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### **MUSCLE MENU**

### "POWERLIFTING USA,

August 2010 » Volume 33 » Issue 10

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### MIKE WITMER **MEMORIAL OPEN**

(Clockwise from top) Ryan Celli, Mike Tuchsherer and Jenn Rotsinger all made record lifts at the meet courtesy Spero Tshontikidis



### **MUSCLE MENU**











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Bob Gaynor pulling a record deadlift at the RAW United Mike Witmer Memorial Open photo courtesy Spero Tshontikidis



### POWERLIFTING USA

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

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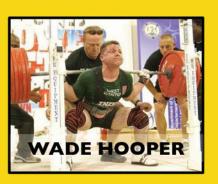
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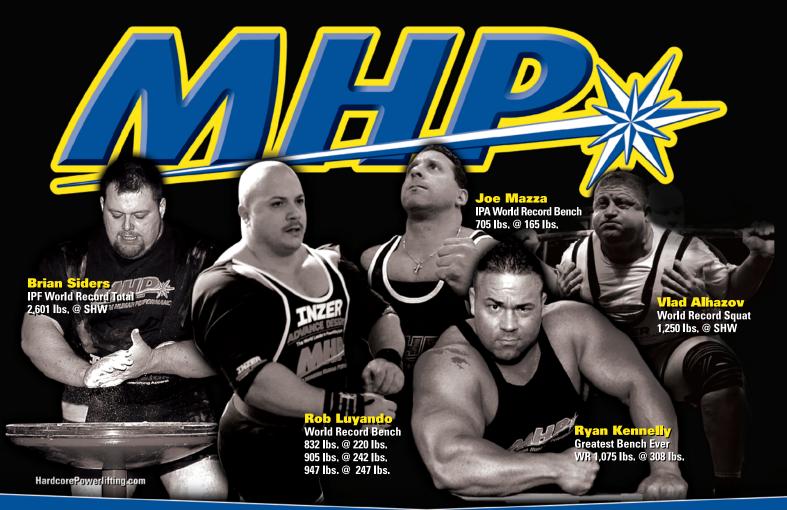
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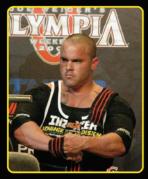
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### JUDD'S CORNER

### **POWERLIFTING FLASHBACK:** KEA vs. GANT

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

This series is designed to relive some of the most memorable moments in powerlifting history. These iconic moments will not necessarily be comprised of events that took place strictly on the lifting platform, but rather prominent moments—moments, either good or bad, where the times, the competition, and the circumstance literally changed the face of powerlifting forever.

By 1984, at the age of 27, Lamar Gant had already established himself as one of the greatest powerlifters of all time. Figuratively speaking, he was a lifting demi-god much on the order of Hatfield, Pacifico, and Kazmaier. He was one of only three powerlifters who had won nine or more world titles; the other two were Japan's 43-year-old Hideaki Inaba, who had won 10 titles, and the great Pacifico, who at 39 years of age had won nine world titles. Most experts in the field of powerlifting believed that if Gant continued to compete he would easily win at least 20 world championships before retiring. They felt that his lifting prowess was otherworldly and that he was literally invincible...unconquerable.

He won his first world title at the age 18 when he won the 123 pound class at the 1975 World Championships in Birmingham, England, and in the process, he became the youngest man in powerlifting history to become a world champion. (It might be noted that over the last 35 years no one has come close to breaking that record.) After winning his world title in 1975, he never lost a single meet in national or international competition. In actual fact, up until that time, he lost only one meet in his entire life, a second place finish at the world championships when he was sixteen years old. From that moment on, Gant was literally unbeatable in powerlifting competition. Over a span of nine years, he shattered 26 world records, won 9 world titles, and 9 national titles. Again, his lone defeat was recorded when he was literally a child. Actually, he never was a real child. He was more like a man-child. It has been said that when he crawled out of his mother's womb he picked the doctor up by his feet, slapped him on the butt and then took a cab to the nearest gym. Apparently, he had been residing there ever since

He just didn't beat his opponents either; he literally destroyed them. It was not uncommon for him to win by 200–300 pounds in national and world competition. Think about that for a second. Here is a guy that competed hundreds of times against the greatest powerlifters in the world and literally embarrassed them. When most lifters in his weight class were struggling



Lamar Gant is the penultimate deadlifter in the history of the 123 lb. and 132 lb. classes in IPF competition...how long will his IPF World Records continue to stand?

with 400 pounds in the deadlift, Gant was consistently breaking the 600 pound barrier. In practice, he was able to deadlift 615 pounds for five repetitions and 500 for 20 reps.

If you have ever seen Gant in person, you have a pretty good idea why he is so successful in the deadlift. He is perfectly built for the deadlift. His trunk is extremely short for his height.

giving him a significantly shorter lever arm than most, if not all, of the lifters in his weight class. Needless to say, all things being equal, an individual with a shorter lever arm can lift more than an individual with a longer lever arm. Just as significant. Gant's arms are also unusually long. At five foot one, he has a 32" inseam. Consequently, he is able to lock out his deadlift

photos courtesy Mike Lambert/PL USA page 100 »

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### STARTIN' OUT

### TRAINING MEETS

as told to Powerlifting USA by Doug Daniels

The best measurement of performance in any sport is realized in actual competition. No amount of practice or training can be an adequate substitute. Major sports like pro basketball and baseball, etc., have preseason games or leagues where teams can try out new players and plays under game situations. But in these games, the score does not matter all that much. Coaches and players are able to gauge where they are at so they can make adjustments in both personnel and coaching practices. Powerlifting is no different. Lifters need to be able to gauge their progress or try different things under meet conditions. But peaking properly for a meet requires a lot of hard work, which, if done too often, can deter progress in the long run. So what's the answer?

Training meets can be a partial answer. What exactly are training meets? In short, a training meet would be a competition a lifter would compete at, but not design his training cycle to peak out for. This may include not trying to make weight and competing at a higher than usual weight class. In addition, maximal attempts may not be taken on the platform.

Lifting at a training meet can make sense when a lifter is peaking for an important contest a few weeks away and needs to gauge his progress. Knowledge gained at this type of competition may be used to make adjustments in training or expectations at the upcoming target meet. By not worrying about making weight, a lifter would not lose strength because of cutting weight, which could hinder strength building or hitting a contest peak. Not going all out also would prevent any premature burnout or unnecessary injury that could affect his performance at a meet when it counts.

Let's take an example of a 148 class lifter who has chosen the state meet in October as his targeted meet of the season. However, there is a local meet 3 weeks prior the state meet. He would still begin his contest preparation phase 12 weeks prior the state meet. At weeks 7 and 8, he would try hitting some 90% of max singles to quickly prepare for the local meet at week 9. Normally, he would drop 6–8 pounds to be able to compete at 148, but for this training meet, he would lift at whatever weight he was at, even having a good dinner the night before weigh-in. At the meet, he could consider taking only 1–2 attempts on the squat and deadlift while taking 2–3 cracks at the bench, which is the lift he most needed to gauge. By analyzing any problems or successes he had, he can resume training the last 3 weeks with these in mind. Perhaps there was a problem with squat depth, bench press lockout unevenness or deadlift grip. Not going all out reduces the chance of peaking out too soon or chance of injury on max lifts.

Single lift meets are great for training meets. A bench meet, relatively close to a major 3-lift event, can provide a good opportunity. A meet a week or two after a major contest can also be used as a training meet. Pass if you are excessively fatigued or have an injury or pain. But if you feel good, go for it! I would suggest not cutting weight in this scenario also. Treat yourself as a superheavy for this one, not needing to make any certain weight; compete at whatever bodyweight you show up at.

Not cutting weight may reveal that you should consider moving up a weight class. This can be evident if you lift considerably less at your lighter weight or have a hard time getting down. Your lifts may take off at a higher weight. I've always stated that over time lifting will make you bigger. Keeping your weight down may be holding back your bench press or squatting power. Many experts agree it takes a year to "grow" into a weight class, so be patient. Bodyweight changes affect the bench the most followed by the squat and lastly, the deadlift.

Lifting at a training meet should be considered a workout too. Take 2–3 days off before going back to the gym. If you lifted at a one-lift meet, you can train the others lifts as scheduled. Resume your training where you should be in your cycle for that week. I would suggest no more than 1–2 training meets per year. Any more and you will not be able to devote proper time to peaking for meets that count. Lifters that compete too often usually do not improve.

With more experience and confidence, the need for training meets

may decrease or disappear altogether. Newer lifters generally feel the need to gauge their progress more frequently than veterans do. This is mostly due to lack of confidence. Many elite lifters compete only at National and World meets and a token qualifying contest. You should learn from every meet you lift at. Lifters are not the only athletes who use the training meet concept. Runners compete at races of varying distances and regard them as training sessions, experimenting with controlling their speed throughout the race for better times at races that count. Approach training meets as another tool in your quest for those big lifts. **«** 



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### **INTERVIEW**

### **POWERBUILDER BOBBY MYERS**

as told to Powerlifting USA by Ben Tatar of Critical Bench

### Today we are here with powerlifter and bodybuilder, Bobby Myers. Bobby, tell us about yourself!

Hello, my name is Bobby Myers. I am 45 years old. Born in Niceville, Florida, on August 3, 1964, and have been a Florida resident my entire life. I have been married for 26 years to a wonderful woman, Carol Ann. We have a 25 year old daughter, who graduated from the University of West Florida with a degree in education, and now teaches in Ocala, Florida.

#### You and your wife Carol Ann own a powerlifting gym. Tell us about it.

Carol Ann and I own a small private powerlifting/bodybuilding gym in Defuniak Springs, Florida. We only have 10 members, but most are elite powerlifters, and also cross over to bodybuilding, figure and bikini.

#### How did you get involved in powerlifting?

The main sport I participated in was hunting. Especially catch and release wild boar...what a rush! In the late '90s I watched an APA meet in Montgomery, Alabama. I was amazed at the huge numbers that these guys were putting up, and the gear was something I had never seen. I was very interested, and later was hooked. Little did I know my own numbers would far exceed anything I saw that day!

#### What a story, that's great! You're sponsored by Shawn "Bud" Lyte. How do you like working with Shawn?

Bud is a very cool guy when you get to know him. He has a very unique outlook on what he would like to support in the sport. He and I have become very good friends. At times we both give and take from each other's opinions.

It is awesome being sponsored by Shawn; the one word that comes to mind is "GUARAN-TEED." Bud has done everything he has told me he would do. Bud has been very reliable. He has sponsored all of our powerlifting meets in one way or another. He pays for all of my and Carol Ann's entry fees, membership cards and a portion of our travel expenses. Up front!

I know some people say what's an entry fee? Well in this economy, it is money you don't have to take out of your own pocket. Bud has been very supportive of all our ventures, and it is very much appreciated.

### What is your favorite thing about being a powerlifter?

It has to be the camaraderie—seeing old friends from past events, making new friends, helping all that need help, and the high I get from PRs, especially the deadlift!

What federations do you and Carol Ann compete in? What are your best lifts?

photos courtesy Bobby Myers and Critical Bench

We have lifted in multiple federations. WABDL, APF, APC, APA, SPF. All are great, and we had a blast in all of them, but at this point in my life, I favor the APF & APA. I would love to do a USPF meet in the future! We both compete in the NPC for bodybuilding.

My best lifts to date are: squat 915 – Titan Boss, bench 585 – Inzer 2-ply EHPHD, deadlift 765 – Titan Boss. All at 242 lb.

Directly related to our powerlifting is our bodybuilding! When we started powerlifting, we had no idea it would take us into bodybuilding. We are now both Elite powerlifters in two different weight classes, and also both national level bodybuilders. I don't know if this is true, but we have been told that we could be the only married couple in the country to reach this level in both sports together.

#### What are your 5 tips for a bigger bench?

Well, being I am not a big bencher, this may not be the best subject for me. When I am training someone in the bench, these are what we work on and look at.

First and foremost is technique. Perfect technique will take you to new levels.

Second is speed. If there are lifters of equal strength, but one moves the weight faster, he will win 9 out of 10 times!

Strength—don't forget this and don't just rely on your shirt. Never be afraid to take that shirt off and do some raw work. It will definitely convert to a bigger equipped bench.

Here's where more lifters mess up than anything else: picking the shirt for you. Most lifters see someone hit a huge bench. So they want one of those shirts. That doesn't mean that it is the shirt for you. Your shirt should be picked based on technique, and body type.

Don't over train. You need light weeks, and heavy weeks for a reason.

### What are your 5 tips for a bigger squat?

I would say, the squat and bench are pretty much the same! These are the two lifts you can get the most out of powerlifting gear. The reason being, you can change your leverage points. Leverage points are everything. You simply change the mechanics of the lift!

### What are your 5 biggest tips for a bigger deadlift?

Pull reps—usually not less than 6 reps; I rarely pull a single in training! Singles tend to beat you down.

We use no bands or chains. Just pull from the floor, and do rack pulls.  $\,$ 

Form is critical, whether you pull sumo or conventional.

If it doesn't feel good, quit and go home! Don't push it. You should never miss a rep in training. You need to feel the deadlift!



Bobby has real credentials as a bodybuilder

If you compete in gear, train in gear!

### Bobby, what is the best and worst advice you were ever told?

Best advice: we have had the pleasure of training with some of the best powerlifters in the southeast, and got lots of good advice. Joe Ladnier of Power Pit in Biloxi, Gary Frank of Hardcore Barbell in Baton Rouge, LA, and last but not least, Jon Grove of North Georgia Barbell in Kennesaw, GA.

Gary Frank of Hardcore Barbell once told me, "You have to feel the deadlift." This is the truest statement I have ever heard.

Jon Grove of North Georgia Barbell told me "Once you get to a certain weight, it all feels

page 86 **»** 



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### BIG EVIL'S LAIR

### MIND TRICKS

as told to Powerlifting USA by Jamie Harris, aka. Big Evil » www.bigevilslair.com

THE MIND. It is such a important part of powerlifting success. A strong mind can move mountains—not just in powerlifting, but in any avenue of life. Strong minds separate world champions from common folk, that's for sure. Just look at the world's top powerlifters from today and yesterday—different sizes, different techniques, but I assure you one thing they have in common, they all have the mental tools to be a champion and leave the regular gym rat in the dust. Champions are born and not made, you ask? Is this true, Big Evil? I say, anyone with enough desire and mental toughness can just about accomplish anything they set out to do. Now, the real question is how bad do you want it? Are you the lifter willing to put the time and effort into reaching your goals? Okay, okay, I know you're a hardcore, win-at-all-costs juggernaut. Now the next question, is your mind properly focused to achieve your goals? Are your meet results and training results not moving because you let your mind defeat you and overcome you with anxiety and self doubt? I thought so, well listen to this.

In 1998, I returned to powerlifting to reclaim the all time biggest bench press in history. I felt being away for a few years helped clear my mind and point out some of the mental training mistakes I made on my previous campaign. I also sought out the help of a good sports hypnotist, which was a big help in getting into the proper mindset to set world records. I am now going to share with you some of the key points I have learned that helped my training tremendously. Read on and prosper.

One of the philosophies that I first had in the beginning of my powerlifting career was that the competition was the enemy and that all your mental focus was on beating the individual that holds the all time world record. That sounds simple enough, right? But does it make any sense? Understanding that whatever another lifter lifts has no direct bearing on you and most importantly all the mental energy you waste on placing higher than them in the meet will not help you with your battle with the real enemy the bar. James Earl Jones said it best in Conan, "The riddle of steel, the steel is the only thing that lasts and is a constant, the steel is true power." Let's look at this in powerlifting terms. All powerlifters face the steel, the steel doesn't care who you are or if you feel strong or weak that day; it has no mercy and it will take you out and injure you in a split second. Either you will be greater than the steel this day or it will be greater than you. It's that simple. To reiterate, do everything in your power to mentally prepare to face the steel, not a competitor. I found when you look at this sport with this mindset, you can achieve your goals a lot more quickly. Focus on your numeric goals and take them



The Big Evil, Jamie Harris, has returned to powerlifting to give back to the sport and its lifters

down systematically. Leave the hype to professional wrestling (I love hype and pro wrestling, it just doesn't apply to your lifting). Now that we have talked about mindset, let's talk about some of the things we can do to mentally prepare ourselves for the platform.

The most important part of mental training is visualization. If you can see yourself mentally

doing something, the odds are better in your favor that you really can do it. Now, these are in terms of realistic goals, of course. Increasing one hundred pounds on your bench in ten weeks would be a little unrealistic and will lead to disappointment. We want to stay positive by setting realistic, achievable goals, where a twenty pound gain is a lot more realistic. Start

photos courtesy Bert Wagner page 88 »



### POWER FORUM

### THE IPF WORLDS

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.

This month's forum question is why the United States men's team is no longer a dominant force at the IPF Worlds.

The first Worlds were held in 1971, hosted by York barbell, and it was mainly U.S. lifters. For almost the next 25 years the U.S. was the dominant team.

Why have things changed and what is the cause? The following are the opinions of the forum members.

AL CASLOW: Though I am a multi-ply lifter, I am a fan of powerlifting as a whole. From my understanding and knowledge (or lack of) based on what I read, the participation for Worlds seems to have dropped off significantly in the last few years. The U.S. Team appears to be low in numbers. I can guess as to why and assume with a few ideas, but the team for Worlds is low. You have to factor in drug testing as well. How accurate and how strong is their component in terms of who to test, how often and WHEN? When being the key. I don't for once buy the notion of training, and that their training is better. I do agree with a lot in that they have some better opportunities to be in position to lift more frequently and more dedicated. It's a lifestyle for some, a job in European countries. NOT IN AMERICA.

**BILL ENNIS:** Since I ref in both the USAPL and USPF (and have done so for years), I have the opportunity to observe men competing in both organizations.

Therefore, it is my humble opinion that the best male lifters in the U.S. choose not to compete in a drug tested organization. This is not to say that there are no strong drug-free lifters in the U.S. Brad Gillingham, Wade Hooper and Scott Layman, to name a few, are at the top of their respective weight classes. However, the vast majority of truly strong competitors avoid the USAPL/IPF like the plague. I also would like to add that many non-USAPL lifters would pass any drug test given to them. This is not an indictment against any organization, but I really don't care if anyone is offended if they think that it is.

RYAN CELLI: I would have to say one reason is because there is not much interest in it. I don't follow the IPF too closely myself. I would bet I could ask 100 lifters at any non USAPL/IPF meet who the current IPF Men's World Cham-

pion is, and not get one correct answer. I wish this was different because I believe these two organizations are the most prestigious organizations going.

Another reason may be money. Do the Europeans get paid to compete? I don't know. Again, unfortunately I don't have much experience with the IPF.

WADE HOOPER: First, when this sport first began there were not that many countries involved in the sport. Competition was not as tough because we had only a handful of countries to worry about, and the U.S. was definitely way ahead of the curve back in the late '70s and through the 1980s. The U.S. dominated with superstar athletes such as Ed Coan, Mike Bridges, John Kuc, Gene Bell, Dan Austin, Lamar Gant, and the list goes on and on. But as this sport gained popularity overseas, many tremendous lifters started competing in this sport. Other countries were producing their own superstars—and many of them. Consequently competition became much, much harder. It isn't that the U.S. was getting worse, because most of our top lifters competing at the World Championships today would have won World Titles with their totals back in the 1980s.

Second, and probably the biggest reason, was the creation of so many powerlifting federations. This has only served to dilute the talent that we have in our country. Back in the '80s, it was nothing to go to a national championship and have to compete in a weight class that had two or more world champions competing in it with many of the other lifters in that class being competitive enough to probably win a title had they gone to the Worlds. This made for fierce competition, and only made the winner of the weight class better for it. With all the federations in our sport in the U.S., all of which have their own national championships, a lifter could easily win a national title without even having someone in their weight class. Obviously, the best way to produce the most competitive team possible, would be to have fewer federations. This would make competitions much more competitive and make for a better lifter.

DAVE RICKS: I have lifted as a member of the U.S. men's team in the mid '90s when the USPF was the qualifying organization to select the US men's team, and recently I have lifted as a member of the USAPL, who now selects



Brian Schwab has competed at the highest levels of the WPO and in raw competition

the U.S. team membership. The USAPL does not get all the top athletes representing the U.S. men's team due to the large number of multiple lifting U.S. federations. Also, several of these federations have their own world championship, so for the average citizen it is confusing to understand which world championship has more meaning. One method is to increase the awareness of the IPF championships so that more of the non-USAPL athletes may want to aspire to reach that level.

BRIAN SCHWAB: Do you really want the real answer to this? The U.S. obviously has access to the most up to date training methods as well as the best equipment and gear. I think the answer is obvious. The USAPL and IPF are drug tested, not drug free. If you look at the IPF's suspended list, the vast majority of the countries listed are from overseas. Maybe the U.S. lifters are actually following the rules whereas the other countries are doing their best to get around them. I guess we can't know for sure.

Another explanation is that our federations in the U.S. are too watered down. This actually supports my previous reason. Many of the best U.S. lifters gravitate toward the untested federations whereas the countries overseas don't have the opportunity to compete in as may federa-

photos courtesy Mike Lambert/PL USA page 90 **»** 

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Instead, we feature real people who have achieved <u>unreal results</u> by using our products along with their nutrition & rigorous training.

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### Matt Vinopal – Madison, WI





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).

#### raining 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 Heriehy - 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 fi eld 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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### INTERVIEW

### DAMARRIO "DOC" HOLLOWAY

as told to Powerlifting USA by Larry Miller, D.D.S.

#### Doc, why don't you give us some background information about yourself, age, occupation, family, etc.

My real name is Damarrio C. Holloway. I am 29 years old. I am a high school mathematics teacher at Clarke Central High School in Athens. GA. I have a wife of almost 3 years, Courtney Holloway, who is my greatest friend and fan of over 10 years.

#### Where do you reside?

I live in Duluth, GA, about 30 miles north of downtown Atlanta.

#### How did you get the nickname Doc?

My mother gave me that name as a young child because not only do our last names rhyme, but I also had the characteristics of Doc Holiday, the cowboy.

#### How long have you been competing in the sport of powerlifting?

I've been competing in powerlifting for nearly 11 years (1 year off due to injury in 2008).

#### What sports were you active with in high school and college?

In high school I played basketball and ran track. I was mediocre (at best) in both sports, but I've had several years in martial arts and baseball before HS. In college, the only sport I did was powerlifting.

#### How did you get started in powerlifting?

Well, when I got to Louisiana Tech University, I wasn't doing much the summer going into my freshman year. I was just working out, but not in the weight room though. As a matter of fact, I hated weights all through high school, skipping all weight-training workouts during track season. The fall of my freshman year, my RA asked me if I wanted to join the PL team as he saw me walking into the building. I had no idea what it was because it wasn't big in Arkansas, where I'm from. I just said "yeah" and he told me to come to practice. I might as well; I didn't have anything else to do at the time.

### What are your best lifts for each weight class you have competed in?

At 114—squat 400, bench 193, deadlift 490. At 123—squat 463, bench 303, deadlift 573. At 132— squat 573, bench 341, deadlift 589. So far at 148—squat 606, bench 374, deadlift 611.

### What have been the highlights of your career to date?

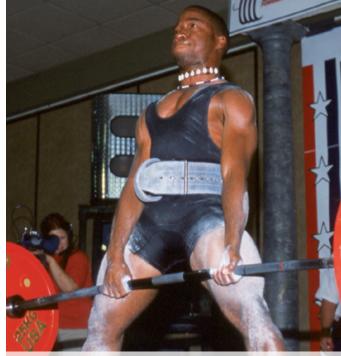
So far the highlights of my career is honestly meeting the hundreds of great people I've met over the years and being able to help as many people in the sport. That's what I've enjoyed more than lifting in this sport. Another highlight was being honored as one of the all-time top 25 men to compete in the Men's Open National Championships.

#### What remaining goals would you like to accomplish?

I've won a Junior World Championship in 2003, but have yet to win an Men's Open World Championship. I've gotten top three, but I'd really like to hear the United States National Anthem during one of the light-weight medal ceremonies. I'd also like to break a world record, either raw or equipped—especially in the deadlift. If I do that, I'll also achieve one of my other goals which are to qualify for the Arnold deadlift competition as a 148.

#### Who are some of the lifters you enjoy watching and what lifters amaze vou with their strength and lifting prowess?

Dan Austin is one of the many lifters that I look up to. I've read many articles about him in the past and have much to shoot for now that I'm in the 148s. I try to be as technical as possible when lifting, so he is one that I try to mimic as often as possible. As far as deadlifting, he and Char Gahagan are the ones I enjoy watching the most. Mike Mastrean is another



Doc deadlifting at the 2003 USAPL Nationals

lifter who I enjoy watching. We are pretty good friends and talk about training and other things sometimes between meets. He amazes me with the power of his squats. The lifters who inspire me the most are the ones I see who do the sport strictly for enjoyment, on either the novice or elite level. I honestly don't think you can make this sport grow to its potential unless there are many on all levels that enjoy the sport and are willing to share experiences before, during, and after competitions.

#### What kind of training program are you on?

I'm currently doing a modified Sheiko, mixed with a bit of other things. A few of the guys are doing programs that Michael Tuchscherer writes, so they have recommended a few things that he has written too. The way I primarily train depends on what I've learned from the last competition, whether it's what my weaknesses were or what I've learned from watching or talking with another lifter. I usually don't make major changes to my method of training from meet to meet. I just make small adjustments per lift regarding technique, and if I make a change to my technique, then I have to strengthen a few smaller muscles that I haven't utilized as much in order for that technical change to be effective.

### What are your recommendations for beginning lifters?

ENJOY IT!!! This is such an individual sport that it can easily negatively affect your daily life. When I'm training, I generally don't think about all of the other things I have going on in my life. That's actually hard to do because I have to train at 4:30 in the morning, before I get my day started, and my day starts pretty quickly as a teacher. I try to appreciate the ability to compete in this sport and thank God for that ability every workout. If I have a bad day in the gym or at a previous meet, I have learned over the years that there will be another day to train and another meet to compete. Also, I would recommend watching as many lifters as you can at the meets and learn something from them at every meet; even you have to ask for advice afterwards.

page 91 » photos courtesy Mike Lambert/PL USA



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### HARDCORE GYM

### **#99 SPEED THROUGH POWER**

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



Local kids training at STP as part of their PAL program (Bill McDonough photos)

Two months ago, we talked about The WAR House (#97)—but I didn't tell you where it was. I told you it was in a secret part of the country that is FULL of strength athletes, but no one was immediately able to guess the gym location—at least not before the next issue of *Powerlifting USA* magazine—so we went to a gym in the Salt Lake City area instead.

Last month we talked to Brad and Jody from Extreme Ripped Fitness (#98). Their story started in MT, but the gym dream finally came together in UT. Meanwhile, about two dozen of you correctly guessed that the WAR House gym was in MO. The first correct answer came from lifter D. Manuel (from PA) who won a free HOUSE OF PAIN shirt for his efforts! It was a size 4X tee, so he must be a big boy!

That correct answer means that we can go back to the St. Louis area to visit a new hardcore gym from this new hot-bed of powerlifters! Because I was at the Texas Fire Olympics powerlifting meet yesterday, it seems like this next gym should be tied to police or fire in some way. *PL USA* reader Bill Duncan told me about STP, and the owner (different Bill) is a cop. That works for me! I'll let Bill McDonough tell you all about Speed Through Power; it is Hardcore Gym #99.

My name is Bill McDonough. I am the owner of Speed Through Power (STP), and I have been a police officer for 22 years. I am the founder and coach of the St. Louis Metropolitan Police Department's (SLMPD) powerlifting team. This is where the SLMPD team trains. STP is also a civilian training facility which trains athletes in strength and conditioning. I'm an ISSA certified specialist in sports conditioning, and half of the facility (2500 sq. ft.) is set up with astro-turf, power cages, plyo(metric) boxes and other strength and conditioning aids.

The other half is set up as a powerlifting

only gym. I have approximately 40 members who are all competitive powerlifters. Our biggest name—as well as member—is Jeff Lewis. We have IPF competitor and Arnold RAW winner Nick Weite (SLMPD member) and many other strong powerlifters. In the middle of the power room sit four platforms; one with an ER Rack, the second with a heavy duty platform bench, the third with a free standing squat rack, and the fourth a deadlift platform. We refer to this area as the "alter." The prayer from the Boondock Saints is placed at the front of the "alter" area. Remember, we're mostly cops in the toughest city—this year anyway—in America.

As for hardcore, we meet that, I believe. We have one mirror in the entire gym and that's over the sink in the bathroom. The building is an old printing company that I've changed to meet our needs. While the training facility side is painted and has nice carpet and equipment, the power room is a well lit dungeon—with more weight than Jeff "King Louie" Lewis can handle and top of the line powerlifting equipment.

On Sunday afternoons I run a Police Athletic League (PAL) powerlifting program for the youth of St. Louis and the members help coach. It's common to have 40+ kids in there getting instruction from some of the best in the business. The kids range in age from 5th grade through high school. This publicity would be great for PAL incidentally. One of the article photos shows these PAL kids training in a group with Big Jeff, and another photo shows the Police Athletic League in a group shot.

The third photo with this article is of my 16 year old son, Colin McDonough, pulling 505 lb. on the deadlift section of the altar. (Great DL for a 16 year old! RB) This is a

shot of the power room as well. Colin is a sophmore at St. Mary's High School, playing football and baseball, as well as competitive powerlifter, having already qualified for the USAPL Teen Nationals.

It is obvious that Bill is rightfully proud to be a St. Louis cop, and I happen to know that he is third generation SLMPD, tracing his police roots back to a grandfather who started at SLMPD in 1910. His family has 100 years of history with the St. Louis Metropolitan Police Department! I know that SL is a tough city, so I asked Bill if the SLMPD cops were the toughest in the USA. Here is his answer:

I wouldn't make such a statement saying we're the toughest cops around, but we are some of the strongest. The SLMPD power-lifting team has competed throughout the USA as well as Barcelona (Spain), Quebec (Canada), and Adelaide (Australia). While powerlifting is a single person event, we train together and support each other as a team. All the STP powerlifters are very close, and thus we only allow approximately 40 people to belong to the group. It is by invitation only, and one must show the ability and desire to work hard—and not be an ass.

The gym website is www.STP-Fitness.com. The pictures on the website depict the training area in greater detail. The contact info is all found on the website and the email is STPfitness@gmail.com.

Thanks to Bill for info on this elite group of lifters, and the STP Gym! Other powerlifting gyms of note in the St. Louis, MO, area include: Eagle Gym, The Firm Gym and Strong Gym. Maybe we'll talk about them in upcoming months, or maybe we'll go talk to Ricardo, Mike, and Jose. I wonder where they train?

Until next month, eat big, lift big, and then eat big again!  $\mbox{(}\mbox{(}$ 



The Police Athletic League (PAL), including Jeff "King Louie" Lewis (back left in the blue shirt) and STP owner Bill McDonough kneeling on the right



Bill's son, Colin McDonough, pulling a massive 505 lb. DL on the "alter" at STP



# PROGRAMMING AND ORGANIZATION OF TRAINING

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

When training for a meet, there must be organization of systems of training. This is called periodization. In 1917, Kotov, of the former Soviet Union, wrote a series of texts about training that considered general preparatory and specific needs. Most lifters would use a progressive gradual overload system. Here, the reps were high in the beginning with light weights. Then over time the weight became heavier and the reps lower, leading up to a contest. This is simply a detraining system. The muscle-building phase is first, along with speed strength. As the weights grow larger and the reps are decreased, the hypertrophy is lost. The maximal strength phase begins, but bar acceleration speed is lost and contest training consumes the bulk of the training. This makes peaking for a meet very unpredictable.

Dr. Matveyev realized in 1981 a more sophisticated wave periodization must be utilized than his first models in 1964. Sports scientists such as Verkhoshansky, Vorobyev, and Ermakov found the same to be true. The system of equal loading of skill and strength training was common in track and field. This was also considered by Bondarchuk, but Bondarchuk's idea was to develop skill first to take advantage of the strength increases. Top Olympic lifters in the former Soviet Union would use over 50% of their training on special exercises to increase the totals. Around 80 special exercises and 20 skills, while wave loading, were given priority for about 5-8 weeks at a time by Verkhoshansky in the late 1970s. This was to contribute to the next wave of 5-8 weeks. This system was for highly qualified athletes and lifters.

Westside training is much more weighted toward special exercises. Our waves never last longer than 3 weeks for speed strength and 2 weeks for strength speed. For Olympic lifters, squatting was front and back squats with only one bar. Westside can change volume in the same intensity zones by using a wide variety of special bars, but what about programming? What does it consists of? What do you change during the year? I feel top powerlifters should compete two times a year in a full power meet and maybe one bench meet or one deadlift meet. There are four phases of training in a yearly plan. They should start after a meet. As the training continues, it is important to know the terminology and what is expected during each and every training phase leading up to an important contest. Let's look at each phase independently starting with the accumulation phase.

#### ACCUMULATION PHASE

First many would consider this off-season training, but athletes cannot have time off: no  $\,$ 



Westside trainees benefit from the training insight of Louie Simmons



Training at Westside has brought dozens of lifters to unheard of heights in powerlifting

vacation, just training and work toward increasing their ability. At Westside, we concentrate on improving bar speed in all squatting and deadlifting workouts on Friday and on Sunday for speed strength benching, commonly known as the dynamic day. We rotate many special bars to change the volume while maintaining the same bar speed at the same intensity zone, or percentages. The training must be dense, meaning very short rests between sets. You must work to raise your training volume at all percentages; adding hypertrophy, increasing bar speed, and perfecting technique are

essential. This period of training was intended to increase speed of movements in all sports, especially track and field, but we use this period after a meet for all aspects of increasing special strength gains as we work on weaknesses to increase skills in all lifts and also increasing GPP. After all, you must recover from more difficult workouts to succeed in any sport.

#### INTENSIFICATION PHASE

In this phase of training the lifter or athlete will push his or her training toward the sport itself. For a powerlifter the 3-week wave style of

photos courtesy of Wayne Stover page 96 »



### NUTRITION

### POWER NUTRITION Q & A

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

#### CAN VITAMIN C HELP PREVENT CANCER?

Q: I really liked the article you did about junk food being as addictive as heroin. Oh my gosh, once I saw the title you had me hooked to read the entire thing from start to finish. You are so right too; many lifters are addicted to soda pop and junk food of all kinds. We as lifters do have a bad reputation among other sports being known as the big fat strong guys and I know you don't have to be fat to be strong. Some good examples are Marius Pudzianowski who won the World's Strongest Man multiple times and Derrick Poundstone who has won the Arnold Classic Strong Man as well. These guys are massive strong men yet they sport a lean and strong physique. Now that so many strongman competitors are leaning up, I think this is something our sport should be trying to follow in as well. All that extra body fat is not healthy and for all the guy lifters who are proud of a big gut that sticks out like they are nine months pregnant with quintuplets, you need to screw your head on straight thinking that this is good for your heart health. Yeah, you might be able to belly bench a lot with that big gut, but at what cost to your heart and cardiovascular system. I agree with you fully that lifters eat way to much junk food and I want to thank you for making an attempt to educate us on how to live a stronger and healthier life. I am not saying we need to be bodybuilders here, but where do we draw the line? When a male lifter is packing over 35% body fat there is something wrong here with the picture. It's time to step away from the ice cream and get your fat ass on the treadmill. Anyways, sorry for the ranting, but I had to get this off my chest. My question is about Vitamin C in relation to cancer. I heard someone at the gym saying it may prevent or help fight cancer. Is this true? If you can give me some insight on this topic that would be great. Thanks in advance for getting back to me and if you can print your reply in the magazine I would love that.

Sincerely, Julie Rotondi

A: I am so happy to hear that you liked my article last month. I try to bring you new and cutting edge information every issue and help educate the powerlifting community on the finer aspects of natural performance enhancement and health longevity. Wow, you really know how to sock it to all these lifters, eh? I thought I was hard on them and then you come and lay the smack down like some kind of Nutrition Gestapo. All joking aside, it is good to see someone that wants to see change in the sport because it will not only improve the health of these lifters, but also their performance in the long run. When I had read your question, you had me on the ground about getting your ass on the treadmill and to push away the ice cream. Your sense of humor is fantastic. Now in relation to your question about Vitamin C and cancer prevention, your friend at the gym was correct indeed. You see, in a couple recent studies they have found some very promising results that everyone reading this will be glad to hear. I am going to attempt to put this information into some basic lingo. This is something I will try to do so that you don't simply turn the page. I know if I get too scientific on you and lose your interest it won't benefit any of us. As I was scouring through some studies I found one in the Journal of Angiogenesis Research that really had some great information. It showed that when there are high levels of Vitamin C in the blood it can beneficial in fighting this horrible disease due to its effects on preventing angiogenesis. Basically this big word here just means that it prevents the new growth of blood vessels that feed these cancerous tumors. This is very important because the large majority of cancer treatments have this main goal—to cut off the supply of blood vessels that nourish and feed these tumors. One of the many downsides of using pharmaceuticals to promote angiogenesis is that there are some horrible side effects and anyone that has used these drugs in the past or know someone that has can attest to what it can do; basically make you feel like crap

The scientists used two different assays to take a look at both out-



Many time WORLD'S STRONGEST MAN, Mariusz Pudzianowski, belies the myth that you can't be both BIG and RIPPED at the same time

comes. The first was done as an ex vivo study performed on rat tissue. The second study was performed as an in vivo study performed on mice. Now both of these studies showed that by using high dose Vitamin C intravenous infusions new blood vessel growth was inhibited. These little mice were given a substantial dose here which was around 430 mg. of Vitamin C per kg. of weight. When they looked at the in vivo assay, the Vitamin C treated tissue had 30% less blood vessel growth than the tissue that was not infused with any Vitamin C at all. This 30% reduction was for both the number of vessels and also the vessel densities as well. This is fantastic news to say the least. So as you can see, taking Vitamin C has another health benefit that many were unaware even in the nutrition and medical communities.

As I dug deeper into this topic, more good news seemed to sprout up before my eyes and, of course, I have to share it with all my loyal readers. In another journal that I know is read by the large majority of powerlifters (sorry for the blatant sarcasm, but I couldn't withhold myself), another new study published in Biochemical and Biophysical Research Communications had some interesting information in regards to Vitamin C supplementation and Mesothelioma. For those of you who don't know what this is it is a rare and deadly form of cancer that currently has no cure. I know this really sucks, but never give up hope. Even radiation, chemotherapy and surgery have not beaten this horrible strain of cancer that affects tens of thousands of Americans. Japanese researchers decided to take a look at the effects of high dose Vitamin C and its relations to this disease. The researchers used pharmaceutical grade ascorbic acid (Vitamin C for all you non nutrition gurus) in high concentrations and found that in vitro (which is

photo courtesy Mike Lambert/PL USA page 92 **»** 



### **APF SOUTH CAROLINA BATTLE OF THE BAD**

APR 17, 2010 >> Columbia, SC >> as told to Powerlifting USA by Will Millman

BENCH Masters		R. McA 275 lb:		550	198 lbs.					<b>181 lbs.</b> Summerville	530	425	530	1485	<b>275 lbs.</b> F. Wright	640	475	655	1770
198 lbs.		(45-49			R. Blackmon	450	415	435	1300	Raw					A. Kicklighter	510	365	465	1340
R. Blackmon	415	C. Rab	on	480	(45-49)					J. Cochcroft	350	275	500	1125	J. Ewart	_	_	_	_
W. Lancaster	300	Open			J. Herrera	435	300	465	1200	198 lbs.					308 lbs.				
220 lbs.		220 lb	s.		(40-44) Raw					Raw					D. Brown	750	535	585	1870
(60-64)		J. Hodg	ges	400	R. Bagley	430	325	470	1225	G. Crook	485	385	600	1470	SHW				
K. Harmon	350	242 lb:	s.		Lichtenberger	735	_	_	735	S. Feeney	530	285	525	1340	B. Tutko	750	530	625	1905
(40-44)		J. Ride		500	242 lbs.					220 lbs.					Police/Fire				
J. Hodges	400	J. Rove	y	440	(40-44) Raw					J. Rakowsky	800	650	550	2000	198 lbs.				
242 lbs.		SHW			C. Laird	565	360	575	1500	W. Kuenzel	600	455	600	1655	R. Bagley	430	325	470	1225
(40-44)		M. Hu		540	275 lbs.					B. Hart	585	385	515	1485	Junior/Teen				
Full Power	SQ	BP	DL	TOT	(45-49)					242 lbs.					242 lbs.				
FEMALE					H. Wotring	675	550	520	1745	C. Smith	695	550	640	1885	L. Hill	250	230	420	900
Open					(45-49) Raw					P. Morris	675	500	550	1725	220 lbs.				
114 lbs.					C. Rabon	620	480	620	1720	G. Rollins Jr.	565	375	485	1425	J. Mattei	280	160	225	665
L. Craft	200	140	250	590	308 lbs.					Raw					Best Raw Lifter	r: Curti:	s Rabor	ı. Guest	Lifter:
MALE					J. Hoskinson	1050	770	685	2505	C. Laird	565	360	575	1500	Jim Hoskinson				
Masters					Open					Raw					Best Bench Pre				est Raw
148 lbs.					165 lbs.					B. Stoudemire		350	615	1485	Bench Press: V				
(50-54) Raw					Raw					P. Flynn	750	505	_	1255	» results court				hotos
F. Reales	285	200	355	840	B. Long	330	240	405	975	Washington	_	_	_	_	courtesy Leon	Mayes	Photog	raphy	

Just when I thought that putting on these meets with Donnie Thompson couldn't get any more exciting for everyone involved, I was proven wrong. Donnie suggested that we ask Jim Hoskinson to come up from Florida to be our guest lifter. Jim immediately agreed and his incredible story and super lifting took the meet to a new level of intensity.

Our main sponsors—Doctor's Care. Progressive Sports PT, UCI and Carolina Orthopedics—were as gracious as ever. The Columbia "Quad Squad" roller derby girls were our card girls keeping the audience in the meet by carrying cards with the lifters name and their attempted lift—all while on roller skates. Karl Tillman but needed the help of the spotters with a was in the head ref chair, Jay Robinson (up 260 lb. attempt. A solid deadlift of 405 lb. of his bench presses was still good enough job spotters! Deadlifting 475 and 525 he from Rock Hill) with Susan Bartley (a ref was another PR. He totaled 975 lb. for 1st trainee) at his side was in one side chair and Brian Mac (up from Charleston) with ref trainee Michael Steck was in the other side chair

I was on the mic with Phyllis and Jason at the scoring table. Marge got the "Quad Squad" started and Tex cranked up the music signaling the start of the meet. We had 31 lifters in full power with 7 in bench only.

Our first lifter was Lindsey "The Elf" Craft from Elm City, NC. At 109.4 lb. she lifted RAW in WO 114. She came to hit a 200 lb. squat, and that she did on her third successful attempt. Benching 140 and deadlifting 250 (barely missing 265 with the most determined try that we had ever seen) she brought the whole audience and lifters to their feet, applauding in acknowledgement of her great effort. Her 590 lb. total was a PR and earned her 1st place in her division and American records in the squat, bench press and total.

Up next was loev Mattei 13 years old. lifting in his first meet I/T 220. His dad, a powerlifter himself, had his back the whole time which I'm sure gave Joey a lot of confidence. He made three good squats of 200, 240 and then 260. He benched 140 and 160 but couldn't quite

his total to 665 lb. and earned him a 1st place plaque. We look forward to seeing

"Boss Man" from Eden, NC was next. He trains with Hannah and Matt and was also lifting in his first meet. He squatted 250, benched a solid 230 and deadlifted a big 420 lb. for new PRs in the bench and deadlift. A 900 lb. total earned him 19 place in J/T 242. He's just getting started.

Our next lifter, Bryant Long, also lifting in his first meet competed in MO 165 RAW. He made three good squats up to 330 lb. for a new PR and benched 240, place. He set three new SC RAW records in the squat, deadlift and total.

(50-54) 148 RAW This was his second meet and Donnie was with him all the way. He squatted 285, but could not get either of his next two attempts with 310. He had a good bench press of 200 lb. for a new PR and a big 355 DL also for a new able under the bar he missed all three PR. Totaling 840 lb. and setting two new SC State RAW records he earned 1st place

"Little Dog" the Bounty Hunter, John Cochcroft, was pumped and ready to lift. He was 1st place in MO 181 at our SC Championship in '08 and currently holds three APF SC State records. He squatted 350, benched 275 and hit a big 500 lb. deadlift for a new PR: 1st place in MO 181 RAW and set new SC State records in the squat, deadlift and total.

Next up was "Coach" Ron Blackmon lifting in MM (60-64) at 198. He hasn't lifted for a few years, but Killer remembers from NC come back to the powerlifting him well. Back in the day he was the first man he ever saw who bench pressed 500 lb.! Handled by his nephew, Rodger Dodger, he was ready to lift. He had three solid squats of 350, 405 and 450 lb. His 415 lb. bench was good enough for a

get 170. Three deadlifts up to 225 brought new APF American bench press record. He deadlifted up to 435 lb, to total 1300 lb. He earned 1st place in his division four new APF SC State records and the Luke Hill—another teenage lifter—the APF American Bench record. Nice day

> Robert Bagley, MM 198 (40-44),a firefighter from Monroe, NC, who works out with Jonathan at Iron Country Fitness, was our next competitor. He squatted 450, benched 325 and deadlifted 470, hitting all of his attempts 9x9 to total 1225 lb. He Strength in Charleston was up next. Trainearned plagues in both MM and P/F.

Next up was Joe Herrera from Summerville, SC, competing in MM 198 (44–49). He hit all three of his squats up to a new PR of 435 lb. Making only two for another new PR of 300 lb. A big 435 lb. deadlift sets yet another new PR by 65 lb.! He totaled 1200 lb. for 1st place Frank Reales was our next lifter in MM in his division and four new APF SC State records

Eddie Washington was up next from here in Lexington. In MO 242, Eddie has lifted in most of our meets, but today was an off day for him. Not looking comfortthe meet. We do look forward to seeing him again in the future.

One of the big surprises of the meet was Adam Kicklighter—a high school teacher from Cornelius, NC, lifting in his first meet in MO 275 at 24 years old. He made all three squats of 405, 455 and 510. All three benches of 250, 315 and 365 were good. Finishing with three solid deadlifts of 350, 405 and 465 he totaled 1340 lb., all new PRs and 1st place in MO 275. Great day "Mr. Kicklighter."

We were honored to have Greg Crook platform. He holds too many records to list, including APF Elite lifter status at 198 lb. and numerous NC State and American lb., but just couldn't get the 580 on his records over the years. Usually lifting equipped, this was his first raw meet. To use his words, "I was humbled by the dif-

ference in weight from what I was used to lifting." As always, he gave it 100 percent. Squatting 435, 465 and 485 he looked real solid. Benching 345, 379 and 385 lb. 6x6. And now the deadlift...525, 560 and a big 600 lb.—now that's a BIG pull at 198 RAW! It was the biggest pound-forpound raw deadlift of the meet. Going 9x9 he totaled 1470 lb. for 1st place in his division. What a day. Welcome back!

Sean Feeney from Low Country ing with Will he has made great strides in the last year. Lifting in MO 198 he made all three of his squat attempts of 460, 500 and 530 lb. for a new PR. He benched 255 and 285, but just missed 305-good gets another PR. A major effort with 550 was a little too much today, but it was a good day, totaling 1340 lb. and 1st place in his division.

Our next lifter was Bobby Hart also from Low Country Strength. Bobby is in the U.S. Navy and we thank him for his service. He lifted in MO 220. He made three strong squats up to 585 lb., a new PR by 80 lb. He benched 385, another squat attempts with 400 lb. He was out of new PR. He had a little trouble with his deadlift, only making his first with 515 lb. A 1485 total gave him 3<sup>rd</sup> place.

"Bam Bam" Brandon Stoudemire was up next. He's a big "Bounty Hunter" lifting in MO 242 RAW. He trains nearby at "The Jungle." Opening with a 500 lb. squat, he looks strong—good lift! Next up to 520; also good and a new PR, but his third attempt with 560 needed the help of the spotters. He benched up to 350 lb. and deadlifted 615 for a new PR. He totaled 1485 for 2<sup>nd</sup> place in our biggest division.

"Sexy Dexy" Summerville, from Mooresville, NC, and training with Donnie at "The Compound" was next. Lifting in MO 181, he hit his first squat at 530 next two attempts. He benched 425 and deadlifted 530 for a 1485 lb, total and 15 place in MO 181 equipped.

Our next lifter was George Rollins Jr. He has lifted at many of our meets and always does well. He squatted 565 and barely missed the 590 that he wanted. He in MO 242 and had a good day. A 675 made three good bench presses of 325, 350 and 375 lb. thanks to perfect handoffs from his wife. He pulled 435, 460 and 500 lb. was also a new PR. Finishing with a big 485 for a new PR. He totaled 1425 a 550 lb. deadlift, he totaled 1725 lb. for and earned 3<sup>rd</sup> place in a tough MO 242

Curtis Laird was up. Lifting in MO/ MM 242 RAW he had a good day. Three strong squats of 545, 555 and 565 lb. for a new PR and a new APE SC State in MM (40-44) 242 RAW and MO 242 RAW. He benched 350 and 360 for another record and 1st place in MO 242 and MM 242—a REALLY good day.

Now Curtis "The Master" Rabon from Salisbury, NC, lifting in MM (45-49) 275 RAW. He is a trip to watch! The level of concentration cannot be described—just the results. He was the best RAW powerlifter at our last meet and was again at this be back. meet. He's starting to look unbeatable. He 620 for a total of 1720 lb 1st place MM 275 RAW, 1st place MM 275 RAW benchpress and again "Best Raw lifter."

Pageland, SC, who trains at Iron Country Fitness lifting in MO 275 RAW What a day he had! Three big squats and a new PR with his second attempt of 600 lb. and his strength. "plenty more" with 640 for his third. He benched 475 and had a super deadlift of 655 lb. to total a big 1770 lb. and 1st place in his division. He also set all new APF SC State records. Great job!!

James Ewart from Low Country Strength in Charleston had one of those tough powerlifting days. At MO 275, he opened with a 550 lb. squat attempt (70 lb. above his PR), but just could not get into his groove. After three failed attempts he was out of the meet. He'll be back!

Low Country Strength." Lifting in MO 220 State records and APF Elite Lifter status. he came to hit that big 600 lb. squat that he has been training for. Opening at 560 he looked strong and solid. He called for 600 lb. for his next attempt...and he nailed it! What a great squat—and a new trains at SC Barbell. He kind of gave me PR. He benched 455 for another new PR and deadlifted a big 600 lb.—again a new strong today." He squatted 750, benched PR and a total of 1655 lb. Good job, Will! 505 and could not get any of his DL at-

As the card girls rolled out with the next squat attempt of 625 lb. for Chauncey Smith, Donnie brought in some additional "Big Hoss" power as the back spotter. Furman donned his 5x police officer from Cavce, SC, and lifts in MO 242. He hits squats of 625, 665, and 695—WOW! Movin on up; three great squats. He benched 550 lb., the biggest in also the biggest in MO 242. He won a 1<sup>st</sup> form. This massive guy had the crowd on place plaque with his 1885 lb. total.

Henry Wotring, a strong Master lifter from Summerville, SC, training at Low Country Fitness, competed in MM (44–49) ting, lim hoists his first squat attempt of 275 lb. He started with a 650 lb. squat attempt, but could not steady it. His next with 675 was picture perfect. Going for a new PR with 710 was so close, but not auite. He'll get it next time. He benched 550 and pulled 520 for a 1745 lb. total

Up next was Philip "Lee" Morris, a deputy sheriff from Saluda, SC. He lifted lb. squat was strong and solid and good for a new PR. His first bench attempt with 2<sup>nd</sup> place in the very competitive MO 242 And now, the much anticipated

appearance of Mark Lichtenberger from Woodstock, GA, lifting in MM (50–54) 198. He came to attempt to break records that Ernie Frantz set in 1984. With Donnie and Furman spotting, he opened with an MM 242 record. Totaling 1500 lb., also a easy 675. Just missing the magic 735 on his second attempt, he came back to get it on his third—735 at 198!!! A big, big squat. While the ink was still wet in the record books, he was not able to make any of his bench press attempts and was out of the meet. The 735 does not count. What a disappointment, but I'm sure he'll

Up from Florida with Jim, Billy "Tank" squatted 620, benched 480 and deadlifted. Tutko was our next lifter. He is a compact, powerful guy at 341 lb. lifting in MO SHW. He hit two of his squat attempts, 705 and 750. Two strong benchpresses up Our next lifter was "Tez" Wright from to 530 lb. and a 625 lb. deadlift brought his total to 1905 for a 1st place plague in MO SHW. Almost starving all day Friday before the meet obviously did not affect

John Rakowski is a powerful 220 lb. MO lifter. He's from W. Columbia and trains with Donnie at "The Compound." He opened with a 750 lb. attempt and slammed it up for a good lift! His next attempt with a big 800 lb. had Donnie and Furman on their toes. He takes it down and blasts it up for three white lights—great lift! A new PR and so far the piggest squat of the meet. John benches 650 and deadlifts 550 for a monster total of 2000 lbs.!! 1st place in MO 220, "Best Our next lifter was Will Kuenzel, "Mr. Powerlifter" of the meet, two new APE SC Congrats "Ratatouie." What a great day!

> Pat Flynn was up next. He's a strong lifter in MO 242. He achieved "Elite Lifter" status at our Dec '09 meet and a heads up by saying, "I don't feel real tempts. That's powerlifting!

Our next to last powerlifter was David Brown from Ware Shoals, SC, lifting in MO 308. He hits a 750 lb. squat on his second attempt. He benched 535 easily meet t-shirt and was ready! Chauncey is a on his first try, but needed the help of the spotters on his next two with 600 lb. He deadlifted 585 to total 1870 lb. for 1st place in his division.

There is no mistaking our guest lifter, its feet with lots of encouragement from Marc Bartley on the mic. With Donnie and Furman and three other guvs spot-1035 lb. on his shoulders and begins his descent, but no, no, not this time. Once more with 1035—still not good. His third attempt with 1050 lb. was a "no question about it" squat—perfect...WOW!! 1050 lb. at 304. He benched 770 and dead-



Donnie Thompson (2nd from left) and Will Millman (2nd from right) amidst the Quad Squad (photos courtesy Leon Mayes)



Walt Lancaster benching raw

lifted 685 to total a big 2505 lb. Incredible for a guy who several years ago tore both guads and ruptured his patella tendons. Rehabbing himself back with powerlifting training, he is today a miracle man, who in 2005 squatted 1102 lb. An inspiration to all!! Thank you. lim. Our first bench only lifter was 70 year

oung Walt Lancaster from Charleston. ifting in this his first PL meet at 198 RAW he is national senior and master track and field champion. Discovered by our photographer, Leon Mayes, working out at can bench press"—and he sure can. Makwas good enough for 1st place in MM (70–74) RAW. "Best Bench Presser" of the MM (40–44) 242 for a 1st place plague meet, a new APF SC State record, and APF and setting a new APF SC State record. American record. Congratulations, Walt!

In MM 220 (60-64) RAW, Keith Harmon from Landrum, SC, was 1st place, set his division, and deadlifted up to 640 lb... lim Hoskinson, as he approaches the platwith a big 350 lb. bench. Jerry Hodges, from Advance, NC, lifting in MO/MM 220 Raw had a solid 400 lb. bench to win 1st place in MO and MM 220 RAW. Up next was Jason Rovey in MO 242 RAW. His 440 lb, bench earned him 1st place RAW. Justin "The Bull" Ridenhour from Salisbury, NC, hit a big 500 lb. bench for a new PR by 70 lb, and 1st place in MO 242. Moises "Big Mo" Hurtado from Orangeburg, SC, is always a crowd favorite.



Guest lifter, Jim Hoskinson

This big man just pushes it up! Lifting in MO SHW RAW he made his first attempt with 510 lb., his second with 540, but Pivotal Fitness, Leon said to me, "This guy needed Donnie's help with his third. First place for Mo. Our last bench presser was ing a 300 lb. bench on his second attempt Robert McMaster from here in Columbia. He's a strong bencher lifting 550 lb in

Many thanks to Donnie for giving his help and support to all of the lifters and of course for setting up this great venue. Thanks to all of our sponsors, helpers, spotters and loaders. Our hats off to the Columbia "Quad Squad" Rollergirls. Thanks to my granddaughter Danielle for doing the numbers. Leon Mayes Photography gets credit for all of the pictures. Special thanks to Leah and Hannah as expeditors. Justin James from Lexington had just started working out at Extreme and offered to help-WOW! Non-stop And as always, I couldn't do this without Marge, Phyllis and Jason. ((

### POWER RESEARCH >>

### **NITRO-TECH NOP-47**

### The World's First & Only Pre-Workout Protein Formula with NOP-47!

as told to Powerlifting USA by Team MuscleTech

You take protein supplements in the morning and after every insane workout because you know how important the amino acids in protein are for building not only muscle, but strength—the most important thing for any heavy lifter. Amino acids are the key components of protein, and taking in the right amounts of protein at the right times of day allows your body to maintain that ever-critical muscle and strength-building state. These facts about protein are pretty well-known, but very few take heed to the fact that protein can also be beneficial when taken before a workout. Taking a protein supplement before training helps ensure BCAA-rich protein is available to hardworking muscles during training, when they can really use protein for various metabolic processes

Until very recently, pre-workout protein supplements were essentially unheard-of...
But it's definitely time for the powerlifting industry to welcome the dawn of this new way to supplement with protein—pre-workout.
Some lifters might say that a protein formula is a protein formula and that it doesn't matter which one you take, but there is a science to it. You don't want to take just any old protein supplement! The very recent discovery of a novel whey protein hydrolysate that's extracted from whey protein for its significant vasodilating effects has taken pre-workout protein to an entirely new level; in essence, it has changed everything!

### THE SCIENCE BACKING NEWLY DISCOVERED NOVEL NOP-47

The renowned Team MuscleTech™ researchers at the heart of the eminent preworkout protein movement present to you the NEW pre-workout protein Nitro-Tech® NOP-47™! NOP-47 (pronounced en-ohpea-47) is a whey protein hydrolysate (aka, a specifically chosen amino acid sequence) that is painstakingly extracted from whey protein and used for its significant vasodilating effects in the new Nitro-Tech NOP-47 formula. This peptide is extracted using a resource-intensive process called Peptide Mining Technology in which the NOP-47 peptide is precisely selected and then mined (or "cut") from longer chains of amino acids (whey protein). By isolating and extracting this specific protein hydrolysate, the very real vasodilating efficacy of the NOP-47 peptide is revealed! Renowned engineers behind Nitro-Tech NOP-47 knew that this unique protein peptide had to be made available to those who would truly respect its capabilities. So, with a third-party patent pending, NOP-47 is now found exclusively in the new Nitro-Tech NOP-47 pre-workout protein formula. You simply will not find NOP-47 in any other sports nutrition supplement!

Here's the hard scientific study backing the effectiveness of NOP-47: In a placebocontrolled, cross-over study conducted at the University of Connecticut on 20 subjects, acute ingestion of the protein hydrolysate NOP-47 after two weeks of use was shown to significantly increase hyperemic blood flow at 120 minutes compared to placebo (29.9 vs. 27.5%/min)! And, in this same study, the peptide NOP-47 was found to significantly improve flow-mediated dilation response at 30, 60 and 90 minutes post-ingestion over the placebo (8.9 vs. 7.5%; 9.9 vs. 7.2%; and 9.0 vs. 7.6%, respectively).

As the study results show, NOP-47 is a vasodilating peptide that significantly expands blood vessels! With the amino acid rich protein provided by Nitro-Tech NOP-47 and its vasodilation effects thanks to NOP-47, it's the pre-workout protein formula unlike anything else available today!

#### ANOTHER KEY COMPOUND IN NITRO-TECH NOP-47 BUILDS MUSCLE & STRENGTH

In addition to its newly discovered, novel vasodilating peptide NOP-47, the protein component in NEW pre-workout Nitro-Tech NOP-47 also provides your muscles with amino acid rich protein pre-workout so it's available to muscles during training! Plus, an additional key muscle and strength-building compound was added to the formula and research shows it primes the body for gains in muscle and strength!

But don't take Nitro-Tech NOP-47 based

on faith alone; check out the real, documented research on this key musclebuilding agent: In a third-party study published in the Journal of Applied Physiology, nine untrained males were given the same dose of this additional key musclebuilding ingredient found in Nitro-Tech NOP-47. Researchers discovered a significantly elevated muscle concentration of this key ingredient in only 28 days! By elevating this compound, muscles become primed for gains in muscle and strength.

PLUS, in yet another third-party study on 31 weight-trained subjects divided into three groups, subjects using the same key ingredient in the Nitro-Tech NOP-47 formula increased their strength capacity on the bench press compared to baseline in only 10 days. That's right, just 10 days!

#### CREATING A NEW STANDARD: NITRO-TECH NOP-47 IS THE FUTURE OF PRE-WORKOUT PROTEIN SUPPLEMENTATION

As the world's FIRST and ONLY preworkout protein formula available with NOP-47 and ultra-pure whey protein isolate, NEW Nitro-Tech NOP-47 has created a new standard for pre-workout protein supplementation. Because now, not only can you take in BCAA-rich, ultra-pure whey protein isolate before you train, you can also experience significant vasodilating effects through this same pre-workout protein formula. Quite simply, Nitro-Tech NOP-47 is changing the way powerlifters across the industry supplement with protein! ((

component in

NEW pre-workout

Nitro-Tech NOP-47

also provides your

muscles with amino

acid rich protein

pre-workout so it's

available to muscles

during training!





### The FIRST and ONLY of its kind, Nitro-Tech NOP-47 is the NEW pre-workout protein formula with vasodilating NOP-47!

The truth is out: You can't afford to overlook pre-workout protein supplementation. Taking protein *before* training can be very beneficial, as it makes amino acids readily available to your muscles *during* training! But not just any old protein formula will do. You need something with **high-quality, leucine and BCAA-rich whey protein isolate**, plus an additional cutting-edge advantage... You need NEW Nitro-Tech® NOP-47™!

Nitro-Tech NOP-47 is the **first and only pre-workout protein formula available with the newly discovered vasodilating peptide NOP-47!** NOP-47 is meticulously isolated and extracted from whey protein using the extremely resource-intensive Peptide Mining Technology. Because this process is so detailed and precise the NOP-47 peptide is very unique. In fact, you won't find it in any other sports nutrition supplement; it's *only* in Nitro-Tech NOP-47!

With 25 grams of protein delivering 5,000mg of scientifically researched NOP-47 as well as ultra-pure, rapid-absorbing whey protein isolate providing BCAAs (critical building blocks of muscle), Nitro-Tech NOP-47 is a truly revolutionary pre-workout protein formula. Add to that its additional key strength and musclebuilding agent and you've got a recipe for strength and muscle gains!

### **NOP-47** [en-oh-pea-47]

(noun) A rare whey protein hydrolysate (aka, an amino acid sequence) that is meticulously extracted from whey protein for its use as a cutting-edge vasodilating agent in NEW Nitro-Tech NOP-47!

- World's FIRST and ONLY Pre-Workout Protein Formula with Vasodilating NOP-47!
- Significantly Increase Strength and Build Muscle!

A TABLE SHOP NATIONWIDE OR SHOP









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### RAIN.



### GOODSON WABDL WORLD CUP

MAY 15, 2010 » Wisconsin Dells, WI » as told to Powerlifting USA by Gus Rethwisch



Josh Kubeck's massive 756 pull as a 275 Junior (C. Venturella photos)

,							-,
BENCH		198 lbs.		D. Miskinis	253*	Harrison Jr.	705
FEMALE		K. Campbell	424!#*	Elite Open		Law/Fire	
Master (40-46	)	Teen (16-17)		Super		Submaster	
165 lbs.		181 lbs.		R. Vick	865	259 lbs.	
B. Hermann	236	S. Biddle	165	Junior (20-25)		M. Garvin	275*
198 lbs.		4th-170*		148 lbs.		308 lbs.	
K. Campbell	424!#	* MALE		N. Buck	341	Harrison Jr.	705
Master (47-53	)	Class I		220 lbs.		Master (40-46	)
123 lbs.		198 lbs.		B. Shekels	440	148 lbs.	
S. Sanford	143	M. Reuer	319*	242 lbs.		T. Aldag	297*
4th-165*		220 lbs.		J. Lickfelt	_	165 lbs.	
165 lbs.		G. Rowe	385	275 lbs.		J. Peterssen	369
L. Staplin	99	259 lbs.		B. Bingham	518*	4th-380*	
4th-104*		L. Pokora	490*	Law/Fire Open	1	181 lbs.	
Master (54-60	)	Disabled		181 lbs.		D. Lenius	485*
M. Schalles	225	165 lbs.		M. Ryan	468	198 lbs.	
4th-231*		D. Straight	181	J. Taylor	358	T. Coduto	440
Onen		101 lbs		200 lbs		I Candran	121

The Chula Vista Resort is right on the Wisconsin River and has 70 deluxe rooms. The ballroom is spacious, the buffet is excellent and the lounge is always hopping. There were 85 lifters in this event from Ohio, Michigan, North Dakota, South Dakota, Illinois, Maine, Missouri, Minnesota, Iowa and Texas—11 states.

There were four world records in the deadlift. Dennis Johnson, at age 66, pulled an incredible world record 551 weighing 164.2, and followed that up with 562! Eight years ago he was pulling 628 weighing 198. Rebekah Schmidt opened with a world record 473.7 weighing only 172.4 and had 502.6 over her knees. Dylan Balk was awesome with a 481.7 world record in teen 14–15/165 weighing only 159.4. Josh Kubech pulled a huge 756.1 world record in junior 275. He's been coming on strong fro about a year. If he stays with it he should hit 800 or both. However, the truly great lifters go to a world championship and see how they handle adversity. He hasn't been to a worlds yet and all the aforementioned world record setters have gone to at least three world championships.

	<b>A A</b>	_		_				
1	M. Happach	385	D. Smith	451*	165 lbs.		220 lbs.	
30	220 lbs.		198 lbs.		D. Anderson	496	R. Waldorf	501
34	A. Jensen	501/*	R. Norman II	562	Constantinea	457	242 lbs.	
3	259 lbs.		4th-578*		M. Milla	435	S. Coogan	529*
M.	G. Gulseth	551*	M. Reuer	319	198 lbs.		Master (61-67)	
	308 lbs.	551	220 lbs.	3.3	G. Rowe	584*	165 lbs.	
100	G. Powell	562	J. Brooks	352	242 lbs.	304	D. Johnson	551
	R. Walsh	302	M. Ogurek	534	D. Schmidt Jr.	589	4th-562!#*	331
2	Master (47-53)		4th-551*	334	308 lbs.	309	181 lbs.	
						611*		E22
	148 lbs.		259 lbs.		G. Powell	611.	J. Shetka	523
	D. Aldag	_	T. Cassata Jr.		Disabled		198 lbs.	====
-	165 lbs.		P. Mercado	440	181 lbs.		B. Hochstein	573*
2	Constantinea	319	275 lbs.		D. Miskinis	424*	220 lbs.	
-	275 lbs.		B. Ekebom	440	Junior (20-25)		A. Williamson	485*
	N. Cozine	451	Super		181 lbs.		Open	
	308 lbs.		D. Forstner	633*	C. Brudzinski	529	165 lbs.	
	K. Simplot	_	Teen (12-13)		275 lbs.		R. Snelling	606
	Super		M. Hawkins	110*	B. Bingham	584*	181 lbs.	
	J. Ray	589*	Teen (16-17)		J. Kubeck	756*	D. Hansen	628*
	Master (54-60)		181 lbs.		Law/Fire		G. Kleyn	584
	181 lbs.		M. Gapinski	231	Open		220 lbs.	
	J. Fjelstad	369	4th-242*		181 lbs.		B. Williams	672*
	4th-380*		198 lbs.		J. Taylor	523*	242 lbs.	
	259 lbs.		B. Norman	363*	308 lbs.		J. Lickfelt	622
	D. Sneen	385*	Teen (18-19)		T. Harrison Jr	567	4th-630*	
	Master (61-67)		181 lbs.		Law/Fire		275 lbs.	
	198 lbs.		D. Miskinis	253	Submaster		N. Lepine	677
	D. Swift	462	DEADLIFT		T. Harrison Jr	567	308 lbs.	
v	220 lbs.		FEMALE		Master (40-46)		J. Eddy	_
88	A. Williamson	314	Master (40-46)		165 lbs.		Super	
м	259 lbs.		165 lbs.		M. Milla	435	D. Forstner	644
26	L. Pokora	523*	B. Hermann	325*	J. Petersen	424	Submaster (33-	39)
	Open		198 lbs.		198 lbs.		181 lbs.	
ed)	165 lbs.		K. Campbell	462	D. Balk Jr.	519*	D. Hansen	628*
	Constantineau	319	Master (47-53)		220 lbs.		242 lbs.	
	J. Petersen	369	148 lbs.		B. Graupmann	523	M. Taylor	501
	4th-380*		J. McCubbin	_	308 lbs.		Super	
	D. Smith	451	Master (54-60)		G. Powell	611*	D. Forstner	644*
5	198 lbs.		181 lbs.		Master (47-53)		Teen (12-13)	
	J. Hooks	_	P. Schaffer	253	181 lbs.		114 lbs.	
	R. Norman II	562	4th-259*		D. Felton	589*	M. Hawins	225
	4th-578*		Super		220 lbs.		4th-242*	
5*	220 lbs.		M. Schalles	248	Burlingame	531	148 lbs.	
	M. Ogurek	534	4th-259*		M. Edelstein	650	A. Waldorf	236*
5	4th-551		Open		308 lbs.		Teen (14-15)	
	259 lbs.		148 lbs.		K. Simplot	606	165 lbs.	
	T. Cassta Jr.	_	J. McCubbin	_	Master (54-60)		D. Balk	481!#*
7*	275 lbs.		181 lbs.		132 lbs.		J. Nelson	303*
	B Bingham	518*	R. Schmidt	473!*	C. Wong	446	Teen (18-19)	
9	308 lbs.		198 lbs.		165 lbs.		181 lbs.	
	J. Eddy	_	K. Campbell	462	D. Anderson	496*	D. Miskinis	424
	G. Powell	562*	Teen (16-17)		181 lbs.		242 lbs.	
5*	Super		181 lbs.		G. Kleyn	584#*	D. Balk III	556*
	D. Forstner	633*	S. Biddle	286*			ational Records	
0	Submaster (33-		MALE		!=Word Record			
4	165 lbs.	- /	Class I		» results courte		Rethwisch	
						,		

In open 181, dead David Hansen was raisinig a lot of eyebrows with a 628 at 181 weighing 176.6 and gave 655 a ride. In open 242, Justin Lickfelt got a 630.4 Michigan record and Nick Lepine got a PR 677.7. In the bench press Karen Campbell was unbelievable. She was on another planet. Weighing 186, she set a world record 424.2 on a single-ply shirt drug free, which makes it the highest drug free bench by a woman ever! She had 435.2 more than half way up. She also got a 462.7 deadlift and had 483.8 over her knees.

In 61–67/259, Leonard Polora got a Michigan record 523.5 bench. His workout partner, Matt Ogurot, got a Michigan record 551 in submaster 220. Robert Norman II got a huge 578.5 in open 198. Both he and Josh Kubech passed their drug tests. David R. Smith got a Texas record 451.7 weighing only 157.8. In master men bench, John Peterson got a 380.2 Wisconsin record in both master 40–46/165 and open 165. Guy Powell set a Wisconsin record 562 in 40–46/308, Gary Gulseth set a Wisconsin record 551 at 40–46/259 and Andrew Jensen set a Wisconsin record 501.5 in 40–46/220.

I want to thank Teresa Rethwisch and Anne Plowman for selling tickets. Dennis Johnson brought weights. Barb Whelan and Deb Nelson were great at the scorers table. Diane biddle was on the computer. The judges were Don Mickinis, Brent Biddle, Al Stark, and Bob Vivier. The spotters and loaders were Donnie Miskinis and David. Andrew Whelan ran the timer. Gus Rethwisch was the M.C. Barb Whelan helped bring back warm-up weights.

Our sponsors were Rocky McClough of Goodson Honda of Houston, Texas, Brian Welker of Welker Engineering, Ken Anderson of Anderson Powerlifting, Mike Lambert of Powerlifting USA, Odd Haugenand Neal Spruce of Dot Fit, Jon Doyle of USP Labs, Shawn Madere of GLC Direct, makers of the best joint formula on the planet, Grace Cloninger of Hop West, Pete Alaniz of Titan Support Systems, Chet Groskreutz of Ivanko, Alan Thomas of Apt Wraps and Keith Lem of CSS Photography. (



Karen Campbell with her huge, drug tested 424 lb. bench press in Wisconsin Dells, WI

Paul Kelso's

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### POWER STUFF

### AN EXCERPT FROM INNER STRENGTH, INNER PEACE

Chapter 44: Control - Mike Bridges

as told to Powerlifting USA by Tim McClellan

I was hot and heavy into the powerlifting world in the late 1980s. In 1988, the American Drug Free Powerlifting Association (ADFPA) joined the newly formed World Drug Free Powerlifting Federation. This gave competitors who preferred not to use strength enhancing drugs a fair platform. Once the association became official, the first drug-free World Championships were set to be held in Reading, England. The United States would send winners from the 1987 ADFPA National Championships as the USA team. A notice was put in Powerlifting USA magazine that all parties interested in being considered for head coach should contact Brother Bennet, the ADFPA president. As I had coached several of the 1987 champions, I thought I had a good chance of getting the job.

When I called Brother Bennet to ask what I need to apply, he told me off the record that he had just decided, and I would be head coach. I was honored to have been selected without ever applying, and thrilled by their vote of confidence. The following year I coached the USA team in England. USA lifters won all eleven weight classes and went home happy. Thanks to the efforts and accomplishments of the lifters, I was asked to be head coach again in 1989. That year the world championships were scheduled for Chicago.

When I arrived in Chicago for the meet, I was in for a huge thrill. I would have the honor of coaching 181 pound lifter Mike Bridges. Mike Bridges may be the greatest powerlifter in the history of the world in any weight class. He had just come off a retirement of several years and was in full support of the ADFPA

As I had hoped, coaching Mike Bridges was a pleasure and an honor. What I hadn't anticipated is learning the lesson of self-control that he inadvertently taught me.

In powerlifting, each competitor has three attempts in each event, which are the squat, the bench press and the deadlift. A competitor has to make one lift in each of the three events to secure a total. The lifter with the highest total is the winner, and those who do not complete one successful lift in each of the three contested categories are eliminated from the contest, regardless of how well they perform in the other two events.

As expected, Mike sailed through the squats, breaking Bill Schmidt's previous world record. He did the same in the bench press. Everything seemed so effortless—like he didn't try at all. After all, every one else would yell, bark at the bar, sniff ammonia capsules, slap each other in the face, or do whatever they felt necessary to succeed. Mike did none of that, but squatted and benched like no one else could. He reached the third and final lift, the deadlift, with a commanding lead. Mike and I sat down to strategize the best plan for optimizing both his deadlift and total score.

We agreed that for his first attempt, he would take an opening weight that would be fairly conservative for him. We selected 622 pounds, which he crushed. In my eyes this was enough to put him way out of reach; he was a cinch to be the 1989 Drug Free World Champion. The only question was what else did he want to accomplish to make this event meaningful.

After assuring, reassuring and reassuring again, Mike felt comfortable that the meet was out of reach for others. Then he said, "Tim, I want to deadlift 737, but that is over a 100 pound jump, and I am a little tired, and I know I'll have to go up there soon. I feel like I need more rest."

"Mike, correct me if I'm wrong, but that would be more than you have ever deadlifted in your life, at any time, in any organization. Am I right?"

"Yes, but I know I can do 737. I know that's the right weight. I don't think I could do more, but I'm sure I can do that.

"You know," I said, "You are talking about deadlifting more weight



1982 Senior National Powerlifting Championships photo of the incomparable Mike Bridges

than you, the great Mike Bridges, have ever lifted at any time in your career. You're a guy coming out of retirement. You haven't competed in years, and you're talking about out-pulling the best Bridges has ever pulled.

"Tim, I believe I can do it, but I'm afraid I can't today. I'll have to pull it in five minutes and I need more rest. I know I can do this. I'm just disappointed it won't work out that way.'

With that in mind, I devised a miracle plan for Mike Bridges. In my scenario, he would call for 737 pounds for his second attempt, but he would pass taking the lift. The weight would then be dropped down so other competitors could take their third lift. The meet would end with Mike asking for his third lift to be 737 pounds, only this time he would actually try it. This would give him the rest he needed, and the opportunity to do what no one else imagined he could do: pull more weight than he had ever pulled in his life.

photo courtesy Tim McClellan page 110 »

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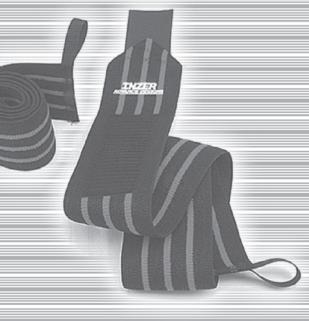
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### QUESTIONS ANSWERED

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



Dr. Mauro Di Pasquale

DEAR MAURO: I have been using TestoBoost on and off the past five years. At first I used it during and after doing a cycle of steroids and it worked well for me both ways. Now I'm off steroids after being on and off since the 1990s and don't intend or want to use again. I also stopped taking the TestoBoost when I stopped the steroids since I wanted to get back to normal. My problem is that my testosterone levels are now too low even though I've been off for four months.

I'm not sure what the problem is but would you recommend TestoBoost to help me increase my testosterone level? If so, is there anything else you would recommend to get me back to normal? I'm kind of desperate as I don't want to go back to using again if I can help it.

Thank you very much for your time and your great product.

George

**GEORGE:** I formuated both TestoBoost and GHboost to help maximize functioning of the HPTA as a natural and healthy alternative to the use of anabolic agents including steroids, growth hormone and IGF-1.

However, even though I didn't formulate TestoBoost to be used while on steroids and as post cycle therapy, it's being used for that purpose by many athletes who swear by it.

One of the major problems of using steroids is that it can seriously affect a person's ability to make his own testosterone. That's because the control mechanisms for testosterone production in the body are dampened down by steroid use. Since the body is being provided with testosterone, the main components involved in the internal production of testosterone are no longer needed.

As such, the factory, represented by the brain-testicular axis or more correctly the hypothalamic-pituitary-testicular axis (HPTA), basically shuts down.

In some cases, such as high dosages and long term use, and also if a person is particularly affected by the steroids used, even if the use is moderate and for short periods, the HPTA just doesn't ever get back to normal. These people then suffer with what is known as hypogonadotropic hypogonadism (HH)—the axis no longer works like it should and accepts low levels of testosterone as normal. This is essentially a downregulation of the HPTA at multiple levels.

Why the system doesn't return to normal isn't known, but it might be because the machinery itself has been dormant too long and even though it's still able to function, it's now become dysfunctional. It's even possible that in some cases the machinery, including the testicles, have been irreparably damaged and thus can only function at a lower level than it could before steroid use.

Regardless of the causes, there are various ways to treat this problem although there's no guarantee of success. Current methods include the use of compounds that decrease estrogen effects in the body (such as clomiphene and anastrozole), human chorionic gonadotropin that stimulate the testicles to produce testosterone, menotropins, and gonadotropin releasing hormone agonists (I've copied the abstract of a recent study below that used a single dose of triptorelin to normalize the HPTA in a long term steroid user—this case the treatment worked, but that's not necessarily the case with many others).

My suggestion is to see your doctor about your HH and get his or her input. If you need more info on the various treatments, let me know and I'll send it to you so you can show your doctor.

However, regardless of what therapy your doctor recommends, including waiting it out a bit longer to see it things get back to normal on their own, I also recommend that you go on both TestoBoost and GHboost for several months regardless of what your doctor recommends as treatment, and hopefully with his blessing.

As I mentioned, I formulated both as an alternative to drug use. As such, in those not using drugs, TestoBoost works to help optimize physiological levels of testosterone while GH-boost works on growth hormone and IGF-1.

Both also have beneficial effects on the testosterone and growth hormone machinery even with the use of exogenous testosterone and growth hormone by stimulating the endogenous system to some degree and thus both provide some of the intermediate compounds that normally wouldn't be produced, and by preventing the complete shutdown of the machinery. And both for the same reasons are both useful for post cycle therapy.

As an adjunct to treating HH I've found that it's necessary to optimize the level of both

as the growth hormone axis is also involved in normalizing the HPTA. Growth hormone is involved in the secretion of sex steroids in complex ways. As such, treatment of hypogonadotropic hypogonadism secondary to various factors, including the use of anabolic steroids, should involve the growth hormone axis, including IGF-1 And other insulin like factors.

For example, IGF-1 can stimulate the expression of GnRH gene in the hypothalamus, may influence the growth, maturation and differentiation of GnRH neurons, accelerates LH and FSH secretion and can regulate the proliferation and differentiation of adult Leydig cells, and control the biosynthesis of testicular hormones (Liu XP, Wang Y, Qin DN. Effects of insulin-like growth factor-1 on the regulation of hypothalamus-hypophysis-testis axis. Zhonghua Nan Ke Xue. 2007 Feb; 13(2):171-4 - see abstract below).

Both TestoBoost and GHboost are complex formulations that do a lot for all athletes as well as helping people with androgen and growth hormone problems, including helping with replacement therapy. You should read what I've written on TestoBoost and GHboost at www. mdplusstore.com—click on the PDF link of both supplements for the full info pieces—both of which are around 40 pages long. The direct link to the GHboost PDF file is https://www.mdplusstore.com/pdfs/GHboost.pdf and the one for TestoBoost is https://www.mdplusstore.com/pdfs/testoboost.pdf. You might want to print them out and bring them to your doctor.

Best of luck and let me know how things go.

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### **ABSTRACTS ON EFFECTS OF ANABOLIC STEROIDS**

Fertil Steril. 2010 Apr 21. [Epub ahead of print]

ANABOLIC STEROIDS PURCHASED ON THE INTERNET AS A CAUSE OF PROLONGED HYPOGONADOTROPIC HYPOGONADISM.

Pirola I, Cappelli C, Delbarba A, Scalvini T, Agosti B, Assanelli D, Bonetti A, Castellano M. » Internal Medicine and Endocrinology Unit, Department of Medical and Surgical Sciences, University of Brescia, Brescia, Italy.

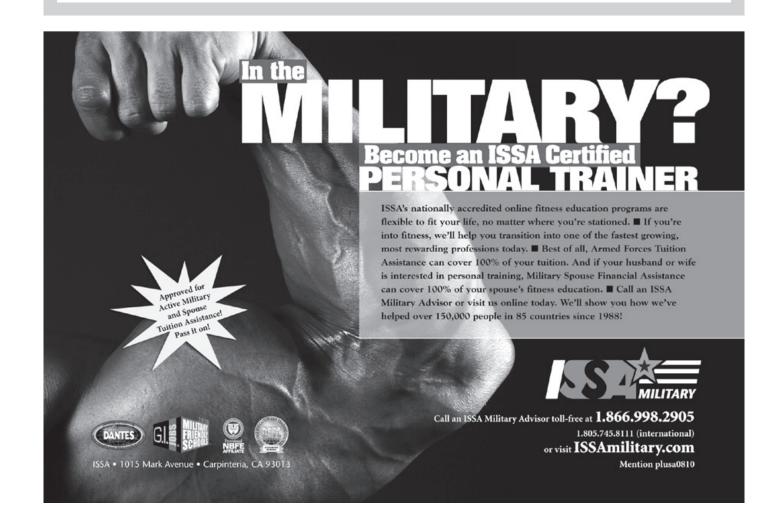
ABSTRACT—OBJECTIVE: To report a case of hypogonadotropic hypogonadism due to the chronic abuse of anabolic steroids purchased over the Internet. DESIGN: Case report. SETTING: Endocrinology unit of the University of Brescia. PATIENT(S): A 34-year-old man. INTERVENTION(S): A single dose (100 mug) of triptorelin (triptorelin test). MAIN OUTCOME MEASURE(S): Clinical symptoms, androgen normalization, levels of serum testosterone, follicle-stimulating hormone, and luteinizing hormone. RESULT(S): Within 1 month, the patient's serum testosterone was in the normal range, and he reported a return to normal energy and libido. CONCLUSION(S): The World Anti-Doping Code has proved to be a very powerful and effective tool in the harmonization of antidoping efforts worldwide, but it is insufficient to combat this illegal phenomenon. To tackle the serious side effects caused by doping we believe that it is necessary to increase monitoring and adopt severe sanctions, particularly with regard to Internet sites.

Zhonghua Nan Ke Xue. 2007 Feb;13(2):171-4.

[EFFECTS OF INSULIN-LIKE GROWTH FACTOR-1 ON THE REG-ULATION OF HYPOTHALAMUS-HYPOPHYSIS-TESTIS AXIS] [Article in Chinese]

Liu XP, Wang Y, Qin DN. » Department of Physiology, Shantou University Medical College, Shantou, Guangdong 515041, China. xiaoxiaoliu 1982@163.com

ABSTRACT—It has been demonstrated that insulin-like growth factor-1 (IGF-1) stimulates the proliferation and division of cells, facilitates the individual growth and development and regulates the material metabolism. Furthermore, it regulates male reproductive development and testicular endocrine functions. IGF-1 can stimulate the expression of GnRH gene in the hypothalamus of prepubertal male mice. However, it has no effect on or even inhibits GnRH gene expression in adult mice. IGF-1 may influence the growth, maturation and differentiation of GnRH neurons. It also accelerates LH and FSH secretion in hypophysis. IGF-1, produced locally in the testis and combined with its specific receptor, can regulate the proliferation and differentiation of adult Leydig cells, cause Sertoli cells to play different functions and control the biosynthesis of testicular hormones.







Powerlifting Championships

	M	larch 1	3, 201	Shawnee, Oklahoma					
USPF 40 STATE	6TH	OKI	AHC.	AMC	M. Fleming Open	550	340	600	1490
MAR 13 20	10 %	Shaw	nee 0	K	M. Fleming	550	340	600	1490
	10 //	DIIQ W	ilee, O	IX	T. Hathcock	560	390	580	1530
BENCH		SHW			198 lbs.				
FEMALE		Open			Junior				
148 lbs.		J. Dav		350	A. Rodenberg	225	185	310	720.0
Masters		DEAD			Open				
A. Bittman	_	FEMA			T. Solo	410	245	600	1255
181 lbs.		123 lk			220 lbs.				
Open		J. Leal		225*	Master				
C. Raincrow	135	181 lk	os.		C. Caputo	425	345	525	1295
MALE		Open			H. Lehman	540	405	520	1465
165 lbs.			ncrow	220	C. Dewitt	405	325	550	1280
Junior		MALE			242 lbs.				
R. Crain	260	181 lk			Junior				
Master		Open			E. Birdwell	335	210	440	985
G. Gill	_	D. Dil		350	*=State Record				
242 lbs.		198 lk			Team: Caputo's				
Junior	450	Open		40.5	Open Powerlift				
B. Bohot	450	B. Car		425	Lifter Junior De				
275 lbs.		242 lk			Open Bench: 0				
Master	200	Maste		250	Open Deadlift:				
R. Henshaw <b>Powerlifting</b>	380	A. Wa	rner <b>DL</b>	350 <b>TOT</b>	Men Open Pov				
FEMALE	SQ	br	DL	101	Best Lifter Mas Lehman. Best I				
165 lbs.					Birdwell. Best 1				
Open					Best Lifter Mas				
J. Severson	155	130	225	510	Best Lifter Junio				
181 lbs.	133	130	223	310	Best Lifter Ope				
Master					» courtesy Rica				itei.
mascer					" Courtesy Mich	Key Da	ic Ciaii	1	

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CHAMP MAY 1 201				PA	(50-54) A. Retucci (60-64)		220	29	
BENCH		Raw			W. Hewlitt		215	24	
Raw		165 l	bs.		Ironman		BP	DL	TC
165 lbs.		Lifetir	ne		FEMALE				
(17-19)		M. H	art!	590	148 lbs.				
C. Leonelli!	300	181 l	bs.		Lifetime Raw				
220 lbs.		(17-1)	9)		A. Sargent		130	275*	40
(50-54)		J. And	esett!	465*	MALE				
A. Retucci	350	(20-2	3)		181 lbs.				
(60-64)		M. Ly	den	545	Open Raw				
W. Hewlitt	340*	220 I	bs.		D. Malarick		285	480	76
275 lbs.		Oper	)		220 lbs.				
(17-19)		L. Ele	uteri	600	(18-19) Raw				
Desantes IV	275*	(50-5	4)		C. Mosely		375*	460*	83
DEADLIFT		L. Ele	uteri	600*	Powerlifting	SQ	BP	DL	TC
275 lbs.		275 I	bs.		181 lbs.				
(17-19)		(20-2	3)		(45-49) (S)				
Desantes IV	520	J. Ne	al	550*	S. Files	210	250	430	95
BENCH for R	eps	Lbs.	Reps		242 lbs.				
181 lbs.					Police/Fire (S)				
Open					B. Shannon!	690*	435*	660*	17
D. Malarick Jr	r	175	25		Lifetime (S)				

220 lbs.

C. Donati Jr	510	370*	520*	1400*						
(35-39) C. Donati jr	510	370	520	1400						
Raw										
123 lbs.										
(13-14)										
J. Braddock	125	85	150	360						
165 lbs.										
(17-19)										
B. Didiano	385	275*	510*	1170						
K. Braddock	325	185	365	875						
T. Braddock	275	210	325	810						
Lifetime										
M. Hart	420	290	590	1300						
181 lbs.										
(17-19)										
M. Brozich	250	205	325	780						
198 lbs.										
Open	F00	270	F ( 0 *	1.420*						
J. Raymer	500	370	560*	1430*						
(55-59) P. Rosenstern	415*	2.40*	COE*	1260*						
220 lbs.	415*	240*	605*	1260*						
(20-23)										
J. Lyras!	575	425	630	1620						
T. Ellis	550*	395*	555*	1500*						
242 lbs.	330	333	333	1300						
(20-23)										
B. Ericsson	500	355	540	1395						
T. Jackowski	480	340	500	1320						
Open	.00	3.0	500	.520						
T. Baker	450	325	475	1250						
(40-44)										
G. Oliver	475	335	585	1395						
275 lbs.										
(20-23)										
J. Neal	515*	345*	550*	1410*						
Lifetime										
J. Battaglia	525	325	525	1375						
Lifetime Federa	ation									
275 lbs.										
Lifetime Raw										
R. Mankevich										
*=State Record										
again to the gr										
High School in Beaver Falls, PA, for the 12th annual Western PA Championships and 2nd										
annual Lifetime. Several returning lifters from last year along with some new comers										
combined to d										
combined to d	o some	great II	iung. In	uie						

equipped powerlifting Steve Files turned in a strong total in the 181 lb. masters class and Bryan Shannon put up some big numbers in fting: Ethan the 242 lb. police and fire division setting all new state records and taking home best lifter. Carl Donati Ir set new state records in the 242 lb. lifetime division and also took home a first in the submasters. In the raw classes three Braddock brothers battled in two teen divisions with Take Braddock pulling out a first in tile 132 lb. class. Brothers Kyle and Troy turned in fine totals in the 165 lb. class but were edged out by Brendan Didiano who set two new state records in the win. In the l65 lb. lifetime division Mike Hart returned putting up some big numbers and also taking a first in the deadlift only event. As always Mike made a big pull in the deadlift which was good enough for winning best lifter. In the 181 lb. classes teen Mati Brozich turned in a strong total in his first meet. James Raymer returned to win the 198 lb. open division while setting two new state records. Master Phil Rosenstern did his first full meet in quite a while and set all new state records in the 55-59 division. In the 220 lb. class there were two strong junior lifters battling for the class with John Lyras edging out Tyler Ellis for the win and also taking home best lifter. Tyler did set all new state records for the division. Another battle between junior lifters took place in the 242 lb. class with Brian Ericsson edging out

Tim lackowski for the win with both lifters

doing some strong lifts. Tim Baker turned

in a strong total in the open division as did master lifter Greg Oliver on their way to a win. In the 275 lb. class Jared Neal set all new state records winning the junior division and John Battaglia turned in a strong total in the lifetime division. Jared also set a new state record in the deadlift only event. In the ironman event female Abby Sargent did some strong lifts setting a new record in the deadlift in the 148 lb. lifetime division. David Malarlck turned in a strong total in the 181 lb. open class and also took home a first in the bench for reps doing 175 lbs. for 25 reps. Teen Chris Mosely set two new state records with a win in the 220 lb, class. In tile raw bench only event teen Carmen Leonelli put up a strong lift in the 165 lb. class and took home best lifter. Master Andrew Retucci did a strong lift in the 220 lb, class and also took a first in the bench for reps doing 220 lbs. for 29 reps. (60-64) master William Hewlitt set a new state record in the bench along with taking home a first in the bench for reps doing 215 lbs. for 24 reps. 275 lb. teen Nello Desantes IV seta new state record in the bench and also took home a first in the deadlift only event. Other lifters in the deadlift only event were teen Jeremy Anesetti who set a new state record in the 181 lb. class and junior Matt Lyden who did another strong lift in the 198 lb. class. Master Lou Eleuteri has been working hard for the past tilree years and finally hit his 600 in the deaduft wining two divisions setting a new state record. It was go to see him finally reach his goal. Thanks to my crew who always makes running a meet easy and to the staff at Black Hawk High School. » courtesy Ron Deamicis

### **USAPL FLORIDA STATE**

FEB 20 2010 » Davie, FL											
BENCH		Open									
FEMALE		J. Ulvai	ng	501							
165 lbs.		242 lbs	s. ·								
Masters (50-59	))	Master	(40-49)	)							
S. Miller	132	C. Calv	ano	_							
MALE		Open									
132 lbs.		C. Calv	ano	_							
HS Varsity		275 lbs	š.								
D. Tu	165	Master.	s (50-59	9)							
Teen (16-17)		A. Suzi	ez	462							
D. Tu	165	E. Paul		341							
Raw		Open									
D. Tu	165	A. Suar	ez	468							
165 lbs.		Raw									
Open		K. Mor	ris	413							
M. Campbell	237	E. Pauli		341							
Teen (18-19)		275+ II	bs.								
M. Kobayashi	231	Master.	s (50-59	9)							
Raw		B. Cam	pbell	551							
M. Kobayahsi	231	DEADI	İFT								
181 lbs.		132 lbs	6.								
Master (40-49)		Master.	s (40-49	9)							
M. Alkinany	462	D. Cov	enah	171							
Raw		148 lbs	6.								
J. Hill	424	Collegi	ate								
Open		J. Haze		479							
M. Alkinany	462	165 lbs	6.								
198 lbs.		Teen (1	(6-17)								
Masters (60-69	9)	M. Kob	ayashi	308							
B. Sander	204	198 lbs	·.								
H. Anhaus	149	Teen (1	18-19)								
Teen (18-19)		Q. Zou		457							
Q. Zou	259	275 lbs	·.								
Raw		Raw									
Q. Zou	259	K. Mor		644							
220 lbs.			Fire/Mil								
Masters (40-49	9)	D. Sans	som	462							
J. Ulvang	501										
Push Pull		BP	DL	TOT							
FEMALE											

Open		72	156	220	198+ lbs.				
J. Schmidt Masters (60-69	9)	72	156	228	Master (40-49) N. Edelson	220	127	402	749
J. Schmidt 181 lbs.		72	156	228	MALE 123 lbs.				
Masters (60-69	9)				Teen (16-17)				
D. Reiss Masters (70-79	a)	83	55	138	D. Bui <b>132 lbs.</b>	226	165	270	661
M. Pares	<i>')</i>	50	105	154	Collegiate				
<b>198 lbs.</b> <i>Raw</i>					W. Serrano 148 lbs.	341	286	402	1029
P. Busacca		171	275	446	Teen (18-19)				
<b>198+ lbs.</b> <i>Masters (50-59</i>	9)				M. Lattanzio Collegiate	248	270	363	881
P. Busacca	′/	171	275	446	D. Morais	_	_	_	_
MALE 123 lbs.					J. Hazel Raw	264	226	479	969
Teen (16-17)					M. Lattanzio	_	248	270	517
D. Bui <b>132 lbs.</b>		165	270	435	<b>165 lbs.</b> Teen (16-17)				
Teen (14-15)					K. Fraser	314	248	336	897
N. Barrett 165 lbs.		143	248	391	J. Johnson 181 lbs.	_	_	_	_
Teen (16-17)		0.40	226	=0.4	Teen (16-17)			205	206
K. Fraser 198 lbs.		248	336	584	M. Johnson Collegiate	_	_	286	286
Teen (14-15)		215	400	617	S. Shill	248	270	380	897
P. Scott Teen (16-17)		215	402	617	Lombambardo Open	242	215	341	798
C. Connell		242	396	639	G. Gibson	418	220	506	1145
Teen (18-19) Q. Zou		259	457	716	A. Parra J. Crowell	275 —	259 380	418	952 380
220 lbs.					Master (70-75)			101	121
Teen (14-15) R. Silverwood		242	424	666	G. Gonzales M. Paugh	204	— 116	121 352	121 672
Teen (16-17)		252	407	661	198 lbs.				
C. King Open		253	407	001	Junior (20-23) C. Endres	385	297	501	1184
R. Germaine	3.)	281	501	782	Collegiate Z. Nicholas	457	200	534	1299
Masters (50-59 S. Eisman	")	358	352	710	A. Loiacano	473	308 264	407	1145
Raw S. Eisman		358	352	710	Master (50-59) R. Penland	380	259	440	1079
242 lbs.		330	332	710	Raw	300	239	440	10/9
Teen (14-15) R. Busbee		259	402	661	D. Callins <b>220 lbs.</b>	270	204	336	809
Teen (16-17)		239	402	001	Teen (14-15)				
C. Clark 275 lbs.		259	391	650	R. Busbee Collegiate	341	259	402	1002
Teen (16-17)					J. Utz	501	286	495	1283
M. Sanders Open		253	396	650	Open M. Otero	650	462	650	1762
J. Kennedy		352	440	793	Master (40-49)		702	030	1702
Masters (50-59 E. Pauli	9)	341	451	793	J. Bragg <b>242 lbs.</b>	385	314	418	1118
Raw					Junior (20-23)				
K. Morris E. Pauli		413 341	644 451	1057 793	H. Hernandez Collegiate	468	242	484	1195
D. Sansom		363	462	826	V. Roppo	_	451	385	837
Powerlifting FEMALE	SQ	BP	DL	TOT	H. Hernandez Raw	468	242	484	1195
105 lbs.					P. Callovi	501	369	551	1420
Collegiate R. Rojas	171	72	165	407	H. Hernandez <b>275 lbs.</b>	468	242	484	1195
Open					Teen (14-15)				
A. Shumaker Master (40-49)	292	220	319	831	N. McCoole Open	275	352	501	1129
A. Shumaker	292	220	319	831	J. Kennedy	402	352	440	1195
115 lbs. Open					Master (40-49) J. Hernandez	330	264	429	1024
Shuttleworth	270	176	264	710	Master (50-59)				
132 lbs. Collegiate					S. Pares Raw	600	501	661	1762
L. Godlewski	165	88	215	468	K. Morris	573	413	644	1629
K. Curtis <b>181 lbs.</b>	_	_	83	83	275+ lbs. Collegiate				
Junior (20-23)	250	1.40	275	(02	M. Hammer	_	473	325	798
H. Crowe Collegiate	259	149	275	683	Open B. Campbell	484	551	517	1552
H. Crowe	259	149	275	683	Master (50-59)				
<i>Raw</i> H. Crowe	259	149	275	683	B. Campbell Venue: Don Ta	484 ft Unive	551 ersity C	517 enter A	1552 rena,
198 lbs.					Nova SW Univ				
<i>Open</i> N. Edelson	_	220	127	347	Keller. » courtesy USA	\PL			
					,				



At the AAU Reinhoudt Classic: (I-r) Patrick Murray, R.L. Murray, Don Reinhoudt, Ryan Murray, and Steve Rogers. Ryan had just returned from Afghanistan, so it was great to honor him and Don. (Rogers photo)

T. Nybeck

### **AAU REINHOUDT BIG**

DAWG CLASSIC MAY 8 2010 » Clyde, NY BENCH **FEMALE** (45-49) Raw Life 165 lbs. R. Murray 420 (50-54) Raw 308 lbs. Knickerbocke 100 (40-44) Raw MAIF T. Laughlin 148 lbs. Open Raw (12-13) Raw Matt Rhodes 420 I. Lukaszonas 155\* DEADLIFT 198 lbs. FFMAIF 105 lbs. Open Raw D Hanna (50-54) Raw (20-23) Raw G. Reiss 290 123 lbs. D. Young 220 lbs. (40-44) Raw (50-54) Life M. Diaz D Herbst 355 MALE 242 lbs. 181 lbs. Open Raw Open Raw I. Howell 310 C. Carle 198 lbs. (20-23) Raw A. Hogan 425!\* Open Raw (50-54)D. Hanna M. Arcarisi 305 **220 lbs.** (55-59) Life (60-64)Jack Morrow 450!\* B. Marsh **FEMALE** 105 lbs. Open Raw 205!\* 290 M. Garnett 148 lbs. Open Raw D. Koval MALE 148 lbs. (16-17) Raw N. Bronson (18-19) Raw R. Petralia 198 lbs. Open Raw D. Hanna (55-59)B. Bronson 220 lbs. (18-19)S. Zona (35-39) Raw B. Cummings 290 460 750 242 lbs.

(18-19) Raw

(45-49) LE 455 565 1020 M. Harrison \*=State Records. !=American Records. The AAU Don Reinhoudt Classic was held at Donselaars Partyhouse. I would like to congratulate all the woman who did so well. I was proud of all of the girls for a great lifting day. Congrats to the following American Record setters: Mary Garnett, Nick Bronson, Maria Diaz, AJ Hogan, and Jack Morrow. All those listed above set AAU NYS records as well. Also state records were set by James Lukazonas and Gail Reiss. Í would like 175\* to mention that RL Murray's son Ryan Murray, currently serving in the Marines and recently returned from Afghanistan, 235!\* was also there cheering on his father. We love you Ryan and were proud to have you there on this special day. This brings me to the guest of honor, Don Reinhoudt. As everyone knows Don Reinhoudt is one of the greatest powerlifters ever as well as one of the best World's Strongest Man champions ever. His accomplishments are unrivaled. Michelle and I love Don and Pam very much and are so thankful 500\* for the great friendship we have with **BP DL TOT** them. It is always amazing to see the lifters seek out pictures and autographs both young and old with Don all day. For me it does not get better then to see Don enjoy this meet which is always in his honor. As always I want to thank Donselaars Partyhouse for their hospitality and 100 235 335 a great place for our meets. Thanks to RL Murray, Ryan Murray, Patrick Murray, Rich Molisani, Terry Stafford, Jason Stafford for setting up and tearing down every time 225 420!\* 645\* we have a meet. And to Brett Wells and Pete Hurd, you guys not only help set up 215 390 605 and tear down but you spot and make these meets run so well you two are the best. Rich Molisani, Jason Stafford and 325 530 855 Terry Stafford great job officiating. To my wife Michelle there is not much I can say you are the best and I love you. These meets are possible because of your work and dedication. Thanks to Kristv 320 450 770 Wells for taking care of the door and my friend Mark Howell for helping with the announcing. Until the fall meet, Train Drug Free.

315 530 845

» courtesy Steve Rogers, NYS AAU Chair

### ALL TIME TOP 50



Joe Smith – the pride of North Carolina in the world of Bench



Alberto Franco - successful protege of the Mendelson Method

#### **31.** 749.6 (340.0) \*2.76X Sam Aumavae/72 3/14/09 (340.0 kg. @ 271.8 lb.) (Oregon City, Oregon) (AAPF) **32.** 744.1 (337.5) \*2.71X Marc "Spuds" Bartley/68 3/4/06 (337.5 kg. @ 124.4 kg.) (Columbus, Ohio) (WPO) **33.** 744.1 (337.5) 2.70X Allen Baria 4/3/10 (337.5 kg. @ 124.4 kg.) (Columbus, Ohio) (WPO) **34.** 738.5 (335.0) \*2.68X John "Chester" Stafford/76 3/4/06 (335.0 kg. @ 124.8 kg.) (Columbus, Ohio) (WPO) **35.** 733.0 (332.5) \*2.84X Brad Kelley/71 4/24/09 (332.5 kg. @ 117.2 kg.) (Dubuque, Iowa) (UPA) **36.** 730.0 (331.1) 2.65X Dave Gulledge/81 9/17/05 (730.0 lb.) (Kansas City, Kansas) (APF) **37.** 730.0 (331.1) \*2.68X Joey Smith/74 5/12/07 (730.0 lb. @ 272.0 lb.) (Mocksville, North Carolina) (APF) **38.** 730.0 (331.1) 2.65X Terry Gibson/68 3/30/08 (730.0 lb.) (Pittsburgh, Pennsylvania) (APF) 39. 728.6 (330.5) \*2.64X Kenny Patterson/72 11/11/95 (330.5 kg. @ 125.0 kg.) (Chicago, Illinois) (APF/WPC) **40.** 727.5 (330.0) \*2.66X J.L. Holdsworth/78 6/6/04 (330.0 kg. @ 124.0 kg.) (Baton Rouge, Louisiana) (APF/WPC) **41.** 727.5 (330.0) \*2.85X Aaron Wilson/74 2/4/06 (330.0 kg. @ 115.8 kg.) (Dubuque, Iowa) (APF) 42. 727.5 (330.0) \*2.81X Patrick Parnell/66 2/21/09 (330.0 kg. @ ~117.5 kg.) (Humble, Texas) (WABDL) **43.** 725.0 (328.9) \*2.66X Dan Steltenkamp/77 1/27/07 (725.0 lb. @ 272.4 lb.) (Columbus, Ohio) (APF) **44.** 724.2 (328.5) \*2.66X John Bogart/71 9/13/09 (328.5 kg. @ 123.7 kg.) (Cleveland, Ohio) (USAPL/IPF) **45.** 722.0 (327.5) \*2.90X Chris Senese/80 8/26/06 (327.5 kg. @ 112.81 kg.) (Woodstock, Georgia) (AAPF) **46.** 722.0 (327.5) \*2.88X Chip Tallman/68 9/13/08 (327.5 kg. @ 113.7 kg.) (Woodhaven, Michigan) (AAPF) **47.** 722.0 (327.5) \*2.68X Anthony Carlquist/79 3/22/09 (327.5 kg. @ 122.0 kg.) (Omaha, Nebraska) (APF) **48.** 722.0 (327.5) \*2.79X Jason Patrick/72 4/25/09 (327.5 kg. @ 117.4 kg.) (Dubuque, Iowa) (UPA) **49.** 720.0 (326.6) 2.61X Drex Welch/76 10/14/07 (720.0 lb.) (Circleville, Ohio) (APF) **50.** 720.0 (326.6) \*2.65X Roger Manns/63 10/25/09 (720.0 lb. @ 271.5 lb.) (Columbus, Ohio) (IPA) (\*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

(375.0) \*3.07X

**10.** 826.7 (375.0) \*3.08X

**22.** 770.0 (349.3) 2.79X

**28.** 760.6 (345.0) 2.76X

**29.** 755.1 (342.5) 2.74X



Richie Briggs – bringing it for the Big Iron Gym of Omaha, NE



strength out of North Dakota



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

Andy Fiedler/66 8/7/04 (375.0 kg. @ 269.0 lb.) (Dubuque, Iowa) (APF)

15. 804.7 (365.0) \*2.92X Sebastian Burns/72 6/21/08 (365.0 kg. @ 125.0 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)

**20.** 775.0 (351.5) \*2.83X Joel "Cuban Bull" Toranzo/71 9/15/07 (775.0 lb. @ 273.75 lb.) (New Castle, Delaware) (APF)

Jason Laskowski/66 6/20/09 (345.0 kg.) (Houston, Texas) (WABDL) David Lewis/72 2/20/10 (342.5 kg.) (Madison, Wisconsin) (WABDL)

30. 755.0 (342.5) \*2.88X Richard Putnam/77 11/20/04 (755.0 lb. @ 262.0 lb.) (Shamokin Dam, Pennsylvania) (IPA)

Marcus Coulter/73 8/27/05 (770.0 lb.) (Beaver Springs, Pennsylvania) (USA)

Tommy Harrison/74 11/17/07 (375.0 kg. @ 268.2 lb.) (Anaheim, California) (WABDL)

1. 1030.7 (467.5) \*3.75X Scot Mendelson/69 12/12/09 (467.5 kg. @ 275.0 lb.) (Camarillo, California) (APF)
2. 948.0 (430.0) \*3.69X Rob Luyando/70 7/13/08 (430.0 kg. @ 116.6 kg.) (Dubuque, Iowa) (UPA)
3. 865.3 (392.5) \*3.16X Richie Briggs/84 9/6/08 (392.5 kg. @ 274.0 lb.) (Omaha, Nebraska) (APF) 4. 859.8 (390.0) \*3.22X Alberto Franco/73 11/5/06 (390.0 kg. @ 121.0 kg.) (Lake George, New York) (APF/WPC) 5. 845.0 (383.3) \*3.07X Bill Crawford/71 6/25/05 (845.0 lb. @ 275.0 lb.) (Glens Falls, New York) (APF) **6.** 843.3 (382.5) \*3.23X John Zemmin/69 1/20/07 (382.5 kg. @ 118.6 kg.) (Dubuque, Iowa) (APF) 7. 840.0 (381.0) \*3.06X Ron "Scott" Yard/82 9/30/06 (840.0 lb. @ 274.5 lb.) (New Castle, Delaware) (APF)

11. 825.0 (374.2) \*3.12X Dave "Neutron" Hoff/88 6/28/09 (825.0 lb. @ 264.1 lb.) (York, Pennsylvania) (IPA) 12. 820.0 (371.9) \*3.18X Greg Panora/80 6/28/09 (820.0 lb. @ 258.0 lb.) (York, Pennsylvania) (IPA) 13. 815.0 (369.7) \*3.26X Jeremiah Frey/81 8/23/09 (815.0 lb. @ 249.8 lb.) (Sharonville, Ohio) (SPF) **14.** 815.0 (369.7) \*3.08X Harley Timbs/70 2/13/10 (815.0 lb. @ 265.0 lb.) (Nashville, Tennessee) (SPF)

**16.** 804.7 (365.0) \*3.05X James Grandick/68 9/6/08 (365.0 kg. @ 264.0 lb.) (Omaha, Nebraska) (APF) 17. 800.0 (362.9) \*3.16X Bill Carpenter/73 4/14/07 (800.0 lb. @ 253.0 lb.) (Lake George, New York) (APF)

19. 777.1 (352.5) \*2.82X Mike Womack/83 11/19/06 (352.5 kg. @ 275.2 lb.) (Las Vegas, Nevada) (WABDL)

23. 770.0 (349.3) \*3.02X Kyle Robertson/81 5/12/07 (770.0 lb. @ 255.0 lb.) (Mocksville, North Carolina) (APF) **24.** 770.0 (349.3) \*2.97X Travis Bell/85 12/5/09 (770.0 lb. @ ~117.5 kg.) (Nashville, Tennessee) (SPF) 25. 767.5 (348.1) \*2.81X Vincent Dizenzo/69 12/14/03 (767.5 lb. @ 273.0 lb.) (Canterbury, Connecticut) (APA) 26. 765.0 (347.0) \*2.78X Ryan Kennelly/74 9/6/03 (765.0 lb. @ 275.5 lb.) (Kennewick, Washington) (APA/WPA) 27. 760.6 (345.0) \*2.83X Curtis Rabon/64 1/26/08 (345.0 kg. @ 122.0 kg.) (Clayton, North Carolina) (APF)

**18.** 785.0 (356.1) \*2.85X Brian Carroll/81 2/27/10 (785.0 lb. @ 275.0 lb.) (Orlando, Florida) (APF)

**21.** 771.6 (350.0) \*2.92X Josh McMillan/78 11/1/08 (350.0 kg. @ 120.0 kg.) (Dubuque, Iowa) (UPA)

**8.** 832.2 (377.5) 3.02X John Stewart/64 8/9/08 (377.5 kg.) (Dallas, Texas) (WABDL)

American Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation

Scot Mendelson leads the way with his historic 1031 record lift



Records accurate as to my knowledge

Tommy Harrison - a trans-federational superstar of benching

### MOMEN'S SUM (OOL VC ) MISSCUT DIVISION " DENCU

W	/OM	EN'S	S SH	W (90+ KG.) WEIGHT DIVISION » BENCH
	Bench P		X-Bwt	American Female Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	600.8	(272.5)	*2.50X	Becca Swanson/73 3/8/08 (272.5 kg. @ 240.0 lb.) (Omaha, Nebraska) (APF)
2.	531.0		*1.98X	Shannon Pole-Summers/84 3/18/06 (531.0 lb. @ 268.6 lb.) (Piedmont, South Carolina) (APA)
3.	500.0	(226.8)	*1.41X	Melissa Garrett/78 12/6/08 (500.0 lb. @ 161.4 kg.) (Murfreesboro, Tennessee) (SPF)
4.	451.9	(205.0)	*1.63X	Lisa Miller/76 6/30/07 (205.0 kg. @ 126.0 kg.) (Willowbrook, Illinois) (APF)
5.	450.0	(204.1)	*1.79X	Karen Sizemore/64 3/30/02 (450.0 lb. @ 252.0 lb.) (Charleston, West Virginia) (IPA)
6.	425.0	(192.8)	*2.00X	Sandi "Candyazz" McCaslin/64 7/12/08 (425.0 lb. @ 213.0 lb.) (Bradford, Pennsylvania) (SSA)
7.	424.4	(192.5)		Machia Dudley/86 2/04 (192.5 kg.) (Omaha, Nebraska) (APF)
8.	420.0	(190.5)	*1.57X	Deborah Ferrell/64 5/27/06 (190.5 kg. @ 121.25 kg.) (Miskolc, Hungary) (USAPL/IPF)
9.	412.3	(187.0)		Liz Willett/72 5/1/04 (187.0 kg. @ 330.6 lb.) (Villa Park, Illinois) (Bench America2)
	407.9		*1.51X	Jean Putnam 2/15/04 (185.0 kg. @ 270.5 lb.) (Manchester, New Hampshire) (USPF)
	407.9		*1.54X	Kate Radon/81 11/5/06 (185.0 kg. @ 120.3 kg.) (Lake George, New York) (APF/WPC)
	402.3	. ,	*1.40X	Rachel Nutter/71 7/11/09 (182.5 kg. @ 130.0 kg.) (Dubuque, Iowa) (UPA)
	402.3		*1.40X	April Mathis/87 1/30/10 (182.5 kg. @ 117.5 kg., without a BP shirt.) (Tampa, Florida) (RUM3)
	400.0		*1.85X	JoLynn Arvin/67 2/8/98 (400.0 lb. @ 98.0 kg.) (Columbus, Ohio) (APF)
	400.0		*1.86X	Jessica Watkins-O'Donnell/80 8/9/08 (400.0 lb. @ 215.0 lb.) (Dayton, Ohio) (USAPL)
	400.0		*1.83X *1.11X	Dana Shealey/79 6/13/09 (400.0 lb. @ 219.0 lb.) (Edison, New Jersey) (APA)  Reports Collins 1/11/02 (177.5 ltg. @ 253.0 lb., without a PR chief.) (Most Liberts, Obio) (MASA)
	391.3 385.8		*1.11X	Roberta Collins 1/11/03 (177.5 kg. @ 353.0 lb., without a BP shirt.) (West Liberty, Ohio) (NASA) Jan Harrell-Gable/59 7/11/87 (385.75 lb. @ 199.0 lb.) (San Diego, California) (APF/WPC)
	380.3		*1.49X	Sidney Thoms/53 6/28/08 (172.5 kg. @ 115.8 kg.) (Willowbrook, Illinois) (AAPF)
	374.8	(172.3)	1.437	Kelly Franklin 11/14/04 (170.0 kg.) (Reno, Nevada) (WABDL)
	369.3	(167.5)		Krista Van Amerongen 6/9/07 (167.5 kg.) (Olympia, Washington) (WABDL)
	369.3	(167.5)		Heather Tillinghast 3/27/10 (167.5 kg.) (Greenwell Springs, Louisiana) (APF)
	365.0	(165.6)		Brandy Hirai/63 1/28/06 (365.0 lb.) (Waianae, Hawaii) (USAPL)
	363.8	(165.0)	*1.79X	Kym Allen 5/13/06 (165.0 kg. @ 92.42 kg.) (Turner, Maine) (APF/WPC)
	358.3		*1.66X	Kristy Reske/77 6/4/05 (162.5 kg. @ 216.3 lb.) (Detroit, Michigan) (APF/WPC)
	352.7	(160.0)		Harriet Hall/50 3/11/06 (160.0 kg.) (Anchorage, Alaska) (USAPL)
	352.7	(160.0)		Randolyn "Hoku" Nohara/90 9/30/06 (160.0 kg.) (Waimanalo, Hawaii) (WABDL)
28.	350.0	(158.8)	*1.40X	Artelia Watson/67 8/7/04 (350.0 lb. @ 250.0 lb., without a BP shirt) (Waukegan, Illinois) (APA)
29.	347.2	(157.5)	*1.13X	Kimberly Pitts/70 11/6/04 (157.5 kg. @ 307.4 lb.) (Plano ,Texas) (APF)
30.	347.2	(157.5)	*1.69X	Lazara Janet Loveall/70 12/13/08 (157.5 kg. @ 205.5 lb.) (Sacramento, California) (USPF)
	340.0	(154.2)	*1.62X	Karen Campbell/63 7/9/05 (340.0 lb. @ 210.0 lb.) (Newport, Maine) (APA)
	336.2	(152.5)		Juanita Trujillo/64 7/31/94 (152.5 kg.) (Houston, Texas) (USPF/IPF)
	335.0		*1.63X	Lisa Nawrocki/61 11/4/89 (335.0 lb. @ 205.0 lb.) (Lakeland, Florida) (APF/WBC)
	330.7		*1.54X	Victoria Gagne-Hembree/61 6/2/02 (150.0 kg. @ 97.4 kg.) (Riesa, Germany) (USAPL/IPF)
	330.7		*1.24X	Kayla Taueli/89 11/21/05 (150.0 kg. @ 267.4 lb.) (Reno, Nevada) (WABDL)
	330.7		*1.46X	Nicole Marie Jones/75 11/19/06 (150.0 kg. @ 225.8 lb.) (Las Vegas, Nevada) (WABDL)
	330.7		*1.38X	Stacey Motter/80 6/16/07 (150.0 kg. @ 108.6 kg.) (Daytona Beach, Florida) (APF/WPC)
	330.7		*1.65X	Jessica Porter-Work/86 1/31/09 (150.0 kg. @ 201.0 lb.) (New Martinsville, West Virginia) (USPF)
	325.2	(147.5)	*1 27V	Cynthia Regan/48 4/12/92 (147.5 kg.) (San Ramon, California) (ADFPA/WDFPF)
	325.2 325.0		*1.27X *1.51X	Steph Dzurnak/83 8/30/08 (147.5 kg. @ 116.2 kg.) (Charlotte, North Carolina) (USAPL/IPF) Stacey Manly/71 10/13/07 (325.0 lb. @ 215.0 lb.) (Tampa, Florida) (APF)
	319.7	(147.4)	1.517	Nancy Nutt/58 8/1/98 (145.0 kg.) (Summersville, West Virginia) (NASA)
	319.7	(145.0)		Taunya Malone 11/5/99 (145.0 kg.) (Portland, Oregon) (WABDL)
	319.7	(145.0)		Jamie Johnson/85 4/16/05 (145.0 kg.) (Baton Rouge, Louisiana) (USAPL)
	315.0		*1.49X	Jessica Handshue/88 7/16/06 (315.0 lb. @ 211.0 lb.) (Worthington, Ohio) (APF)
	315.0		*1.15X	Ame Rychlak/76 11/23/08 (315.0 lb. @ 274.4 lb.) (York, Pennsylvania) (IPA)
	314.2		*1.44X	Lorraine Costanzo/54 11/22/87 (142.5 kg. @ 218 lb.) (Dayton, Ohio) (APF/WPC)
	314.2	(142.5)		Shelby Corson/67 5/28/94 (142.5 kg. @ 92.0 kg.) (Rotorua, New Zealand) (IPF)
	314.2		*1.32X	Sarah Greenup/82 9/10/05 (142.5 kg. @ 107.74 kg.) (Fort Wayne, Indiana) (USAPL/IPF)
	314.2		*1.07X	Lana Allen/88 6/24/07 (142.5 kg. @ 132.9 kg.) (Guatemala City, Guatemala) (USAPL/IPF)

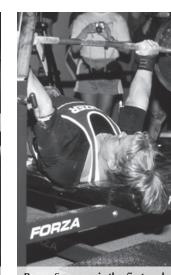
Listing compiled by Michael Soong » 70 King James Court, Savannah, Georgia 31419 » 912.920.2051 » soongm@comcast.net



Cindy Regan – a USAPL Women's Hall of Fame distinction recipient



event at the LA Convention Ctr.



Becca Swanson is the first and only woman to bench 600 lb.



Kate Radon at the 2006 Fit Expo event, went on to break the 400 barrier later that year



Vicky Gagne-Hembree at the 1980 Women's Nats, in pigtails!



of women's BP in her heyday

ITS		
	200000	

WNPF U APR 25 2010					J. Servey MALE 132 lb.	155*	95*	260*	510*
BENCH		242 lk	).		(13-16)				
220 lb.	,	Lifetin			C. Scala	175*	100*	275*	550*
Open Unlimite A. Pera!	ea 645*	A. Cas	ssano E <b>RCURL</b>	275	<b>165 lb.</b> (45-49)				
Raw	043	FEMA			J. Stallworth	370*	2701	450*	1090
FEMALE		165 lk			181 lb.				
148 lb.		(50-54		101	(20-23)	415	2.45	405	1245
(45-49) T. Eckstrand!	135*	M. Dr MALE	,	101	M. Reyes 198 lb.	415	345	485	1245
(50-54)	155	148 lk			(20-23)				
I. Blair	130	Open			N. Battista	450*	315*	550*	1315
<b>165 lb.</b> Open		D. Ga N. Mi		115 105	Lifetime M. Fiese	450	380	470	1300
C. Babin	110	181 lk		103	(35-39)	430	300	470	1300
MALE		Open			M. Akerley!	475*	355*	5301	1360
<b>148 lb.</b> Open		A. Ros		155* 145	(45-49) G. Peak	380*	325	455*	1160
S. Halay	275	198 lk		143	(55-59)	300	323	733	1100
N. Mislin	200	Open			W. Sedorus	340*	215*	410*	965*
D. Galas <b>181 lb.</b>	190	R. Bla L. Wh	zynski!	180* 155	<b>220 lb.</b> (20-23)				
(17-19)		(55-59		133	J. Correa	405*	300	450*	1155
N. Tomarchro	250	W. Se		130*	Lifetime				
Open A. Rosario	335	220 lk Open	).		P. Ray Open	400	380	450	1230
(55-59)	333	N. Ba	ttista	165*	D. Novikov	505	350*	520	1375
M. Denis	275*	Lifetin			242 lb.				
<b>198 lb.</b> ( <i>17-19</i> )		165 lk Open	).		<i>Open</i> P. Knutsen	440*	245	585*	1270
T. France	315*		arbterl	130*	275 lb.	440	243	303	1270
Open		SQUA			Lifetime				
B. Moroni L. Wheeler	310 275	Raw <b>148 lk</b>			M. Scala (40-44)	520	345	600*	1465
(35-39)	2/3	Open	<b>).</b>		D. Morgan	470	370	500	1340
S. Shales Jr	375	D. Ga		280*	(55-59)				
<b>220 lb.</b> (50-54)		198 lk	).		D. Crans Lifetime Feder	430*	285*	480	1195
D. Campbell	285	Open G. Pea	ak	380*	Raw	auon			
(60-64)		L. Wh	eeler	315	165 lb.				
S. Shales <b>275 lb.</b>	350	Raw <b>148 lk</b>			<i>Lifetime</i> J. Debarbieri	355*	2551	425*	1030
(45-49)		Open	,.		220 lb.	333	2331	723	1030
M. Pullyblank	415*	D. Ga		385*	(20-23)				
<b>DEADLIFT</b> Lifetime		198 lk Open	).		Macnicol-CAN *=State Record				1390°
Raw		L. Wh	eeler	445	School was on				
BENCH for Re	ps	Lbs.	Reps		WNPF Upstate				
FEMALE 148 lb.					and once agai up to make thi				
(50-54)					powerlifting d				
I. Blair		60	50		Pearo Returne				
MALE 181 lb.					strong total in home best lifte				
Open						er. In the		VISIONS	temale
T. Drimmer					lifter Jen Serve				
		180	22		lifter Jen Serve way to winnin	y set all g the 14	new re 18 lb. su	cords c ubmaste	n he ers
198 lb.		180	22		lifter Jen Serve way to winnin class. All new	y set all g the 14 state re	new re 18 lb. su cords w	cords c ubmaste ere set	on he ers by teer
198 lb. Open B. Moroni		180 195	22		lifter Jen Serve way to winnin class. All new lifter Christoph and Master Jol	y set all g the 14 state re ner Scal nn Stall	new re 18 lb. su cords w a in the worth D	ecords of ubmasterere set 132 lb. tid the s	on he ers by teer . class same
<b>198 lb.</b> <i>Open</i> B. Moroni <b>198 lb.</b>					lifter Jen Serve way to winnin class. All new lifter Christoph and Master Jol in the 165 lb.	y set all g the 14 state re ner Scal nn Stally class. Ju	new re 48 lb. su cords w a in the worth D unior Lif	ecords of ubmasterere set 132 lb. tid the set ters Ma	on he ers by teer class same tthew
198 lb. Open B. Moroni					lifter Jen Serve way to winnin class. All new lifter Christoph and Master Jol	y set all g the 14 state re ner Scal nn Stall class. Ju k Battis	new re 48 lb. su cords w a in the worth D inior Lif ta put u	ecords of ubmasterer set 132 lb. bid the set ters Ma p some	on he ers by teer class ame tthew strong
198 lb. <i>Open</i> B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb.		195	20		lifter Jen Serve way to winnin class. All new lifter Christoph and Master Jol in the 165 lb. Reyes and Nic lifts in the 181 Battista setting	y set all g the 14 state re- ner Scal nn Stallv class. Ju k Battis lb. and new st	new real learned to the learned to t	ecords of ubmasterer set 132 lb. Did the set ters Ma p some classe ords. Ba	on he ers by teer class came tthew strong s with trista
198 lb. <i>Open</i> B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44)		195 190	20 32		lifter Jen Serve way to winnin class. All new lifter Christopl and Master Jol in the 165 lb Reyes and Nic lifts in the 181 Battista setting also set a reco	y set all g the 14 state re- ner Scal nn Stallv class. Ju k Battis lb. and new stallv rd in the	new real table and table and table and table and table and table are recorded to the month of the put up to the power and table are recorded to the model and table are recorded to the table are record	ecords of ubmaster rere set 132 lb. bid the s ters Ma p some ords. Ba rcurl ev	on he ers by teer class same tthew strong s with trista ent.
198 lb. <i>Open</i> B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb.		195	20	тот	lifter Jen Serve way to winnin class. All new lifter Christoph and Master Jol in the 165 lb. Reyes and Nic lifts in the 181 Battista setting	y set all g the 14 state re- ner Scall- nn Stall- class. Ju- k Battis lb. and new st- rd in thers in the	new re 48 lb. su cords w a in the worth D inior Lift ta put u l 198 lb ate reco e power e 198 lb	cords of ubmaster ere set 132 lb. id the sters Ma p some . classe ords. Ba rourl ev o. class	on he ers by teer class came tthew strong s with trista ent. turned
198 lb. Open B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44) T. Harley Ironman 165 lb.		195 190 190	20 32 22	тот	lifter Jen Serve way to winnin class. All new lifter Christopl and Master Jol in the 165 lb Reyes and Nic lifts in the 181 Battista setting also set a reco Four other lifte in some fine to ning the lifetin	y set all g the 14 state re- ner Scall- class. Ju- class. Ju- k Battis lb. and new st- rd in the rs in tho tals with ne divis	new ref 48 lb. su cords w a in the worth D unior Liff ta put u I 198 lb ate recce e power e 198 lb th Mars ion and	cords of about the cords of the states of th	on he ers by teer class same tthew strong s with trista ent. turned se win- kerley
198 lb. Open B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44) T. Harley Ironman 165 lb. (50-54) Raw		195 190 190 <b>BP</b>	20 32 22 <b>DL</b>		lifter Jen Serve way to winnin class. All new lifter Christopl and Master Jol in the 165 lb. Reyes and Nic lifts in the 181 Battista setting also set a reco Four other lifte in some fine to ning the lifetin winning the se	y set all g the 14 state re- ner Scal- nn Stallo- class. Ju- k Battis lb. and new st- rd in the ers in the btals with ne divis	new re 48 lb. su cords w a in the worth D inior Lift ta put u I 198 lb ate recce e 198 lk th Marsl ion and	cords of ubmastere set 132 lb. vid the sters Ma p some . classe ords. Ba rcurl ev o. class hall Fies Matt A on settin	on he ers by teer class same tthew strong s with trista ent. turned se win- kerley ng all
198 lb. Open B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44) T. Harley Ironman 165 lb.		195 190 190	20 32 22	<b>TOT</b> 325	lifter Jen Serve way to winnin class. All new lifter Christopl and Master Jol in the 165 lb Reyes and Nic lifts in the 181 Battista setting also set a reco Four other lifte in some fine to ning the lifetin	y set all g the 14 state re- ner Scal- nn Stallo- class. Ju- k Battis lb. and new st- rd in the ers in the otals with ne divis ubmaste ords. Ake	new re 48 lb. su cords w a in the worth D inior Lift ta put u I 198 lb ate recce e 198 lk th Marsl ion and er division erley als	cords of abmaster rere set 132 lb. did the sters Ma p some . classe ords. Ba rcurl ev o. class hall Fies Matt A on settir so took	on he ers by teer class tame tthew strong s with trista ent. turned se win- kerley ng all home
198 lb. Open B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44) T. Harley Ironman 165 lb. (50-54) Raw M. Drury 132 lb. (20-23) Raw		195 190 190 <b>BP</b>	20 32 22 DL 225*	325	lifter Jen Serve way to winnin class. All new lifter Christopl and Master Jol in the 165 lb Reyes and Nic lifts in the 181 Battista setting also set a reco Four other lifte in some fine to ning the lifetin winning the su new state reco the best lifter r home three fir	y set all g the 14 state re- ner Scal- nn Stallv class. Ju- k Battis Ib. and new st- rd in the ers in the totals with ne divisi- braste ords. Ak- way awast in po-	new real land re	cords of abmaster ere set 132 lb. id the sters Map some . classe ords. Barcurl evo. class hall Fier Matt Aon setting to took ry Peaking and s	on he ers by teer class came tthew strong s with trista ent. turned se win- kerley ng all home took squat
198 lb. Open B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44) T. Harley Ironman 165 lb. (50-54) Raw M. Drury 132 lb.		195 190 190 <b>BP</b>	20 32 22 <b>DL</b>		lifter Jen Serve way to winnin class. All new lifter Christopl and Master Jol in the 165 lb. Reyes and Nic lifts in the 181 Battista setting also set a reco Four other lifte in some fine to ning the lifetin winning the scnew state reco the best lifter in home three fir only setting so	y set all g the 14 state re- ner Scall- class. Ju- class. Ju- k Battis Ib. and new st- rd in the ers in thotals with ne divis jub- maste ords. Ak- aw awa st in po- me new	new re 48 lb. su cords wa a in the worth D inior Lift ta put u 1 198 lb ate recce e powere e 198 lk th Marsl ion and er division erley als urd. Ger werliftir v state r	cords of ubmasterer set 132 lb pid the siters Ma p some . classe ords. Ba rcurl ev o. class hall Fier Matt A on setting so took ry Peak rg and secords	on he ers by teer class came tthew strong s with trista ent. turned se win- kerley ng all home took equat
198 lb. Open B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44) T. Harley Ironman 165 lb. (50-54) Raw M. Drury 132 lb. (20-23) Raw E. Kane SHW (45-49) Raw		195 190 190 <b>BP</b> 100	20 32 22 DL 225* 360	325 545	lifter Jen Serve way to winnin class. All new lifter Christoph and Master Jol in the 165 lb Reyes and Nic lifts in the 181 Battista setting also set a reco Four other lifte in some fine to ning the lifetin winning the sunew state recot the best lifter rhome three fir only setting so master Walt Se winning his di	y set all g the 14 state re- ser Scall- class. Juck Battis Ib. and new stard in the totals with the divisubmaste ords. Aka aw awas as in po- me new vision a	new real land re	cords of the cords of the cords of the cords of the cords. Barcurl evo. classe of the cords of t	on he ers by teer class came tthew strong s with trista ent. turned se winkerley ng all home took sequat e records in
198 lb. Open B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44) T. Harley Ironman 165 lb. (50-54) Raw M. Drury 132 lb. (20-23) Raw E. Kane SHW (45-49) Raw M. Harling	50	195 190 190 BP 100 185 350*	20 32 22 DL 225* 360 550	325 545 900	lifter Jen Serve way to winnin class. All new lifter Christopl and Master Joi in the 165 lb Reyes and Nic lifts in the 181 Battista setting also set a reco Four other lifte in some fine to ning the lifetin winning the sinew state record the best lifter in home three fir only setting so master Walt Se winning his dithe powercurl.	y set all g the 14 state re- ner Scal nn Stallb. class. Ju- k Battis Ib. and new st- rd in the otals with he divis abmaste ords. Ak- waw awa st in po- me new edorus s vision a . In the	new real land in the second was a find the second in the s	cords cubmaste vere set 132 lb. vid the sters Ma p some . classe ords. Barccurl evo. class hall Fier Matt A pon settir so took ry Peak ng and secords a ecords a ecords a class C	on he ers by teers class came tithew strong s with trista ent. turned se winkerley ng all home took cauat and e records tin orrea
198 lb. Open B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44) T. Harley Ironman 165 lb. (50-54) Raw M. Drury 132 lb. (20-23) Raw E. Kane SHW (45-49) Raw	SQ	195 190 190 <b>BP</b> 100	20 32 22 DL 225* 360	325 545	lifter Jen Serve way to winnin ways to winnin fusts. All new lifter Christopl and Master Jol in the 165 lb. Reyes and Nic lifts in the 181 Battista setting also set a reco Four other lifte in some fine to ning the lifetin winning the stanew state reco the best lifter in home three fir only setting so master Walf Se winning his di the powercurl won the junion three ju	y set all g the 1 <sup>2</sup> state re- ner Scal- nn StallVclass. Ju- k Battis Ib. and new st- red in the btals with ne divisionals. Ak- aw awast in po- me new edorus s- vision a. In the r division	new real land in the second was a in the worth Denior Lift ta put ut 198 lb and 198 lb a	cords cubmasterere set 132 lb. id the sters Ma p some . classe ords. Barcurl evo. class hall Fier Matt A to to took kry Peak kry Peak id and seconds evo state it ha first class C g all ne	on he ers by teers by teers class class either with trista ent. turned home took squat and e record er er ercord et er ercord et er ercord w
198 lb. Open B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44) T. Harley Ironman 165 lb. (50-54) Raw M. Drury 132 lb. (20-23) Raw E. Kane SHW (45-49) Raw M. Harling Powerlifting 220 lbs. Unlimited (40-	-44)	195 190 190 BP 100 185 350* BP	20 32 22 DL 225* 360 550 DL	325 545 900 <b>TOT</b>	lifter Jen Serve way to winnin class. All new lifter Christoph and Master Joi in the 165 lb. Reyes and Nic lifts in the 181 Battista setting also set a record four other lifte in some fine to ning the lifetin winning the sunew state record the best lifter rhome three fir only setting so master Walt Se winning his did the powercurl won the junion state Records. strong total in	y set all g the 14 state re- state r	new reads lb. siccords was in the worth Dinior Lift ta put ut 198 lb ate recce e powere e 198 lb th Marslion and cr divisite religion and reference that of the world lb. on settin knowlkow knowlkown division or division and control by the world lb. on settin knowlkow on division was the world lb. on settin knowlkown division or division was the world lb. settin knowlkown division or division the world lb. settin knowlkown division division by the world lb. settin knowlkowlkowlkowlkowlkowlkowlkowlkowlkowlk	ecords cubmaster et al. 2 lb master et al. 2 lb mas	on he ers by teers by teers class aame tithew strong sent. It turned se winhome took equat or record in a morrea winh a ng a
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198 lb. Open B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44) T. Harley Ironman 165 lb. (50-54) Raw M. Drury 132 lb. (20-23) Raw E. Kane SHW (45-49) Raw M. Harling Powerlifting 220 lbs. Unlimited (40-	-44)	195 190 190 BP 100 185 350* BP	20 32 22 DL 225* 360 550 DL	325 545 900 <b>TOT</b>	lifter Jen Serve way to winnin class. All new lifter Christoph and Master Joi in the 165 lb. Reyes and Nic lifts in the 181 Battista setting also set a record four other lifte in some fine to ning the lifetin winning the sunew state record the best lifter rhome three fir only setting so master Walt Se winning his did the powercurl won the junion state Records. strong total in	y set all g the 14 state research and Stall class. Juck Battis Ilb. and new stard in there in the brais was aways and an aways are division at line the bear division at line the bear division at the open division and division and the properties of the bear division and division	new reads lb. succords was in the worth D into Lift ta put ut 1 198 lb tate recce powers 198 lb th Marsition and for division and for division and for division and long wistate rest all nullong wistate rest all nullong wistate nother than to the second lb the modern divisions the form divisions lb the form divisions lb the form divisions lb the form divisions lb the form the form divisions lb	ecords c conds	on he ers by teer to class ame tithew strong so with trista ent. turned the took sequential took squat in a class with the cook squat in a class with a class wit
198 lb. Open B. Moroni 198 lb. (35-39) S. Shales Jr 198 lb. (40-44) T. Harley Ironman 165 lb. (50-54) Raw M. Drury 132 lb. (20-23) Raw E. Kane SHW (45-49) Raw M. Harling Powerlifting 220 lbs. Unlimited (40-R. Pearo! Raw	-44)	195 190 190 BP 100 185 350* BP	20 32 22 DL 225* 360 550 DL	325 545 900 <b>TOT</b>	lifter Jen Serve way to winnin class. All new lifter Christopl and Master Jol in the 165 lb. Reyes and Nickles and Ill. Reyes and Serve and Ill. Reyes and Serve and Ill. Reyes and Serve are corour other lifte in some fine to ning the lifetin winning the serve the best lifter home three fir only setting so master Walt Se winning his di the powercurl won the junior state Records. strong total in state record in in the lifetime	y set all g the 14 state re- state r	new reads lb. st. cords was in the worth Dinior Lift ta put ut 198 lb ate recce e powere e 198 lb th Marsli on and cr divisite erley als ird. Ger everlifting vistate rivet all niclong will 220 lb. in settin klovikoven divisionch as co. In the enew stession. In	ecords c becords	on he ers by teers class ame tithew strong s with trista ent. turned se win-turned se win-turned took squat and ck Rays c class ords 5 lb.

Scala, Dean Morgan and Darryl Crans with new state records being set by Mike and Darryl. In the ironman competition female Mari Drury set a new state records in the master division along with taking a win in the powercurl with another new record. New comer Eddie Kane did some strong O\* lifts winning the 132 lb. junior class and master Maurice Harling returned winning the SHW division seiting a new state record. In the bench competition equipped lifter Anthony Pera returned to put up a strong bench in the 220 lb. class and also took home best lifter. In the raw divisions female Tracy Eckstrand set a new state record in the 181 lbs. 148 lb. masters division and took home the best lifter award also. Ingrid Blair returned to P. Baird O\* put up another strong lift winning the 50-54 Open masters division and also took a first in the 0\* bench for reps doing 60 lbs. for 50 reps. In the 165 lb. class new comer Christine Babin Submaster did a strong lift winning the open division. In the mens classes 148 lb, class had some good competition in the open division with 1 Vecchio Savakhn Halav taking the division over Nicholas Mislin and Daniel Galas setting a new record. Nicholas and Daniel again battled in the powercurl with Daniel edging out Nicholas for the win. Daniel Also took home a first in the squat and deadlift only events with new state records in both. In the E. Horwitz 0\* 181 lb. class Nicholas Tomarchio and Adam Open Rosario put up some strong lifts winning tile Push Pull teen and open divisions. Rosario also took home a first in the powercurl with a new state record. Master Mike Denis set a new state record winning the 55-59 Division. In the 198 lb. class teen Travis France Put up a strong lift setting a new state records and Brian Moroni returned and edged out Lee Wheeler winning the open division. Brian also took home a first in the bench for reps doing 195 lbs. for 20 reps. Lee O\* also took home two seconds in the squat only and powercurl events and a first in the 242 lbs. deadlift only event. Submaster Scott Shales Jr. returned to again win his division with a gh strong lift and again won the bench for reps 275 lbs. doing 190 lb. for 32 reps a few more man last year in the 220 lb. class Dave Campbell K. Molcyzk and Scott Shales returned putting up strong Powerlifting lifts in the master division. In the 275 lb master Mark Pullyblank returned setting a new state record w1nning his division. New comers Todd Drimmer and Robert Blazinski did some strong lifts in the powercurl with Todd taking home a second and Robert a first with Robert taking home best lifter in en the powercurl event. Todd Also took home a 148 lbs. first in the bench for reps doing 180 lbs, for (14-15) 22 reps. Terrance Harley Took home a first in the 198 lb. masters bench for reps doing 190 lbs. for 22 reps. In the lifetime federation 165 lb. lifetime and 220 lb. junior lifters C. Baldwin John Debarbierl and Alastair Macnicol set all new records winning their divisions with B. Sealock Debarbieri also setting one in the powercurl. C. Baldwin Deadlift only lifter Adam Cassano pulled a strong lift winning the 242 lb. lifetime division. A special thanks to Scott Shales Sr. and Scott Shales Jr., Brian Moroni, James Mitchell, Denise Musser and the rest of the gang for helping to promote the meet and nelping the day of. Thanks also goes out to rd Jason Fiori and family for their help. Also thanks go out Marc Blankenberg for the use of the school. The school employees are always a great crew to work with. Once again this was a great meet with a lot of special people making it another successful 220 lbs event. We will be returing to Rochester in September Holding the Can-Am Nationals at the YMCA in downtown Rochester, Hope to see all of you there. » courtesy Ron Deamicis

#### 100% RA STATE

S. Molcyzk

Submaster

Master (40-44)

Master (40-44)

198 lbs.

Vecchio

MALE

105 lbs.

(18-19)

I. Hinkel 132 lbs.

(10-11)B. Purcell

A. Bare

181 lbs.

(16-17)

Open

K. Pohlmann

C. Hale

B. Miller

B. Edwards

T. Swanson

M. Jergovic

(18-19)

Open

G. Melnick

Master (45-49)

Rincon-Torro 330 275

352

297

468

352

347 242

Frederickson 231 203 385 819

281 413

490 859

231 435 666

314 551 865

567

DL

380! 248! 220! 848!

132! 77! 170! 379!

203 132 281 616

319

231

231

374! 501

264

292 209

440 1144

435 1018

413 914

407 935

1079

463

440

474 336 567 1377

551

457

RP

859

TOT

	100% PA	TIT N	IEBRASK	<b>A</b>	J. Schmidt	529!	369	529	1427
	STATE		IDDRASK	4	J. Bourgoin	474	270	562	1306
					K. Kruse	385	303	485	1173
	MAR 20 201	.0 » C	Omaha, NE		J. Best	413	319	440	1172
	BENCH		E. Horwitz	325	S. Schmidt	358	253	418	1029
	MALE		275 lbs.		242 lbs.				
	88 lbs.		Master (40-44)	)	Open				
	(10-11)		K. Molcyzk	292	B. Carter	534	402	529	1465
	K. Vasquez	71	Master (45-49)		275 lbs.				
	165 lbs.		L. Wilson	380	Master (40-44	)			
	(18-19)		R. Peters	352	K. Molczyk	435	292	567	1294
	N. Romaire	314	Master (50-54)	)	Master (50-54	)			
	Open		K. Fredericksor	1352	Frederickson	407!	352!	468!	1227!
	N. Romaire	314	308 lbs.		Open				
	181 lbs.		Master (55-59)	)	Z. Best	628	463	650	1741
	Submaster		B. Comer	281	SHW				
)	P. Baird	292	Master (60-64)	)	Master (45-49	)			
	Open		R. Kubat, Jr.	352!	D. Bunch	385	314	451	1150
	P. Baird	292	SHW		!=National Re	ecords.	Outsta	nding F	Eull
	198 lbs.		Master (40-44)	)	Male: Zack B	est. Ou	tstandi	ng Ben	ch:
	Submaster		T. Jensen	413	Jim Vecchio.	Outstar	nding P	ush Pu	ll: Jim
	C. Walter	363	DEADLIFT		Vecchio. Mee	t Direc	tor: D.J	. Satter	field.
	Master (40-44)	)	MALE		Sponsor Direct	ctor: Ri	chard "	Vince"	Vin-
	J. Vecchio	369	66 lbs.		cent. The 100	% RAV	V Powe	rlifting	Federa-
	K. Hansen	336	(8-9)		tion 2010 Ne				
	Open		C. Hale	104	were held at	he A.V	. Soren	sen Red	creation
	C. Walter	363	198 lbs.		Center in Om				
	K. Hansen	336	(16-17)		straight year.				
	242 lbs.		S. Molcyzk	435	grow at an an				
	Master (45-49)	)	275 lbs.		had 40 lifters				
	E. Horwitz	325	Open		SD), ages 8-6				
	Open		K. Molcyzk	567	full meet. The	meet v	vas cor	npleted	l in six
	Push Pull		BP DL	ГОТ	hours, thanks				
	MALE				raised \$165 fo				
	148 lbs.				camp for chil				
	(14-15)				or a blood dis				
	A D		122 201	413		1	1 -1 -1:1.		! _

incredible all day loading and spotting. To Ed Horwitz, Shane Peterson, Richard Vincent and Howard Huffman for judging all day, Also, to Cindy Gunia, Jake Gunia and Keith Machulda. I want to thank my beautiful wife for helping me organize the cards and keeping the lifting moving along. Without all of you, this meet would have never run as smoothly as it did. I want to give a special thank you to Howard Huffman for allowing us to use his weights and computer and everything 8! 1227! else he did. And finally, to my business partner, Richard "Vince" Vincent, for helping me put on another very successful meet. The meet started at 10:00 a.m. and had some impressive lifts & national lbs. 18-19 year old division. Jasen Hinkel had a nice National Record total of 848 lbs., setting records in all three lifts, the 132 lbs. (10-11) division saw Billy Purcell 45-49 winner was Dan Bunch with a total 379 lbs, and set National Records in 1150 total. In the Push Pull part of the ng Federa- all three lifts and total too, in the 14-15 pionships year old division. Austin Bare totaled 616 was won by Austin Bare with a 413lbs. lbs., the 181 lbs. 16-17 year old division Recreation had Clint Baldwin total over 1000lbs. the 5th with an 1144 lbs. total, the 181 lbs. raska. We open division was our biggest with Brian Sealock defending his title and taking the ting in the win with a 1349 lbs. total, followed by ted in six Clint Baldwin (1144 total), Kurt Pohlmann . We also (1079 lbs. total), and rounding out the field was Carlos Rincon-Torro (1012 lbs. total), the 198lbs, 16-17 year old division winner was Steven Molczyk with a total of 1018 lbs., with Cole Hale taking huge thank you to Shaun Satterfield, Chad second with a 914 lbs. total, the master 45-49 division winner was Brad Miller, John Bope and Bill Purcell, you all were totaling 935 lbs., while Ben Edwards

won the open division, with a National Record bench press of 374 lbs., followed by Tony Swanson and Marc Jergovic, in the 220 lbs. 14-15 year old division Will Frederickson took the win with Glenn Melnick totaling 1377 and winning the 18-19 year old division, in the open division, Jacob Schmidt won with a 1427 total, followed by Jason Bourgoin (1306 total), Kyle Kruse (1173 total), Josh Best (1172 total) and Steve Schmidt (1029), we only had one lifter in the 242 lbs. open class and that was Bret Carter putting up an impressive 1465 total, in the 275 lbs. master 40-44 Kevin Molczyk took the win Peters took second with a 352 lbs. lift, with a 1294 total, Karl Frederickson won the master 50-54 division while setting records set to follow. In the full meet, 105 National Records in all three lifts and the total, the open winner was Zack Best. who, for the third straight year, totaled Elite with a 1741 total, the SHW master meet 148 lbs the 14-15 year old division total while in the 198 lbs. 16-17 year old division, the winner was Steven Molczyk with a 666 lbs. total, winning the 198 lbs. master 40-44 division was Jim Vecchio with a 859 lb. total, in the 242 lbs. open division, Jesse Jobe won with a nice 865 lbs. total, while the 275 lbs. master 40-44 division saw Kevin Molczyk win with a 859 lbs, total. In the Bench only part of the competition, the 88 lbs. 10-11 year old division was saw Kamryn Vasquez press 71 lbs., in the 165 lbs, 18-19 year old and open divisions, Nicholas Romaire cause of all of you, that this meet turned took the wins with a 314 lbs, press, the 181 lbs. Submaster and open winner was » courtesy D.J. Satterfield

Pat Baird, who pressed 292 lbs., the 198 lbs, submaster winner was Chris Walter with a 363 lbs. press, who also won the open division with Kim Hansen taking second with a 336 lbs. press, the master 40-44 division was won by Jim Vecchio with a 369 lbs. press with Kim Hansen taking second with his 336 lbs. lift, the 242 lbs. master 45-49 and open division winner was Ed Horwitz with a 325 lbs. press, in the 275 lbs. master 40-44 division, Kevin Molczyk won with a 292 lbs. lift. Lee Wilson won the master 45-49 division while pressing 380 lbs. and Ray the master 50-54 division was won by Karl Frederickson with a 352 lbs. press, in the 308 lbs. master 55-59 division. Bill Comer won with a 281 lbs lift, the master 60-64 lbs. winner and National Record setter was Robert Kubat with a 352 lbs. press, in the SHW master 40-44 division Todd Jensen took the win with a 413 lbs press The deadlift only part of the competition saw 66 lbs. 8-9 year old win ner Caden Hale pull 104 lbs., in the 198 lbs. 16-17 year old division winner was Steven Molczyk with a 435 lbs. lift, in the 275 lbs. open division, Kevin Molczyk won with a 567 lbs. pull. Outstanding Full Meet Male: Zack Best. Outstanding Bench: Lee Wilson. Outstanding Push Pull: Karl Frederickson. Once again I would like to personally thank everyone that was involved in any way with the 100% RAW Powerlifting Federation 2010 Nebraska State Championships, It was be



and t-shirt sales. I would like to send a

tterfield, Corey Kenkel, Mac Capello,

**Louie Simmons with Coach Dick Hartzell** 

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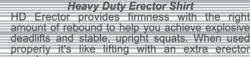


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			'S N		<i>Open</i> K. Miller	385	198	407	991	Teen I L. Garza	402	165	402	969	M. Fitzgerald B. Terry		204 193	22 16
IAY 22-23	2010	» Cle	velan	1, ОН	J Gaudreau	396	237	358	991	Teen II	102	103	102	303	181 lbs.		133	
owerlifting 7 lbs.	SQ	BP	DL	TOT	R. Carlsson K. Singletary	303	127 165	336 314	765 479	A. Contreras S. Balajka	391 407	215 187	369 369	974 963	C. McDaniel A. Masters		253 187	26 17
Summers	248	160	264	672	Teen II B. Lancerio	264	132	303	699	UNL Junior	44.0	264	206	4.000	C. Payne M. Harris		176 176	14
een I . May	220	127	231	578	<b>148 lbs.</b> Junior					J. Rende Master IB	418	264	396	1079	198 lbs. J. Kleber		292	2
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1aster IIIB	116	77	154	2.47	D. Lehans	286	154	352	793	J. O'Donnell	539	380	551	1470	C. Fish		215	4
. Burns Open	116	77	154	347	T. Lee J. Sandberg	270 121	198 77	314 209	782 407	R. Cook L. Arnold	512 473	215 275	451 396	1178 1145	T. Funk C. Patterson		231 149	
1. VanDusen	341	138	352	831	Master IIIA	121	//	209	407	J. Rende	418	264	396	1079	Junior-Senior		149	
. Ryman	231	127	286	644	G. Moore	275	165	333	773	J. Morales	446	242	336	1024	148 lbs.			
. May	220	127	231	578	Open	2,0	.00	333		S. Hallen	385	275	341	1002	T. Frakes		215	
. Anderson	264	_	303	567		457	253	501	1211	Teen I		-		-	C. Jaggers		193	
een II					E. Walterman	396	275	429	1101	K. Jones	297	165	347	809	A. Thomas		198	
1. VanDusen		138	352	831	D. Marts	341	226	358	925	Teen II					C. May		171	
. Suarez	182	110	237	528	Marksteiner	325	193	336	853	R. Cook	512	215	451	1178	165 lbs.		266	
15 lbs.					J. Joiner		187	352	539	N. Luna	519	231	424	1174	Z. Kertz		264	4
<i>ınior</i> . Yamashita	335	204	210	940	L. Richardson	352	_	_	352	R. Hernandez		215	451	1079	A. Fletcher		220	
. yamasnita <i>1aster IA</i>	325	204	319	848	Teen I C. Smith	187	149	308	644	J. Avila S. Fretwell	484 418	176 231	418 352	1079 1002	R. Traverson 181 lbs.		204	
lartwig-Gary	380	215	369	963	Teen II	107	177	300	0-7-4	A. Bixby	330	160	292	782	R. Mester		248	
laster IIIB					B. Crawford	336	171	358	864	Teen III	550	. 50			B. Jackson		242	-
. Henry	143	_	198	341	S. Louque	314	154	358	826	J. Stewart	369	165	479	1013	J. Pierce		204	4
)pen ´					B. Villarreal	297	143	341	782	M. Cuff	424	204	314	941	198 lbs.			
lartwig-Gary		215	369	963	S. Rogers	314	176	253	743	S. Lamb	391	138	341	870	C. Bengston		253	1
. Yamashita	325	204	319	848	165 lbs.					» courtesy Ga	ary Kan	aga			A. Clemons		264	2
huttleworth	275	209	275	760	Master IA	252	165	425	0.53						M. Pfeffer		264	2
. Henry een I	143	_	198	341	R. Clark <i>Master IB</i>	352	165	435	952	NASA H	II C L		400		A. Hiatt D. Cooper		248 242	4
Lopez	160	83	165	407	P. Houston	380	237	402	1018				пос	L	K. Kinney		231	-
een II	100	03	103	107	Master IIA	300	237	702	1010	NATION					220 lbs.		231	
. Durham	330	160	325	815	D. Bryant	358	193	369	919	MAR 27-28	2010	» ok	C, OK		J. Windsor		341	
. Franks	264	127	270	661	Open <sup>'</sup>					BENCH		148 l	bs.		C. Michael		270	-
een III					S. Sebastian	429	248	462	1140	FEMALE		K. Há	irvey	226	242 lbs.			
. Binash	303	149	275	727	P. Ribic	407	275	435	1118	Frosh-Senior		C. O		275	E. Waters		259	
23 lbs.					C. Smith	407	264	407	1079	148 lbs.		165 l			J. Beckett		275	
ınior	202	4.5	226	004	P. Houston	380	237	402	1018	K. Ruiz	99	J. Ma		_	N. Boehm		259	
Neeley 1aster IA	303	165	336	804	K. Bluell	385	187	396	969	<b>MALE</b> Raw		242 l	<b>bs.</b> ankins	352	275 lbs.		207	
). Snow	275	182	347	804	R. Clark D. Bryant	352 358	165 193	435 369	952 919	Frosh-Soph		C. I Id	IIIKIIIS	332	G. Harris C. Benner		297 264	
1aster IB	273	102	347	004	Teen II	330	193	303	919	Power Press		PP	BP	TOT	SHW		204	
. Hilliard	187	99	253	539	S. Noel	396	220	369	985	FEMALE			٥.		K. Lehman		275	
1aster IIA					M. Hamm	374	204	363	941	Frosh-Senior					Powerlifting	SQ	BP	Ī
). Jackson	_	_	_	_	A. Andrews	325	176	363	864	97 lbs.					FEMALE	•		
1aster IIIB					Teen III					D. Garcia		55	55	110	Frosh-Soph			
. Trubic	154	72	193	418	K. Bluell	385	187	396	969	123 lbs.		10=	0.0	245	105 lbs.	4= 4		
)pen Clark	262	100	250	010	181 lbs.					T. Brown		127	88	215	T. Riley	154	44	
. Clark . Lopez	363	198 226	358 330	919 908	Junior M. Stark	440	264	472	1170	132 lbs. M. Dortch		132	83	215	T. Salihu 114 lbs.	143	46	
. Lopez Brown	352 369	182	308	908 859	M. Stark <i>Master IA</i>	440	264	473	1178	S. Lowe		127	os 88	215	T. Bell	176	61	
Najera	308	171	347	826	S. Bohlen	319	182	314	815	A. Reyes		99	83	182	1. Bell 123 lbs.	170	ΟI	
Neeley	303	165	336	804	Master IB	519	102	514	013	148 lbs.		,,	55	.02	M. McClain	_	72	
. Snow	275	182	347	804	L. Styrlund	374	248	407	1029	E. Floyd		132	83	215	T. Finch	248	94	
een II		-			Chaszczewic		127	248	578	Piayamanotha	amkiel	83	99	182	132 lbs.	-		
chmiedekne		116	253	578	Master IIIC					R. Állen		66	88	154	B. Davis	275	121	
I. Mueller	209	105	220	534	R. Hackney	220	165	275	661	165 lbs.					198+ lbs.			
Hernandez	_	116	253	369	Open					M. Brinkley		160	116	275	J. Arias	127	_	
een III					L. Blyn	501	341	479	1321	A. Lewis		132	121	253	Junior-Senior			
Mabile	281	171	297	749	L. Styrlund	374	248	407	1029	B. Jackson		121	83	204	123 lbs.		4-	
32 lbs.					R. Lair	374	209	336	919	181 lbs.		127	00	226	M. Lemasters	275	154	2
Inior	252	215	250	025	Teen III	472	215	274	1003	J. Beckett Pirvamanotha	mla:	127	99	226	148 lbs.	226	220	
Baker	352 204	215 132	358 259	925 595	K. Hower	473	215	374	1062	198+ lbs.	IIIKVI	94	88	182	B. Duncan	336	220	
. Drane laster IA	∠04	132	∠59	232	S. O'Brien R. Bryant	413 286	182 165	363 330	958 782	A. Paris		165	143	308	A. Campbell C. Hatcher	259 275	121 94	
Mach	314	143	314	771	R. Bryant <b>198 lbs.</b>	200	105	330	/ 02	C. Govee		105	110	215	C. Hatcher K. Crawford	275	99	-
. Tidmarsh	259	121	303	683	Master IB					MALE		105	110	413	165 lbs.	231	23	4
laster IIA	233	141	505	003	M. Baum	347	231	363	941	Frosh-Soph					K. Ware	308	121	-
1. Sobotka	209	165	286	661	Master IIA	547	231	505	J-7 I	123 lbs.					M. Arius	292	121	2
laster IIB	_0,	. 55			J. Arnow	396	287	414	1098	B. Etheridge		149	171	319	A. Wilson	215	94	-
. Carlsson	303	127	336	765	Open					148 lbs.		-	•	-	181 lbs.			-
. Carisson		127	281	600	J. Arnow	396	287	414	1098	Z. Williams		209	226	435	D. Metoyer	380	176	7
	193	12/																
. Kemmerer Master IIIB Ireland	193 226	144	259	629	M. Baum J. Dickens	347 347	231 226	363 308	941 881	<b>165 lbs.</b> T. Wendel		215	220	435	198+ lbs. A. Knowles	336	121	3

L. Olsen	275	116	275	666	123 lbs. B. Etheridge	270	171	374	815
K. Taylor Raw	_	_	_	_	148 lbs.	270	171	3/4	013
Frosh-Soph					Z. Williams	314	226	407	947
97 lbs.	77		116	2.40	165 lbs.	42.4	2.40	425	1107
D. Garcia 114 lbs.	77	55	116	248	D. Moore M. Cookson	424 363	248 253	435 451	1107 1068
C. Bingham	105	72	154	330	M. Fitzgerald	347	220	391	958
132 lbs.					T. Wendel	308	220	380	908
A. Reyes	143	83	242	468	C. Harjo	319	193	374	886
<b>148 lbs.</b> Piayamanotha	154	88	231	473	S. Timmons B. Terry	303 270	226 160	352 336	881 765
R. Allen	132	88	242	462	181 lbs.	270	100	330	703
T. Tippet	171	72	193	435	C. McDaniel	462	264	407	1134
165 lbs.	4.74			=00	C. Payne	242	187	347	776
B. Jackson E. Havfield	171 182	83 88	275 204	528 473	A. Masters M. Harris	242 259	176 143	341 319	760 721
B. Whitehead	132	88	187	407	198 lbs.	233	173	313	721
181 lbs.					J. Kleber	440	292	451	1184
J. Beckett	193	99	215	506	C. Batsel	369	187	429	985
<b>198+ lbs.</b> A. Riley	275	132	297	705	C. Starr Z. Gordon	330 264	209 160	385 358	925 782
C. Govee	209	110	226	545	A. Rodenberg	248	182	352	782
Junior-Senior					220 lbs.				
123 lbs.	221	0.0	248	567	C. Champ	347	231 226	418 446	996 985
T. Brown J. Balthrop	231 88	88 77	154	319	S. Miller C. Berry	314 330	226	413	969
132 lbs.	00			3.3	J. Foster	330	226	363	919
Christensen	182	121	237	539	242 lbs.				
S. Lowe M. Dortch	182 165	88 83	220 220	490 468	K. Bottom 275 lbs.	297	198	380	875
148 lbs.	103	03	220	400	C. Fish	418	231	479	1129
E. Floyd	220	83	275	578	T. Funk	325	187	446	958
K. Cookson	182	94	264	539	C. Patterson	297	182	380	859
T. Flowers	209 193	99	215	523 193	Junior-Senior 123 lbs.				
K. Balthrop 165 lbs.	193			193	W. Caldwell	259	198	341	798
A. Lewis	215	121	281	617	148 lbs.				
M. Brinkley	226	116	253	595	C. Oller	402	275	506	1184
<b>181 lbs.</b> Piryamanotha	209	99	275	584	C. May T. Frakes	308 358	187 198	440 358	936 914
198+ lbs.	209	22	2/3	304	C. Jaggers	242	204	314	760
A. Paris	325	143	344	811	A. Thomas	242	176	286	705
A. Dahle	308	149	341	798	165 lbs.	205	0.50	=40	
MALE Frosh-Soph					T. Cookson B. Freitas	385 385	253 237	512 457	1151 1079
148 lbs.					Z. Kertz	341	237	407	985
Z. Storie	325	198	380	903	R. Traverson	319	198	402	919
J. Butler	303	154	303	760	J. Martin	_	_	_	_
K. Aguilar 165 lbs.	_	_	_	_	181 lbs. R. Mester	363	286	407	1057
Ahtone-Goom	308	193	374	875	B. Jackson	374	248	424	1046
198 lbs.					J. Pierce	297	204	336	837
J. Sankadota C. Womack	402 319	204 226	484 374	1090 919	198 lbs. Q. Johnson	440	292	551	1283
220 lbs.	313	220	3/4	313	C. Bengston	429	303	429	1162
A. Price	446	242	402	1090	A. Hiatt	396	242	402	1040
C. Douthit	297	198	347	842	D. Cooper	314	226	451	991
SHW D. Smith	446	292	539	1277	A. Clemons Schoonmaker	319 352	237 226	407 374	963 952
Junior-Senior	110	232	333	12//	M. Pfeffer	358	231	358	947
123 lbs.	26-	4.5-		0.4-	K. Kinney	336	176	391	903
J. Roller <b>132 lbs.</b>	308	193	347	848	220 lbs. J. Windsor	600	297	551	1456
D. Lyles	242	160	297	699	C. Michael	608 336	231	424	1456 991
148 lbs.					242 lbs.				
C. Oller	402	275	506	1184	J. Beckett	462	237	479	1178
B. Nalley <b>165 lbs.</b>	242	160	297	699	E. Waters N. Boehm	413 413	259 231	429 418	1101 1062
C. Douthit	314	242	424	980	275 lbs.	113	231	110	1002
J. Martin	435	_	_	435	G. Harris	512	281	539	1332
B. Kerk <b>181 lbs.</b>	_	_	_	_	C. Benner	457	270	468	1195
T. Bater	484	303	435	1222	T. Scaff SHW	435	248	462	1145
198 lbs.					C. Chance	600	336	650	1585
S. Santiago	352	270	435	1057	K. Lehman	501	286	468	1255
B. Grigsby <b>220 lbs.</b>	314	226	512	1051	Power Sports FEMALE	CR	BP	DL	TOT
A. Kizirian	473	385	528	1387	Frosh-Senior				
242 lbs.					97 lbs.				
F. Brown	551	302	562	1414	D. Garcia	22	55	116	193
<b>275 lbs.</b> J. Fore	424	259	424	1107	132 lbs. A. Reyes	55	83	242	380
Raw					148 lbs.				
Frosh-Soph					E. Floyd	61	83	275	418



and Joe Windsor (MO) (J.T. Hall photo)

				and	i joe vviilusoi	(MIC)	().1.	ran pi	1010)
K. Ruiz	61	99	248	407	Junior-Senior				
R. Allen	61	88	240	391	123 lbs.				
T. Flowers	55	99	215	369	T. Mathews	105	176	325	606
Piayamanotha		88	231	363	132 lbs.	103	170	323	000
165 lbs.	77	00	231	303	C. Anderson	110	171	352	633
A. Lewis	44	121	281	446	148 lbs.		.,.	332	000
B. Jackson	44	83	275	402	C. Oller	138	275	506	919
181 lbs.		05	2,0	.02	C. May	99	187	440	727
Piryamanotha	61	99	275	435	C. Jaggers	94	204	314	611
198+ lbs.					T. Palmer	99	154	314	567
C. Govee	66	110	226	402	165 lbs.				
MALE					B. Freitas	121	237	457	815
Frosh-Soph					J. Litchford	121	220	385	727
123 lbs.					A. Fletcher	116	182	402	699
B. Etheridge	77	171	374	622	181 lbs.				
A. Hurst	83	132	237	451	R. Mester	127	286	407	820
132 lbs.					K. Asimonese	138	259	418	815
T. Snyder	110	182	308	600	N. Console	138	242	429	809
148 lbs.					198 lbs.				
Z. Williams	121	226	407	754	D. Cooper	127	226	451	804
A. O'Brien	105	132	275	512	A. McCall	116	220	385	721
E. Freitas	66	105	160	330	C. Jett	116	182	402	699
165 lbs.					220 lbs.				
K. Sheppard	88	160	330	578	N. Cline	121	226	424	771
181 lbs.					242 lbs.				
J. Whitney	121	248	418	787	K. Cartwright	121	270	446	837
C. McDaniel	110	264	407	782	2010 NASA H	igh Sch	ool Na	itionals	Cham-
L. Miller	116	187	385	688	pionship Belt \				
R. Braum	83	149	352	584	Unequipped P				
P. Robinson	94	171	292	556	Coefficient. 20				
198 lbs.					Nationals Cha				
J. Kleber	127	292	451	870	Oller, OK, Pov				
R. McCready	110	242	380	732	Coefficients Po				
220 lbs.	107	22-	1.10	004	7.8995. 2010				
A. Brinson	127	237	440	804	Winners of the				
N. Cashio	110	182	374	666	Winner: Cade		JK, & )	ioe Win	asor,
308 lbs.	122	204	260	705	MO. Thanks a		<i>"</i> 1 T ·		
J. Justis	132	204	369	705	» courtesy "Bi	g vVillie	" J. I. F	iaii	



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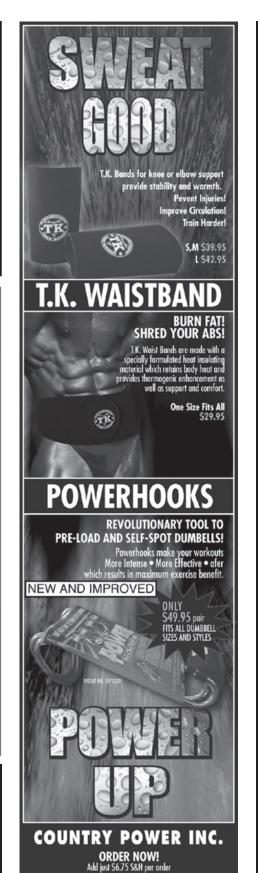
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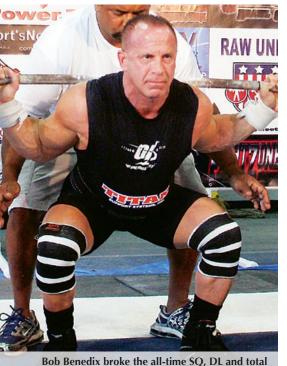


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# MIKE WITMER MEMORIAL OPEN

💶 by Spero Tshontikidis

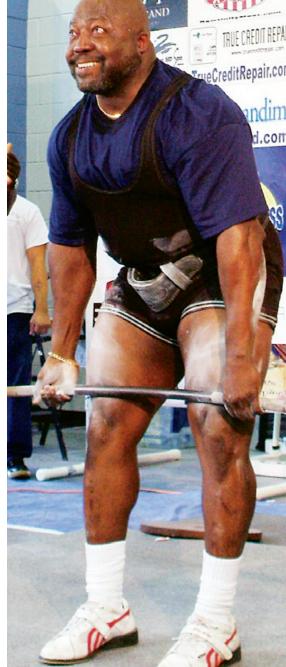


records in the 181s, age 50-54!



Mike Tuchsherer shattered the record books with 735, 455, and 825!

DOUBLE STATES AND THE 
(L-R) Kathleen Audet (Rev. Milton Simmons Memorial Award), Danny Aguirre (Mike Witmer Memorial Award), and Eric Talmant (MSG Gary Gordon Memorial Award) (S. Tshontikidis photos)



Michael Francis pulled an all-time record 750 DL

### An incredible weekend of lifting was witnessed by all in attendance at the 2010 Mike Witmer Memorial Open!

From Bob Gaynor's amazing all-time record pull of 680 pounds in the 198s at age 64, to Ryan Celli's incredible all-time record total of 1840 pounds in the 198s, the energy never subsided! With all said and done, the contest proved to be a fitting tribute to Mike and his love for the sport

of powerlifting! Thanks to all that served on the contest staff, the lifters that came from all over the country to participate, and the crowd for their never-ending support and encouragement over the two day event! Before we get into the lifting, please give thanks to our Father in heaven, and »

### MIKE WITMER MEMORIAL OPEN >>



(L-R) Samantha Shores, Jenn Rotsinger, and Amanda Graham at the awards ceremony

pray for His protection and guidance over the brave men and women serving our great nation. And please say a special prayer of thanksgiving for Shawn "Bud" Lyte of BMF Sports for his generous donation toward the 2010 Armed Forces Championships at MacDill Air Force Base in Tampa, Florida on September 11–12. Bud maintains the federation's website (www.rawunited.org) and is a selfless supporter of all

we stand for! And one more prayer of thanksgiving for Danny Aguirre and the folks at ATP for their generous donation of elbow sleeves, knee wraps, belts, etc. These items were sold at the meet, and all the monies collected will be utilized to fund the 9/11 meet! Praise God! Special thanks to Danny Aguirre, Bill Beekley, Tony Conyers, Bob Gaynor, JD Gaynor, Denise Graham, Bob Lacey, Jack Stevens, Eric Tal-

mant, Caryn Tshontikidis, Mike Tuchsherer, and Andrew Yerrakadu for officiating; Bill Beekley, Tim Burns, Pete Classon, Tony Convers, Josh Douglas, Larry Dromerhauser, Jesus Garcia, James Jacobs, James Klotz, Devin Murray. Kevin Serrano, Curtis Stellfox, Jordan Wong, Andrew Yerrakadu, and countless others for spotting and loading; Dave Kownack, Christopher James, and all the folks at Extreme Power TV for filming the event; powerlifting coach extraordinaire Dave Bates for running the live stream on Powerlifting Watch, Bob Gaynor and JD Gaynor for announcing; Sam Gough, Jack Stevens, Caryn Tshontikidis, and Sava Tshontikidis for scoring; Carmen Aguirre, Caryn Tshontikidis, Sava Tshontikidis, and Felicia Vipperman for expediting; JD Gaynor, Amanda Graham, Denise Graham, Derek Fedo's mom and dad, and countless others for taking contest photos; Bill Beekley for securing the venue at Jackson Springs Recreation Center in Tampa; Dave Bates, Bill Beekley, Tim Burns, Larry Dromerhauser, Dave Kownack, Caryn Tshontikidis, Sava Tshontikidis, and countless others for helping set up and clean up: Sir Charles Venturella for the awesome cups and swords: Glenn Nichols of JNG Enterprises for the awesome staff shirts; and everyone not mentioned that helped make this such an incredible event - Thank you so much!

Session 1, Flight A consisted of members of the contest staff. Moriah Douglas of THE GYM posted personal bests across the board that included "power barriers" in the squat (135 pounds) and deadlift (200 pounds). Moriah's 412 total put her on the platform with Masters Champion James Jacobs for Best Lifter honors for Session 1. Her brother Josh, competing in the 165s, had an awesome day as well, nailing personal bests of 250, 160, and 345. After

completing his final deadlift, Josh assumed spot/load duties for the second flight and throughout the afternoon session. Powerlifting legend Bob Gaynor electrified the crowd with a massive 680 pound all-time record pull in the 198s, and went on to judge throughout the entire weekend. Bill Beekley, Lance Betts, Pete Classon, Larry Dromerhauser, Carol Gaskins, Bob Lacey (Bob also posted a qualifying total for the 2011 Raw Unity Meet congrats, my friend!), Tom O'Donnell, Jack Stevens, and Felicia Vipperman all lifted extremely well before judging, spotting, and loading all weekend.

Thanks to everyone on the staff for their support of our lifters, our federation, and our mission! James Jacobs of the Florida Raw Dogs and teammate Beau Moore rocked the platform in Flight B, registering qualifying totals for Raw Unity and energizing the crowd! James went 630, 430, and 630 to capture top honors, and Beau's 820 pound deadlift was good for a new record in the supers. Teenage lifter Grigoriv "Ivan" Novoselov captured the overall Best Lifter award in the IRONMAN Teenage division, shattering the record books with lifts of 415. 425, and 500 in the 18-19/242s! Robert Mead of Universal Power & Fitness Gym in Orlando, lifting in his first meet, posted a very respectable 1465 total in the 242s, and Curtis Stellfox of Indialantic, Florida went 500, 355, and 505 before returning to the platform to help with the spot/load duties.

Saturday's afternoon session (Flight C) included the Men's 132–165 pound classes as well as 181 pounder Bob Benedix and 220 pounders Matt Levine and Korean War veteran and Purple Heart recipient Vito Lombardo. Wilmer Serrano started things off with a Raw Unity qualifying total as he shattered the record books with lifts of 345, 280, and 385 in the



132s. Ironman Best Lifter Johnny Ianno came back after slipping on the platform to nail lifts of 350, 275, and 500 without breaking a sweat! Johnny is just 125 pounds away from qualifying for Raw Unity, and his consistent progression this year could land him a spot on the National Team before year's end! Raw Unity director Eric Talmant buried a 500 pound record squat en route to his 1435 total in the 165s and a Best



Lifter sword in the Raw division. Bob Benedix, who lifted in the flight with his sons Brett and Jake, broke the all-time squat (580), deadlift (560), and total (1480) records in the 50–54, 181s!

Eighteen lifters age eleven and under competed on Saturday afternoon as well, brining the crowd to its feet throughout the flight as the record books were shattered and personal

*	*	*	*	*	* *	<b>*</b>	* *	*	*	*	*	* *	* * *	t *	*	*	* *	* * *	*	* *	*	* *
	MIKE	W	тм	ER			220 lbs.						S. Latour		440			N. Martin	310	215	430	955
	MEM				:N		(40-44) I	R					308+ lbs.	_	440		_	(35-39) IB	310	213	430	933
	JUN 19-						L. Betts		405	405	485	1295	(40-44) Raw					C. Holmes	320	220	395	935
	JOIN 19-	ZU ZI	110 //	lam	pa, ri		(50-54) R	Raw	.05	.00	.00	.233	B. Moore	750	500	820	2070	181 lbs.	320		333	333
	Powerlift	ing	SQ	BP	DL	TOT	B. Beekle	V	440	300	540	1280	(35-39) Raw					(50-54) Raw				
	FEMALE	Ü	•				(60-64) R	law					M. Scheffel	465	425	435	1325	B. Benedix!	580	340	560	1480
	Session 1	, Fligh	t A				B. Lacey		465	260	550	1275	Session 2, Flig	ht C				220 lbs.				
	114 lbs.						275 lbs.						132 lbs.					(20-24) Raw				
	(14-15) II	NB					(55-59) F	Raw					(20-24) Raw					M. Levine	525	320	525	1370
	M. Dougl	as!	135	77	200	412	T. O'Don	nell	550	270	575	139	W. Serrano	345	280	385	1010	(75-79) Raw				
	123 lbs.						Session 1	, Fligh	ht B				(16-17) Raw					V. Lombardo	_	175	_	_
	(40-44) I						242 lbs.						J. Benedix	280	165	325	770	Session 2, Flig	ght D			
	C. Gaskir		102	60	167	317	(40-44) F	Raw					(18-19) IB					66 lbs.				
	198+ lbs.						J. Jacobs!		630	430	630	1660	M. Miller	240	205	317	762	(8-9) INB				
	(30-34) I						R. Mead		510	385	570	1465	(16-17) INB					B. Pimentel	50	25	85	160
	F. Vipperr	nan	160	122	_	_	(25-29) F						J. Gaskins	182	125	255	562	(7-U) INB				
	MALE						K. Phillip		450	340	660	1450	148 lbs.					B. Holmes	35	15	45	95
	Session 1	, Fligh	t A				(20-24) F						(14-15) Raw					77 lbs.				
	165 lbs.						C. Stellfo		500	355	505	1360	B. Benedix	310	150	350	810	(8-9) INB				
	(16-17) [		0.50	4.50	2.45		(50-54) F			=		0=0	(16-17) IB			245		K. Rosario	55	35	105	195
	J. Dougla	S	250	160	345	75	D. Pouch		_	335	535	870	B. Vipperman	205	147	315	667	(8-9) INB				
	181 lbs.						(45-49) F	law		405			165 lbs.					S. Lamba	55	_	_	_
	(60-64) F		200	105	455	1020	A. Smith	n	_	405	_	_	(35-39) Raw	F00	200	( = =	1.425	88 lbs.				
	J. Stevens		390	185	455	1030	(18-19) I		415	425	500	1340	E. Talmant! (40-44) Raw	500	280	655	1435	(10-11) INB	75	45	135	255
	(50-54) I. Tshontiki		352	225	452	1029	G. Novos		415	425	500	1340	(40-44) Kaw T. O'Brien	425	305	440	1170	J. Lynch <b>123 lbs.</b>	/5	45	135	255
	198 lbs.	uis	332	223	432	1029	1. Simmo		400	280	445	1125	(60-64) Raw	423	303	440	11/0	(10-11) INB				
	(35-39) I	NID					(20-24) I		400	200	443	1123	A. Annunziato		242	455	697	B. Levels!	120	67	170	357
	Dromerh		3.45	215	465	1025	N. Harbe		_	320	455	775	(30-34) Raw	<i>,</i> —	242	433	097	(10-11) INB	120	07	170	337
	(50-54) I		343	213	403	1023	308 lbs.	ΙL	_	320	433	//3	J. Najar		265			M. Cawthon	115	50	150	315
	P. Classor			277	375	652	(20-24) R	214/					(20-24) IB	_	203	_	_	66 lbs.	113	30	130	313
	(60-64) F			2//	3/3	032	I. Barnes	CL V V		450			J. lanno!	350	275	500	1125	(7-U) INB				
	B. Gayno		_	_	680	_	(35-39) R	2aw		430			J. 1611110:	330	4th-D		1123	P. Kage	45	30	90	165
	D. Gayrio				000		(33 33) 1	CLIV							-til-D	L-323		1.11450	13	50	50	103

L. Simmons	45	30	90	165	C. Corey	_	300 4th-DI	— -310	_	(30-34) IB T. lames	_	340	_	_	(16-17) IB A. Graham!	177	107	247	531
J. Vipperman 88 lbs.	42	32	72	146	<b>275 lbs.</b> (25-29) Raw					Session 4, Flight 123 lbs.	nt G	3.0			132 lbs. (50-54) Raw	• • • • • • • • • • • • • • • • • • • •		,	55.
(8-9) IB					/ -	735	455	825	2015	(30-34) Raw					M. Quinn	160	135	230	525
Z. Seymour!	150	100	210	460	(20-24) Raw					J. Rotsinger!	275	165	370	810	T. Bishoff	130		255	485
		4th-DI			I. Elder	655	350	650	1655	INB							4th-DL		
(10-11) INB					D. Fedo	595	395	660	1650	K. Audet	195	92	245	532	(55-59) Raw				
B. Levels!	120	77	187	384	Raw					132 lbs.					S. Carrington	100	60	170	330
K. Nunez	100	55	145	300	M. Germany	600	450	600	1650	(50-54) IB					148 lbs.				
(8-9) INB					(25-29) IB <sup>'</sup>					J. Kral	_	80	_	_	(40-44) Raw				
J. Simmons	105	55	130	290	K. Morris	550	415	660	1625	148 lbs.					M. Yerrakadu	135	80	240	455
(10-11) INB					(35-39) Raw					(14-15) Raw							4th-DL	-247	
J. Pimentel	95	40	130	265	T. Nash	_	370	_	_	S. Shores	217	100	255	572	(40-44) INB				
97 lbs.					(50-54) IB					(50-54) IB					S. Davis	190	117	250	557
(10-11) IB					M. Francis!	_	_	750	_	J. Andrews	255	160	305	720	(30-34) IB				
A. Seymour	125	85	155	365	Session 3, Fligh	nt F				181 lbs.					C. Cox	190	_	310	_
(10-11) IB					220 lbs.					(40-44) Raw					165 lbs.				
D. Kage	80	52	160	292	(30-34) Raw					D. Aguirre!	425	320	515	1260	(14-15) Raw				
(10-11) INB					Z. Hichri!	585	395	720	1700	(55-59) IB					M. Dudley	180	80	205	465
E. Fuller	90	60	170	320	(35-39) Raw					M. Teuchert!	375	230	495	1100	(16-17) Raw				
Session 3, Fligh	nt E				M. Bishop	585	415	685	1685	(30-34) INB					L. Figueredo	120	85	210	415
198 lbs.					G. Prince	600	375	615	1590	D. Fullingon	370	280	440	1090	(40-44) Raw				
(35-39) Raw					(18-19) Raw					(18-19) INB					S. Gum	_	_	245	_
R. Celli!	625	530	685	1840	J. Wong!	580	345	540	1465	G. Tillman	352	240	425	1017	(25-29) INB				
(20-24) INB	200	2.40	450	4450	(20-24) Raw				4050	(35-39) INB	205	0.50		0.00	E. Degroot	200		315	725
D. Brown	380	340	450	1170	K. Mishler	440	355	555	1350	E. Griffin	305	250	415	970	400 !!		4th-DL	335	
(50-54) IB		275	450	705	(18-19) Raw	265		450	4400	(20-24) IB	250		F00		198+ lbs.				
F. Frantz	_	275	450	725	D. Murray	365	375	450	1190	M. Brandt	350	_	500	_	(50-54) Raw	4		0.50	= 40
(40.44) (0		4th-DI	L-465		(20-24) Raw		0.4 =	400	4450	(45-49) IB		220			H. Salahuddin		115	250	540
(40-44) IB		F2.F				355	315	480	1150	J. Zubeck		330	_	_	L D . 11:6	4th-BP		4th-DI	
D. Cieri!	_	535	_	_	(50-54) Raw	2.45	200	270	015	Session 4, Fligh	IT H				!=Best Lifters. \				
(65-69) IB					G. Prescott	345	200	370	915	114 lbs.					ation Center. C	ur goa	is an av	vesome	e Goa!

### MIKE WITMER MEMORIAL OPEN >>

bests recorded! Peachtree City, Georgia resident Zach Seymour, lifting in the 8-9, 88s, was flawless on the platform, nailing lifts of 150, 100, and 215 on a fourth attempt! Unreal! Zach was joined on the Best Lifter stage by the brother and sister duo of Brandon and Brielle Levels from THE GYM. Brandon hit lifts of 120, 77, and 187, and Brielle went 120, 67. and 170 to secure the family Best Lifter swords in the IRONMAN, no belt category. Bill Beekley's "Bulldog Powerlifting Team" captured the team title, led by outstanding efforts from Jessica Lynch, Marissa Cawthon, Kevin Nunez, and Emanuel Fuller. Jody Simmons (40-44/242s) brought his boys, Leo (7-U/66) and Joseph (8-9/88), and they both hit personal bests across the board. Finally, Preston "Dennis the Menace" Kage nailed the "big bar," sinking deep for a 45 pound squat en route to his 165 pound total in the 7-U/66 pound class. Congratulations to all the kids on their efforts and accomplishments, and thanks to Bill Beekley (Bulldog Powerlifting), Jody Simmons, Scott Seymour, and Curtis Holmes for coaching their kids and introducing them to the world's strongest sport!

Before we get to pictures, I would like to personally thank Bill Beekley again for his tireless efforts to promote our great sport and praise him for his love and respect for the kids and families he serves at the Jackson Springs Recreation Center. Bill epitomizes the power of service, and I am both humbled and honored to call him my friend. God has a very special place for you, brother!

Sunday morning's lifting saw the 198s and 275s in the first flight, and the 220s in the second flight. Pittsburgh, Pennsylvania's Ryan Celli rocked the house, going 9 for 9 and regaining the all-time total record in the 198s! More importantly, Ryan proved himself to be a class-act, coaching and encouraging other lifters while demonstrating a calm and focused demeanor on the platform. Needless to say, the federation will be honored to have Ryan join our National Team at the 2011 Raw Unity Meet!

Frank Frantz traveled from Aurora, Illinois, to break the bench and deadlift records in the push/pull, while master lifter lifter Christian Corey shattered the masters bench record in the 65–69 year old age group with his 310 pound effort. Dennis Cieri, who recently broke the all-time bench record in the 198s at 529 pounds under a 100% Raw sanction, traveled from Rutherford, New Jersey and nailed a 535 pound bench on his third attempt! And Michael "Shotgun" Francis, representing Universal Power & Fitness Gym in Orlando, Florida, nailed an all-time record deadlift of 750 pounds in the 50–54/275s! The 275s followed with Minot, North Dakota's Mike Tuchsherer shattering the record books with lifts of 735, 455, and 825! Mike came back after competing and officiated Sunday afternoon a testament to his willingness to give back to our sport. Mike's wife is currently deployed in Afghanistan, so please keep his family in your prayers!

Four other lifters John Elder, Derek Fedo, Mario Germany, and Ken Morris joined Mike on the platform and did not disappoint. All four qualified for Raw Unity and a spot on our National Team, while logging record lifts in their respective age groups and divisions! In the 220s, Universal Power & Fitness Gym owner Zied Hichri and Tennessee resident Mike Bishop had an awesome battle for top honors. Zied's 720 pound record deadlift secured both the win (1700 to 1685) and Best Lifter honors. Zied and Mike both qualified for Raw Unity, and will be joined by Greg Prince on the National Team. Nineteen year old Jordan Wong, one of the finest teenage lifters in the country, captured the Raw Teenage Best Lifter sword and is just 45 pounds away from a qualifying total (next meet, brother!). Special thanks to teenage lifter Devin Murray who spot/loaded on Saturday, lifted Sunday morning and set the teenage bench record, and was back on the platform Sunday afternoon to spot/load for the final session!

The women and the 181s shared the platform to finish an incredible weekend of lifting! Jenn Rotsinger led the women's charge, nailing a 275 record squat and 810 pound total en route to capturing Best Lifter honors in the Raw division. Jenn is a true champion, and will be serving our military heroes at the Armed Forces Championships (9/11–12 at MacDill AFB in Tampa, Florida) and representing the federation at Raw Unity. Master lifter Joann Andrews was flawless in her R.A.W. United debut, posting record lifts and earning a spot alongside Jenn on our National Team. Raw Unity lifters Kathleen Audet and Samantha Shores both crushed the total records in their respective classes, and will be competing again at the UPF Challenge in August.

Danny Aguirre and Michael Teuchert led the men's charge, with Danny capturing Best Lifter honors in the Raw Division and Michael

taking the Ironman sword home. Danny pulled a hamstring on his second deadlift which kept him from securing a qualifying total for Raw Unity. Fortunately, Danny will be competing at the Armed Forces Championships and will have the opportunity to earn a spot on the National Team. Finally, thanks to former Special Forces operator John Zubeck for his service to our country. John lifted in the bench only division, and will be joining us on the platform in September at MacDill.

In the contest's final session, teenage lifter Amanda Graham brought the crowd to their feet with her 247 pound record pull to qualify her for Raw Unity, broke both the deadlift and total record in the 16–17/123s, and set herself up for a big total at the Armed Forces Championships (Amanda has been a member of the U.S. Navy Sea Cadets for several years). MJ Quinn was on her way to a Raw Unity total but pulled a glute on her second deadlift; she is now training for the UPF Challenge in August. Several Master lifters Terry Bishoff, Molly Yerrakadu, Shana Davis, and Huguette Salahuddin shattered the record books, to include exciting fourth attempts to close the lifting. Teenage lifters Monigue Dudley and Leilani Figeredo also shattered the record books in the R.A.W. United debut. Newcomer Edithann "Edie" DeGroot of Port Charlotte, Florida, was originally registered for the push pull, but decided to squat with some prompting for her fellow lifters. Edie went on to destroy the record books in all three lifts (200, 210, 335), qualify for Raw Unity, and earn herself a spot on the National Team! She'll be joining Amanda on 9/11 at the Armed Forces Championships, also poised for a huge total! «

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### TRAINING TEMPLATE AND EXERCISES

As an accompaniment to the article on the Original Westside Barbell Club (OWBBC), I thought that this mini article would be a good follow up. These guys forged a system from nothing and with some pretty rudimentary gear, a system unearthed by Louie Simmons in 1986 and fine-tuned to the razor's edge product that is the Westside Conjugate System today. It is important to

consider, from a historical perspective, what these guys had to work with and, just as important, what they didn't have to work with that we unfortunately take so much for granted today.

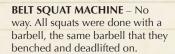
So what DIDN'T the OWBBC guys have at their disposal, anyway? Check out this rather extensive (and incomplete) list:



MONOLIFTS - The OWBBC guys all walked out with the squat, and perfected this technique—as they had no choice. They used old fashioned squat stands that were anchored by rims filled with cement. Having squatted on these racks myself back in 1981 with Frenn, I can attest to their sheer invulnerability. They did have a basic Power Rack, but used it more for their various pressing motions.



**REVERSE HYPEREXTENSION** – Louie invented this great machine this in the early '90s and got awarded several U.S. Patents for it. The OWBBC guys did a lot of deadlifts, cleans and good-mornings for their posterior chain. Ditto for Calf Ham Glute Machine, 45 Degree Back Raise and "Back Attack" type lower back machines that are common in a lot of gyms today—The OWBBC didn't have any of this.





BANDS, CHAINS, FOAM BLOCKS AND OTHER ACCOMMODATING **RESISTIVE DEVICES** – The only thing remotely resembling a "Reverse Band" movement was having Peanuts give you the Touch Spot—hands on the bar on the squat and bench and one hand on your sacrum and the other on the sternum for the deadlift. When his hands—or Frenn's, and later Roger Estep's—were on the bar and spotting you, you felt like the bar weighed 50% less, when in fact they may have only been taking off a few pounds. Still, it made for some great lifting sessions and a ton of maxes.



### ADJUSTABLE INCLINE BENCH

- Joe di Marco made a lot of the equipment, and they set the incline at around 42 degrees. If they needed to get steeper, they simply propped it up with a box



#### **FANCY FORZA STYLE BENCHES** WITH BAND PEGS, SPOTTERS STANDS AND SUICIDE CATCHES

No sir, these guys had a basic, homemade power bench with wide stanchions for their main bench and belly toss sessions plus a spare one with the narrow, skinny uprights. Pat Casey benched over 600 with this sort of bench, although the one he had was custom welded for his girth and had a double set of stanchions. I saw one of these benches on sale from Craigslist for \$50 recently.



SHIRTS - They had none of these because they simply hadn't been invented, but this doesn't mean that they didn't use their own version of supportive gear. A lot of them would wear one or more cut off Levi 501's (the button up style) and mark them #1, #2 and so on. They would buy a smaller pair, squeeze into it, put the slightly larger pair on over it, and then put whatever singlet or short-t-shirt combo over

this contraption. It didn't give near as much as a \$300 triple-ply squat suit with Velcro (another item yet to be invented), but it helped some. As far as wraps, they used 1–3 pairs of 6 inch ACE brand wraps pulled tight around each knee and (because the rules allowed it then) 4 inch ACE wraps wrapped around the elbows. George Frenn, never the world's best bencher, was able to bench 520 and incline over 400 with these drugstore bandages. Belts were all the same old flimsy Olympic belts, though when George and Peanuts did really heavy box squats they would use two belts—one facing to the rear and one to the front to support their midsection (the word "core" had yet to be invented too). Shoes were a catch-as-catch can variety of work boots (Thurber and Ingro), flat tennis shoes (Peanuts), or plain old wingtips a la Paul Anderson (di Marco). Frenn used a pair of fancy Polish made Olympic lifting boots that he bought in Europe on one of his many track and field jaunts, but everyone else was strictly Goodwill city. Bodybuilder "guest stars" Arnold and Franco sometimes squatted in slippers!



**SELECTORIZED OR PLATE** LOADING BACK, LEG AND ARM MACHINES (I.E. HAMMER STRENGTH, CYBEX AND SIMILAR) - Joe di Marco built a basic lat pulley/low row combo,

but this was about it.

**DUMBBELLS** – No dumbbells because their template didn't call





**KETTLEBELLS** – These were still sitting in the dust of prehistoric strength history, awaiting their release by Pavel Tsatsouline many vears in the future.



**DECLINE BENCH** – They never declined, so this was a non issue.



**SPECIALIZED BARS** – Today you see gyms with a whole array of specialized bars—a basic power bar for benching, an extra thick and long bar for squatting plus an equally long and whippier bar for pulling. Add to this are training bars of every conceivable shape and purpose—special bars for doing good-mornings, Zercher style lifts/ squats, Safety Squat bars, bamboo bench bars, football bars for close grips benching, cambered bars for benching and squatting, the list is virtually endless.

The OWBBC guys used basic York and Paramount bars with a couple of Weider ones thrown in. Their plates varied from the standard York plates to the custom made "Biggie" plates by Rev Bob Zuver which weighed as much as 150 lb. each! One more thing about plates; they had no bumpers for Olympic style exercises because, frankly, no one did—not even the top O-L style guys at the Olympic Games.

### Well then... HOW DID THEY DO IT?

continued on page 58



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### ORIGINAL WESTSIDE TRAINING >>

**THE TEMPLATE** – 2 Days a week 4–5 hours each **HIGH BOX SQUATS** – Work up to a heavy set session (no kidding) – The length of time that they spent was enormous, but it did accomplish two things: free up most of the week, and half the weekend, plus condition their bodies for the tedium of actual contests. Having tried this system. I can also attest to the extreme soreness for a day or so afterwards, but as the main Saturday workout approached, the feeling of ultra freshness and the real desire to really hit some big numbers due to all of the rest you got. If you were wise, you would really crank the protein and nutrients during the week to fuel your Saturday session.

#### TUESDAY – DAY ONE

BENCH PRESS – 12 Sets or so, working up to 2–3 singles plus 2 sets of 10 for muscle pump and muscle work.

BELLY TOSS BENCH PRESS – 4–6 sets working up to heavy triples. They would use 3-4 rubber pads and cycle down to 1 pad—something that is done today by shirted benchers with boards.

**INCLINE BENCH** – Sometimes as much as another 12 sets with more singles. The OWBBC guys were experts in the incline with a whole host of 400+ incline pressers—Frenn, di Marco, Merjanian, George Woods, etc. and even the lighter weight guys like Thurber and Ingro could regularly crank out 315.

of 10 with your contest full squat plus up to 100 lb. more (do they even use that term "full" anymore?). Occasionally work in some ultra heavy singles—Frenn was able to crank out over 1000 lb. in the high box for singles, which "preset" his body for his historic 853 squat.

LOW BOX SQUATS – 4–5 singles with 100 lb. less than your contest full squat.

**BOX DEADLIFTS** – several sets of singles with a spot (see above).

**LAT PULLS** – 3 x 5 as heavy as you can go.

#### TRICEPS PRESSDOWN ON LAT MACHINE – 3

x 5 as heavy as you can go. The only overhead pressing or military pressing was done by some of the track guys like George Woods who did a 440 push press from the stands in preparation for his 1968 Olympic Games (he took Silver in 1968 and 1972).

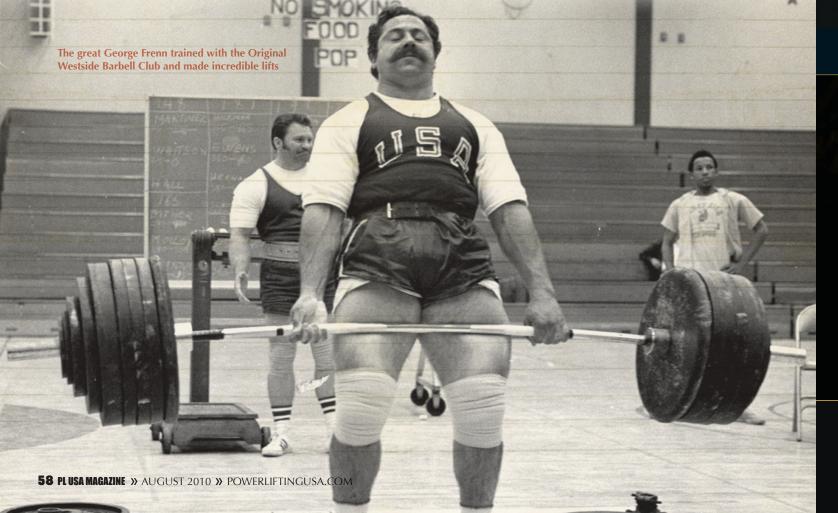
No curls, pullups or other "beach work" (even though the beach—Muscle Beach—was only a few minutes away!)

This was the basic Tuesday Marathon, and sometimes they would include power cleans or high pulls (a Frenn thing, as at least for half the year he couldn't bench press because of the negative effect it would have on his Hammer throwing, so he substituted.) Pretty much everyone got home from their workout well after midnight, but had the rest of the week to recover. Regular 9-5 guys were really trashed the first half of the next working day

#### SATURDAY - DAY TWO

**FULL CONTEST** – Everyone simply maxed out on the 3 lifts and went home. Problem was, sometimes as many as 20–30 guys would show up. Although the session would start at noon, they rarely finished before 6 PM. This left plenty of time for some serious Saturday night carousing (which as you are all aware of by now, the OWBBC guys were experts in). Sunday, most of them just crashed and nursed their hangovers.

**ANALYSIS:** Given the length of the Tuesday workout, most guys with jobs, marriages and businesses today would be better served splitting the workout up into three sessions, or some would soon be devoid of said job, marriage and business. Perhaps doing the inclines and box deadlifts on the Thursday, or simply using the modern Westside 4 day a week template. Still, this system, even though replete with a lot of technological "holes," was so far ahead it its time it was ridiculous. The OWBBC guys simply improvised and did what they had to to succeed and, once again, created Power History from it. "







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a new really hard, dense look." - Matt "Kroc" Kroczaleski

To check out this training session, visit MuscleTech.com/rawintensity.

nobody trains with more intensity than a powerlifter.

**Take Your Training Intensity to the Next Level**Precisely formulated with a potent intensity catalyst,

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pumps and a key strength-enhancing ingredient, this

could be the ultimate pre-workout powerlifting formula.

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### Strategies for Rapid Fat Loss, Muscle Growth and Recovery

# L POST WORKOUT NUTRITION

### 30 MINUTES PRE WORKOUT

- ⇒ 2–4 Scoops 100% MR
- ⇒ 2–4 Scoops Muscle Synthesis Powder

#### IMMEDIATELY AFTER THE LAST SET

- ⇒ 2–4 Scoops 100% MR
- ⇒ 2–4 Scoops Muscle Synthesis Powder
- ⇒ 2 tablespoons raw honey

#### 30-45 MINUTES AFTER TRAINING: POST WORKOUT MEAL 1

×-----,

- ⇒ Your biggest meal of the day featuring the highest concentration of carbohydrate intake
- ⇒ 8–12 oz lean protein sources
- ⇒ 1 cup rice or 1 potato
- ⇒ 1 tablespoon extra virgin olive oil

#### 2-3 HOURS AFTER TRAINING: POST WORKOUT MEAL 2

`\\_\_\_\_\_\_`

- ⇒ 8–10 oz lean protein sources
- ⇒ 1 cup rice or 1 potato
- ⇒ 1 tablespoon extra virgin olive oil

Intense training sessions require the right post workout nutrition strategies to make your hard work pay off. The post workout window of opportunity allows for a strategic refueling of the muscles while optimizing the hormonal environment which is a forgotten element of success. Post workout cocktails full of sugar are not only obsolete, but the fast track to a fatter body. The addition of protein powder is better than nothing, but still too little, too late in regards to crucial raw materials. Strength athletes must prioritize not only metabolic recovery (the muscles), but also the nervous system, which governs strength. There are many factors to consider when building a post workout nutrition strategy, including raw material ratios, rates of digestion, hormones, blood flow to the muscles and more. We will introduce a two phase post workout nutrition strategy combining Amino Loading and real food sources to improve your

body comp, performance and rates of recovery

#### MANAGING THE NUTRIENT **SUPER HIGHWAY**

During the workout blood flow to the trained muscles increases dramatically to act as a nutrient super highway. However, the consumption of food sources, such as protein shakes, right after training activates digestion which diverts blood flow to the stomach. This is counterproductive, as taking blood flow away from hungry muscles reduces the size of your nutrient superhighway significantly. You want the highway to accommodate new nutrient delivery to the muscles at 1,000 MPH! 100% MR and Muscle Synthesis are able to bypass digestive hang ups surging muscles full of their desired raw materials in minutes. The metabolic and hormonal status of the muscles following training allows for a buildup of amino acids in the muscles belies which in turn becomes a powerful energy reserve for intense

#### **BOOSTING ANABOLIC HORMONE LEVELS – NATURALLY**

Insulin is the body's most anabolic hormone and, as a result, optimizing these levels following training will accelerate your goals. The old guard would advise huge consumption of high glycemic index carbs including designer sugars to boost insulin, but while this increases insulin it also supports rapid body fat accumulation. A one hour weight training workout designed to increase strength is unlikely to burn even 75 g of glycogen for a 250 lb. man since the body uses multiple fuel sources during anaerobic exercise. There is no need to replace more than what you burn by way of glycogen to prevent the excess from being stuffed into fat cells. Dr. Serrano discovered through years of research and strength athlete patient trials that the right ratios of amino acids not only optimized insulin levels, but also provided the ideal amounts of raw materials to support accelerated rates of recovery and muscle growth in comparison to protein supplements alone. A key factor to determining the optimal ratios were examination of muscle biopsies which revealed the specific amino acid combinations that would be most rapidly assimilated following exercise.

#### PREVENTING OVER TRAINING

Do you ever feel drained for days following training? Is your bar speed sluggish and has your desire to train declined? If so, your recovery rates better catch up to your training volume or you are cooking a recipe for disaster. The natural thought process is the more training the better. However, only if the quality of work is very high, especially when considering the complexities of the nervous system. If you want to push the limits of training you must increase your recovery support to match. The stronger you are the greater stress placed on the nervous system prolonging the recovery period. Remember the nervous system cannot fully recover until the muscles do! Surrounding training with the right nutrition and supplementation approach will keep you out of overtraining hell! Elevated stress hormones related to inadequate rates of recovery not only chew up muscle, but also stimulate fat storage.

Elevated stress hormones are one of the greatest barriers to success for any trainee. Serious lifters who count on an edge to separate

Email scott@infinityfitness.com for your complimentary copy of the Macronutrient Cycling Nutrition plan and 17 rapid fat loss tips.



Optimal Post Workout Nutrition requires healthy food choices such as olive oil, raw honey, etc.

their performance from the rest cannot afford to be slowed down by stress hormones such as cortisol which stimulate fat storage, waste muscle and interfere with nervous system recovery.

#### TIMING IS EVERYTHING!

Thirty minutes following training is the ideal time to eat as there has been enough time for increased blood flow to carry the 100% MR and Muscle Synthesis super fuel to the muscles. Conditions at this time are ideal for a large percentage of daily carb intake from real food sources. Pending your goals, the amounts will

vary. Those wanting to maximize lean body mass can spread out 1 g of carbohydrate per pound over the couple meals following training while those focusing on fat loss can go as low as .25 g per pound. The best sources to consider are rice, potatoes, sweet potatoes, oatmeal and fruits. The post workout meal is one of the only times we would recommend a relatively low dietary fat intake since quick digestion is desirable. Go for leaner protein choices in large quantities such as chicken, turkey, seafood and fish during this meal. In an ideal world a second meal would be consumed 2 to 3 hours after training to bolster recovery. ((



**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**

Infinity Fitness INC provides training, fitness, and nutritional information for educational purposes. It is important that you consult with a health professional to ensure that your dietary and health needs are met. It is necessary for you to carefully monitor your progress and to make changes to your nutritional and fitness program to enjoy success. Infinity Fitness does not employ dieticians or health professionals and assumes no responsibility or liability for your personal health and condition. For more information regarding our Limited Warranty for products and services, please see our disclaimer at InfinityFitness.com.

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### RESULTS





Austin McKay putting up a 451 SQ (J.T. Hall photos)



Master 275 pounder Lee Elliff pushing up 545 lb.!





#### **NASA SOUTH TEXAS** MAY 29 2010 » Alvin, TX

	MAY 29 201				5	Master Pure T. Hedrick <b>165 lbs.</b>	132	264	429	826
	BENCH FEMALE			School		High School I. Gingery	55	94	187	336
	114 lbs. High School B. Willis	138	I. Ging 198 lb Master	s.	94	181 lbs. High School J. Craft	138	253	429	820
	MALE	150	G. Ga		325	Submaster II	130	233		020
	<b>242 lbs.</b> High School		Master G. Ga		325	S. Hollrah 220 lbs.	149	314	413	875
	Q. Thomas	418	308 lb		323	Master II				
	275 lbs. Master II		Master G. We		187	G. McNeil Teen	178	347	600	112.
	L. Elliff	545	PS BE		107	T. McQueen	105	231	440	776
	Master II J. McKay	374	MALE 198 lb	ie.		» courtesy Rica	h Peters			
	Master Pure	374	Maste	r I						
	J. McKay Raw	374	G. Ga <b>PS CU</b>		325	USAPL I	BATT	LE	ON :	ΓHI
ķ.	114 lbs.		FEMA	LE		<b>BAYOU</b> APR 24 201	n w IM	arken	ille T	Δ
ř	High School J. Dunham	83	114 lb	s. School		Powerlifting	SQ SQ	BP	DL	TOT
L			B. Wil	lis	61	FEMALE	50	ь.	DL	
	Push Pull MALE		BP	DL	TOT	105 lbs. Open				
	114 lbs.					J. Vadell	160	66	237	462
	High School J. Dunham		83	182	264	123 lbs. Open				
/	165 lbs.					L. Garcia	160	132	303	595
	High School  I. Gingery		94	187	281	148 lbs. Open				
	242 lbs. High School					E. Hunter	209	149	336	694 545
1	Q. Thomas		418	606	1024	S. Holleran 198+ lbs.	165	105	275	545
	Powerlifting FEMALE	SQ	BP	DL	TOT	Open L Stanzart	206	160	468	100
K	114 lbs.					J. Stewart MALE	396	160	468	102
	High School B. Willis	264	138	283	685	123 lbs. Open				
P	123 lbs.	204	130	203	003	B. Naquin	358	204	501	106
	Teen E. Guerra	171	88	198	457	132 lbs. Open				
	198+ lbs.		-			T. Hood	429	226	473	112
	Teen A. Hasse	286	110	286	683	Raw D. Dupuis	358	226	446	102
	MALE 198 lbs.					148 lbs.				
	Master I					Open L. Bates	424	303	451	117
=	J. Easterbrook Police/Fire/Mil		297	429	1156	<b>165 lbs.</b> <i>Raw</i>				
	A. McKay	451	270	440	1162	J. Guillory	429	242	473	114
T.	Raw <b>165 lbs.</b>					G. Luce 181 lbs.	352	231	402	985
	High School	0.40	4.5		<b>=</b> 2.0	Open				
1	A. Hardy <b>181 lbs.</b>	248	165	325	738	J. Barthomew B. Heyman	473 457	325 264	495 534	129 125
	Master II R. Sherwood	457	270	413	1140	Raw <sup>'</sup> W. Calliahan	2.40	154	412	
	Master Pure	437	270	413	1140	vv. Calilanan <b>198 lbs.</b>	248	154	413	815
-	R. Sherwood Open	457	270	413	1140	Open J. Townsend	479	418	506	140
1	R. Sherwood	457	270	413	1140	Raw				
	<i>Open</i> A. LeJeune	314	154	402	870	R. Kimball <b>220 lbs.</b>	501	281	567	134
	242 lbs.					Open	F.(2)	407	606	157
	Master I P. Wylie	523	358	600	1481	C. Favre J. Clay	562 —	407 380	606 468	157- 848
	275 lbs. High School					242 lbs.				
	L. Brawley	402	264	402	1068	Master C. Coleman	418	308	468	119
	Master II L. Elliff	424	402	446	1272	Open J. Nicolosi	655	435	562	165
	SHW	127	102	1 TU	12/4	Raw				
	<i>Open</i> B. Alm	694	468	672	1833	B. Stephens 275 lbs.	325	308	473	110
2	Police/Fire/Mil	itary				Raw		24.		10-
	B. Alm Power Sports	694 <b>CR</b>	468 <b>BP</b>	672 <b>DL</b>	1833 <b>TOT</b>	R. Brose T. Babcock	517 484	314 347	551 501	138. 133.
-	MALE .				-	K. Lavergne	347	275	325	947
-	<b>114 lbs.</b> High School					<b>275+ lbs.</b> Open				
	J. Dunham 148 lbs.	55	83	182	319	A. Leblanc Raw	738	473	650	186
	Master II					Cressionnie	573	418	528	151
	T. Hedrick	132	264	429	826	» courtesy Wa	de Hoo	per		



ANABOLIC HALO™ is a multi-platform, post-workout powerhouse formula that is designed to help you jack up muscle and strength fast. The scientifically advanced formula was built with the most researched form of creatine in the world. In one published study, researchers not only documented an average increase in test subjects strength of 94%, but the same group consuming this key ingredient in ANABOLIC HALO also gained 5 times the muscle versus the placebo group during the 12-week study (7.12 vs. 1.30 lbs.).

### All-In-One Post-Workout Formula

With a science-driven foundation, Team MuscleTech™ researchers further enhanced the formula with fast-acting carbohydrates to help you replenish muscle glycogen stores after each grueling workout. The incredible product also boasts much-demanded compounds L-leucine and L-carnitine to make this a truly all-in-one postworkout formula. If you want to push your strength to its limits, finish every workout with ANABOLIC HALO™!

If you want to get bigger and stronger, Team MuscleTech™ has the products that will help you get there.

**Johnnie Jackson** Worlds Strongest Bodybuilder









In a third-party 12-week study involving 22 untrained test subjects divided into 3 groups and conducted at an American University, subjects taking a key ingredient in ANABOLIC HALO combined with a weight-training program, increased their strength on the leg press by an average of 94% more than those taking a placebo (375 vs. 193 lbs.). This study was published in *Medicine & Science in Sports & Exercise*. Subjects also increased muscle by an average of 7.12 lbs. versus the average 1.3 lbs. of the placebo group.





A. Fogarty 165 88 <b>132 lbs.</b> P. Schwartze 127 99 K. Satterfield 121 88 <b>148 lbs.</b>	DL 226 176 204 198	573 429 429 407	181 lbs. M. Schwartze UNL Duckworth MALE 123 lbs. Kellnowski T. Conners	204  303 116	121 99 182 132	248 — 407 242	573 99 892 490	J. Philips S. Lynch J. Koogler J. Koogler K. Godzicki M. Stetten M. Staffen 181 lbs.	446 418 270 440 330 330 286	286 303 171 297 215 248 385	539 506 771 385 462 424	
C. Mattingly 215 132 A. Fogarty 165 88 132 lbs. P. Schwartze 127 99 K. Satterfield 121 88 148 lbs.	176 204	429 429	MALE 123 lbs. Kellnowski T. Conners		182		892	K. Godzicki M. Stetten M. Staffen	330 330	215 248	462 424	1007 1002
132 lbs.         P. Schwartze       127       99         K. Satterfield       121       88         148 lbs.	204	429	Kellnowski T. Conners					M. Staffen				
K. Satterfield 121 88 <b>148 lbs.</b>				116	132	242	490	181 lhc				
			132 lbs.				430	J. McDougal	479	418	606	1503
	325	666	M. Cockson 148 lbs.	275	204	286	765	D. Winkler A. Castillo	491 501	330 325	523 517	1344 1343
Hochsletier 204 149 K. Smith 220 121	281 220	633 562	R. McClaren S. Mead	402 314	330 209	440 451	1173 974	C. Legg L. Johnson	418 374	270 264	501 523	1189 1162
S. Rogis 187 105 C. Hul 171 105	242 242	534 517	M. Lawson C. Fischer	281 165	209 110	347 215	837 490	C. Lynch J. Drogs	363 402	314 292	457 424	1134 1118
McDonough — 121	_	121	T. Thomson	_	165	_	165	C. Koch	402	303	413	1118

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Diet, Metabolic Diet and	Anabolic Solutions,
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	K. Hainei	332	2/0	402	1024
3	Z. Walker	314	275	396	985
	C. Mattingly	358	220	369	947
	B. Brown	248	220	505	468
,		240	220	_	400
	T. Close	_	_	_	_
	198 lbs.				
7	S. Charland	468	319	606	1393
,	C. Franklin	440	330	534	1305
	D. Trower	462	286	451	1200
	M. Kingler	347	231	462	1040
	J. Broyal	352	220	440	1013
	C. Abraham	303	209	407	919
	A. Isoakov	336	204	_	539
		330		_	
,	N. Gormen	_	363	_	363
!	A. Kress	_	308	_	308
	220 lbs.				
t	J. Brown	517	319	644	1481
5	T. Smallwood	484	264	534	1283
	R. Brault	440	308	528	1277
53	S. Mangus	363	330	501	1195
	D. Shaw	418	231	501	1151
8					
93	J. Burrows	374	286	462	1123
90	J. Schupp	259	149	402	809
8	M. Gangi	_	402	_	402
8	K. Richardson	_	358	_	358
V.	D. Horn		336		336
8				_	
	J. Boursaw	_	330	_	330
	242 lbs.				
E.	C. Holmes	666	435	732	1833
	M. Shamburg	622	523	606	1751
8					
8	B. Bielski	462	330	666	1459
8	A. Hein	402	292	501	1195
8	L. Burchett	402	358	402	1162
8	D. Mitchell	358	330	440	1129
8	K. Fisher	407	259	424	1090
8	A. Granda	385	253	440	1079
	T. James	347	220	407	974
	L. Zirchelpach	308	187	385	881
ii.	G. Andreasen	500	446	505	446
88				_	
2	R. Carich	_	347	_	347
88	C. Glover	_	325	_	325
57	J. Boyce	_	319	_	319
22	G. Portz	_	314	_	314
n			314		314
2	275 lbs.				
	N. Werle	820	617	798	2235
	J. Hernandez	611	424	606	1640
e	D. Phelps	570	292	617	1479
	J. Hunt	517	363	506	1387
	N. Frazzette	479	363	523	1365
	M. Lowery	451	341	573	1365
a	J. Waters	517	308	517	1343
	D. Dillon	468	341	506	1316
9		418		374	1129
9	J. Lupardus		336	3/4	
9	S. Bates	_	556	_	556
v	G. Chrun	_	512	_	512
9	T. Thomas		468	_	468
	M. Porter		341		341
	J. Vosler	_	330	_	330
	R. Gibson	_	319	_	319
	UNL				
	J. Vick	606	435	672	1712
	C. Brant	672	363	650	1685
1	B. Duncan	545	286	528	1360
	S. Hockins	_	517	_	517
	J. Pledger	_	363	_	363
		A DI	505	_	505
	» courtesy USA	17L			
	<b>USAPL T</b>	T.A.	W TE	XXC	4
	AMITER I			47476	•

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### **QUALIFIER**

APR 10 2010 » Spring, TX

	•	P9		
Powerlifting 132 lbs.	SQ	BP	DL	TOT
M. Manley	314	209	314	837
165 lbs.				
T. Lamando	424	270	517	1211
181 lbs.				
J. Monreal	457	314	402	1173
198 lbs.				
D. Rodrigues	402	275	528	1206
L. Edwards	_	226	237	462
220 lbs.				
J. Limon	462	292	539	1294
A. Pusch	402	325	451	1178
» courtesy US	APL			

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- 2. Place the leather end of the belt through the for assistance to get your belt tight. stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
- 3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
- Ratchet/tighten belt as desired.
- 5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet Very secure. The belt automatically locks until you manually roless it safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by • Hand-crafted in the USA. Patent # 5,647,824 pushing out with your tummy or using your hands

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- Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need
- · Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.
- manually release it.

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RESULTS		
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<b>USPF EA</b> JUN 26 2010					B. Spann <b>165 lbs.</b>	171	_	_	17
					K. Parnow	226	154	265	64
BENCH FEMALE		275 II B. Kel	hl	_	MALE Junior (16-17)				
Open <b>181 lbs.</b>		198 ll	er (80+) bs.		<b>165 lbs.</b> B. Hatfield	254	209	369	83
H. Harper <i>Master (45-4</i> 9)	_	C. Ric <b>220 I</b>		226	181 lbs. J. Puckett	452	270	408	11
32 lbs.		Muha	mmad!	546	Junior (18-19)	.52	2,0	.00	
A. Barnhill <i>Master (50-54)</i>	143	DEAE FEMA			181 lbs. B. Carter	375	303	413	10
48 lbs.		Open <b>123 l</b> l			242 lbs. V. Beebe	485	303	623	14
3. Spann 1 <b>65 lbs.</b>		B. Ae	rts!	287	Junior (20-23)	403	303	023	14
K. Parnow! MALE	154	<b>148 l</b> l N. Ca	b <b>s.</b> rmichae	1 254	198 lbs. M. Nehme	309	276	518	11
lunior (20-23)		Maste	er (45-49		242 lbs.				
<b>242 lbs.</b> P. Rhoades Jr	485	<b>132 ll</b> A. Ba		282	P. Rhoades Jr! Open	529	485	507	15
Open <b>181 lbs.</b>		<b>148 ll</b> B. Spa		243	<b>181 lbs.</b> Wellemeyer	402			40
R. Garcia	406	G. Ár	rowood	237	198 lbs.				
<b>220 lbs.</b> C. Muhammad	546	Maste 123 II	er (50-54 hs	1)	<ul><li>K. Kanemoto!</li><li>G. Grissinger</li></ul>	656 573	442 419	601 601	16 15
. Houston		B. Aei		287	A. Machuca	546	358	568	14
242 lbs.		165 ll			B. Pacheco	524	446	485	14
. Chaaban!	607	K. Par		265	V. Patel	347	215	463	10
275 lbs.	474		er (55-59	9)	W. Teruya	320	231	402	95
A. Aerts Submaster	474	<b>123 ll</b> M. Lo		226	A. Nieto <b>220 lbs.</b>	540	_	474	10
220 lbs.		MALE		220	J. Deluca	441	419	441	13
. Houston	_	Junio			242 lbs.				
242 lbs.		181 ll			B. Autrey	568	325	606	14
M. White <i>Master (40-44)</i>	502	A. Gr <b>242 l</b> l	issinger	457	275 lbs. A. Aerts	220	474	220	91
viasier (40-44) 2 <b>42 lbs.</b>			oades Jr	507	Submaster	220	4/4	220	91
. Chaaban	607	Open		307	181 lbs.				
Master (45-49)		181 ll			A. Jimenez	474	405	452	13
198 lbs.	425		meyer	507	R. Garcia	435	406	463	13
3. Levering G. Grissinger	435 419	<b>198 ll</b> M. Sc		650	198 lbs. B. Pacheco	524	446	485	14
242 lbs.	113	P. Tap		502	Master (45-49)			.03	
. Hunter	485	242 ll	os.		198 lbs.				
808+ lbs.		M. W		601	G. Grissinger		419	601	15
M. Carter <i>Master (50-54)</i>	_	Subm <b>242  </b>			Master (50-54) 198 lbs.	)			
1 <b>98 lbs.</b>		M. W		601	K. Kanemoto!	656	442	601	16
T. Robinson	_		er (40-44	1)	242 lbs.				
275 lbs.		198 ll		E02	W. Jandoc	635	441	546	16
A. Aerts <i>Master (60-64)</i>	474	P. Tap	ıa er (45-49	502	275 lbs. A. Aerts	220	474	220	91
275 lbs.		198 ll		′)	Master (60-64)		7/7	220	51
P. Rose	193		issinger	601	242 lbs.				
Master (70-74)		DD.	DI	тот	R. Pagal	413	. 331	402	11
Push Pull MALE		BP	DL	TOT	!=Best Lifters. A Steve Denison.				
unior (20-23)					Club for the us				
165 lbs.					our Score Table				
C. Whitney		276	424	700	Denison, Meet				
M. Castillo 2 <b>42 lbs.</b>		226	375	601	Bar loading pro Score sheet: Ste				
P. Rhoades Jr!		485	507	992	Referees: Alan				
unior (16-17)					son, Internation	nal, Bo	nnie Ae	erts, Sta	te, St
181 lbs.		270	400	670	Matthews, Nati				
. Puckett Open		270	408	678	State, Mike Kou New State Refe				
65 lbs.					& loaders: Cha				
C. Whitney		276	424	700	Elor, Jeff Irion.				
Submaster					Alan & Bonnie				
2 <b>42 lbs.</b> M. White		E02	601	1102	Vendors: CSS F				
vi. vvinte Master (45-49)		502	001	1102	Inzer Advance Powerlifting Be				
42 lbs.					Alison Barnhill				
Hunter		485	518	1003	Men: Patrick RI				
Powerlifting EMALE	SQ	BP	DL	TOT	Lifter Open Me				
Open					ing Best Lifter Best Lifter Bend				
198+ lbs.					Karen Parnow.				
M. O'Rourke	314	215	391	920	Jim Chaaban. E	Best Lift	ter Mas	ter Mer	n: Cl
Master (45-49)					Muhammad. B				
132 lbs.					Women: Bonn				
	204	143	282	629	Open Mon. Mi	chaol (	CUrry	Piich Di	
A. Barnhill! Master (50-54)	204	143	282	629	Open Men: Mi Lifter Junior Me				
A. Barnhill!		143	282	629 546	Open Men: Mi Lifter Junior Me place team: Tea Wayne Jandoc:	en: Patr am Son	ick Ŕho oma, c	oades Jr oached	: 1st I by

					AND AND									
										m e.l				
pann Ibs.	171			171	rowood, Karen Antonio Machu	ıca, Wa	yne Jan		nez,	T. Bloom <b>165 lbs.</b>	292	192	363	848
arnow <b>LE</b>	226	154	265	645	» courtesy Stev	e Deni	son			N. Zahn C. Mueller	529 457	292 225	468 523	1289 1207
or (16-17) <b>lbs.</b>					USAPL V	VISC	CON	SIN		220 lbs. N. Vlahos	567	352	529	1449
latfield <b>lbs.</b>	254	209	369	832	STATE JAN 30 2010	\ \ <b>T</b> \/F:		\X	71	Junior Raw 198 lbs.				
uckett or (18-19)	452	270	408	1130	BENCH	// 141	165 lb		/1	P. Schaefer A. Stillman	507 463	270 292	485 485	1262 1240
lbs.	375	303	413	1091	FEMALE Open Raw		G. Dev 220 lb	vorkin	264	A. Tadt N. Gagnon	396 457	264 325	413 501	1073 1284
lbs.					165 lbs.	154	E. Pipp		341	220 lbs.				
eebe or (20-23)	485	303	623	1411	L. Pipp Open	154	Open 198 lb			C. Jones Open	440	264	468	1174
Ibs. Nehme	309	276	518	1102	<b>181 lbs.</b> D. Doan	358*	Wojcie <b>242 lb</b> :	echows s.	358	<b>165 lbs.</b> B. Puckhaber	451	281	501	1234
lbs. hoades Jr!	529	485	507	1521	Master III Raw 123 lbs.		L. Male SHW	comson	529	M. Schulke D. Horner	457 —	215 —	457 —	1129 —
en Ibs.					S. Sanford MALE	137	J. Ray G. Pov	vell	584 551	<b>181 lbs.</b> G. Kuehnl	606	391	567	1565
llemeyer	402	_	_	402	Raw Open 165 lbs.		Master SHW			J. Williams R. Legarreta	562 474	358 363	551 523	1471 1361
(anemoto!	656	442 419	601 601	1699 1593	A. Johnson 181 lbs.	270	G. Pov	vell	551	198 lbs. M. Rodock	606	286	545	1438
Grissinger Machuca	573 546	358	568	1472	A. Thesing	242	181 lb		2.50	P. Nees	518	374	529	1422
acheco atel	524 347	446 215	485 463	1455 1025	<b>220 lbs.</b> E. Pipp	341	F. Jone Teen		369	B. Fritsch D. Young	407 479	275 330	479 529	1162 1339
Гегиуа Nieto	320 540	231	402 474	953 1014	242 lbs. D. Johnson	462	<b>165 lb</b> : B. Milu		286	242 lbs. J. Betzginer	843	479	705	2028
<b>lbs.</b> eluca	441	419	441	1301	Raw Junior 181 lbs.		Master 220 lb	· I Raw s.		K. Will T. Caltagerone	633 562	457 341	683 501	1774 1405
lbs. autrey	568	325	606	1499	A. Thesing Raw Master	242	M. Bur	rns	374	D. Strandt SHW	418	319	518	1256
lbs. \erts	220	474	220	915	Powerlifting FEMALE	SQ	BP	DL	TOT	J. Langer R. Crawford	600 518	407 446	440 424	1449 1388
master lbs.	220	., .	220	3.3	High School 97 lbs.					Open Raw 198 lbs.	3.0			.500
imenez	474	405	452	1330	E. Spaho 132 lbs.	165	99	187	451	M. Lawyer	374	242	485	1102
Garcia Ibs.	435	406	463	1304	P. Azmani	231	104	253	589	A. Chromy	424	303	518	1245
acheco ster (45-49)	524	446	485	1455	<b>181 lbs.</b> J. Rice	253	88	270	661	A. Zlotocha 275 lbs.	407	297	429	1135
0	573	419	601	1593	Junior 148 lbs.					M. Day Master I (by fo	336 rmula)	264	485	1085
ter (50-54) <b>lbs.</b>					S. Katt <b>165 lbs.</b>	286	137	297	721	<b>181 lbs.</b> R. Wittenben	341	231	363	937
(anemoto! lbs.	656	442	601	1699	K. Bluell Open	385	187	385	959	275 lbs. T. Smith	722	512	584	1818
landoc Ibs.	635	441	546	1621	132 lbs. B. Backes	363*	203*	352*	920*	J. Beatty SHW	639	435	655	1730
Nerts Ster (60-64)	220	474	220	915	P. Azmani <b>148 lbs.</b>	_	_	_	_	E. Ratzmann S. Lade	451 837	— 639	_	_
lbs.	413	331	402	1146	E. Walterman <b>165 lbs.</b>	394	275	424	1091	Master III (by for 198 lbs.				
est Lifters. <i>N</i> e Denison.	∕leet Di	rector/P	romote	r:	K. Bluell Open	_	_	_	_	B. Fritsch 220 lbs.	407	275	479	1162
b for the use	e of thei	ir facilit	y. Thanl	s to	<b>148 lbs.</b> J. Cowan	407	187	407	1003	B. Piriot	474	286	534	1295
Score Table nison, Meet	Scoreke	eeper: S	iteve De	enison,	Raw Master	407	107	407	1003	275 lbs. G. Kachar	347	281	374	1003
loading pro re sheet: Ste	eve Den	ison. Th	nanks to	all our	132 lbs. A. Simons	132	143	132	407	Master IV (by f 220 lbs.	ormuia,	,		
erees: Alan . Internation	nal, Bon	nie Aer	ts, State	, Steve	165 lbs. B. Hermann	253	165	275	694	J. Miller SHW	_	_	_	_
thews, Nati e, Mike Kou					Master II 114 lbs.					R. Crawford *=American Re		446	424	1388
v State Refe oaders: Cha					J. Kengsley Master I	275	159	286	722	» courtesy USA	APL			
, Jeff Irion. 7 n & Bonnie					123 lbs. J. Mach	270	148	286	705	USAPL P	A S	TAT	E	
dors: CSS P er Advance					MALE High School					CHAMPI				
erlifting Be on Barnhill	st Lifter	Master	Womer	า:	148 lbs.	473	248	396	1118	JMAY 15 20 BENCH	10 // E	Open	, rA	
n: Patrick Rl er Open Me	noades	Jr. Powe	erlifting	Best	<b>165 lbs.</b> N. Halverson	363	259	424	1047	114 lbs. Sub/Junior (18	-19)	P. Grol	hosky	418
Best Lifter Lifter Bend	Master I	Men: Ke	eith Kan	emoto.	181 lbs. N. Marchant	440	275	501	1218	J. White <b>165 lbs.</b>	192	J. McD	Daniel Inior (18	407 8-19)
en Parnow.	Best Lift	ter Bend	ch Oper	n Men:	220 lbs. B. Zimmer	402	170	413	986	HS Varsity J. ladner	214	D. Kilr 220 lb	ner	_
nammad. B	est Lifte	r Deadl	ift Mast	er	High School Ra		170	TIJ	200	181 lbs. Masters (50-54		Master	s. rs (40-4 idubler	
men: Bonni en Men: Mi					D. Balk	303	154	419	876	H. Sturman	336	Open		440

lunior

148 lbs.

I. Nelson

275 lbs.	A. Ka		496
Open J. Long 341	<b>165</b> <i>Raw</i>		
Out-of-State J. Bogart 716	М. В <b>220</b>		573
DEADLIFT 148 lbs.		<i>Junior (</i> hreiner	
Push Pull	BP	DL	TOT
FEMALE 148 lbs.			
<i>Raw</i> J. Stroup	148	286	434
<b>198 lbs.</b> <i>Police/Fire</i>			
V. Semple Sub/Junior (18-19)	132	336	468
V. Semple MALE	132	336	468
97 lbs.			
Youth (10-13) E. Fasnacht	104	143	247
<b>123 lbs.</b> <i>Youth (10-13)</i>			
A. Tome <b>165 lbs.</b>	93	203	296
Raw			
I. Wylie C. Hadzick	319 259	529 501	848 760
<b>181 lbs.</b> Out-of-State			
M. Ciupinski 198 lbs.	_	490	490
Out-of-State	210	462	701
A. Grebenetsky <i>Raw</i>	319	462	781
K. Semon A. Ruth	374 231	562 446	936 677
<b>220 lbs.</b> <i>Masters (40-44)</i>			
J. VanDyke	220	429	649
Masters (70-74) S. Chatis	275	468	743
Military M. Bennett	402	672	1074
Out-of-State M. Bennett	402	672	1074
Sub/Junior (16-17) J. Rammel	275	429	704
242 lbs.	2,3	.23	,
Masters (45-49) L. Mellinger	303	468	771
<i>Masters (65-69)</i> G. Burke	319	352	671
<i>Out-of-State</i> J. Nicolosi	440	562	1002
Raw B. Kenner	330	622	952
J. O'Farrell	308	540	848
275 lbs. Junior			
J. St.Rawser Masters (50-54)	473	611	1084
D. Martin Open	303	501	804
C. Kitchen Open Junior Raw	_	501	501
L. Perillo Raw	529	562	1091
J. Traub	462	501	963
SHW Open			
N. Hulslander <i>Raw</i>	_	727	727
P. Tompkins Sub/Junior(16-17)	435	633	1068
D. McKenna	159	385	544
On May 15, 2010, Vi	he annu	ial USA	PL
Pennsylvania State Bo Championships. 41 [	Drug-Fre	e powe	rlifters
from the states of Ne Maryland and Penns	w York, I	New Jei	sey,
showcase their streng	gth and s	set reco	rds.
organization in the co	ountry. \	With str	5 ict drug-

D. Dettinger 418 Out-of-State

H. Sturman

Raw

507 336 507 1350 **198 lbs.** 

Raw

336 **242 lbs.** 

T. Smith

free guidelines, the United States of America 496 Powerlifting Organization does not allow athletes to use anabolic steroids or growth hormones. This contest was directed by Vision Fitness owner Niko Hulslander. Male and Female competitors ranged in age from 12 to 73 on this day. With state and national judges in attendance; lifters who were first time competitors had the opportunity to compete with some of the country's best while having fun. Some of the local athletes like Austin Tome, Lonnie Mellinger, Jeff VanDyke, Paul Tompkins, and Brian Keener turned in great personal best performances. American and World Record Holder John Bogart, came all the way from Oneonta, NY to re-set the American Bench Press Record with a bar bending lift of 716 pounds. Niko Hulslander was able to close the show with a new PA State Record Deadlift with a mighty pull of 727 pounds. By the end of the day a total of 9 new PA State Bench Press and 14 new PA State Deadlift records were established in Brogue PA Niko would like to thank the nearly 100 spectators who attended and supported the event. A successful event is only possible through the support and efforts of many Garage Ink Team members, Vision Fitness staff, and volunteers. Vision Fitness will be the host site for two events for the upcoming Keystone State Games on July 24th and 25th. Come on out for the Olympic Lifting and Powerlifting events of the Keystone State Games at Vision Fitness and enjoy the excitement. » courtesy Niko Hulslander

### NATURAL BP

**MILLER'S IRONHOUSE** JUN 12 2010 » Cumberland, MD **BENCH** R. Kalbaugh Teen (14-16) M. Swarner 315 W. Beaty . Nichols 245 275 . Stump 200 **242 lbs.** Teen (17-19) I. Svalina! 375 D. Wharton! 400 D. Arnold 190 275+ lbs. Masters (70+) B. Schnepf B. Hiester 100 T. Smith 300 Masters (60+) Open women and calculated by using a Schwartz R Brooks 400 181 lbs. formula. Each lifter gets three attempts and B. Shafer 375 D. Reams 198 lbs. two of the three judges must signal a clean Masters (55+) B. Carmack 410 T. Burgess! lift in order for it to be successful. "This meet has never been about the person who can lift B. Schneph 365 D. Durbin the most weight, but encouraging men and Masters (40+) 242 lbs. women of all ages to lift properly, to help 425 T. Wharton S. Keene promote a healthier lifestyle, and to display I. Gibson C. Will 365 their God-given abilities, says Miller." In the 240 R. Brooks 400 B. Rouzer open division, David Reams (Oakland, MD) 275+ lbs. took first place in the 181 class with his lift 084 **148 lbs.** B. Younker of 305 pounds. Tony Burgess was first in the K. Beckman Body REPS 198 pound class with his 400 pounds and 245 302 lbs. E. Feaster 220 lbs. T. Wharton

local Darren Durbin came in second with !=Best Lifters. Brian Miller held the 17th his 345 pound lift. Tim Wharton claimed Miller's Ironhouse Natural Bench Press the 220 pound class by weighing a little less Competition at Allegany High School. Lifters than Charlie Will (McOnnellsburg, PA) as from Maryland, Pennsylvania, West Virginia, they both pressed 480 pounds on their final and Virginia competed in this year's event. attempt. Randy Brooks (Winchestor, VA) took Tim Wharton of (Lavale, MD) captured first first in the 242 pound class with a 400 pound place in the 220 pound class and won the effort. Brad Younker (Big Cove Tannery, PA) open heavyweight best lifter award with his took first in the heavyweight division with npressive 480 pound press. Like his Father, the biggest lift of the day at 485 pounds. In Dustin Wharton took first place in the teen the raw division. Keith Beckman (Oakland, 17-19 class and also won the overall award MD) entered his first event and claimed top for the teenage with his 400 pound press. honors in the 148 pound class with a lift of Tony Burgess (Winchester, VA) took first in the 260 pounds. Eben Feaster (Maysville, WV) open 198 pound class with his 400 pound lift was second with a 245 pound effort. Local and also won the open lightweight overall. Rvan Kalbaugh won the 220 pound class The overall winner in the raw division was with a lift of 340 pounds, Marty Swarner of Frostburg took second with 315 pounds and John Svalina (Fairfield, PA) who lifted 375 pounds to win the 242 pound class. The dif-Wayne Beatty (Front Royal, VA) was third ferent divisions of competition were the open, with 275 pounds. John Svalina captured the raw, masters 35+, 40+, 50+, 55+, 60-plus. 242 pound class with a 375 pound lift Bill

70+, teen and women. The masters, teen, and Schneph (Baltimore, MD) won top honors



Best Lifters at the APF Ohio Cup: Dan Steltenkamp (deadlift), and **Jimmy Kolb (bench)** (Photo courtesy of Blackstone's Gym)

Teen (13-15)

MALE

APF 1ST FEB 21 2010		IIO CUP 7. Lafayette,	ОН
BENCH		J. Kulb	740!
FEMALE		Open	
114 lbs.		D. Menefee	405
Y. Hao	200	242 lbs.	
MALE		Master Raw	
165 lbs.		Daubenmike	300*
Open		Open	
G. Fink	315	R. Block	505
198 lbs.		DEADLIFT	
Teen (13-15)		FEMALE	
D. Pfeiffer	205*	198 lbs.	
220 lbs.		Master Raw	
T (40.40)		1 51 1.	0001

D. Pfeiffer 310! C. Guiterrez 405 220 lbs. J. Miller Masters (45-49) Steltenkamp 705 !=American Records. \*=State Records. Best Lifter Bench Press: Jimmy Kulb. Best Lifter Deadlift: Dan Steltenkamp Blackstone's Gym would like to thank spotters wih a pull of 705 lbs. Judges: Dave Clement, Avery Dotson and John Blackstone. Score Table: Haley Clement, lessica Horabarcer. Teen (18-19) J. Eizensmits 200! » courtesy Blackstone's Gym

J. Pfeiffer

Submaster

275 lbs.

365

in the heavyweight class with 365 pounds followed by local Tony Smith who lifted 300 pounds. Dustin Wharton of Allegany High School captured first place in the teen 17-19 years of age with his awesome lift of 400 pounds. Dillon Arnold also of Allegany came in second with his 190 pound lift. John Paul Nichols (Cabins, WV) was first in the teen 14-16 with his 245 pound lift followed by Jesse Stump (Martinsburg, WV) who took second with a 200 pound lift. In the masters 70+, Burt Hiester of Cumberland proved that it is never too late to enter a weight lifting competition as he brought home first place with his 100 pound effort. Randy Brooks won the 60+ class with his 400 pound lift while edging out Barry Shafer (Mconnellsburg, PA) who took second place with a 375 pound lift. Buck Carmack (McOnnellsburg, PA) won the 55+ class with his impressive 410 pound effort followed by Bill Schnepf with second place. Shawn Keene (Martinsburg, WV) won the 40+ class with 425 pound lift. Jeff Gibson (Harrisonville, PA) took second with 365 pounds and Brian Rouzer third with a 240 pound press. Tim Wharton also won the body rep competition with 38 repetitions of 205 pounds. This was another successful event with beautiful sculptured awards given to all competitors and along with awesome swords presented to the overall winners. Thanks to all the lifters, spectators, the school, and everyone who helped to make this a great event. This event will take place again next year on the second weekend in June. » courtesy Brian Miller

ESULTS		
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BENCH

275 lbs.

Raw

4th-SQ-120\* DL-200\*

150\* 130\* 230\* 510\*

345\* 226\* 366\* 937\*

4th-SQ-180\* DL-263\*

4th-SQ-355\*

Teen (14) Raw

165 lbs.

M. Hehir

Teen (14)

A. Forezzi

148 lbs.

Youth DT

STATE	'EN	NSŸ	LVA	NIA	R. Costigan Junior	_	237	_	23
MAR 20-21	2010	» St.	Colleg	e, PA	N. Milardo	600	462	556	16
		BP	DL	TOT	J. Jenkins Master III	380	363	424	11
Powerlifting FEMALE	SQ	BP	DL	101	G. Burke	380	319	358	10
132 lbs.					Master IV	300	319	330	10
Open					A. Siegel	204	149	281	63
. Kratz	308	187	336	831	Open				
165 lbs.					R. Eckhart	545	523	556	16
Open .					G. Shirey	628	341	573	15
C. Smith	413	270	402	1084	T. Favata		539	639	11
unior	226	00	2.40	F 70	A. Gebhardt	358	341	418	11
<ol> <li>C. Dormer</li> <li>181 lbs.</li> </ol>	226	99	248	573	Boczkowski Open Master	551	_	534	10
Open Raw					Rosensweet	429	325	490	12
/. Semple	187	127	297	611	Open Raw	123	323	150	12
JNL					J. Lawrence	501	341	600	14
Open Master I	1				275 lbs.				
S. Cole	259	160	341	760	Junior				
MALE					L. Perillo	639	_	562	12
148 lbs.					Master II				
Teen/Jr Raw	2.47	226	206	060	J. Zwick	319	281	358	95
A. Rombold	347	226	396	969	Master III				
N. Rombold <i>Junior</i>	198	121	281	600	M. Cochran Open Junior	_	_	_	_
unior R. Love	358	259	413	1029	I. Strawser	622	501	617	17
165 lbs.	550	233	713	1043	OS	022	501	01/	17
Open Raw					J. Bogart	551	705	523	17
C. Hadzick	380	264	501	1145	D. Barbeau	606	473	655	17
Hollenback	484	297	606	1387	UNL				
Open					BP Master II R	aw			
3. Novak	369	270	440	1079	M. Cantrell	_	424	_	42
Open Raw					B. Igoe Jr.	_	363	_	36
. Wylie	402	308	512	1222	Open Raw				
OS M. Varili		205	FF1	026	P. Tompkins	573	429	622	16
М. York <b>181 lbs.</b>		385	551	936	BP=BP Only. ( ) courtesy Ste			e.	
Open Raw					" courtesy ste	ve iviaii	111		
N. Theodorou	363	132	539	1035					
. Stine	275	182	380	837	THE CU	TTIN	IG E	DGI	4
Open _					SPRING	CL	ASSI	C	
. Hardin	363	_	479	842	MAR 1 201	0 » Al	bany,	NY	
Open Raw D. Patrisso	<i>1</i> 10	314	EO1	1233					TC
J. rauisso Iunior Open	418	314	501	1233	Powerlifting FEMALE	SQ	BP	DL	IC
3. Demeck	578	385	556	1519	Youth (10) Ra	14/			
198 lbs.	370	303	330	1313	88 lb.	vv			
					B. Delaney	60*	2.4*	91*	
viaster i						OU.	34*		18
	341	303	435	1079	b. Delaney	4th-Bl		91	18
G. Eckard		303	435	1079	Youth (10) Ra	4th-Bl		91	18
G. Eckard OS Teen/Jr Rav		303 360	435 440	1079 1054	,	4th-Bl		91	18
G. Eckard OS Teen/Jr Rav . Boivin Teen II Open	w 253	360	440	1054	Youth (10) Ra	4th-Bl w 83*	P-44* 64*	140*	29
G. Eckard OS Teen/Jr Rav . Boivin Teen II Open Rosensweet	N				Youth (10) Ra 148 lb. Q. Hodson	4th-Bl w 83* 4th-S0	P-44* 64*		29
G. Eckard OS Teen/Jr Rav . Boivin Teen II Open Rosensweet Open Raw	253 440	360 253	440 402	1054 1095	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6	4th-Bl w 83* 4th-S0	P-44* 64*	140*	29
G. Eckard OS Teen/Jr Rav . Boivin Teen II Open Rosensweet Open Raw S. Brindle	253 440 462	360 253 352	440 402 512	1054 1095 1327	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs.	4th-Bl w 83* 4th-S0	P-44* 64* Q-92*	140* DL-15	29 55*
G. Eckard OS Teen/Jr Rav . Boivin Teen II Open Rosensweet Open Raw B. Brindle O. Dibble	253 440	360 253	440 402	1054 1095	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6	4th-Bl 83* 4th-So 4) 283*	64* Q-92*	140*	29 55*
G. Eckard OS Teen/Jr Rav . Boivin Teen II Open Rosensweet Open Raw 6. Brindle D. Dibble Teen/Jr Raw	253 440 462 385	360 253 352 292	440 402 512 479	1054 1095 1327 1156	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion	4th-Bl w 83* 4th-Sc 4) 283* 4th-D	P-44* 64* Q-92*	140* DL-15	29 55*
G. Eckard OS Teen/Jr Rav . Boivin Teen II Open Rosensweet Open Raw S. Brindle D. Dibble Teen/Jr Raw E. Schreiner	253 440 462	360 253 352	440 402 512	1054 1095 1327	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5	4th-Bl w 83* 4th-Sc 4) 283* 4th-D	64* Q-92*	140* DL-15	29 55*
G. Eckard OS Teen/Jr Rav . Boivin Teen II Open Rosensweet Open Raw S. Brindle D. Dibble Teen/Jr Raw E. Schreiner 220 lbs.	253 440 462 385	360 253 352 292	440 402 512 479	1054 1095 1327 1156	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion	4th-Bl w 83* 4th-Sc 4) 283* 4th-D	64* Q-92* 112 L-293*	140* DL-15	29 55* 64
G. Eckard OS Teen/Jr Rav . Boivin Teen II Open Rosensweet Open Raw 8. Brindle D. Dibble Teen/Jr Raw E. Schreiner 220 lbs. BP Master I	253 440 462 385	360 253 352 292	440 402 512 479	1054 1095 1327 1156	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5 181 lbs.	83* 4th-S0 4) 283* 4th-D 4) Raw 155*	64* Q-92* 112 L-293*	140* DL-15	29 55* 64
G. Eckard DS Teen/Jr Rav. Boivin Teen JI Open Rosensweet Dpen Raw S. Brindle D. Dibble Teen/Jr Raw E. Schreiner 220 lbs. BY Master J Hugendubler	253 440 462 385	360 253 352 292 253	440 402 512 479	1054 1095 1327 1156 1762	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5 181 lbs.	83* 4th-S0 4) 283* 4th-D 4) Raw 155* 4th-S0	64* Q-92* 112 L-293*	140* DL-15 246*	29 55* 64
G. Eckard OS Teen//r Rav . Boivin feen // Open Rosensweet Open Raw S. Brindle D. Dibble feen//r Raw E. Schreiner 120 lbs. 38 Master / Hugendubler 18 Open F. Smith	253 440 462 385	360 253 352 292 253	440 402 512 479	1054 1095 1327 1156 1762	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5 181 lbs. D. Reese Masters (45-4 UNL	4th-Bl 83* 4th-Sc 4) 283* 4th-D 4) Raw 155* 4th-Sc 9) Raw	64* Q-92* 112 L-293* 85* Q-165*	140* DL-15 246*	29 55* 64
G. Eckard DS Teen/Ir Rav. Boivin Teen II Open Rosensweet Dpen Raw Di Brindle D. Dibble Teen/Ir Raw E. Schreiner 120 lbs. BY Master I Hugendubler BY Open E. Smith Master II	253 440 462 385 396	360 253 352 292 253 369 418	440 402 512 479 1112 —	1054 1095 1327 1156 1762 369 418	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5 181 lbs. D. Reese Masters (45-4	83* 4th-S0 4) 283* 4th-D 4) Raw 155* 4th-S0 9) Raw 130*	64* Q-92* 112 L-293* 85* Q-165*	140* DL-15 246*	29 55* 64
G. Eckard DS Teen/Jr Rav. Boivin Teen II Open Rosensweet Dpen Raw S. Brindle D. Dibble Teen/Jr Raw E. Schreiner 220 lbs. BY Master I Hugendubler BY Open T. Smith Master II G. Kattouf	253 440 462 385	360 253 352 292 253 369	440 402 512 479 1112	1054 1095 1327 1156 1762 369	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5 181 lbs. D. Reese Masters (45-4 UNL M. Delaney	83* 4th-S0 4) 283* 4th-D 4) Raw 155* 4th-S0 9) Raw 130*	64* Q-92* 112 L-293* 85* Q-165*	140* DL-15 246*	29 55* 64
G. Eckard DS Teen/Jr Rav. DS Teen/Jr Rav. Boivin Teen II Open Rosensweet Open Raw S. Brindle D. Dibble Teen/Jr Raw E. Schreiner L20 lbs. BP Master I Hugendubler BP Open E. Smith Master II G. Kattouf Open	253 440 462 385 396 — 429	360 253 352 292 253 369 418 325	440 402 512 479 1112 — — 517	1054 1095 1327 1156 1762 369 418 1272	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5 181 lbs. D. Reese Masters (45-4 UNL M. Delaney MALE	4th-Bl 83* 4th-Sc 4) 283* 4th-Dd 4) Raw 155* 4th-Sc 9) Raw 130* 4th-Bl	64* Q-92* 112 L-293* 85* Q-165*	140* DL-15 246*	29 55* 64
G. Eckard OS Teen//r Rav . Boivin Teen // Open Rosensweet Open Raw S. Brindle D. Dibble Teen//r Raw E. Schreiner 120 lbs. BP Master I Hugendubler T. Smith Master II G. Kattouf Open . Hess	253 440 462 385 396 — 429 589	360 253 352 292 253 369 418 325 424	440 402 512 479 1112 — 517 567	1054 1095 1327 1156 1762 369 418 1272 1580	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5 181 lbs. D. Reese Masters (45-4 UNL M. Delaney MALE Youth (7) Raw	4th-Bl 83* 4th-Sc 4) 283* 4th-Dd 4) Raw 155* 4th-Sc 9) Raw 130* 4th-Bl	64* Q-92* 112 L-293* 85* Q-165*	140* DL-15 246*	29 55* 64
G. Eckard DS Teen/Ir Ray DS Teen/Ir Ray Boivin Gen II Open Rosensweet Dpen Raw Dibble Gen/Ir Raw Schreiner Leve II Bound By Master I Hugendubler By Open G. Smith Master II G. Kattouf Dpen J. Hess Stavenski III	253 440 462 385 396 — 429	360 253 352 292 253 369 418 325	440 402 512 479 1112 — — 517	1054 1095 1327 1156 1762 369 418 1272	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5 181 lbs. D. Reese Masters (45-4 UNL M. Delaney MALE Youth (7) Raw 60 lbs.	4th-Bl 83* 4th-Sc 4) 283* 4th-Dd 4) Raw 155* 4th-Sc 9) Raw 130* 4th-Bl	64* Q-92* 112 L-293* 85* Q-165*	140* DL-15 246* 205* BP-95	29 55* 64
G. Eckard DS Teen/Jr Rav. Boivin Teen II Open Rosensweet Dpen Raw S. Brindle D. Dibble Teen/Jr Raw S. Schreiner 220 lbs. BY Master I Hugendubler BY Open T. Smith Master II G. Kattouf Dpen I. Hess Stavenski III Dpen Raw	253 440 462 385 396 — 429 589 551	360 253 352 292 253 369 418 325 424 440	440 402 512 479 1112 — 517 567 551	1054 1095 1327 1156 1762 369 418 1272 1580 1541	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5 181 lbs. D. Reese Masters (45-4 UNL M. Delaney MALE Youth (7) Raw 60 lbs. D. Delaney	83* 4th-S0 4) 283* 4th-D0 4) Raw 155* 4th-S0 9) Raw 130* 4th-Bl	64* Q-92* 112 L-293* 85* Q-165*	140* DL-15 246*	29 55* 64
G. Eckard OS Teen/Ir Rav Boivin Teen II Open Rosensweet Open Raw S. Brindle D. Dibble Teen/Ir Raw E. Schreiner Lagendubler BP Open T. Smith Master II G. Kattouf Open J. Hess Estavenski III Open Raw J. Keener	253 440 462 385 396 — 429 589	360 253 352 292 253 369 418 325 424	440 402 512 479 1112 — 517 567	1054 1095 1327 1156 1762 369 418 1272 1580	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5 181 lbs. D. Reese Masters (45-4 UNL M. Delaney MALE Youth (7) Raw 60 lbs. D. Delaney Youth (8) Raw	83* 4th-S0 4) 283* 4th-D0 4) Raw 155* 4th-S0 9) Raw 130* 4th-Bl	64* Q-92* 112 L-293* 85* Q-165*	140* DL-15 246* 205* BP-95	29 55* 64
G. Eckard DS Teen/Ir Rav DS Teen/Ir Rav Boivin Teen II Open Rosensweet Open Raw Brindle D. Dibble Teen/Ir Rav S. Schreiner Common Brindle Br Master I Hugendubler Br Open T. Smith Master II G. Kattouf Open Hess Itavenski III Dpen Raw Den Raw S. Keener DS	253 440 462 385 396 — 429 589 551 484	360 253 352 292 253 369 418 325 424 440 341	440 402 512 479 1112 — 517 567 551	1054 1095 1327 1156 1762 369 418 1272 1580 1541 1453	Youth (10) Ra 148 lb. Q. Hodson  Masters (60-6 123 lbs. S. McCallion  Masters (50-5 181 lbs. D. Reese  Masters (45-4 UNL M. Delaney  MALE Youth (7) Raw 60 lbs. D. Delaney Youth (8) Raw 181 lbs.	83* 4th-S0 4) 283* 4th-D0 4) Raw 155* 4th-S0 9) Raw 130* 4th-Bl	64* Q-92* 112 L-293* 85* Q-165* 114* P-119*	140* DL-15 246* 205* BP-95	29 55* 64
G. Eckard DS Teen/Ir Ray. Seen/Ir Ray. Boivin Geen II Open Rosensweet Dpen Raw S. Brindle D. Dibble Geen/Ir Raw S. Schreiner 120 lbs. BY Master I Hugendubler BY Open G. Smith Master II G. Kattouf Dpen S. Hess Sitavenski III Dpen Raw S. Keener DS N. Mercurio	253 440 462 385 396 — 429 589 551	360 253 352 292 253 369 418 325 424 440	440 402 512 479 1112 — 517 567 551	1054 1095 1327 1156 1762 369 418 1272 1580 1541	Youth (10) Ra 148 lb. Q. Hodson Masters (60-6 123 lbs. S. McCallion Masters (50-5 181 lbs. D. Reese Masters (45-4 UNL M. Delaney MALE Youth (7) Raw 60 lbs. D. Delaney Youth (8) Raw	83* 4th-S0 4) 283* 4th-D0 4) Raw 155* 4th-S0 9) Raw 130* 4th-Bl	64* Q-92* 112 L-293* 85* Q-165* 114* P-119*	140* DL-15 246* 205* BP-95 81*	29 55* 64
G. Eckard  OS Teen/fr Rav.  Boivin  feen II Open Rosensweet  Open Raw  S. Brindle  D. Dibble  feen/fr Raw  S. Schreiner  220 lbs.  BY Master I  Hugendubler  BY Open  G. Kattouf  Open  Hess  Hess  Stavenski III  Open Raw  Keener  OS  N. Mercurio  OS Junior	253 440 462 385 396 — 429 589 551 484	360 253 352 292 253 369 418 325 424 440 341	440 402 512 479 1112 — 517 567 551	1054 1095 1327 1156 1762 369 418 1272 1580 1541 1453	Youth (10) Ra 148 lb. Q. Hodson  Masters (60-6 123 lbs. S. McCallion  Masters (50-5 181 lbs. D. Reese  Masters (45-4 UNL M. Delaney  MALE Youth (7) Raw 60 lbs. D. Delaney Youth (8) Raw 181 lbs.	4th-Bl 83* 4th-Sc 4th-Sc 4th-Dd 4) Raw 155* 4th-Sc 9) Raw 130* 4th-Bl	64* Q-92* 112 L-293* 85* Q-165* 114* P-119*	140* DL-15 246* 205* BP-95	29 55* 64
G. Eckard DS Teen/Jr Rav. DS Teen/Jr Rav. Boivin Teen II Open Rosensweet Dpen Raw Brindle Dibble Teen/Jr Raw Schreiner Br Master I Hugendubler Br Open Stavenski III Dpen Raw Kater II S. Kattouf Dpen Braw Braw Braw Braw Braw Braw Braw Braw	253 440 462 385 396 — 429 559 551 484 628	360 253 352 292 253 369 418 325 424 440 341 462	440 402 512 479 1112 — 517 567 551 628 —	1054 1095 1327 1156 1762 369 418 1272 1580 1541 1453 1090	Youth (10) Ra 148 lb. Q. Hodson  Masters (60-6 123 lbs. S. McCallion  Masters (50-5 181 lbs. D. Reese  Masters (45-4 UNL M. Delaney  MALE  Youth (7) Raw 60 lbs. D. Delaney  Youth (8) Raw 181 lbs. J. Young	4th-Bl 83* 4th-Sc 4th-Sc 4th-Dd 4) Raw 155* 4th-Sc 9) Raw 130* 4th-Bl	64* Q-92* 112 L-293* 85* Q-165* 114* P-119*	140* DL-15 246* 205* BP-95 81*	29 55* 64
Master I G. Eckard G. Eckard G. Eckard G. Eckard OS Teen/Jr Rav I. Boivin Teen II Open Rosensweet Open Raw S. Brindle D. Dibble Teen/Jr Raw E. Schreiner 220 lbs. BP Master I Hugendubler BP Open T. Smith Master II G. Kattouf Open I. Hess Stavenski III Open Raw B. Keener OS N. Mercurio OS Junior S. Werner I. Hughes OS Open Raw D. Starer E. Stavenski D. Starer E. D. Starer I. D.	253 440 462 385 396 — 429 589 551 484 628 606 584	360 253 352 292 253 369 418 325 424 440 341 462	440 402 512 479 1112 — 517 567 551 628 —	1054 1095 1327 1156 1762 369 418 1272 1580 1541 1453 1090 1574	Youth (10) Ra 148 lb. Q. Hodson  Masters (60-6 123 lbs. S. McCallion  Masters (50-5 181 lbs. D. Reese  Masters (45-4 UNL M. Delaney  MALE Youth (7) Raw 60 lbs. D. Delaney Youth (8) Raw 181 lbs. J. Young  Teen (13) Raw	4th-Bl 83* 4th-Sc 283* 4th-Dd 155* 4th-Sc 4th-Sc 4th-Bl 4th-Bl	64* Q-92*  112 L-293*  85* Q-165*  114* P-119*  50* 4th-D	140* DL-15 246* 205* BP-95 81* 190*	44.*

Master (55-59	)				J. Randal	518	457	534	1510
165 lbs.					Master I Raw				
G. Sagor	515*	196*	391*	1102*	P. Gilbert	292	248	363	903
Master (45-49	)				D. Rogers	374	297	617	1289
181 lbs.					Master III Raw				
D. Naughton	505*	443*	205	1153	T. Kalen	270	192	325	788
Master (70-74	)				C. Hulquist	292	42	336	870
220 lbs.					Open Raw				
E. Brown	332*	270*	335*	937*	148 lbs.				
Submaster (39	))				A. McGhee	198	137	198	534
275 lbs.					198 lbs.				
Assimakopoul	705*	370*	630*	1705*	C. Copenhave	407	358	501	1267
Special Olymp	oics				R. Lanz	512	393	628	1444
308 lbs.					220 lbs.				
Raw					D. Perrin	402	270	479	1151
T. John	230*	230*	330*	790*	F. Starks	413	314	457	1184
	4th-SC	Q-240*	DL-34	10*	B. Rosa	446	308	474	1229
Junior (22)					d. McLare	303	303	589	1196
308 lbs.					242 lbs.				
A. Chestoski	400*	256*	380*	1036*	J. Glenn	501	363	529	1394
4th-SQ-	420*	BP-26	5* DL	-400*	J. Randal	518	457	534	1510
*=Meet Recor	ds.				275 lbs.				
» courtesy Cu	tting Ed	ge Spoi	t Scien	ces for	T. Reese	446	407	457	1311
providing thes					A. Griffin	518	303	501	1322
, 0					Teen III				
					J. Glenn	374	248	407	1030
USAPL A	AL S	TAT	E		» courtesy US/	APL			
MAR 27 20	10 » T	'allad	eaa. A	λT.	,				
			- 5 - 7						

Master II		<b>WPA WORLD</b>
T. Womack	440	CURMDIONGUID

275 lbs.		I. W	omack	440	CHAMPI	ON	SHII	PS	
H. Garrett	683	ВР	DL	TOT	APR 24-25 2	010	Corp	us C	hristi,
Powerlifting FEMALE	SQ	Dr	DL	101	Powerlifting	SQ	BP	DL	TOT
Teen					FEMALE	50	ъ.	DL	.0.
S. Fincher	132	82	214	429	86 lbs.				
A. Pippens	71	71	137	281	Youth Raw DT				
Open	, ·	<i>,</i> ,	137	201	L. Dubose	40	30	65	135
114 lbs.					J. Gomez	45	30	50	125
S. Marino	115	82	209	407	148 lbs.	15	30	30	123
148 lbs.	113	02	203	407	lunior DT				
L. Braverman	286	187	270	744	M. King	240	205	280	725
181 lbs.	200	107	270	7 7 7	165 lbs.	2 10	203	200	, 23
M. Stark	369	248	463	1080	Teen (16-17) [	)T			
Master II Raw		240	403	1000	O. Harrington		200	350	900
F. Poirer	110	88	187	385	Master I DT	330	200	330	300
Open Raw	110	00	107	303	J. Jackson	240	170	325	735
148 lbs.					MALE	240	170	323	733
	170	99	226	496	86 lbs.				
C. Fleming A. Foster	121	104	198	496 424	Youth Raw DT				
MALE	121	104	190	424	J. Vasquez	50	30	95	175
					97 lbs.	50	30	93	173
Open 132 lbs.					Youth DT				
M. Cochran	303	292	374	970	T. Albrect	140	75	160	395*
Open Raw	303	232	3/4	970	i. Albrect		Q-150	DL-1	
114 lbs.					105 lbs.	401-3	Q-130	DL-1	70
	77		101	264	Youth DT				
B. Helton	77	66	121	264	B. Ortiz	125	70	165	270
123 lbs. A. McGhee	203	154	275	633	Youth Raw DT	135	70	103	370
		154	2/5	633		190	120	195	555*
Master I Heav	/	122	122	206	T. Jones		130	195	555*
D. Conners	132	132	132	396	400 II	4tn-L	L-235		
D. Waid	534	402	600	1537	123 lbs.	D	r		
Master I Light	400	F-2	425	1001	Teen (16-17) R			2.45	600
C. McDonald		53	435	1091	Z. Ellis	200	135	345	680
J. Aughtman	402	253	451	1107	D. Sanchez	140	70	190	400
Master II	F.C.	1.10	F.C.2	1.570	132 lbs.				
T. Womack	567	440	562	1570	Junior DT	220	225	415	000
Master III	122	122		027	A. Cortez	330	235	415	980
F. Rice	132	132	573	837	Teen (13-15) [		125	200	025
Open					Q. Bryant	330	125	380	835
165 lbs.	214	157	200	677	Youth DT	240	120	215	C 10*
S. Lewis	214	154	308	677	N. Lisk	240	130	215	640*
J. Auhman	402	253	451	1107	C CL II		Q-295	200	F1F
181 lbs.		0.75	460		C. Shelton	210	105	200	515
S. McKelvey	424	270	463	1157	148 lbs.		-		
220 lbs.					Teen (13-15) F			0.00	
T. Woods	358	259	451	1069	I. Clay	305	190	260	755
D. Thomas	347	253	463	1063	A. Rosales	200	160	200	560
242 lbs.					Teen (13-15) L				
T. Womack	567	440	562	1570	Valenzwela	200	140	250	590
275 lbs.					165 lbs.				
D. Waid	534	402	600	1537	Teen (18-19) U				
275+ lbs.					E. Pichardo	505	345	455	1305
L. Maxwell	617	402	600	1620	Open Raw DT				
H. Garrett	716	451	683	1851	W. Dixon	450	275	525	1250
Paul					Vouth DT				

D. Barrios	210 4th-DL	105 -255	150	570*
Teen (13-15) R D. Rios		130	315	645
181 lbs. Open Raw DT P. Hedrick	370	265	465	1100
Youth DT			0.40	
N. Cheesman N. Delgado	235 135	60 50	240 150	535 335
Teen (13-15) R		2.40	450	1105
C. Handy T. Swann	435 320	240 225 4th-DL	450 355	1125 915*
S. Silva	240	150 4th-DL	270	670*
D. Boyardo 198 lbs.	265	145	215	625
Open DT J. Saldana Submaster Raw	670	500	600	1770
J. Montez	445	315	475	1235
Submaster UNI T. Nava	1 350	_	_	_
Master I DT R. Espinoza	315	365	520	1200
Master III UNL P. Wilder	<i>DT</i> 370	_	_	_
Teen (13-15) R	aw DT			
D. Gipson Teen (16-17) D	275 T	145	350	790
B. Foster <b>220 lbs.</b>	345	270	440	1055
Master I Raw E		225	FF0	1410
J. Sullivan B. Ellis	535 475	325 325	550 500	1410 1300
Master II DT M. Flores	345	320	450	1115
Teen (13-15) E J. Salazar	0 <i>T</i> 300	175	275	750
<b>242 lbs.</b> Junior DT				
J. Pillado Teen (16-17) D	810 T	585	750	2145
P. Turner Open Raw DT	800	500	600	1900
L. Gutierrez Teen (13-15) D	565 T	405	560	1530
M. Pompa R. Quinonez	280 255	170 160	320 310	770 725
Submaster Raw	DT			
L. Gutierrez Master II	565	390	560	1530
R. Abendroth Master I DT	550	420	515	1465
C. Colchado Master I Raw D	550 T	410	550	1510
E. Molina T. Sweet	470 440	375 400	500 440	1345 1330*
Teen (16-17)	4th-SQ	-510		
P. Turner Teen (16-17) L	800 INI DT	500	600	1900
P. Turner Teen (16-17) L	800	500	600	1900
P. Turner <b>275 lbs.</b>	800	500	600	1900
Open C. Pappillion Open DT	855	600	670	2125
F. Garcia	750	630	570	1950
Open Raw DT R. Sanborn	475	350	525	1350
Open UNL C. Pappillion Submaster DT	855	600	670	2125
F. Garcia	750	630	570	1950
Submaster Raw D. Hernandez	615	510	575	1700
Submaster Raw H. Limon	/ <i>DT</i> 450	405	575	1355
C. Goldsmith Youth DT	330	_	_	_
J. Granados <b>308 lbs.</b> <i>Open UNL DT</i>	240	120	260	620

R. Gonzalez Master I Raw I	4/5	410	600	1485	
V. Cadena	565	315	585	1465	LATE E
Junior DT	=00	400	40.5	4.40=	THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TW
S. Cornell <b>341 lbs.</b>	590	420	425	1435	4
Submaster DT					
M. Craig	425	565	530	1520	
Open B. Click	315	315	550	1180	
UNL=UNL Ge					
Announcer/MC	: Paul B	Barbee. J	udges:	Shary	1000
Barbee, Tony N son, Robert Jac					
Youth Team: Gr					1
Individual Tean	n: Extrer	ne Fitne	ess of M	IcAllen.	
Lightweight Ra					Jorge Pill
Teenage Lightw chardo. Teenag					
Cameron Hand	ly. Youth	n Best Li	fter: No	oah Lisk.	
Female Best Life					0.00
Youth Best Lifter Gear Best Lifter					
Non-Tested He					
Hernandez. Ra					. Adl to
Best Lifter: Lero Lifter: Devante					
Best Lifter: Pres					IN BEND
Heavyweight B					
all Best Lifter/C Pillado. A very					100 m
which included					THE PARTY NAMED IN COLUMN
Pete Alaniz of T					5.3
Extreme, Chiro Brown Middle					C. II.
House of Pain.					M. A. S.
appreciated. Ap					
competitors che some nice Raw					
event. David H					
with very impre	essive R	and life	of 615	squat	
510 bench pres	ss, and 5	575 dea	dlift for	a Raw	
	ss, and 5 eral You	575 dea ith lifters	dlift for s in the	a Raw 7-12	
510 bench pres 1700 total. Sev year old bracke and several tee	ss, and 5 eral You et compe nagers b	575 dea ith lifters eted in t peginnir	dlift for s in the the Yout ng at ag	a Raw 7-12 th event e 13	Jerry Saldana with a big DL
510 bench pres 1700 total. Sev year old bracke and several tee participated in	eral You eral You et compo nagers b the Teer	575 dea ith lifters eted in t peginnir nage cat	dlift for s in the the Yout ng at ag tegory.	a Raw 7-12 th event e 13 Γhe kids	
510 bench pres 1700 total. Sev year old bracke and several tee	eral You eral You et compe nagers b the Teer e aweso	575 dea ith lifters eted in t peginnir nage cat ime lifts.	dlift for s in the the Yout ng at ag regory. The hig	7-12 th event e 13 The kids ghest	Jerry Saldana with a big DL a 1300 Raw total. Some very impressive Raw performances were done in the 242 class
510 bench pres 1700 total. Sev- year old bracke and several tee participated in registered some teenage total w ton Turner who	eral You eral You et compo nagers b the Teer e aweso as 1900 register	575 dea ith lifters eted in to beginning hage catome lifts. by 17 fred lifts	dlift for s in the the Yout ng at ag egory. T The hig year old of 800	7-12 th event e 13 The kids ghest d Pres- squat,	a 1300 Raw total. Some very impressive Raw performances were done in the 242 class including Leroy Gutierrez squatting 565,
510 bench pres 1700 total. Sev year old bracke and several tee participated in registered some teenage total w ton Turner who 500 bench pres	eral You eral You et componagers be the Teer e aweso eas 1900 register ss, and 6	575 dea th lifters eted in to beginnir hage catome lifts. by 17 fred lifts of 600 dea	dlift for s in the the Yout ng at ag regory. T The hig year old of 800 s dlift. Th	Ta Raw 7-12 th event e 13 Γhe kids ghest d Pres- squat, iis kid	a 1300 Raw total. Some very impressive Raw performances were done in the 242 class including Leroy Gutierrez squatting 565, benching 405, deadlift 560 and totaling 1530
510 bench pres 1700 total. Sev- year old bracke and several tee participated in registered some teenage total w ton Turner who 500 bench pres was awesome! competing in the	ess, and 5 eral You et componagers be the Teer e aweso as 1900 register ss, and 6 17 year ne Wom	575 dea th lifters eted in to beginning hage cata me lifts. by 17 fred lifts 600 dea rold Olinens Tee	dlift for s in the s in the Youth g at ag egory. The high year old of 800 s dlift. The ivia Harnage 10	ta Raw 7-12 th event e 13 The kids ghest d Pres- squat, iis kid rrington 65 class	a 1300 Raw total. Some very impressive Raw performances were done in the 242 class including Leroy Gutierrez squatting 565,
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800 565 550 1915

600 350

Open Raw DT

Submaster Raw DT

J. Veliz



Jorge Pillado with an 810 SQ (Taylor photos)



Jerry Saldana with a big DL

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Eight year old Jaci Gomez



Paul Barbee, the MC for the meet

job. Her training partner and fellow competitor Jaci Gomez had a different lifting style but also had flawless form start to finish. Many kids participated in the Youth 7-12 category and they all did a fantastic job. Considering the ages, these kids put in some incredible lifts. All in all it was a great weekend. Special thanks to Victor Cadena and Matt Craig for making all of this possible. Next years event will be even more exciting as the WPA has total he wanted. He still ended up with a very recently added Russia and Singapore to our umbrella and Russia has already had a WPA Nationals. I am awaiting results from the WPA Russian Nationals. I understand many impressive lifts were done and am sure I will be very busy with record updates. Once again, a big thanks to our sponsors, referee's, in the youth class. She was meticulous on set-spotters, loaders, MC Paul Barbee and all ting up to perform her lifts and had the most else who helped make this a very memorable flawless form I have ever seen throughout a event which was enjoyed by all. or lift. Kudos to her coach for doing an excellent » courtesy Scott Taylor, APA President

479 303 611 1393

545 435 628 1607

352 270 429 1051

606 429

D. Starer

R. Offoha

T. Getsinger

Teen/Ir Raw

B. Mauro

242 lbs.

OS Teen/Jr Raw

Police/Fire Open

BP Disabled Master III

# 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.

**7 AUG »** ADFPF Powerlifting & Single Event Championships (Evansville, IN) **»** Mike E. Stagg, 600 Lake Shore Dr. Evansville, IN 47720, 812.624.0031 or 812.204.3755, stagg@insightbb.com, www.adfpf.org

7 AUG » APF Texas Challenge (Houston, TX) » Greg & Heather Tillinghast, apftexas@yahoo.com, www.worldpowerliftingcongress.com
7 AUG » 100% RAW MD State Championships (Marlowe Heights, 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

**11 AUG »** USAPL Southern Ohio PL/BP Championships (Springboro, OH) **»** Ron Dues, 4433 Jonathan Dr., Kettering, OH 45440, 937.903.3041, www. usapowerlifting.com

13-14 AUG, EUROPA Show of Champions Sports & Supplement Expo (Dallas, TX), www.visionstarinc.com

**14 AUG »** USAPL Twin Cities Open (Little Canada, MN) » Ray Law, 6411 Hughitt Ave, Superior, WI 54880, 218.349.0671, www.usapowerlifting.com **14 AUG »** WABDL Tom Foley Bench Press & Deadlift Classic (Nanuet, NY) at Premier Fitness » Brian Fahrenfeld of Premier Fitness, 845.920.0501, brianf@premierfitnessny.com, www.premierfitnessny.com, www.wabdl.org

**14** AUG » ISA/ISAA World Championships Powerlifting Meet (Dallas, TX) at the Dallas Convention Center » Stroud's Fitness, 416 W. Bedford-Euless Rd., Hurst, TX 76053, 817.268.3488, www.stroudsfitness.net

14 AUG » NASA Youth Nationals (PL/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, greg@vhepower.com, www.vhepower.com, www.nasa-sports.com
14 AUG » NASA WV Open Championships (BP/PS/PP) (Ravenswood, WV) »
Greg & Susan Van Hoose, greg@vhepower.com, www.vhepower.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, 971.404.3046, 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, www.apa-wpa.com

**14-15 AUG >>** APF/AAPF Chicago Summer Bash 7 (Chicago, IL) **>>** Eric Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com

**14-15 AUG » ADAU Raw Open Single Lift Nationals** (Ft. Washington, PA) **»** Tony Braca, 610.945.4037, www.pikitup.com

**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

17-22 AUG » AWPC/WPC Eurasian Open Championships (Raw & Equipped) (Russia) » Yuiry Solovyov, wpc@wpc-wpo.ru, www.worldpowerliftingcongress.com 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 (Cincinatti, OH) **»** Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

21 AUG » 100% RAW Quad State Championships (Salem, OH) » Lonnie Atkins, OH\_Chair@rawpowerlifting.com, www.rawpowerlifting.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 lowa 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. Petersburg RAW Bench Press (St. Petersburg, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

28 AUG » USAPL Clash of the Titans (Kalamazoo, MI) » William Cowen, 3421 Oakland Dr., Kalamazoo, MI 49008, 269.808.5339, www.usapowerlifting.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, alaqua-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. usaplnatioanls.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

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, pwrlftrs@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, sonlightpym@verizon.net

**4 SEP** » MA state Strongman/Woman Championships (Everett, MA) » Nate FitzGerald, 508.791.3291, nate@paxtonpowergym.com, www.paxtonpowergym.com

5 SEP » USPF Southern California and Region 8 Championship (Los Alamitos, CA) » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.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** » 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, 434.985.3932, valifting@aol.com, www.virginiapowerlifting.blogspot.com
11 SEP » USPF American Record Breakers (New Martinsville, WV) at Work's Fitness World » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.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 3/ 4th WNPF Jake the Hammer Classic (BP/DL/PC) (Atlanta or Perry, GA)

3/ 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 » APF/AAPF Tri State Record Breakers PL/BP (Sun Prairie, WI) » Ed & Joanie Taber, joani\_taber@yahoo.com, www.worldpowerliftingcongress.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** » APA Nationals (Branson, MO) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com **18 SEP** » 100% RAW East NY State Single Lift Championships (East Syracuse, NY) » Hunter & Wayne Claypatch, www.rawpowerlifting.com

**18 SEP** » UPA Indiana State Powerlifting Championship (best lifter receives a paid sponsorship to the UPA National) (Wheatfield, IN) at Hoffman's Barbell » 219.713.0774, www.upapower.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) (Pick-

wick, 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 (Pfafftown, NC) at West Central Community Center, Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net

**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

**24 SEP** » USPF Olympia Powerlifting Invitational (by invitation only) (Las Vegas, NV) at the Las Vegas Convention Center » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com

25 SEP » APA Magnolia State Fall Classic (PL/PP/BP/DL; Raw & Equipped) (Fulton, MS) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

25 SEP » USPF Olympia Bench Press & Deadlift Invitational (by invitation

# **APF/AAPF/WPC Schedule**

7 AUG, APF Texas Challenge

**14-15 AUG**, APF/AAPF Northwest PL Championships

**14-15 AUG**, APF/AAPF Chicago Summer Bash 7

17-22 AUG, AWPC/WPC Eurasian Open Championships

21 AUG, APF California Summer Bash

21 AUG, APF Ohio State Meet

3-5 SEP, AWPC/WPC Raw Worlds

11 SEP, APF/AAPF Summer Heat VI

11 SEP, APF Georgia State Meet

11-12 SEP, APF/AAPF Tri State Record Breakers

29 SEP – 3 OCT, WPC/AWPC Asian Open Championships

SEP, APF Mississippi State PL Meet

**9 OCT,** Iron Warriors BP AAPF Raw & APF Equipped

9 OCT, Southern Steel Barbell Push/Pull

16 OCT, APF Orlando Barbell Classic

23 OCT, APF Wolverine Open

**23 OCT,** APF/AAPF Fall Classic & MN State Championships

**30 OCT,** APF/AAPF Rise of the DL/Beast of the BP

30 OCT, APF/AAPF Nightmare at East Carolina Barbell

**1–7 NOV**, WPC World Championships

20 NOV, APF/AAPF Push/Pull Competition

4 DEC, APF/AAPF Southern States (PL/BP)

11 DEC, Israel Open Championships

11 DEC, APF/AAPF Golden State Meet

**DEC**, APF South Carolina Championships

**DEC**, Ontario Amateur Pro Championships

JAN 2011, Battle in Montreal

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

### COMING EVENTS >>

only) (Las Vegas, NV) at the Las Vegas Convention Center » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com 25 SEP » NASA Indiana Regional (Equipped & Unequipped PL/BP/PS/PP) (Kokomo, IN) » Job Hou-Seye, 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 » 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, powerlt103@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.wnnf.net

29 SEP - 3 OCT » WPC/AWPC Asian Open Championships (Raw & Equipped) (Russia) » Andrey Repnitzyn & Yuri Ustinov, www.golden-tiger.ru, www.worldpowerliftingcongress.com

SEP » APF Mississippi State Powerlifting Meet (MS) » Garry Frank, 225.241.8154, www.worldpowerliftingcongress.com

2/9 OCT » WNPF Palmetto Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

# LOUIE SIMMONS' PRESENTS

# **Training Secrets of Westside Barbell Club**

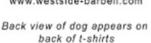
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# www.westside-barbell.com

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2 OCT » NASA Wisconsin State (Sheboygan, WI) at Sheboygan Falls YMCA » Job Hou-Seye, 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. 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 OCT » USAPL Kansas State Championships (Gillette, WY) » Wayne herl, 3503 Chaumont, Hays, KS 67601, 785.639.1390, www.usapowerlifting.com 2 OCT » ADFPF Ottumwa Oktoberfest Record Breaker & International Qualifier (Ottumwa, IA) » Jason M. Weite, 620 N. Court, Ottumwa, IA 52501, 641.226.0075, bigjay\_67\_2000@yahoo.com, Robbie L. Saylor, 824 Filmore St., Ottumwa, IA 52501, 641.680.2190, ladymskati@yahoo.com, www.adfpf.org 2-3 OCT » SPF/WBPLA World Powerlifting and Bench Raw & Single Ply Cham-

Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com 2-3 OCT » 100% RAW West Coast Single Lift World 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,

pionship (also Multi-Ply Bash for Cash PL/BP on Oct. 3) (Nashville, TN) » lesse

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.aaupowerlifting.org

9 OCT » 100% RAW Virginia State Single Lift (Stanardsville, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, valifting@ aol.com, www.virginiapowerlifting.blogspot.com

9 OCT » USAPL North Carolina State Championships (Shelby City, NC) » Allen Davis, 115 Lakeshore Dr., Kings Mtn., NC 28086, 704.482.5088, www. usapowerlifting.com

9 OCT » APF Southern Steel Barbell Push Pull (Oak Ridge, TN) » Paul Key, 615.448.5297, paulgkey@gmail.com, www.worldpowerliftingcongress.com,

9 OCT » (NEW DATE) NASA Nebraska Regional (Equipped & Unequipped BP/PS/PP) (Omaha, NE) » Job Hou-Seye, P.O. Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com 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 (Pfafftown, NC) at West Central Community Center >> Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net

16 OCT » ADFPF Michigan State & Open Record Breaker & Qualifier (Grand Rapids, MI) » Richard Van Eck. 269.521.4031, www.adfpf.org

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

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

17 OCT » APA East Coast RAW Championships (PL/PP/BP/DL) (Arcadia, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

22-24 OCT » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Atlantic City, NJ) at the Taj Mahal » mmasportsexpo.com 23 OCT » APF/AAPF Fall Classic & MN State Championships (Montgomery, MN) >> Scott Nutter, 952.215.2588, www.worldpowerliftingcongress.com 23 OCT » USPF Central California Championship (San Luis Obispo, CA) » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.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.wvuspf.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 WNPF World Championships & International BP/DL Championships (Guatemala City, Guatemala) » Troy Ford, wnpf@aol.com, 770 668-4841, www.wnpf.net

24 OCT » IPA Lexenxtreme Fall Classic - Full Power/BP/PP (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com

30 OCT » APF/AAPF Nightmare at East Carolina Barbell (Winterville, NC) » Eric Hubbs, nettin\_fish@msn.com, www.worldpowerliftingcongress.com 30 OCT » Tournament of Shadows Halloween Bench Press & Deadlift Championships (Sleepy Eye, MN) » Brent Mielke, 109 Linden St. SE, Sleepy Eye, MN 56085, www.tournamentofshadowsbenchpress.blogspot.com

30 OCT >> USAPL Anchorage Fall Classic (Anchorage, AK) >> Ronnie Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907.345.7996, www.usapowerlifting.com **30 OCT >>** APF/AAPF Rise of the DL/Beast of the BP (Northbrook, IL) >> Erv & Lea-Ann Domanski, 847.347.7569, www.worldpowerliftingcongress.com

30 OCT » Central Texas Strongman (North American Strongman Inc. membership required) (Temple, TX) at the Frank W. Mayborn Civic & Convention Center » Rendy & Christine DeLaCruz, 817.891.6261 or 817.713.7118, metroflex-

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@alle-

## **UPCOMING SLP COMPETITIONS**

7 AUG, SLP WI State Fair Outlaw BP/DL (West Allis, WI)

**15 AUG**, SLP MO State Fair BP/DL (Sedalia, MO)

21 AUG, SLP IN State Fair Outlaw BP/DL (Beech Grove, IN)

**22 AUG**, SLP IL State Fair BP/DL (Springfield, IL)

**28 AUG.** SLP KY State Fair Outlaw BP/DL (Louisville, KY)

Son Light Power 122 W. Sale, Tuscola, IL 61953 217-253-5429

www.sonlightpower.com sonlightgym@verizon.net

giance.tv, www.wvuspf.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 keept kids off drugs, gangs and streets) » Rendy & 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.britishpowerliftingorganisation.co.uk, www.wpfpowerlifting.com 4-6 NOV » Natural Olympia International Multi-Sports Expo - Bodybuild-

ing, 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 » WNPF/WNPF Lifetime World Tournament of Champions (Atlantic

City, NJ) >> Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net 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

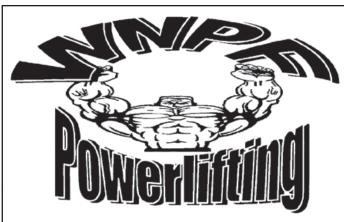
6 NOV » APA Gulf Coast Battle of the Bad (PL/PP/BP/DL, Raw and Equipped) (Corpus Christie, TX) >> Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com 6-7 NOV » WCPF International Invitational Championships (Atlantic City, NJ) » 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 » WNPF/WNPF Lifetime World Tournament of Champions (Rochester, NY) » Ron Deamicis, powerlt103@aol.com, 330.792.6670, www.wnpf.net 13 NOV » WNPF/WNPF Lifetime World Tournament of Champions (Atlanta,



### **WORLD NATURAL POWERLIFTING FEDERATION**

14 AUG, 14th WNPF Raw Nationals & 11th WNPF (Equipped) Powerfest & 3rd WNPF Lifetime Raw Nationals (Bordentown, NJ)

21 AUG, WNPF Summer Classic (Cleveland, TN)

11 SEP, 4th WNPF Jake the Hammer Classic & WNPF Night of Champions (Fitzgerald, GA)

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

GA) >> Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net 13 NOV » APA First State Power Frenzy (DE) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com 13 NOV » USAPL RegionVI 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 (Modesto, CA) » Steve Denison, 661.333.9800, pwrlftrs@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 » 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

14 NOV » WNPF/WNPF Lifetime World Tournament of Champions (Youngstown, OH) >> Ron Deamicis, powerlt103@aol.com, 330.792.6670, www.wnpf.net

14/20 NOV >> WNPF/WNPF Lifetime World Tournament of Champions (Merritt Island or Kissimmee, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net 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 » APF/AAPF Push/Pull Competition (Wheatfield, IN) » Ryan Rigdon, 812.391.9129, www.rigdonspowerpit.com, www.worldpowerliftingcongress.com 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 » 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 Ir., 143 Second Ave., Roversford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com

20 NOV » USAPL Stars & Stripes BP & DL (Clarks Summit, PA) » Steve Mann, 127 Aumner Ave, Clarks Summit, PA 18411, 570.406.8422, www.usapowerlifting.com, 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@irondawg.com, www. globalpowerliftingalliance.com

4 DEC » NASA New Mexico Push-it Lift-it (PP/BP/PS) (Rio Rancho, NM) » Mike & Teale Adelmann, 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 (Boyertown, 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 » Elkhart Bench Press Classic (Elkhart, IN) » Jon Smoker, jjrcsmoker@

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 Bidelspach at Club 2000, 717.632.6009 4-5 DEC >> USAPL American Open/Police & Fire Nationals (Philadelphia, PA) >>

Rob Keller, P.O. Box 291571, Davie, FL 33329, 954.790.2241, www.usapower-

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.britishpowerliftingorganisation.co.uk, www.wpfpowerlifting.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 » APF/AAPF Golden State Meet (Camarillo, CA) » Larry Pollock, 805.484.5553, info@bodytemplegym.us, www.worldpowerliftingcongress.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, pwrlftrs@msn.com, www.powerliftingCA.com 11 DEC » 13th WNPF 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.wviisnf.com

11 DEC » 100% Raw Christmas Classic BP, DL, SC (Stanardsville, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

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.wnpf.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 » WNPF Delaware Championships (BP/DL/PC) (Lewes, DE) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**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

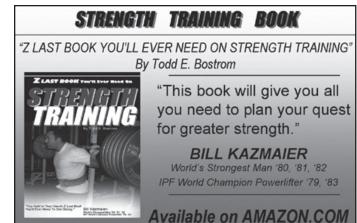
18 DEC » SLP The Last One! BP/DL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429. www.sonlightpower.com, sonlightgym@verizon.net

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 Mc-Intyre, brucemcintyre@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.

29-30 JAN 2011 >> USPF American Powerlifting Cup Invitational and Los Angeles Fit Expo Bench Press and Deadlift Invitational (Los Angeles, CA) » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com, www. thefitexpo com

**30 JAN 2011 »** USAPL High School/College Raw/NE USA PL Championships (Scranton, PA) > Steve Mann, 127 Sumner Ave., Clarkes Summit, PA 18411. 570.406.8422, www.usapowerlifting.com

JAN 2011 » Battle in Montreal (Montreal, Canada) » Bruce McIntyre, brucemcintyre@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 » SPF Alabama State PL/BP Championship (Arab, AL) » Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com 19 FEB 2011 >> SPF Ozark Mt. Classic PL/BP Championship (Branson, MO) >> Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.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 Brochev. 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.uspfpowerlifting.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,



### **COMING EVENTS >>**

lexenxtreme@aol.com, www.lexenxtreme.com

5 MAR 2011 >> SPF Ironman Classic PL/BP Championship (Nashville, TN) >> Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.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

19 MAR 2011 » Renegade Natural Squat Meet (Cash prizes, 2 drug tested divisions - raw & equipped - formula will determine winner) (Harrisburg, PA) at Max Fitness >> 717.512.8643, www.naturalpowerliftingusa.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 lones, 770,266,9258, www.usapowerlifting.com

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

21 MAY 2011 > USAPL 3rd Annual Orange County Powerlifting, Ironman and Bench Competition (Pine Bush, NY) > Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845.778.1884, frankjpanaro@gmail.com, www.ocpowerlifters.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 »

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

24-26 JUN 2011 » WDFPF Single Event World Championships (Muskegon, MI) at the L.C. Walker Arena » Richard Van Eck, 269.521.4031, Ron Madison,

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

10 SEP 2011 » USAPL Deadlift and Push/Pull Nationals (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968,

434.985.3932, www.usapowerlifting.com 8 OCT 2011 » IPA MD State Powerlifting Championships (Westminster, MD) » Scott Bixler, 443.789.9452, www.ipapower.com

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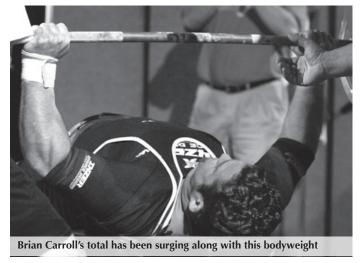


Mike Griffin has made some huge squats lately

Bill Collins is a veteran masters

and national championship

contender in the USAPL





Joe Norman – crunched the 1100 barrier in the squat



Mark Swank has been benching well over 600 pounds



Charles Bailey is a balanced competitor in the 275s



Mike Tuchscherer is almost too big for the apparatus



Lester Estevez has joined the 1000 lb. club in the squat



**Greg Panora – recovering from a stroke** 

Will you make the upcoming TOP 100 list for the 114 lb. class? Last time we ranked this class the minimum lifts to make that list were 290 lb. in the squat, 165 lb. in the bench press, 310 lb. in the deadliest, and 755 lb. in the total. Often those minimum lifts to make the lists go up from year to year, but not always. The time period for the next ranking of the 114 lb. class will be August 2009 through July 2010 and it will appear in the October edition of PL USA. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page," send a photo of your lifting (or something completely different like you with your yellow belt in taekwondo) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.com (we recommend a JPEG at least 200kb in size, but bigger is better in this case). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list for your class.

### For standard 275 lb./125 kg. USA lifters in results received from MAY 2009 through MAY 2010 PL USA Top 100

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1031 Mendelson, S...1 825 Hoff, D...6/28/09

815 Frey, L. 8/23/09

820 Panora, G..6/28/09

### 110 Carroll, B..2/27/10 1105 Norman, L.2/27/10 1080 Garcia, J..6/14/09 1080 Griffin, M., 11/7/09 1058 Bailey, C..6/14/09 1040 Panora, G..12/5/09 1015 Hoff, D..8/23/09 1010 Frey, J..8/23/09 1003 Carlquist, A..6/14/09 1000 Estevez, L..2/27/10 970 Edwards, L., 6/28/09 950 Robinson, Josh..12/5/09 914 Best, A., 5/29/10 909 Wood, Jason..10/17/09 909 Smith, S..11/15/09 903 Tuchscherer, M..7/26/09 900 Roman, N..10/25/09 892 Harris, T., 10/3/09 876 Carlile, J...5/1/10 875 Steltenkamp, D..10/25/09 875 Matney, B..5/1/10 22 855 Pappillion, C..4/25/10 850 Anderson, J..10/25/09 850 Hoard, D., 12/5/09 835 Schwab, D..10/25/09 835 Bowsher, R., 11/22/09 832 Prosek, S..4/24/10 830 Porter, C..12/5/09 825 Cuczy, J..10/25/09 825 Jurkowski, G..2/27/10 821 Wagner, G..6/14/09 821 Thiele, J..10/24/09 33 821 Weite, N., 3/13/10 820 Nutter, S..8/23/09 35 820 Obradovic, L.11/22/09 815 Bell, M..1/23/10 810 Dague, D..6/28/09 810 Mann, S..10/18/09 805 Flynn, P..12/5/09 804 Krogman, J..9/12/09 804 Martin, M..11/7/09 804 Lilliebridge, E..3/27/10 804 Vincent, M..4/10 800 Phillips, F..10/4/09 800 Mello, C..10/25/09

800 Burke, M., 11/22/09

800 Grant, S..12/12/09 800 Shadid, K..3/20/10

800 Sutton, M..3/27/10 793 Mistric, L..11/7/09

775 Swank, M., 3/20/10

771 Ward, N. 12/6/09

765 Fields, B..12/5/09

760 Newman, L..7/19/09

760 Angel, J..8/22/09 755 Beckham, G..12/12/09

750 Phelps, D..6/20/09 750 Mink, K..10/24/09

750 Billings, B..10/25/09 750 Blanton, M..12/5/09

749 Leudtke, B., 11/15/09

749 Edwards, J..3/27/10

745 Fleming, S..3/20/10

740 Wilson, M..7/18/09

738 Kahle R 8/2/09

735 Francis, M..12/6/09

735 Newark, S..3/27/10

733 Trionfante, C..6/14/09

733 Newman, B., 11/15/09

715 Hollingsworth, K..7/18/09 710 Johnson, E..6/13/09

710 Benfield R 10/10/09

710 Ellis, D..10/10/09

710 Johnson, M., 3/10

705 Groff, G. 6/28/09

705 Baisdon, D. 10/18/09

705 Soehner, G..3/20/10 705 Baria, A..4/3/10

705 Lavarro, L..4/10/10 705 Burttschell, J..4/24/10

705 Sells, S..5/22/10

700 Casciato 1 6/28/09

700 Albright, C., 11/14/09

700 Mattei, J..6/28/09

700 Jacobs, J..12/6/09

700 Davis..4/10/10

705 Assimakpoulos, N.,5/1/10

733 Gholson, A..4/24/10 733 Reed, T..5/15/10

725 Breen, S..3/13/10 722 Smith, T..1/30/10

740 Drummond, J., 2/27/10

740 Tozer, B..5/15/10 738 Anderson, P..6/14/009

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86 87 777 Freiwald, Z., 10/17/09

7 Garcia, F..2/28/10

805 Timbs, H..10/4/09 785 Carroll, B..10/24/09 770 Bell, T., 12/5/09 755 Lewis, D..2/20/10 749 Aumavae, S.,8/22/09 744 Baria, A..4/3/10 724 Bogart, J..9/13/09 710 Larsen, A..10/31/09 705 Carlguist, A., 6/14/09 705 Hill, J.B..12/5/09 700 Emelander, T..10/31/09 700 Lenigar, M..7/19/09 694 Bailey, C..6/14/09 694 Lane, H..9/13/09 683 Allocco, M..7/31/09 680 Famiano, A., 7/18/09 674 Best, A., 7/5/09 672 Snyder, J..2/6/10 670 Malmgren, P..7/18/09 661 Erickson, J..10/31/09 655 McDowell, R..10/10/09 655 Moon, T..4/10/10 650 Soppelsa, D..6/27/09 650 Smith, S..7/4/09 650 Parnell, P..8/29/09 650 Estevez, L..10/24/09 650 Steltenkamp, D..10/25/09 650 Lincoln Ir., R., 10/29/09 650 Klinger, B..11/7/09 645 Cole, C., 6/20/09 645 Maxwell, J..8/1/09 644 Garcia, I., 6/14/09 644 Tuchscherer, M., 6/14/09 644 Lade, S..9/13/09 644 Pinelli, R..11/15/09 639 Holloway, P..6/13/09 639 Hoekstra, S..11/15/09 639 Doublin, E..3/27/10 635 Swank, M., 3/20/10 635 Wood, Jason..4/25/10 630 Weaver, L.9/12/09 630 Garcia, F..4/25/10 628 Murphy, I., 1/23/10 625 Roman, N..10/25/09 625 Anderson, J..10/25/09 624 Innis-Thompson, 11/1/09 622 Begue, J..10/28/09 617 Wagner, G..6/14/09 617 Irimina, A..7/5/09 617 Costa, R., 3/27/10 615 Short, L..6/13/09 615 Cuczy, J.. 10/25/09 615 Saviano, L..12/5/09 611 Mamao, M..7/5/09 610 Robinson, Josh..12/5/09 610 Freiwald, Z..12/5/09 610 Burns, J..1/23/10 610 Newark, S..3/27/10 606 Edwards, L.3/27/10 601 Tovar, J..3/20/10 600 Crossen Ir., W. 6/13/09 600 Kahle, R..8/2/09 600 Meeks, D..9/13/09 600 Mello, C..10/25/09 600 Griffin M 11/7/09 600 Nunnallee, A..3/20/10 600 Sutton, M., 3/27/10 600 Pappillion, C..4/25/10 595 Meadows, M., 8/1/09 590 Smith, K..12/12/09 589 Prosek, S., 4/24/10 589 Gholson, A..4/24/10 585 Nutter, S..8/23/09 585 Burke, M..11/22/09 585 Duncan, R..3/20/10 584 Martin M 11/7/09 584 Weite, M..12/5/09 584 Vincent, M.,4/10 578 Mann, S..10/18/09 578 Rainey, S..3/13/10 575 Bott, J..7/18/09

575 DeGiovine, J..2/27/10

573 Conley, J..09/26/09 573 Morris, J..12/19/09

573 Osborne, T..2/6/10 573 Belk, M..3/20/10

567 Anderson, P., 6/14/09

565 Johnson B 6/20/09

560 Newman, L..7/19/09

556 Stanford, M..11/1/09

560 Don, J..1/16/10

555 Bennet, T..6/20/09

562 Goldberg, F..11/13/09

567 Villarreal, M..10/31/09

**DEADLIFT** 826 Tuchscherer, M..7/26/09 821 Holloway, P..10/31/09 2625 Frey, J..8/23/09 2615 Hoff, D..8/23/09 810 Griffin, M..11/7/09 804 Weite, N., 12/5/09 2570 Panora, G., 6/28/09 2535 Garcia, J..6/14/09 2490 Griffin, M..11/7/09 800 Frey, J..8/23/09 800 Carroll, B..10/24/09 799 Garcia, F..6/14/09 795 Hoff, D..6/28/09 2485 Carlquist, A..6/14/09 2457 Bailey, C..6/14/09 777 Carlquist, A..6/14/09 775 Roman, N..10/25/09 2331 Tuchscherer M 7/26/09 2325 Best, A..5/29/10 771 Best, A., 11/15/09 2320 Estevez, L., 2/27/10 770 Schwab, D..10/25/09 2300 Roman, N..10/25/09 2259 Smith, S., 11/15/09 770 Francis, M., 12/6/09 760 Harris, T..10/3/09 760 Lilliebridge, E..3/27/10 2245 Robinson, Josh..12/5/09 2225 Anderson, J..10/25/09 756 Kubeck, J..5/15/10 750 Hedlesky, M..6/20/09 2225 Steltenkamp, D.:10/25/09 2182 Baria, A.:4/3/10 750 Panora, G..6/28/09 750 Anderson, J..10/25/09 2176 Weite, N..12/5/09 2175 Wood, Jason..10/17/09 2170 Schwab, D..10/25/09 2150 Mello, C..10/25/09 750 Mello, C 10/25/09 738 McMacken, G..3/27/10 735 Nutter, S., 8/23/09 2143 Wagner, G..6/14/09 2140 Nutter, S..8/23/09 733 Freiwald, Z..10/17/09 2125 Pappillion, C., 4/25/10 733 Baria, A., 4/3/10 728 Eaton, M..11/8/09 727 Lake, G..09/19/09 2105 Harris, T..10/3/09 2105 Prosek, S..4/24/10 725 Jurkowski, G..2/27/10 725 Rexing, G..3/13/10 725 Jones, B..4/10/10 722 Duran, R..7/5/09 2094 Freiwald, Z..10/17/09 2088 Thiele, J..10/24/09 2083 Martin, M., 11/7/09 2072 Lilliebridge, E..3/27/ 716 Krogman, J..9/12/09 716 Daniels, G..9/19/09 2060 Obradovic 1 11/22/09 2055 Mann, S..10/18/09 716 Thiele, I., 10/24/09 2050 Krogman, I., 9/12/09 716 Smith, S..11/15/09 2050 Jurkowski, G..2/27/10 710 Estevez, L., 10/24/09 2039 Vincent, M., 4/10 2035 Flynn, P..12/5/09 2030 Porter, C..12/5/09 710 Obradovic, J..11/22/09 705 Bailey, C., 6/14/09 705 Wagner, G..6/14/09 705 Ward, N..8/2/09 2020 Dague, D..6/28/09 2020 Bowsher, R..11/22/09 705 Martin, M..11/7/09 705 Love, T..11/7/09 2011 Kahle, R., 8/2/09 2000 Ward, N..12/6/09 705 Hartfanft, G., 11/8/09 2000 Sutton, M., 3/27/10 705 Flynn, P..12/5/09 1978 Edwards, J..3/27/10 705 Dale B 12/12/09 1975 Newark S 3/27/10 705 Kimener, M..12//5/09 1973 Anderson, P..6/14/09 705 Muro, G.,1/23/10 1962 Beckham, G., 12/12/09 705 Hubbard, E..1/30/10 705 Steltenkamp, D..2/21/10 1962 Lavarro, L..4/10/10 1960 Newman, L..7/19/09 1960 Grant, S..12/12/09 1950 Garcia, F..4/25/10 705 White, B..4/3/10 705 Lavarro, L..4/10/10 700 Carter, J..6/13/09 700 Johnson, B..6/20/09 1945 Burke, M..11/22/09 1925 Hubbard, F., 4/25/10 700 Emelander, T. 10/31/09 700 Porter, C..12/5/09 1925 Baning..4/25/10 700 Jacobs, L.12/6/09 1923 Luedtke, B. 11/15/09 700 Hodges, J..2/6/10 699 Wood, Jerry..7/18/09 1907 McKee, B..9/12/09 1905 Phillips, F..10/4/09 694 Benfield, T..7/26/09 694 Dunn, J..3/27/10 1900 Mink, K..10/24/09 1900 Cuczy, I., 10/25/09 688 Lepine, N..10/31/09 688 Ruse, A..1/10 1900 Hoard, D..12/5/09 1900 DeGiovine, J..2/27/10 685 Robinson, Josh., 12/5/09 1895 Breen, S., 3/13/10 684 Davis, B..10/28/09 1890 Francis, M..12/6/09 1884 Conley, J..9/26/09 1884 Gholson, A..4/24/10 683 Fernandez, L.8/22/09 683 Driskill, B..10/30/09 683 Pinelli, R., 11/15/09 1880 Johnson, M., 3/10 1873 Newman, B..11/15/09 1870 Camboni, L..7/19/09 683 Prosek, S..4/24/10 680 C., K..4/3/10 677 Trionfante, C., 6/14/09 1856 Angel, J..8/22/09 1855 Hedlesky, M..6/20/09 677 Johnson, A..6/14/09 675 DeGiovine, I., 2/27/10 1851 Soehner, G., 3/20/10 675 Fleming, S..3/20/10 672 Diamond, P. 6/20/09 1846 Trionfante, C..6/14/09 1846 Johnson, A., 6/14/09 672 Kahle, R..8/2/09 1845 Wilson, M..7/18/09 672 Luedtke, B., 11/15/09 1842 Tozer, B. 5/15/10 672 Beckham, G..11/15/09 1840 Davis..4/10/10 670 Camboni, L..7/19/09 1840 Denison, S., 5/29/10 670 Bowsher, R..11/22/09 1835 Phelps, D..6/20/09 1830 Jacobs, J..12/6/09 670 Putnam, T..3/20/10 670 Pappillion, C..4/25/10 666 Anderson, P..6/14/09 1818 Baisdon, D..10/18/09 1818 Smith, T..1/30/10 666 Mann, S., 10/18/09 1813 Collins B 6/14/09 666 Moore, R..5/16/10 1813 Shadid, K..8/29/09 661 MacMillian, K., 8/2/09 1805 Fields, B., 12/5/09 661 Koons, R..9/12/09 1802 Benfield, T..7/26/09 661 Newman, B., 11/15/09 1802 Burttschell, L.4/24/10 1802 Whitehead, B.J..4/24/10 1780 Sells, S..5/22/10 661 Osborne, T..2/16/10 661 Pares, S., 2/20/10 1779 Bogart, J..3/21/10 1775 Humbyrd, J..10/17/09 661 Capps, J..4/10 660 Johnson, M..3/10 660 Pappas, J..4/10/10 655 Dague, D..6/28/09 1774 Menslage, M..11/13/09 1763 Love, T..11/7/09 655 Potevien E 11/15/09 1757 Johnson S 9/12/09 655 Beatty, J..1/30/10 1741 Clark, M..10/18/09 655 Barbeau D 3/21/10 1725 Dunn, I., 1/24/10 655 Wright, F..4/17/10 1713 Hunter, A..6/7/09 650 Ambrose..6/6/09 1710 Blanton, M., 12/5/09 1705 Lewis, J..5/1/10 1700 Drumm, J..1/30/10 650 Peterson, B..6/20/09 650 Conley, L., 9/26/09 650 Vincent, M..4/10 1692 Kimener, M., 12/5/09

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### NEXT MONTH » TOP SHWs

**CORRECTIONS:** Jeff Rebera should have been credited with a 1918 total on the Masters TOP 20 rankings for the 220 lb. division. Linda Okoro did not receive credit for her 402 lb. deadliest on the TOP 20 ranking for the Women's 148 lb. division. The "W. Phillips" on the TOP 20 rankings for the Masters SHWs was actually Wade Johnson. Rheta West's best lifts of 525 squat. 410 deadlift and 1220 total were not reflected on the Women's TOP 20 ranking for the 148 lb. class, nor was her bench press of 310 in the 165 lb. class. Tony Brown's name was misspelled ("Borne") in the results of the Kinross Push Pull event published in our July 2009 edition. 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.

**NEW POLICY:** if your lift is missing from an upcoming TOP 100/20 ranking, and it is our fault, we will issue you a free certificate documenting your achievement as well as a correction in a future issue. Send your corrections to PL USA Errors, Box 467, Camarillo, CA 93011.

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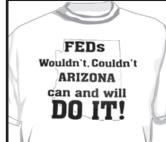
A police officer from a Southern California department pulled over a car driven by an eastern lawyer. The officer told the lawyer that he pulled him over for failing to stop at the stop sign. The lawyer replied that he slowed down and looked both ways and no cars were coming so he went through the stop sign. The officer then told the lawyer that he would have to give him a ticket because stopping is different than slowing down. He replied that he disagreed. After a short debate over the subject, the lawyer made a proposal that if the officer can prove to him that slowing down is totally different than stopping, he would pay double the fine. If the officer couldn't, then he would not have to pay anything. The officer agreed, saying that was more than fair, and asked the lawyer to step out of the car. When the lawyer got out of the car, the officer grabbed him and started slapping him. After slapping him five or six times, the officer asked him, would you like me to slow down or stop?

If you would like to guess which person did this or purchase a shirt of "Slow Down or Stop," call Danny Bullard at 909.596.7791 or email him at







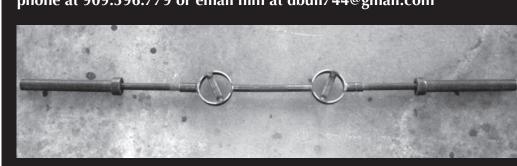


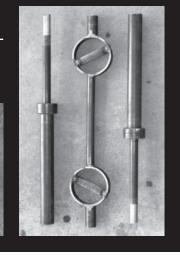




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For more information or to place an order, contact Danny Bullard by phone at 909.596.779 or email him at dbull744@gmail.com





### **WABDL TEXAS STATE**

**FEMALE** Submaster (33-39) 148 lbs. F. Alexander 601 Master (40-46) Bankston-LA 562 T. Eppler 121 Master (40-46) Law/Fire (56+) L. Polk 138!\*# Open J. Aaron Master (61-67) 1 Polk I. Aaron 138!\*# Double-Ply MALE 181 lbs Single-Ply Class I 97 lbs. J. Daigle Teen (12-13) Submaster (33-39) M Saldivar 176!\*# L Daigle 132 lbs. 198 lbs. Junior (20-25) Class I M. Jauregui 270 S. Kaufman 331 148 lbs. Submaster (33-39) Law/Fire (40-47) S. Kaufman 331 M. Duhon 248\* Teen (18-19) R. Kellev 165 lbs. Junior (20-25) 242 lbs. I. Rojas 276 Master (47-53) M. Gibson Open D. Smith 275 lbs. 4th-468 Teen (14-15) F. Doublin C. Yepes Teen (16-17) T. Cotter 187 181 lbs. Class I S. Mata M. Harrison 320 Junior (20-25) C. Mata 342 A. Mangum 270 DEADLIFT Law/Fire (48-55) FEMALE M. Harrison 320\* Master (61-67) 114 lbs. 353\* R. Roberts Master (40-46) C. Fong Teen (16-17) 292 Cantu MALE C Adams 165 Single-Ply 198 lbs. 148 lbs. Law/Fire (40-47) Junior (20-25) I. Chaney 281 A. Garcia Open Law/Fire (40-4 J. Gardner 424 M. Duhon Special Olympian Master (61-67) 254\* B. Lord Santee-CA 4th-259 220 lbs. 165 lbs. Law/Fire (40-47) Class I B. Stone D. Owens 4th-429 Junior (20-25) I. Rojas Master (47-53) 309 T. Epting T. Southwell 276 Teen (14-15) Open A. Soto Teen (16-17) Submaster (33-39) 181 lbs. 242 lbs. Class I M. Harrison 535\* Junior (20-25) 4th-551 A. Mangum H. Beall-LA 452 Law/Fire (48-5. Junior (20-25) M. Harrison H. Beall-LA 452 Teen (16-17) 259 lbs. Law/Fire (48-55) 198 lbs I. Kalinowski 380\* Class I

Teen (18-19)

Teen (18-19)

F Alexander 601

H. Dilber

R Carrillo

308 lbs.

Open

275 lbs.

402

Master (47-53	3)	Open			
M. Gibson	424	105 lbs.			
275 lbs.		D. Anderson	275	135	150
Master (40-46	5)	132 lbs.			
E. Doublin	639	J. Bareng	450	225	420
Open		148 lbs.			
P. Parnell	XXX	L. Richardson	350	185	300
308 lbs.		198 lbs.			
Master (40-46	5)	N. Navares	500	185	500
S. Mata	XXX	220 lbs.	500	.00	500
Super	,,,,,,	N. Olaivar	500	365	550
Junior (20-25)	)	242 lbs.	300	303	330
D. Dees	xxx	D. Medina	585	315	525
DEADLIFT	^^^	SHW	303	313	323
FEMALE					
		Open	205	200	220
Single-Ply		B. Hiral	385	200	330
114 lbs.	- \	Open Junior			
Master (40-46		114 lbs.			
C. Fong	215	R. Yamashita	275	150	225
MALE		123 lbs.			
Single-Ply		J. Neeley	345	135	185
148 lbs.		198 lbs.			
Junior (20-25)	)	C. Velasco	500	340	565
A. Garcia	380	» courtesy USA	APL		
Law/Fire (40-	47)	,			
M. Duhon	430*	MCI RAV	VER	TH	AN
Master (61-67	7)	RAW VII			
Santee-CA	452!*#				
4th-468		MAY 11 201	0 » S	hirley	, MA
165 lbs.		Powerlifting	SQ	BP	DL
Class I		181 lbs.	J Q		-
	386	А Теадие	380	295	510
D. Owens	386	A. Teague	380 400	295 320	510 440
D. Owens Junior (20-25)	)	A. Pitter	400	320	440
D. Owens Junior (20-25) I. Rojas	402	A. Pitter S. Harding	400 350	320 225	440 455
D. Owens Junior (20-25) I. Rojas D. Owens	)	A. Pitter S. Harding E. Wallace	400 350 275	320 225 275	440 455 405
D. Owens Junior (20-25) I. Rojas D. Owens Teen (14-15)	402 386	A. Pitter S. Harding E. Wallace M. Barrows	400 350	320 225	440 455
D. Owens Junior (20-25) I. Rojas D. Owens Teen (14-15) Kalinowski	402	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs.	400 350 275 295	320 225 275 265	440 455 405 365
D. Owens Junior (20-25) I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17)	402 386 303	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez	400 350 275 295 365	320 225 275 265 245	440 455 405 365 405
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter	402 386	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost	400 350 275 295	320 225 275 265	440 455 405 365
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs.	402 386 303	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs.	400 350 275 295 365 335	320 225 275 265 245 245	440 455 405 365 405 405
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I	402 386 303 336	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall	400 350 275 295 365	320 225 275 265 245	440 455 405 365 405
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison	402 386 303 336 502	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs.	400 350 275 295 365 335 430	320 225 275 265 245 245 295	440 455 405 365 405 405 575
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25,	402 386 303 336 502	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado	400 350 275 295 365 335 430	320 225 275 265 245 245	440 455 405 365 405 405
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25, A. Mangum	402 386 303 336 502 650	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis	400 350 275 295 365 335 430	320 225 275 265 245 245 295	440 455 405 365 405 405 575
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25, A. Mangum Law/Fire (48-	402 386 303 336 502 650 55)	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW	400 350 275 295 365 335 430 460 405	320 225 275 265 245 245 295	440 455 405 365 405 405 575
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25, A. Mangum	402 386 303 336 502 650	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis	400 350 275 295 365 335 430 460 405	320 225 275 265 245 245 295	440 455 405 365 405 405 575
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25, A. Mangum Law/Fire (48-	402 386 303 336 502 650 55)	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW	400 350 275 295 365 335 430 460 405	320 225 275 265 245 245 295 300	440 455 405 365 405 405 575
D. Owens Junior (20-25) I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25) A. Mangum Law/Fire (48- M. Harrison	402 386 303 336 502 650 55)	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW S. Koundrakas	400 350 275 295 365 335 430 460 405 465 640	320 225 275 265 245 245 295 300 —	440 455 405 365 405 405 575 580 — 635
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25, A. Mangum Law/Fire (48-, M. Harrison Teen (16-17)	402 386 303 336 502 650 555) 502*	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW S. Koundrakas C. Acevedo Best lifter powe	400 350 275 295 365 335 430 460 405 465 640 relifting:	320 225 275 265 245 245 295 300 — 300 475 Gio Ac	440 455 405 365 405 405 575 580 — 635 evedo.
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25, A. Mangum Law/Fire (48- M. Harrison Teen (16-17) C. Magner	402 386 303 336 502 650 555) 502*	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW S. Koundrakas C. Acevedo Best lifter powe than Raw VII sa	400 350 275 295 365 335 430 460 405 465 640 relifting: w 12 lit	320 225 275 265 245 245 295 300 — 300 475 Gio Ac	440 455 405 365 405 405 575 580 — 635 evedo.
D. Owens Junior (20-25). I. Rojas D. Owens Teen (14-15). Kalinowski Teen (16-17). T. Cotter 181 lbs. Class I M. Harrison Junior (20-25). A. Mangum Law/Fire (48-M. Harrison Teen (16-17). C. Magner 198 lbs. Class I	402 386 303 336 502 650 555) 502*	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW S. Koundrakas C. Acevedo Best lifter powe than Raw VII sa weight classes,	400 350 275 295 365 335 430 460 405 465 640 rrlifting: w 12 lift four firs	320 225 275 265 245 245 295 300 	440 455 405 365 405 575 580 — 635 evedo. oresent compet
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25, A. Mangum Law/Fire (48-, M. Harrison Teen (16-17) C. Magner 198 lbs. Class I N. Payton	402 386 303 336 502 650 555 502* 540!*#	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW S. Koundrakas C. Acevedo Best lifter powe than Raw VIIs aweight classes, eight Veterans,	400 350 275 295 365 335 430 460 405 465 640 rrlifting: w 12 lifting: w 12 lifting:	320 225 275 265 245 245 295 300 — 300 475 Gio Acofters, repetit time coords, two	440 455 405 365 405 405 575 580 — 635 evedo. oresent compet to disqu
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25, A. Mangum Law/Fire (48- M. Harrison Teen (16-17) C. Magner 198 lbs. Class I N. Payton Law/Fire (40	402 386 303 336 502 650 555 502* 540!*#	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW S. Koundrakas C. Acevedo Best lifter powe than Raw VII sa weight classes, eight Veterans, fications and a	400 350 275 295 365 335 430 460 405 465 640 rlifting: w 12 lii four firs five recoplatform	320 225 275 265 245 245 295 300 — 300 475 Gio Acfeters, repete time coords, two	440 455 405 365 405 575 580 ——————————————————————————————————
D. Owens Junior (20-25) I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25) A. Mangum Law/Fire (48- M. Harrison Teen (16-17) C. Magner 198 lbs. Class I N. Payton Law/Fire (40- J. Chaney	402 386 303 336 502 650 55) 502* 540!*#	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW S. Koundrakas C. Acevedo Best lifter powe than Raw VII sa weight classes, eight Veterans, fications and a determination a	400 350 275 295 365 335 430 460 405 465 640 rlifting: w 12 lift four first five recoplatform	320 225 275 265 245 245 295 300 300 475 Gio Acters, rept time coords, two filled in ulfed in	440 455 405 365 405 575 580 — 635 evedo. oresent compet co disquisith he excite
D. Owens Junior (20-25, I. Rojas D. Owens Jenen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25, A. Mangum Law/Fire (48-M. Harrison Teen (16-17) C. Magner 198 lbs. Class I N. Payton Law/Fire (40-6), Changey Master (40-46-46-46-46-46-46-46-46-46-46-46-46-46-	402 386 303 336 502 650 555) 502* 540!*# 331 47) 590!*#	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW S. Koundrakas C. Acevedo Best lifter powe than Raw VII sa weight classes, eight Veterans, fications and a determination a was business as	400 350 275 295 365 335 430 460 405 465 640 rlifting: w 12 lii four firs five reco- platform and eng	320 225 275 265 245 245 295 300 300 475 Gio Ac fters, rept time coords, two n filled tulfed in luffed in MCI S	440 455 405 365 405 405 575 580 — 635 evedo. oresent compet to disquith he excite: Shirley!
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25, A. Mangum Law/Fire (48-, M. Harrison Teen (16-17) C. Magner 198 lbs. Class I N. Payton Law/Fire (40-) J. Chaney Master (40-46 J. Chaney	402 386 303 336 502 655 502* 540!*# 331 47) 590!*#	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW S. Koundrakas C. Acevedo Best lifter powe than Raw VII sa weight classes, eight Veterans, fications and a determination a was business as commencing w	400 350 275 295 365 335 430 460 405 465 640 rlifting: w 12 lii four firs five recoplatform and engla- cith an e-	320 225 275 265 245 245 295 300 — 300 475 Gio Ac fiters, rep fit time coords, two filled in at MCI Sexplosio	440 455 405 365 405 405 575 580 — 635 evedo. oresent compet to disquite hierostatic of the contraction of th
D. Owens Junior (20-25, I. Rojas D. Owens Teen (14-15) Kalinowski Teen (16-17) T. Cotter 181 lbs. Class I M. Harrison Junior (20-25, A. Mangum Law/Fire (48- M. Harrison Teen (16-17) C. Magner 198 lbs. Class I N. Payton Law/Fire (40-4) J. Chaney Master (40-40, J. Chaney Special Olymy	336 336 336 336 502 650 555 502* 540!*# 331 47) 590!*# 6)	A. Pitter S. Harding E. Wallace M. Barrows 198 1bs. J. Rodriguez B. Frost 220 lbs. E. Hall 275 lbs. J. Castado C. Davis SHW S. Koundrakas C. Acevedo Best lifter powe than Raw VII sa weight classes, eight Veterans, fications and a determination a was business acommencing w 181's went to w	400 350 275 295 365 335 430 460 405 465 640 vilifting: ir four first five recoplatform and englicity is a constant.	320 225 275 265 245 245 295 300 — 300 475 Gio Acters, rept time coords, two filled in fat MCI Sexplosio teran, A	440 455 405 405 405 575 580 635 evedo. G356 evcido. in where the third of the third
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cage but this monster awoke to show us all he still has what it takes to move heavy weight Taking the 3rd place spot was Sean Harding, another vet with endless amounts of will. Trailing the three Veterans were first time competitors Edward Wallace and Manuel Barrows, both with 955 totals. After the smoke cleared, two first timmers lifted off in the 198's, Jose Rodrigues came out on top with his debut total of 1015: not to far behind was Brian Frost, With only a few months powerlifting under his belt this dude proved he has the potential to reach the top. He's a pillar of raw strength and his form is flawless. Keep lifting those monsterous Zercher Squats off the floor and let's see where your total ends up! Your on the right path Frost! Lifting solo in the 220's was veteran Ed Hall. This dude is a beast in every sense of the word. He had PR's across the board and ended the day with a 575 deadlift, leaving so much more on the table! The 275's had two heavy weights, Charles Davis & Joey Castaldo ready to battle head to head to determine final bragging rights. Tension and words have been brewing ever since Castaldo's domination at RTR6. Davis just could not nandle the pressure and was shown the door after missing his bench opener. Castaldo won unchallenged and went on to break his weight class deadlift record that has remained alive in this facility for a decade. The SHW had two lifters, first time competitor, Stratous, had an explosive start with a deep, effortless 465 squat, but injured a hamstring in the deadlift and could not complete the day. Heal up Strat, and get back on the platform! Veteran and best overall lifter. Gio Acevedo goes on to putRTR7 in his back pack, Breaking all four of his own facility records and smashing the all time facility deadlift record. He just set the bar even further out of reach. Gio gets stronger by the day and his talent of defying gravity with such relaxation is unparalleled. His 640 squat was insane! Without a doubt, Gio will total elite, raw, sometime in the near future and I'll be right there on the platform beside you! Hopefully on the outside! Just remember, it what you did yesterday still looks big, vou haven1t done much today! A huge thank you goes out to our spotters and loaders, and of course the Recreation Officers for great judging, supplying chalk, new belts, and for making all this happen. Also, thank you to Mike Lambert of PL USA for publishing our results which adds additional excitement to our meets and brings positive energy to our facility come mail call we are all looking forward

r'm not sure who rattled his

### Submaster (33-39) H. Beall-LA 595 N. Payton 259 lbs. MAR 27 2010 » Humble, TX Teen (18-19) H. Dilber Bankston-LA 562 E. Morales

584\*

584

314

314

Law/Fire (40-4)

N. Paytor

1 Chanev

1 Chanev

B. Lord

502 I. Felder Open Law/Fire (40-47) J. Dunn B. Stone 524 I. Conde 435 Master (47-53) Submaster (33-39) T. Epting 457 J. Dunn Master (47-53) 308 lbs. T. Southwell 424 Class I 242 lbs. Bankston-LA 595 Class I Submaster (33-39) K Gunter 645 Bankston-LA 595 H. Beall-LA 595 Junior (20-25) Junior (20-25)

tional Records. » courtesy Tiny Meeker

### **USAPL BLOCH ARENA** QUALIFIER

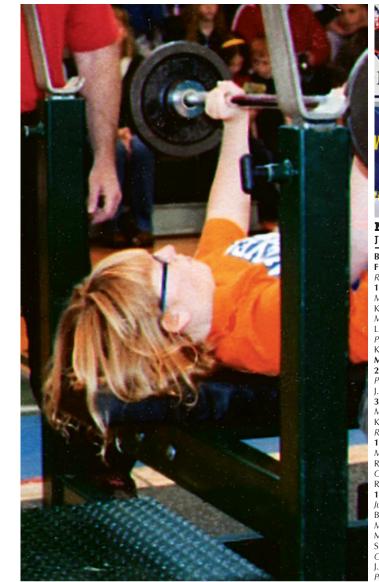
M. McLeod 601 D. Dees 452

!=World Records. \*=State Records. #=Na-

JAN 4 2010 » Honolulu, HI Powerlifting SQ BP DL TOT

ınalien the to Rawer than Raw VIII. Bring 1185 vour best! » courtesy Joseph Castaldo





Chelsi Byrnes (age 12) continues the tradition of great bench pressing started by her father, Chris Byrnes, at the Clark Sports Center Monster Bench Press event (Doug McCoy pl

MONST APR 10 20		oopersiown,	NY
BENCH		148 lbs.	
FEMALE		Teen (16-17)	
Open		K. Sherwood	175
114 lbs.		Open	
(Age 12)		C. Byrnes 390	)
C. Byrnes	55	E. Coe	290
123 lbs.		R. Anderson	225
N. Hage	55	J. Meyers	205
148 lbs.		Masters (45-4	9)
B. Lesko	130	T. Harris	320
T. Korba	120	Masters (40-4	4)
165 lbs.		C. Byrnes	310
R. Stone	90	165 lbs.	
Masters (55-5	59)	Teen (16-17)	
J. Tirrell	95	J. VanAllen	240
MALE		Open	
Youth Raw		D. Gerardi	235
D. Meyes	75	J. Haley	205
J. Byrnes	50	181 lbs.	
4th-55		Teen (16-17)	
K. McEwan	45	K. Manley	230

**CLARK SPORTS** 

hoto)	ports	center Mons	tei
D. Packer	195	220 lbs.	
T. Clapper	165	Open	
Open		D. Degner	295
C. Dejoy	350	D. White	255
198 lbs.		Masters (40-44	4)
Open		R. Haley	390
A. Henchey	360	L. Finklestein	360
D. Meyers	335	D. McEwan	270
Teen (14-15)		Master (50-54)	)
N. Markowitz	205	G. Woodbury	250
Masters (40-44	1)	242 lbs.	
R. Dawson	350	Masters (50-54	4)
M. Cring	250	<ul> <li>A. Avqustun</li> </ul>	325
P. Meyers	245	275 lbs.	
Masters (50-54	1)	Open	
J. \/anAllen	400	B. McEwan	450
B. Krench	330	Masters (50-54	4)
M. McDonald	255	S. Antczak	385
			280
		t: Christopher B	
		ht: Brandon Mc	
Best Lifter Wor	nen's Y	outh/Teen: Chels	si
Byrnes. Best Li	fter Wo	men's: Beth Les	ko.

Best Overall Masters: Jim Vanallen.

» courtesy Doug McCoy

FEMALE



tural At				Accor	(
John Broo	Car .	07 T	OT (J. T.	Hall)	(
NASA U	JSA I	NAT	ION.	ALS	I
UN 19-20	2010 »	Spri	ingfiel	d, OH	1
BENCH		275	lbs.		i
EMALE		Int			
aw OF Ibo		F. Pa		424	1
<b>05 lbs.</b> ∕laster l		Ope K. Ro	binson	446	1
. Reed	116	Subr	naster II		1
Aaster Pure	121		pencer	319	I
. Lowery Pure	121	308 Mast			1
í. Reed	116	J. Be	hari	457	-
AALE			er Pure		•
<b>20 lbs.</b> Pure		J. Be Pure	hari	457	1
Hall	429	J. Be	hari	457	
08 lbs.		SHW	/		I
Aaster II L. Burgess	551	Int J. Mo	nizor.	512	(
aw	331	Mast		312	(
48 lbs.		C. H	artung	462	I
Aaster I	200	Pure		E10	/
l. Fox Open	308	J. Mo	ojzer <b>ENCH</b>	512	
L. Fox	308	275			
65 lbs.		Ope			I
<i>unior</i> Frekenridge	303	K. Ro <b>PS C</b>	binson	446	ı
Aaster II	303	165			
۸. Wikel	270	Mast	er III		I
. Phillips	231	R. St		160	-
Open Woods	336	R. St	er Pure aab	143	i
Police/Fire	330	181		5	j
Woods Pure	336		er III	405	I
'ure Woods	336	McC <b>242</b>	ionagle Ibe	105	١
Woods ubmaster II	330	Ope			
Woods 81 lbs.	336	S. Av		138	1
81 lbs.		Pure		120	
High School  C. McDaniel	264	S. Av Subr	naster II	138	(
Aaster III		S. Av		138	j
. Donahue	237	275			1
<b>98 lbs.</b> ∕aster V			<i>School</i> IcGill	173	i
G. Martin	303	Int			
20 lbs.		F. Pa		171	į
Aaster I Brooks	457		n <i>aster Pu</i> oencer	<i>ire</i> 143	1
Aaster Pure	73/	SHW		1 13	ĺ
Brooks	457	Pure		4.6-	1
Open Hall	429		onzales EADLIF	160 <b>r</b>	1
Hall 42 lbs.	447	65 lk		•	1
Aaster II		Youti	h		1
. Bernecke	352		encer	99	
Open L. Bernecke	352	181 Mast			-
een	552		ionagle	336	9
. Abney	_	D.D.	D.	TOT	I
Push Pull		BP	DL	TOT	1

	Teen H. Core MALE 165 lbs.		99	264	363
	High School M. Harbour <b>181 lbs.</b>		303	501	804
	Junior R. Hutchins		248	374	622
a'	Master III P. Miller		187	374	562
/	Teen R. Stewart		270	402	672
4	308 lbs. High School A. King		374	479	853
ł	Submaster I C. Williams		374	567	941
C	Submaster Pure C. Williams		374	567	941
	SHW Pure				
[	D. Gonzales  Powerlifting	SQ	440 <b>BP</b>	573 <b>DL</b>	1013 <b>TOT</b>
	FEMALE 105 lbs.				
	Master I K. Reed	143	116	209	468
	Master Pure K. Reed	143	116	209	468
	Raw 123 lbs.				
	High School T. Jarrell 132 lbs.	165	99	248	512
	High School K. Lute 148 lbs. Master I	171	121	248	539
	C. Nichols	204	127	237	567
	Open A. McDermott	286	160	303	749
	Pure A. McDermott		160	303	749
	Submaster Pure A. McDermott 181 lbs.		160	303	749
	Novice T. Drescher MALE 148 lbs.	215	154	303	672
	Master IV	231	143	303	677
	Master III J. Carleo	_	_	391	391
	Int V. Perryman P. Foster	600 336	297 215	600 385	1497 936
	Open P. Foster 181 lbs.	336	215	385	936
	High School C. Boling Jr.	374	182	424	980
	Junior M. Baker	539	297		1437
	Teen M. Baker	539	297		1437
	<b>198 lbs.</b> High School				
	Z. Stewart 242 lbs. Master II	325	193	380	897
	W. Erb 275 lbs. Master II	551	341	473	1365
		567	99	556	1222
	C. Straley Submaster Pure	551	347	528	1426
	A. Soboleski SHW	539	363	600	1503
	Master I M. Ross Raw	787	545	650	1982

132 lbs.

Int					J. Brooks	611	457	539	1607	V. Perryman	154	297	600	105
K. Hagen	209	110	_	319	R. Nichols	484	325	600	1409	Open				
Junior					Master II					B. McClure	173	341	468	982
O. Ruiz	198	132	319	650	J. Layton	264	193	286	743	181 lbs.				
148 lbs.					Master Pure					High School				
High School					J. Brooks	611	457	539	1607	C. Day	127	253	413	793
Van Der Molen	1 341	165	380	886	Open					Master III				
Master I					R. Nichols	484	325	600	1409	McGonagle	105	209	347	661
R. Fox	352	308	407	1068	Submaster Pu	re				P. Miller	94	187	374	655
165 lbs.					<ul> <li>A. Werner</li> </ul>	528	363	551	1442	198 lbs.				
Int					Teen					Master V				
M. Qaiser	330	215	330	875	J. Dulin	292	237	352	881	J. Rybak	138	303	429	870
Junior					242 lbs.					Novice				
T. Franz	451	248	490	1189	Novice					J. Knight	187	292	512	991
Master II					N. Stivers	462	319	501	1283	Open				
S. Phillips	303	231	369	903	275 lbs.					J. Rybak	138	303	429	870
Master III					Int					242 lbs.				
R. Bowshier	316	220	341	877	L. Higgins	650	462	677	1789	Master III				
Pure					A. Hamblin	418	_	_	418	R. Bernecke	160	352	407	919
T. Franz	451	248	490	1189	Master II					Open				
Teen					E. Martin	473	363	501	1338	R. Bernecke	160	352	407	919
T. Franz	451	248	490	1189	Pure					275 lbs.				
181 lbs.					L. Higgins	650	462	677	1789	Master II				
High School					A. Hamblin	418	_	_	418	E. Martin	143	363	501	100
C. McDaniel	473	264	418	1156	Submaster I					SHW				
R. Lackey	341	171	402	914	T. Brown	501	352	517	1371	Master I				
Master III					308 lbs.					D. Phillips	215	501	776	149
P. Miller	286	187	374	848	High School					» courtesy J.T	. "Big V	Villie" F	-lall	
L. Donahue	275	237	325	837	A. King	501	374	479	1354	, ,	0			
Novice					SHW									
Q. Henoch	402	226	451	1079	Master II									
198 lbs.					M. Soboleski	407	363	402	1173	IPF/BVI	DK C	iek!	MAN	l
Master I					Power Sports	CR	BP	DL	TOT	TEAMS				
A. Dubois	363	220	435	1018	MALE					MAY 22 20	10 » Y	Wahrs	sow, G	ER
220 lbs.					165 lbs.									
Master I					Int					Powerlifting	SQ	BP	DL	TOT

607	V. Perryman	154	297	600	1051	Team:
409	Open <sup>'</sup>					J. Bast
	B. McClure	173	341	468	982	A. Rei
43	181 lbs.					L. Reu
	High School					M. Lar
607	C. Day	127	253	413	793	M. Sch
	Master III					Team:
409	McGonagle	105	209	347	661	V. Kay
	P. Miller	94	187	374	655	M. Kle
442	198 lbs.					R. Ulle
	Master V					L. Voig
81	J. Rybak	138	303	429	870	M. Bie
	Novice					Team:
	J. Knight	187	292	512	991	C. Erb
283	Open					S. Rog
	J. Rybak	138	303	429	870	R. Bitte
	242 lbs.					T. Kore
789	Master III					S. Gao
18	R. Bernecke	160	352	407	919	Team:
	Open					R. Gol
338	R. Bernecke	160	352	407	919	M. Sin
	275 lbs.					K. Jaco
789	Master II					J. Mul
18	E. Martin	143	363	501	1007	Kronso
	SHW					*=Rec
371	Master I					affiliat
	D. Phillips	215		776	1492	man P
	» courtesy J.T.	. "Big V	Villie" F	lall		VfB Kl
354						Bast b
						Germa
	IPF/BVI	OK G	ERI	KAN	1	93,10
173	11 1 / D V 1	-11 C				WR at

umuth n: HAV 77e.V. 650 363 595 606 374 584 : VfB Klotze 716 506 628 1850 683 484 628 606 374 562 539 347\* 545 : P. Lauchhammer 606 506 694 413 617 1723 617 451 573 1640 661\* 358 551 1569 schwitz 606 407 539 1552 cords. The BVDK is the German IPF ate. Still one of the highlight in Ger-PL. New German team Champion is Klotze with 2059,80 Wilks-Points. Jan became the first 100kg IPF athlete in nany to make 900kg weighing only Okg. Jorg Muller set a new IPF Masters WR at Middleweight with 300kg. Organizer: Art der Veranstaltung. Main Judge: Kerstin Klawitter Thomsen. Side Judges: Uwe K"ckert and Karsten Gelhar. Powerlifting SQ BP DL TOT » courtesy BR/Thomas

Motor Barth

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BENCH MALE Junior		198 II T. Zin DEAD	tsmaster	405
165 lbs.		MALE		
C. Baiers 181 lbs.	310	Junior <b>181 ll</b>		
L. Chamberlin	320	N. Ale		405
Powerlifting FEMALE	SQ	BP	DL	TOT
105 lbs.				
Teen II B. Terebinski	175	95	235	505
114 lbs.	173	,,,	233	303
Junior D. Carino	150	70	220	440
123 lbs.				
Teen II E. Ockerman	295	110	300	705
132 lbs. Teen II				
B. Palleschi	250	165	300	715
K. Miller 148 lbs.	365	200	355	920
Teen III				
N. Gallager 181 lbs.	240	105	250	595
Teen I				
M. Jenkins SHW	145	65	225	435
Teen II				
S. Lamb MALE	405	200	315	920
114 lbs.				
Teen I C. Blank	150	_	225	_
132 lbs.				
Teen II N. Dubiel	315	165	380	860
D. Nealy <b>148 lbs.</b>	375	200	450	1025
Junior				
P. Weinrauch Master I	355	250	390	995
B. Fuddrill	455	300	485	1240
<b>165 lbs.</b> Teen I				
Q. Brooks Teen II	220	120	315	655
J. Davis	295	190	315	800
K. Nall Teen III	275	170	360	805
B. Schuller	465	225	410	1100
Master II S. Sielawa	375	235	475	1085
Junior				
S. Rolf <b>181 lbs.</b>	425	320	520	1265
Teen II	220	105	420	0.45
A. Smith C. Lyman	230 315	195 240	420 405	845 955
J. Harkins <b>198 lbs.</b>	405	225	470	1100
Teen I				
C. Larkin Teen II	245	165	285	695
A. Coleman II	405	270	500	1175
<i>Junior</i> L. Hoffman	580	360	550	1490
220 lbs.				
Teen III R. Jackson	165	150	25	540
A. Chism	225	250	390	865
Open Raw H. Simpson	430	285	475	1190
242 lbs.				
Teen I D. Trecha	275	175	300	750
T 11				
Teen II K. Clark	350	230	420	1000

Teen II				
J. Ingram	245	260	350	85.
Master III				
T. Strong	340	215	410	96.
SHW				
Teen II				
D. McGowan	300	200	410	91
J. Dabbs	375	195	355	92.
» courtesy US.	APL			
,				
USAPL I	ANC	HOI	RAG	Ε
FALL BP	/PL			
NOV 21 200	19 » A	hcho	raae.	ΑK

NOV 21 200	competition. McLavey, Jack					
Powerlifting MALE 148 lbs.	SQ	BP	DL	тот	MeLavey all h set Kayhi reco records, and a records. First	nad im ords, Ja Adam
Open  D. Gregory	225	187	407	819	and Adrian Ri	
Master III					Doug Gregg	
E. Pavsek	209	_	264	_	Master division	
165 lbs.					Frank and Tay	
Open					strong field. T	hanks
J. Zatino	424	314	424	1162	needed to ma	ke any
181 lbs.					Nelson, Bob I	
Master IV					the spotters a	
L. Knight	314	220	352	886	Julie Slanaker	
Youth Open					judges; Lisa Λ	
W. Skyothaug	385	132	352	870	Arlinda Mach	
198 lbs.					» courtesy US	SAPL
Youth Open						
C. Burnett	407	231	424	1062	USAPL	POC
Bench Only				2=4		
J. Deans	_	374	_	374	MOUNT	
220 lbs.					MAR 20 20	10 »
Open D. Farrow	600	385	551	1537	D	
242 lbs.	600	303	331	1337	Powerlifting FEMALE	SQ
Open					114 lbs.	
D. Autrey	462	297	545	1305	K. Nelson	198
R. Schmidt	573	396	600	1570	123 lbs.	1 90
275 lbs.	5,5	330	000	1370	T. Kamper	237
Master III					T. Peterson	88
S. Rabender	407	352	330	1090	132 lbs.	00
CLIMA					D. T.	4.5

# **USAPL KETCHIKAN**

Coordinator: Ron Burnett.

» courtesy USAPL

C. Werda 501 352 600 1454

SHW

Teen III					SPRING MEET
B. Schuller	465	225	410	1100	APR 9 2010 » Ketchikan, AK
Master II					Ai ii 5 2010 // Reichikun, Ak
S. Sielawa	375	235	475	1085	Powerlifting SQ BP DL TO
Junior					FEMALE
S. Rolf	425	320	520	1265	123 lbs.
181 lbs.					Open
Teen II					A. Rubin 165 95 250 510
A. Smith	230	195	420	845	T. Gregg 165 115 185 465
C. Lyman	315	240	405	955	MALE
J. Harkins	405	225	470	1100	148 lbs.
198 lbs.					Master IV (55)
Teen I					D. Gregg 390! 145 415! 950
C. Larkin	245	165	285	695	Teen I (14)
Teen II					J. Pavitt 312! 175 365! 832
A. Coleman II	405	270	500	1175	181 lbs.
Junior					Master IV (56)
L. Hoffman	580	360	550	1490	R. Alexander 300 190 345 835
220 lbs.					198 lbs.
Teen III	4.5	450		= 40	Master III (51)
R. Jackson	165	150	25	540	F. Frank 400 225 425 105
A. Chism	225	250	390	865	Teen I (14)
Open Raw	420	205	475	1100	D. McLavey 200 190 365 755
H. Simpson 242 lbs.	430	285	475	1190	319 lbs.
					Teen I (15)
Teen I D. Trecha	275	175	300	750	A. McLavey 425!* 240! 455! 112
Teen II	2/5	1/5	300	/50	!=State Records. *=KHS Records. The
K. Clark	350	230	420	1000	Get Fit Stay Fit Gym hosted the USA
Open	330	230	420	1000	Powerlifting sanctioned 2010 Ketchikan
C. Hazzinton	405	300	500	1205	Spring Record Breakers powerlifting me
275 lbe	403	500	500	1203	The meet saw five first time competitors

join three Veterans. Competitors are

placed in age and weight classes with results submitted to USAPL and compared with lifters nationwide. Each year rankings are kept for all USAPL meets using the age and weight class groupings. Records are maintained at the local, state and national level for the three individual lifts: squat, bench press, and deadlift and the total of the three lifts. Age and bodyweight factors are applied to obtain an adjusted total of the three lifts to allow comparison across age, weight, and gender. Five first time lifters joined three veterans for the competition. First time teen lifters Adam McLavey, Jackson Pavitt, and David MeLavey all had impressive lifts. Adam set Kayhi records, Jackson set two state	C. Hartmar J. Gonzales C. Doggett C. Martin 242 lbs. C. Ford R. Jacobsor P. Sumner A. Pares J. Freeman 275 lbs. G. Scehner F. Baja J Briggs » courtesy
records, and Adam set four new state	4TH S
records. First time lifters Roger Alexander and Adrian Rubin had strong showings.	JUN 19 2
Doug Gregg set three state records in the Master division. Experienced lifters Floyd Frank and Taylor Gregg rounded out the strong field. Thanks go out to volunteers needed to make any meet successful: Sam Nelson, Bob Hewitt, and Corey Pavitt were the spotters and loaders; Deborah Harney, Julie Slanaker, and Bill Harney were the judges; Lisa Machado, Mary Gregg and Arlinda Machado ran the scoring table. » courtesy USAPL	BENCH 105 lbs. Master I J. Mielke Teen I M. Mielke 123 lbs. Master I K. Nelson Master III Christenser

# CKY

Aurora, CO

BP DL TOT

66 242 506

123 lbs.				
T. Kamper	237	160	286	683
T. Peterson	88	88	182	358
132 lbs.	00	00	102	330
R. Tester	165	99	220	484
148 lbs.	103	33	220	101
B. Anderson	242	171	336	749
A. Watman	193	77	165	435
165 lbs.				
MacDonald	209	132	281	622
181 lbs.				
B. Fury	253	110	314	677
L. Smith	269	160	286	715
MALE				
114 lbs.				
B. Parks	204	99	237	539
132 lbs.				
R. Robinson	193	154	253	600
O. Valdez	242	171	248	661
148 lbs.				
M. Thompson	303	198	330	831
H. Wick	286	204	314	804
165 lbs.				
P. Gustafson	348	198	413	959
T. Rickett	303	286	330	919
J. Each	286	198	325	809
A. O'Keefe	176	88	209	473
181 lbs.				
J. Casual	363	325	501	1189
A. Armstrong	281	165	330	776
E. Larson	292	220	303	815
T. O'Keefe	209	176	286 132	672 418
D. Robinson	121	165	132	418
198 lbs.	FOF	402	600	1500
J. Kyle	595 402	402 325	600 468	1596 1195
S. Jenne J. Brookshire	314	220	369	903
R. Davis	374	281	352	1007
M. Sapyla	330	182	332 297	809
B. Hertzog	149	77	264	490
LeBeaumont	149	286	∠04	286
220 lbs.		200		200
Zelalskaina	451	314	512	1277
I. Moore	402	281	512	1195
j. 111001C	102	201	312	1133

C 11	262	210	407	1000
C. Hartman	363	319	407	1090
J. Gonzales	_	220	_	220
C. Doggett	_	231	_	231
C. Martin	_	264	_	264
242 lbs.				
C. Ford	429	484	600	1514
R. Jacobson	424	369	551	1343
P. Sumner	457	347	501	1305
A. Pares	484	350	484	1319
J. Freeman	402	303	462	1167
275 lbs.				
G. Scehner	705	484	650	1839
F. Baja	402	275	506	1184
J Briggs	650	694	369	1712
» courtesy US	APL			

### 4TH SW MINNESOTA BP JUN 19 2010 » Sleepy Eye, MN

Master I

Teen I

198 lbs.

Master I

N. Plathe

Master II

115 J. Wise

Mathowietz 270

190

315

K. Nelson	95	B. Mielke	315
Master III		J. Schmidt	135
Christensen	75	Master III	
Heiderbrunk	_	M. Walden	230
Novice I		G. Dimmiggo	215
C. Berdan	90	M. Hoffmann	205
132 lbs.		Novice I	
Teen II		J. Mains	265
D. Swoboda	205	Teen II	
148 lbs.		J. Decker	285
Novice I		K. Krzmarzick	200
K. Schmidt	95	Teen II	
B. Bregette	230	D. Meyer	175
Master II		220 lbs.	
M. McDaniel	195	Master I	
Novice II		P. Walden	340
C. Baures	105	L. Zimmerman	305
Teen I		M. Thompson	_
Q. Mack	170	Novice I	
165 lbs.		J. Schwab	335
Teen I		C. Blinkman	315
M. Mielke	130	E. Thompson	275
G. Lausen	215	242 lbs.	
Teen II		Master I	
J. Berdan	205	D. Olson	265
Master I		L. Vera	240
Wurtzberger	325	275+ lbs.	
Master II		Novice II	
R. Tellberg	300	A. Minutillo	385
D. Lux	_	Teen II	
181 lbs.		T. Solma	240
» courtesy Bre	nt Miel	ko	

### **USAPL KS HEAVY METAL OPEN** MAR 6 2010 » Hoisington, KS

**BENCH** 198 lbs. J. Kramer Open S. Lyon 345 Open 275 lbs. L. Russell 350 Powerlifting SQ Br DL 101 220 lbs. Master I 500 410 570 1460 S. Stout Master II 340 300 400 1040 K. Carroll 242 lbs. Master II B. Rome 365 350 410 1125 SHW Open

B. Bowman 600 460 550 1630

J. Redmer 405 350 475 1240

» courtesy Wayne David Herl

### **USAPL TECH ROOKIE** D. Amend 350\* 265 465 1080 **275 lbs.**

JAN 20 201	0 » W	7. Mor	roe, l	JAN 20 2010 » W. Monroe, LA						
Powerlifting	SQ	BP	DL	TOT						
FEMALE										
Collegiate										
105 lbs.										
S. Byron	205	155	290	650						
114 lbs.										
A. Sikes	205	140	250	595						
148 lbs.										
K. Roderick	275	_	275	_						
L. McAfee	175	110	270	555						
C. Haines	275	155	200	630						
MALE										
132 lbs.										
J. Snapka	350	240	435	1025						
165 lbs.										
Z. Weissman	425	275	450	1150						
181 lbs.										
C. Bonman	475	325	450	1250						
B. White	480	310	500	1290						
198 lbs.										
T. Rochelle	435	325	530	1290						
S. Moore	480	295	505	1280						
242 lbs.										
E. Jacintha	450	425	450	1325						
275 lbs.										
B. Black	510	300	550	1360						
CLIM/										

Open Pro

242 lbs.

S. DiLello

### **IPA NEW ENGLAND** REVOLUTION

A. Gonzales 700 500 550 1750

MAR 27 2010 » Johnston, RI

» courtesy USAPL

BENCH			r (50-5	4) Raw
165 lbs.		Pro		
Junior Raw Pro			reschi	340*
Lazzareschi	315*		Raw P.	
181 lbs.			reschi	340*
Teen (18) Raw		Police		2.404
R. Criner <b>220 lbs.</b>	275	Lazza 308 II		340*
Master (40-44	) 414	Open		
C. Sandbach	) AIVI	C. Sch		745
242 lbs.	_		aster Pr	
Master (40-44	) AM	C. Sch		745
N. Tavares	_	DEAD		, 13
275 lbs.		308 II		
Open Raw Pro	)	Open		
	455	W. Tas		500
Ironman		BP	DL	TOT
198 lbs.				
Submaster AM	'			
B. Shaw		510*	565	1075
242 lbs.				
Open Raw Pro	)	2=0	==0	
M. Miller		370	550	920
<b>220 lbs.</b> Open AM				
B. Holloway		475	535	1010
Full Power	SQ	BP	DL	TOT
	~~			
148 lbs.				
	)			
Junior Raw Am	205*	155*	215	575*
<i>Junior Raw Am</i> C. Oliva	205*	155*	215	575*
Junior Raw Am C. Oliva Master (57) Al	205*	155* 190*	215 225	575* 745*
Junior Raw Am C. Oliva Master (57) Al J. Stabile <b>165 lbs.</b>	205* M			
Junior Raw Am C. Oliva Master (57) Al J. Stabile <b>165 lbs.</b> Teen AM	205* M 345*	190*	225	745*
Junior Raw Am C. Oliva Master (57) Al J. Stabile <b>165 lbs.</b> Teen AM D. Galligan	205* M 345*			
Junior Raw Am C. Oliva Master (57) Al J. Stabile <b>165 lbs.</b> Teen AM D. Galligan Open Raw AN	205* M 345* 330	190* 240	225 425	745* 995
Junior Raw An C. Oliva Master (57) Al J. Stabile <b>165 lbs.</b> Teen AM D. Galligan Open Raw AM D. Antonucci	205* M 345* 330 1 410	190*	225	745*
Teen AM D. Galligan Open Raw AM D. Antonucci Submaster Pro	205* M 345* 330 1 410	190* 240 250	<ul><li>225</li><li>425</li><li>550</li></ul>	745* 995 1210
Junior Raw An C. Oliva Master (57) Al J. Stabile 165 lbs. Teen AM D. Galligan Open Raw AM D. Antonucci Submaster Pro T. Roselli	205* M 345* 330 1 410	190* 240	225 425	745* 995
Junior Raw An C. Oliva Master (57) Al J. Stabile 165 lbs. Teen AM D. Galligan Open Raw AM D. Antonucci Submaster Pro T. Roselli 181 lbs.	205* M 345* 330 1 410	190* 240 250	<ul><li>225</li><li>425</li><li>550</li></ul>	745* 995 1210
Junior Raw An C. Oliva Master (57) Al J. Stabile 165 lbs. Teen AM D. Galligan Open Raw AM D. Antonucci Submaster Pro T. Roselli 181 lbs. Teen (16) AM	205* M 345* 330 1 410 575*	190* 240 250 440*	<ul><li>225</li><li>425</li><li>550</li><li>490</li></ul>	745* 995 1210 1505
Junior Raw An C. Oliva Master (57) Al J. Stabile 165 lbs. Teen AM D. Galligan Open Raw AM D. Antonucci Submaster Pro T. Roselli 181 lbs. Teen (16) AM T. Waterman	205* M 345* 330 1 410 575*	190* 240 250	<ul><li>225</li><li>425</li><li>550</li></ul>	745* 995 1210
Junior Raw An C. Oliva Master (57) Al J. Stabile 165 lbs. Teen AM D. Galligan Open Raw AM D. Antonucci Submaster Pro T. Roselli 181 lbs. Teen (16) AM T. Waterman Teen (19) Raw	205* M 345* 330 1 410 575* 250 /AM	190* 240 250 440*	<ul><li>225</li><li>425</li><li>550</li><li>490</li><li>350</li></ul>	745* 995 1210 1505 825
Junior Raw An C. Oliva Master (57) Al J. Stabile 165 lbs. Teen AM D. Galligan Open Raw AM D. Antonucci Submaster Pro T. Roselli 181 lbs. Teen (16) AM T. Waterman Teen (19) Raw B. Rubadou	205* M 345* 330 410 575* 250 AM 415	190* 240 250 440*	<ul><li>225</li><li>425</li><li>550</li><li>490</li></ul>	745* 995 1210 1505 825
Junior Raw An C. Oliva Master (57) Al J. Stabile 165 lbs. Teen AM D. Galligan Open Raw AM D. Antonucci Submaster Pro T. Roselli 181 lbs. Teen (16) AM T. Waterman Teen (19) Raw	205* M 345* 330 410 575* 250 AM 415	190* 240 250 440*	<ul><li>225</li><li>425</li><li>550</li><li>490</li><li>350</li></ul>	745* 995 1210 1505

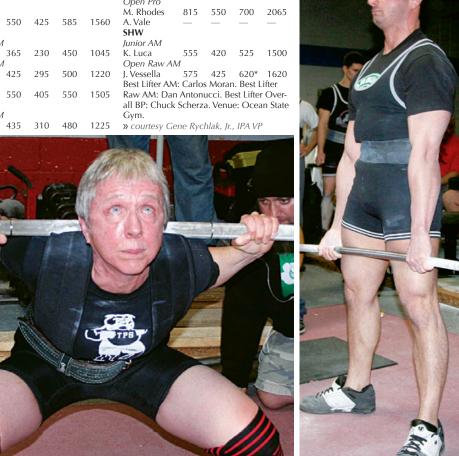
	4th-D	L-475*	1090*		Junior AM				
Master (57) Ra	aw AM				R. Pizutti	560	550	600	1710
. Katchpole	450*	255	510*	1215*	308 lbs.				
198 lbs.					Open Pro				
unior AM					M. Rhodes	815	550	700	2065
C. Moran	550	425	585	1560	A. Vale	_	_	_	_
220 lbs.					SHW				
Open Raw AN	1				Junior AM				
R. Tarasevich	365	230	450	1045	K. Luca	555	420	525	1500
uinor Raw AN	1				Open Raw AM	1			
N Lomax	425	295	500	1220	i Vessella	575	425	620*	1620

Best Lifter AM: Carlos Moran. Best Lifter

Open Raw AM Gym. P. Marcotti 435 310 480 1225 » courtesy Gene Rychlak, Jr., IPA VP



Jane Stabile squatted 345 at age 57 and 148 bodyweight



Dan Antonucci pulled 550 as a raw 165 pounder



Chuck Scherza benched 745 weighing 307 at the IPA New England meet (Lisa Pankiweicz photos)

275 lbs.

### **BOBBY MYERS >>**



strongest couples in powerlifting



Bobby has done some excellent deadlifting

heavy."

Worst advice: would have to be something I heard a guy tell my wife, Carol Ann. We were at a meet in South Carolina. She was warming up for the squat, when she was asked what kind of shoes she was wearing—Safe squat shoes. He then informed her how bad her shoes were, and that she should get a pair of Chuck Taylor's. At the end of the day Carol Ann had a 565 squat at 160. The gentleman in question squatted 500 in the 220 class.

### What is your advice for a young powerlifter just starting out in the sport and who wants to be the best bench presser in the world as quickly as possible?

Be careful, and take it slow. You need time for all your tendons to grow with your muscle. If you have the potential, you will get there, and can be the best for years, as long as you stay relatively injury free. Visualize it as long term. train hard, and be smart. Get the best help you can find for the lift you want to specialize in, and if you don't listen to anyone, listen to your body. It will tell you when you've had enough!

### What do you like doing away from powerlifting and bodybuilding?

Away from powerlifting and bodybuilding is easy. It is spending time with my wife Carol Ann and daughter Catrina. If no one believes anything I ever say, believe this. All the days you spend away from your family, you can't get back. Hunting was addictive to me. I missed a lot of time with family. For what? A hobby? When I look back, was it worth the adrenaline rush I experienced from catching the biggest boar I could find? Back then I thought so, but now I know beyond a doubt it wasn't. Now it seems as if my daughter went from the day

she was born to 25 in about a 5-year span. So spending time with my family, no matter what we are doing, fulfills my life!

### Very powerful answer. How do you want to be remembered?

As a great husband, a great father, a man that had honor and integrity. A man that tried to do things right, and hopefully someday a 800 lb.

### Tell us about your diet and what supplements do you take? Do you cheat a lot?

For powerlifting I eat pretty clean, but can still enjoy some fast food on occasion. I like to keep my body fat under 10% year round. This helps with preparation for bodybuilding shows in the summer months.

I supplement protein (EAS) at about 300 grams a day total. Glutamine saw palmetto, vitamin C (5000 mg. daily), and CLA.

Bodybuilding is a different story. I should own stock in Cooking Good...lol. I eat so much chicken, turkey, and the occasional fish, green peas, and potatoes. By the time bodybuilding is over, I don't even want to smell a piece of chicken unless it's in a KFC bucket...lol.

### Tell us about your powerlifting routine and your bodybuilding workouts?

I change up my routine often. It drives clients, and friends that I train, crazy. I train all of them with a bi-weekly or tri-weekly routines, for rest and recovery. I have found that if you keep your body guessing, you can get more consistent

Now with my own training, I am partial to progressive overload, but I will drop to a rest week, and do rack pulls. I have been in this for a while, and had my share of injuries, so I know when my body needs a break

For example, in my deadlift I usually start a training cycle with sets of 10, and make 30 lb. increases weekly. Rarely dropping below 6 rep

Week 1 – work up to 10 at 525

Week 2 – 10 at 555 Week 3 – 10 at 585

Week 4 – 9 at 615

Week 5 - tired so I rest

Week 6 - 6 at 645

Week 7 - 4 at 675

Week 8 - Meet: 1 at 765

My bodybuilding training usually consists of sets of 20 in everything. I have recently found that the volume training carries over to powerlifting very well. Last year I put 40 lb. on my best deadlift. This was directly due to the volume training I did for bodybuilding in 2009, which increased my base!

### What makes the difference between a good lifter and a champion?

This is easy—pure heart! Never give up, never surrender. Enjoy the PR for the moment, then on to the next goal! A champion rarely ever goes 9 for 9 because they are always lifting on the edge, and not afraid to take chances!

A true champion never picks a meet where he/she knows they can win. They love to compete in the battle of poundage, with other champions!

### How do you see the future of powerlifting?

I love powerlifting, but I don't like what it is becoming. Powerlifting needs a leader to step up and unite the sport. Some have tried with no success. There are so many interpretations of rules by individuals, when the rule books all say the same thing. I think powerlifting needs one

officiating organization for all federations in the United States. That way everyone is judged the same. The categories are so diluted, and now that the All Time Records are becoming just as

Multi-ply, Single-ply, Raw with knee wraps, Raw without knee wraps, and Master All Time Records in 10-year increments.

still brings a smile to my face! Currently recognized All Time Records are:

In my opinion only: Geared should be geared, and anything with wraps or less should be raw, all raw lifts should be walk out only, and no age classes! Remember, this is just my opinion; everyone is entitled to their own.

### Do you think powerlifting should be an Olympic sport?

Definitely! We just need one governing body to lead the way. Who should that be? Who knows? No matter who it is, someone will get left out, get mad, and probably start another federation...lol.

### So far in your powerlifting journey, list for us vour favorite moment, craziest, funniest, and moment that changed you the most!

Favorite moment: seeing my wife Carol Ann win the '05 and '06 APF Senior Nationals!

Craziest: watching Kara Bohigan bench 451 lb. at the APF Alabama meet, in a knee brace. Weighing a natural 153 lb. No cutting weight!

Funniest: Watching a young lifter walk around an hour in a tight deadlift suit, straps up, in anticipation of getting on the platform. That

Moment that changed me the most: while training for the '06 APF Senior Nationals at NGBB. I totally detached the adductor longus muscle in my left thigh. That was a turning point in my training. It showed me that I wasn't invincible, and in my 40s I needed to train smarter. Of course that was just one of many serious injuries I endured over a 3 year span. Now I still train very hard, but I have learned to listen to my body!

### What a powerlifting, bodybuilding and most of all family journey you are having! Critical Bench and PL USA would like to congratulate you on all of your success and wish you all the best in future. It has been an honor interviewing you today. In closing what would you like to say and who you would like to thank?

I would like everyone to remember that with time and age comes experience. Powerlifting. bodybuilding or whatever your sport may be, just have fun, support and help each other, try not to bash. You only get one time around, so make it memorable!

Everyone is different, so you can't train everyone the same! When it comes to powerlifting gear, again, everyone is not the same. So look at technique, and body type to determine what kind of bench shirt or squat suit you need. Don't just buy this kind because you know someone who benches 800 in it!

I would like to thank my beautiful wife of 26 years (Carol Ann Myers). She is a very special woman and I am very lucky to have her in my life! I love you, babe. You are my inspiration to compete at this level. Thank you for being you!

I would also like to thank Shawn Lyte of BMF Sports in Chicago for sponsoring both of us. Shawn has put out a lot of money for our personal competitions (bodybuilding and powerlifting) not to mention sponsoring meets we promote.

Shavne Baca of the Vitamin Shop in Biloxi, Mississippi. Russ Mesey of Max-Fit in Fort Walton Beach, Pace, Pensacola, Navarre Florida. Amanda & John Micka for always helping with everything, for being our friends. IFBB Pro bodybuilder Mike Horn and his wife Jan are always helping us at shows. Asia & Cory Schroeder are awesome friends. Jon Grove and NGBB, our extended powerlifting family.

A special thank you to all of our Rock Solid Barbell (rsbb.webs.com) friends for their unwavering support of everyone at RSBB. Last but not least a very special thank you to Critical Bench for this great opportunity. Best Wishes

# **FREE REPORT**

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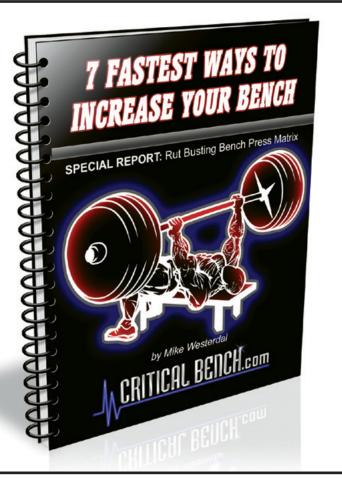
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### MIND TRICKS >>

by mentally zero-ing in on your specific goal—let's just say a five hundred pound bench press at a meet on a specific date. Mentally you will keep repeating to yourself "500 or better." This is your new mental slogan that you want to keep telling yourself before you start the visualization process. Now, sit back, close your eyes and breathe in your nose and out of your mouth. Do this for a minute or so until you feel relaxed and focused. Breathing will put your mind and body in a relaxed and mentally aware state. Repeatedly watch the mental movie in your head of you bench pressing five hundred pounds. All the details should be as crisp and clear as possible—sight, sound and smell. A good example of sound would be the clanging of the weights being loaded on the bar, the head judge stating the bar is loaded or the meet MC stating you are up with five hundred pounds loaded on the bar. Some good examples of smell would be the harsh smell of smelling salts and baby powder. In my opinion, the most helpful visual image would be of the bar itself. Five hundred pounds loaded with 45 pound plates is 5 plates on each side (495) plus the collars which would be 505, but what we are shooting for here is what 500 looks like on the bar in familiar surroundings (your gym). Visualize that weight on the bar before you reach the platform, see yourself locking out the weight and three white lights popping on as the crowd cheers for your successful effort. Are you getting the picture now? The more realistic the image seems the easier it is for your mind to register that the lift has already been completed thus making the lift believable. This will take some practice, of course, as with anything you get better at. The more consistently you practice, the better your focus and concentration will be also. I would do this mental exercise about a half hour before my workout and to do it nightly right before you go to sleep. On meet day, I would do it about twenty minutes before my first attempt and between all my other attempts. This will also keep you focused on the goal at hand and keep your mind from wandering from distractions at the gym or meet site. Remember practice, practice, practice. Another effect of this mental exercise will be a more confident mindset of your lifting abilities. You will notice a decrease in your anxiety levels before you are being challenged to hit PRs in training or in a meet. This is why mental practice is so important. A good example would be the "fight/flight" syndrome where your body is being forced into an uncomfortable, stressful situation where a monumental reaction is called for such as being challenged to a fight, where either you will rise to the occasion and meet the challenge or you will cower and fall apart, just like the reaction you get from some lifters when faced with hitting a PR in front of the gym members or at a meet. Some lifters are good at the pressure, some are unfocused and are not. This is why the visualization will help you so much and as you get better at it, you will be better in pressure cooker situations like a big meet setting.

Here are some other points I'll touch on that will make a diffence in your mental preparation. One of the most common used mental psyching tools lifters use is the MP3 player, in other words music. When you find music that can touch the inners of your soul, it can be a very powerful motivational tool. Your job is to find out what that music is. The majority of lifters like hard rock and metal because this type of stimulus reflects a kind of "out of control" effect which most lifters like. Just experiment with it. Smelling salts and caffeine have their place also, although just remember that you should do everything in moderation. When you take too much caffeine you can become shaky and jittery—not a good plan before getting under a heavy bar—and smelling salts too close to the nose can trigger an involuntary neck movement as an irritation reflex, which can itself be harmful to some extent and also irritate your sinuses and taking you out of your focus. I would tell you to experiment in the gym first with these aids before you try them at a meet.

The time has come, your name has just been called on the platform, you're just seconds away from achieving your goal. Your training has gone very well and you have hit new PRs in the gym. You're confident and hungry to achieve your meet goal. Don't screw up now, just let the Big

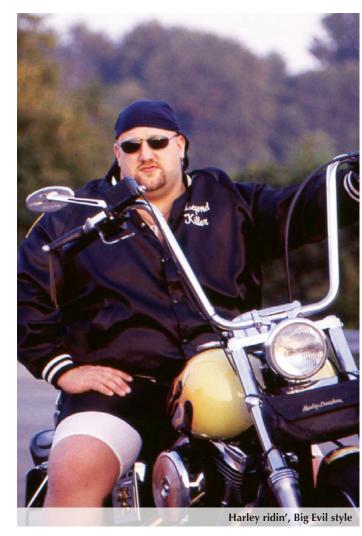




Evil talk you through the last minutes before you accomplish your mission. Run through your mental exercises until about three lifters out, and then get into the psyching mode. This is the time to increase your heart rate and aggression levels. Breathe deep through your nose and out of your mouth and get yourself psyched up. Now here is where most lifters make the mistake of getting more excited and start the "entertaining antics" of yelling and screaming and putting a show on. Most of these cats are gassed out by the time they lie down on the bench and it's red light city. The Big Evil has a better plan. When you are on deck (one lifter out) relax and start to do a mental technique check point of your lift in workman-like fashion. Your heart rate is already up now, so all you need to do is get focused. This is about the time you're wrapping your wrists and chalking up or adjusting your bench shirt/belt. Here are some good pointers to start with. The first is not to make eye contact with the bar. I know I told you to visualize the bar in the mental exercises, but there are two reasons why you don't want to look at the bar at this point. The first reason is because the meet may be using different plates than you trained with which might throw you off mentally because this is not what we mentally conditioned ourselves for. The second reason is simply the weight can just look too intimidating. In either or both cases, these are stress factors you just don't need right now. You have done the prep work and we know we can lift this weight, so high tail it to the bench, looking at the ground and thinking about your technique run through. A good example of this would be foot placement, then hand placement, then deepening your arch or whatever you like to do, but make sure it's in the same sequence every time you do it, mentally and physically; remember your comfort level will be greater with things you are more in practice with doing. Also, when you are on the bench take your time and get set up right. Once you're on the bench there is plenty of time to get ready—use that time to your advantage. In later articles I will be covering my list of "technique checkpoints." The lift at this point should be there, providing you are really physically ready to achieve this weight, as we know, the mental toughness is already there.

There you have it, Big Evil's mental preparation tools. You can check us out on the web at WWW.BIGEVILSLAIR.COM for our monthly talk show with cutting edge interviews with the biggest names in the sport, along with a lot of training info and entertainment, BIG EVIL STYLE! Also remember I am here to help you, the powerlifter, any way I can. I have returned to this game as a media figure and to be helpful in the growth and support of our sport. If you have any questions about the article, please use the contact page on the website and I will help you the best I can. Until next month, Believe to Achieve. ((







# BIG EVILS LAIR POWERLIFTING TALK SHOW

Hosted by The Big Evil Jamie Harris
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THIS MONTH A THREE WAY ROUND TABLE DISCUSSION ON THE EVOLUTION OF THE BENCH PRESS with BILL CRAWFORD and KEN LAIN

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### POWER FORUM >>

tions. I think if you took the best U.S. lifters against the best foreign lifters, without regard to federation, we would fair pretty well.

**MIKE MCDANIEL:** I have no experience with the IPF, and consequently have no opinion and no right to one.

**MIKE TUCHSCHERER:** I think in the U.S. we have a highly fractured talent pool where we lose an enormous amount of talent between junior and senior levels.

I have seen and heard about some high school level lifters in many states (especially Texas) with unreal levels of talent in many weight classes. Totals that would certainly get your attention at a collegiate and sometimes open level are being done by high school kids. But most disappear somewhere between high school and open levels. I'm not saying that all of them could be world champions, but it certainly wouldn't hurt our chances! We, the U.S., have to get better at cultivating this talent and making it something people really want to continue to do into adulthood. Having a larger talent pool is a major piece to the puzzle right off the bat, and it's not just in the transition periods that we lose folks.

Then there's the giant elephant in the room that nobody wants to talk about—drug testing. I try my best to not accuse anyone of drug use when I have only circumstantial evidence or no evidence at all. Who am I to say what is possible and what isn't? That said, having traveled to other countries and competed alongside lifters from these other countries, I have seen that a few don't share the same views on drug testing that we hold on the U.S. team. And I'm talking about the collective perspective of national teams—not the perspective of a few individuals. Here's an example of what I mean, and I'm being intentionally vague here. On one IPF Worlds trip that we were on, the lifters from one particular country were very open about their drug use. They even went as far as to discuss what kind of drugs they were on, how they beat the in-meet tests, and so on. They even asked a friend of mine if he wanted to be their "American Dealer" and had the goods right there with them. That's not to say that everyone thinks that way. In fact, from what I can tell, most countries and athletes in the IPF take drug testing really seriously. There's just a few that come to mind that seem to disregard it. And again, I'm talking about the general attitudes of national teams, not one or two individuals. This factors in to who has advantages and who doesn't which can affect who is dominant and who isn't.

**SIOUX-Z HARTWIG-GARY:** I believe the OMTs factor into the equation. Many other countries do not test their athletes prior to competition and the USAPL does.

Training: for many lifters in other countries, it's their full time job to compete. Many have the support of their government as well as training facilities and coaches available to the athletes. For most powerlifters in the USA, powerlifting is a hobby, not a job.

**RICKY DALE CRAIN:** Too many federations. When you divide your best among so many federations your talent pool is diluted. Also, athletes—more so in this country that others—nowadays have many more choices than 20–30 years ago as to strength/speed related sports, once again diluting the talent pool.

**BOB GAYNOR:** I feel there are a number of reasons why the United States is no longer top dog at the men's IPF Worlds.

Powerlifting really began (as a sport) in the U.S. For many years there were more powerlifters in this country than any other, and almost as many as the other countries combined. Through the '70s there was almost no powerlifting in some countries that were very strong in overhead lifting. That has changed. Although actual numbers are tough to come by, there probably aren't many more registered powerlifters in the U.S. than there were 30 years ago. I have been told Russia alone has almost 5 times the number the U.S. does. We are competing against a much bigger base today than in the past.

The second problem is the number of federations in the U.S. Our lifters are now spread out over some 20 different federations, so the U.S. team has a much smaller base to draw from.

Drug testing is another issue. I think the U.S. truly tries to field a drug tested team. In some countries, passing the drug test is just part of train-

ing. This makes a huge difference. As an example, in the '60s the U.S. was very competitive in Olympic Lifting. Bednarski, Dube, Lowe, Holbrook, etc. were among the best. Today, the U.S. fields probably the best tested team in the world, but they are not competitive. Until all countries put the same effort into testing, the U.S. will be at a disadvantage.

Another reason, unfortunately, in this country a lifter competing in a backyard bench meet gets as much publicity as an IPF World Champion. This is sad.

Economics also play a part. In some countries the lifters are funded so the cost of travel is not a problem. This is not the case in the U.S. Travel costs and some of the places the Worlds have been held have kept lifters

Will any of this change? Probably not in the near future.

This concludes the discussion for the month. As you can see there is no one answer for just about any question.

If you have a subject you would like to see discussed, contact lambert-plusa@aol.com or bobgaynor@comcast.net. If you would like to serve on the Forum Panel, contact bobgaynor@comcast.net. (



Sioux-z Hartwig-Gary securing her IPF World Championship back in '03

### **(( DAMARRIO "DOC" HOLLOWAY**

### What would you like to change in the sport?

I would like for the sport to eventually become an NCAA sport or ultimately become an Olympic sport. Even though there are some impurities in the sport, it's still great. What makes it great is that everyone can do it and it can be addicting.

### What type of equipment do you use?

I've always used Titan and Pete has been good to me through the years.

### Do you follow a strict diet?

About 70% of the time I do follow a strict diet. I like to eat a lot of different foods, but I practice moderation when needed.

# What are your views on the multi-layered equipment and some of the lifts people are being credited with?

Earlier in my career, I didn't know much about the equipment and how it can be used, but over the years the lifts that a lot of people are credited with doing using muti-layered equipment can't be justified as legitimate. In my opinion, it takes the fun out of the sport because the difference between multi-layered and raw is so great. Lifting weights is an individual movement and the amount of weight YOU can lift depends on technique, genetics, and other biological factors. Multi-layered lifting is not really display-





Doc Holloway squatting and benching some serious weight at the 2003 USAPL Nationals

ing how strong YOU are, but how strong you can be with assistance. Yes I use single-ply and my equipment does help me with my lifts, but I don't think it distorts the reality of my lifts.

### What are your views on drug testing?

I think its great the way it's done and the way it's regulated. No complaints.

Do you have any additional comments?

I'd like to thank God for giving me the ability to continually compete in this sport. I'd also like to thank my family for their support. All my powerlifting family, especially at Louisiana Tech University, who helped me begin this quest 11 years ago and my family at Quest Nutrition Gym, who have really been great the last six years of lifting. I'd rather not mention names because I'm sure if I've received any help from you, I've thanked you many times. ((



POWER NUTRITION Q & A >>

RESULTS

in a test tube for all of you who skipped your biology class in high school), it caused Mesothelioma cell death. These Japanese researchers didn't stop there—these guys were on a mission. Next they found that this high dose of Vitamin C also inhibited Mesothelioma tumor growth in vivo (which was performed on living mice with malignant Mesothelioma). This is some fantastic news. Of course if you have Mesothelioma and are currently taking chemotherapy, do not start mega dosing Vitamin C in hopes of getting rid of the disease. There have been studies that have shown that there is an interaction between Vitamin C and Chemotherapy drugs, so before you do this consult with your doctor to discuss the protocol beforehand. New studies are on going right now to research further on how to take advantage of both of them while avoiding interactions. So the researchers were quite excited due to the fact that this was the first study in which Vitamin C has been shown to cause Mesothelioma cell death. As you can seem nutrition and medicine are marching on to find a cure for cancer and hopefully in our lifetime this will become a reality.

I have preached the use of Vitamin C since I started writing for PL USA over eight years ago and all my athletes can attest that I am a big believer in supplementing with it in their nutrition programs. So among all the other health benefits like improving immune function, healing soft tissues, improving your recovery from training, increasing Testosterone levels and more, you can now add to the list these new findings that has shown some real promise for those that want to prevent this disease before it starts. So take it from me, get yourself some time-released Vitamin C and take at least 1000 mg, three times daily. You will notice less colds and infections. You will find that you are not as sore from your training sessions and recover quicker as well. These are just a few of the many benefits that this wonder vitamin has to offer and if you are not currently taking it I highly recommend you look into supplementing with it for your performance and long term health as well.

### KICK THE CAN TO THE CURB

Q: I am a university student trying to make ends meet, but at the same time I want to still eat healthy. I try not to eat at the cafeteria too often because most of the food there is horrible to say the least. That last article about fast food burgers had my jaw on the floor considering I would eat several per week. It makes me think of just how much window cleaner I consumed over the years. Well, thanks to you that is a thing of the past as I try and prepare most of my meals. I have a question about canned foods. What is your take on them—are they healthy? Is there something I need to watch out for in them that I may not be aware of? I eat at least one to two cans of food daily, whether it be some type of tuna or canned beans because it's quick and very convenient. Is this okay to do? You seem to know the finer things that the media doesn't seem to want us to know about so I leave it to you to tell us the truth of what is really going on behind the scenes. I really like how you bring to light what food companies and the FDA don't want us to know. Please keep it real and keep reporting to us all this valuable information.

Yours in strength, Brian Rotike

A: Hey Brian, it's great to hear from an aspiring student. I remember those days back in university like it was yesterday. Keeping your head buried in books for hours at a time; the stress of getting those essays in on time and then exams. Oh boy, am I glad that is all over with. I can fully relate to you wanting to eat healthy and on a budget, but I am sorry to say canned foods are not the way to go. There are many different reasons why I am against eating them, but this one alone will most likely be enough to keep you away. Hey, all you powerlifters reading this I know you love those canned macaroni in sauce and all the other kiddy noodle canned products out their like raviolis and such. Put the can down and read this as this may be the last time you ever use your can opener again.

Now I want to shed some light on what is known as Biphenol-A or for short BPA. You may see some new plastic water bottles that say BPA free on them and that is a good thing. BPA is something you want to completely stay away from right from the start. Most people don't know this, but BPA can cause a tsunami on your endocrine health. It can wreak havoc on your thyroid function among many other problems. To make this worse it can also affect your fertility. It can help create the perfect environment for ovarian disease. I have even seen links between BPA and obesity. All

right powerlifters don't completely blame the BPA in your cola bottles as the main reason for your bloated stomach because those chocolate tacos that you wolf down by the half dozen can also be a contributing factor. One other major thing I hate about BPA is also that it is related to cancer. It has been shown to help proliferate prostate cancer cells by binding to a mutant form of androgen receptor that is expressed in a subpopulation of prostate cancer cells. That sounds good, doesn't it? Let's not forget its estrogen activity that it is known for as well. New studies have shown that it may also block Testosterone synthesis. Oh yeah, that is exactly what a powerlifter needs—nothing like ruining your natural Test levels! Yep, good ol' BPA is something that you want to stay away from like a plague. Now most people are aware that BPA is heavily known for its role in plastic bottles and food containers. But guess what—BPA has now shown its ugly head in a place you would least expect it. Yes you guessed right, it's also in your canned foods. Wow, you ditch the plastic containers only to find out that you are getting a nice hefty dose of "cancer enhancer" BPA now available in your canned goods. Oh yeah, sign me up, I just can't get enough BPA in my regular diet, so I better start supplementing with canned foods. Sorry for the sarcasm, but as you can see there should not be BPA in canned foods, but guess again...it's in there. Let's take a look at some really good information that will blow your mind once again on what dirty tricks are going on in the food industry. According to an article in the Tribune Business News, The National Workgroup for Safe Markets tested a whopping 50 different brand name foods. You know what they found? Yep, you guessed it, contaminants by the boat loads—well maybe not boatloads, but enough to endanger your health. Get this, they found contaminants and BPA in 46 out of 50 of the cans they tested. That is a whopping 92% containing contaminants that are harmful to your health. That says a lot for the food industry and the food governing body (you know who I'm talking about here) that is supposed to be monitoring them. To make matters worse, many of the cans actually contained higher levels of BPA than even the FDA allows. What does that tell you? Stay far away from canned foods if your health means anything to you. Now the grand kicker here, the big Pooba in the "BPA Awards" most honored food product was none other than Del Monte French Style Green Beans from Wisconsin. It scored a mind blowing 1,140 parts per billion of BPA. Whooo-eee! That is a tremendous amount of BPA in a single can of goods if I do say so myself. Other top contenders included Wal-Mart Great Value Green Peas found in Kentucky. Let's not forget Healthy Choice Old Fashioned Chicken Noodle Soup from Montana. This doesn't sound so healthy to me; maybe they should consider a name switch. If eating that is a "healthy choice" then what is not eating healthy? Agent Orange?

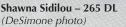
So as you can see, it doesn't matter if you buy cheap generic canned foods or gourmet ones—they still have BPA in them. To make matters worse, if you are eating from cans on a daily basis, this is exposing your body to these harmful chemicals way too much and can be creating the perfect environment for different health ailments down the road. I know canned foods are cheap and with you being a student it probably made sense for you to buy them especially with time considerations and cost. But as you can see here, your health is worth much more than the few cents you save in the grocery line. I recommend you buy fresh produce and stay away from all canned goods no matter if they are your favorite spagnetti treat, canned beans, and fruit punch drinks or that tapioca pudding you love so much. Make it fresh because in the end it will be much better for your health, believe me.

I know I sound like a party pooper and love to rain on your parade, but the bottom line is that I write this column every month to look out for all of you lifters. If I don't keep you up to date on what is really going on in the food and health industry who will? You can be sure that the food companies are not going to be the ones to let you in on the bad news or the so called food governing bodies that are supposed to be watching out for your health and best interest either. I know after this article I will get tons of emails about this BPA stuff and I am sure you will be requesting a full article on it. Not a problem for those of you who would like to see one, please feel free to drop me an email and I will for sure include it in an upcoming issue. So please stop eating canned foods—especially in the amounts that you are doing daily because what it may do to your health years from now can be a very scary thing. So until next month, train hard, eat clean and stay away from the canned foods because your health depends on it! ((

### **EPF SUMMER SLAM**

BENCH Masters		A. Ra Raw	mirez	480
220 lbs.		198 I	hs.	
S. Green	380	C. Fly		180
181 lbs.	300	Oper		
F. Quirk	362	165 I		
198 lbs.		J. Flo	vd	250
Push Pull		BP	DL	TOT
242 lbs.				
C. Stoey		380	420	800
Powerlifting	SQ	BP	DL	TOT
242 lbs.				
100% Pure				
Open				
275 lbs.				
P. DeSimone	399	175	500	106
FEMALE				
Open				
132 lbs.				
S. Sidilou	145	95	265	505
148 lbs.				
N. Gagne	145	75	235	455
Teen				
181 lbs.				
P. Hartigan	404	335	455	119
Teen Raw				
148 lbs.	245		400	000
M. Cronin	315	225	400	939
181 lbs.	220	100	270	000
M. Amontolla		180	379	898
P. Cronin <b>165 lbs.</b>	339	280	450	106
H. Carter	334	190	410	934
» courtesy Pau			410	934







Left to right: Chris Stoey, Shawn Green, Angelo Ramirez and Paul DeSimone



# RESULTS

### 100% RAW BATTLE OF THE BORDER

MAR 27 2010 » Currituck, NC

				J. FOX	200	Open
BENCH		K. Wescott	160	Master (50-54	4)	A. Simp
FEMALE		148 lbs.		F. Wescott	287	Open To
114 lbs.		Open Teen (1	8-19)	Open (20-24)	) PFM	B. Beck
Youth (10-11	)	K. Amerson	116	C. Balance	276	Sub (35
B. Dowdy	72	MALE		181 lbs.		J. Gardr
123 lbs.		97 lbs.		Junior (20-24)	)	220 lbs
Open		Teen (14-15)		T. Malenfant	276	Master
K. Johnson	94	A. Hickerson	72	Open		B. Gabb
132 lbs.		148 lbs.		C. Knight	292	Open Te
Master (50-5	4)	Open Master	(45-49)	Open Teen (1	6-17)	K. Roge

J. Leavitt	24
165 lbs.	
Master (45-49)	
J. Fox	26
Master (50-54)	
F. Wescott	28
Open (20-24)	PFI
C. Balance	27
181 lbs.	
Junior (20-24)	
T. Malenfant	27
Open	
C Knight	20

Williamson	220
K. Larson	149
198 lbs.	
Open	
A. Simpson	375
Open Teen (1-	4-15)
B. Becker	154
Sub (35-39) P	FM
J. Gardner	342
220 lbs.	
Master (55-59	)
B. Gabbert	292
Open Teen (1)	6-17)
K Rogers	243



mson	220	242 lbs.		B. Mitchell	41.
son	149	Master (45-49	9)	Sub (35-39) F	PFM
os.		J. Rascoe	397	C. Elliott	502
		Master (60-64	4)	308 lbs.	
npson	375	I. Brooks	276	Open Sub (3.	5-39)
Teen (1-	4-15)	Open Teen (1	6-17)	D. Owens	48
cker	154	A. Baldwin	265	SHW	
35-39) P	PFM	J. Ritter	176	Open	
dner	342	275 lbs.		J. Gunter	55
os.		Junior (20-24)	)	Open PFM	
r (55-59	1)	C. Betts	353	A. Davie	502
bbert	292	Open Teen (1	6-17)	DEADLIFT	
Teen (1	6-17)	K. Norman	209	FEMALE	
gers	243	Sub (35-39)		123 lbs.	



A. Baldwin 131 275 lbs. J. Ritter Open Teen (16-17) 275 lbs. K. Norman 424 Open Teen (16-17)

82

87

K. Norman 109 » courtesy Paul Bossi, 100% RAW Pres.

L Carreiro 400

**Director: Paul Bossi** 252-339-5025 or rawlifting@aol.com



www.raw	powerlifting.com

### **NEW ENGLAND RAW** JUN 6 2010 » Warwick, RI

BENCH		J. Carr	eiro	400
Teen		B. Mcl	Lean	365
T. Ferreira	255	308 lb	s.	
Submaster		N. Silv	/a	415
C. Worsley	315	DEAD	LIFT	
Master		Teen		
F. Bucco	415	N. Sal	ois	465
C. Berthiaune	320	Maste		.03
Open	320	K. Iski		430
148 lbs.		Open	0.0	.50
P. Him	335	198 lb	ıs	
198 lbs.	555		ejczyk	495
C. Worsley	315	220 lb		155
220 lbs.	313	I. Carr		550
Powerlifting	SQ	BP	DL	TOT
Teen	3Q	ы	DL	101
T. Ferreira	320	255	400	975
I. Ferreira J. Elliott	365	225	400	990
N. Salois	345	225	465	1035
J. Leonard	275	165	330	770
S. Amalfitano	225	135	310	670
M. Webster	280	220	370	870
B. Stewart	300	175	365	840
W. Harris	305	200	450	955
Submaster				
G. Sousa	400	305	475	1180
J. Amaral	325	255	420	1000
Master				
S. Conte	470	400	640	1510
D. Monty	415	275	500	1190
Open				
165 lbs.				
T. Roselli	455	335	485	1275
181 lbs.				
C. Isdepski	400	230	450	1080
220 lbs.				
J. Carreiro	550	400	550	1500
D. Jones	455	375	580	1410
I would like to	thank	Micha	el A. Ta	rro
Law Associate				
Thanks to Mar				
and Lori Rode				
Michela Salois	s for all	their h	nelp. Th	is year
we had eight t	eens w	ho all	lifted v	ery
impressive. I v				
teenages. Johr	Leona	rd, Ste	ve Āma	lfitano,
Bill Stewart ar				
year olds have				
			0	



only six months. Nick Salois who lifted
in this meet last year came back again
putting 85 lbs. on his squat, 70 lbs. on
his bench, and 120 lbs. on his deadlift.
Nick also lifted two weeks later in the
USPF Nationals and set four Rhode Island
state records and one American record,
proving hard work pays off. Good job
Nick. I would like to thank all the lifters
for coming to this year's meet and hope to
see you next year.
» courtesy Joe Reeves

### ADFPF/USPC **NORTHERN MARYLAND**

MAR 27 2010 » Towson, MD **FEMALE** (60-64)132 lbs. W. Huhn 250 242 lbs. Open M. Salafia (50-54)MALE J. Ott 305 123 lbs. (75-79) (18-19)D. Joy Sr. 265 B. Lillehaug 200 275 lbs. 165 lbs. (40-44)(40-44)G. Finley I. Rasch 245 (45-49)181 lbs. Stephenson,Jr 425 Open (50-54)B Price 205 R. Clasing Sr. 410 198 lbs SHW (45-49)Open 525 **MALE** C. Rodriguez 345 P. Mejias

FEMALE		(10-1	12)	
123 lbs.		J. Pri	nce Jr.	45
(50-54)		123	bs.	
B. Sanders	160	Oper	7	
148 lbs.		B. Lil	lehaug	100
Open		148	bs.	
P. Maizels	255	(70-7	79)	
MALE		J. Lus	sk	130
181 lbs.		Oper	7	
Open		J. Bu	tterhoff	135
B. Price	385	181	bs.	
220 lbs.		Oper	7	
(40-44)		J. Beg	gg	150
R. Wallace	440	220 l	bs.	
275 lbs.		(35-3		
(40-44)		S. Sa	lafia	160
G. Finley	570	P. Ma	aizels	150
<b>POWER CURI</b>		Oper		
FEMALE			aizels	150
114 lbs.		242	bs.	
Open		(50-5		
S. Levenstein	40	J. Bo		155
198 lbs.		(70-7	79)	
Open		D. Jo		120
B. Farmer	100	319		
MALE		(50-5		
		Brad	ford Jr.	185
Push Pull		BP	DL	TOT
FEMALE				
198 lbs.				
(55-59)				
S. Washington		125	215	340
Open				
B. Farmer		120	280	400
MAIF				

LIFI		114 108.		140 108.					KdW	
.E		(10-12)		Open					G. Rowe	400
s.		J. Prince Jr.	45	J. Butterhoff		305	335	640	V. Harris	405
)		123 lbs.		181 lbs.					J. Wickland	385
ders	160	Open		(18-19)					J. Plale	370
s.		B. Lillehaug	100	J. Begg		235	450	685	A. Anderson	340
		148 lbs.		(64-69)					R. Buggs	350
zels	255	(70-79)		P. Mullaney		270	300	570	M. Sweeney	300
		J. Lusk	130	Open					T. Sackett	315
s.		Open		N. Amen-ra		320	630	950	C. Schmitz	325
		J. Butterhoff	135	J. Bathhurst		300	500	800	K. Hall	125
е	385	181 lbs.		<ul> <li>A. Douglas</li> </ul>		160	340	500	M. Fredericks	_
s.		Open		198 lbs.					181+ lbs.	
)		J. Begg	150	Open					D. Caldwell	410
lace	440	220 lbs.		R. Franklin		340	555	895	R. Nash	410
6.		(35-39)		242 lbs.					C. Broadway	365
)		S. Salafia	160	(40-44)					A. Bellingham	340
ey	570	P. Maizels	150	C. Laster		305	445	750	T. Sackett	315
R CURL		Open		The ADFPF 1					Masters (45-55	5)
.E		P. Maizels	150	USPC North			C took p	olace at	D. Bennett	350
6.		242 lbs.		Dumbarton I	Middle S	chool.			Masters (45-55	
		(50-59)		» courtesy B	rian N. V	Vashing	ton		G. Selburg	375
enstein	40	J. Bosley	155						S. Laughridge	_
6.		(70-79)							Masters (56+)	
		D. Joy Sr.	120	34TH W	/ISC	ONS	IN B	P/DL	D. Rueth	275
ner	100	319 lbs.		MAR 27 2	010 » T	/filwa	ııkee.	WI	G. Carlson	280
		(50-59)			010 // 1			***	DEADLIFT	
		Bradford Jr.	185	BENCH			lliams		FEMALE	
ull		BP DL	TOT	FEMALE			(19 & L		F. Jones	315
F				I Boaz	175	D W:	ade	480	1 Claudio	240

W. Waort

T. Mckee

M. Garcia

D. Balk

335 A. Jones Jr.

280 181+ lbs.

MALE

D. Manuel

F. Paulos

K. Sackett

M. Arizola

180 lbs. & Under

345

300

Raw 180 lbs. & under M. Ruplinger 570 T. Fares Christianson 405 P. Nagorski 325 F. Sanchez Teen (19 & Under) 620 D. Wade D. Balk 445 W. Waort 355 M. Garcia 455 181+ lbs. G. ROWE J. Wickland 600 Maldonaldo 570 550 R. Nash 530 B. Stewart D. Balk Jr. 500 520 525 J. Plale H. Thiel C. Broadway 500 A. Anderson 450 M. Sweeney 420 M. Fredericks 435 K. Hall Masters (45-55) A. Williams 515 G. Selburg 240 Masters (56+) 235 B. Macias 225 D. Hauser 255 275 Presented by the Kosciuszko Community 295 Center & the Kozy Community Center 190 Advisory Board. 200 » courtesy Eduardo Santiago, Community

Center Supervisor

cycling is essential. Using the same exercises for more than 3 weeks creates a negative result. The 3-week wave will help eliminate this phenomenon. In this period of training you must increase the rest time between working sets. The training is now directed toward your sporting goals. For the powerlifter, this means reducing the fun exercises and start using ones that build strength specific to powerlifting.

### TRANSFORMATION PHASE

This period of training starts the competitive phase for track and field. At Westside this is the circa-max phase, based solely on the squat training weeks. In week 1 work up to the top weight of your all-time best. For Westside that means a box record. During week 2, work up to approximately 90% of your all-time best. In week 3 use 50% of your all-time best for 2 sets of 2 reps. Week 4 is the meet. Note: A 3-week reverse wave pendulum is used.

Delayed Transformation

This reverse wave loading was used for Naim Suleymanoglu by his coach Abadjiev. The transformation phase lasted for 3 weeks. The third week revolves into the delayed transformation, or rest period. During the transformation phase, deadlifts for sets are used at moderate percents. Not counting abs, only two or three special exercises are used. Westsiders will wear a bench shirt 3 weeks out, and the last heavy pull is also 3 weeks

I hope you can relate to a plan that is intended to maximize the weight lifted at contest time. If you use this plan, you will not be scratching your head and wondering why the weights you lifted in the gym did not materialize at meet time. ((

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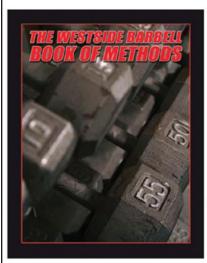
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132 347

220 99 226 545

242 132 286 661

237 187 275 699

407 231 440 1079

341 193 363 897

264 171 330 765

253 451

374

402

330 842

407

374 270 424 1068

413 242 330 985

380 275 435 1090

391 220 358 969

253 171 303

402 253 402

242

209

402 226

193 132 182

132 77

143 83

259 154

171 88

308 193

380

402

308 259

303

501

270

**USAPL RAW/NE HS/CL** 

JAN 30-31 2010 » Scranton, PA

J. Kipp

S. Helm

148 lbs.

C. Neely

Collegiate

C. Osborn

L. Litterio

A. Padilla

C Casado

K. Dormer

Collegiate Raw

NE High School

165 lbs.

115 lbs.

E. Moon

123 lbs.

MALE

123 lbs.

132 lbs.

Z. Knox

148 lbs.

B. Pham

N. Morelli

K. Hermon

D. Lesisko

J. Connalley

M Timmons

B Archilla

C. Toptich

181 lbs.

1 Keller

A. Clark

M Ozoa

198 lbs.

220 lbs.

S. Bennett

Machtinger

Grenninger

Montgomery

165 lbs.

T. Acker

J. Schamber

N. Beauplan

N. Gulla

A Welcome

148 lbs.

105 lbs.

**Team Champions Penn State** at the NE Regionals (S. Mann photo)

M. Pensak

D. Walker

148 lbs.

165 lbs.

D. McVev

V. Romett

Karstendiek

J. Caracappa 308

Laudermilch 506 281

181 lbs.

198 lbs

J. Tanguy

242 lbs.

Collegiate

E. Camacho

165 lbs.

181 lbs.

W. Novak

198 lbs.

T. Parker

N. Sedar

220 lbs.

L. laimes

242 lbs.

I. Sartor

S. Snyder

D. Mason

G. Moyer

A. Watson

P. Willette

D. Patrisso

McLaughlin

F Schreiner

B Chimel

220 lbs.

181 lbs.

Z. Braun

C West

198 lbs.

132 lbs.

Collegiate Raw

275 lbs.

UNL

B. Werner

M Reitenour 457



...record setting competitor Viktor Navdenov at the WPA Russia BP Championships (S. Taylor photo)

T Watson



awards (Gary Emrich photo)

551 363 551 1464

### 275 L. Mascari 424 402 1101 » courtesy Steve Mann Powerlifting SQ 253 DL TOT 391 1073 R. Gregaire 429 **FEMALE** 402 242 1051 B. Albert 407 **WPA RUSSIA BP NATS** NE High School T. Turchick 369 237 402 1007 APR 24 2010 » Cherepovec, RUS 105 lbs. M. Cameron 352 231 391 K. Polizzano 237 143 253 633 242 lbs. 123 lbs. M. Taylor Tsatsulin 237 484 402 347 473 1222 Pavlov 440 242 lbs. B. Byron 132 lbs. 418 275 440 1134 Sinetskin 418 Naydenov B. Warner 374 R. DeGennao 138 105 242 484 451 226 424 1101 Koroglishvili Golubev A. Bell 248 M. Pert 138 83 198 418 S. Leslie 363 1024 198 lbs. Kurochkin 148 lbs. 297 171 330 440 C. Mann 798 Ivanov 275 lbs. 237 116 259 611 661 C. Gibson 275 lbs. 220 lbs. Poletaev 198 110 209 517 314 435 Heffelfinger B. McGaw Belyaev Krasavin 639 L. Hillegas 160 77 231 468 529 I. Dobsovio 407 275 385 Kostylev 138 94 215 446 418 209 402 S. Blincoe M. Glantz 1029 Best Lifters in Gear: 1st Naydenov Victor, 2nd 198 lbs. 275+ lbs. Belyaev Andrew, 3rd Kushin Igor. Raw Best 154 72 K. Shanfelt 402 W. Hurley 402 303 424 High School Raw High School Raw 123 lbs. 123 lbs.

220 143 336 699

396 231 473 1101

914

319 209 385

J. Cappellino 749 633

N. Rombold 187 110 281 578

259

424

1140

Lifters: 1st Andrew Kissel, 2nd Belyaev Andrey, 3rd Kushin Igor. There were 35 competitors in the WPA Russian Bench Press Nationals held in Cherepovec, Russia, despite the efforts of another federation to interfere with them from competing in another federation. I guess their efforts were in vain. Some great lifting took place. The top finishers in each class are listed. Special thanks to Russian WPA President Ivan Smyslov for promptly sending results with the

506 325 639 1470 H. Gerard

	226	193	407	826	top finishers in e	each we	ight cla		ith the
	347	182	385	914	" courtesy sco	tt Tayloi			
	308	187	325	820	USAPL 7	TH			
	506	281	501	1288	RICHMO APR 4 2010	ND			e, VA
					Powerlifting	SQ	BP	DL	TOT
	407	204	484	1095	Junior (20-23)	•			
	374	237	473	1084	S. Young Master I	_	_	501	501
	578	407	584	1569	R. Gains	506	424	501	1431
	440	380	534	1354	M. Hill A. Belfield	_	451 473	523	974 473
	440	300	334	1334	Master III	_	4/3		4/3
	661	407	501	1569	M. Nichols	402	275	479	1156
	E0.4	402	F20	1525	Open				4===
	584 545	402 363	539 584	1525 1492	T. Durrett	655	484	617	1756
	506	275	512	1294	G. Colombo	_	407	_	407
	306	2/3	312	1294	D. Maourv	_	_	_	_
	501	303	622	1426	Teen (18-19) K. Wilkerson Raw	176	154	253	584
,	749	633	650	2031	5.0.				
	545	418	539	1503	T. Woolfolk	182	110	248	539
ıw					L. Umphlett		138	187	325
					K. Martin	55	_	_	55
	292	209	385	886	D. Taylor	_	55	_	55
	275	193	352	820	Junior (20-23)				
					B. Gillespie	330	314	369	1013
	418	314	534	1266	R. Myers	270	160	286	716
	330	270	435	1035	Master I				
	314	237	407	958	J. Payne Jr	424	308	462	1195
	F 1 7	252	E0.4	1.450	J. Armendariz	374	248	418	1040
	517	352	584	1453	C. Krutchen	_	336	_	336
	413 352	325 242	479 413	1217 1007	C. Laprada	_	99	_	99
	332	Z4Z	413	1007	Master II M. Punaro	275	176	374	926
	501	330	562	1393	M. Punaro M. Hurd	275	176 248	3/4	826 248
	325	286	418	1029	K. Larson		127		127
	525	200	. 10	.023	N. Laison		14/		14/

ri. Gerara	551	505	551	1 10
J. Beck	501	314	556	137
A. Cohn	468	314	573	135
N. Amen-Ra	352	319	622	129
J. Varani	435	264	551	125
M. Richards	314	385	501	120
M. Williams	418	314	462	119
H. Lewis	264	176	347	787
B. Ruse	204	116	248	567
A. Hayward	209	99	253	562
J. Jones	_	501	_	501
Open Master I				
M. Reed	539	259	534	133
J. Penn	341	242	479	106
Open Master I	1			
K. Povner	187	127	270	584
Teen (12-13)				
S. Chappell	154	110	209	473
Teen (14-15)				
Z. Kruchten	_	154	_	154
Teen (18-19)				
R. Key	484	314	539	133
S. O'Brien	402	286	501	118
J. Blake	424	275	451	115
D. Jackson	253	215	363	831
A. Pastore	226	193	314	732
Venue: Atlee H	igh Sch	ool. Co	ordinato	ors: Ga
Emrich, Tricia E				
mond Open's 7				
held April 10th	at Atle	High S	chool 1	Thic m

held April 10th at Atlee High School. This meet is all about having fun and lifting heavy weights. Each year has gotten better and better with great competition in many different weight classes. The Richmond Open was started by the late Phillip Battle who passed two years ago. Phillip made the Richmond Open a very successful powerlifting event. After Phillip passed the event was taken over by Gary and Tricia Emrich, Nick Minetti and Mitch Hayes. The Richmond Open has dedicated two special awards in remembrance of Big Paul Jones and Phillip Battle. The Big Paul Jones award is given to the best over all lifter and the Phillip Battle award is given to the best overall total a lifter receives. We had a local Mechanicsville lifter win both awards at this year's event. Timmy Durrett did an exceptional job lifting in the 242 weight class. He squatted 650 lbs., benched 480 lbs. and did a deadlift of 617 lbs. He trains weekly with training partners Gary Emrich, Robert Gormus, Alvin Belfield, Nick Minetti and William VanSickle who push him very hard to meet his goals. Timmy Durrett has competed in the Richmond Open for many years and has trained very hard to win both of these awards. He had a very difficult year with knee surgeries and still managed to compete and come out on top. We would like to send him a huge congratulation on a great job well done. We also would like to recognize Karen Povner, Mike Punaro and Rebecca Myers for setting American Records in each of their classes. We hope to continue the Richmond Open for many years to come. We are glad to see our dedicated lifters show the strength and hard work they put into this sport. Thanks to all who lift, support and promote the USAPL Richmond Open. » courtesy Barbara Born

# RESULTS



344 A. Murphy

C. Baggett

4th-350

RP DI TOT

275 528 804

176 292 468

176 319 495

187 407 595

176 402 578

176 402 578

220 512 732

182 396 578

154 319 473

270 336 606

242 341 584

176 473 650

231 380 611

XXX 418 418

275 573 848

182 336 517

264 418 683

281 545 826

149 402 551

143 396 539

248 551 798

242 551 793

BP DL TOT

264 264

121 94 182 396

160 94 204 457 A. Bales

K. Murphy 121 94 182 396

578

556

4th-DL-363

176 402

187 369

204 501



Masters (45-49)

Masters (45-49)

East Coast Raw

Masters (40-44)

506

A Belfield

Push Pull

MALE

220 lbs.

132 lbs.

R. Andrew

High School

Teen (14-15)

Teen (16-17) B. Becker

Teen (16-17)

Teen (16-17)

S. Reynolds

Teen (18-19) J. Lacewell

Teen (14-15)

H. Patterson

C. Croston

Teen (16-17)

W. Coalson

F Lawson

M Halloway

I. Smith

220 lbs. Teen (16-17)

C. Davis Γ. Stallings

242 lbs.

Teen (14-15)

Teen (16-17)

B. Robinson

E. Paolino

T. Cotman

Teen (16-17)

Teen (16-17)

Teen (14-15)

East Coast Raw

Teen (16-17)

Teen (16-17)

Masters (40-44)

K. Murphy

A. Murphy

Powerlifting SQ

Triple Crown Classic Raw

275 lbs.

W. Tuck

308+ lbs.

F. Harris

FEMALE

123 lbs.

123 lbs.

132 lbs

T. Jackson

D. Doane

S. Weirup

C. Stone

181 lbs.

D. Scott

198 lbs.

7 Yates

H. Green

148 lbs.

165 lbs.

AAU Triple Crown – Dennis
Raybuck (Judy Wood photo)



at the ADAU National PL Championships (Joe Orengia photo)



**USPF Sooner State Games –** Joe Davis (R. Crain photo)

AAU 8TH TI CROWN MAY 8 2010 » M	RIPLE echanicsville, VA	Open A. Murphy 165 lbs. Masters (55-5	160 59)	94	204	457	Teen (18-19) C. Murphy 198 lbs. Teen (14-15)	231	220	380	831
BENCH	A. Belfield 506	J. Hill	149	105	237	490	H. Hoggard	204	88	220	512
MALE	Open	Open					275 lbs.				
East Coast	A. Belfield 506	J. Hill	149	105	237	490	Open				
165 lbs.	East Coast Raw	VA State Chai	mp Raw	/			K. Barnard	556	325	600	1481
Masters (55-59)	165 lbs.	123 lbs.					Venue: Lee Da	avis Hig	sh Scho	ol. Hos	ted by:
C. Baggett 344	Masters (55-59)	Teen (16-17)					Coach Jason N	∕leade.			
4th-350	C. Baggett 344	K. Murphy	121	94	182	396	» courtesy Virg	ginia PL	Associ	ation	
308 lbs.	4th-350	132 lbs.					, ,	,			
Lifetime	Open	Masters (40-4	14)								

132 lbs.	121	94	102	390	" courtesy virg	IIIId FL	ASSOCI	HUOH	
Masters (40-4	4)								
A. Murphy	160	94	204	457	ADAU G			AKE	S
Open					POWERI	.IFT	ING		
A. Murphy	160	94	204	457	MAR 27 201	0 » E	ric, P	A	
165 lbs.									
Masters (55-5					Powerlifting	SQ	BP	DL	TOT
J. Hill	149	105	237	490	FEMALE				
Open	4.40	40=		400	105 lbs.	120*	0.0*	175	275
J. Hill	149	105	237	490	K. Baughman	120*	80*	175	375
MALE					114 lbs. B. Steffan	190	105*	200*	F7F*
East Coast Rav <b>148 lbs.</b>	v				132 lbs.	190	105*	280*	575*
Teen (14-15)					K. Irwin	200	107*	241*	545*
S. Murphy	220	160	281	661	4th-BP-110	200	107	271	545
165 lbs.	220	100	201	001	165 lbs.				
Teen (18-19)					C. Runninger	110	90	175	375
A. Bales	319	209	440	969	198 lbs.				
Teen (18-19)					A. Lantz	190	75	245*	510
C. Murphy	231	220	380	831	4th-260				
181 lbs.					Teen (16-17)				
Lifetime Maste	ers (65-	69)			105 lbs.				
<ol><li>Rickman</li></ol>	132	132	369	633	K. Baughman	120	80	175	375
Triple Crown (	Classic				132 lbs.				
242 lbs.					K. Irwin	200	107	241	545
Open			46.5	40	4th-110				
M. Stinson	523	275	490	1288	Teen (18-19)				
Triple Crown (	Classic	Raw			165 lbs.	110	0.0	175	275
97 lbs.					C. Runninger	110	90	175	375
Teen (12-13) L. Winston	121	72	171	363	Master (40-44) 198 lbs.	,			
L. vvinston Youth (10-11)		12	171	303	A. Laotz	190	75	245	510
A. Anthony	132	72	182	385	4th-260	1 90	73	243	310
Youth (10-11)		12	102	303	Master (45-49)	)			
N. Anthony	121	83	182	385	114 lbs.				
132 lbs.		03	.02	303	B. Steffan	190	105	280	575
Teen (12-13)					MALE				
C. Coleman	165	110	231	506	114 lbs.				
148 lbs.					A. Ellis	110*	71*	131*	310*
Teen (14-15)					148 lbs.				
S. Murphy	220	160	281	661	J. Martucci	365	225	420	1010
165 lbs.					Z. Reese	305	205	400	910
Teen (18-19)					L. Lantz	290	180	385	855
C. Murphy	231	220	380	831	M. Olivia	_	_	_	_
181 lbs.					165 lbs.				
Lifetime Maste					D. Montagna	265	180	405	850
O. Rickman	132	132	369	633	M. Thomas	260	175	325	760
198 lbs.					181 lbs.				
Teen (14-15)					R. Cruz	480	305	500	] 285
H. Hoggard	204	88	220	512	B. Ennis	410	310	531*	1250
275 lbs.	/40	4.4)			D. Urban	390	250	470	1110
Lifetime Maste			(20	1550	D. Heintzel	340	255	480	1075
D. Raybuck	573	352	628	1552	M. Schneider	355	175	435	965
Masters (40-4-		252	620	1550	198 lbs.	500	335	550	1205
D. Raybuck	573	352	628	1552	B. Bayer E. Betza	500 400	235	550 525	1285 1220
<i>Open</i> D. Raybuck	573	352	628	1552	N. Schneider	400	295 285	525 510	1215
D. Kaybuck Submasters (3		332	020	1332	E. Case	325	225	430	980
M. Clark	209	253	424	886	220 lbs.	323	223	730	500
VI. Clark VA State Chan			744	000	H. Thomas	425	325	425	1175
97 lbs.	ip Naw				A. Mangini	410	240	510	1160
Teen (12-13)					L. Creatura	_		_	_
L. Winston	121	72	171	363	242 lbs.				
132 lbs.				- 55	R. Jenks	500	300	575	1375
	4)				275 lbs.				
	270	198	435	903	D. Schneider	505	340	625	1470
Masters (50-5					J. Lawson	475	335	620	1430
<i>Masters (50-5)</i> I. Marchio			231	506	B. Ott	455	315	545	1315
<i>Masters (50-5-</i> I. Marchio <i>Teen (12-13)</i>	165	110	231						
<i>Masters (50-5-</i> J. Marchio <i>Teen (12-13)</i> C. Coleman	165	110	231		Youth				
Masters (50-5- J. Marchio Teen (12-13) C. Coleman 148 lbs.	165	110	231		66 lbs.				
Masters (50-5-6). Marchio Teen (12-13) C. Coleman 148 lbs. Teen (14-15) S. Murphy	165 220	110	281	661	<b>66 lbs.</b> A. Ellis	110	71	131	310
Masters (50-5: J. Marchio Teen (12-13) C. Coleman 148 lbs. Teen (14-15) S. Murphy 165 lbs.				661	<b>66 lbs.</b> A. Ellis Teen (14-15)	110	71	131	310
Masters (50-5) J. Marchio Teen (12-13) C. Coleman 148 lbs. Teen (14-15) S. Murphy 165 lbs. Teen (18-19) A. Bales				661 969	<b>66 lbs.</b> A. Ellis	110	71	131	310

165 lbs.					181 lbs.					275 lbs.			de 300		T. Smith	430	275	_	805
M. Thomas	260	175	325	760	D. Urban	390*	250	470	1110	J. Poe	285	M. Per		450	220 lbs.				
lunior (20-23)					220 lbs.					SHW		198 lb	s.		Junior				
148 lbs.					A. Mangini	410	240	510	1160	J. Davis	380	J. Dav		375	B. Bohot	600	_	600	1200
Z. Rcese	305	205	400	910	Master (60-64					DEADLIFT		B. Talt		400	Master				
181 lbs.					B. Bayer	500	235	550	1285*	MALE		J. Smit			C. Caputo	450	345	505	1300
T. Schneider	355	175	435	965	*=Records. Cl				S	Open		275 lb			H. Lehman	575	445	530	1550
Master (40-44)	)				Women: Beni					148 lbs.		S. Mc	Clure	350	Del Signore	660	360	560	1580
220 lbs.					of Champions					J. McGovran	350	SHW			Open				
H. Thomas	425	325	425	1175	Cruz. Champi					181 lbs.		J. Dav		540	R. Cooper II	420	275	560	1255
Master (45-49)	)				Heavyweight:				mpion	Powerlifting	SQ	BP	DL	TOT	B. Bowen	455	315	565	1335
181 lbs.					of Champions					FEMALE					275 lbs.				
R. Cruz	480*	305	500	1285*	Champion of	Champ	ions Ma	aster: Bu	ıgs	Open					Master				
D. Heintzel	340	255	480	1075	Bayer.					165 lbs.					S. Rodenberg	455	55	500	1010
275 lbs.					» courtesy Joe	e Oreng	а			J. Severson	215	135	240	590	308 lbs.				
I. Lawson	475	335	620	1430						MALE					Junior				
Master (50-54)	)				HCDE C	20M	ED 6		177	165 lbs.					S. Hamilton	705	565	700	1970
148 lbs.					USPF S	JUN	LK :	PIAI	. E	Junior					*=American R				
L. Lantz	290	180	385	855	GAMES					P. LA	345	255	435	1035	Crain. 2nd Pla				
198 lbs.					JUN 19 201	0 » SI	nawne	e, OK		Q. Travis jr	390	275	495	1160	Outstanding L				
E. Case	325	225	430	980						181 lbs.					Severson. Out				
220 lbs.					BENCH		181 ll			Master					Schuyler Ham				
L. Creatura	_	_	_	_	MALE		R. Co		325	M. Fleming	600	370	600	1570	Men's Open:				
242 lbs.					Open		R. Cra		290	Open					Lifter Men's N				
R. Jenks	500*	300	575*	1375*	148 lbs.		198 ll			T. Hathcock	145	425	575	1145	Outstanding L				
275 lbs.					J. McGovran	240	J. Smi		390	T. Solo	390	265	610	1265	Joe Parsons. C			fter Me	n's
D. Schneider	505*	340*	625*	1470*	165 lbs.		J. Pars		400*	198 lbs.					Deadlift: Jasoi	n Smith	١.		
Master (55-59)	)				B. Wadley	320	4tl	h-415*		Open					» courtesy Ric	key Da	le Crair	,	



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RESULTS KEA vs. GANT >>



Randall Kea was a balanced lifter, but his squat usually gave him a solid lead



Lamar and Randall were USA teammates in a subsequent IPF Worlds

an inch above his knee cap. Most lifters lockout their deadlift 8 to 12 inches above their knee cap. In other words, his long arms allowed him the luxury of lifting the weight a substantially shorter distance. Add all that to the fact that he had the body of a world class bodybuilder (2% body fat) and the flexibility of a world class contortionist and, thus, you have a deadlifting machine.

Still, Gant wasn't just a big deadlifter either. He also held the world record in the bench and squat in the 123 pound weight class. In fact, he was the only powerlifter in history to have held all four world records the three lifts and total pounds—in a single class. His total on all three lifts was ranked number one in the world for ten straight years. No one was even close to totaling what Gant totaled. Heck, during this time in his career, he could out lift many heavy-

Gant's awesome physical presence, along with his confident glare that was as icy as the winters in Siberia, literally terrorized his opponents. Trust me on this one, fear is the kind of power that most people understand best. You can destroy an athlete's game just by scaring the heck out of him. In fact, to a limited extent, it is possible to control people through fear. Gant was an absolute master at this game. He calmly and subtly incited fear in his opponents. On more than one occasion, world class lifters abandoned their weight class in order to avoid Gant. They saw defeat and humiliation, and they surrendered. They were that intimidated by him. Needless to say, Gant was the prototype of the world's greatest powerlifter—ruggedly built, powerful, mentally tough and highly skilled. Basically a lifting machine!

Consequently, at the 1984 ADFPA National Championships, Gant was an overwhelming favorite to win not only his weight class, but the best lifter award, establishing him as the best pound for pound drug free lifter in the United States. When Gant showed up to compete at the ADFPA Nationals, Brother Bennett, the president of the ADFPA, said that Gant's chance of getting beat was about as good as a snowball's chance in hell. He paused for a second and then said, "Actually a snowball has a better chance in hell"—a rather poignant statement, especially coming from a man of the cloth. Of course, no one could argue with his assessment. For years, Gant had been destroying lifters in the USPF, an organization that was loaded with athletes who consistently posted significantly higher totals than lifters in the ADFPA. The AD-FPA Nationals was going to be a cake walk for Gant

When the meet started, it became obvious that Gant's major competition was going to come from Randal Kea, a relatively unknown lifter from Augusta, Georgia. Kea, although a seasoned lifter, had never won a medal at a World Championships. In actual fact, he had never competed in world

competition. Physically speaking, he was essentially the anti-thesis of Gant. He was rather thin and wiry. To be guite frank, he looked more like a tennis player or golfer than a national caliber powerlifter. He wasn't exactly a wimp, but he certainly wasn't Arnold Swartzenegger either.

Despite everything, it was immediately evident that Kea was there for a purpose. There was no trepidation in Kea's eyes. He was there to win. Without a doubt, he was the only person in the world who thought he could win. I am not exaggerating about that either. Even his coach didn't think he could win. Of course, Kea was the only person in the world who had to believe he could win.

In the squat, Gant struggled on each of his lifts ending up with a hard fought 485 pounds. Kea, on the other hand, blew away 529 pounds on his second attempt and just barely missed 545 pounds on his final attempt giving him a surprising 44 pound lead. The bench was even more shocking. Gant. who usually benched over 300 pounds, barely made his opener of 240 pounds and missed his second and third attempts at 260 pounds. Kea, who was renowned for his bench press, blasted up 347 pounds on his second attempt and then barely missed 358 pounds, giving him 151 pound lead. Even with the enormous lead everyone

felt that Kea would have to pull good if he was going to defeat Gant. After all, Gant had that BIG deadlift. There was also the fact that Gant had a history making the impossible possible. Consequently, it was the general consensus that if Kea pulled anything less than 500 pounds Gant would still put him away. Kea didn't disappoint. He pulled a hard fought 523 pounds on his last attempt. Consequently, Gant had to pull 675 pounds if he was going to snatch victory from defeat. Although Gant's best deadlift up until that time was 654 pounds, there were still many individuals at the meet who thought Gant would pull off the victory. Gant's plan was a 529 pound opener, a 600 pound second attempt and then the 675 pounds to win. His opener with 529 pounds was a breeze. His second attempt at 600 pounds went nowhere—it didn't even break ground. Gant scratched his third attempt giving Kea the unforeseen victory. For Kea, this was his moment in time. He had gone beyond what others thought was his breaking point and he succeeded, and in the process he produced the greatest upset in powerlifting history.

### POSTSCRIPT

Gant's loss to Kea was his very last loss. He went on to win many more world titles. At 132 pounds he squatted 595 pounds, bench pressed 352.5 pounds (raw), and deadlifted 683 pounds. He also became the first man to total 12 times bodyweight, 1587.3 pounds. "

BENCH		148 lbs.	
FEMALE		D. Fylsen	235
Teen Raw		165 lbs.	224
114 lbs.	0.5	<ul><li>K. Jensen</li><li>220 lbs.</li></ul>	330
A. Dejno D. Marsolek	95 85	A. Russett	385
A. Riggs	65	Open Raw	50.
123 lbs.	03	132 lbs.	
E. Kampa	85	J. Smutney	225
181 lbs.		165 lbs.	
K. Guza	100	J. Newman	310
198 lbs.		D. Rice	225
C. Olson	110	181 lbs.	221
Teen 123 lbs.		C. Steindorf	325 320
A. Fyksen	125	M. Brady D. Kress	315
132 lbs.	123	J. Overland	285
L. Marsolek	135	B. Halverson	280
165 lbs.	133	S. Macharia	270
J. Brandt	130	D. Hoff	245
181 lbs.		198 lbs.	
H. Bautch	145	P. Krizan	260
Open Raw		220 lbs.	
148 lbs.		R. Fuchs	425
H. Worden	95	T. Frederick	330
Open		E. Barnier	310
SHW		D. Potter	220
S. Uhlir	200	242 lbs.	
Submaster Ra	W	J. Kester	450
105 lbs.	00	J. Reuss	435
A. Kress <b>SHW</b>	90	D. Pasholk J. Kleinhans	350
J. Riggs	125	C. Hamus	325
Submaster	123	SHW	32.
165 lbs.		Wojciechows	470
P. Meyer	225	Open	
Masters I		132 lbs.	
165 lbs.		J. Smutney	_
S. Meyer	185	148 lbs.	
MALE		N. Buck	345
Teen Raw		181 lbs.	
114 lbs.		J. Overland	300
D. Likar	95	198 lbs.	0.51
K. Johnston	85	S. Sullivan	355
123 lbs.	125	C. Doering	350
W. Heins 132 lbs.	125	<b>220 lbs.</b> B. Sheckels	450
	180	T. Frederick	435
J. Young C. Kress	160	M. Abts	405
A. Hipke	135	242 lbs.	40.
148 lbs.	133	L. Umnus	460
T. Guenther	225	275 lbs.	
E. Martinez	215	J. Kubeck	_
D. Fyksen	215	308 lbs.	
N. Suchla	200	J. Zahn	_
B. Seidlitz	155	SHW	
B. Smith	145	G. Riggs	550
165 lbs.		Submasters Ra	aw.
C. Laylan	300	198 lbs.	
B. Guenther	260	S. Callahan	270
S. Kennedy	240	P. Gaddis	175
		220 lbs.	
181 lbs.	225	C C	2 5

235

230

180

225

220

165

125

340

210

450

335

405

S. Guenther

G. Griebel

R. Dallman

Submasters

275 lbs.

181 lbs.

T. Stinson

Masters I Raw

220 lbs.

181 lbs.

D. Kress

198 lbs

R. Saxe

220 lbs.

275 lbs.

L. Seidlitz

C. Golden

242 lbs.

C. Legan

B. Boynton

T. Munsch

M. Haarsma

T. Bromeisl

M. Peters

B. Nyland

L. Haarsma

N Chouinard 305

J. Kampa

242 lbs.

275 lbs.

308 lbs.

G Fide

SHW

S. Witt

Teen

220 lbs.

198 lbs.

J. Leque

C. Smith

SHW

J. Riggs

J. Hager

Masters

165 lbs.

181 lbs.

T. Ewv

198 lbs.

242 lbs.

198 lbs.

220 lbs.

I. Fide

SHW

D. Adams

Hauser

SHW

D. Sullivan

D. Weltzien

S. Bromeisl

Masters II Raw

B. Gajewsky

A. Maldonado 225

D. Draeger

335 T. Pernu

308 lbs.

350 Masters III Raw

C. Roffler

G. Nauman

198 lbs.

B. luen

S. Fronk

308 lbs.

G. Stene

Masters

S. Saluzzi

Police/Fire Raw

308 lbs.

T Nelson

165 lbs.

220 lbs.

350 J. Scarberry

310 198 lbs.

260 S Heiser

345 275 lbs

440 B. Brodt

550 **220 lbs** 

485

360

Wojciechows 385 S. Johnston

J. Brust

615

285

330

460

260

320

260

A. Low

(20-23)

1 Cadiz

Open (20-23)

K. Cabellero

. Pascual

198 lbs.

(16-17)

(20-23)

Open

C. Velasco

Jaggers

Domingo

M. Cummins

N. Navares

J. Bareng

N. Olaivar

N. Kahapea

Open (45-49)

220 lbs.

Open

242 lbs.

Open

A. Keanu

M Nishida

D. Medina

275 lbs.

(20-23)

308 lbs.

(18-19)

SHW

(50-54)

D. Crowell

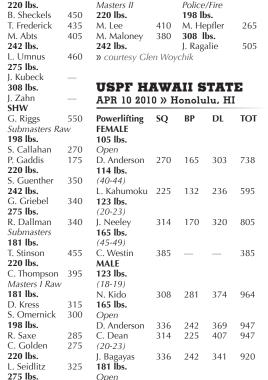
I. Mersberg

589

457

501

507





The Many Participants in the Wisconsin's Best Bench Press Competition (Glen Woychik photo)

424 501

253 540

666 523 617 1807

578 496 633 1708

1024

600 424 —

K Wassman 501 407 501 1410

We had 26 lifters many of them first time

lifters. Lori Okami made a visit to the

competition and wrote about it in her

blog for the Honolulu Advertiser. It was

such an honor to meet her as she was an

inspiration for me. Also in attendance was

Ed Morishima and Mike Navares, his son

it was his first competition. It was nice to

Nathan Navares competed in this meet and

see the passing of the torch. Ray Verdonck,

past USPF champion, is a USPF National

Judge and he was in the judges chair all

day along with Gordon Santee who is just

a pleasure to be around. Of particular note

is Jenna Neeley, 123 Jr. 20-23, this was her

first powerlifting competition and she had a

full sweep of American records with a 314

squat, 170 bench, 320 deadlift and 805 to-

tal. Austin Keanu, 242/45-49, also broke the

American powerlifting bench press record

with a 523 press, Ata, Darren and Lare do-

platform to display their talents on. Hawaii

really got together as a community to make

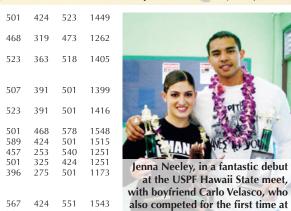
ing our best in helping to bring powerlift-

ing back to Hawaii and give our lifters a

this meet a great success. Thank you to

everyone who came to support our lifters

396 275 501



the meet (L. Richardson photo)

without the lifters participation this meet wouldn't have been possible. Ata, Darren and Lare already brainstorming on how to make next years meet better. Powerlifting is alive and well in Hawaii! » courtesy Leonnetta Richardson

### **COLD IRON GYM PUSH PULL**

380 303 451 1135

JUN 5 2010 » Tombstone, AZ						
BENCH		DEADLIFT				
Open		Open				
148 lbs.		148 lbs.				
R. Cooley	176	R. Cooley	367			
220 lbs.		198 lbs.				
G. Panttila	374	P. Thomas II	501			
N. Classen	318	220 lbs.				
245 lbs.		G. Panttila	501			
B. Barrie	314	N. Classen	_			
275 lbs.		242 lbs.				
P. Leonard	314	B. Barrie	474			
308+ lbs.		275 lbs.				
M. Bowden	622	P. Leonard	617			
Master (55-59	9)		Master (45-49)			
220 lbs.		308+ lbs.				
B. Sands	231	M. Bowden	584			
Master (60-64	!)	Master (55-59	9)			
148 lbs.		220 lbs.				
R. Cooley	176	B. Sands	413			
Master (70-74	!)	Master (60-64	1)			
275 lbs.		148 lbs.				
B. Hartshorne						
		irongym.com to				
lots of meet p	pictures	, other AZ USPI	meet			
		nation on the 3				
	nual Tom Eldridge Top Gun USPF AZ State					
Championship	) Meet	to be held on S	aturday,			

September 25, 2010, Thank You!

» courtesy Danni Eldridge



**BENCH** 

FEMALE



Sherm Pensyl, age 36, with an ADAU American Record 455 pound bench press (Al Siegel photo)





ExecutiveShow Producer

dave@xtremepower.tv

www.xtremepower.tv

October 23, 2010 Tenn

Eric Talmants Raw Unity Powerlifting Championships 4

mber 6, 7 2010 Tampa Fl



APR 24 2010 » Bigler, PA

N. Seinera-22 500

97 lbs.		G. Dudash-39	350	
Open		319 lbs.		
S. Hunt-9	50	Open		•
114 lbs.		B. Butler-36	360	,
Open		Teen		
Hanford-31	115	D. Ennis-14	225	1
MALE		DEADLIFT		
66 lbs.		FEMALE 07 lbs		•
<i>Youth</i> I. Kitchen-9	53	97 lbs. Open		
148 lbs.	33	S. Hunt-9	160	
Master		132 lbs.	100	
M. Gaal-40	150	Teen		
181 lbs.	.50	D. Young-17	270	
Submaster		165 lbs.		
M. Skal-37	300	Junior		
181 lbs.		J. Wise-22	335	
Open		4th-340		
M. Hitcho-31	225	MALE		
181 lbs.		66 lbs.		
Master	0.4 =	Youth		
K. Miller-43	215	J. Kitchen-9	90	
198 lbs.		148 lbs.		
<i>Open/Master</i> D. Dick-55	345	Master M. Gaal-40	225	
198 lbs.	343	181 lbs.	223	
Teen		Open/Submast	er	
S. Maines-19	270	R. Gregory-38	490	
Master		Open Open	.50	
I. McNeill-65	265	J. Lauder-24	465	
Master		M. Hitcho-31	420	
C. Maurer-56	155	Master		
220 lbs.		K. Miller-43	300	
Open		198 lbs.		
S. Pensyl-36	455	Master	205	
Open	225	J. McNeill-65	325	
B. Hunt-47	325	C. Maurer-56 <b>220 lbs.</b>	300	
<i>Master</i> Campiere-52	300	Open		
220 lbs.	300	B. Hunt-47	610	
Master		Open/Junior	0.0	
B. Rogers-41	285	Simmons-21	515	
242 lbs.		Master		,
Open		R. Lobb-46	430	
B. Muretta-38	380	Master		
Open		Campiere-52	410	,
S. Koontz-28	380	242 lbs.		
275 lbs.		Open		
Open	1.0	B. Muretta-38	425	į
Outstanding Be	ncn Pre	esser: 22 year old	1 NICK	
of the Dr Nich	Deadlifi	Deadlifter <sup>°</sup> and wi t Award: 47 year	old	
		ilts are with the f		
		rine testing done		
		tholas Seinera, Tr		
		nd Robert Grego		
» courtesy Al S		0	•	į
,	-			

### **WINYAH FITNESS** HARBORWALK

JUN 26 2010 » Georgetown, SC

BENCH		D. Figler	395
FEMALE		242 lbs.	
(Age 69)		S. Berry	470
S. Pack	205	Raw	
MALE		(12-13)	
Submaster		A. Bremmer	75
T. Oldham	480	A. Powell	95
Master (65-6	9)	(15-17)	
J. Powell	315	C. Luquire	245
165 lbs.		T. Marsh	_
C. Bardon	300	Master (45-49	9)
181 lbs.		R. Howell	
R. Howell	380	Master (50-54	4)
B. Church	360	L. Spears	240
198 lbs.		181 lbs.	
J. Walker	400	M. Johnson	320

220 lbs.		S. Hines	510
J. Osborne	_	165 lbs.	
C. Black	350	J. Rhem	435
242 lbs.		198 lbs.	
S Berry	410	M. Brown	445
DEADLIFT		242 lbs.	
Master (45-49	)	S. Berry	520
Best Raw Lifter	: Dan	Figler. Best Shi	rt Lifter:
Tommy Oldha	m. Bes	t Deadlifter: Jo	hn Rhem
» courtesy Ala			
,			

SSA IME MAY 1 2010			ill, N	Y
BENCH		K. Her		740
MALE		242 lb		740
165 lbs.			ster Ur	1
Masters (45-49	) Unl	M. Fer	lito	505
T. Albano	530	DEAD	LIFT	
Open Master (	45-49)	MALE		
Unl	F20	114 lb		
T. Albano <b>181 lbs.</b>	530	Teen (	nbasco	180
Teen (18-19)			-200	100
T. Dunsmoor	310	181 lb		
220 lbs.			Single-F	Ply
Open Unl		J. Bron		565
Push Pull		BP	DL	TOT
MALE				
198 lbs.		220	FF0	0.70
D. Harnah  Powerlifting	SQ	320 <b>BP</b>	550 <b>DL</b>	870 <b>TOT</b>
FEMALE	3Q	ы	DL	101
132 lbs.				
Masters (50-54	1)			
C. Khoury	155	110	210	475
165 lbs.				
Open Unl	FF0	215	420	1205
B. Curry <b>181 lbs.</b>	550	315	420	1285
Masters (45-49	))			
D. Odar	355	245	385	985
Open Master (				
D. Odar	355	245	385	985
MALE				
165 lbs.				
Teen (16-17) U		275	490	1255
J. Johnson	500	375 4th-Dl	480	1355
181 lbs.		701-01	400	
Teen (18-19)				
J. Dimezza	425	295	505	1225
		4th-DI	545	
220 lbs.				
Junior M. Davidov	455	185	470	1110
M. Davydov Open Junior	433	103	470	1110
M. Davydov	455	185	470	1110
Submaster Unl				
D. Barker	700	440	580	1720
242 lbs.				
Masters (40-44				
J. Oliksowycz		455	540	1720
Masters (60-64	415	250	455	1120
L. Bagnoli Open Unl	+13	230	400	1120
B. Pavlus	670	510	585	1765
Meet Directors				
» courtesy Rhe	ta Wes	t		
•				

### **USAPL TN STATE**

FED 2/ 201	U // IV.	ιατγνι	iie, ii	N
DEADLIFT		M. Pl	emmou	ıs 319
165 lbs.		198 l	bs.	
Teen		Teen		
H. Beaty	275	T. McMahan		451
181 lbs.		SHW		
Teen		D. Cı	urtis	407
Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
Teen				
S. Kapoor	181	110	248	540



APC HA		FARM Princeton, I	N	114 lbs. Master Raw					Open Submaster Ra	w			
BENCH FEMALE	10 // 1	242 lbs. Open Raw		L. Rexing 132 lbs. Master (45) F	165 Raw	110	275	550	L. Hoover <b>220 lbs.</b> <i>Teen (18-19)</i>	605	610	_	1565
132 lbs. Master (45) T. Morrison	140	B. Bolyard <i>Open</i> J. Howery	375 505	T. Morrison 165 lbs. Open	135	100	190	425	T. Meyers <b>242 lbs.</b> <i>Teen</i> (16-17)	480	350	515	1345
MALE 198 lbs. Master (73) R		Submaster J. Howery DEADLIFT	505	Submaster Ra L. Hoover MALE	100	120	225	445	C. Baker <b>275 lbs.</b>	405	225	450	1080
L. Baker <b>220 lbs.</b> <i>Teen (18-19)</i>	240	MALE Open Raw B. Balyard	625	165 lbs. Teen (16-17)		150	275	625	Teen (16-17) E. Muncy T. Maikranz Submaster	405 450	375 250	460 460	1240 1165
N. May Master (54)	450	<b>275 lbs.</b> Open		<b>198 lbs.</b> <i>Teen (16-17)</i>					S. Breen <b>308 lbs.</b>	725	540	630	1895
J. McDonald Powerlifting FEMALE	375 <b>SQ</b>	G. Rexing <b>BP DL</b>	725 <b>TOT</b>	K. Christy <i>Open Raw</i> L. Hoover	605	190 350	350 610	760 1565	Submaster Ra C. Beck » courtesy Lar	540	420 ver	600	1560

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123 lbs.

198 lbs.

MALE 148 lbs. Junior A. Oliphant

165 lbs. Open Raw I. Nave

181 lbs. Masters S. Lewis

198 lbs. Masters Raw

Open D. Thomas

Open Raw

I. Goudv 242 lbs. Masters D. Sewell

275 lbs. Open Raw

M. Hicks

R. Lynn

A. Smith

\*=State Records.

SHW Open

B. Wozow

T. Lavathorn 220 lbs. Masters

P. Lockhart

154 82

T. Youngblood 303 264 424 992

L. Maxwell 611 418 655 1686

291 248 451 1200

457 319 440 1218

529\* 330 562\* 1422

512 352 507 1372

457 363 474 1295

319 192 336 848

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Best Lifter John Phillips with Head Judge Dale Thompson (left) at the **Bullitt County Big Bench meet** (Keith Griffee photo)

### **BULLITT COUNTY BIG BENCH**

220 lbs.

JUN 19 2010 » Mt. Washington, KY a 410 deadlift to win in the open 220 class. BENCH (50-54)242 lbs. FFMALE K. Griffee 280 (Age 10) 1 Griffee 45 Open 220 lbs. MALE D. Armstrong 305 (13-14)308 lbs. P. Griffee 120 (15-17)I. Phi11ips\* D. Ferguson DEADLIFT

Submasters (13-14)220 lbs. P. Griffee P. Barnhouse 275 (15-17)Masters (40-44) D. Ferguson 242 lbs. 220 lbs. J. Fedenko D. Armstrong 410 (45-49)

J. Phillips\* B. Kemper \*=Best Lifters, The Bullitt County Big Bench Press/Deadlift was held at Club Fitness in Mt. Washington, KY. Proceeds from the entry fees, approx. \$400, went to the family of Sam Sartin, a baby stricken with cancer. We had many first time competitors who really did a great job. In the bench press competition, Isabella Griffee, a 10 year old did 45 lbs. for the win. We had some great competitors in the teenage division. 13 year old Peyton Griffee did a 120 lb. to win. Peyton also pulled a 200 deadlift to win. Dylan Ferguson posted a strong 175 to win in the 15 year old group. Dylan also did 225 in 132 lbs.

the deadlift for the win. 19 year old Dillon Armstrong was strong with a 305 bench and 1 In his first ever contest Phil Barnhouse won the submasters 220 with an impressive 275 Ib bench. In the masters 40-44/242 division we had John Fedenko winning with a strong 355. In the masters 45-49 division Brad Kemper won the 181's with an impressive 310. Keith Griffee did a 280 lift to win in the 242 Masters 50-54 class. And Big John Phillips hit 360 to win in 308's Open. John also won the 308 deadlift with a pull of 500 lbs. Best Lifter Award went to John Phillips. Team Trophy was presented to PBI Bank. Special thanks to Club Fitness and all the spotters who helped all day, as well as our judges Scott and head Judge and World Champion Dale Thompson.

# IISAPI. AGGIE INVITE

FEB 6 2010 » College Station, TX							
Powerlifting FEMALE 97 lbs.	SQ	BP	DL	тот			
M. Strong	165	99	182	446			
123 lbs. K. King	303	143	303	749			
<b>148 lbs.</b> S. Solie	264	165	308	738			
165 lbs.							
O. Harrington MALE	336	171	336	842			

220 lbs.

M. DeLaCruz	352	297	440	1090
148 lbs.				
D. Dansbury	242	209	281	732
165 lbs.				
B. Rybak	380	242	457	1079
B. Guzman	237	248	391	875
N. Canac	352	264	385	1002
181 lbs.				
J. Davis	562	341	584	1486
S. Sobunion	528	380	573	1481
T. Ferguson	584	358	567	1508
C. Murchison	501	220	567	1288
R. Williams	451	275	567	1294
T. Jannez	501	358	528	1387
A. Giant	_	253	_	253
Heinbracker	_	_	_	_
198 lbs.				
G. Johnson	_	286	578	864
C. Vickeny	600	385	501	1486
C. Powell	226	248	484	958
H. Davison	220	292	484	996
J. Briggs	413	319	473	1206
W. Young	396	358	374	1129
B. Kling	_	_	_	_
220 lbs.				
A. Kling	446	347	501	1294
J. King	_	226	_	226
242 lbs.				
F. Fairchild	517	319	539	1376
C. Anderson	606	_	506	1112
D. Lorak	501	314	501	1316
R. Hanojan	374	_	424	798
275 lbs.				
J. King	551	363	622	1536
D. Webb	462	292	545	1299
J. Schneebejl	501	396	523	1420
G. McMillian	_	209	341	551
J. Snyder	_	672	_	672
» courtesy US/	APL			

### USAPL ALASKA STATE APR 10 2010 » Anchorage, AK

I. Deans

242 lbs.

Master

Master		S. Ra	bender	380	- good job!	****
Powerlifting	SQ	BP	DL	TOT	» courtesy Bri	ian (
FEMALE					,	
198+ lbs.						
Open					USAPL (	
R. Ethridge	308	176	380	864	COUNT	Z
132 lbs.					JUN 5 2010	» I
Open						
C. McGill	187	116	264	567	BENCH	
MALE					FEMALE	
Open					Raw	
181 lbs.					132 lbs.	
3. Evarts	319	182	446	947	O. Ceresnak	15
198 lbs.					D. Octave	12
D. Farrow	595	396	584	1574	U. Herbert	77
C. Tucker	429	391	473	1294	165 lbs.	
242 lbs.					E. Bryant	82
R. Schmidt	600	396	562	1558	181 lbs.	
275 lbs.					R. Goldstien	99
D. Johns	584	391	473	1448	MALE	
220 lbs.					Open	
C. McGill	506	292	517	1316	148 lbs.	
242 lbs.					Ironman	
D. Autrey	528	347	551	1426	MALE	
275+ lbs.					Raw	
. Brow	606	440	595	1640	220 lbs.	
Teen I					G. Holodniak	
181 lbs.					M. Caceci	
W. Skjothaug	429	209	352	991	Open	
242 lbs.					220 lbs.	
Γ. Lee	303	248	352	903	D. Nellis	
Teen II					Powerlifting	SC
220 lbs.					FEMALE	
C. Burnett	451	281	440	1173	105 lbs.	
Teen III					K. Porretta	19
220 lbs.					148 lbs.	
Γ. Wagner	462	286	501	1250	B. Brown	22
Master II					MALE	
198 lbs.					Raw	
S. Peek	407	_	_	407	148 lbs.	

H. Lloyd 2 <b>42 lbs.</b>	539	325	589	1453			
6. Rabender	457	380	413	1250			
	705	551	705	1960			
=State Records.  > courtesy USAPL							
CHAMPS FITNESS							

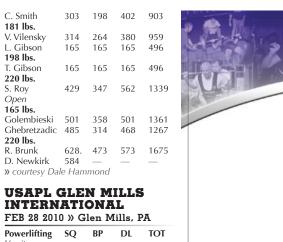
### SPECIAL OLYMPIC MAY 29 2010 » York, PA

BENCH		242 lbs.				
105 lbs.		J. Barsh	145			
A. Catlin	190	N. Kalchich	175			
148 lbs.		275 lbs.				
B. Shelley	145	M. Bordner	215			
165 lbs.		Guests				
Dunkleberger	115	K. Lenartz	30			
181 lbs.		C. Noll	25			
R. Huber	180	B. Crowe	495			
L. Osman	175	A. Ettinger	350			
C. Branda	145	B. Fausey	335			
220 lbs.		R. Schandle	425			
R. Jones	115					
Champs Fitnes	s held	another great sp	ecial			
Olympic power	erlifting	event, featuring	g			
many great ath	nletes ir	front of a stand	ding			
room only cro	wd. Sta	and-outs includ	ed ¯			
Adam Catlin's 198 lb. bench press at						
only 105 lbs. I	odywe	eight, Kiara Lena	artz			
1.4	,	11 .1				

proved that seven year old girls rae strong too, with a fantastic 30 lb. bench, and Chase Noll overcame many physical set backs last year and had a great time at his first meet. Thank you to Tom Levering, Terry sherk, Bud Wolfe, Mac McFadden, Liz, Colleen, Brett, Joe, Palmer, Nick, Nate, Kevin, Spencer, and Will for making the competition go well. And thanks to Champs Fitness for providing us with a great place to train and hold competitions. And a big thank you to all the Nortumberland/Snyder County Special Olympic athletes who continue to inspire us with their work ethic and sportsmanship

# DANCE

BENCH		C. Ma		225
FEMALE		181 l		
Raw		P. Cai		363
132 lbs.		198 I		
O. Ceresnak			emow	429
D. Octave	126	242 I		
U. Herbert	77	T. Lel		523
165 lbs.			uszely	385
E. Bryant	82	G. H		_
181 lbs.		275 I		
R. Goldstien	99	B. Kli		_
MALE		SHW		
Open		J. Bog		677
148 lbs.			nnson	606
Ironman		BP	DL	TOT
MALE				
Raw 220 lbs.				
G. Holodniak		286	584	870
M. Caceci		259	418	677
Open		233	410	0//
220 lbs.				
D. Nellis		314	424	738
Powerlifting	SQ	BP	DL	TOT
FEMALE	34	ы.	DL	
105 lbs.				
K. Porretta	198	143	220	562
148 lbs.		5		302
	220	104	253	578
B. Brown	220			
B. Brown MALE	220	101		
B. Brown MALE Raw 148 lbs.	220	101		
B. Brown <b>MALE</b> <i>Raw</i>		214	440	986



455 250 455

455 250 455 1160

# INTERNATIONAL

FEB 28 2010 » Glen Mills, PA

Powerlifting	SQ	BP	DL	TOT	
Varsity					
114 lbs.					
A. Sanchez	275	180	275	730	
McCutrichen	275	180	275	730	
H. Almodovar	275	180	275	730	
123 lbs.					
D. Murray	310	195	310	815	
D. Brown	310	195	310	815	
Y. Shakir	310	195	310	815	
132 lbs.					
R. Hardy	345	165	345	855	
D. Reams	345	165	345	855	
M. Zaratae	345	165	345	855	M.Gaddy
198 lbs.					J. McGuff
K. Mapp	400	205	475	1080	181 lbs.
D. Nelson	400	205	475	1080	L. Johnson
C. Bostic	400	205	475	1080	C. Taylor
G. Hopkins	400	205	475	1080	F. Johnson
165 lbs.					198 lbs.
D. TI	450	250	450	1150	I Fostor



450 250 450 1150 D. Robinson 450 280 500 1230 R. Laury

450 250 450 1150 D. Bowman 450 280 500 1230 275 lbs.

220 lbs.

C. Beatty

242 lbs.

B. Byron

K. Alonzo

1160



500 270 500 1270

475 275 4440 1190

500 245 500 1245

500

D. Carter

450 280 550 1280 J. Cordona

500 350 500 13850 P. Gaskill

450 280 550 1280 **SHW** 

275 440 1190

245 500 1245



an 452 <b>181 lbs.</b>	C. Harrington 331 513
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Master II				
B. Birchmeier		331	507	838
Raw Open				
R. Senecal		276	402	678
Open				
B. Birchmeier		331	507	838
275 lbs.				
Raw Open				
M. Raffin		298	485	783
SHW				
Teen II				
J. Dabbs		209	320	529
Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
Raw Teen III				
S. Binash	137	127	248	512
123 lbs.				
Teen II				
K. Schmiederr				
	165	116	242	523
148 lbs.				
Teen I				
C. Smith		127		
*=State Recor				
Lifter Bench: I				
Lifter Push Pu				
Male Best Lift				
Best Lifter Pus		meet: R	eggie D	ukes.
» courtesy US	APL			
1				

Macter II

### **USAPL MA H.S.**

MAR 14 2010 » Westwood, MA								
Powerlifting FEMALE	SQ	BP	DL	тот				
114 lbs.								
Junior Varsity								
K. deMello	187	66	204	457				
MALE								
114 lbs.								
Junior Varsity								
I. MacPerson	149	105	226	479				
123 lbs.								
Junior Varsity								
O. O'Carroll	165	94	231	490				
132 lbs.								
Varsity								
S. Stewart	182	143	275	600				
S. Aherne	182	127	253	562				
148 lbs.								
Junior Varsity	400	40=		=40				
L. Montrossa	198	187	325	710				
D. Nickerson	264	143	303	710				
Varsity	221	220	200	021				
P. Hagerty	231	220	380	831				
P. Morton	270	160	330	760				
D. Levine	215	138	259	611				
165 lbs.								
Guest B. Blaisdell	42.4	240	479	1151				
	424	248	4/9	1151				
Junior Varsity Z. Maiuri	264	171	402	837				
	264	171	402	03/				
Varsity Z. Turner	435	237	429	1101				
J. Cassaro	374	220	380	974				
I. Nelson	308	248	369	925				
181 lbs.	300	240	309	323				
Varsity								
L. Keafer	462	303	473	1239				
B. Mitchell	270	259	374	903				
H. Benharis	253	209	369	831				
198 lbs.		200	505	55.				
Junior Varsity								
S. Halloran	303	176	325	804				
K. Gonsalves	281	176	270	727				
J. Montinard	242	143	303	688				
Varsity		-						
J. Fadel	402	303	473	1178				
M. Hyatt	424	275	473	1173				
J. McKenzie	391	226	473	1090				
J. Roulier	402	253	391	1046				
C. Benton	352	242	424	1018				
M. MacLeod	253	127	270	650				

220 lbs.

				for their service. Scott Steel won the Open
347	215	429	991	and the Master's and Kevin Clark won
330	226	429	985	the Submaster's. The group award went
314	226	314	853	to Montcalm High School who had nine
				competitors. MHS weightlifting Coach
418	314	429	1162	Brian Krabbe said of the students that "This
402	209	424	1035	was Montcalm's first competition, we just
341	248	407	996	started the team less than a month ago,
341	231	396	969	and already strong significant improve-
336	187	380	903	ment has been shown by this meet alone.
363	275	_	639	Donnie Robbins, a champion weight lifter
				himself, of Pure Athletic Power and event
				coordinator, volunteers his time to work
336	237	468	1040	with MHS students and has had a very
330	204	424	958	positive effect on them and this sport."
275	193	303	771	Thanks to Everyone involved in the compe
				tition appreciates all the support. A special
606	374	633	1613	thank- you to Chuck Ray Ully who emceed
451	308	506	1266	the event and Montcalm JROTC who with
451	270	413	1134	support of the event. Almost one hundred
				fifty spectators attended the event. Another
				bench press competition is planned for
341	237	424	1002	Memorial Day, May 31, 2010 at Glenwood
352	209	402	963	Park. Those wishing to compete in the next
226	154	297	677	event can visit pureathleticpower.com for
253	_	325	578	

n	more information.					148 1bs.								
	» courtesy Donnie Robbins				J. Sweeney	195	160	315	670					
						181 lbs.								
						M. Macri	425	185	235	845				
	USAPL .	ALB.	ANY	•		V. Vilensky	295	250	365	910				
nis	STRENC	HT				198 lbs.	198 lbs.							
t	APR 3 2010	) » A1	banv.	NY		D. Gelato	455	340	545	1340				
		, ,,				T. Piazza	345	300	435	1080				
	BENCH		MAL	E		J. Suben	330	260	450	1040				
	FEMALE		198 l	bs.		220 lbs.								
r	165 lbs.		G. Sc		410	D. Jones	500	345	605	1450				
t	E. Bryant	80		220 lbs.		K. Solonya	475	320	605	1400				
	181 lbs.		Mich		250	J. Ford	475	330	545	1350				
	S. Winchip	80	275 l	bs.		M. Mitchell	340	300	450	1090				
			Fanu		390	S. Smith	395	295	450	1140				
e-	Powerlifting	SQ	BP	DL	TOT	A. Haynes	315	275	450	1040				
al	FEMALE					275 lbs.								
ed	105 lbs.					W. Collins	505	410	545	1460				
h	K. Poretta	190	140	215	545	N. Schultz	635	275	640	1550				
ł	132 lbs.					KC	555	445	680	1690				
er	C. Anderson	150	90	255	495	SHW								
	O. Ceresnak	230	145	250	625	W. Tennyson	415	280	450	1145				
bo	148 lbs.					<ol> <li>Macintrye</li> </ol>	435	325	515	1275				
xt	B. Brown	215	100	240	605	S. Culnan	650	455	755	1860				
r	MALE					» courtesy US	APL							

### **PURE ATHLETIC POWER** BENCH

556 314 517 1387

501 308 462 1272

352 264 457 1073

MAR 20 2010 » Princeton, WV

Venue: Xaverian Brothers High School.

» courtesy Michael Zawilinski

Junior Varsity

H. Largey

C. Enegren

K. Ihlefeld

C. Simonson

R. Chisholm

E. Matchinski

Junior Varsity

J. Previte

Varsity

P. Plant

242 lbs.

A. Malin

R. Anger

J. Lamb

Varsity

R Moore

M Tuleia

Fadel

275 lbs.

Iunior Varsity

B. Nason

C. Connor M. Cerillo Varsity

I. Dustin

H. King

A. Lazarz SHW Varsity

1 Altime

S. Provite

BENCH FEMALE		G. Wessels III 198 lbs.	275
Open		Open	
K. Stevenson	105	T. Coppola	3
MALE	.05	220 lbs.	9
114 lbs.		(12-13)	
(12-13)		C. Marshall	200
D. Parker	85	(14-15)	
128 lbs.		M. Meadows	255
(14-15)		(16-17)	
D. Lantern	130	D. Walls	285
148 lbs.		242 lbs.	
(16-17)		(16-17)	
M. Proffit	225	B. Auton	175
165 lbs.		Open	
(14-15)		S. Steel	440
. Combs	135	275 lbs.	
(16-17)		(14-15)	
C. Lantern	185	J. Batista	185
(18-19)		(16-17)	
R. Muncy	185	J. Farrington	200
181 lbs.		308 lbs.	
(16-17)		Open	
D. Christian	295	B. Kirk	415
C. Frye	255	318 lbs.	
D. Lusk	200	Open	
Open		K. Clark	405
R. Ely	335		
		npetitors lifted b	

a packed house during Saturday's bench press competition. Competitors ranged in age from thirteen to eighty-two years of age. Groups included area students from Montcalm, Princeton, and Shady Springs High Schools and college students from Bluefield State and Concord. Guest lifts of 295 by eighty-two year old Gene Jones and 205 by seventy year old Sue Pack amazed the crowd giving inspiration that you are never too old to aspire to your goals. Specialist Rob Ely, on leave from Iraq, also competed and won his weight category. He's a five time champion winning three events in Iraq and two in Kuwait. Many military Veterans were in attendance and the event took the time to recognize them



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# RESULTS





Anna McCloskey – serious squat power	(G. Rychlak, Jr. photo)
--------------------------------------	-------------------------

IPA PO	WER	PAL	00Z	A 12	AM Open			
APR 17-18	2010 X	York	, PA		A. Terrien	280	410	690
DENICH		I Deil	la.	F2F	Elite AM Open	200	445	725
BENCH		J. Prill <b>308 l</b> l		535	A. McCloskey MALE	280	445	725
FEMALE					123 lbs.			
181 lbs.		AM C		u 600				
Elite AM Ope					Raw AM Open	235*	310*	545
A. McCloske MALE	y 280	S. Roe	laster (	45-49) 625*	P. Cary <b>148 lbs.</b>	233.	310	343
MALE 198 lbs.								
			aw Op		Raw Pro Submaster	310*	440*	750
Raw AM Ope			snyak	470*	S. O'Grady <b>165 lbs.</b>	310*	440*	750
J. McDaniel	425*			55-59)		(4)		
AM Master (.		L. Jord		430	Raw AM Master (40-4		425*	675
T. Evangelista			AM (55		P. O'Grady <b>181 lbs.</b>	250*	425	6/3
Raw AM Ope		L. Jord		430*				
I. Guido	385		AM (45		Pro Open	205	F20	015
AM Submast				ld 540*	A. Jones	385	530	915
J. Matta	580*	DEAD			198 lbs.			
220 lbs.		FEMA			Raw AM Open	220	425	755
AM Open	2 = 0	148 ll			R. Esche	330	425	755
D. Brauer	350		АМ Ор		Raw AM Teen (18-19)		410	725
Pro Open	40.5			t 240	M. Esche	325	410	735
P. Murphy	425	MALE			242 lbs.			
Raw AM Ope		148 ll		(4.0)	AM Junior	F0F		100
R. Smith	350		AM Tee		C. Fredette	505	575	1080
Raw AM Sub		W. Ar		320	AM Master (45-49)	265		0.40
M. Johnston	350*	165 ll			J. Sevor	365	475	840
242 lbs.		AM Ju			AM Teen (16-17)	2.40		
Pro Master (4			eyandt	450	N. Bauman	340	335	675
C. Blough	520		AM (40		Pro Master (55-59)	200	440	000
Pro Police			Grady	425*	S. Bixler	390	410	800
R. Powers	575	181 ll			Pro Open	==0		440
4th-600*			АМ Ор		D. Barth	550	640	1190
275 lbs.		D. Ru	hl	475	308 lbs.			
AM Master (	40-44)				Raw AM Junior			
Ironman		BP	DL	TOT	A. Cuenco	340	560	900
FEMALE					Raw Am Open			

SHW					Raw AM Open	225	205	470	1000
<i>Raw AM Junior</i> I. Coon-Ribble		400*	560*	960*	S. Bettencourt Raw AM Teen (		285	470	1080
Powerlifting	SQ	BP	DL	TOT	K. Gillow	275*	190	375*	840*
FEMALE					Raw AM Teen (				
<b>105 lbs.</b> AM Master (45	-40)				B. Gillow <b>198 lbs.</b>	240	190	275	705
R. Edson	195	95	215	505	AM Junior				
123 lbs.					G. Lobb	635	480	555	1670
AM Teen (16-1.		120	275*	(10	AM Open	F20	F00	475	1505
A. Gabriel 1 <b>32 lbs.</b>	205	130	275*	610	C. Wittway  AM Submaster	530	500	475	1505
Pro Open					J. Matta	610	580*	500	1690*
. Burkey	400	250	300	950	AM Teen (16-1		005	160	4045
148 lbs. AM Submaster					F. Thelmo Raw AM Junior	460	295	460	1215
Г. Howard	350	265	320	935	T. Tyson	440*	340	470	1250
AM Teen (16-1.					Raw AM Maste				
K. Klink Elite AM Open	185	115	245	545	B. Huling Raw Pro Junior	405*	340	490*	1235*
. '	485	370	400	1255	M. Delbert	470	305	_	_
Raw AM Maste					220 lbs.				
. Swarthout 165 lbs.	195	140*	250	585	AM Junior J. Ellis	675	315	500	1490
AM Master (55	-59)				AM Open	0/3	313	300	1490
B. Bowen	340*	185*	315*	840*	R. Garvey	675	365	630	1670
181 lbs.					AM Teen (18-1)		255	F20	1.405
Elite AM Open A. McCloskey	580*	280	445	1305*	S. Hanna Pro Open	550	355	520	1425
SHW	500	200		.505	J. Jones	770	530	605	1905
AM Open					Raw AM Junior				
Γ. Jones <b>MALE</b>	430	300	360	1090	J. Durner Raw AM Subm	460	380	550	1390
114 lbs.					M. Gallo	425	335	500	1260*
AM Teen (14-1.					242 lbs.				
A. Feta	235	160	300	695	AM Master (60		215	(20*	1 Г 4 Г *
A <i>M Teen (16-1.</i> D. Fitzgerald	245	16530	0	710	R. Harper, Sr. AM Open	600*	315	630*	1545*
Raw AM Teen (					N. Gibson	625	425	550	1600
3. Johnson	135	110	225	470	AM Open	FOF	405	COF	1515
4tn-5- 123 lbs.	150* B	-120° I	J-235*		C. Clark  AM Submaster	505	405	605	1515
AM Teen (14-1.	5)				D. Brown	650	475	500	1625
A. Belli	315	275	385*	975	AM Teen (16-1				
148 lbs.	4th-BP	-285*			N. Sites Elite AM Open	490	300	525	1315
AM Junior					E. Winter	750*	555	580*	1885
R. Stover	530	365	470	1365		4th-BP	-580*		
А <i>M Teen (16-1.</i> Г. Applegate	/) 255	165	340	760	Pro Junior Baughman, Jr	725	600	500	1825
Pro Junior	233	103	340	700	Raw AM Open	723	000	300	1023
M. O'Brien Jr.	680*	430*	525*	1635*	S. Maffett, III	350	280	410	1040
Pro Open	680	120	525	1625	Raw AM Subm		215	F00*	1415*
M. O'Brien Jr. Raw AM Junior	680	430	525	1635	P. Mingoes 275 lbs.	520*	315	580*	1415*
A. Eckrode	340	260	445	1045	AM Open				
	4th-BP	-460*			L. Livermore	635	530	540	1705
<b>165 lbs.</b> AM Master (50	-54)				Raw AM Maste R. Stoudt	r (40-4) 505	4) 385	500	1390*
G. Ruth	375	250	385	1010	Raw AM Maste			300	1330
AM Open					D. Martin	400	330	525	1255
M. Kemper,Jr AM Open	570	305	530	1405	Raw AM Open D. Maffett	425	335	500	1260
D. Gebo	430	310	440	1180	308 lbs.	723	333	300	1200
AM Teen (16-1					AM Master (40				
N. Gonzalez I. Hall	300 260	235 200	415	950 790	P. Hilliard AM Teen (16-1)	700	575	655*	1930
Elite AM Open	200	200	330	790	J. McAlpine	590*	375	520*	1485*
B. Crowe	670	490	530	1690	Pro Open				
Raw AM Junior	405	200*	440	1225	J. Flores	765	565	625	1955
A. Harvey Raw AM Teen (	405 14-15)	390*	440	1235	Raw AM Junior C. Collier	510	400*	600*	1510*
Γ. Betz	275*	175	350*	800*	*=IPA World R				
Raw AM Teen (					#=Unsanction				lay
. Lobb	315* 235	215*	340*	870* 755	Full Power: On Burkey, Teen A				onv
E. Ruth	4th-BP	185 -200	335	755	Belli, Teen AM				ылу
181 lbs.					Hanna, Teen R	aw AM	l-James	Lobb,	
AM Submaster	435	375	530	1340	Light Weight-Ja				ers
B. Lemieux A <i>M Teen (16-1</i> .		375	530	1340	Sunday Full Po Collier, Pro-Jin				I
M. Robertazzi	325	245	430	1000	Hilliard. Best I	ifters S	Sunday	Bench:	
A. Mastrandr	295	230	350	875	AM-Will Schw				Tom
Pro Open F. Piermattei	700	455	550	1705	MacDonald, P  » courtesy Gen			11.	
					country Gen	,	/ //-		

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# CHAPTER 44: CONTROL - MIKE BRIDGES >>

With no visible sign of emotion, Mike Bridges won a long hard battle against 737 pounds. I'll never forget the look on the face of Mike Lambert, the Powerlifting USA editor, who knows everything that has ever happened in the history of powerlifting. The lift took about ten seconds. Had he tried to deadlift 738 pounds that same day, he would have surely failed. World champion Ray Benemerito passed the comment that had Bridges put more chalk on his hands for that lift, he would have failed.

Working with the best lifter in the history of the world was priceless. Never once did he yell, shove smelling salts up his nose, or bang his head on the bar, as many competitors did. He knew exact weights to choose and sat in a somewhat unnerving, calm manner between lifts—a manner atypical for powerlifters.

I have been in this sport for thirty years and seen thousands of people approach it as though victory depended only on how much they could psych themselves up. Mike Bridges, with his calm, poised, in complete control approach, fascinated me. For years after meeting him, I have tried to teach athletes to stay inside their own heads, and not to look for outside sources to drive them. The contest just seems to always go to that one person who concentrates on themselves, not everything around them.

in their 1908 research studies, which were published in the Journal of Comparative Neurology and Psychology under the title, "The relation of strength of stimulus to rapidity of habit-formation," Robert M. Yerkes and J.D. Dodson showed that psyching yourself up too much causes a decline in performance. In my eyes, they could have saved themselves the research subjects and time by watching Mike Bridges.

From that day onward, I have understood why this quiet man has earned the right to be called Mike Bridges, "The Greatest Lifter in the History of the World." I only wish the thousands of other athletes I have coached since then, including many of the world's best, could have been with me to see the master of self control.

Plato said, "The greatest conquest of all lies within one's self." So did Bridges. 🕊

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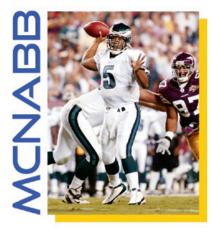
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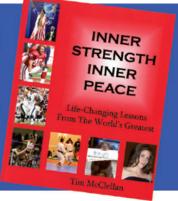




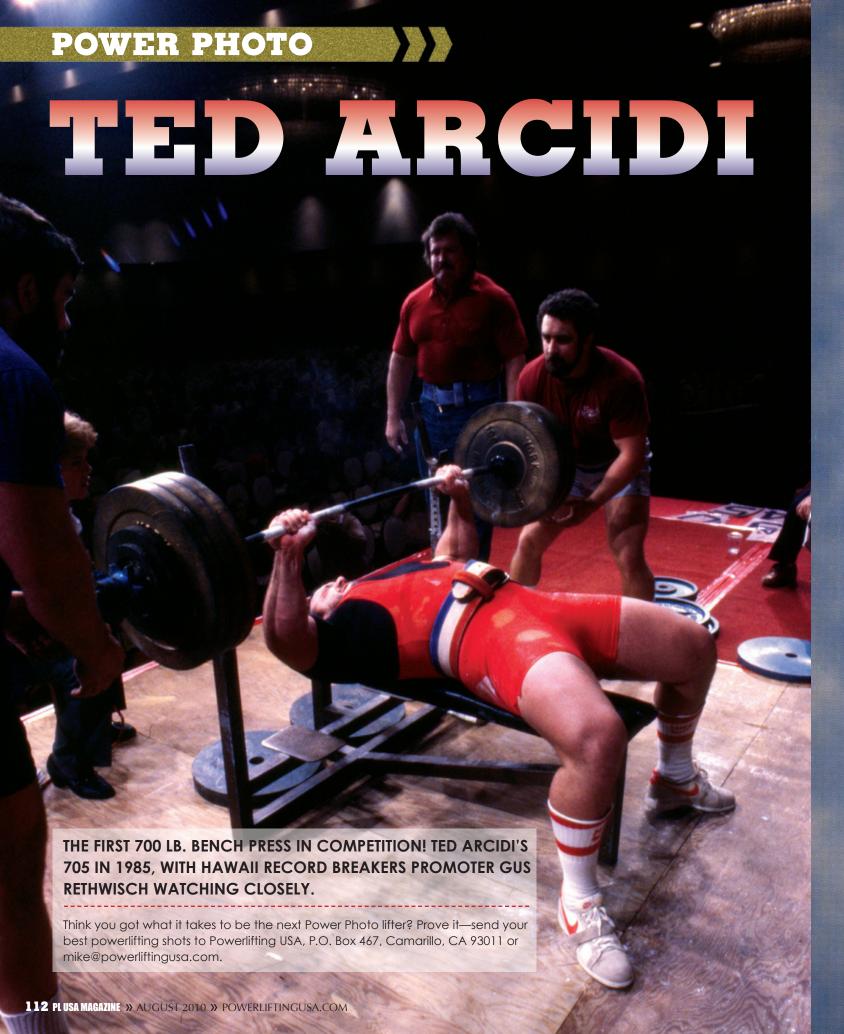
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