lbs.					
Varsity HS Open Raw	K. Polizzano	160	99	226	484
Raw	D. Solash	171	105	187	462
115 lbs.					
Open Master (40-49)	T. Cutrona	215	154	281	650
Varsity HS	S. Jones	149	83	204	435
Raw	T. Jesinger	149	127	204	479
123 lbs.					
JV HS	J. Hardy	149	105	215	468
Collegiate	N. Gulla	154	88	204	446
Open	D. Nemow	617	402	650	1668
132 lbs.					
J. Teman	248	127	325	699	
Varsity HS	T. Hammond	215	110	259	584
Master (50-59)	A. Kemmerer	149	110	242	501
Raw	K. Harris	143	116	248	506
148 lbs.					
Open	G. Moore	292	176	314	782
	N. Eick	171	99	259	528
	E. Leon	187	105	237	528
Master (40-49)					
	T. Crawford	182	116	281	578
Master (50-59)					
	C. Keisling	66	77	121	264
Master (70-79)					
	M. Conte	149	116	204	468
Raw					
	J. Kratz	259	143	319	721
165 lbs.					
Open	C. Smith	391	264	407	1062
Raw					
	M. Tierney	165	88	231	484
181 lbs.					
Open	Chaszczewic	215	105	297	617
198+ lbs.					
Master (50-59)	J. Marhsall	99	—	209	308
MALE					
123 lbs.					
Open Teen (16-17)	D. Walker	220	138	336	694
Teen (16-17) Varsity HS	Z. Swanger	215	127	319	661
132 lbs.					
Open	M. Kuhns	606	451	402	1459
	T. Borgia	380	248	402	1029
148 lbs.					
Open	M. Turner	506	330	484	1321
	M. Santiago	391	314	473	1178
Teen (16-17)					
	M. Stencler	292	259	418	969
Junior (20-23)					
	M. Turner	506	330	484	1321
	L. Fredericks	303	242	402	947
Open					
	J. Bogart	705	528	330	826
	W. Droesser	528	242	330	826
	K. Scott	385	171	413	892
Teen (18-19)					
	J. Wolff	308	171	413	892
Master (80-89)					
	R. Nolan	154	138	270	562
Collegiate					
	L. Fredericks	303	242	402	947
	R. Polizzano	253	242	330	826
Police/Fire/Military					
	M. Santiago	391	314	473	1178
165 lbs.					
Open	Gkebrezadic	440	330	462	1233
	F. Caine	473	303	429	1206
JV HS					
	J. Stenchler	253	182	325	760
	E. Swanger	242	127	242	611
Teen (14-15)					
	E. Swanger	242	127	242	611
Junior (20-23)					
	T. Corcoran	479	253	440	1173
Master (50-59)					
	N. Theodorou	380	138	523	1040
Raw					
	J. Dalessio	418	319	506	1244
	M. Cagliola	418	319	473	1211
	N. Theodorou	380	138	523	1040
JV HS					
	I. Wylie	—	—	—	—
181 lbs.					
Collegiate	J. Sookhoo	396	286	479	1162
Open	D. Nemow	617	402	650	1668
	B. Demeck	567	347	567	1481
	J. Powell	352	30	424	806
	C. Lora	402	325	341	1068
Raw					
	M. Arters	—	—	—	—
JV HS					
	D. Doyle	314	209	352	875
Varsity HS					
	D. Steeley	253	215	407	875
Teen (18-19)					
	M. Giaquinto	523	292	523	1338

S. Avender	319	275	418	1013	
Junior (20-23)					
B. Demeck	567	347	567	1481	
D. Jensen	314	193	369	875	
Master (50-59)					
C. Lora	402	325	341	1068	
Master (80-89)					
J. Weiss	143	116	303	562	
Raw					
J. Braca	484	303	606	1393	
S. Nonemake	413	275	413	1101	
A. Joshi	314	187	457	958	
S. Khandkar	—	—	—	—	
198 lbs.					
Open	S. Mann	809	578	666	2053
	A. Parrella	650	473	677	1800
	A. Scolaro	661	446	672	1778
	T. Wagerle	556	391	573	1519
	D. Heaney	473	341	578	1393
	S. Davenport	462	391	534	1387
	A. Ward	413	—	462	875
Teen (16-17)					
	M. Stillitano	358	292	501	1151
	J. Rammel	330	259	385	974
	J. Rocco	314	253	385	952
Teen (18-19)					
	J. Schalkham	407	275	440	1123
Junior (20-23)					
	J. Tagliarino	352	358	501	1211
	D. Burke	374	105	435	914
Master (40-49)					
	R. Falcone	551	407	457	1415
Master (50-59)					
	D. Ernst	528	303	578	1409
Raw					
	J. Knespiper	—	—	—	—
Raw					
	K. Semon	479	363	539	1382
	B. DiMatta	303	270	429	1002
Police/Fire/Military					
	S. Davenport	462	391	534	1387
Paralympian					
	E. Figelow	176	99	253	528
220 lbs.					
Open	G. Jones	661	502	600	1763
	T. Getsinger	545	451	622	1618
	J. Hess	611	424	539	1574
	Er. Aguilar	578	358	573	1508
	Ev. Aguilar	523	336	457	1316
	J. Harris	391	303	495	1189
	D. Cieri	143	600	330	1073
Teen (14-15)					
	S. Krause	336	171	413	919
	A. Feldman	358	176	363	897
Teen (16-17)					
	Ev. Aguilar	523	336	457	1316
Junior (20-23)					
	Er. Aguilar	578	358	573	1508
	B. Esqro	457	264	562	1283
Master (40-49)					
	M. Barcelone	562	446	539	1547
	F. Ocasio	451	347	512	1310
	D. Cieri	143	600	330	1073
	K. Jensen	242	220	330	793
Master (60-69)					
	A. Contino	—	226	407	633
Master (70-79)					
	S. Chatis	369	—	468	837
Raw					
	J. Lawrence	473	330	567	1371
	B. Esqro	457	264	562	1283
	A. Contino	—	226	407	633
Police/Fire/Military					
	T. Getsinger	545	451	622	1618
242 lbs.					
Open	Boczaowski	551	440	528	1519
	D. Chervenak	352	204	446	1002
Teen (16-17)					
	S. Kemmerer	347	253	424	1024
Junior (20-23)					
	P. Lynch	473	330	595	1398
	S. Peters	407	231	501	1140
Collegiate					
	A. Gerbert	468	325	451	1244

USPF OHIO VALLEY CHAMPIONSHIPS APR 3 2010 » New Martinsville, WV

BENCH		SQ	BP	DL	TOT
220 lbs.					
Master (50-59)	J. Elick	606			
165 lbs.					
Junior (18-19)	S. Phillips	281			
	J. Riffle	501			
198 lbs.					
Open	J. Bailey	496			
Powerlifting					
	SQ	BP	DL	TOT	
Junior (13-15)					
	L. Wright	275	214	253	743
Junior (18-19)					
	C. Rice	496	330	529	1355
Open					
	J. Stottlemire	341	622!	540	1504
242 lbs.					
Open Submaster	J. Deutsch	540	501	545	1587
	A. Yoho	523	347	562	1432
275 lbs.					
Raw	A. Baria	705	744!	733	2182
Raw					
	! = American Records. Best Power: Allen Baria (WV), Best Bench: Jon Elick (OH), Best Deadlift: Jonathan Bailey (PA). Venue: Work's Fitness World and Tanning Salon. Lifter's came from all over, PA, OH, and WV. Also what was impressive was that every lifter attempted a meet pr of some kind at some point. I would like to thank Dave Jeffrey, Rob Graham, and Mark Richards for judging, and Dan Lass and Mrs. Mark Richards for running the score table. Also thanks to APT, Ken Anderson Powerlifting, Powerlifting USA, and BioMuscle. I can't forget Sir Charles for his photography skills.				
» courtesy Tim Cochran					

CPF ONTARIO BENCH PRESS OPEN MAR 27 2010 » Ontario, Canada

BENCH		Open
165 lbs.		
Raw	Ouvekidine	423
	M. Bertrand	401
	M. Hussey	275
	Raw Open	
	J. Jepma	220
181 lbs.		
Raw Junior	P. Shoal	467
	M. Ball	319
	Raw	



REHAB AND PREHAB

ACTIVE RECOVERY PROGRAM

as told to Powerlifting USA by Deric Stockton, Owner of Core Strength Gym, Elite Lifter, and Trainer

PART THREE. I STARTED HITTING THE GYM IN 1982 TO INCREASE MY PERFORMANCE FOR SPORTS AND TO INCREASE MY GENERAL MUSCLE MASS. MAN, I CAN'T BELIEVE IT'S BEEN NEARLY 30 YEARS SINCE I GOT MY FIRST GYM MEMBERSHIP. GOLD'S GYM IN COVENT GARDENS, LONDON, ENGLAND. I STILL REMEMBER MY FIRST WORKOUT DOWN IN THAT BASEMENT OF A GYM. THE PLACE HAD WORSE THAN A BAD SMELL, IT ABSOLUTELY REEKED! EMPTY STEROID CONTAINERS GRACED THE LOCKER ROOM. I REMEMBER THERE WAS A SIGN OVER THE URINAL THAT SAID, "DON'T THROW YOUR F__ING GUM IN THE URINAL!" BIG, PUMPED UP BODYBUILDERS WERE STRUTTING ALL AROUND.

I headed straight to the squat rack and proceeded to squat until I couldn't walk out of the gym. I've always loved to squat. I've just always had an innate sense that squatting would increase my muscle mass and overall power. But I also remember that it wasn't too much later that I got my first back injury from squatting poorly. I recall that I didn't quite know what was going on, but I could not bend over without shocking pain in my lower back within a couple hours after the workout. So, I've basically been hurting and healing my body for nearly 30 years now, too. And I'd like to think I'm finally better at healing my body than hurting it. At 41 years young, I am in the best health, strength, and condition of my life. I just got my first Elite at 198 and I set a UPA Open National Squat Record with 804.5 pounds to boot. I'd like to think that I practice what I preach. And being healthy is paramount! If you haven't learned to foster a healthier state in your body, your strength gains will be minimized due to repeated injuries. And there's nothing worse than listening to someone tell you how strong they used to be! "But I've got a bad this" or "a hurt that." Shut up. Longevity in strength sports is not an oxy-moron. It just requires learning how to take a smarter approach to your training, learning how to heal your injuries, and then learning how to stay healthy while training hard. Injuries and pain can be our best teachers. I'm not a sadist or a masochist (well, maybe a little bit), but we must be willing to learn from our pain. Now I realize that's an awful lot of learning, but I assure you, your progress will be commensurate with your learning, both in and out of the gym. So, let's start clearing up any congestion in your body and in your mind by incorporating an Active Recovery Program into your schedule. And we can potentially bring some clarity as to what's going on with all these sore spots.

Our bodies have lots of layers. If you aren't familiar with Frank Netter's book, buy it. It will give you the best visual of the layers of the body. Okay, let's use the bench press for example. When you lock your shoulders down on the bench, that's one or two layers. Then guiding your arms is another layer or two. Maintaining your spinal position is another layer or two. And finally the most surface layers which do the work... "Lock it out." These adjacent tissues tend to stick to one another because of various stressors; possibly training, traumas, poor ergonomics, complacency, etc. Our tendons and ligaments become compromised and our joints continue to have further issues. Most folks have their skeletal, muscular, and nervous systems all out of whack and at odds with one another. This is why they are in pain. When your program can foster harmony amongst these systems on both systemic and local levels, for the most part, you'll be pain free. You can even start to get ahead of the game, and develop a more acute early warning system. Then red flags and signs of potential injury will be much clearer and show up much sooner. This is when you've crossed over from the dark-side, and have learned to stay ahead of the game. And your Active Recovery Routine has morphed from rehab to prehab.

The average American's body composition is all backwards, starting with lots of subcutaneous water and fat. The surface layers of their bodies are jiggly, soft and out of shape, while the deeper layers of their bodies are dry, rock hard or "tonic." This is why they lose their breath walking up a flight of stairs and throw their backs out lifting what my grandma could've lifted any time! And they are always in pain somewhere—because the work in most folk's bodies is being distributed inefficiently between the nervous, skeletal, and muscular systems. This is a recipe for all kinds of health disasters. Okay, now here's the kicker. Believe it or not, most of the "in shape" crowd is in pain too. This is because they are tight on the outside AND tight on the inside. So you see the dilemma. Deep muscles such as the psoas, QL, scalenes, colli, piriformus, etc. must be soft and viscous like filet mignon, not dry and taugt like beef jerky! Otherwise your body locks up! Most people's programs turn their deep layers into jerky. Sure, you might get a little stronger and make progress for a while, but there's a cap on it; and it's how much stress can you take? So an Active Recovery Program geared towards reducing local and systemic stress is imperative for competitive athletes.

For your muscles to optimally contract, nerve conduction needs to be at an optimum. An Active Recovery Program with lots of spine based movements geared towards relaxing your deep muscles and spine mobility, will not only increase peripheral nerve conduction, but also the autonomic system too. This can allow the body to get out of the "Fight, Flight, or Freeze" mode so many Americans live in, and begin to increase your parasympathetic response, or "Rest and Digest" mode. This is huge for recuperation!

Oxygen, hydration, and essential fatty acids (EFA's) are key. I know a lot of people who are »

« Diederik Lagerwerff stretching his forearms
photos courtesy Deric Stockton



Diederik Lagerwerff demonstrates proper stretching and self trigger plus active release therapy on his forearms (also see photo on the previous page)



Through prehab, Deric is able to keep his body strong and pain-free

better at maintaining the water and oil in their cars than in their bodies. Shoot for a gallon of water per day. And eat EFA rich foods like almonds and avocados and take an omega-3 supplement twice per day. (I think most farmed salmon tastes pretty gross, but the fats are important.) Vitamin E, C, CoQ10, MSM, and glucosamine might be wise to incorporate into your supplements also.

So, what do you do when your neck or back is “out” or “locked up?” And you are getting “jump responses” or “trigger responses” when you try to move that part of your body. These are HUGE RED FLAGS! Make sure you listen to these! On a scale of one to ten, “jump responses” hit you at a 10. When you’re at this point, create circulation without physical movement and do it with ice and contrast therapies while seated in an ergonomic/neutral position. I’m not a big fan of taking NSAIDS or pain meds, but this would be the time to take them. As soon as you can start moving around, do so. Begin with gentle Spine Based Movements over a half foam roller. Only move as much as is comfortable for you at that time. Within hours/days you will notice your movement begin to be restored and your pain should be substantially reduced. Continue to create circulation through deep breathing and passive, relaxing movements. This will oxygenate the injured tissue which is harboring the pain. I feel I’ve reduced 3 months of rehab to 3 days, or even 3 hours, since I’ve gotten good at this part of my program. Sneezing tip: when you’re in a very acute state anywhere along your back, sneezing can actually be a very scary proposition! Here’s what to do: place your hands on a table or a counter, and keep yourself nice-n-upright and spine nice-n-neutral and relaxed. Okay, keep your neck and back totally still and right when you sneeze, flex your knees about 5 or 6 inches. Take the shock through your knees instead of your back. Don’t whip/flex your spine forward.

Learning to use your active recovery session to heal chronic and acute injuries is key. We can take it a step further and not just get out of acute states, but we can continue with the modalities that got us “healthy,” AND GET HEALTHIER!! We can break the symptomatic/non-symptomatic cycles of pain most people habitually live in. And as the stress comes off of your body, all systems will relax. As you learn to comfortably perform spine based movements over the rollers, your body will begin to “glide and gap.” These will often be audible. Your soft tissue my “pop” or “grind” as adjacent layers relax and begin to glide/move over each other again. Or you may get an “adjustment,” like at the chiropractor’s office, as the stress comes off of your skeletal system. This is truly an amazing process to facilitate. After 25+ years of chiropractic treatment from 15 different chiro’s, my body knows the relief of their treatment. But now my body gets to have to have stress come off my muscular and skeletal systems, passively, while rolling around on my living room floor. Sweet!

I’ve had my forearms/elbows hurting so bad that I couldn’t pick my own nose. (So there was some positive to the situation.) But really, injured forearms can be a nuisance and really hold up progress in the gym. You can really focus on your forearms and elbows if/when they are buggin’. If your forearms/elbows are hurting or if you can make yourself wince when you poke your thumb

into the back of your other forearm, then some local therapy is going to be necessary.

Start your local rehab with some liniment and self-massage. We usually use McTarnahann’s Blue Lotion. And you can use a trigger wheel or your backnobber or even the butt end of a screwdriver. Work in linear strokes up and down, from elbow to wrist. Do 200 strokes. Then, hold pressure on the spots that hurt while moving your wrist and while you move your elbow. Learn to perform self trigger point therapy and self active release therapy on your arms. Radial Nerve Entrapment, Lateral/Medial Epicondylitis, Bicep Tendonitis, etc. can all be recovered from and avoided in the future.

Add Cryo-therapy when you are in an acute state. Use Contrast therapy by using 10 minutes ice alternated with 10 minutes liniment/massage. Repeat two times; for 40 minutes total.

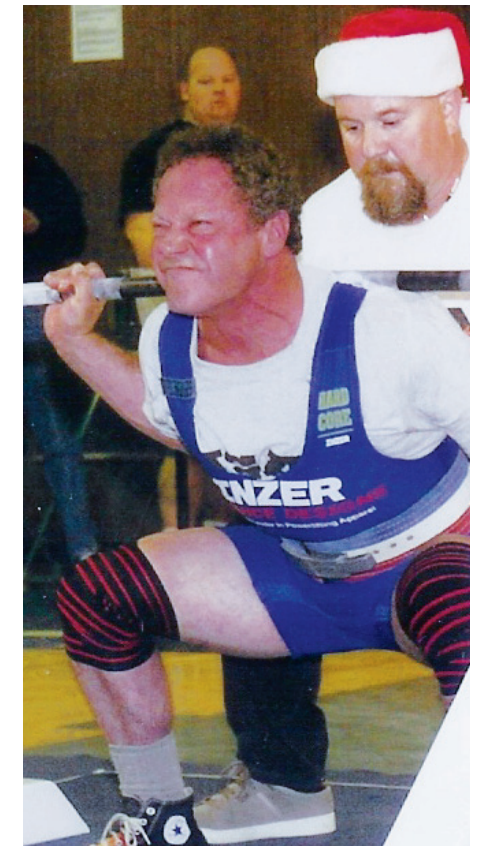
Learning passive movements for your wrist and elbow is also key. Like spine based movements for your back, you can facilitate a more relaxed state in your arms with these moves. Done daily (preferably in the morning), these movements will help you rehab from chronic or acute conditions in your arms. Really work on getting the relaxed state of your forearms softer, or less “tonic.” Your forearms will start feeling better when the tissue feels more like filet mignon than beef jerky! Check my website www.CoreStrengthRX.com for pictures and videos of all these movements.

Here’s a good Full Body/Forearm Emphasis Active Recovery Plan:

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	- 10-15 min. foam roller - 10 min. forearm moves	- 10-15 min. neck/ shoulder traction	- 20 min. hot bath/tub/ sauna with forearm moves	Day Off	Repeat
PM	- Forearms - 10-20 min. liniment & massage	- Forearms - 10 min. ice contrast with 10 min. liniment 2X	- Forearms - 10-20 min. liniment & massage		

There’s all kinds of topical rubs you can use. Arnica is very popular, Menthol is common, and, of course, there’s Ben Gay. You might even want to try one of those Icy-Hot patches on your forearms, but having some variety is nice.

Use your intuition and learn to communicate with your body in a new, passive, relaxing way. When your active recovery plan takes on an intuitive flow, you will be attaining even healthier states, yet. Learn to breathe oxygen into your tissue during your rolling and active recovery sessions like a Chi Gong master. I’ve heard them say that they can double the oxygen stored in their body. Oxygenate your tissue through movement, extension, traction, relaxation, and deep breathing. Give your soft tissue viscosity and the ability to slide over adjacent layers. To truly be on a program of prehabilitation, we all must start in the rehab department. It’s the nature of the game. But the pain can be our best teacher. So, learn what gets you healthy and continue this practice in your healthy state...to get...HEALTHIER. You’ll get stronger too! «



Ed Evans, a member at Deric’s gym, is still an animal at 60 years of age



Suzanne with an impressive squat at an Orlando Barbell Meet

having the adrenaline rush at meets. In figure you just walk out on stage and stand there smiling. There is not as much competition or fun as there is in powerlifting. I walked out on stage, stood there smiling and thought wow, this is it? All that work just to stand here. I would much rather be competing on the big day instead of just standing on a stage. I think bodybuilding would be a bit more exciting since there is a posing routine. I will stick to powerlifting and do a bodybuilding show just for fun. Also I trained for my figure competition alone and only had the help of a trainer. It is a lot more motivating to be in a gym full of friends that are there to encourage and push me, especially on the days I just don't have the usual energy. I enjoy individual sports, but like having a team to support and cheer me on.

What's your favorite thing to do away from the gym?

Well, the gym is pretty much my life, but I

would have to say spending time with my amazing husband. Even though a lot of our time together is spent in the gym or recovering from a workout. Outside of the gym we like to spend time at the pool, go to Busch Gardens, eat out, watch movies, and watch our old powerlifting meet videos. Mike makes me very happy and I enjoy spending time with him no matter what we are doing.

Tell us one thing about yourself, Suzanne, that not many people know about you.

Well, before I began powerlifting I was a competitive swimmer for fifteen years of my life. I learned to swim at age two and joined my first team at age six. I worked my way up to swimming for the University of Tampa, an NCAA division II school. In addition to studying for my degree, I swam 3 hours a day, double workouts, and did some weight training. My senior year I actually enjoyed the weight training workouts more than the swimming. I enjoyed swimming

and was obsessed with it just as much as I am obsessed with powerlifting now, but after 15 years I was ready to retire and be done. I missed competing though and having something to train for and got extremely lucky in more ways than one when I met my Mike and discovered powerlifting.

What do people at work or school say when you tell them that you can squat over 400 lb.?

I love seeing anyone's reaction when I tell them. Usually my squat is the most impressive number, although my 280 bench gets quite a reaction too. My favorite thing ever said was, "Remind me to never piss you off." Some people don't believe me and I either have to show them my video or a powerlifting magazine with my name in it. Regular gym guys are usually impressed as I can squat double what they can and bench the same amount. I am very proud of myself, but I lift for the pure fun of the sport and sense of accomplishment when I am able to hit a personal record in a meet.

Do you get nervous at meets? What goes through your head before an attempt?

I get extremely nervous at every meet and I even get nervous in practice on a max out day. I try to relax, but it's hard and I cannot help being nervous. Usually on my first squat attempt I am shaking, but relax a little after I hit my first attempt. The more nervous I am the better I do. I know that does not make sense since if you saw me right before a lift one would think my nerves would get the best of me, but somehow once my hands grab the bar all that energy gets transferred to my lift and turns into adrenaline. Before each lift I think of how much I want to get that particular number and how happy I would be if it was a good lift. I also take a few deep breaths right before I start the lift. When I am actually lifting I listen to my coach or handler and think about my form in my head. In order for me to be successful I need to make sure my form is correct.

Lots of lifters get nervous, sounds pretty normal. You mentioned you were a swimmer in high school and college. Did you ever think when you got older you'd get into powerlifting?

No, never, and the only sport I knew of was Olympic lifting and strongman that I had seen on television. I must admit I did not know powerlifting was a sport until April 2007. So, yeah, only three years. But I like to try new things especially when they involve competing. As I said earlier, my senior year in college I enjoyed weight training more than the swimming. My swimming background and eight years of weight training in a gym on my own definitely helped make my transition to powerlifting easier. I notice the carryover from swimming the most on the bench as that is all upper body.

What's your absolute favorite thing about the sport?

My favorite part of the sport is training with an amazing team. Everyone has each other's backs

and is always willing to help each other out. Every single team member at Tampa Barbell has helped me to become a better lifter in many different ways. I never have to worry about not having spotters, someone to call my depth, or watch my form. There are always people to help and everyone always seems more than willing. I also get excited and motivated seeing my teammates do well both in the gym and at meets. When one of my training partners hits a personal record then I feel like I am also going to do well. Also, it is awesome to be able to tell people your numbers and get the reactions you do.

If you could change something about the sport what would it be?

First things first, we need more females! There are usually only 1-3 females at any meet I go to. It would be nice for us to be able to compete in weight classes instead of coefficients like the men do. More strong females at the meets I attend would help push me to train even harder. Secondly, I do not like the way the sport is divided among federations. It is all the same sport whether you use a singlet or multi-ply. In the future I would like to see less federations and more consistency with the rules. For instance, below parallel means different things in different federations, making it harder for lifters to compete in a variety of different meets.

Maybe someone could come up with a formula that would equally compare raw lifters to those using multi-ply equipment. Our sport is not very big in the real world because of this division amongst federations. I do not understand why your average person would not want to watch a competition on television of men squatting 1000 lb. or more. I would love to see powerlifting become big!

True that. Do you have anyone you look up to in the sport or anyone you're chasing?

My biggest idol is Shannon Hartnett. She is an amazing lifter and in the same weight class as I am. I would love to hit a 600 pound squat someday in the future. As far as the bench goes, I look up to Kara Bohigian-Smith. In Florida, I look up to Margaret Kirkland and hope to one day have the privilege to train with her. I have seen her compete at several meets and love to watch her lift. Laura Phelps-Sweatt and Becca Swanson are also inspirational lifters with amazing achievements. It would be an honor to one day have my name mentioned along with these top female powerlifters.

Is there anyone you'd like to thank that has contributed to your success?

First and foremost I need to thank my husband, Mike Schwanke, for introducing me to the sport and being patient enough to teach me the lifts

and help me figure out how to use gear. Tommy Fannon has made an amazing team-orientated gym and is a great coach. Even when he is training for his own meet he will take time out to help me or anyone else in the gym that needs it. Next I need to thank Corey Hood. Corey is a great helper and handler in the gym. For the past year he has helped me out with my gear, spotting, handoffs, and coaching. I would not have been able to PR in my last meet if it was not for Corey's help. I also want to thank Trenton Nelson for all his help at the meets and in the gym with my gear, calling my meet attempts, and coaching. Gearman has helped me with my deadlift and finally being able to hit 400. Mike Westerdal, Tom Bodenbender, Richard McKeefer, Nelson Castellano, and Brandon Novatko have all helped with spotting, adjusting gear, and getting me motivated for heavy attempts. Finally, my training partners Sara Bodenbender and Richie Fiol for helping me get through my workouts. I hope I didn't leave anyone out and want to thank the entire team.

Congratulations on just getting married, by the way. I'm really happy for you. Thanks for the interview and best of luck with your lifting. See you at the gym!

Thank you very much, and thank you to *Critical Bench* and *Powerlifting USA* for taking the time to interview me! «

FREE REPORT

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7 FASTEST WAYS TO INCREASE YOUR BENCH

SPECIAL REPORT: Rut Busting Bench Press Matrix

by Mike Westerdal

CRITICAL BENCH.com

the deadlift with 301 kg. in November of 1997. I am a LIFETIME DRUG-FREE lifter.

TRAINING METHODS:

I only lifts two days a week. At a height of 5'10" I am not a bulky lifter and have trouble putting on and maintaining muscle mass. I used to train four days a week and as much as six days a week in my teenage years. When I decreased this to two days a week I noticed a significant increase in energy and strength. My typical routine consists of heavy bench press, heavy deadlift and light squat training on Saturday, with heavy squat training, light deadlift training and light bench press training on Tuesday. I used to follow a traditional periodization cycle of eight to twelve weeks, but most recently I train predominately with two sets of eight and and a "flush set" of fifteen.

Assistant exercises are minimal, but consists of abdominal work, close grip bench presses, leg curls leg extensions and calf raises. On non-lifting days I will do some abdominal crunches, like stretching and light cycling.

When I recently pulled the 600 in March, believe it or not, I did not even squat or deadlift in training until one week before the meet. I trained mainly in the 8 to 10 repetition range doing seated heavy pulls with the same motion of the stiff leg deadlift, working my way up to 450 pounds for a set of 5, two weeks before

the meet. I would also do a reverse hyperextensions holding as much as 120 pounds behind my neck. Instead of squats, I did close and wide stance horizontal leg presses. One week before the meet I pulled an easy set of 475 pounds for 5 unequipped.

As a result of this training method, I made 600 solidly (the lift is on YouTube), and actually stood up with 611 pounds (the lift was turned down for a subtle knee bend). I strongly feel the use of full range or extended range of motion performed with perfect form and with relatively high repetitions is the best way for the young and the master lifter to train, however, everyone has to find what works best for them. The difficulty of course is that this can change over time. Otherwise we would just continue to progress. Everyone has to listen to their body and be keenly aware of the signs of overtraining.

DIET:

Nothing special although I do try to consume about 150 grams of quality protein a day, mainly in the form of lean meats and occasional protein bars and drinks. I get about 30% of my calories from high-quality vegetable based fats, such as cashews, almonds and olive oil. The rest is mainly whole grain carbohydrates, although I am a chocoholic. I drink close to a gallon of water a day and rarely drink calories unless it's a protein drink or an occasional beer. Just like training, the individual has to find the right diet

for themselves. Adequate protein intake and avoidance of excessive junk food is a must. As far as supplements are concerned, currently, I only take a teaspoon of creatine after a heavy workout and I never load until right before a meet.

VIEWS ON POWERLIFTING:

We all have probably heard it a million times, but there are way too many organizations. One organization with a non-drug tested division, a two-year clean division, and a lifetime drug-free division would be optimal. Then you have the problem of equipment; probably have to break it down to multi-ply, single-ply and raw competitions.

Personally I have only competed in a few competitions that allow multi-layer equipment. I have to admit I have never learned to properly use this equipment, particularly in the squat and bench press. Recently, I have been competing in the unequipped divisions of the ADFPF and WDFPF. Judging is strict and consistent; if somebody outlifts you, it's not because they know how to use their equipment better, they are quite simply stronger than you.

Powerlifting and strength training, in general, is a great activity that enhances performance in all sports, and, if done properly and safely, will add quality and quantity to people's lives.

VIEWS ON STEROID USE:

I personally have never used steroids or human growth hormones. Unfortunately, these drugs are here to stay, unless something better comes along. Who knows, that "better" could be in the form of black market gene therapy. I think drug testing is marginally effective and the drug-free divisions of our sport largely rely on the honesty of our competitors. I believe if somebody wants to pass the drug test, if they put in the time effort and money, they will do so.

I think lifetime drug-free divisions are very important to encourage lifters to stay off of steroids. Once more, recent research has demonstrated that lifters cycling on and off steroids for several years will build more permanent muscle and have an insurmountable advantage over the lifetime drug-free lifter, even if they had been clean for several years.

FINAL THOUGHTS:

I would like to thank the numerous gym owners, meet promoters and fellow competitive lifters that I trained with over the years, including Dennis Brady, Terry and Nancy Dangerfield, Judy and Roger Gedney and Ernie Frantz, to name a few. I want to encourage young lifters to not let powerlifting run their lives. I will be coming out with an e-book by October 2010, "DR. DEADLIFT'S TWO DAY A WEEK WORKOUT." This will cover my training routines and provide guidance for the beginner lifter through the advanced lifter, in regards to troubleshooting, plateau busting, avoiding overtraining and trying to avoid lifting related injuries. «

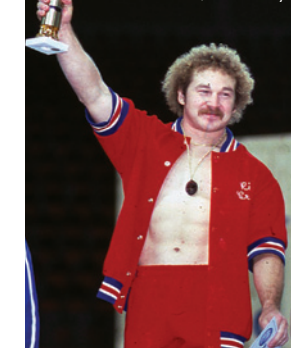
erlifting has to at least apply the rules of performances the same across every federation, plain and simple. For that to happen, communication should occur among all the organizations on standardizing rules of performance and expectations on these rules, especially when it comes to squat depth. Once there is an agreement among the federations on these rules, each federation needs to conduct clinics for all their referees so they know what those expectations are.

I know, this would probably never occur. With so many federations that this sport has today, it would be impossible for everyone to agree—which is why we have so many federations today. However, we all call ourselves powerlifters, regardless of federation. It would only stand to reason that we all have and apply the same rules of performance equally.

DAVID RICKS: Due to the large number of federations, it will be impossible to bring about a consistent basis on how to judge squat depth. I have not read each federation's specific rules on this issue, but one way to begin to try to bring consistency is to force at major and national meets to have a jury that evaluates the referees. This will provide some feedback to the referees on the quality of their judging.

MIKE MCDANIEL: The only way judging may be standardized for the squat is within each federation relative to interpretation of the rules for that specific federation. Even though squat definition is reasonably consistent in the rulebooks from one federation to the next, for the few I have knowledge of, interpretation and enforcement will continue to vary between federations, and to some degree within individual federations. From our routine involvement at meets, we know lifters have a lot of interest in being called consistently versus the rules of the federation they chose to participate in, and judges for most federations are sensitive to the need and working hard to ensure their performance matches rule definition. In reaction to the attention squat depth has gotten over the last few years, I believe that, in general, calls are much better on average for all federations. Within the federation of my choice we're working very hard to ensure call consistency and lifter feedback is consistently very positive in reaction to the efforts and corresponding improvements.

Rickey Crain at the 1982 IPF World Championships in Munich, Germany



RICKY DALE CRAIN: This is a two part answer. First, in many/most cases (not all), it is standardized on paper, but not in actual judging. Spreading the best and most experienced judges among dozens of federations will always keep it or any lift from having the most accurate

outcome. Second, there will never be complete standardization with so many federations. It is really a futile effort at this point, I believe. The ideals of what an amateur sport is has been totally destroyed at this point, while many see all sports nowadays as a free for all pro wrestling entertainment format, while others actually see it as true competition.

BRIAN SCHWAB: I took the liberty of researching what three of the major United States Powerlifting Federations state in their rule books regarding what is considered to be proper squat depth.

They are as follows:
USAPL: "Upon receiving the chief referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees."
USPF: "Upon receiving the chief referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees."
APF: "Upon receiving the head referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of knees."

Who would have guessed that they all would state exactly the same thing?! What seems to be happening is that federations are taking this rule to one extreme or the other. The USAPL tends to be overly strict and opts for what they consider to be "convincingly" deep in order to set what I think is an unreasonable standard. On the other hand, the multi-ply federations tend to want the biggest lifts and has gotten the reputation for allowing lifts to pass that probably shouldn't. I think what needs to be done is that the judges should actually follow what the rule states—no more, no less. This is the only way there will ever be any consistency.

JON SMOKER: This is an issue I've never gotten excited about. To me it's like calling balls and strikes, and after 150+ years, there's no standardization in MLB. Going to any given meet, a lifter has a pretty good idea where the depth is going to be called and adjusts accordingly, and unless they're in a lighter weight class, they can use the lighter lifters as guinea pigs, to see how the judges are calling depth. I find that for every inch lower I have to squat, it costs me up to 50 lb.

The problem is that many judges ignore the way the rule is written, which is meant to create a level playing field between people with skinny legs and those with very thick thighs, and just resort to judging by the tops of the thighs. This, of course, means people with thicker upper thighs have to squat lower to get a lift passed. When judges don't know how to apply the rule as written, you can see them struggle with judging super heavies, where they try to focus on the middle of the thigh instead of the top and wind up with inconsistent calls.

And if you stick around long enough, sooner or later you'll find yourself in a meet where a judge is just sitting on the red light button as a badge of honor. I've always wondered what they got out of being not strict, but downright unfair. My best guess is that they're mediocre, failed

lifters who get back at lifters clearly superior to them. And with so many associations, it's downright stupid because it just pushes lifters to other associations. It's too bad we can't standardize judges like that out of powerlifting. Other than that, I think variations are part of the sport. If you're a rookie in MLB, you may find the strike zone is about the size of a bread box. If you're Maddux pitching for Atlanta, you're going to get pitches 6" off the outside of the plate. Judging squat depth is no different. Deal with it.

NAME WITHHELD BY REQUEST: Text and stick figures printed in a rule book may not be adequate to describe this standard. It's a visual thing. Why not put some video of a number of squats on the internet, and have people judge what they think is a good or bad lift and keep track of what federation they are primarily involved with. With enough input, the responses will form a bell curve. If there's a difference between the peak of the curve for one federation versus another, that can be shown graphically.

BOB GAYNOR: This is probably the most controversial issue in the sport. An outsider reading the rule books would ask "why?" The definition is pretty much the same in each rule book. These were all taken from the original AAU/USPF book of the '70s. Point B must be lower than Point A. How tough can this be? What we have today is two extremes: those that require the lifter to go well below parallel and those that allow a lifter to stop 2" or 3" above parallel. Neither of these are correct. If Point B (crease of hip) is a fraction of or much below Point A (top of knee), the squat is good. Anything more is excessive, anything less is not acceptable.

To standardize we must first want to do so. It will almost require an education program. I am sure there are lifters that do not know what a good squat is because of all the confusion.

The federations (another subject) have to inform their lifters and instruct their judges what the criteria is. Each rule book (check the current USPF) should have a diagram illustrating a good squat. I would go so far as to include a high squat and one that is unnecessarily deep. The judges should be card carrying judges (There are many available.) They should be familiar with the rule book.

The places where, as lifters, we get our information, *Powerlifting USA*, *Powerlifting Watch*, etc. should on a regular basis publish these diagrams showing what is a good squat. It has been years since this has been done.

Every power gym should have these available. Training partners have to be honest, if it high call it. It can be done, but the lifters must want it and adjust to the current standards. Time will tell.

 That concludes our discussion of squat depth. The lifters on the panel were very honest in their appraisal of the current situation. There seems to be 100% agreement that there are differences, and there seems to be a couple of approaches on how to correct them. Hopefully these types of forums will lead to improvement in our sport. We look forward to reader input. «



Dr. Greg Zweig – a dedicated powerlifter and a knowledgeable M.D.



Althea Bittman, 54 years old, 148 lb. class (actual bodyweight 138 lb.) with a USPF Women's American Record 320 lb. (Rickey Dale Crain photo)

USPF SOONER STATE WINTER GAMES

JAN 30 2010 » Shawnee, OK

All Lifters	BP	DL
148 lbs.		
Bittman	185	320!
165 lbs.		
Caputo	155	380
Gill	200	—
Nixon	—	350
Raincrow	—	—
Severson	105	255
181 lbs.		
Kelley	—	—
Hathcock	385	—
Dillon	—	335
198 lbs.		
Smith	370	570
Parsons	350	—
Johnson	—	425
Solo	—	605
Maupin	—	250
220 lbs.		
Caputo	340	525
Bowen	—	—
242 lbs.		
Birdwell	210	405
Barter	—	—
Morton	400	—
Nagele	—	—
Morton	—	550
275 lbs.		
Hamilton	475	635
Szymanski	—	—
McClure	—	350
308 lbs.		
Henshaw	370*	—
McConnell	505	515

Press Master Men: Jason Smith. Best Lifter Bench Press Open Men: Tyler Hathcock. Best Lifter Deadlift Men Junior: Schuyler Hamilton. Best Lifter Deadlift Men Master: Jason Smith. Best Lifter Deadlift Open Men: Tristan Solo.
» courtesy Rickey Dale Crain

APA LONGHORN OPEN

MAR 6 2010 » McAllen, TX

BENCH	BP	DL	TOT
165 lbs.			
Master I			
G. Garza	350	—	—
DEADLIFT			
242 lbs.			
Master I			
C. Colchado	500	—	—
Push Pull			
FEMALE			
148 lbs.			
A. Cobb	80	200	280
MALE			
181 lbs.			
Junior			
J. Flores	180	300	480
Powerlifting			
181 lbs.			
Raw Junior			
A. Vega	360	230	400
198 lbs.			
Open			
J. Saldana	315	475	315
275 lbs.			
Master II			
R. Abendroth	—	—	—
242 lbs.			
Junior			
J. Pillado	820	560	750

class squatted 820, benched 560, and deadlifted 750 in standard gear for a huge 2130 total. Cody Colchado who is a blind lifter pulled a nice 500 deadlift with ease. Although normally posting very big squats and deadlifts Jerry Saldana was lifting with an injury and had to do token squats and deadlifts today. Jerry should be healed up for the WPA Worlds and put up some big numbers in that event. Special thanks to our referees, spotters, loaders, Robert Jackson, and Extreme Fitness for making this a memorable event.
» courtesy Scott Taylor, APA President

SPF CELL BLOCK CLASSIC

DEC 5 2009 » Nashville, TN

BENCH	BP	DL	TOT
165 lbs.			
B. Williams	465	275	805
181 lbs.			
J. Brown	440	275	805
198 lbs.			
F. Boldt	665	308	840
220 lbs.			
J. Jones	485	308	840
259 lbs.			
T. Bell	770	—	—
J. Hill	705	—	—
SHW			
M. Beaty	—	—	—
Powerlifting			
FEMALE			
114 lbs.			
K. Eckstrand	200	130	215
132 lbs.			
L. Dugan	340	230	385
MALE			
148 lbs.			
L. Hackett	560	355	500
181 lbs.			
M. Bavetz	675	470	600
B. Chia	415	305	560
198 lbs.			
M. Maxwell	815	510	575
K. Ball	700	580	605
W. Foster	700	475	650

A. Steil	650	385	620	1655
N. Morrow	500	300	430	1230
220 lbs.				
G. Baggett	970	610	625	2205
M. Hill	820	540	640	2000
J. Brown	820	615	550	1985
L. Simmons	730	455	670	1855
J. Jester	805	—	—	—
242 lbs.				
D. Hoff	1025	785	790	2600
M. Christie	950	620	650	2220
B. Strevel	645	455	605	1705
L. Edwards	1025	—	—	—
275 lbs.				
J. Robinson	950	610	685	2245
C. Porter	830	500	700	2030
D. Hoard	850	400	650	1900
M. Blanton	750	315	650	1715
G. Panora	1040	—	—	—
308 lbs.				
J. Anderson	900	650	800	2350
B. Lilly	950	650	725	2325
L. Green	600	335	550	1485
SHW				
T. Bolognone	1125	825	755	2705
M. Smith	1010	715	750	2475

WALKER'S GYM DEADLIFT MEET

DEC 6 2009 » Hopewell, VA

DEADLIFT	MALE	640
M. Castle	640	
P. VanHowe	610	
B. Connelly	450	
165 lbs.		
J. Preskar	500	
198 lbs.		
B. Johnson	405	
W. Carroll	325	
220 lbs.		
D. Duesberry	550	
G. Pollard	505	
SHW		
R. Woodward	600	
Teen		
J. Blake	500	
242 lbs.		
E. Smith	750	

USAPL/MAC RAW BP

MAR 27 2010 » Kingston, NY

BENCH	FEMALE	198 lbs.
J. McWeeney	—	
114 lbs.		
Master I		
M. Taggart	315	
Teen		
Mastrovincen	85	
242 lbs.		
B. Rosa	380	
Open		
C. Rider	150	
MALE		
148 lbs.		
Master III		
C. Hastings	—	
Master VII		
S. Chatis	225	
Open		
M. Stover	245	
Master III		
K. Palmer	340	
Teen		
C. Mangra	200	
J. Moylan	300	
B. Hughes	275	
B. Mangra	230	
M. Meoli	215	
M. Santiago	200	
242 lbs.		
Master VI		
C. Tallman*	470	
College		
E. Cussick	230	
Open		
D. Hammond	330	
T. Albano	350	
Submaster		
A. Meoli	390	
A. London	270	
275 lbs.		
Master III		
B. Klingler	455	
P. Carroll	300	
SHW		
Master III		
K. Johnson	430	
SP		
C. Pendell III	260	
Teen		

*=Shirted. Venue: MAC Fitness. Proceeds for this competition went to charity.
» courtesy Pat Carroll



Lifters benching at the Irondawg Bench Press Record Setters Meet (L.B. Baker photos)

IRONDAWG BP RECORD SETTERS

JAN 23 2010 » Athens, GA

BENCH	Open	132!
FEMALE		
A. Rice	132!	
MALE		
181 lbs.		
T. Hague	352	
198 lbs.		
Open		
T. Moon	633!	
308+ lbs.		
Open		
D. Wiggins	578!	
165 lbs.		
T. Jordan	462	
(40-44)		
M. Driggers	523	
(45-49)		
S. Ivey	374	
(50-54)		
G. Hatfield	468!	
(40-44)		
A. Williamson	—	
(20-23)		
T. Braswell	407	
Open		
C. McCranie	451	
(40-44)		
J. Murphy	628	
4th-650!		
T. Moon	633!	
(45-49)		
A. Williamson	—	
(45-49)		
D. Wiggins	578!	
Raw		
132 lbs.		
Open		
E. Head	319	
(16-17)		
A. Castro	187!	
(18-19)		
K. Scott	275!	
(20-23)		
J. Buchanan	363!	
4th-369!		
198 lbs.		
(20-23)		
R. Holquin	374	
4th-385!		
Open		
B. Hinkle	347	
4th-352!		
(35-39)		
C. Emerick	407	
4th-424!		
D. Patterson	385!	
Open		
D. Patterson	385	
Open		
N. Maida	451!	
(18-19)		
C. Lower	402!	
308 lbs.		
Open		
Scarborough	—	
308+ lbs.		
Open		
C. Tatum	539!	

! = American Records.
» courtesy L.B. Baker

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Don Gardner – 500 lb. raw BP at only 212 lb. bwt.!



JoJo Brasseaux – 260 lb. BP at 165



Jim Hoskinson – biggest equipped BP of 800 lb.!



Tommy Norris – 550 lb. BP at 198 (Scott Taylor photos)

APA PEACH STATE OPEN MAR 13 2010 » Brunswick, GA

BENCH FEMALE	
165 lbs.	Open Raw D. Gardner 500
	Submaster T. Perritt 460
Open Raw	242 lbs.
J. Brasseaux 260	Submaster Raw C. Porter 385
Master Raw J. Brasseaux 260	Open Raw C. Porter 385
MALE	
198 lbs.	Submaster T. Norris 550
220 lbs.	Master J. Hoskinson 800
Push Pull 86 lbs.	BP DL TOT
Youth Raw J. Rovey 70 85 155	
Teen Raw J. May III 280 350 630	

Although turnout was light due to the fact that the event had little advertising time, some really good lifting took place. Biggest raw bench of the day was Don Gardner's awesome 500 at 212 bodyweight and biggest bench with gear was an incredible 800 pounds by 45 year old Jim Hoskinson. Special thanks to our spotters, loaders, and judges for doing an excellent job.
» courtesy Scott Taylor, APA President

WNPF JAKE PADGETT MEMORIAL SEP 19 2009 » Atlanta, GA

BENCH FEMALE	
181 lbs.	Open Unl R. Moore 500
(40-49) Raw Thompson-L 165!	SHW Subs Unl J. Ollis —
100 lbs.	DEADLIFT 242 lbs.
(11-12) SP L. Chatham 115	(40-49) R. Padgett# 550
220 lbs.	SHW Subs Raw J. Ollis 455
(13-16) Unl T. Thomas 255	POWER CURL 220 lbs.
Open Raw D. Gardner# 455	(60-69) B. Coleman# 160
M. Renfro 385	242 lbs.
(40-49) Unl B. Chatham# 550*	(50-59) A. Sargent 135
B. Coleman 305	MALE 198 lbs.
242 lbs.	(20-23) Raw M. Lyden 320
(13-16) SP L. Jones 185	DEADLIFT 220 lbs.
(50-59) SP J. Walker 365	(17-19) UNL J. Kolb* 630!
Novice SP	Ironman FEMALE
Push Pull 97 lbs.	148 lbs.
FEMALE 97 lbs.	Lifetime Raw A. Sargent 135
(11-12) Raw K. Padgett 75*	255! 390
105 lbs.	MALE 198 lbs.
(11-12) Raw T. Green 75*	(17-19) UNL C. Moore 465
181 lbs.	275! 435 1175
(40-49) SP N. Wilson# 365	198 lbs.
242 lbs.	Lifetime SP D. Polis* 600!
Junior SP T. Branswell 425	(45-49) SP D. Noebe 500
SHW Subs Unl J. Ollis —	440! 475 1415
	SHW (45-49) SP R. Luklan Sr 500
	Raw 500 575 1575
	242 lbs.
	(17-19) C. Scott 425!
	Open T. Howard 445!
	(45-49) G. Peak 340
	220 lbs.
	(20-23) J. Lyras 540!
	400! 625! 1565!

*=State Records. !=WNPF Lifetime National Records. #=Best Lifters. U=Unlimited. SP=Single Ply. L=WNPF Lifetime Lifter. This was the third annual Jake the Hammer

Padgett Memorial Championships. It is an honor to hold this event for Jake and the Padgett family. This year we had Mama Padgett come up and hand out the awards to everyone. She enjoyed this until we got to the best lifter awards that were too heavy for her to hold. Thanks to the Padgett family for allowing us to put this event on. Thanks to the lifters that supported this event especially the team from Blairsville and Dennis Troll and Chris Burnette that traveled from North Carolina. Thanks to the lifters that have been ~o a11 three Jake the Hammer events and too the new guys. Hopefully they will attend in 2010. Thanks to the WNPF staff for a great job. The meet started at 11:40am. Thanks to Ray, Jay, Spencer, Adrian, Bryan, Steve, Cindy, Moms and Mark for all of their help. Everyone did great.
» courtesy WNPF

WNPF OHIO CHAMPIONSHIPS MAR 13 2010 » Youngstown, OH

BENCH 220 lbs.	
(17-19) UNL J. Kolbs.* 680!	Raw 148 lbs.
SHW (40-44) SP C. Kowach 525	Open D. Galas 370!
(45-49) B. Beck 470!	181 lbs.
Police/Fire L. Wheeler 420	(45-49) S. Files 430
C. Kovach 525	198 lbs.
Raw G. Peak 445!	Open L. Wheeler 420
165 lbs.	(45-49) G. Peak 445!
(17-19) C. Leonelli 275	POWER CURL 165 lbs.
198 lbs.	(60-65) R. Staab 160
Open S. QUAAT Raw L. Wheeler 275	
(45-49) G. Peak 330!	148 lbs.
Guest Lifter T. Donahue 320	Open D. Galas 275!
(45-49) J. Ollis 455	Open L. Wheeler 275!
220 lbs.	DEADLIFT 242 lbs.
(17-19) UNL J. Kolb* 630!	(35-39) D. Fryberger —
Ironman FEMALE	BP DL TOT
148 lbs.	135 255! 390
Lifetime Raw A. Sargent 135	255! 390
MALE 198 lbs.	SQ BP DL TOT
(20-23) Raw M. Lyden 320	530! 850
Powerlifting 198 lbs.	320 530! 850
(17-19) UNL C. Moore 465	275! 435 1175
198 lbs.	198 lbs.
Lifetime SP D. Polis* 600!	375! 560! 1535!
(45-49) SP D. Noebe 500	440! 475 1415
SHW (45-49) SP R. Luklan Sr 500	500 575 1575
Raw 500 575 1575	Raw 500 575 1575
242 lbs.	198 lbs.
(17-19) C. Scott 425!	300! 475! 1200!
Open T. Howard 445!	305! 475! 1225!
(45-49) G. Peak 340	330! 445 115!
220 lbs.	220 lbs.
(20-23) J. Lyras 540!	400! 625! 1565!

records as did John Lyras in the 220 lb. junior division. Both lifters put up some impressive lifts as did Tyler Howard and Bryan Ericsson who both set all new records in the their division. In the shw classes Josh Felton set all new pa records with the highest total of the day and taking home best raw lifter with John Lyras in a close second. William Atha set new records in of Ohio coming in second behind Felton in the open division and took first in the police/fire with all new records. Tim Baker did some nice lifts competing as a guest lifter. In the ironman competition female raw Lifter Abby Sargent returned setting a new deadlift record as did Matt Lyden in the mens junior raw division. In the bench press equipped Jimmy Kolb took home best lifter with a strong 680 lb. lift and also the same in the deadlift with a big pull. Chris Kowach returned again this year taking first again in the master and police/fire shw division. Bill Beckwith also returned after a while layoff taking a first in the masters with a new record. In the raw bench teen Carmen Leonelli did a strong lift in the 165 lb. class and New Yorker Lee Wheeler took first in the bench, squat, and deadlift only divisions setting a new squat record. Troy Donahue was our only WNPF lifter setting a new record in the master bench. New Yorker Danial Galas set new records in the squat and deadlift in the 148 lb. class with strong lifts. Master Steve Files returned pulling a strong lift in the 181 lb. class and Rick Staab came down from Michigan again to take home two first in the powercurl. It was goo to see rick there who suffered an injury late last year. Junior Justin Bryan set all new records in the WNPF Lifetime Federation in the junior raw power.

It was great to see the new lifters this year as well as the returning lifters who all did a great job. It was also go to see long time powerlifting veteran Don Graham who was there helping two lifters. Hopefully he'll put on his competition belt again in July. Thanks again to my judges and spotters who always do a great job.
» courtesy Ron Deamicis

SSA NATIONAL CHAMPIONSHIPS JUL 18 2009 » Tribes Hill, NY

BENCH Single-Ply 123 lb.	
D. Levers 150	P. Malmgren 670
B. Ross 540	J. Bott 575
B. Shaw 500	308 lb.
275 lb.	J. Ammerman 545
J. Bogart 700	SHW F. Farina 455
Multi-Ply 198 lb.	DEADLIFT MALE
VanAlstyn 530	Single-Ply 114 lb.
275 lb.	M. Tambasco 150
A. Famiano 680	220 lb.
Powerlifting FEMALE	J. Brown 560
Single-Ply 114 lb.	SQ BP DL TOT
L. Bopp 90	60 185 335
148 lb.	C. Nuss 150
C. Nuss 150	85 205 440
165 lb.	S. Vera 100
S. Vera 100	70 205 375
Christiansen 180	80 250 510

M. Doyle 150 70 225 445
181 lb.
S. Tartaglione 240 130 275 645
SHW S. Dawber 205 125 250 580
J. Petrillo 140 80 150 370
MALE Single-Ply 132 lb.
B. Schaeffer — 135 275 410
165 lb.
T. Henderson 380 200 420 1000
L. Peters 215 205 280 700
198 lb.
D. Cull — 410 600 1010
220 lb.
D. Zahno 450 280 550 1280
242 lb.
C. Trusnovac 770 605 625 2000
SHW C. Trusnovac 770 605 625 2000
C. Newins 475 325 565 1365
J. Held 460 375 490 1325
DEADLIFT MALE Multi-Ply 165 lb.
C. Rodgers 640 380 505 1525
181 lb.
Critt 330 435 765
198 lb.
W. Fosmire 570 265 425 1260
220 lb.
Impallomeni 710 435 570 1715
242 lb.
A. Dittilo 795 585 605 1985
M. Ferlito 535 520 540 1595
275 lb.
Hollingsworth 715 390 500 1605
SHW A. Aline 685 585 585 1855
» courtesy Rheta West

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RESULTS

AAPF 14TH FRANK KOSTYO MEMORIAL MAR 13 2010 » Lakeland, FL

Powerlifting	SQ	BP	DL	TOT
FEMALE				
97 lbs.				
<i>(Age 4) Raw</i>				
A. Dobbs	35	70	135	290
123 lbs.				
<i>Open Raw</i>				
J. Doran	250!	142!	332!	680!
148 lbs.				

<i>Open Submaster Raw</i>				
M. Baltz	200!	130!	240!	570!
165 lbs.				
<i>(18-19) Raw</i>				
A. Perry	145	95	235	475
MALE				
114 lbs.				
<i>(50-54)</i>				
K. Snell	310*	175!	300!	785!
<i>Submaster</i>				
S. Beasley	175	110	240	525
132 lbs.				
<i>(13-15) Raw</i>				

B. Macek	175	100	260	535
148 lbs.				
<i>(13-15)</i>				
J. Sundry	350!	200!	350!	900!
<i>Open Raw</i>				
J. Webster	350!	285!	385!	1020!
<i>4th-DL-405!</i>				
165 lbs.				
<i>Open</i>				
J. Ostramecki	265	290	425	980
<i>Junior Raw</i>				
L. Blackmon	235	290	405	930
<i>Submaster Raw</i>				

C. Holmes	315	205	365	885
181 lbs.				
<i>(18-19)</i>				
M. Johnson	325!	285*	425*	1035*
<i>Submaster</i>				
C. Brawley	470	240	490	1200
198 lbs.				
<i>Open</i>				
J. Nance	410	330	500	1240
220 lbs.				
<i>(70-74)</i>				
J. Yung	230	275	260	765
242 lbs.				
<i>(13-15)</i>				
J. Graham	385	315*	430*	1130
275 lbs.				
<i>(18-19)</i>				
J. Bergmaek	450	350	415	1215

! = American Records. * = State Records.
Best Lifter Raw: Jamie Doran. Best Lifter Equipped: Ken Snell. Coordinator: Louis Baltz. The AAPF 14th annual Frank Kostyo Memorial Powerlifting Championship set a milestone for Louis Baltz, the owner of the All American Gym since 1978, this meet marked 30 consecutive years Louis has been hosting powerlifting meets. He started putting on meets in 1980 and has hosted at least one meet every year since that time. This is a record, I believe, in the sport of powerlifting. I don't think any other meet director in the history of powerlifting has ever continuously put on a powerlifting contest every year for 30 years! Congratulations, Louis Baltz and his All American Gym. This meet got underway with four year old Ally Dodds placing first in the 13-15 age group. She pulled an impressive 135 lb. deadlift. Jamie Doran set all American records in the 123 raw division and placed first in her class. Michelle Baltz set American records in both the raw open and raw submaster divisions. Michelle just weighed 134 lbs. Amber Perry placed first in the raw 18-19 division with a nice 475 total. Coming off a rough case of the flu, Ken Snell set four American records to place first in the 114/50-54 class. Scott Beasley placed first in the submaster 114 lb. class with a nice 525 total. Lifting in his first meet, Brad Macek won the 13-15/132 class with a nice 535 lb. total. Moving up in ranks, Jacob Sundry set all four American records in the 13-15/148 class. Johnny Webster set four American record in the raw open 148 lb. class to take first place. Jordan Osteramecki won the open 165 lb. class with a nice 980 total. Lanice Blackman competed in the raw junior 165 lb. class and won first place with a 930 lb. total. Competing in his first contest, Curtis Holmes won the raw submaster 165 lb. class with a nice 855 lb. total. Michael Johnson set American and state records in the raw 18-19/181 class to take first in that class. Carson Brawley had a nice 1200 lb. total to win the submaster 181 class. Joe Nance lifted in the open 198 lb. class and had the highest total for the meet with 1240 lbs. Joe also had an impressive 500 lb. deadlift. In the 70-74 raw division, Johnny Yung won the 275s with a record deadlift and a 1130 lb. total. In the 275/18-19 group, Jonathan Bergmark places first in his class with a nice 1215 lb. total. Two best lifters awards were given to the best raw lifter and the best equipped lifter. Special thanks to Louis Baltz, the All American Gym, Michelle Baltz, Junk Yard Dogg, Dan "The Man" Junas, Helen, Steve Beck, Tom Haggemiller, Johnny Best, BJ Stigall, Bubba and all the lifters, coaches, and spectators for making these 30 years of meets possible.
» courtesy Ken Snell

EXTREME RIPPED FITNESS »

COMPETING TO PROVE IT

In April of 2009, we sent 15 of our powerlifters to Idaho Falls, ID, for Nationals; we all brought home first place. I was able to bring home world records in the bench and deadlift. The amazing support we get from our powerlifting family is what keeps us inspired and always moving forward with PRs.

It was great to see the National results and pictures, which included some of our team, in the July 2009 Powerlifting USA issue. Brad competes in the bench only, where he has been in the high 600s. I compete in the full meets (you go girl! RB), and sometimes push-pull meets. My best lifts are right about: 300 squat, 200 bench, and 350 deadlift (all raw).

April 3, 2010, we hosted our first annual APF/AAPF meet. Come ask us how it went! We also had an Extreme Ripped Fitness unsanctioned raw division in order to encourage new lifters. We tried to draw in some of the teens, to get them interested in lifting.

Our gym logo is also something that is very important to mention because our son Kyle is the artist! All three of our children are teenagers now, but they have been a big part of the gym! Plus, they still enjoy lifting! Our youngest daughter, Chase, competed in our recent April APF/AAPF Powerlifting meet!
HERE IS TO EVERYONE FOLLOWING

THEIR DREAM; if you are in the Salt Lake area, stop in and check us out.

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Thanks to Jody & Brad Tripp for including us in their big dream! Okay folks; we made it easy for you to find the gym this time—Extreme Ripped Fitness is in Utah! Go say hey!

If you look at last month's PL USA article, there is actually a really big clue about the location of W.A.R. House Gym. Until next month, keep training, and keep guessing! Email me at rick@houseofpain.com. «



Jody and Brad with one of their trainers



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this gets pretty strict until I am eating almost all protein.

How many different federations do you lift in?

Currently, we lift in the USAPL and the USPF, but I may also lift in the APF a few times because I want to try lifting in multi-ply gear. I might lift in the USPF D2 if I can find such a meet. Although I do have issues with different federations, I am happy to have the venues in which to compete.

Do you feel women are treated the same as men in powerlifting?

Not at all. Women need to compete in the same contests as the men on the National stage, not in separate meets. To me, separate meets are divisive and compete for the scarce resources of public attention and interest. Women need to be equal partners on the platform with the men. The public will notice us only if we are in front of them. They are not going to travel to this contest to see the men and to that contest to see the women. Certainly the media will remain less motivated to cover us. They are not going to search us out or go looking for us—we need to present ourselves to them and show them how great this sport can really be. Look, the greatest national meets that I have ever been in were combined Nationals—nothing else even comes close. For example, those USPF Senior Nationals run by Robert Keller at the airport Marriott in Philadelphia in '96 and '97 were two of the greatest meets that I have ever lifted in. It was fantastic to see my picture in PL USA with the great James Henderson and to meet and compete with Kirk Karwoski, Ed Coan and the other legends of the sport. None of that would have happened if the women lifted alone. Most recently, the American Cup at the LA Fitness Expo, run by Steve Denison, was another great meet. Split them up into separate men and women contests and we have less—much less. This sport keeps harping about unity, but it can't even unify itself at a National Championships?

Has this treatment of women improved or not during your career?

I think that it has its ups and downs, but, in general, I see no real improvement in this regard.

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

I am sponsored by Lifting Large, so my primary gear is Titan, but I also use Inzer and Metal gear for many things. Mike and Teal Adelman run a great shop with Lifting Large. Very fast and friendly and I am very grateful for their support.

How would you advise someone new to the sport?

Put in the work and take a long-term view of your progress. Avoid doing too much and causing injury. An injury can end your career, and severely limit your potential forever. If you can remain injury free, you can lift forever.

What are common mistakes you see lifters make?

Using too much weight in poor form, losing

too much bodyweight to make the weight class, opening too heavy, and being too impatient. All of these are ego-driven mistakes. Leave your ego at home and work hard. Did I mention using too much weight? And avoid listening to negative people. You will get nowhere by listening to them.

Is the Internet good or bad for powerlifting?

The Internet has had a profound effect on everything in the world today and powerlifting is no exception. It is great. It can remind you that your competitors are training all year, and you can even see videos of their training, plus you can study other people's form to help you with your own. You can even see how you stack up against them, in virtually real time. Twenty years ago you were on your own. You didn't even know if your competitor was still competing, or even working out. With the Internet, you can see pictures of the lifters when they are not lifting and they look like any other men and women. Only a few really look good when they are lifting. This might encourage more women to compete and that is a good thing. I see whole families competing together at some meets and that is also a great thing. The Internet also has vast exposure and we can exploit that.

What do you think of the current state of powerlifting?

Well, it is more fractured than before I took a leave to have children, and the major feds are definitely less affluent than before. When I first went to a world championship, our expenses were defrayed by the fed. When was the last time that anyone knew of a funded American team at the IPF Worlds—or any other Worlds—even in part? Uniforms are now required, and you pay for that yourself. We pay for the drug testing as part of our entry fee, but there is less testing done at the meets. Once when I competed, the top three finishers in every class were tested for steroids at the highest level meets.

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

I believe that the feds have a lifespan of their own, and come and go in influence. The big three still seem to be around, although not in their original forms.

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

Carrie Ann Boudreau was a phenomenal lifter in the 123s. Bill patterns a lot of his training around her squat form. Ann Leverett and I had a long and friendly rivalry and she is still winning big in the Masters division. Kirk Karwoski and Ed Coan were awesome lifters.

What has been the biggest change in powerlifting during your career?

Well, the IPF kicked out the USPF while all were claiming that this would "unify" the sport. Okay, how did that work out for us? Are we now stronger? The different federations are not the problem—they are the symptom of a problem. Until the underlying problems are

resolved—if ever—there will continue to be different federations.

Does a powerlifter need training partners to succeed?

I would say that it is commonly believed that everyone needs others to perform at their very best and that few, if any, can do everything on their own. Others provide feedback, encouragement, and motivation, not to mention physical support and camaraderie.

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

AS: Add prize money. Make the meets interesting and colorful while maintaining high and consistent standards of judging. People will go where the money is. I can't think of any successful sport that doesn't involve an opportunity to win money at some point. It could be added or included in the entry fee with the winner(s) getting the prize money.

What has been your all-time favorite moment so far in your career?

Proving that you can come back to lifting on the national and international level after having children and taking ten years off. And for women, this is great. I have tried to prove these things and I believe that by using the correct training and exercise methods, and the correct nutrition, I have. I believe now that muscle does have memory and it does come back faster the second time around. Bill calls this neuromuscular memory, and I am sure that he is right.

Do you have any additional comments?

I would like to thank PL USA for this interview. I have always wanted to do one. I want to thank my husband and trainer Bill for training, coaching and supporting me with my lifting all of these years. I also want to thank all of my friends who have helped me and wished me well over all of these years. ☺



April using a wide grip for a big BP

ADFPF BILL BECKWITH MEMORIAL

MAY 15 2010 » Grand Rapids, MI

BENCH	J. Johnson	501!*		
198 lbs.	319 lbs.			
<i>Masters (44-49)</i>	<i>Masters (44-49)</i>			
J. Jachim	402!*	D. Stouder		
<i>Raw</i>		DEADLIFT		
132 lbs.		181 lbs.		
<i>Teen (14-15)</i>		<i>Masters (60-64)</i>		
D. Price	198!*	R. Batko		
154 lbs.		<i>Raw</i>		
<i>Open</i>		220 lbs.		
S. Visscher	127	<i>Masters (50-54)</i>		
176 lbs.		G. Zylstra		
<i>Open</i>		<i>Masters (40-44)</i>		
K. Kleinheksel	105	K. Bolda		
181 lbs.		319 lbs.		
<i>Open</i>		<i>Masters (44-49)</i>		
D. Rowles	325	D. Stouder		
<i>Open (40-44)</i>		SQUAT		
T. Gouger	297!*	<i>Raw</i>		
<i>Masters (60-64)</i>		198 lbs.		
R. Batko	204	<i>Teen (16-17)</i>		
242 lbs.		Pokornowski		
<i>Open (60-64)</i>		242 lbs.		
J. Brodski	303	<i>Masters (50-54)</i>		
<i>Masters (40-44)</i>		G. Zylstra		
K. Bolda	380!*	319 lbs.		
275 lbs.		<i>Master (44-49)</i>		
<i>Open (40-44)</i>		D. Stouder		
Ironman		556!*		
181 lbs.		BP DL TOT		
<i>Masters (65-69)</i>				
J. Kiszalik	165!*	242	407	
<i>Raw</i>				
148 lbs.				
<i>Teen (14-15)</i>				
B. Boswell	182	352!*	534	
220 lbs.				
<i>Masters (70-74)</i>				
K. Donnelly	220	374!*	595	
275 lbs.				
<i>Junior (20-23)</i>				
M. Stewart	303!*	584!*	885	
Powerlifting	SQ	BP	DL	TOT
148 lbs.				
<i>Open</i>				
D. Graves	—	286	429	716
242 lbs.				
<i>Masters (40-44)</i>				
M. Peramaki	473	—	501	974
<i>Raw</i>				
154 lbs.				
<i>Masters (55-59)</i>				
S. Sanaghan	209	105	270	584
148 lbs.				
<i>Masters (60-64)</i>				
G. Morrison	209	193	297	699
165 lbs.				
<i>Masters (45-49)</i>				
S. Sielawa	385!*	231	479!*	1095!*
<i>Junior (20-23)</i>				
C. Baiers	330	303	440	1073
181 lbs.				
<i>Junior (20-23)</i>				
A. Passorelli	143	242	143	528
<i>Open</i>				
R. Herrmann	391	347!*	440	1178
198 lbs.				
<i>Open</i>				
A. Tallman	336	303	495	1134
<i>Masters (45-49)</i>				
R. Rynbrandt	352	226	413	991
J. Jachim	237	330	352	919
<i>Masters (70-74)</i>				
T. Andrews	253!*	226	314	793
220 lbs.				
<i>Open</i>				
M. Munson	512	424!*	512	1448
242 lbs.				
<i>Open</i>				
D. Butterfield	391	308	506	1206
275 lbs.				
<i>Open</i>				

Balanowski 523 325 633 1481! *! = American Records. * = State Records. Congratulations to the following unequipped division powerlifters who qualified for the 2010 WDFPF Powerlifting World Championships held Nov. 13 (unequipped division) & 14 (equipped division) held in Castleblayney Co, Monaghan Ireland: Susan Sanaghan, Steve Sielawa, Chase Baiers, Ryan Herrmann, Matt Munson, & Nathan Balanowski. Congratulations to Scott Pokornowski & Dennis Stouder who qualified for the 2011 Single Event World Championships held in Muskegon, MI at the L.C. Walker Arena on June 24 (squat). Congratulations to Shannon Visscher, Dylan Price, Dan Rowles, Tim Gouger, Joe Brodski, Keith Bolda, John Jachim, John Johnson, Beau Bosley, Ken Donnelly & Michael Stewart who qualified for the 2011 Single Event World Championships held in Muskegon, MI at the L.C. Walker Arena on June 25 (bench press). Congratulations to Keith Bolda, Robert Batko, Beau Boswell, Michael Stewart, Ken Donnelly who qualified for the 2011 Single Event World Championships held in Muskegon, MI at the L.C. Walker Arena on June 26. » courtesy Judy Gedney

LAKELAND POWERLIFTING

APR 25 2010 » Coldwater, MI

Powerlifting	SQ	BP	DL	TOT
133-147 lbs.				
Motley	205	215	385	805
Smith	190	135	310	635
148-164 lbs.				
Martin-El	305	245	455	1005
Ramirez	315	255	435	1005
Lester	275	275	425	975
Nelson	235	215	315	765
May	—	275	—	275
165-180 lbs.				
James	325	225	455	1005
Rodgers	520	225	420	965
Gailey	345	225	365	935
Heckard	285	225	410	920
181-197 lbs.				
Davis	315	315	505	1135
Gillman	365	335	425	1125
198-219 lbs.				
Jude	405	285	600	1290
Logan	405	325	555	1285
Neelis	440	275	485	1200
Hendrickson	275	205	385	865
Young	560	240	—	800
220-241 lbs.				
Plair	445	355	525	1325
Gallusser	385	255	530	1170
242-274 lbs.				
Spears	425	355	525	1305
275-SHW				
Barnett	405	450	650	1505
Bursery	315	315	440	1070

being his first time lifting. Once they both concentrate on putting the squat up we believe they'll hold their titles for a long time to come. Big Tim held on in his new weight class. We hope to see more from him in the up coming meets. Spears was the only one in his weight class and continued to lift the same chasing him, he never looked back. Super heavyweight Barnett was the hit of the day. He could have moved a mountain if he had to that day. His 1505 total was incredible in the meet. We look for a monster total from him in our next meet. Congratulations to all the men who competed. Ricky Hill, thank you for all the hard work you continue to display when helping us at the meets. Bruce C, while there's no word we can say, cause you're a tremendous aid when helping us. We appreciate everything you have done for us. Thank you and keep up the hard work. Thanks to all the spotters, loaders, score keepers and judges. You did a great job. Bruce White, Meet Coordinator. » courtesy T. Young

IPA BENCH PRESS CHAMPIONSHIPS

MAR 20 2010 » Circleville, OH

BENCH	<i>Raw Amateur</i>
FEMALE	148 lbs.
<i>Open Pro</i>	A. McDermott 155
132 lbs.	MALE
<i>Pro</i>	C. Schaeffer 210
165 lbs.	242 lbs.

Master (55-59) Raw T. Boyer 345
Police/Fire J. Woods 340
Master (70-74) **220 lbs. Raw** J. Demyan 390
Amateur C. Workman 280
220 lbs. Raw R. Messmer 455
148 lbs. *Master (45-49)* B. White 310
242 lbs. Raw D. Harness 390
Submaster Raw T. Boyer 345
 Circleville Barbell hosted the IPA Benchpress Championships. Although the turnout wasn't what we had hoped, everyone had a great time. This was also a charity event for the Circle Area Humane Society. We were able to make a donation to this organization which rescues abused and neglected animals. They provide medical care and find foster homes until the pets can be adopted. Notable lifters were Brian White, who earned Best Lifter Lightweight and Ryan Messmer, who earned Best Lifter Heavyweight. Brian White set a new WR in the Amateur Teen 18-19/148 with a lift of 320. Charles Workman set a new WR in the Amateur Masters 70-74/242 with a lift of 290. Tom Boyer also set WRs in the Raw Pro and Amateur Masters 55-59/242 with a 345 bench. Thanks to our sponsors Ken Anderson of Andersonpowerlifting.com, APT Pro Gear, Wal-Mart, North Court Family Dentistry, Circleville Physical Therapy, and Health Care Logistics. Proudly sponsored by: APT Pro Gear and Andersonpowerlifting.com. » courtesy Jon Elick of Circle Barbell

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Andy Bolton "Who CAN Beat HIM"
 Night of The Living Dead
 October 23, 2010 Tenn

Eric Talmant
 "Bring IT or Stay Home"
 Raw United Federation pro am
 November 6, 7 2010 Tampa FL

"To be the Best YOU Must Beat the Best"
 The Superbowl of Powerlifting
 Eric Talmants Raw Unity
 Powerlifting Championships 4

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SPF ARKANSAS STATE FEB 6 2010 » Rogers, AR

BENCH	DEADLIFT				
Raw	Raw				
Teen (13-15)	Teen (18-19)				
165 lbs.	198 lbs.				
L. Duvall 175	H. Cox 500				
Teen (16-17)	Single-Ply				
181 lbs.	Masters (40-44)				
J. Elliott 225	242 lbs.				
Teen (18-19)	M. Gentry 585				
132 lbs.	Masters (45-49)				
E. Lopez 225	165 lbs.				
Masters (40-44)	M. Lawrence 400				
275 lbs.	Multi-Ply				
D. Martin 460	Masters (40-44)				
Masters (50-54)	275 lbs.				
242 lbs.	B. Dale 680				
J. Alaniz 360	SQUAT				
Multi-Ply	Raw				
Teen (16-17)	308 lbs.				
148 lbs.	R. Sanchez 560				
D. Hughes 335	STRICT CURLS				
4th-350	Masters (50-54)				
Masters (40-44)	242 lbs.				
275 lbs.	J. Alaniz 140				
R. McDowell 585					
Push Pull	BP DL TOT				
FEMALE					
Raw					
165 lbs.					
S. Rogers 185	420	605			
Teen (18-19)					
148 lbs.					
L. Harris 155	390	545			
Juniors					
181 lbs.					

K. Hennington 255	570	825		
Single-Ply				
220 lbs.				
D. Shirley 500	500	1000		
Powerlifting	SQ BP DL TOT			
Raw				
Teen (16-17)				
242 lbs.				
H. Anderson 420	265	467	1150	
4th-BP-270				
MALE				
148 lbs.				
K. Mattison 585	475	550	1610	
Submasters				
148 lbs.				
D. Ratcliff 385	265	440	1090	
Single-Ply				
Masters (50-54)				
275 lbs.				
B. Dale 680				
SQUAT				
Raw				
Teen (16-17)				
308 lbs.				
R. Sanchez 630	450	500	1580	
STRICT CURLS				
Masters (45-49)				
220 lbs.				
K. Mattison 585	475	550	1610	
We would like to take a minute and thank our meet director Terry Tucker for a great job putting this meet together. Also Thanks to Jeff Phillips, Jamie McDougal and all the Top Hogs for great job with the judging, loading, spotting, and running a very well ran platform. Patrica Cuttingham also did a great job on the score table and we couldn't have made it without her. Thanks to everyone that took part and or came out to support the meet. Hope to see everyone soon.				
» <i>courtesy Jesse Rodgers</i>				

SLAUGHTERHOUSE/IRON AGE GYMS FEB 6 2010 » Minerva, OH

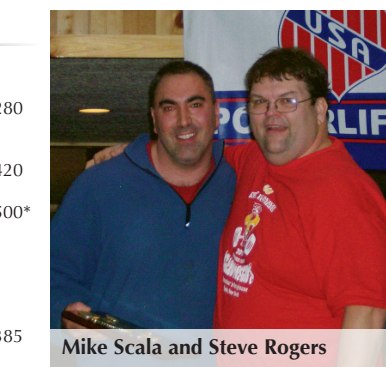
BENCH	MALE				
(14-16) Raw	(14-16) Raw				
64 lbs.	123 lbs.				
J. Hendel 235	N. Loughlin 75!	135!	210*		
(Age 7)	(Age 6)				
DEADLIFT	44 lbs.				
Hutchinson 50	E. Fogel 45				
(14-16) Raw	(Age 7)				
165 lbs.	75 lbs.				
Z. Parson 175	D. Wickham 115	290	405		
(17-19) Raw	(Age 7)				
181 lbs.	220+ lbs.				
N. Saurers 290	(50-54)				
(17-19) Raw	242 lbs.				
198 lbs.	Open				
D. Hurst 85	T. McIlroy 135	250!	385*		
(60-69) Raw	MALE				
181 lbs.	181 lbs.				
B. Nicholas 220	S. Cook 250*	365	615		
Poffenberger 635	(60-64)				
BP DL TOT	Raw				
	V. Peterson 285	445	730		
	220 lbs.				
	(14-16) Raw				
	J. Harper 200	335	535		
	(17-19) Raw				
	T. Higgins 225	460	685		
	Open Raw				
	A. Hutchinson 315	460	775		
	242 lbs.				
	(17-19) Raw				
	J. Taggart 265	470	735		
	Open Raw				
	Powerlifting				
	SQ BP DL TOT				
	MALE				
	148 lbs.				
	W. McCoy 405	300	450	1155	
	(17-19) Raw				
	J. Kwasnicka 375	240	480	1095	
	(14-16)				
	D. Pfeiffer 275	—	295	570	
	Open				
	D. Hanna 315	525	840		
	(20-23)				
	T. Cudlin 195	365	560		
	(40-44)				
	G. Hopkins 300	540	840		
	220 lbs.				
	(16-17)				
	R. Campbell 215	350	465		
	(18-19)				
	J. Brown 400!	550*	950*		
	(40-44)				
	P. Ray 350	425	775		
	(40-44) Life				
	A. Schuler 290	440	730		
	242 lbs.				
	(20-23)				
	C. Vincelli 315	510	820		
	(40-44)				
	M. Scala 360	550	910		
	308+ lbs.				
	(20-23)				
	T. Pipe 300	425!*	725*		
	Open				
	D. Hanna 315				

C. Carle 460	D. Hanna 525		
198 lbs.	242 lbs.		
(35-39)	Open		
C. Stoeckl 550	B. Maldonado 600		
Open			
Ironman	BP DL TOT		
FEMALE			
123 lbs.			
(55-59) Raw			
N. Loughlin 75!*	135!*	210*	
(14-16) Raw			
181 lbs.			
(40-44)			
D. Wickham 115	290	405	
(17-19) Raw			
220+ lbs.			
(50-54)			
T. McIlroy 135	250!*	385*	
MALE			
181 lbs.			
(16-17)			
S. Cook 250*	365	615	
(60-64)			
V. Peterson 285	445	730	
220 lbs.			
(18-19)			
J. Brown 400*	550*	950*	
(60-64)			
F. Salamone 320	445	765	
Raw			
132 lbs.			
(14-15)			
C. Scala 115*	310*	425*	
(18-19)			
R. Petralia 200	380	580	
181 lbs.			
(16-17)			
J. Schuler 215	425*	630	
(60-64)			
J. Hopkins 215	400*	615*	
198 lbs.			
(14-16)			
D. Pfeiffer 275	—	295	570
Open			
D. Hanna 315	525	840	
(20-23)			
T. Cudlin 195	365	560	
(40-44)			
G. Hopkins 300	540	840	
220 lbs.			
(16-17)			
R. Campbell 215	350	465	
(18-19)			
J. Brown 400!*	550*	950*	
(40-44)			
P. Ray 350	425	775	
(40-44) Life			
A. Schuler 290	440	730	
242 lbs.			
(20-23)			
C. Vincelli 315	510	820	
(40-44)			
M. Scala 360	550	910	
308+ lbs.			
(20-23)			
T. Pipe 300	425!*	725*	
Open			
D. Hanna 315			

» *courtesy Jesse Rodgers*

DAN MILLER AAU NEW YORK STATE FEB 20 2010 » Clyde, NY

BENCH	220 lbs.		
MALE	(50-54)		
198 lbs.	C. Ross 280		
(50-54)	275 lbs.		
D. Herbst 350	(45-49)		
242 lbs.	R. Murray 420		
(50-54)	(45-49) LE		
M. Arcarisi 300	S. Rogers 500*		
Raw	DEADLIFT		
181 lbs.	MALE		
Open	Raw		
J. Christner 235	181 lbs.		
(55-59)	198 lbs.		
Open	R. Diliberto 385		
D. Hanna 315	Open		



Mike Scala and Steve Rogers

AAU NYS Championships were held at Donselaars Partyhouse and the weather cooperated, thankfully. There were 12 different AAU NYS set along with five American records, which brings us to over 80 total bench and deadlift American records for NYS lifters. Deadlift records were set by Nancy Loughlin 55-59/123 raw with a State and American 135 pull; Tracie McIlroy 50-54/220+ raw set a state and American record with a 250 pull; Christopher Scala 14-15/132 raw with a powerful 310 deadlift; James Schuler 16-17/181 raw with a state record of 425 pull, he is a very strong and improving deadlifter. In the 60-64/181 one of the legends in our sport John "Hoppy" Hopkins with a strong 400 state record at 64 years of age more on Hoppy later. And one of my favorite young guys Jeremy Brown who has been setting records since he was 13 broke another state record 550 in the 18-19/220 raw and equipped class. My big buddy TJ Pipe 20-23/308+ raw with a 425 pull. Bench press records were set by Nancy Loughlin 55-59/123 raw with a state and American record of 75 bench press. Chris Scala 14-15/132 raw with a state record bench of 115. Chris is pretty amazing he has very long arms, is 6 feet tall and still does well. Stuart Cook 16-17/181 raw his first meet with a state record of 250. The lifting wonder Jeremy Brown with a 400 state and American record in the 18-19/220 raw. Jeremy you amaze me with everything you lift, I wish you nothing but the best. Steve Rogers in the 45-49/275 Equipped with a state record of 500 bench at 269 body weight. The lightest I have ever benched 500 at. It is such an honor to do it with all of my friends there, it is the best! Hoppy Hopkins was given a lifetime achievement award. For 43 years of record-setting lifting and dedication to powerlifting. John "Hoppy" Hopkins was so surprised and humbled by this award that he wanted me to give one to fellow legend Vince Peterson, Hoppy was informed that Vince already has one. The best part was that Hoppy's son Greg was there to present it. For me honoring my friends Don Reinholdt, Vince Peterson and John "Hoppy" Hopkins it does not get better than that. The Dan Miller Deadlift Award went to another deserving person, Mike Scala, who is a great dad, husband and son. He leaves everything on the platform. He gave his 600 deadlift everything he had settling for 550. Mike you will get that 600 and I look forward to Mac's Drive-In this summer with you and your family. My brother's sportsmanship award, The Fred A. Rogers Award went to the coach Ralph Diliberto, who trains a lot of woman and teenage lifters along with lifting himself. He gives so much of himself to his lifters on Team Ralph that I felt that it was time for him to receive this award to show how much he does for powerlifting. He routes for everybody.



Hoppy Hopkins, Steve and Greg Hopkins (S. Rogers photos)

Ralph you are one great guy. I would like to thank Donselaars Partyhouse and the whole staff, Scott, Rich, Ashley, Chris, Barb, Mike and Linda. They served a lot of food and treat all lifters to a good time. To my wife Michelle I could not do these meets without you. Your dedication to the preparation of these meets makes everything run smooth. I love you and thank you. To my crew and referees, Brett Wells, Pete Hurd, Rich Molisani, RL Murray, Patrick Murray, Kristy Wells, Terry Stafford, Jason Stafford and Tom Kristoff. I know that this is said at every meet but these people are the reason for the success of these meets. Brett and Pete, I cannot thank you enough for spotting and loading all day, you two are the only reason for the success on the platform. We would like to send our thoughts and prayers to RL Murray's son Ryan Murray who is serving in the Marines in Afghanistan. Please keep him in your thoughts for a safe return in May. Take care.

» *courtesy Steve Rogers, AAU NYS Chairman*

USAPL NEW ENGLAND MAY 16 2010 » Johnston, RI

BENCH	Open				
FEMALE	D. Mason 154				
148 lbs.	MALE				
Junior (20-23)	198 lbs.				
S. Petit 209	Open				
Open	L. Cohen 430				
S. Petit 209	Raw Junior (20-23)				
165 lbs.	J. Procopio 331				
Grand Master (50+)	Raw Open				
D. Mason 154	D. Jaffe 353				
Powerlifting	SQ BP DL TOT				
FEMALE					
181 lbs.					
Master (40-44)					
C. Barrett 287	220	303	810		
Open					
C. Barrett 287	220	303	810		
MALE					
114 lbs.					
Teen (14-19)					
MacPherson 209	110	243	562		
148 lbs.					
Master (40-44)					
J. Hadad 380	369	408	1157		
Open					
J. Hadad 380	369	408	1157		
Raw Junior (20-23)					
J. Maneen 298	276	397	970		
Raw Teen (14-19)					
B. Garelick 309	254	364	926		
165 lbs.					
Raw Teen (14-19)					
Constantine 314	226	320	860		
Teen (14-19)					
J. Cassaro 347	231	358	937		
181 lbs.					
Master (40-44)					
Wadsworth 353	226	391	970		
Master (45-49)					
R. Metivier 441	248	474	1163		
Open					
E. Gasinowski 502	320	529	1350		
A. Poland 474	320	468	1262		
R. Metivier 441	248	474	1163		
Raw Teen (14-19)					
M. Winfield 353	226				

HMB & CREATINE »

A 2001 study by Jowko et al. clearly demonstrated that each compound produced its ergogenic benefits via unique pathways, and thus combining them could produce additive effects (greater results than using either supplement individually)⁽¹⁾.

Most companies would stop right there and settle for a product that combined them, but here at AtLarge, we wanted more! We wanted to create a straightforward, no-BS product that would bend the minds of its users with gains such as never before! (We even took the no-BS approach when we named this super supplement. What you see is what you get!)

We combed the research journals and eventually came upon the ultimate ingredient to combine with creatine and HMB for a triangle of power!

That third ingredient is b-alanine. Research had shown that b-alanine combined with creatine (much like creatine plus HMB) has additive effects on size and strength.

We theorized that throwing creatine, HMB, and b-alanine together (along with some dextrose for an insulin spike) into one product would revolutionize nonhormone-based supplementation.

And guess what? We nailed it! The biggest and strongest athletes in the world use RESULTS™ for a reason: it flat-out works! So don't force yourself through even one more day of lackluster performance. Get RESULTS™ and get results. «

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RESULTS

IPA NEW JERSEY STATE JAN 30 2010 » Newark, NJ

BENCH FEMALE 198 lbs.	N. Martire 600
Open Pro	N. Martire 600
Open Sub Pro	J. Ammerman 470
MALE 242 lbs.	M. Plescia 475
181 lbs.	Triantafillou 475
Open Am	Master (59) Pro F. Adler 235
Open Pro	D. Reliford 600
Open Sub Pro	J. Perrotta 585
Open Am	4th-820* B. Campbell 480
Teen (18) Raw Am	Submaster Raw Am R. McCray 855
MALE 285	E. Leung 365*
Junior Raw Am	Master (41) Am N. Tavares 520
I. Guido 340	Police Am N. Tavares 520
4th-370*	Police Raw Am W. Oms 280*
Open Am	Junior Am R. Pizzuti

Open Am	A. Famiano 680
Submaster Am	Triantafillou 475
Open Pro	J. Ammerman 470
Open Sub Pro	Triantafillou 475
Master (59) Pro	F. Adler 235
Open Am	D. Reliford 600
Open Pro	J. Perrotta 585
Open Sub Pro	V. Dizenzo 810
4th-820*	B. Campbell 480
SHW	Submaster Raw Am R. McCray 855
Open Pro	R. McCray 855
Open Sub Pro	Master (41) Am N. Tavares 520
DEADLIFT FEMALE 198 lbs.	Police Am N. Tavares 520
Open Pro	Ironman 132 lbs.
Teen (16-17) Raw Am	Teen (16-17) Raw Am

MALE 95 lbs.	A. McCloskey 460
Youth Raw Am	W. Anstine 125*
J. Oms 125	300*
Open Raw Am	425*
J. Gorski 315	
165 lbs.	
Junior Raw Am	D. Murphy 480
Open Pro	A. McCloskey 500
Master (66) Am	A. Innes 415
220 lbs.	
Teen (18-19) Raw	L. McGuire 315*
Master Raw Am	J. Marshall 120*
J. Marshall 120*	85*
MALE 275 lbs.	N. Hunnewell 585
Master (59) Raw Pro	Teen (15) Am J. Johnson 430*
F. Adler 300	315*
BP DL TOT	410*
Junior Raw Am	Y. Tabares 285
Y. Tabares 285	205
	380
	870

Open Raw Am	D. Antonucci 410
265 545 1220	
181 lbs.	
Open Am	M. Hanley 645
Open Raw Am	U. Megwalu 345
198 lbs.	
Master (48) Am	S. Spear 350
220 lbs.	
Junior Raw Am	W. Mancuso 385
Open Pro	A. Williams 750
Open Sub Pro	J. Enes 740
Open Raw Am	Y. Meirovitch 445
Submaster Pro	S. Rowe 830
Teen (19) Raw Am	T. O'Malley 435
4th-DL-650*	

MALE 319 lbs.	J. Oros 424
Open	Master II M. Einstein 446
Raw	Master III A. Foster 259
Powerlifting SQ BP DL TOT	
FEMALE 181 lbs.	
Raw	Push Pull BP DL TOT
Junior (20-23)	Master Pure F. Millan IV 314
S. Simmons 154	385 699
MALE 198 lbs.	
Junior (20-23)	Master II G. Schuster 292
MALE 165 lbs.	446 738
Junior (20-23)	Powerlifting SQ BP DL TOT
J. Koogler 429	303 402 1134
198 lbs.	
Master (55-59)	Master II D. Carmickle 154
L. Keith 451	99 215 468
220 lbs.	
Master (50-54)	MALE 123 lbs.
J. Bell 523	308 517 1349
275 lbs.	
Open	High School T. Gueck 165
N. Weite 787	584 804 2174
314 lbs.	
Master (40-44)	Master IV L. Janhunen 171
R. Saylor 589	490 606 1685
181 lbs.	
Open	Master IV D. Judd 220
C. Forestier 672	484 705 1861
148 lbs.	
Teen (14-15)	High School J. Mills 358
W. Pierre 203	171 319 693
165 lbs.	
Junior (20-23)	G. Deason 358
J. Koogler 264	187 314 765
198 lbs.	
Open	Submaster II J. Marshall 551
J. Symonds 264	275 374 914
B. Steele 385	264 440 1090
Teen (16-17)	SHW Master I M. Bowden 534
Q. Vesely 314	270 429 1013
220 lbs.	
Junior (20-23)	Master III L. Fish 242
G. Crosby 484	303 473 1261
181 lbs.	
Open	High School R. Hartridge 237
D. Leslie 303	407 429 1140
275 lbs.	
Open	D. Phelps 402
B. Manion 418	286 418 1107
319 lbs.	
Master (40-44)	Master Pure E. Patterson 451
McDonough 584	413 606 1602
275 lbs.	
Open	Int Z. Hildebrand 528
Jason Weite and Robbie Saylor	308 600 1437
presented the ADFPF Ottumwa Record-Breaker & International Qualifier.	
As the US Affiliate to the World Drug Free Powerlifting Federation, Inc., ADFPF members who reach the qualification totals for powerlifting and/or the qualification scores for the single events may apply for a position on one of the USA teams traveling internationally to the following events:	
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» courtesy ADFPF	

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Junior (20-23)	Master II G. Schuster 292
MALE 165 lbs.	446 738
Junior (20-23)	Powerlifting SQ BP DL TOT
J. Koogler 429	303 402 1134
198 lbs.	
Master (55-59)	Master II D. Carmickle 154
L. Keith 451	99 215 468
220 lbs.	
Master (50-54)	MALE 123 lbs.
J. Bell 523	308 517 1349
275 lbs.	
Open	High School T. Gueck 165
N. Weite 787	584 804 2174
314 lbs.	
Master (40-44)	Master IV L. Janhunen 171
R. Saylor 589	490 606 1685
181 lbs.	
Open	Master IV D. Judd 220
C. Forestier 672	484 705 1861
148 lbs.	
Teen (14-15)	High School J. Mills 358
W. Pierre 203	171 319 693
165 lbs.	
Junior (20-23)	

RESULTS

MU STRENGTH CLUB PUSH-PULL EVENT

OCT 24 2009 » Columbia, MO

Push Pull	BP	DL	TOT
181 lbs.			
T. Parris	315	—	315
B. Ben	240	455	695
198 lbs.			
Kyle H.	270	—	270
D. Arnold	250	275	525
J. Gunsekera	245	510	755
J. Wright	250	515	765
220 lbs.			
Z. Rogers	275	500	775
K. Boyce	295	500	795
E. Burks	380	700	1080
242 lbs.			
Jeremy S.	305	—	305
Nicole	150	350	500
D. Duncan	225	350	575
B. Thomas	275	535	810
Shane M	365	585	950
275 lbs.			
M. Taylor	355	—	355
D. Stewart	215	405	620
L. Burchett	380	430	810
N. Nardoni	335	455	790

M. Rich 410 505 915
The MU Strength Club is a college recreational sports group that has produced the likes of Becky Rich, Gordon Lake and Eli Burks.
» courtesy Bill Duncan

SLP OPEN NORTHERN NATIONAL GRAND

OCT 31 2009 » Baraboo, WI

BENCH	198 lbs.	
FEMALE	D. Markey	330*
Raw	Submaster	
Teen (16-17)	275 lbs.	
148 lbs.	C. Broadway	390
D. Karl	Master (40-44)	95*
4th-100*	132 lbs.	
MALE	D. Surita	210*
Teen (16-17)	Master (45-49)	



Bob Hanson & Stuart Coogan doing a 2-man pull



National team champions from Neillsville, WI (Darrell Latch photos)

242 lbs.	L. Grap	205
B. Hanson	400	198 lbs.
Master (50-54)	F. Brudos	235
220 lbs.	T. Hiserman	225
G. Koch	260	181 lbs.
Master (55-59)	Zimmerman	300
275 lbs.	T. Turner	360*
308 lbs.	D. Zeiter	295
B. Reagan	505*	148 lbs.
Open	Master (50-54)	
308 lbs.	A. Adams	175*
B. Reagan	505	275 lbs.
Novice	Mawhinney	275*
114 lbs.	M. Chadwick	105*
Master (55-59)	275 lbs.	
148 lbs.	T. Turner	360*
J. Nordman	145*	308 lbs.
Teen (13-15)	B. Reagan	450*
123 lbs.	Open	
B. Fry	55*	181 lbs.
181 lbs.	N. Thoma	105
N. Thoma	325	181 lbs.
A. Adams	325	242 lbs.
181 lbs.	S. Grade	350
D. Brown	145	220 lbs.
Teen (16-17)	R. Fry	375
181 lbs.		

242 lbs.	D. Markey	500!*
C. Grimm	460	181 lbs.
D. Strandt	325	308 lbs.
L. Grap	385*	198 lbs.
B. Reagan	450	220 lbs.
CURL	K. Grap	455*
MALE	Master (50-54)	
Open	220 lbs.	
Master (45-49)	K. Grap	505*
220 lbs.	K. Spirek	145*
K. Spirek	145*	275 lbs.
Mawhinney	430!*	165 lbs.
Open	A. Adams	175*
165 lbs.	A. Adams	510*
DEADLIFT	360.	Bill Reagan got the next to the biggest raw lift of the day with his 450 national record at 55-59/308. In the open division Andre Adams won at 165 with 325. Scott Grade won at 181 with 350, while Randy Fry took the 220's with 375. At 242 best lifter Chris Grimm finished with 460 and the win over Dan Strandt, who finished with 325. Our final open lifter was Bill Reagan who finished with 450 at 308. In the assisted bench press competition Dan Markey broke the national record at 16-17/198 with a new personal record of 330. Charles Broadway won at submaster/275 with 390. Dave Surita broke the record at 40-44/132 with 210. Bob Hanson got his first official 400 bench with his win at 45-49/242. Gary Koch won at 50-54/220 with 260. At 55-59/275 Terry Turner broke the national record with 360. But our best lifter in the assisted division went to Bill Reagan who won both the 55-59 and open 308 class with 505. Bill set the national record for the master's class. In the curl competition Kevin Spirek set the mark at 45-49/220 with 135, while Andre Adams hit 175 at open 165. In the bench for reps competition Dan Zimmerman got 27 reps at a 170 bodyweight. Bill Reagan finished with 22 reps at 290! For the open 220 class Randy Fry got 26 reps at 205. For the raw deadlift competition Dessa Karl won her second national title of the day at 16-17/148 with another national record of 245. Mike Chadwick also won his second title of the day and second national record of the day at novice 114 with 245. Jeff Thoma set the national record at 198 with 355. In the 13-15 age group Derek Krejci set the mark at 165 with 285. Nick Thomas won his second title at 181 with his national record pull of 305. Dan Brown was our final lifter at 13-15, where he broke the national record at 242 with 315. Dan Markey finished a great day of lifting in the 16-17/198 class with an amazing 500 national record pull. At junior 181 Logan Grap set the record with 385 while brother Kaleb broke the record at 198 with 455. Dad Kevin Grap set the national record at 50-54/220 with 505.

with his national record 145. At 13-15 Blake Fry set the record at 123 with 55. Nick Thoma won at 181 with 105 while Dan Brown took the 242's with 145. Logan Grap finished with 205 at 181 for the 16-17 age group. Also there was Fred Brudos who won over Tyler Hiserman at 198, 235 to 225. Dan Zimmerman finished with 300 at junior 181. Dan Zeiter took the win at submaster 242 with 295. In the master men's 50-54 division Kevin Dietrich set the record at 148 with 240. Mo Mawhinney got the record at 275 with 275. Terry Turner set the national mark at 55-59/275 with 360. Bill Reagan got the next to the biggest raw lift of the day with his 450 national record at 55-59/308. In the open division Andre Adams won at 165 with 325. Scott Grade won at 181 with 350, while Randy Fry took the 220's with 375. At 242 best lifter Chris Grimm finished with 460 and the win over Dan Strandt, who finished with 325. Our final open lifter was Bill Reagan who finished with 450 at 308. In the assisted bench press competition Dan Markey broke the national record at 16-17/198 with a new personal record of 330. Charles Broadway won at submaster/275 with 390. Dave Surita broke the record at 40-44/132 with 210. Bob Hanson got his first official 400 bench with his win at 45-49/242. Gary Koch won at 50-54/220 with 260. At 55-59/275 Terry Turner broke the national record with 360. But our best lifter in the assisted division went to Bill Reagan who won both the 55-59 and open 308 class with 505. Bill set the national record for the master's class. In the curl competition Kevin Spirek set the mark at 45-49/220 with 135, while Andre Adams hit 175 at open 165. In the bench for reps competition Dan Zimmerman got 27 reps at a 170 bodyweight. Bill Reagan finished with 22 reps at 290! For the open 220 class Randy Fry got 26 reps at 205. For the raw deadlift competition Dessa Karl won her second national title of the day at 16-17/148 with another national record of 245. Mike Chadwick also won his second title of the day and second national record of the day at novice 114 with 245. Jeff Thoma set the national record at 198 with 355. In the 13-15 age group Derek Krejci set the mark at 165 with 285. Nick Thomas won his second title at 181 with his national record pull of 305. Dan Brown was our final lifter at 13-15, where he broke the national record at 242 with 315. Dan Markey finished a great day of lifting in the 16-17/198 class with an amazing 500 national record pull. At junior 181 Logan Grap set the record with 385 while brother Kaleb broke the record at 198 with 455. Dad Kevin Grap set the national record at 50-54/220 with 505.

100% RAW
POWERLIFTING FEDERATION CANADA
2010
WESTERN CANADIAN NATIONAL
PL & BP CHAMPIONSHIPS
JULY 31-AUGUST 1, 2010, CALGARY, ALBERTA

Mo Mawhinney won his second title of the day at 50-54/275 with his fine 430 pull. Our final raw deadlifter was also our best lifter, Andre Adams. Andre finished with a new national record of 510 at open/165. For the assisted pullers Rudy Stowers got the biggest lift of the day at submaster 275 with 615. Charles Broadway finished second to Rudy with 550. Bill Reagan, who was suffering from some cramps (probably from the poor lift-offs he got in the bench), pulled a token 145 for the win at 55-59/308. Richard Lee, who hails from the town of Baraboo, broke the national record at 70-74/148 with 260. Dan Strandt got in some good pulls at 242, finishing with 525. Our two-man team of Bob Hanson and Stuart Coogan finished with a new national record of 900. The team title went to Neillsville Power, headed by Kevin Grap. Thanks to Joe White Eagle and my son D.C. Latch for doing a great job loading and spotting throughout the competition. Thanks also to my wife Susie and Bob Vivier for doing a great job of judging and to Tammie Grade for taking some great pictures of the meet. Thanks also to my help at the table and my trophy girls Kayla and Stephanie Broadway. See you all again next year.
» courtesy Dr. Darrell Latch

APA BATTLE OF THE CAROLINAS

JAN 30 2010 » Florence, SC

BENCH	Open	
MALE	J. Rovey	455
220 lbs.	Master I	
Master I	J. Borek	350
R. Britt	370	PS OHP
Police	R. Britt	370
R. Britt	370	MALE
Raw	181 lbs.	
132 lbs.	Master III	
Open	J. May	110
R. Zell	225	220 lbs.
148 lbs.	Submaster	
Teen	C. Driver	230
Z. Strickland	195	Open
165 lbs.	C. Driver	230
Teen	STRT CURL	
J. Borek Jr.	205	MALE
Submaster	Raw	181 lbs.
C. Driver	350	Master III
242 lbs.	J. May	115
Push Pull	BP	DL
MALE	TOT	
Raw		
165 lbs.		
Master I		

J. McElveen	315	435	750	165 lbs.
Powerlifting <td>SQ</td> <td>BP</td> <td>DL</td> <td>TOT</td>	SQ	BP	DL	TOT
FEMALE				
Raw				
148 lbs.				
Teen				
K. Franck	155	85	260	500
165 lbs.				
Open				
E. Medlin	280	145	330	755
MALE				
Raw				
198 lbs.				
Open				
P. Loux	410	320	460	1190
4th-DL-470				
220 lbs.				
Submaster				
A. Medina	375	340	500	1215
242 lbs.				
Open				
G. Lake	550	415	650	1615
Open				
E. Zammitt	405	335	420	1160
275 lbs.				
Master I				
K. McFadden	615	475	650	1740
Power Sports	OHP	SC	DL	TOT
MALE				
Raw				

» courtesy Scott Taylor, APA President

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WRIST ROLLER ATTACHMENT

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Package consist of Bar with Two Spring Clamps Wrist Roller with Carbine Hook & Oly. Weight Pkg

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SPF ALABAMA STATE JAN 23 2010 » Guntersville, AL

BENCH	L. Morris	405
123 lbs.	<i>Multi-Ply</i>	
Submasters Raw	MALE	
259 lbs.	259 lbs.	
K. Craft	J. Burns	610
MALE	<i>Masters (45-49)</i>	
Raw	220 lbs.	
<i>Teen (18-19)</i>	K. Millrany	640
165 lbs.	SQUAT	
D. Smith	<i>Raw</i>	
Juniors	<i>Teen (18-19)</i>	
165 lbs.	181 lbs.	
J. Hannah	D. Smith	495
148 lbs.	DEADLIFT	
G. Hickman	<i>Raw</i>	
<i>Masters (40-44)</i>	<i>Teen (18-19)</i>	
198 lbs.	D. Smith	255
BENCH for Reps	Reps	Lbs.
Juniors		
242 lbs.		
J. Hannah	25	225

MALE					
242 lbs.	J. Randall	30	240		
<i>Masters (40-44)</i>	220 lbs.				
D. Pearson	Push Pull	BP	DL	TOT	
	<i>Raw</i>	15	205		
<i>Pre-Teen</i>	97 lbs.				
B. Bouyer	70	150	220		
MALE					
275 lbs.	SQUAT				
<i>Raw</i>	165 lbs.				
<i>Teen (18-19)</i>	T. Horton	245	385	630	
181 lbs.	181 lbs.				
C. Bouyer	<i>Single Ply</i>	430	450	880	
<i>Submasters</i>	132 lbs.				
M. Cochran	300	370	670		
MALE	Powerlifting	SQ	BP	DL	TOT
198 lbs.	<i>Raw</i>				
Traci Baggett	400	165	360	925	

MALE					
Raw					
<i>Teen (13-15)</i>	220 lbs.				
S. Wood	275	200	365	750	
242 lbs.	SHW				
H. Pooser	530	330	530	1390	
<i>4th-DL-540</i>					
<i>Teen (16-17)</i>	181 lbs.				
R. Burrows	385	260	450	1095	
275 lbs.	SQUAT				
S. Wood Jr.	350	295	330	975	
<i>Teen (18-19)</i>	165 lb. lbs.				
D. Smith	405	255	495	1155	
Juniors	198 lbs.				
J. Campbell	525	375	525	1425	
<i>Masters (45-49)</i>	220 lbs.				
S. Spark	350	280	460	1090	
308 lbs.	MALE				
H. Garrett	635	390	650	1675	
<i>Open</i>					

198 lbs.					
R. Dyson	585	380	600	1565	
242 lbs.	SHW				
J. Randall	515	475	505	1495	
308 lbs.	MALE				
M. Schulyz	600	445	650	1695	
<i>Submasters</i>	SHW				
R. Wilkerson	905	600	600	2105	
<i>4th-SQ-950</i>					
<i>Submasters</i>	198 lbs.				
S. King	510	370	510	1390	
<i>Lifetime Pan Am</i>	132 lbs.				
(20-23) Raw	Gilley	270*			
148 lbs.	148 lbs.				
(13-15) Raw	Humphreys	165			
165 lbs.	165 lbs.				
(17-19) Raw	Newkirk	205*			
220 lbs.	220 lbs.				
(50-59) Raw	Solar	230*			
181 lbs.	181 lbs.				
(13-16) Raw	Chambers	155*			
198 lbs.	198 lbs.				
(40-49) Raw	Murray	315*			
308 lbs.	308 lbs.				
(60-69) Raw	Colletti	270*			
275 lbs.	275 lbs.				
(60-69) SP	Churchman	400*			
CHURCHMAN	DEADLIFT				
MALE	<i>All Americans</i>				
220 lbs.	220 lbs.				
(50-59) Raw	Powerlifting	SQ	BP	DL	TOT
181 lbs.	181 lbs.				
(13-15)	Chambers	85*			
114 lbs.	114 lbs.				
(9-11) Raw	Zimmerman	45*	45*	85*	175*
114 lbs.	114 lbs.				
(13-15) Raw	Fritz	105*	55*	140*	300*
148 lbs.	148 lbs.				
(17-19) Raw	Mondragon	155*	95*	185*	435*
148 lbs.	148 lbs.				
(17-19) Raw	Wilcox	225*	160*	300*	685*
SHW	SHW				
(40-49) SP	Smith	365*	290*	380*	1035*
123 lbs.	123 lbs.				
(40-49) SP	Open SP	365*	290*	380*	1035*
123 lbs.	123 lbs.				
(40-49) SP	Soukup	275*	185*	310*	770*
181 lbs.	181 lbs.				
(40-49) SP	Soukup	275*	185*	310*	770*
181 lbs.	181 lbs.				
(40-49) SP	Open Raw				
123 lbs.	123 lbs.				
(40-49) SP	McNichols#	405	375*	475	1255
123 lbs.	123 lbs.				
(60-69) Raw	Morales	300	245	425	975
198 lbs.	198 lbs.				
(40-49) Raw	Currency	325	255	405	985
198 lbs.	198 lbs.				
(40-49) Raw	Beasock	570	385	520	1475
220 lbs.	220 lbs.				
(50-59) Raw	O'Brien	440	320	470	1230
181 lbs.	181 lbs.				
(50-59) Raw	French	380	340	425	1145
275 lbs.	275 lbs.				
(50-59) Raw	Duncan	300	235	440	975

Wharton	360				
<i>Lifetime Pan Am</i>	Thomas	315	370	405	1090
132 lbs.	SHW				
(13-16) Raw	Jacobsen	245*	225*	330*	800*
148 lbs.	148 lbs.				
(17-19) Raw	Newkirk	320*			
181 lbs.	181 lbs.				
(13-16) Raw	Hoard	365*			
123 lbs.	123 lbs.				
(13-16) Raw	Benedix	225*	150*	285*	660*
123 lbs.	123 lbs.				
(20-23) Raw	Bucchioni#	465*			
242 lbs.	242 lbs.				
(40-49) Raw	Smith	420*			
POWERCURL	POWERCURL				
MALE	MALE				
<i>All Americans</i>	220 lbs.				
(50-59)	Pereira	220	225*	315	760
165 lbs.	165 lbs.				
(17-19) Raw	Duncan	135			
165 lbs.	165 lbs.				
(17-19) Raw	Seda	110			
SHW	SHW				
(60-69)	Jacobsen	135			
REPS	REPS				
165 lbs.	165 lbs.				
(Open 40-49)	Kearney	21			
165 lbs.	165 lbs.				
(13-15)	Solar#	110*			
181 lbs.	181 lbs.				
(13-15)	Chambers	85*			

Wharton	360				
<i>Lifetime Pan Am</i>	Thomas	315	370	405	1090
132 lbs.	SHW				
(13-16) Raw	Jacobsen	245*	225*	330*	800*
148 lbs.	148 lbs.				
(17-19) Raw	Newkirk	320*			
181 lbs.	181 lbs.				
(13-16) Raw	Hoard	365*			
123 lbs.	123 lbs.				
(13-16) Raw	Benedix	225*	150*	285*	660*
123 lbs.	123 lbs.				
(20-23) Raw	Bucchioni#	465*			
242 lbs.	242 lbs.				
(40-49) Raw	Smith	420*			
POWERCURL	POWERCURL				
MALE	MALE				
<i>All Americans</i>	220 lbs.				
(50-59)	Pereira	220	225*	315	760
165 lbs.	165 lbs.				
(17-19) Raw	Duncan	135			
165 lbs.	165 lbs.				
(17-19) Raw	Seda	110			
SHW	SHW				
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REPS	REPS				
165 lbs.	165 lbs.				
(Open 40-49)	Kearney	21			
165 lbs.	165 lbs.				
(13-15)	Solar#	110*			
181 lbs.	181 lbs.				
(13-15)	Chambers	85*			

Wharton	360				
<i>Lifetime Pan Am</i>	Thomas	315	370	405	1090
132 lbs.	SHW				
(13-16) Raw	Jacobsen	245*	225*	330*	800*
148 lbs.	148 lbs.				
(17-19) Raw	Newkirk	320*			
181 lbs.	181 lbs.				
(13-16) Raw	Hoard	365*			
123 lbs.	123 lbs.				
(13-16) Raw	Benedix	225*	150*	285*	660*
123 lbs.	123 lbs.				
(20-23) Raw	Bucchioni#	465*			
242 lbs.	242 lbs.				
(40-49) Raw	Smith	420*			
POWERCURL	POWERCURL				
MALE	MALE				
<i>All Americans</i>	220 lbs.				
(50-59)	Pereira	220	225*	315	760
165 lbs.	165 lbs.				
(17-19) Raw	Duncan	135			
165 lbs.	165 lbs.				
(17-19) Raw	Seda	110			
SHW	SHW				
(60-69)	Jacobsen	135			
REPS	REPS				
165 lbs.	165 lbs.				
(Open 40-49)	Kearney	21			
165 lbs.	165 lbs.				
(13-15)	Solar#	110*			
181 lbs.	181 lbs.				
(13-15)	Chambers	85*			

Wharton	360				
<i>Lifetime Pan Am</i>	Thomas	315	370	405	1090
132 lbs.	SHW				
(13-16) Raw	Jacobsen	245*	225*	330*	800*
148 lbs.	148 lbs.				
(17-19) Raw	Newkirk	320*			
181 lbs.	181 lbs.				
(13					

IN MEMORY OF ROBERT O. SMITH

It is with deep regret that WABDL learned of the passing of Robert O. Smith on May 30, 2010. Robert O. was a huge fan of weightlifting in general and an avid participant in both Olympic lifting and powerlifting. He competed in Los Angeles in Olympic lifting as far back as 1962. We used to talk about legends that he personally saw train at Muscle Beach, Vince's Gym in Studio City, CA, and the original Gold's Gym in Venice, CA. Among them were Steve Reeves, Arnold Schwarzenegger, Dave Draper, Chuck Ahrens, Larry Scott, and Chuck Sipes.

On June 13, 2007, in Portland, OR, Robert O. set a world record bench press of 578.5 at the age of 66 in the 308 weight class. He competed for 47 years. He moved to Vancouver, Canada in the early '80s and was a voice-over expert in various cartoons and also had numerous roles in television and movies. He was a member of the Screen Actors Guild since 1974.

There is nothing I can say that would do justice for Robert O. as a human being. He was never negative, always positive. He had assured me in late March that he was going to overcome the pancreatic cancer because they caught it early and a new surgery was certain to extend his life at least another five years. Sadly, that did not happen.

What words are there to describe Robert O.—honorable, WABDL defender, competitive, pleasant, interesting and fun to talk with, able to put anyone in a better mood just by being around, and a friend. If Robert O. was your friend, you had a friend for life. He will be greatly missed by all of those privileged to know him and those privileged to call him a friend.

Gus Rethwisch – WABDL President

P.S. Robert O. was always friendly, always funny, always upbeat, and he was the "life" of the warmup room—joking and helping guys with their shirts, etc.



Robert O. Smith with an impressive bench (courtesy G. Rethwisch)

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*Plates not included



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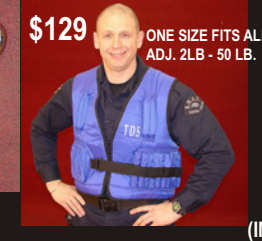
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Self Locking Jumbo "J" Hooks
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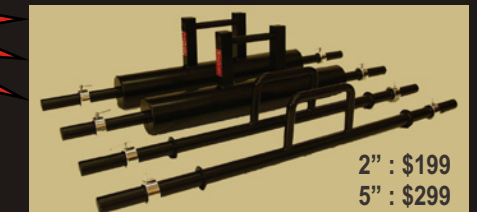


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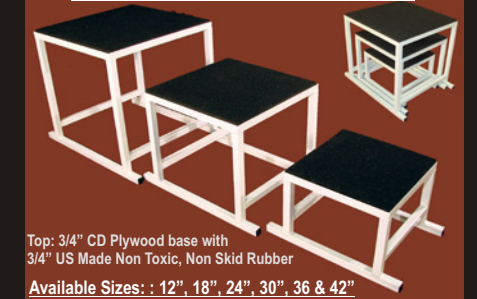
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