

» STARTIN' OUT:  
DEADLIFT BASICS PT. 2

» POWER FORUM:  
IMPRESSIVE EVENTS

» TOP USES FOR THE  
REVERSE HYPER

# "POWERLIFTING USA,"

DECEMBER 2010 » VOL. 34 NO. 2



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courtesy Fletcher and Higgins



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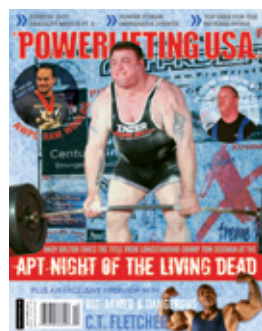
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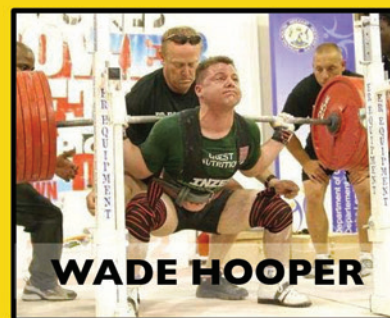
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**Other TEAM MHP Athletes:** **VLAD ALHAZOV** – World Record Squat: 1,250 lbs. @ SHW. **RYAN KENNELLY** – Greatest Bench Ever. WR 1,075 lbs. @ 308 lbs. **BRIAN SIDERS** – IPF World Record Total: 2,601 lbs. @ SHW, USAPL Record Total: 2,650 lbs. @ SHW. **BRIAN SCHWAB** – World Record Total: 2,045 lbs. @ 165 lbs. **JOE CEKLOVSKY** – World Record Bench: 600 lbs. @ 147.6 lbs. **AL DAVIS** – Raw Unity Record "Raw" Bench: 633 lbs. @ 265 lbs. **BRANDON CASS** – World Record Deadlift: 810 lbs. @ 220 lbs.

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# DEADLIFT BASICS PT. 2

as told to Powerlifting USA by Doug Daniels

Last month I discussed deadlift basics such as technique and assistance work, and I presented an 8-week off-season routine. This month, I'll cover competitive rules plus give more tidbits on technique, assistance work, and an 8-week contest routine that should end in a higher max single.

To recap, there are two styles of deadlifting: conventional and sumo. The conventional style is performed with the legs about shoulder width apart with the arms on the outside of the legs holding on to the bar. The sumo style is named after the stance Japanese sumo wrestlers take; that is with the legs out wide. With sumo style, the lifter grips the bar with the arms between the legs. There is no clear-cut way to decide on which style a lifter should use. Some believe it's based on height or weight—shorter lifters should sumo and taller lifters should go the conventional route—but there have been many examples of lifters who were successful with either style despite their size. Each lifter is unique, so experimentation, experience and proper training are musts.

In general, the sumo style requires greater flexibility and relies more on the stronger hip and leg muscles than on back power, as does the conventional style. Sumo's major advantage over conventional is that the bar travels less distance from the floor to lockout, which is simple physics. Due to these advantages, I think most lifters should give sumo a fair try to see if it shows potential. At least one training cycle should be devoted to training sumo. The keys to deadlifting sumo style are to maintain an

erect torso with a flat back and to begin the lift with your legs. The bar should be pulled inwards as well as up, keeping the bar close to the body. The pull off the floor for the sumo generally will be slower relative to the conventional style, but the lockout tends to be easier, visa versa for conventional. Because of these nuances, good coaching on technique is even more critical for sumo than for the conventional style. If improper sumo technique is deployed, the bar may not even leave the floor.

If you choose to compete using the sumo style, I suggest deadlifting conventional style deadlifts up to 6-8 weeks prior a contest. This will build back strength that is readily transferable to the sumo style. Include one sumo set of five reps with 50% of your most current sumo max single at the end of your routine to develop and maintain proper form during this period. When the meet is six to eight weeks away, switch completely over to the sumo style and you will hopefully notice an increase in usable strength.

Below is an 8-week contest routine for a lifter capable of a 400 pound max deadlift. This routine can be adjusted to fit your own strength level by using a little math. The first four sets are always 135 x 8, 185 x 5, 225 x 3 and 275 x 2. Start with light stretching, especially in the lower back and hamstring areas. Use a lifting belt for all the sets after the 275 x 2. I suggest taking your last deadlift workout 10-14 days prior a meet to insure proper recuperation.

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In the "Startin' Out" Position - (L) Ausby Alexander (conventional) and (R) Jarmo Virtanen (sumo), two IPF World Champions with different approaches to the same lift, both seen at the 1988 IPF World Championships held in Perth, Australia



**RYAN KENNELLY** - World Record Bench: 1,075 lbs. @ 308 lbs.

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# IMPRESSIVE EVENTS

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.



Oleksandr Kutcher at the 2006 WPO Finals – after his amazing 793 deadlift at 165

This month's forum question was very simple. The members were asked to describe the most impressive lift they ever witnessed and the most memorable event they were involved in.

**BRIAN SCHWAB:** The most impressive lift I have ever witnessed in person has to be Oleksandr Kutcher's 793 deadlift at 165 at the 2006 Arnold Classic. He squatted 858 and benched 550 for a 2167 total. I placed second in the lightweights to him that year, totaling 1810 at 148, but obviously wasn't even close. Not long after that he disappeared from the powerlifting world, but he left a mark that may never be broken.

I would have to say that same competition also has to be the event that impressed me the most. A couple of the other highlights were USAPL star Jeff Lewis squatting a legitimate 1210 beating out Andy Bolton in the SHW class and legendary Chuck Vogel-pohl pulling a 808 deadlift to narrowly defeat Mark Bartley for the win in the heavyweights. Nothing beats performing on a stage in front of thousands of people watching at the Arnold.

**AL CASLOW:** The most impressive lift is still Shawn Frankl when at 198 he hit a 875 bench press. He's just a fearless lifter and the way he handles the weight and how aggressive he was with it is just incredible.

The most impressive event for me is the APF Senior Nationals in 2006. It was just my second event and the amount of lifters with quality was through the roof. Competitive and very stacked within each weight class. It was a lot of fun. The environment was just perfect. There will never be a national event like it.

**MIKE TUCHSCHERER:** Hands down the coolest powerlifting event I've ever been a part of has been the World Games. We were treated like pro athletes from the moment we got to Taiwan to the time we left. They had translators who traveled around with us and helped us. There were people in the warm-up room just to hang out and load weights for the athletes—even days before the competition started. The venue itself was packed to capacity, which I believe was about 3,000 people. Then, being in the stadium for the closing

ceremony with 280,000 in the stands was an experience I'll never forget. The competition was top notch; it was fiercely competitive, yet well run and full of sportsmanship in the true style of powerlifting. I have no idea how this meet doesn't receive more attention than it does—there is no powerlifting event in the world that even comes close.

**WADE JOHNSON:** There are many, and one moment would be tough to decide on, so I have two. First, I can't recall specifically what year it was, but at a NASA Masters/Sub-Master Nationals, I was a spotter and on the platform I witnessed Dr. Daryl Johnson squat 601 at 71 years old. To this day, speaking of it still makes me emotional. I have spent time with him and his wife since, and he had me go to his garage and showed me a car of his that had the tag 601 at 71.

Second, watching my son, Wesley, at 17 years old squat 805, bench 500 and pull 575. It was a proud moment not only for me as his coach and father, but to see how people responded to him. The fearlessness of him squatting 805 still inspires me to this day.

**RICKEY DALE CRAIN:** It might take a book to answer this question. I think Walter Thomas' 821 pound deadlift at 198 (IPF record), in February of 1982 at our Okie State Meet—which I have a picture of and was one of the IPF judges judging it—was so explosive I am still in awe of it.

The most impressive event would probably either be my first IPF World win in 1980 or Larry Pacifico's 1982 Seniors with 7,000 people in the audience.

**SILOUX SUZANNE HARTWIG GARY:** The most impressive lift would be Captain Kirk Karwoski squatting 1000 pounds deep for a double at 275 pounds.

The most impressive event I competed in was the World Games in 2001 in Japan and World Games in Taiwan. I competed in both and they were the best of the best.

**JON SMOKER:** Most impressive lift: it's a tie because they're so different it's hard to compare them. The first was done by a lifter from Omsk, Russia, at one of Jeff Baird's

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## THE ANABOLIC POWER OF A GOOD NIGHT'S SLEEP

as told to Powerlifting USA by Eric Serrano, MD, and Scott Mendelson » [scott@infinityfitness.com](mailto:scott@infinityfitness.com) » [www.infinityfitness.com](http://www.infinityfitness.com)

Would you like more energy, less body fat, more muscle and faster bar speed? Your first inclination may be "what extra training do I have to do to achieve this?" NONE! I assume the answers are yes to all four of these critical questions and the quickest way to boost progress in all of these areas is to improve the quality and quantity of your sleep. Learn what to eat for your evening meals to support the rapid achievement of your goals and powerful resting tips.

The amount and quality of sleep is greatly undervalued by the population at large. While Joe average can get away with a few hours per night, a hard training strength athlete must take advantage of the prime recovery time during the sleep phase. Busy schedules, elevated stress and more cut into sleep time making rest an underutilized commodity. Restful sleep has a huge impact on anabolic hormone levels which govern all elements of your progress. Insulin sensitivity can be damaged by inadequate sleep and this can result in an over secretion of this powerful fat storing hormone throughout the waking hours when eating. Combine these hormonal factors with low energy levels during the day that drive bad food choices and you are

supporting a chronic fat storing cycle. You can improve your body composition merely by improving your sleep cycle without a single change to your nutrition or exercise plan.

### KILL YOUR STRESS LEVELS BEFORE THEY KILL YOUR PROGRESS!

A leading cause of sleep difficulties are elevated stress levels. They cause restlessness feelings, the inability to shut off those persistent voices of worry and more. We all have our concerns over bills, relationships, work, etc. Do the best you can to conquer stressors that are behind you, but in some cases situations can linger until they are solved over a period of time. The longer term stressors are what really eat away at muscle and pack on body fat if left unchecked. To give you an idea of the tremendous impact of high stress levels, take two identical twins with exactly the same training and nutrition program. Based on their genetics and controlling for a few factors they should earn exactly the same results. Increase the stress level of one twin and not the other—the stressed subject will make much less progress every time. Any trainee with an elevated stress level must drink the 100% MR and Muscle Syn-

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**ROB LUYANDO** – World Record Bench: 947 lbs. @ 247 lbs.

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UPA World Record Holder



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## MEET DAY! VICTORY IS AT HAND!

as told to Powerlifting USA by Jamie Harris, aka. Big Evil » [www.bigevilslair.com](http://www.bigevilslair.com)



Greetings ironheads, I hope you have your game face on this month because your time of reckoning is upon you. This month we will discuss how to prepare for the big day—meet day—and learn some tricks that will enhance your performance on the platform. I have given you a lot of my knowledge in the past few months and hopefully you have followed my instruction to the letter. If you have, then there is no doubt you will walk away from this meet with some new PRs. You have worked your butt off and not only strengthened yourself physically for this battle against the iron, but mentally as well. Victory should now be a forgone conclusion. Here are our focal points for the plan of attack against the iron on meet day:

**MENTAL APPROACH** I feel we need to cover this first because this is the most important part of your training, period. I can show you how to train, I can tell you how to handle every type of situation you encounter in your training or at the meet, hell, I can even give you the keys to the kingdom, but I can't give you the burning desire to want to win! I see lifters who have a great work ethic and spend all day in the gym, but for some reason when it counts—on meet day—they never seem to rise to the occasion and produce. This is most likely because of not mentally having their game plan together or just lack of desire. Look at how our world champions rise to the occasion on meet day, the way they make their attempts look so easy. It almost

seems magical, doesn't it? It looks so effortless and smooth because the physical and mental work have been crafted long before they ever stepped on that platform. Remember, I can't make you want to win, you have to find that inner drive from within to push yourself to perform at higher levels. Where the mind goes, the body will follow. This is also a good time to be practicing your mental exercises. The more time you spend practicing the exercises, the stronger your mental imagery will be, which, in turn, will enhance your mental focus on meet day. If you haven't picked up a copy of my new audio cd *Psychological Warfare*, go to my website at [www.bigevilslair.com](http://www.bigevilslair.com) and do so right now! The Big Evil commands it! I'm getting a lot of emails

photo courtesy Jamie Harris

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## # 103 JAKKED GYM

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



Jakked Gym owner Byron Hicks with Becca Swanson and Alex Camacho (left), Rob Luyando (middle), and the PowerCorps Team (right)

### IF THE OWNER DOESN'T HAVE A TATTOO FROM THE GYM, MAYBE IT'S NOT THE RIGHT GYM

Last month we saw a cool garage gym in GA (*The Power Rack*), but now we need to talk about families with tattoos. Not tatted circus families, and not inked-up rockstars—they already have their own TV shows and they are WEAK. I may like their tunes, but most rockstars can't lift their anorexic girlfriends up the steps of their tour bus. NO, no, no. We'll discuss family-run gyms, with tattooed owners. Let's start in Illinois because I've been asking for more *Jakked Gym* info for the past year or so.

Jakked Gym owner Byron Hicks responds: "Rick, I am almost finished answering your detailed questions." (Readers may wonder what Q's I ask. Before I write one of these articles, I always gather all of the gym owner's personal info: Social Security number, photo of drivers license, credit card numbers and their home address. These things are necessary for my 'research.' RB)

First of all, before we talk about their gym, let's make damn sure that they are tied into the powerlifting world. The fact that I used his credit card numbers doesn't prove that he's strong. Byron says: "The month of July was crazy for us. We hosted UPA Illinois State on July 10, 2010, and NAS PowerCorps Challenge on July 24, 2010, and I attended the NPC USA's in Las Vegas this past weekend." (Don't start with me on this NPC show; I already know what you are thinking. It doesn't prove he is gay. I go to BB Shows for HOP all the time, and it doesn't make me gay—and I even know some BB'ers who aren't gay. Okay, not many, but a few. Two out of these three events were related to 'power.' Keep reading! RB)

Gym owners should take note of the following Q's, because in addition to the credit card info, I always start with these Q's:

### When/where was Jakked Gym started and by whom? Why was it started?

Jakked Hardcore Gym is located at 1450 S. East River Rd., in Montgomery, IL. We opened up in late August of 2006 and started off in a small unit, being 1150 square feet. We decided to open a gym for a couple of reasons. The most important reason being that I was in a car accident in 2002 that almost killed me, making it physically impossible to work for the phone company anymore. The gym was my mental therapy, as well as physical therapy, during my recovery time. My wife Tami and I have always had a passion for the gym, so the decision to open Jakked wasn't a hard one. She had years of business experience and I had the personal training experience. Of course, like most places, there was nowhere decent for a serious athlete to workout anymore. We felt it was our calling to provide a facility for those of us who make weightlifting, no matter what your goals are, an important part of our lives. Over the last four years, Jakked has increased in size, within the multiple unit building, expanding to over 7000 square feet. (Congrats on this growth! RB)

### How is the gym different from others in the state?

Jakked offers a place where athletes can be extreme without worrying they will offend others or be asked to leave. We basically offer everything the old-school gyms used to, for serious competitive athletes. We

have three specialized sections/rooms: a strongman training facility, a powerlifting room, and the main gym where bodybuilders and most other folks can get in a great workout. Lifters can train inside or out, with a large assortment of high quality, commercialized equipment. We play heavy metal all day, every day, and have not heard a complaint about it yet.

### Who trains there, and what are a few stats or interesting lifter stories?

We have a few world-class powerlifters and national level strongmen as well as national and pro-level bodybuilders. The co-chairman for NAS is a member and does NAS-sanctioned strongman events that are national qualifiers. We train a lot of kids for specific sport training, and have had a few higher profile people come to our gym, like Becca Swanson, Willie Wessels, Rob Luyando and Branch and Trish Warren. (Quality lifters and good people. Cool. RB)

### Tell me about yourself (and your wife, since she's involved).

I'm thirty-three years old and have been married to Tami for over ten years. I was athletic all my life, being involved in Tae Kwon Do from the age of five, earning a third degree black belt, with additional experience in Hapkido and Judo. I was in football throughout high school, earning all-conference middle linebacker honors, and I was varsity team captain.

I was in a car accident that put me in the hospital for over a month and completely shattered my right femur, stopping me from serious lifting for almost two years. I ended up having thirteen surgeries just to get my leg, hip and knee in working condition. Since then, I have placed first in the heavy weight/novice division and also won the over-all novice title in my first bodybuilding competition, the 2007 NPC Illinois Ironman. I have also competed in various powerlifting meets in the full power divisions. Later, nagging pain in my hip would make me opt for the bench only division. Late in Fall 2009, I was bit by the bodybuilding bug again, so I committed to the 2010 NPC Mr. Illinois, but I was still training for the UPA Iowa/Midwest Powerlifting Competition set for March 26-27, 2010. My goal was to break 600 pounds on the bench. I settled for a 572 pound final attempt. That next day I started my competition diet for the Mr. Illinois. I took first place in the SHW class, qualifying for national status, for my second time. I have decided to dedicate my personal focus on an attempt to place on the NPC national stage in 2011. I am still very active in powerlifting, being Illinois chairman for the UPA, and coaching our power team, PowerCorps. (Wow, dude. I can't believe you have successfully competed in powerlifting and bodybuilding so close together. Seriously, Byron, I feel the pain of your diet, and my hat is off to you. RB)

We have three dogs, two of which are rotties and always at the gym—mascots of a sort, I guess. My wife and I both ride when we aren't working or training. Tami has two boys. My youngest stepson is going to be a freshman in high school and he has competed in two powerlifting meets thus far. (I love high school powerlifting; these kids are the future of our sport! RB) My stepson looks to start as cornerback for the freshman football team this year. He has been training with me

for one and a half years now, and is a natural athlete with great things to come. My wife is interested in doing figure shows, but just has not made the commitment so far because she is so active with the inner workings of our gym. She is the heart and lungs, and without her, Jakked Hardcore Gym would not exist. Her passion lies in the success of our gym more than competing.

### Details on Strongman Training at Jakked Gym:

In our "Strongman Room" we have just about every implement used in competitions. If someone on the team is prepping for a contest and we don't have an implement to enhance training, we will either purchase it, have it built, or build it ourselves. Just to name some of the more common items:

- Logs – 12 logs ranging from 6" to 13" in diameter.
- Farmers Tanks – 6 sets
- Axle Bars – 10 different diameters
- Tires – 6 ranging from 250 lb. to 850 lb.
- Fingal Fingers – 2 (10 ft. and 12 ft.)
- Stones – 35-40 ranging from 30 lb. to 540 lb.! (WOW. RB)
- Yoke – 3 adjustable
- Sandbags – 20 lb. to 325 lb.
- Kegs – 12 ranging from empty to 340 lb.
- Powerstairs – indoor and outdoor
- Viking Press, Conan's Wheel, Tractor Tire DL, Pulling Sleds/Pushing Sleds, many different grip tools, Weighted Vest, etc.

PowerCorps (Strongman) Team trains together two to three days a week, depending on upcoming meet schedules. Most members compete statewide. We have had members compete at the national level in the past. Strongman include:

- Alex Camacho – team member and gym employee will attempt to regain his 2008 Illinois Strongest Man title this September at the 2010 competitor in Manteno, IL
- Dan McCarron – NAS and ILSA Illinois co-chairman is our implement creator and meet coordinator

### Details on Powerlifting Training at Jakked Gym:

In our "Power Room" we currently have:

- 2 monolifts
- 3 benches (mostly all metal militia)
- DL platform
- Westside Barbell power rack with band attachments
- Westside Barbell Glute/Ham
- Mastadon and Texas Squat bars
- Okie DL bar
- Multiple Texas powerbars
- Large assortment of bands and chains

PowerCorps (Powerlifting) Team trains three days a week together. Off season training focuses on raw work (currently using Wendlers 5-3-1) with a strong influence on auxiliary work. Most members compete in the UPA, APF/AAPF, and/or WPF. Powerlifters include:

- Joe Somma: 2004 NASA Ohio State record holder in the BP and

DL; NASA Nationals, 1st place in BP and DL; 2007 NASA Illinois State record holder in the BP and DL; 2008 100% RAW Nationals, 1st place in BP and DL; APF Illinois State, 2nd place in BP/DL; 2009 USPF Illinois State, 1st place in BP; UPA Iowa State, 1st place in BP; USPF Worlds, 1st place in BP. Current Records: USPF Mens Master 45-49 Bench Only, 75 kg.; AAPF Mens Master 40-44 DL, 82.5 kg.; APF Men's Master 40-44 DL, 82.5 kg.

• Joe Atef: 4-time AWPC Champion 242 class; 4-time AAPF State Champion 242 class; 3-time AAPF Illinois State Best Lifter Award; AAPF state record holder (628 lb. BP); Best Total, 2088 lb.; Best SQ 860 lb.; Best BP 644 lb.; Best DL 628 lb.

• Shannon Detman: 2003-2005 USAPL Ball State Collegiate Lifting; 2008 AAPF Illinois State, Full Power 181, 1st place and Best AAPF Female Lifter; AAPF Nationals, Full Power 181, 2nd place; AWPC Worlds, Full Power 181, 2nd place (total 1019.5 lb. PR); 2009 AAPF Illinois State, Full Power 198, 1st place and Best AAPF Female Lifter; 2010 AAPF Illinois State, Full Power SHW, 1st place and Best AAPF Female Lifter; AAPF Nationals, Full Power, 1st place. Current Records: AAPF Womens 198 IL state record holder of SQ 240.5 kg., BP 112.5 kg., DL 182.5 kg., Total 536 kg.; APF Women's 198 IL state record holder of SQ 240.5 kg.; AAPF national record holder, 198, SQ 240.5 kg., DL 182.5 kg.; AWPC world record holder, 198, BP 222.5 kg. (PR), DL 127.5 kg. (PR), Total 542.5 kg. (PR); AAPF - holds records across 3 weight classes in Illinois; APF - holds records across 2 weight classes in Illinois.

NOTE: Powerlifters and Strongmen at Jakked are all members of Team PowerCorps; we are a unified group bringing strength and power together as one.

(He's got a bunch of strong folks; of course I had to ask about ink. RB)

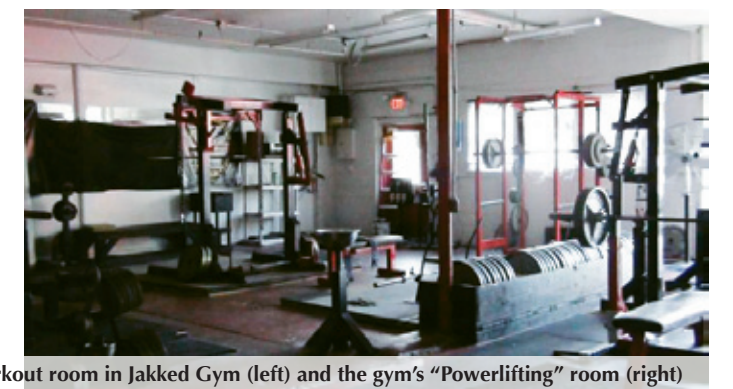
### Our gym-tats include:

- Mine (Byron Hicks): I currently have "Jakked" on my right forearm and the "PowerCorps" logo on my left forearm. There will be more to come.
- Alex Camacho (strongman) has the PowerCorps logo on his left shoulder.
- Matt Barron (strongman) has the PowerCorps logo on his right bicep.

Always remember: "It's not life that weighs you down, it's how you carry it." Byron

Cool quote, Byron; I like it! Okay, I feel pretty silly about my snippy BB comments now; this dude is for real. Plus I really like the way he used his car-wreck injury to build a great gym. No whining, no laying on his dead ass waiting for everything to be 'easy.' Byron Hicks is the kind of salt-of-the-earth gym owner that we need more of. It is way cool that all of these lifters have joined forces in the Jakked Gym PowerCorps family. Congrats to Byron on creating Jakked Gym, and I hope all you fellow powerlifters show some respect to the next bodybuilder you meet. They might be really strong, and heaven knows they have a right to be grumpy because of their diet!

"Til next month, lift big and eat well. Be thankful you aren't on a diet! ☺



The main workout room in Jakked Gym (left) and the gym's "Powerlifting" room (right)

**LEO "THE FREAK" INGRAM**  
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 ▶ "Raw" Bench: 585 lbs.

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In the same study, subjects also gained 4 times the lean muscle than subjects using a placebo (8.8 vs. 2.0 lbs.).



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# GETTING FASTER FOR FOOTBALL WITH POWERLIFTING

as told to Powerlifting USA by Steve Morris

Powerlifters: big, strong, monstrously powerful and...fast? One doesn't tend to think speed when viewing a superheavy. For this reason, many football strength and speed programs shunned powerlifting for the more "explosive" Olympic lifts. However, the truth is, if you base your speed and strength program around the powerlifts—and do them properly—and then add in Olympic lift variations, you will be absolutely blowing by the competition.

### THE BIG THREE

Forget gimmicks like parachutes, "strength shoes," or fancy Nike products. Football speed is built with strength. Always has been, always will be.

Football speed is about strength. How strong you are and how explosive you become because of that strength is what leads to getting faster for football. Football speed is NOT track speed. Re-read that—*football speed is NOT track speed.*

Specifically, you need strength in the hamstrings, glutes and hips. And what better way to build these muscles than with the squat and deadlift! Granted, the bench press will do nothing for your speed, and its value for football is not as high as some would make it out, especially when compared with incline and dumbbell incline. However, for overall upper body power, you can and should bench—just rotate it with overhead presses, inclines and dumbbell inclines.

Now, back to speed. As I said earlier, the hamstrings are your speed muscles. Followed by the glutes, hips, and calves—basically your entire posterior chain. The squat and deadlift build these muscles like no other. The problem is that people who push the fancy, high-tech products and programs somehow got coaches and players to believe that lifting superheavy (powerlifting) makes you slower.

The HIT-ers, Cross Fitters, and various other "strength is bad" fanatics contend that since the bar moves slowly when lifting max weights, the CNS will learn this and turn you into a big, slow, Gilbert Brown wanna-be. They see a huge 350-pound powerlifter walk up to the bar and deadlift 900 pounds and, of course, 900 pounds moves fairly slow. Because of this, they assume heavy lifting equals slow football players. They scream, "Those guys squat 1000 pounds; they should be the fastest in the world!"

There is a point of diminishing returns, of course, but for many guys, this might be in excess of 700 pounds, and probably closer to 800 plus pounds. When you can squat that much, let me know and we'll figure out how to

further increase your speed without lifting more, but don't come to me with your massive 405 and proclaim that strength work isn't key to increasing speed.

We all know that if you apply maximum force to the bar—even if that sucker is moving slow—the intent to move it quickly will improve both your strength and speed. Louie Simons has been preaching this for decades, yet somehow his message is going unheard in the football training community.

You should always be applying maximum force to the bar. Your training should be centered around this concept. What does this mean? Basically, no matter how much weight is on the bar, you are trying to lift it as fast as possible. Now, if you bench 200 pounds, and you try for 205, it's not going to fly up—it might even go slow—but the intent to move it quickly is what counts. It trains your nervous system (brain) to be fast even with heavy weights.

It's the same for any kind of lifting—football related or just trying to get bigger/stronger. It also has to do with muscle fiber types, but that's a long and boring explanation. So, you always want to push/pull/squat the bar as hard as you can. Or, as Mel Siff said in *Super Training*:

"To increase speed it is necessary to increase the magnitude or duration of the force applied (or both), or decrease the mass of the body. However, for practical purposes, not all of these possibilities can be achieved in human movement. The athlete is unable to decrease the mass of his body or an item of standard athletic apparatus, or increase the duration of t (time) of a given movement. However, it is possible to increase the time of a movement of limited amplitude only by decreasing its speed, which is nonsense. Consequently, only one recourse remains, namely to increase strength. Maximum strength is the main factor determining speed of movement!"

By the way, this all holds true for explosive jumping ability and agility as well!

### THE POWERLIFTS AND FRIENDS

Not only do the deadlift and squat, when done heavy and with maximum force, build tremendous speed and strength, the lifts that increase them build speed and strength as well. This is the real key. While a football player always wants to be stronger, he shouldn't get too caught up in numbers.

If you follow a conjugate approach, you'll improve the core lifts and become a better football player. Take a look at some of the best movements to increase the deadlift and the squat:



Steve Morris (Kelly Jargowsky photo)

- Box Squats: excellent for increasing jumping ability, explosiveness and speed
- Glute Ham Raises: great for hamstring and glute power
- Pull Throughs: build strong hips and hamstrings
- Deadlift Variations: movements like rack pulls, snatch grip deads, and pulls with chains all work the PC extremely hard, but from different angles

The best part is, movements like box squats, rack pulls, snatch grip deads, trap bar deads, etc. can be rotated on your heavy days so that you are constantly setting new records in them, rather than just concentrating on your squat. Plus, this makes it extremely easy to compete in powerlifting in the off season, which I encourage all football players to do.

### HOW TO USE THE LIFTS TO BUILD CRAZY FOOTBALL SPEED AND STRENGTH

For simplicity's sake, let's break down the lifts into two categories for football strength and speed. Max effort, or movements you'd do very heavy, for low (1-3) reps and accessory lifts and those you'd do for multiple sets of higher reps (3-5 sets of 6-15 reps).

#### Max Effort/Heavy Lifts:

- Squats (competition style)
- Front Squats

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## TOP USES FOR THE REVERSE HYPER

as told to *Powerlifting USA* by Bryan Dermody

### POSTERIOR CHAIN STRENGTH

This is obviously the most common use for the reverse hyper, but still often overlooked. Often the reverse hyper is simply thrown into the same category as all other accessory posterior chain (glutes, hamstrings, lower back) movements. However, the reverse hyper trains the posterior chain unlike other movements that train the same muscle group. In closed kinetic chain posterior chain movements, such as back extensions, glute-ham raises, RDL's and good mornings, this muscle group is trained with a fixed lower body, while the posterior chain is trained through torso extension. It is also important to train the posterior in the hip extension movement pattern. While movements such as various forms of bridges can accomplish this, few movements can accomplish this with the amount of loading that the reverse hyper provides.

It should be noted that in order to gain maximal strength benefits of the reverse hyper, this movement should be performed in a relatively strict fashion. Further, the reverse hyper can be performed straight-leg or bent-leg.

### CORRECTING UNILATERAL DEFICITS

Many of us, at one time or another, have experienced deficits in unilateral posterior chain strength (i.e. one side of our body is stronger than the other). This can not only lead to injuries, but also performance that is below optimal. Taking the idea above of training the posterior chain with hip extension (as well as torso extension), the reverse hyper is the perfect tool to train the posterior chain in a unilateral fashion for this purpose. If the posterior chain is only trained two legs at a time, the unilateral deficits will never be corrected. Again, this movement can be performed straight-leg or bent-leg.

### GLUTE ACTIVATION

What has become known in the industry as "gluteal amnesia" effects many athletes. Due to one of many compensatory mechanisms (brought on by some type of movement dysfunction), one or both glutes either do not contract or contract at the wrong time during movement wherein the

photos courtesy Bryan Dermody

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1. Straight-Leg Reverse Hyper (Double-Leg)



2. Straight-Leg Reverse Hyper (Single-Leg)



3. Bent-Leg Reverse Hyper (Double-Leg)



4. Bent-Leg Reverse Hyper (Single-Leg)

# I SWITCHED FOR BIG STRENGTH GAINS



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UPA World Record Holder



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# NEVER SAY NEVER!

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

"Never give in, never give in, never, never, never, never—in nothing, great or small, large or petty—never give in except to convictions of honor and good sense." – Winston Churchill

Perhaps one of the greatest all-around athletes I ever met was Tommy Brooks. The guy was an absolute phenomenon when it came to sports. There wasn't anything he couldn't do on a sports field. It didn't matter what the sport was: basketball, baseball, tennis, golf. He played them all at an elite level. He had offers from all over the country to play college football or baseball, but his goal in life was to become a medical doctor. That was where his ambition lay and that was the course of action he took. Oh yeah, I almost forgot, he was also a weightlifter. That is what really brought us together—our common interest in lifting.

I first met Tommy at the University of Georgia. I was in the first semester of my doctoral program, and Tommy was in his senior year at the university. It was an amazing thing. I'm sure that, just like me, sometimes when you meet someone new, you may get a special feeling about them. I'm sure everyone gets those types of feelings, but when I meet someone who is really impressive, I actually get vibrations from them. It's a wonderful feeling, like something significant is happening between us and that things are going to be very good for us. That's the way it was with Tommy. I liked him immediately. He was a strange mix; big and powerful with a body of a Greek god, yet he was gentle and kind and so full of wonderful things to share. He was simply a magnificent human being.

We quickly became good friends and trained together for close to a year. I made some phenomenal gains that year, not so much physically as I did intellectually, emotionally and spiritually. I have to attribute most of that growth to Tommy. He was so positive, so loving, and so caring. What really impressed me was that his whole life was wrapped up in giving, rather than taking. I knew that was the kind of life I wanted, and I'm sure you feel the same way. My feelings were right. It was very good.

At the end of the year, Tommy transferred to the University of Pennsylvania to continue his academic career in the medical profession. I received one letter from him after he left. He told me that he was doing great and that school was rather tough, but that he was making all A's. That didn't surprise me one bit. He also told me that his training was going great and that when he got back to Georgia he wanted to continue to work out with me. He said, "Don't forget to save me my spot," and then he finished his letter by telling me that he was going to kick my butt in the weight room.



Judd Biasiotto is a man of many talents

After receiving that letter, I didn't hear from Tommy until close to two years later. I was working out at the gym when I heard this faint voice behind me, "Judd, did you save me my spot?"

When I turned around, there was Tommy, sitting in a wheelchair. He was paralyzed from the chest down, his hands almost non-functional—a quadriplegic, the most devastating condition a person can endure and still survive. When I first saw him, I was horrified. Hell, at first, I didn't even recognize him. His once magnificent body had been transformed to a mass of nonfunctional protoplasm. It was heartbreaking...scary.

What happened was that just three days after I received the aforementioned letter from Tommy, he was stricken with multiple sclerosis. Multiple sclerosis is a nervous system disease that affects your brain and spinal cord. It damages the myelin sheath, the material that surrounds and protects your nerve cells. It strikes suddenly and restricts respiration, speech, and movement of the arms and legs. It's noticeable effects normally are limited to slight physical defects, such as a limp or slurred speech. In Tommy's case, however, the disease was more

severe. It had rendered him blind for almost a year and without use of his arms and legs for three years. The good news was that he had recovered some of his vision. No one knows what causes MS, but it is very progressive—especially in men.

From that time on, Tommy would come to the gym every day and spend time with me while I trained. We would talk about everything: sports, religion, sex, politics, even our dreams and goals. Eventually, though, our discussion would always get around to Tommy's condition. I kept telling him, "You have to be positive. You will get through this," and he would say something like, "You know, I am only going to get worse. I am not going to get better. This disease is progressive; it is incurable and there is no treatment. It is destroying everything I have to live for." When he would say something like that, I would immediately retort, "Don't talk that way. You still have a magnificent brain that you can do great things with and you have a wonderful heart. So many people love you and admire you. You have to think positive."

This type of dialogue between us would go on day after day. Tommy would tell me how depressed and disgusted he was, and I would tell

# "They Don't Think You're That Stupid, Do They?"

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## Matt Vinopal – Madison, WI



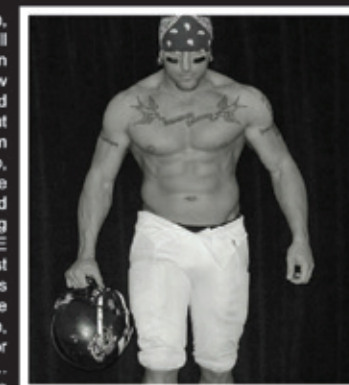
Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once 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).

**Training Tips:**

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

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

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



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# DOMINATE THE IRON WITH THE HARDCORE PRO SERIES LINE

as told to Powerlifting USA by Team MuscleTech

No sport comes close to powerlifting when it comes to dedication, intensity and raw strength. This hardcore, underground culture is a no-nonsense, balls-to-the-wall style of training that separates the men from the boys. Powerlifters push their bodies beyond their limit and stop at nothing to accomplish feats of inhuman strength. As this sport becomes more and more popular, it's more crucial than ever to get every advantage possible to overpower the competition.

Most powerlifters are aware that sports supplements are beneficial for increasing strength and power but that a lot of them on the market are backed by hype. Well, Team MuscleTech supplements namely *naNO Vapor® Hardcore Pro Series™*, *Nitro-Tech® Hardcore Pro Series™* and *Cell-Tech™ Hardcore Pro Series™* are certainly not the norm.

**naNO Vapor Hardcore Pro Series** is the key to unlocking relentless intensity during your training sessions and to jacking up your strength. In a third-party study on thirty-one weight-trained subjects divided into three groups, subjects that consumed a key musclebuilding compound in *naNO Vapor Hardcore Pro Series* increased their strength capacity on the bench press by 18.6% compared to baseline in 10 days (6658 vs. 5613 joules). This test was performed using 70% of the subjects' one-rep max bench press. Repetitions were counted to the one-half repetition and the results were multiplied by force exerted and distance travelled and then converted to joules.

**Nitro-Tech Hardcore Pro Series** is an advanced musclebuilding whey protein formula that delivers noticeable strength gains. Here's some of the study info. In a six-week, double-

blind study involving thirty-six test subjects with at least three years of weight-training experience, subjects using the core ingredients in *Nitro-Tech Hardcore Pro Series* jacked up their bench press by more than double the results achieved by subjects using whey protein alone (34 vs. 14 lb.).

**Cell-Tech Hardcore Pro Series** is one of sports nutrition's premium quality creatine formulas loaded with a massive 10,000mg blend of creatine (more than twice the amount of creatine per serving than other top brands). Adding this supplement into your program will help get you explosive strength and certainly increased muscle performance.

These are just three of the *Hardcore Pro Series* supplements that are sure to put you on the fast track to the strength gains you've been training for. Get on the *Hardcore Pro Series* line and smash your PBs! <<



# DRIVE UP YOUR BENCH & CRUSH A PR!



**Matt Kroczaleski**  
- 2009 UPA Record Holder,  
Team MuscleTech™ Iron Punisher



**PICTURE THIS:** YOU LOCK IN YOUR GRIP AND, WITHIN SECONDS, YOUR BODY AND MIND go on autopilot. In the zone, you push the heaviest weight you've ever touched. As the roar of the on-looking crowd explodes and three white lights appear, you realize you've just set a mind-blowing new PR.

This can be your reality, but don't expect to get there by wishing and hoping. You need to attack countless grueling training sessions with unmatched ferocity, you need to eat like an animal and you need to supplement with high-quality protein with core ingredients shown in university research to jack up gains in strength. Enter *Nitro-Tech Hardcore® Pro Series™*.

In a six-week university study on 36 subjects divided into three groups, the subjects taking core ingredients in *Nitro-Tech Hardcore Pro Series* were shown to achieve over double the strength-building results on their max bench press than subjects taking whey protein alone (34 vs. 14 lbs.)!

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- ✦ **Incredible-Tasting Shake Comes in 7 Amazing Flavors!**



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# WABDL NATIONAL COLLEGIATE

FEB 6, 2010 » San Antonio, TX » as told to Powerlifting USA by John H. Hudson, Ph.D.

<b>BENCH FEMALE</b>	242 lbs.	R. Nguyen	402	K. Hernandez	325			
<b>105 lbs.</b>	A. Rodriguez	374	W. Tomlinson	336	<b>148 lbs.</b>			
D. Estrada	93	C. Trionfante	462	I. Rojas	462			
<b>114 lbs.</b>	H. Dilber	424	M. Pinon	440	<b>181 lbs.</b>			
M. Jaeger	132	J. Trejo	402	R. Hernandez	424			
<b>123 lbs.</b>	275 lbs.	M. Dees	402	C. Meeker	633			
T. Garcia	137	R. Carrillo	418	O. Hernandez	407			
<b>132 lbs.</b>	J. Jimenez	380	A. Mangum	622	<b>MALE</b>			
M. Barnet	110	J. Button	600	<b>114 lbs.</b>				
<b>132 lbs.</b>	J. Smith	440	E. Ximenez	545	J. Sanchez	556		
R. Ruiz	99	T. Briggs	440	A. Munoz	529			
K. Hernandez	88	<b>SHW</b>	440	S. Rocha	424			
<b>148 lbs.</b>	D. Dees	440	W. Marinero	330	<b>123 lbs.</b>			
L. Okoro	170	<b>DEADLIFT FEMALE</b>		J. Gonzales	677			
K. Burges	115	<b>97 lbs.</b>		A. Chhit	622			
<b>181 lbs.</b>	D. Estrada	270	J. Lozano	446	<b>148 lbs.</b>			
C. Meeker	275	<b>105 lbs.</b>	A. Frausto	501	R. Nguyen	688		
<b>198 lbs.</b>	M. Jaeger	281	W. Villarreal	418	W. Tomlinson	529		
O. Hernandez	154	<b>114 lbs.</b>		I. Rojas	771			
<b>MALE</b>		<b>114 lbs.</b>	T. Garcia	242	M. Pinon	716		
<b>114 lbs.</b>	J. Sanchez	225	<b>123 lbs.</b>	M. Barnet	137	J. Button	1003	
<b>123 lbs.</b>	J. Martinez	159	<b>132 lbs.</b>	C. Varghese	551	A. Mangum	876	
<b>132 lbs.</b>	R. Ruiz	248	<b>148 lbs.</b>	R. Ruiz	231	E. Ximenez	870	
A. Chhit	281	K. Hernandez	231	H. Dilber	435	S. Rocha	650	
J. Gonzales	242	<b>148 lbs.</b>	L. Okoro	380	R. Sanchez	523	A. Munoz	529
<b>148 lbs.</b>	R. Nguyen	286	K. Burges	264	J. Jimenez	518	C. Mata	909
W. Tomlinson	192	<b>181 lbs.</b>	K. Burges	264	J. Lozano	716	J. Lozano	909
<b>165 lbs.</b>	C. Meeker	358	<b>198 lbs.</b>	T. Briggs	606	<b>220 lbs.</b>		
I. Rojas	308	O. Hernandez	254	J. Smith	567	A. Frausto	914	
M. Pinon	275	<b>PUSH PULL FEMALE</b>		W. Villarreal	843	W. Villarreal	843	
<b>181 lbs.</b>	J. Button	402	<b>114 lbs.</b>	A. Rodriguez	865	<b>242 lbs.</b>		
E. Ximenez	325	J. Sanchez	337	D. Estrada	363	A. Rodriguez	865	
A. Mangum	253	J. Friedman	253	<b>105 lbs.</b>		C. Trionfante	1124	
S. Rocha	225	<b>123 lbs.</b>	M. Jaeger	413	H. Dilber	857	H. Dilber	857
A. Munoz	—	<b>132 lbs.</b>	J. Martinez	336	J. Trejo	854	J. Trejo	854
<b>198 lbs.</b>	C. Mata	380	A. Moreno	440	T. Garcia	380	<b>275 lbs.</b>	
J. Lozano	270	J. Gonzales	435	M. Barnet	248	J. Jimenez	898	
<b>220 lbs.</b>	A. Chhit	341	<b>132 lbs.</b>	A. Chhit	1047	<b>308 lbs.</b>		
W. Villarreal	424	<b>148 lbs.</b>	R. Ruiz	347	J. Smith	1008	T. Briggs	1047
A. Frausto	413	W. Cardenas	501				J. Smith	1008

The 2010 WABDL National Collegiate Bench Press and Deadlift Championships were held on February 6th at the Campus Recreation Center of the University of Texas, San Antonio (UTSA). UTSA's Roadrunner Powerlifting Club was the host team. As usual, we had some outstanding lifting and a very competitive battle for the team championship. WABDL Collegiate meets are single-ply only, so all lifts and records reported here are single-ply.

Starting with the Women's Bench Press, freshman Desiree Estrada of UTSA was the winner at 97 pounds, going three for three with attempts of 60.5, 82.5 and 93.5, all Texas State and National Collegiate Records. Desiree's 93.5 was also a new Texas State Teen 16-17 Record. At 105 pounds, UTSA's Molly Jaeger, also a freshman, was the winner. Molly made attempts of 126.7 and 132.2 before missing her third attempt with 137.7. Molly, who weighed in at a mere 99.6, set a new Texas State and National Collegiate Record with her 132.2. This was also a new Texas State Teen 18-19 Record. At 114 pounds, UTSA's Tyler Garcia, another freshman, was the champion. Tyler, weighing in at only 107.2, made Texas State and National Collegiate Records of 126.7 and 137.7 before missing her third attempt with 148.7. She came back on fourth attempt to successfully press 148.7 to add a Texas State Teen 18-19 Record to her collection for the day. Northwest Vista College's (NWVC) Myrissa Barnet was the champion at 123, going three for three with attempts of 77.0, 99.0, and 110.0. Myrissa's 110.0 was a new Texas State Collegiate and Junior Record. The 132s saw a good battle between Rocio Ruiz of the University of Houston-Downtown (UHD) and UTSA's Kathy Hernandez. Rocio missed her first attempt with 99.0 due to beating the rack command while Kathy easily got her opener with 88.0. On second attempt, Rocio hit 99.0 for new Texas State and National Collegiate Records, as well as a Texas State Junior Record and a Mexican National Junior Record. Kathy missed her second attempt with the same weight. On third attempt, Rocio missed 115.5, while Kathy missed another try with 99.0 for the bodyweight win, thus giving Rocio the win at 132. Rocio went on to miss a fourth attempt with 115.5. In the 148s, UHD's Linda Okoro was the winner, going three for three with attempts of 139.9, 159.7, and 170.7 before missing a fourth with 181.7. Her 170.7 was a new Texas State and National Collegiate Record, as well as a Texas State Junior Record. UTSA's Kayce Burges placed second. Kayce went three for three with attempts of 93.5, 104.5, and 115.5. At 181, UHD's Courtney Meeker was the champion. Courtney got her opener of 275.5 before missing two attempts at 330.5. Courtney is enrolled in UHD classes at a satellite location at Lone Star College Kingwood. UHD's Olga Hernandez was the winner at 198 for the third straight year. Olga opened with 137.7 before setting a new Texas State and National Collegiate Record with 154.2 on second attempt. She missed her third attempt with 165.2, but came back to successfully lock it out on fourth attempt. Olga is one of the Team Co-Captains of UHD Powerlifting, coached by Dr. John Hudson.

Moving on to the men, UHD's Jesus Sanchez won at 114, making attempts of 203.7, 216.9, and 225.7 before missing a fourth with 242.5. Jesus' 225.7 was a

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Team Champions – University of Houston-Downtown (Hudson photos)



Antonio Moreno of UHD locks out 440 to win at 132

## STEVE DENISON ANNOUNCES THE FORMATION OF THE UNITED STATES POWERLIFTING ASSOCIATION

It is with tremendous excitement that I officially announce the formation of the United States Powerlifting Association (USPA). The USPA is a champion association which is led by a committee of respected individuals who bring years of experience in the sport, along with the utmost professionalism, undeniable dedication, and a genuine love of the sport.

The USPA consists of raw lifting which follows the WPF rules of performance, and includes the use of knee sleeves, wrist wraps, four inch belts, t-shirt and wrestling singlet. The USPA also consists of single-ply and multi-ply lifting, which will also follow the WPF rules of performance. Multi-ply will allow double-ply gear and use of the monolift. Each division has its own vice president who will actively oversee all of the details of its division to ensure a successful and first class run association.

As the USPA President, I bring 26 years of experience in competitive lifting, 23 years of experience as a meet director, and 16 combined years as a state, national and international referee, all under the affiliation of the USPF. The USPF has a great history, and I am honored to have been a part of the federation for the past 26 years. During the past 26 years I was privileged to direct more than 150 contests, which included three successful phenomenal worlds contests with 14 countries represented, five Los Angeles Fit Expo Invitationals and one Olympia Expo Invitational. None of those contests, however, would have been as successful without the undying support from the individuals who I am so fortunate to have on my team, as well as the extraordinary commitment from the devoted lifters. It has been a privilege and I want to thank the USPF for allowing me to participate in and direct meets under their affiliation.

The USPA is going to expand nationwide in 2011, and I am confident will become one of the premier associations in the country! For more details on the USPA, please visit our new website here [www.uspla.org](http://www.uspla.org). You may also contact me directly at [PWRLFTRS@MSN.COM](mailto:PWRLFTRS@MSN.COM).

## R.A.W. UNITED TO MERGE WITH THE USPA

RAW United founder Spero Tshontikidis and USPA President Steve Denison have joined forces in an effort to solidify the raw component of the USPA. Spero will serve as vice president of the USPA's Raw Division.

After speaking with Steve, Bob Gaynor, Ryan Celli, our contest staff in Florida and the Mid-Atlantic region, we all agreed that the merger would better serve the lifters in the raw community. RAW United will virtually transform overnight from a Florida/Mid-Atlantic-based federation into a raw division, with a true national and international footprint.

RAW United's records will be adopted by the USPA. The USPA will restrict its membership to athletes 13 years of age and above, therefore, Spero will continue to run RAW United as a training platform for lifters ages twelve and below (6-U, 7-8, 9-10, 11-12), running meets at the state and national levels for younger competitors. Spero is currently constructing a 2011 contest schedule that will include both national and international competition for raw lifters.

We are currently revamping our website at [www.rawunited.org](http://www.rawunited.org) to reflect both the merger with the USPA and the creation of our youth program. It is an exciting time for raw lifting! We look forward to being a part of the USPA and continuing our work with the brave men and women serving in the United States Armed Forces, supporting Eric Talmant at the RAW Unity Meet ([www.rawunity-meet.com](http://www.rawunity-meet.com)), and playing a vital role in the growth and development of our younger lifters.

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# POWER PEOPLE

## POWERLIFTING RECORD HOLDER AND TYPE 1 DIABETIC GINGER VIEIRA LAUNCHES "LIVING IN PROGRESS" TO HELP OTHERS SUCCESSFULLY MANAGE HEALTH CHALLENGES



Ginger Vieira

**BURLINGTON, VT, June 14/PRNewswire**—Ginger Vieira of South Burlington, VT, today launched *Living in Progress* ([www.living-in-progress.com](http://www.living-in-progress.com)) during a meeting with endocrinologists and diabetes educators at Timberlane's Vermont Regional Diabetes Center. *Living in Progress* is a unique form of support dedicated to helping people with chronic illnesses and other diseases more effectively integrate their treatment regimens into their daily lives. Vieira's approach combines cognitive-based coaching with the treatment plans patients are guided to follow by their doctors to help people change the way they think about and manage their health challenges.

"Our habits and the way we think are truly hard-wired over time," Vieira explains. "Our goal through *Living in Progress* is to help a person create a whole new layer of wiring when it comes to managing a chronic illness or other health issue. We help you to develop an entirely new way of thinking about this part of your life."

Vieira's current clients include individuals who are now more successfully managing weight loss, nutritional habits, coping skills, stress management, sobriety from past addictions, Type 1 and Type 2 diabetes, multiple sclerosis, depression, eating disorders and cancer. Coaching can be done face-to-face or over the phone, as Vieira works effectively with people across the country.

The *Living in Progress* approach starts with looking deeply into the person's habits, attitude and relationship with their health concern or chronic illness. From there, Vieira creates a personalized road map for successfully integrating health management into daily life—with a specific focus on achievable goals. Vieira applies these principles in her own daily life, as a person with Type 1 diabetes and Celiac disease.

"There is a huge gap between what we learn in the doctor's office and what we're able to do

on our own," explains Vieira. "Trying to manage a chronic condition or illness is so overwhelming and it's so much more complicated than simply following doctors' orders. *Living in Progress* helps individuals from all socio-economic backgrounds apply proven methods of self-management to potentially life-altering diagnoses."

Vieira's background as a competitive powerlifter with 14 national, drug-tested records, and her training as a life coach from David Rock's cognitive-based training program *Results Coaches*, has propelled her into helping people ease the overwhelming burden of managing a chronic illness or significant one-time or ongoing health event.

Vieira has worked mostly with Type 1 diabetics through HealthCentral.com's website for young adults, [www.diabeteens.com](http://www.diabeteens.com), where she writes and provides advice as an "expert diabetes patient." She's also served as a counselor for an annual diabetes camp for teenagers in Fairlee, VT, funded by the American Diabetes Foundation, and she serves as a mentor in Burlington, VT's, Spectrum Mentoring Program for young people with diabetes. Individuals interested in Vieira's approach can follow her via her blog ([www.living-in-progress.com](http://www.living-in-progress.com)), Twitter (@gingervieira) and YouTube ([www.youtube.com/user/gingervieira](http://www.youtube.com/user/gingervieira)).

"If you are facing daily responsibilities of managing an illness or you're trying to make significant changes in your lifestyle to improve your health, this method of coaching will change your life," promises Vieira. «  
» Ginger Vieira, 802.497.1854, [ginger@living-in-progress.com](mailto:ginger@living-in-progress.com)



Ginger Vieira is a competitive powerlifter who deals with life as a Type 1 diabetic (photos courtesy Vieira)

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# IRON WRAPS Z

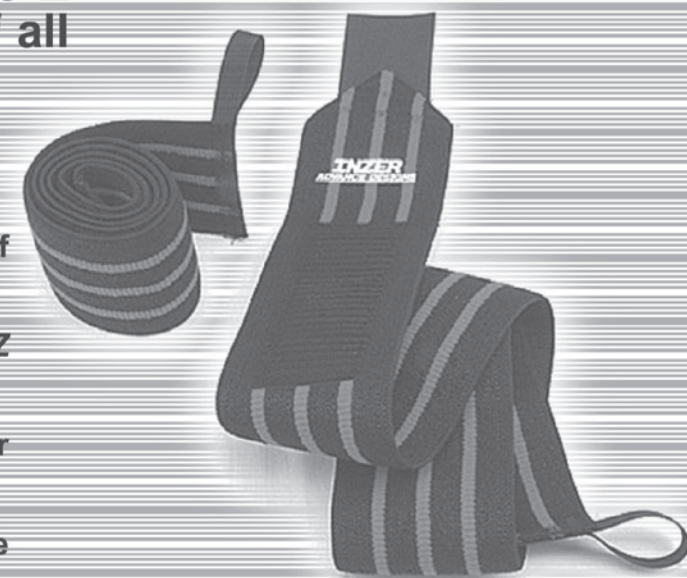
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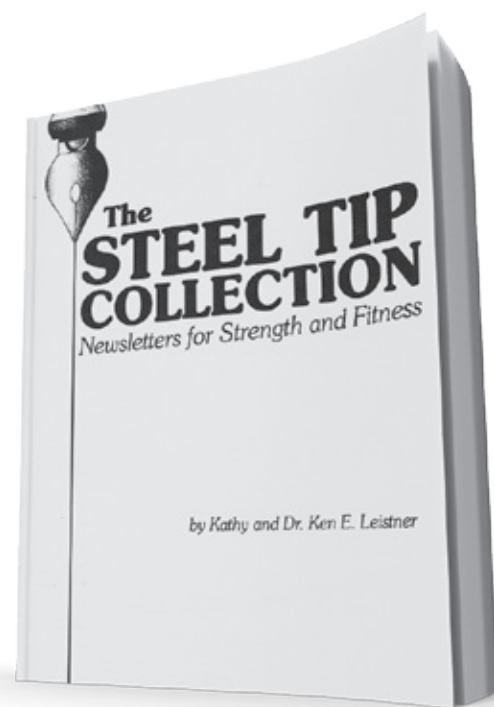
# INZER

## ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

# THE STEEL TIP COLLECTION

as told to Powerlifting USA by Anthony Ricciuto



ing with you, explaining the reasoning behind his theories and methodology. Dr. Ken is a big supporter of HIT style training and his ideas and theories have been grinding out world class athletes for over forty years. Dr. Ken didn't just talk the talk, he also walked the walk—not only with the athletes he personally trained, but with himself as well. Back in 1992, Dr. Ken founded the Iron Island Gym with Ralph Raiola in Long Island, New York. For those of you who were around when he was there, you will know that it truly was a one of a kind gym with an atmosphere second to none. If you were looking to get bigger, stronger or faster, Iron Island Gym was the place to be—that was if you had the guts to take the punishment of his hardcore training style. One of his students was world class powerlifter Joey Almodavar. He was featured on the March 1997 cover of *Powerlifting USA* doing a trap bar deadlift. Joey was one of the best lifters to come out of Iron Island Gym and he hit some amazing numbers at 165. He was always ripped to the bone and looked like he had fewer than 8% body fat year round. Dr. Ken was no slouch himself when it came to training like an animal. Dr. Ken was known for his intense training style that would bury guys half his age. I once saw a video of Dr. Ken squatting 415 pounds for 23 reps. Yeah, and what was astonishing about this was the fact that he only weighed 165 pounds at the time—he was completely raw, not even a belt, and his depth was rock bottom Olympic style squats. If you look at all the variables here, that was an amazing feat and I believe he did this over the age of forty too. Actually, I saw the PG rated version of the video as the constant bleeping was, I guess, to block out all the profanity. All I can say is that I love it, and anyone who has a computer should look it up as you can find it online. So as you can see, Dr. Ken was not just a writer and coach, but he also spent his time in the trenches too against the cold hard steel which makes him a true strength legend in more ways than one.

## AN EDUCATOR AND INNOVATOR IN STRENGTH

Now let's get back to some info about *The Steel Tip Collection*. One of the things that I really like about this book is the fact that the information present in it is as true today as it was twenty-five plus years ago. One thing I like about this collection is that Dr. Ken includes numerous different training programs that you can put to use. There are ones to help improve your deadlift, bench press specialization programs, off-season football programs and much more. For those of you who might be unaware, Dr. Ken was discussing the benefits of kettle bell training way back in the early 1980s to improve strength for powerlifting. I know in recent years this has come around again full circle, but we should note that he was an instrumental factor of helping introduce this to our sport. He also played a major role in implementing trap bar training as well as the safety squat apparatus into the sport. Dr. Ken was critical for bringing many new training ideas as well as training equipment to fruition that would help us even decades later. One of those inventions is Dr. Ken's "Original Log Bar" which you can still buy through [Functionalhandstrength.com](http://Functionalhandstrength.com). So as you can see, Dr. Ken has contributed to powerlifting and all strength sports through many of his unique strength philosophies and innovative training ideas that today we simply take for granted.

## MY FAVORITE SECTIONS

Trying to cover all my favorite sections of the newsletter would be hard simply because there is so much good info present through the pages of this book. I want to highlight some of the more important areas just to give you a taste of what this jackpot of strength knowledge has to offer. Dr. Ken discussed many times about the importance of grip training throughout his columns and gives some really good tips on improving this area. Today you see little information written in this regard and that is a shame. Since Dr. Ken is a chiropractic doctor, he offered plenty of good advice in regards to injuries especially to the spinal column and nerve impingement, which are worth their weight in gold. He discusses different injuries and how to avoid them in the first place. Dr. Ken was also a proponent of drug-free training and didn't shy away from the topics of drugs

Hey, folks. I have a really good review for you this month and I am sure just about all of you reading this will be interested in this one. I recently got in one of the best collections of strength information all in one spot. Now for those of you who have been a long time reader of *Powerlifting USA* like I have, then you will remember the name of Dr. Ken Leistner. He used to have a monthly column in *PL USA* that spanned all the way back from 1979 up until 2000. Dr. Ken is a chiropractor and strength coach extraordinaire and his successful career as a writer and strength consultant has spanned over four decades, literally. I have always been a fan of Dr. Ken's writings as far back as I can remember. He has written for numerous other publications including *Hardgainer* magazine, *Milo* from Ironmind and others. Now getting back to the purpose of the review, one of the best sources of information written by Dr. Ken was his *Steel Tip Newsletter*. Ken and his wife Kathy put this amazing newsletter together in 1985 and published an astonishing 36 issues. If you are like me and like hardcore strength info, you will absolutely love this newsletter. I had some old copies of it, but I never ended up getting the entire collection. I would scour over each issue and read each one half a dozen times trying to take out as much good info from it as I could. Much to my surprise, John Wood from [Oldtimestrongman.com](http://Oldtimestrongman.com) in conjunction with Dr. Ken published all 36 hard to find issues now in a book called *The Steel Tip Collection*. When I saw that this was out I had to get my hands on a copy as fast as I could. So I ordered one and I was counting the days until it reached my doorstep.

## A GOLD MINE OF STRENGTH INFORMATION

Now just to give you some insight into *The Steel Tip Collection*, you are looking at over 330 pages of some of the highest quality info you will find anywhere. Dr. Ken discusses numerous topics including strength training, recovery methods, injuries, nutrition, supplementation and much more. There is so much information in this collection that I am telling you that you will need to go over the content more than once to fully absorb all the valuable information that it contains. One thing that I like about this newsletter is Dr. Ken's unique writing style. When I read his newsletter it's written with a style that grabs your attention as if he is right there speak-

# STRONG STRONGER STRONGEST

BY DALE HARDER (2<sup>ND</sup> EDITION)

Who are the strongest men of all time? Strength researcher Dale Harder wrote bios of 155 of the world's most amazing strong men and their feats from both the past and the present. He's added 23 new men to the book.

### This book has:

- Selected bios on 155 weightlifters, powerlifters, Basque stone lifters, "World's Strongest Men," winners of the Arnold Strongman, wrestlers, arm wrestlers, great grippers, shot-putters and Scottish Highland Game athletes among others.
- All-time lists (50 deep) for Olympic lifts, powerlifts, (separate lists for IPF and others, plus a 12 deep list of raw lifters) and 56 lb. weight over the bar marks (Scottish Highland Games).
- Superheavyweight champs for every world championship in Olympic lifting and IPF powerlifting.
- Champs and event descriptions for every "World's Strongest Man," "Arnold Strongman," "Strongbow" and "Le Defi Mark Ten."
- Chronology of every major strength feat from 1699 - 2010.
- Over 150 photos/drawings plus 320 pages of information including an extensive bibliography.



### Some of the things that you'll learn in this new edition will fascinate you:

- What are Zydrunas Savickas' feats of strength that make many think he's the world's strongest man?
- Learn about Mikhail Koklyaev's records in weightlifting, powerlifting, strongman and highland games.
- How did Derek Poundstone win the Arnold Strongman and also Fortissimus over Zydrunas Savickas?
- What other strength feats did Benny Magnusson do besides deadlift 975 pounds raw for a world record?
- What other amazing feats can Konstantinovs do besides doing a drug-tested raw deadlift of 939 pounds at 282 pounds?

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in sports. In the newsletter, he covers his opinions on steroid use and abuse as well as the ever increasing use of other pharmaceuticals making their way into strength sports. Considering this was back in the 1980s, Dr. Ken's insight was very interesting and still relates to present day pharmaceutical enhancement in the current age. Dr. Ken also covered many times about the mental aspect of training as well because he believed this played a vital role in the success of any athlete. Dr. Ken also didn't forget about the nutrition and supplement end of things either. He covered many topics from Vitamin C to protein intake for athletes. These are just a few of the many things discussed throughout the book that has made this collection of information one of the best in strength history.

## GET YOUR HANDS ON A COPY

All I can say is that there are so many excellent topics covered in this book! I can guarantee you will take plenty of valuable information from it time and time again. One last thing that I really enjoyed about this book

was his "Looking Back" section after every issue. Here, Dr. Ken recently covered and gave some updated input on his writing to help further explain his theories or how they relate in current times. This is a great addition to an already masterpiece of strength knowledge. Just when you thought it couldn't get any better, it just did. Now for those of you who may want to get a copy of this book, all I can say is that you will be very pleased, to say the least. I have read mine over, cover to cover, and I go back to it over and over because there is that much good information contained in the pages of this book. Now the only place you will be able to get your hands on a copy of this book is online at [www.Oldtimestrongman.com](http://www.Oldtimestrongman.com). You can also order it by phone at 1-800-978-0206. You can email John Wood at [info@oldtimestrongman.com](mailto:info@oldtimestrongman.com) as well if you have any questions or would like to order it online. So take it from me, if you are looking for a true blast from the past that will, without a doubt, add pounds to your total, then get your hands on a copy of Dr. Ken's *Steel Tip Collection*. You will be glad you did! «

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## USAPL/ADFPA HISTORIC 400kg SQUATS



Greg Lowe

LIFTER	CLASS	KG	LB	MEET	LOCATION	YEAR
Brian Siders	125+	462.5	1019	West Virginia State	S. Charleston, WV	2010
Greg "Beetle" Lowe	125	454	1000	Rockview SCI	Rockview, PA	2007
Mark Henry	125+	433	954	ADFPA Nationals	Wilkes Barre, PA	1995
Mike Hall	125+	422.5	931	ADFPA Lifetime Nationals	Tempe, AZ	1989
Anthony Saunders	125+	421	928	NAPF Championships	Fort Lauderdale, FL	2004
Jeff Lewis	125+	420	925	Central USA	Cape Girardeau, MO	2003
Lance Karabel	125+	412.5	909	American Open	Scranton, PA	2007
Tom Schott	125+	410	903	USAPL Nationals	Wilkes Barre, PA	1993
Mike Mastrean	110	410	903	Arnold Quest	Columbus, OH	2008
Mike Tuchscherer	125	410	903	USAPL Nationals	Killeen, TX	2008
Randall Harris	125+	410	903	USAPL Nationals	Denver, CO	2009
Blaine Sumner	125+	410	903	USAPL Nationals	Palm Springs, CA	2010
Jason Wisner	125+	408.5	900	Mississippi	Mississippi	1996



Jason Wisner



Brian Siders



Jeff Lewis



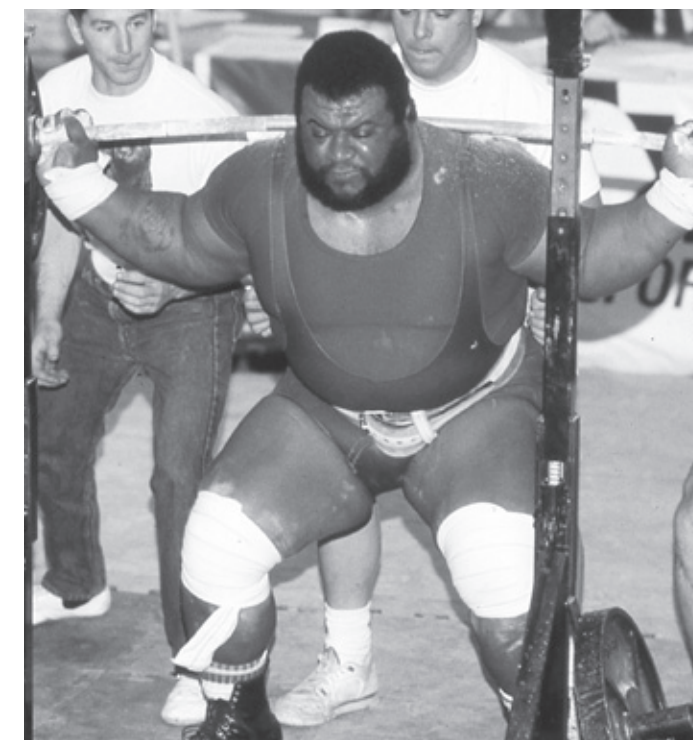
Mark Henry



Mike Tuchscherer



Lance Karabel



Mike Hall

## QUESTIONS ANSWERED

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

**DEAR MAURO:** First of all, I want you to know that I love your supplements. I started taking them last year and I am in the best shape of my life, lifting personal bests. I currently take four Lipo, four Thermo and two GH in the morning before working out. I just started with your creatine as well. I take five Regulate before going to work. I then take the Lipo and Thermo in the afternoon. At night, I take three GH and four Testo with a serving of Myosin. I also use the MRP when I have to miss a meal. I keep carbs below 50 grams per day. My question is with the GH and Testo. Can I up the dose? If so, what do you recommend?

Thanks again,  
Sam

**SAM:** You can up the dose and many athletes do especially when they're training the hardest. The best times are before and after training and before bed.

As an example, I've copied the regimen followed by an elite powerlifter for a few months prior to competing as he maximizes his strength and body composition.

I'm not, by any means, suggesting you follow his extreme supplementation, but by looking at his regimen you can see when and how much GHboost and TestoBoost he is using and use that as a guide for increasing your intake of both at appropriate training intensities.

By the way, although the regimen below involves taking a lot of supplements, I did the

same or more when I was competing, sometimes taking over 250 tabs a day—although what I took then wasn't nearly as sophisticated or effective as what I've made available today in my store at [www.MDPlusStore.com](http://www.MDPlusStore.com).

Hope this helps,  
Mauro

### 1. In the morning with breakfast. Tablets can be spread out and used right before and during breakfast:

- MVM – 3 tabs
- EFA+ - 3 capsules
- Antiox – 3 tabs
- LipoFlush – 2 tabs
- TestoBoost – 4 tabs
- GHboost – 5 tabs
- Amino – 12 tabs

### 2. Before, during and after training:

Before – take ½ hour to ¾ hour before – can be spread out over 15 minutes or so

- Resolve – 2 tabs
- ThermoCell 35 – 2 tabs
- LipoFlush – 2 tabs
- GHboost – 5 tabs
- TestoBoost – 4 tabs
- InControl – 2 tabs
- Creatine Advantage – 1 scoop
- Amino – 12 tabs

During

- Power Drink – 1-2 scoop diluted out with 20-30 ounces of water

Right after

- Amino – 12 tabs with water
- TestoBoost – 4 tabs
- GHboost – 5 tabs
- Joint Support – 3 tabs
- ReNew – 2 tabs
- Creatine Advantage – 1 scoop

Between one and two hours after

- MRP LoCarb mixed with water

### 3. With Supper

- MVM – 3 tabs
- EFA+ - 3 capsules
- Antiox – 3 tabs
- Joint Support – 3 tabs
- ReNew – 4 tabs

### 4. A few hours After Supper

- Amino – 10 tabs
- GHboost – 5 tabs

### 5. Before Bed

- GHboost – 5 tabs
- TestoBoost – 4 tabs
- 2 Scoops of Myosin Protein mixed with water (blender is best), either flavor



Dr. Mauro Di Pasquale

**DEAR MAURO:** Some MD on TV was saying that on balance, the kidney has a harder time processing animal protein versus vegetable protein. Even with an absence of an amino that makes it not complete (Veg), is there any data on healthy humans AT ALL that supports this contention?

Jeremy

**JEREMY:** It's complicated. In my opinion, for healthy people it's not an issue. However, it can be for people with any degree of kidney dysfunction.

That doctor is likely basing his remarks on a few papers published in the last decade, one of which was a nurse's study that showed that healthy nurses did better as far as kidney function if they ate less animal protein and followed a more vegetarian diet. A few other studies have shown that protein from meat can be more of a problem as far as impacting kidney function than dairy or soy protein—again, mostly in people with some kidney impairment. But there are a lot of pieces in the puzzle that are missing. For example, a recent paper found that it's processed meat that can adversely impact a person's health and not red meat, per se.

This is all off the top of my head, but if you wish I can send you some of the relevant papers as I'm sure they're in my database—it's just a matter of finding them. I'll be doing an article on the impact of various protein sources on the CVS and urinary system for my newsletter, which you can access for free at [www.ElitePerformanceNewsletter.com](http://www.ElitePerformanceNewsletter.com).

Best,  
Mauro



Louie Simmons with Coach Dick Hartzell

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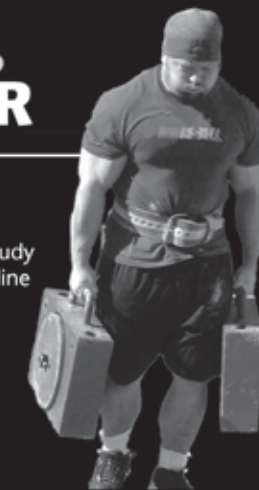
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MEN'S 308 LB. (140 KG.) WEIGHT DIVISION » BENCH

Table with columns: Rank, Bench Press, X-Bwt, American Male Lifter/YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation. Lists top 50 male bench pressers.

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



Roger Ryan is among the elite benchers of all time in this class



Tommy Harrison – Police Power beyond imagination

WOMEN'S 97 LB. (44 KG.) WEIGHT DIVISION » BENCH

Table with columns: Rank, Bench Press, X-Bwt, Female American Lifter/YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation. Lists top 50 female bench pressers.

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



Marianne DelCastillo throws a bi shot at the 1989 USPF National Championships in Las Vegas, NV



Delcy Palk was an awesome performer in the bench press, as well as a world record squatter



J.L. Holdsworth was a real warrior in WPO competition



Tiny Meeker – always a factor in the big bench competitions



Steve Wong – NorCal superstar in the bench press



Ryan Kennelly has been very successful at the highest levels of competition



Cheryl Jones getting ready for a bench press attempt at the 1983 IPF Women's Worlds



Judy Gedney started out and remains an excellent bencher



Teri Hoyt moved massive weight with a narrow BP grip



Linda Barnes at the 2006 APF Senior Nationals, also held in Las Vegas, NV

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- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

# RAGE X

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



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- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve-angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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- Spreads the stress over a wider area of the chest.
- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.
- Since the Phenom is made from the *HardCore* material, you will also experience many more performance benefits. The Phenom will keep it's memory and will not stretch out. You will be able to use the Phenom for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the Phenom has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

# RADICAL DENIM

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- The Radical Denim is the most extreme bench pressing experience for top level benching.
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# YOU GOT TO BE FREAKIN' KIDDING ME!

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

Hey, folks. This month I am going to enlighten you with a new series that I will be bringing you from time to time. I named this, *You Got to be Freaking Kidding Me* simply because it is going to cover not your average nutrition and health information. I am going to be bringing you some really interesting, bizarre, and downright scary information that will make you ultimately shake your head in disbelief. I am not pulling your leg on this one—this column will bring forth some of the craziest news you won't hear anywhere else. I will cover a wide variety of topics that include nutrition, supplementation, health, wellness, "Big Pharma," and much more. A lot of the mainstream news won't want you to hear some of what I will bring forth, but I think that my loyal *PL USA* readers deserve to know the reality of what goes on in the world even if it blows your mind. Remember, there are many unscrupulous people in the world that can benefit from your ignorance, so it's always better to be well informed. So grab yourself a protein shake, sit down and sink your teeth into an issue that will rock your world.

## TRANSGENDER FISH IN THE POTOMAC...WHAT THE HECK!

What the heck did you just say? Did you just say transgender fish in the Potomac? Well, they aren't really transgender fish. I guess if we are trying to be as politically correct as possible, you could say they are intersex fish. It's not like they are throwing on wigs, red lipstick, and a garter belt trying to make you believe they are something they are not. Oh boy, do I know how to start off a column or what? The reason why I am bringing this topic to light is the fact that it shows how truly horrible mankind has been to nature through its many evil dealings in ruining the planet, but also how it will affect the health of millions of people who live in the area. Researchers have been studying a very strange occurrence that is taking place in the Potomac River and what is worrisome is that it's not only occurring there. The really scary thing here is that the Potomac Conservancy has found that 80% of the male bass fish are producing eggs and showing female characteristics. Wow, that is just great, isn't it? Do humans know how to ruin a planet or what? But hold on, it gets much better. The Potomac isn't the only place where this wonderful phenomenon is taking place.

The U.S. Geological Survey known as the USGS cited during one of their most recent reports that these intersex fish were now being found in close to 40% of the 111 different sites tested across America. To add a little icing to the cake, this just did not occur in small streams and ponds across the nation, but these intersex fish were also found in such major waterways as the Rio Grande and the Mississippi River. Bass are some of the most affected, including both large and smallmouth bass, but the good news doesn't stop there. There are close to 20 different species of fish that are also being affected and are showing the same lovely side effects as the bass. What the heck are these chemical companies dumping in the water to cause such a horrible thing to happen? Come on, folks, doesn't this blow your mind? It does for me. You may be wondering what is causing such a horrible thing to happen to the fish supply in these lakes and rivers. Well, researchers have been working on this for a while and are trying to figure out what could be causing such horrible ecological changes. They have come down to two or three major causes. First off, many of the pollutants that are being dumped into the rivers by big industrial companies are one of the concerns. They believe that pollutants that affect the endocrine system in these fish are one cause. Remember my article on BPA and the canned food a few months back? Remember how I told you how it could increase estrogen levels in the body of males. Hmmm... I wonder if this could be happening to the fish? Next on the researcher's list is "Big Pharma." Oh yeah, these researchers believe that pharmaceutical residue that is dumped into the water system is another cause. Even through all this research, they are having a hard time nailing

down the exact chemical or pharmaceutical that is causing this lovely gender transformation among the bass.

Researchers have broken down this possible contaminant problem into a few main suspects. Fertilizer run-off is considered a culprit simply because there is natural testosterone and estrogen present. Another culprit may be pesticides that are leaking into the water supply. Birth control pills and a wide variety of hormone and endocrine altering drugs may also be playing a role in transforming these fish into this mutated monster. Also on the list include personal care products, flame retardants and other chemicals that are getting into the water in large quantities. So as you can see the Potomac is a nice dumping ground for a wide array of pharmaceutical runoff and chemical pollutants. Now let's get to the really scary info. So if the water supply laced with who-knows-what is causing these male fish to transform right before your eyes, what if humans drank this water? Now that is a really scary thought. But wait, the good news is that close to 5 million Americans living in the Washington D.C. area get all their drinking water from, you guessed it, the Potomac! Wow, that is just great news, isn't it? For all those lifters reading this who live in the Washington D.C. area, you all just take a deep breath because if I was male and drinking water in that area I would be freaking out. I will tell you one thing, drinking this water couldn't be good for the endocrine system of any male, that is for sure. I don't like to be the bearer of bad news, but I really don't know how these environmental agencies are going to improve this situation. Maybe they will have to hire Kevin Costner to do some damage control.

## FECAL MATTER AND YOUR SHOPPING CART – WHAT YOU NEED TO KNOW –

If that header didn't get your attention, you are either in a coma or recently inhaled a handful of Vicodin and washed it down with some Jack Daniels. Oh yeah, you are all going to love the information I found on this lovely topic. Come on folks, going shopping down to your local super-market or shopping center is done by tens of millions of Americans daily. So what is the first thing you do upon entering the store, even before grabbing the paper flyer that is telling you about all the great deals that they are having this week. Yep, you put your hands on a shopping cart and pull it out from that big row of carts and start your shopping adventure with the enthusiasm of a kid in a candy store. Well, before you go on your next shopping fiesta, I suggest you read what I am about to explain to you right here. I know you all must be wondering how the hell does Mr. Nutrition Guru here even hear about these demented topics, but all I can say is that if you keep your eyes open and your ears to the street you will learn more than you even want to know. After some of the things I have learned, sometimes I wish I was ignorant of the facts just because it seems like there is nothing good to know.

For those of you who are unaware of this, I am about to drop a germ bomb on you that will most likely shock you. Did you know that shopping carts—yeah, those cute little buggies you drop your kids in the front of and load up with all your weekly groceries—contain more germs and bacteria than even a toilet? Yes, it's true and studies have been done to confirm this fact. I bet you didn't know that one. Yes, as disgusting as that sounds, it is true that the lovely little buggy you push around while on a shopping spree contains more bacteria than the dirtiest of places. How many of you after handling a shopping cart goes immediately and washes their hands? I bet less than 10% of you do that and I am shooting really high on that guess. On the same token, would you go into a public washroom and run your hand across the inside of a toilet seat first off then continue not to wash your hands? Well, all my powerlifting friends reading this, you would most likely get fewer germs on your hands if you did the public washroom trick than by simply using a shopping cart the



next time you go for some groceries. Wow, do I know how to put things into perspective or what? For those of you who don't know, shopping carts have been tested and swabbed to find out what nice little plethora of nuggety bacteria laden goodies they contain. Just to name a few, the winners in this filth lotto include E. coli, staphylococcus, influenza, salmonella and much more. I am also sure that unless you are a microbiology major you didn't know that this lovely cascade of bacterio-funk that lines the handles of your shopping cart can stay alive and well for at least three full days from the time they got contaminated. During one study close to 25% of all shopping carts also had even more to offer. By this I mean that they tested positive for such lovely bodily fluids and contaminants as saliva, blood, and bacteria laden mucous. Wow, that makes me want to go shopping right now. To make matters even worse this is not all they found. Oh yeah, folks it gets even better and you know I love to be the one to rain on your shopping parade. On these carts they also found urine and even fecal matter. Oh yeah, sign me up for a little shopping marathon with me pushing a cart full of sweet little yukkies that would make the employees of the Center for Disease Control yak their guts out. If that didn't make you want to lose your lunch, then you have a strong stomach, my friend, because I was about to toss my protein cookies when I heard that one.

You may be wondering how did all that nasty disgusting filth get on your shopping carts? Well, one reason is that people take raw chicken and other meats and simply just whip them in their carts. I am sure many of you have experienced the lovely wet package of raw chicken just dripping its poultry juices on your hand without you even thinking about it. Well, there you go, you just helped contaminate your cart. Next, people cough, sneeze and even pick their nose without washing their hands and then decide to go down to the local Wal-Mart to pick up a few good deals and then infect the carts like this. Kids also sit in the front of the cart and are well known for drooling and sneezing all over the handles and this also contributes. Now how urine and fecal matter gets all over the handles of the shopping cart is something I don't even want to think about. That is

so disgusting it makes me want to drink some Ipecac to purge my system. The other item is blood contamination on the carts. How does blood get on these carts? I am not talking about blood from a raw steak here I am talking about human blood. What are people doing getting nose bleeds by the hundreds and then just wiping their DNA on the shopping cart handles? It blows my mind thinking of how some of these body fluids are getting where they are. Is the hygiene level of the average American that poor that grocery carts actually contain more bacteria than a public washroom toilet bowl? All I can say is the proof is in the pudding and the studies don't lie, so for all you dirty slob out there who have no sense of personal hygiene—wash your hands.

Now as funny as this may all sound to you, it's no laughing matter. People touching these carts are increasing their chances for major illness. Children's immune systems can be hit hard by a nice dose of bacteria simply by sitting in the cart their parent put them in. It can also affect the elderly or those who have auto immune diseases. The amount of harmful bacteria that is present on these shopping cart handles is out of this world and you can easily put your health at risk by using them and not protecting yourself from these contaminants. There have been many cases of children and even babies getting salmonella poisoning with the main culprit being these dirty shopping carts. They are literally causing illness to who knows how many people with simple infections like colds and flu, but are also being a nice transport system for even salmonella and E.coli. This is ludicrous at best, so you need to protect yourself and your children from contracting a disease from these dirty bacteria-buggies. The first thing I would do is use a disinfectant on the shopping carts, especially on the handles and where you put your children to sit. I know you might look like a germo-phobe by doing this, but who really cares anyways? If the idiots that are looking at you funny knew what you did, they would be doing the same exact thing—that is, unless they are the dirty handed culprits who are actually contaminating these carts with their germ funk. Second, always wash your hands after going shopping as soon as possible. Third, do not touch your face, mouth, eyes or nose during your shopping visit. Like I mentioned earlier, you wouldn't run your hand on the seat of a public toilet then rub your eyes, would you? Heck no! So don't do the same thing with your shopping cart because, like I mentioned earlier, the cart is more dirty than a toilet. Doing this is a great way to get yourself sick and transmit the germs into your body. Fourth, don't let your kid's gnaw or chew on any parts of the cart, including the handles. I have seen it myself in the store with a kid under one year old putting his mouth on the shopping cart handle. This is a great way for your child to get salmonella or, who knows, whatever other sweet surprise that is lurking there. So please take this as a warning to protect yourself and your children from becoming ill.

## CLOSING

Well, here you have it, folks—the first part in a series that will educate you and shock you all at the same time. I hope you learned a few things from this installment. I know some people can't stand all these "green" people (I am not talking about Incredible Hulk impersonators) who try and save the planet from all the harmful things that take place, but after doing more and more research I will say that humans are ruining a beautiful planet at an astronomically fast rate. I used to love to go fishing when I was a kid, and now when you hear things about all the chemicals like PCBs in the water it is very disheartening. Plus now, who knows what is taking these male fish and turning them into some form of mutated intersex experiment gone wrong. This is really sad, to say the least, and if things don't change soon the earth will be a horrible place to live for the generations to come in the next 50 years. The fact that we pollute the environment to such a high level that fish are starting to take on massive mutations is scary. I just hope things will improve, but if my thinking is right, I am sure things will only get worse before they get better. The shopping cart conundrum that I presented to you was humorous and disgusting, but was meant to educate you. It's very important that you watch out for your health and well-being, because not only can you get sick, but if you get a bad enough case of E.coli or salmonella it can be fatal. I am not only talking about the adults reading this, but also for the innocent little children that can be affected by this as well. I hope I entertained you, but at the same time enlightened you to just a few of the many topics that will make you say: "You got to be freakin' kidding me!" «

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AN INTERVIEW BY MIKE LAMBERT PHOTOS COURTESY FLETCHER



I thought it would be interesting to ask you some of the same questions as I did in Dr. Nerenberg's interview and then add a few others for contrast.

**What is your resume, as far as powerlifting and strength sports are concerned?**

Here is the short list of my achievements as a strength athlete. I won several small bodybuilding contests in the early eighties and turned to powerlifting in 1982. I set the NASA world bench record in the 275s in 1991 at 575 raw. I set the NASA world record in the SHWs in 1993—I weighed 286 and benched 611—at the time it was the highest drug-free bench in their history. Later I went on to bench 650 at Venice in 1994, which got me ranked in your magazine. I was number 6 in the world—one of my proudest moments—and that's not just amongst drug-free lifters; that was everybody included. It was my goal to beat Big Mike Hall's 630 plus lift and become the ALL TIME biggest drug-free bencher—and I did that, but it was short lived because Big Hollywood James Henderson erased me off the map, so I set my sights on him. I performed as a strongman on occasions, lifting with such greats as Chief IRONBEAR Collins, shared the stage with the greatest benchers of my time at John Inzer's Greatest Bench in America Contest, my bomb with 705 raw, which I still consider my best bench ever!! I was RAW, DRUG-FREE, and on the biggest stage, with the biggest lifters. Everybody but big James was there. Had he been there, I think I would have done it...

**Do you have a background in sports other than lifting related disciplines?**

This is going to sound funny coming from me, but boxing is, and always will be, my first love. My dad taught me how to box when I was around 10 or so, as he boxed in the army. I love it!! Ali was my idol coming up. I boxed nothing like him though—I had no finesse, I came forward with no reverse gear. "Knockin' on your door, until you had to let me in." I

boxed until the age of forty-nine. At forty-nine I had two bareknuckled brawls which both ended in the first round. It took my doctors a whole lot of talking and telling me how crazy I was to convince me to put down the gloves. I REALLY wanted to fight KIMBO SLICE—I always felt I could woop'em, but a lot of guys probably thought that until they ended up looking up at the lights.

**What is your professional and academic background?**

Academically, just your average high school grad. Professionally, 28 years with the U.S. Postal Service.

**Tell us about your involvement in the World League of Power (WLOP).**

Dr. Nerenberg—I just call him "Arnie"—started the WLOP as a joint effort. We were in an airport in Canada, after a meet. Arnie was "crying" about some lift he got taken away from him because uneven extension or something dumb like that. Arnie is like a brother to me; I kid him a lot about over-intellectualizing stuff. So, here we are in the airport, yelling at each other. He's going on and on about contests being "trivial" and of no real value. I consider my world titles, apart from my kids, my life's greatest achievements, so saying they are trivial is the wrong statement to make to me. We are near screaming at this point, so I says to my brother, "Why don't you start your own organization then, Arnold!" He thought it was a magnificent idea, and the WLOP was born. I always wanted an organization for drug-free guys, where I had some say-so in the rules, and every meet is raw and drug-free.

**Of all your accomplishments in the world of strength, which has been the most satisfying, and which has been the most difficult personally?**

The greatest moment of my powerlifting career came at the Greatest Bench in America contest, even though I missed 705. I missed it on the stage where I had been invited to participate

amongst the elite lifters of my day. If you were there, you had to be the BEST—period. I was flown there by Inzer himself. Me—a poor boy from Compton, CA—sharing the stage with the BEST lifters in the world. I had only seen the guys in the pages of *Powerlifting USA*. I was the only guy in the entire contest who lifted RAW—705 RAW!! I am proud of that!! The most difficult time of my entire lifting career was easily the 1981 Mr. America. I had won several local shows, one after which the head judge came over to me, told me what great 'potential' I had, and asked me what I was taking. I said, "Wheat germ, dessicated liver...the same thing everybody else is taking." He said "No, I mean what are you TAKING?" I said "What do you mean?" He said "You are not going to tell me you got 20-inch arms taking dessicated liver." I said "YEP!!" He looked me in the eye and said "you could be the next 'Sergio.'" My eyes got real big, because, even more than Arnold, I thought the Myth was the greatest bodybuilder of all time. I said "Tell me more..." He gave me the address of a doctor, who shall remain nameless. I went to visit him, and walked out with a prescription for Deca Durabolin. This is why I never condemn guys who make the decision to use; I would be a HYPOCRITE if I did. I tried them, and brother, they worked!! I was ripped to shreds. Keep in mind, they were NOT illegal, I got them from my HMO at Kaiser Permanente. I was ripped, but I felt HORRIBLE. I was raised very, very religious, and the thought of taking any kind of drug would have killed my mom, so I snuck around and did everything to hide it from her. Also, my oldest son was born that year and I kept thinking, 'I don't ever want him to know his daddy is a drug addict.' But the final straw came after about six months, two three-month cycles (that was the extent of my steroid experiment) when my wife—whom I very much loved, more than life itself—came home ten minutes late from work. I stood in the driveway of our home, pacing back and forth, just waiting on her. I had made up my mind to knock the "bleep" out of her, for being ten minutes late!! Thank God she knew something was wrong. She wouldn't get out of the car, no matter how I pleaded, and told her, "I'm not going to do anything." I looked at my wife, who was trembling in fear, with tears in her eyes, pleading with me to get help. Mind you, I HAD NEVER, WOULD NEVER, LAY A HAND ON THIS WOMAN. I'd rather kill myself than hurt her. I was berserk, I can't speak on what it does for others—only myself—but this was enough to make me vow to NEVER mess with 'roids again. I made a promise to my God, and twenty-nine years later, I have kept that promise. This, without question, was the lowest point in my lifting career.

**Who have been the mentors in your life as an athlete, and to whom have you been a personal role model?**

My personal mentors is a short list. One, Dr. Arnold Nerenberg "the Hebrew Hammer," is the only real mentor I have had. Before Arnie, I was a PURE NEANDERTHOL, and proud of it. Only one gear—FORWARD, "KILL'EM ALL,

AND LET GOD SORT OUT THE REST." I try to be an example by letting people know, I'm not perfect, not by a long shot. I've made plenty of mistakes, but thanks to someone far greater than I, I can try to help them avoid some of the lessons having a hard head has taught me. The only people I really try to be a role model for are my kids, but I would hope my life serves as an example of an unworthy messenger, in all his imperfections, turned out to be a decent human being.

**Tell us about your arm development. How big have you gotten them, and did you start out as a youngster with big arms? Dr. Nerenberg related to us that you recently, just over 50 years of age, won "best arms" at the International Natural Bodybuilding Association MR. UNIVERSE competition.**

Well, my dad had really big forearms, and was known in Little Rock, AR, for being SUPER STRONG. Legend has it, he once pulled a tree out of the ground with his bare hands. Imagine what that did to me as a kid hearing that story. My mom was also VERY strong, she used to swing me and my brother and one of the neighbor kids around on her biceps, and her dad, my grandpa—whom I never met—was rumored to have pulled a fully loaded wagon out of a ditch by himself because the horses weren't strong enough. I grew up hearing stories like this, and I believed every word, and still do. So, I patterned my life after these strength giants. I was always stronger than the other boys. My older brother Walt was the only kid at school stronger than me. My arms were 20 inches at 20 years old, 21 inches at 21 years old, and the highest measurement was 24 inches at 35 years old. By then I weighed 315 pounds, not cut, but not a complete slob either. I went to Gold's Gym in Venice one day to train, and Bob Kennedy photographed me, and the caption read, "I'm not sure who has the biggest arms in the world, but C.T. Fletcher is in the running." Vic Richards, Rory Leidemeier, and Lou Ferrigno were all there that day, and he chose to pick me out for my ARMS—WOW. I had good genetics, yes, but I worked SUPER HARD on these arms. The first two years of my career was practically nothing but arm training, everything else was an afterthought. I'd throw up a "Sergio" pose at a contest and get the crowd screamin'—no matter that my legs were matchsticks at the time. Everybody teased me about how my arms were bigger than my legs!! I set the world record in the strict-curl in 1992 at 225 pounds. My arms measure 22 inches to this day. At 51 I won the best arms in the 2009 INBA Mr. Universe, and that included the pros and the ppen classes. This old man showed them that I ain't dead yet!!

**Do you remember the first time you ever went to Muscle Beach? And how about the last time? What was the best time you ever had there in between?**

I remember the first time very well. All I wanted to do was train at the "Pit." John Brown was Mr. Universe back then and he was there signing autographs. I was reppin' 500 on the bench in front of the crowd that had gathered to see

him. I signed my first autograph that day, and that's why it sticks in my memory. I was, and still am, a nobody. My last trip to Venice was to check out a contest that was supposed to be honoring "ME," and although I was on the flyer as the guest star, I hadn't heard a thing about it. I thought this was strange, but I got a hold of the flyer and showed up, just in case somebody actually came to meet me. The promoter almost fell over when he looked up and saw me. That was my last trip to Venice. The best time I had at Venice was when I got to lift with a MONSTER named Craig Munson. This guy was UNBELIEVABLE. I weighed in around 250 or so, 22-inch arms, I was young and feeling pretty good about myself, and then I looked over and saw this HALF MAN/HALF BEAST flexin' in the pit. aamy arms were 22 inches, but his made mine look like I had never even thought about liftin' weights. He shook my hand and my hand dissapeared in his, and I have large hands. He was interviewed by a sportscaster named Stu Nahan, who did the whole interview while Craig held him over his head—true story. I later saw Craig at a bodybuilding contest. Sergio was the guest poser, and Craig made the Myth look like a "TINKER TOY." Years later, my greatest compliment came when somebody, who was old enough to remember, said, "You look like Craig Munson." Only people who knew Craig could appreciate that.

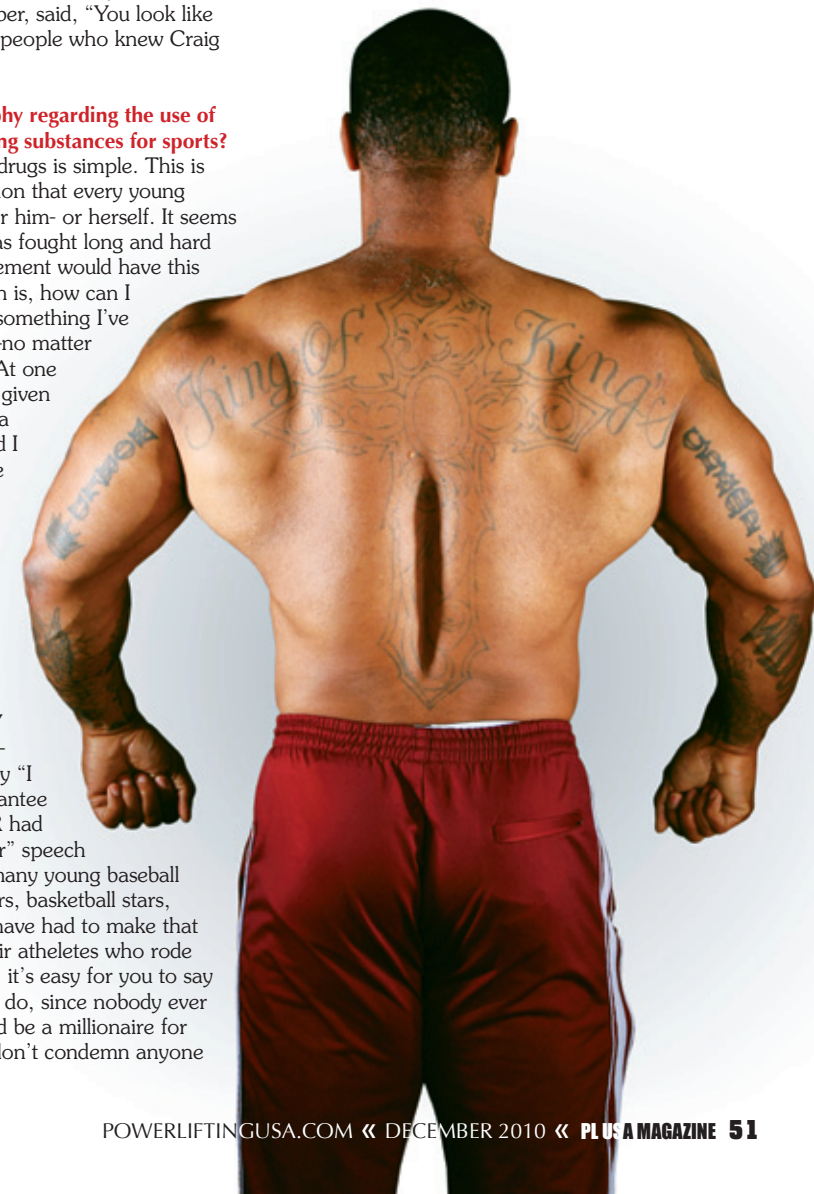
**What is your philosophy regarding the use of performance enhancing substances for sports?**

My philosophy about drugs is simple. This is a very individual decision that every young athlete must make for him- or herself. It seems odd that a guy who has fought long and hard for the drug-free movement would have this philosophy. My reason is, how can I condemn anyone for something I've tried myself? I can't—no matter how long ago it was. At one point in my life, I was given an opportunity. I had a choice. I had been told I would be able to make a living, and support my family, doing something I would do for nothing. I was told I would go down in history as one of the greatest bodybuilders of all time. I was a 21 year old kid, and this appealed to me VERY MUCH. To all the self-righteous guys who say "I would never," I'll guarantee you they have NEVER had the "world on a platter" speech given to them. How many young baseball players, football players, basketball stars, and olympic athletes have had to make that decision? You armchair athletes who rode the bench all your life, it's easy for you to say what you would never do, since nobody ever told you that you could be a millionaire for playin' a sport. So, I don't condemn anyone

for making that choice. I just try to let everyone know that there is an alternative now. Drug-free is all over the place now, but there wasn't a drug-free bodybuilding organization back in my day. We must work to make drug-free events as appealing as non tested events, and the only way to do that is offer MONEY to the top athletes in our field. Some of the natural bodybuilding associations are doing that. It's not Olympia money, but it's a start. I will spend the rest of my life fighting to get recognition for these deserving athletes, and my dream is to have powerlifting included in the Olympics.

**Who is your favorite cartoon character?**

I like this question, I'm a cartoon nut to this day—big FAMILY GUY fan, but I would say, of course, in true powerlifting fashion, THE HULK. I used him when I psyched up for a lift. Second would be the SUBMARINER. A lot of you youngsters don't even know Prince Namor; he was a bad dude. Sorry I went on so loooooong, but, hey man, I can cross this off my "BUCKET LIST" now. I made one after having open-heart surgery in 2005. Thanks for that, Mr. Lambert, and special thanks to my big brother Arnie Nerenberg, "The Hebrew Hammer." «



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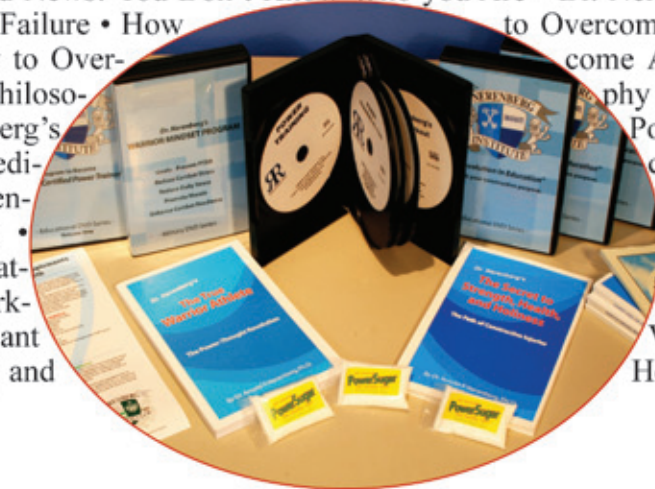
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# APT NIGHT OF THE LIVING DEAD DEADLIFT COMPETITION

OCT 23, 2010 » Elizabethton, TN » as told to Powerlifting USA by Alex Campbell



DEADLIFT	BWT	DL1	DL2	DL3	DL4	SCORE							
<b>FEMALE</b>													
N. Freed	119	314	336	353	—	146	D. Meyers	191	639	667	-705	—	181
R. Clark	165	413	441	-463	—	133	D. Cooper	250	694	739	-766	—	178
S. Kapoor	112	254	-276	-276	—	113	A. Sheffield	234	705	-805	-805	—	173
J. Payne	158	287	309	336	—	105	M. McCoy	243	645	678	705	—	172
R. Patterson	153	276	309	-342	—	99	C. Rijos	200	612	645	-705	—	171
<b>MALE</b>													
A. Bolton	335	838	—	965	—	215	M. Ferris	249	700	-755	—	-805	169
T. Eiseman	180	711	755	-772	—	213	R. Dale	265	700	-739	-739	—	167
O. Green	223	750	805	816	—	204	C. Conner	177	529	573	-601	—	164
R. Snelling	153	568	623	-656	—	200	M. Millner	327	617	-656	717	—	161
M. Hedlesky	230	750	-810	-816	—	185	S. Winburn	216	540	573	606	—	154
D. Wilcox	195	634	678	-705	—	182	P. Sutphin	198	513	540	—	—	144
							Z. Seymour	90	215	226	237	—	138
							W. Stover	188	468	-502	-502	—	129
							H. Spradlin	90	149	171	187	—	109

Every great sport has its own great rivalries. College basketball has Duke and North Carolina. Major League Baseball has the New York Yankees and the Boston Red Sox. Sometimes it is a bit more difficult to think of sports rivalries of individual instead of team sports, but even boxing had Ali and Frazier. Powerlifting has had a few rivalries of its own, but now that the sport has become so fractured with its plethora of federations, a true matchup between the greats is almost impossible to find. When these great matchups do happen, though, the powerlifting world sometimes gets to witness the greatest feats in the history of our sport.

Thomas Eiseman is a legend in the sport of powerlifting with his longevity as one of the greatest pound for pound deadlifters of all time. He had won an unfathomable five APT Night of the Living Dead professional deadlift competitions in a row. No other lifter has ever repeated as champion, yet year after year he just kept winning, no matter who showed up to challenge him. Like the true competitor he is, he wanted someone to push him. For Eiseman, it is not about the championships or the records, but about the competition. With that warrior mentality, Eiseman issued a challenge to everyone, regardless of age, weight, or nationality, to come and try to dethrone him as the APT NOTLD champion in 2010.

Answer the challenge they did, as twenty-five of the greatest deadlifters in America (and one very special one from England) descended on tiny little Elizabethton, Tennessee, to take up the challenge. There were lifters from 60 pounds all the way to 335, from 9 years old to almost 60, raw and equipped, conventional and sumo, 4 feet tall to 6-foot-6. Nothing mattered on this night except the love to pull heavy weight, and pull they did.

Why did this deadlifting match made in heaven happen in such a small town and not Vegas, Columbus, or New York City? Elizabethton is the home of the deadlift in

America, because that is Bob Peoples' home town. Peoples was the first man to ever officially deadlift 700 pounds and went on to become the world record holder with 725 at 181 pounds of bodyweight. He was born in 1910, making this year his 100th birthday. What a compliment that 25 of the greatest pullers in the world were coming back to the hometown of who many consider to be the greatest pound for pound deadlifter of all time on his 100th birthday to find out who is the modern day pound for pound deadlift king.

Xtreme Power TV was recording for Fox Sports making this the only deadlift-only competition to be aired in the United States, to my knowledge. Bob Peoples' only child, Alta, was there to witness the tribute to her father. She had tears in her eyes as she witnessed the amazing lifters that had come to pay homage to her father's memory. Nearly 500 fans, as well as tens of thousands watching by internet live stream, and millions to watch later on television had also gathered to witness a deadlift freak show of such epic proportions that not even Bob Peoples himself could have envisioned it. This was going to be a night to remember.

The internet buzz had been raging over this meet for months. When Eiseman extended his challenge and the lifters begin to sign up, powerlifting fans were frantic about the matchup. No matchup was more intriguing than Andy Bolton versus Tom Eiseman. Could the biggest deadlifter in the history of the world, and only man to ever deadlift 1000 or more, travel 3,000 miles to the home turf of Eiseman and defeat one of the greatest pound for pound deadlifters to come from America in the past 30 years? The world would soon find out.

In the female class there were five amazing lifters. Finishing in 5th place was the timeless Ramona Patterson, lifting out of Pittsburg. She was an amazing 52 years old, but looked no older than 30 and really amazed the fans in

« Andy Bolton at the NOTLD meet

next page »



Orlando Green came in third with an 816 DL



Teenage phenom Mike McCoy getting psyched

the audience with her youthful pulling as well. She managed an easy 308, but just missed a nice jump up to 342 which would have moved her up into fourth. In fourth place was Jennifer "Bootie" Payne from North Carolina. She was the only lady outside of the winner to go three for three and finished with a nice 336. In third place was the local teen sensation, Sarah Kapoor, who weighed only 111 pounds. She smoked her opener of 254 and made a pedestrian jump of 22 pounds, but the weight was just too much for her. She was obviously not at her peak, but the good news is that it did not effect her placing as the showdown was between the top two ladies and what a show it was.

Rhonda Clark had just returned from winning the 165 pound weight class at the 2010 IPF Master's World Championships. When it comes to ladies over 40, Clark simply has no equal in the world, but today she would be taking on a feisty young lady from Pittsburgh that was not phased by titles, reputations, or monikers. The 24 year old Natalie "Natty" Freed was only 119 pounds, but opened with the lead by way of a 314 pound lift to Clark's 413. Both ladies looked great with much more to spare. Natty again kept her lead with a 346 to Clark's 441 on seconds, but this is where the wily veteran in Clark showed itself. When Freed picked the 353 because she wanted a pull to eclipse 350 pounds, Clark picked in the magic weight of 463 (a weight she had twice missed very closely) for the win by only 3/10 of a point. Had the wise veteran picked just the right number? Had the young and energetic Freed let her pride get the best of her? All questions were answered when Freed pulled the 353 with what was a limit 10 second pull. Clark went on to miss her third, but it was inconsequential as Freed derailed Clark's bid to become the first ever female to repeat as APT NOTLD champion. Can the youthful Freed become the first female to repeat as champion in 2011?

On the men's side things were no less competitive and tense. We had two of the greatest young deadlifters in America to showcase to the world. Hayden Spradlin (9 years old) from Tennessee and Zachary Seymour (10 years old) from neighboring Georgia put on quite a show. Spradlin hit an amazing three times bodyweight by way of a 187 at 62 pounds and Seymour nailed the triple as well with his 237 at only 78 pounds of bodyweight. I don't even think these guys realized how remarkable their performance was, but it was the highlight of the meet when they met beside the platform and gave each other a big high five. What class and sportsmanship from these two young gentlemen.

Wayne Stover looked to improve his PR from 500 (set just weeks ago) to 502, but it was just a tad too much on this night, ending with a 468. Paul Sutphin is a legend in powerlifting and still hits some amazing weights in his 5th decade of lifting going 540

on a second at nearly 60 years of age. Steve Winburn of GA hit his first competition 600 and a 44 pound meet PR with his 606. Last time on the APT NOTLD stage, a local lifter Marcus Millner only managed a 600 pound pull. This time he missed a second with 656 because he put it down too soon. He took a huge jump up to 716 and amazingly pulled it for a 116 pound PR at this meet.

Charlie Conner is the third ranked lifter in PL USA in the 165 class. He decided to lift at 177 because he could not make early weigh-ins. His deadlift is his weakest lift because he has such tiny hands, but he was determined to finally get his 600. He had 573 on a second and was pulling the elusive 600 on a third when the weight broke free from his right hand. More grip work for this young man, and he will have that 600 and more. Edging out Conner was Robert Dale, a new grandpa that pulls like a young man. He easily pulled 700, but his jump to 738 just kept getting out of the groove right at the top with what appeared to be bar whip. He has all kinds of strength and will eclipse that number soon.

Mark Ferris sent me a text three weeks out from the meet with a picture of his torn bicep. It was purple from his armpit to his wrist. He said he would have to decline his spot, but after thinking it over, he decided to pull anyway. He just missed a 755 on his second due to technique and decided to skip his third attempt and go for the magic 800 on a fourth. Although it would not help his score, he was feeling the 800, which is a tough nut to crack for any lifter, much less a lifter with only one good arm. He had it moving, but it was just too much to overcome on top of all his other problems. What a testament to will-power Ferris was for all in attendance.

The Puerto Rico born Carlos Rijos is another ageless lifter that is a WNPF Hall of Famer. He has pulled insane weights in every class from 148 all the way to a very light 220 at this meet. He had a bicep injury a couple months out which interfered with his training, but he came anyway and easily pulled 644 and almost had a 700. Not bad for only five weeks of training and an 18-hour drive all the way from Miami.

On the other end of the spectrum is the teenage phenom Mike McCoy. I met Mike two years ago at only his second meet where he won the USAPL High School National Championships. Since then he has won three IPF world championships. He pulled his first 700 pound deadlift on a herculean third. Just to show his mentality, his father asked me what the metric weight was for a 700 pound lift. I showed him the 317.5 which was 699.96 pounds, and he said "No, he does not want that—700!" So, we loaded up the 705 and he reeled it in with every ounce of energy in his body. If you do not know the name "Mike McCoy," notice has been served.

Drew Sheffield pulled a ridiculous 705 on his opener and made a huge jump to 805 to break that barrier. This lift was just a tad too

much and he missed it on subsequent tries and he was stuck with his opener which was enough to keep him in the top half of the men which just goes to show his amazing strength when leaving that much weight on the platform. David Cooper was the tallest competitor and very cerebral lifter that hauled in monster deadlifts. A 694 opener was easy, a 739 was strong, but his 766 was just a tad too much for his long frame on this night.

Derek Wilcox is a young lifter that has been coming to the APT NOTLD for many years and every year the meet gets bigger and every year his lifts just get bigger. He smashed a 678, but the 700 was just a tad too much at the top for him. We do expect to see it next year, though. Mike Hedlesky is another young lifter that put his name on the map last year by punching his ticket to the Arnold deadlift meet at this show and finishing on the podium at the 2010 Arnold show. He underwent a tremendous body transformation by way of strict dieting and was down almost 50 pounds from last year. He vaporized a 750, then jumped to a 5 pound PR of 810 and it was very close. He decided to go 815 on his last one and it too was just a bit too much. He left a lot of pounds on the platform and when he adjusts to the new weight class, people should be on the lookout for Hedlesky.

Ryan Snelling was hoping that a weight cut and the perfect day could put him in position to challenge Bolton and Eiseman. His flight was rerouted and he opted to take a rental car and a four-hour drive through the mountains to get to the meet. He missed early weigh-ins, which threw him off a bit and he had trouble regaining his weight. He crushed his 568 opener, nailed a 623 second, but just ran out of steam on his 656 final pull. When the competition is fierce, a lifter just can't sit back and pick ideal weights and that is what APT's NOTLD is all about.

Before the meet, several Internet prognosticators said that Orlando Green would be the dark horse to shake things up. That is a bold prediction considering he has never done a powerlifting meet. He qualified by way of a nearly 800 pound pull in a strongman meet. Could he parlay that lift into anything big enough to prove his believers right while on stage with the greatest pound for pound deadlifters ever assembled? Green opened with a super easy 750 and showed he has plenty of raw power on his only 223 pound frame. He jumped big to a monster 805. This would be more weight than he had ever done, including training, and he muscled it up and showed unbelievable back strength. He had seen the mark set by Snelling and picked his last attempt at 816. This would allow him to move into the top three in his first deadlift meet. He started his long pull and when it hit the knees he found another gear of back power that ground the weight to the top and pulled himself into the big three on the greatest stage in deadlift. This lifter has tremendous upside and those who did not know who he was before now, will certainly



Andy Bolton with Braylon and Brogen (Campbell photo)

# HEROES

The phone was ringing, but I was busy, so I decided to let my wife get it. She sauntered into the room, phone in hand, moments later with a sly smile on her face. When I asked her who it was, she just held the phone out so I could see the caller ID. "Thomas Eiseman," the phone read. Of course, with me being a powerlifter, I knew who that was, but I was a little in awe that he would be calling me out of the blue. I took the phone and said, "Hello, this is Alex Campbell." I heard this very refined and calm voice on the other end say, "This is Thomas Eiseman." I could hardly believe that it was actually one of my heroes in powerlifting. When I asked him if it was indeed, "The Tom Eiseman? You know, the one who has won like a million world titles?" He only replied, "Well, yeah, I guess so."

You see, I am just a powerlifting coach and teacher from a small town. I do powerlift, but honestly I am not really that good. It is not because I do not work hard at it, but I am just not on the level of the greats. I had just begun a small deadlift only meet called the *Night of the Living Dead* a couple of years before. We had a few big name lifters like Mike Nease, Travis Mash, Tee Meyers, and Caleb Williams, but they were all within driving distance of the event. Here was a guy calling to inquire about my meet all the way from New Jersey. To say the least, I was just a little taken aback by it all. We talked for a while and when I hung up, I immediately ran to my wife like a little school girl recounting the entire conversation. She just nodded her head and tried to pacify me.

Tom and I spoke a few more times before

the meet, and I agreed I would meet him at the airport. I also asked him what his nickname was as I wanted to give him a cool introduction at the meet. I was amazed to find that he had no such moniker. How could one of the greatest pound for pound deadlifters in history have no nickname...just "Tom?" When I showed up at the airport to finally meet my hero, I made a sign. I had seen signs similar in movies and at airports when rich people were picked up by limo service. I wanted Tom to know that he was appreciated, so I made up a sign and gave him my own nickname "The New Jersey Freak Show." When he showed up at the airport, I had my sign and he just laughed. Other people were standing around looking at him like, "who's the skinny guy?" I wondered as I walked through the airport with my hero if anyone knew I was with one of the pound for pound strongest men in the world.

I was really impressed after meeting Tom. He was down to earth, gentlemanly, and a great sport. He even managed to win that year's meet over a feisty little man named Doc Holloway. I was not really surprised when he called me back the next year, but I was a bit surprised at *when* he called me back. It was June and the meet was still months away. I wasn't gushing like a school girl this time, but what he said to me during this conversation had me just as amazed as the first time we had spoken. It was Father's Day weekend and my wife and I had just been blessed with our first born, Braylon. When I picked up the phone, Tom said, "I just wanted to call and tell you Happy Father's Day." I was amazed. When

photos courtesy Jeremy Gouge

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Jennifer Payne of North Carolina went three for three and won 4th place



Charlie Conner made a 573 deadlift

have his name circled in the future.

This set up the final showdown between the 52 year old ageless Tom "The New Jersey Freak Show" Eiseman from New Jersey and the 40 year old Andy "The Jack" Bolton from Leeds, England. Eiseman had not done a meet in a while and had been resting and training for this meet. He informed me that his training had been the worst ever, but he was working hard and would pull it together on meet day. Bolton had just done a full meet two weeks before and hoisted a 980 pull. He also had traveled twenty hours to compete. Would the proximity of the meets, the travel, and the pressure of taking on all comers regardless of weight be enough to undo the biggest deadlifter in world history?

Eiseman weighed in at 180 pounds while Bolton had trimmed down to 335, almost 20 pounds lighter than his normal bodyweight. It was apparent that the games had begun weeks

before the men even stepped on the scale for this meet. Since the lifters were divided into two flights based on bodyweight, Bolton would have the advantage of seeing Tom's numbers before he started lifting. Eiseman's only option was to pick his numbers carefully enough to find his limit while pushing the strappy Englishman hard enough to pressure him into a miss.

Eiseman opened with a super smooth 711. Eiseman is a technique lifter and when all is going well he has the unbelievable ability to nail huge lifts with what appears effortless ease. He then went to 755 for his second. This would require Bolton to hit a 965 to win. Eiseman nailed it with silky smooth precision. Eiseman has never pulled all three lifts in a meet and only once in his life got his third attempt. He needed to pick his third attempt very carefully to make sure he could secure his final lift and

also push Bolton to his absolute limit.

He chose 771 as the number. Eiseman had pulled 777 recently and he had the ability to do it, but could he do it on a third lift? This lift would force Bolton to lift 985. That would be 5 more pounds than what he had lifted two weeks previous to defeat another great deadlifter, Benedikt Magnusson. Andy is the only man to deadlift over 1000 by way of his 1008 pull, but could he pull back to back 980 plus pulls on only two weeks rest?

The New Jersey Freak Show came to the stage with his trademark precision and focus. He gets his mind right, sets his feet, and then his knees with painstaking precision. The crowd was at the limits of their patience to see the lift when he finally secured his grip and unleashed thirty years of pent up fury from his 180 pound human lever we know as his body. The weight rocketed to his knees, which is just

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Natalie Freed won 1st in the women's DL



Hayden Spradlin pulled 187 at 90 lb. btw



Ryan Snelling nailed a 623 DL

I hung up the phone, I just sat there dumb founded. Here was one of my heroes that lives hundreds of miles away, has a family and a business of his own to keep him busy, but he remembered some little meet director so far away on this special day and took the time out of his busy schedule to think of me.

I sat there and tried to rationalize what had just happened. I realize that everyone has a hero. Many people today find their heroes in sports stars. People tend to find an athlete from the sport they love to admire. The difference between most people and me is that I just happen to love a sport that most people do not even know exists. The greats are no less amazing in my sport than theirs when it comes to physical ability. It is just that most people do not know who they are, which means they do not make the big money like basketball, football, or baseball stars. I do not know whether it is the lack of money that allows powerlifters to keep their level heads, or the fact that only a certain person is attracted to a small cult sport that requires tremendous dedication, but offers little reward or recognition. Over the years I have had the pleasure of meeting many more great lifters and it seems that most of them are the most amazing people one could ever meet. Indeed, Tom Eiseman is an exceptional person, but amazingly not really the exception in powerlifting.

Just recently I was taking entries for the *Night of the Living Dead 2010*. I was no less surprised this year than when Tom called me a few years back when I received an email from none other than Andy Bolton. The biggest deadlifter in the history of the world wanted to come to my meet. I realize that the meet has grown so much over the past eight years. We would be the first deadlift only meet to be nationally televised in America, and we had an exceptional line-up, but the reality is we are still a small place. Elizabethton, TN, is just a small town of 15,000 people. We are not Vegas, New York, or Los Angeles. People ask me what there is to do where I live, and I say 'unless you like the outdoors, not much.' I was stunned that Bolton really wanted to come all the way from England.

As the meet drew closer, I began to have this weird idea creep up into the back of my head. Several other lifters were pulling out for various reasons, and I began to wonder would Andy Bolton really show? It was a long way. His airfare was nearly \$1000 and he had to take the whole week off from work. If he won he would receive \$1000, but if he came in second, he would get nothing. I began to worry, what if Andy pulls out? I could not say I would blame him. To tell the truth, I was a bit in awe that he would even consider coming in the first place. Every time I would check his Facebook page or his website, he would always post up that he was indeed coming to the NOTLD.

I again wanted to meet Andy at the airport; I like to do that with all of the new lifters that fly in. This time I brought the school cheerleading squad instead of just a sign. As I sat there

waiting on the world's strongest man, I began to wonder what he would be like. Surely a man that *Guinness Book of World Records* calls the strongest man alive and the only man to ever deadlift 1,000 pounds or more would have just a bit of an ego, but when I met Andy, I realized that he was just another one of those amazing athletes that chose powerlifting over other sports—not for the money or fame, but just because those things mean little to him.

Andy was tired, and I took him straight to the hotel, but the next night I had him up to the house for dinner. As I was preparing the food, I heard my two boys (Braylon, 4, and Brogen, 2) getting a bit rowdy in the living room. I peaked around the corner preparing to calm them down so they would not disturb Andy, but instead I was shocked when I saw what was happening. Andy was not annoyed at all, instead he was wrestling with them and they were having the time of their lives. Andy did not look like he was having too bad a time either. After dinner he did not want to talk about his records or his training, but seemed perfectly content to show us all the pictures of his 4 year old daughter on his iPhone.

The next day he came to school and sat in the cafeteria during lunch and talked with the kids, signed autographs, took pictures, etc. He was swamped for nearly two hours. Never did he complain, refuse an autograph, or not answer some insane question that teens seem unable to suppress. The athletic director of my school was taking it all in when he walked over and asked me, "How much did you have to pay him to get him to come here?" He almost spit his coffee out when I told him that Andy did not ask for one penny. As I looked back at the mob surrounding Andy, my heart filled with pride knowing that my heroes don't ask for a paycheck before they act like a hero. The students must have felt the same way because many of those young people later told me they had a new hero...a hero named Andy Bolton. Silently to myself I answered "Me too."

After spending a week with Andy Bolton I began to realize that I am a very fortunate man. Of all the people in the world who have all those heroes from so many sports, I realized that I am very different from all of those people. The sport I love and dedicate myself to is different than all of theirs. The heroes they worship do not even know their names. Their heroes do not care if they just celebrated their first father's day. Their heroes surely do not come to their houses to eat dinner with them and end up wrestling their two small children. I began to wonder about the memories my sons will have when they grow up about all the amazing athletes they have met in their lives. I even had a funny thought that many of their friends will not believe them when they start to mention the dozens of world renown athletes that they have met in their lives. To other people with other heroes from other sports, it just seems unfathomable.

I have heard so many people say that they had a hero in their lives that they looked up



Tom Eiseman & Alex Campbell (Campbell photo)

to. They would often dream of meeting these people for years and sometimes decades. When they finally did get the chance to meet them, they were disappointed. Matter of fact, almost everyone I have ever talked to has one of these stories, except for me, that is. All of my powerlifting heroes have been more impressive in real life than they were in the headlines of magazines, the screen of my computer, or in the playground of my dreams. The average man may not know my heroes, but the big difference is that my heroes know me.

On his last night in America, I stood there in the parking lot of Andy's hotel beside the strongest man alive, I wanted to express to him just what his coming to APT's 2010 *Night of the Living Dead* had meant to me, my family, the meet, the high school powerlifting club I coach, and the entire community. I told him that many people have heroes and when they meet them it is a huge letdown. Heck, even Andy Bolton interjected one of these stories about one of his heroes that had been a huge letdown. I extended my hand and grasped his in mine, feeling the very intimidating feeling of having my hand swallowed by hugely muscled fingers and thick calluses. I looked him deep in the eye and told him, "Mr. Bolton, you are a more amazing person in real life than I ever imagined you would be." He returned my gaze, squeezed my hand with his mighty grip and emphatically said, "We will meet again soon." That is when he said something that most people will never get to hear their heroes say...their name. "Goodbye, Alex," Andy said as the world's strongest man picked up his bag and headed toward his room.

— Alex Campbell



Rhonda Clark is a masters womens champ



Drew Sheffield opened with an insane 705 and tried for 805, but no dice



Damon Meyers pulled 667



Reigning NOTLD champion Tom Eiseman pulled 755 at 180, but it wasn't enough to keep the title

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about an inch from lockout for the lanky veteran, but there it stalled. Eiseman would have to hang on and hope his 755 would be enough to push Bolton to his limits.

When Bolton arrived at the airport three days before the big showdown, he looked exhausted. He had blood shot eyes and only wanted to get his luggage and go to his hotel. He took a nap every day trying to acclimate his body to the six hour time difference and rest from the ordeal of being a nearly 350 pound man flying coach through three countries for twenty hours. Every great deadlifter in America had been resting and training for their first shot at the all-time strongest deadlifter in history in a pound for pound format on their own home turf. Never had an all-time heaviest deadlifter ever risked so much by traveling so far to let anyone have a shot at him in a pound for pound format, but Eiseman had issued the challenge and Bolton was not the kind to back down from any man regardless of weight, age, reputation, or nationality.

Bolton said he felt a bit tired in warm-ups and knew that a 1000 pull was not there, but would he have enough to hold off Eiseman? Bolton strode to the stage and prepared for a very light opener, for him that is, at 838 pounds. Even though this lift is 170 pounds under his best, it was still enough to outdistance all but three lifters in the competition. The Jack annihilated that 838 pound pull, and left many in the crowd just shaking their heads. Bolton opted for 902 for his second, but when his number came up, he opted not to lift. A peak behind the stage would reveal a very calm, but tired Andy Bolton sitting alone in his chair with a sweat shirt on trying to stay warm and conserve energy. Had the flight and first meet been too much for him in such a small span of time? The world would soon find out when it was time for his third lift.

Bolton had decided to roll the bank on his final lift. The bar was loaded to 965, just enough to slide by Eiseman by one point for the win—if he pulled it. The bar was loaded; the crowd was insane. Barely a fan was still in their seats. Bolton would later describe it as the greatest atmosphere he had ever witnessed for a final deadlift. His 300 pound handler gave him some massive chops to the face, with each one Bolton would demand more until finally he bum rushed the poor fellow and sent him flailing like a rag doll as he attacked the stage for the greatest challenge of his life.

Bolton has never had problems with bar speed and power off the floor and it did not become a factor here either. The weight jumped to his knees, but when the bar went above the knee he slowed. It appeared

that his arch nemesis—his grip—may prohibit him from securing the lift. He locked the weight out and the huge load settled over his body, and the head judge gave him the down command. There was a slight lull in the crowd as a very anxious Englishman, the crowd, the television cameras, and one very interested 52 year old New Jersian waited for the lights. GOOD LIFT!

The crowd went insane, Bolton expressed a huge sigh of relief, and the always gentlemanly Eiseman knew that he had created one of the greatest showdowns in powerlifting history. What a great night for lifting as the greatest in the world were challenged to topple Eiseman, however, Bolton showed up and turned the challenge on its head as an atmosphere was created where every lifter in America was aiming to knock off both Eiseman and the Brit. In the end, Bolton took the title, the cash, and a whole heap of pride, but the big winner was the sport of powerlifting which got to witness the fruition of a challenge that had never been seen. Oh, if there were only more sportsmen like Eiseman and Bolton to challenge and accept challenges regardless of the mitigating factors.

This showdown would never have been possible if not for the support of the finest sponsors in powerlifting. APT has supported us for many years, and this year signed on as our title sponsor. House of Pain, Exalt Gym, Quest Nutrition, AtLarge Nutrition, Century Link, Pinecrest Veterinary Clinic, Valley Forge Auction Company, and Citizen's Bank also helped out financially. There were many other local peoples that helped out in various ways as the entire community came together to make this a night for the history books.

As soon as the meet was over, fan and lifter alike asked me how I was going to top the APT 2010 NOTLD next year. Plans are already in the works to make it the greatest deadlift freak show ever, and the powerlifting world can be sure that the greatest deadlift show on earth will be back with better lifters, bigger crowds, bigger prize money, and more showdowns for the ages. I think it was put best when Eric Talmant, doing the hosting for Xtreme Power TV, asked me what I thought of the show. I replied, "It is just our eighth year, and if you thought that was good, just remember that we are only getting started."

As I walked Bolton to his hotel room on his final night in America, I told him it was an honor to have him come to the APT Night of the Living Dead. He stretched out his mammoth hand and said in his wry British smile, "I'll see you again soon." «

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# 1ST USA AWPC/WPC RAW WORLDS

SEP 3-5, 2010 » Idaho Falls, ID » as told to Powerlifting USA by Mike & Linda Higgins

We were really happy with the turnout, over two hundred entries and six countries, surely demonstrating the popularity of raw lifting. The countries were Australia, Canada, Russia, Moldova, Azerbaijan, and, of course, the USA. The venue was at the Hilton Garden Inn, right on the Snake River with a huge deck equipped with outside bar, fireplace, plenty of tables and couches for relaxing while listening to the waterfalls. Larry and Taryn Wolf, hotel managers, literally opened up the place to accommodate the lifters and provide a first class experience. Last year Russia held the first WPC/AWPC Raw Worlds. With so many Europeans visiting Yellowstone and Teton National Parks each summer it was nice for all the competitors and families to see so much beauty so close to the meet. Some even rented Harleys; imagine riding two hundred miles in any direction with maybe one red light and weather to die for (75 to 85 degree days). Linda Higgins and Amy Jackson planned the event for months. With those two on your planning committee, powerlifting could be on ESPN and taken seriously. Amy also took some close-up great pictures of moose in the Tetons. With plenty of monolifts and equipment in a warm up room, a 20-foot-by-16-foot-by-16-inch solid lifting stage, we were set for a great meet.

It was really awesome on Wednesday, the day the Russian team showed up. They were the first sign that the meet was really happening,

yeah!! Linda was driving up Broadway and noticed several people walking with Russian team jackets and pulled over to see if they were lost. It was quite a day from that point on, as they couldn't speak English. Linda called the Hilton and no one had checked in yet. Another hotel called and told us someone was there and they couldn't understand them. All went well, they got to the Hilton and that was a very exciting great start. The Russian lifters were all warm and fun to be around and Linda even traded jackets with them on Sunday night at the Outback. It was an awesome time with a lot of laughter, but due to *PL USA* editing, maybe we shouldn't disclose any more. If interested, call us. We have put on almost thirty events and when Ernie came in 1997 it was like one big happy family. This time we spoke with almost all the lifters, and they said it felt like that same spirit was finally back. We were all one—Amy, judges, staff, lifters—as one country instead of six separate countries. We wouldn't trade five hundred entries for that feeling. To have ages from eleven year old Anastasia Shabanova from Russia with her mother to seventy-seven year old Ron Zeller from Sundance, Utah. It was such a range of ages and, thank God, with no injuries. There were families competing together—fathers, sons, daughters, granddaughters, and the youth event with their parents. The list goes on and on. There aren't enough words to express, to the lifters, how grateful we are and will always be for the joy you bring

BENCH		FEMALE		MALE	
105 lbs.	Open	Master (40-44)	Master (40-44)	Teen III	Teen III
Master II	A. Bulmin-RUS 440	B. Brannan 446	D. Niebuhr 402	T. Rodgers 402	319 562 1283
N. Forage	M. Bulimin!-RUS363	Master (50-54)	Junior	J. Patch 446	303 556 1305
Open	J. Conley 451	Malyugin*-RUS 512	C. McGrail 418	253 473 1145	
L. Craft 127	Manyukov*-RUS226	R. Branning! 446	M. LaMont 325	226 451 1002	
N. Forage 94	198 lbs.	Master (60-64)	B. Connolly 407	D. Valleza —	330 — 330
Teen I	Master (45-49)	T. Myers 325	Petrov-RUS —	Police/Fire	M. LaMont 325
Shabanova-RUS 83	J. Anest 352	Master (70-74)	M. LaMont 325	226 451 1002	
148 lbs.	Master (50-54)	S. Sandberg* 374	Master (45-49)	181 lbs.	
Master I	D. Clayton 325	Open	D. Marchant 506	Master (45-49)	
D. Maroscher! 182	Open	C. Tewalt 429	B. Trip 468	R. Alldridge 363	330 523 1217
Master IV	Doucette*-CAN 501	Police/Fire	R. Zeller 143	160 248 551	
Shabanova-RUS 132	G. Knurek 435	330	W. Albert-CAN 539	374 683 1596	
Open	M. Hull 275	Submaster	Y. Adachi 407	231 506 1145	
Piatrovich-BEL 253	Submaster	J. King 435	Markopoul*-AUS 380	237 462 1079	
D. Maroscher 182	J. King 435	Teen I	S. Sabo 369	237 462 1068	
165 lbs.	Master (45-49)	J. Stoffelsen 237	198 lbs.	Master (40-44)	
Submaster	K. Utz 314	308 lbs.	Master (40-44)	M. Weil 440	440 462 1343
N. Bako-RUS 187	Master (55-59)	105 lbs.	Master (45-49)	Master (45-49)	
181 lbs.	T. Sheehan 314	Master II	J. Winterrowd 440	303 501 1244	
Master I	Master (60-64)	Master I	J. Israel 429	319 479 1228	
J. Tripp 187	Wolbers-CAN 330	N. Forage 121	Master (50-54)	R. Neumann 325	253 451 1029
Master III	Open	L. Craft! 193	Junior	E. Krpan! 545	363 650 1558
L. Boshoven* 237	Valiyev-AZE 308	N. Forage 121	Open	Rooshanfekar 407	363 528 1299
198 lbs.	Open	148 lbs.	Police/Fire	S. Turner 286	215 440 941
Master VI	Ustyugov-RUS 385	Junior	P. Ribble! 314	330 501 1145	
J. Sink 83	B. Branning 385	Randall*-CAN 281	Submaster	P. Ribble! 314	330 501 1145
SHW	Teen III	Open	Master (40-44)	Master (40-44)	
Master I	T. Rodgers 319	Piatrovich*-BEL 319	W. Murray 517	D. Niebuhr 551	402 584 1536
K. Milliner 165	242 lbs.	Randall-CAN 281	Master (45-49)	Junior	
Open	Master (40-44)	181 lbs.	N. Thimons 473	Malyugin*-RUS 595	512 661 1767
K. Milliner 165	W. Murray 517	Master I	S. Orta 501	319 501 1321	
MALE	Master (45-49)	J. Tripp 220	T. Light 352	314 402 1068	
148 lbs.	K. Thunberg 418	Master III	D. Tullio —	— — — —	
Master (60-64)	P. Turner 259	L. Boshoven* 303	Submaster	J. King* 567	435 528 1530
D. Garlitz 215	Master (50-54)	198 lbs.	Master (45-49)	Master (45-49)	
165 lbs.	B. May 352	Master VI	K. Utz 418	314 534 1266	
Open	J. Alaniz 347	Master I	Master (55-59)	T. Sheehan 396	314 407 1118
Milostnoy!-RUS 407	Master (55-59)	J. Sink 99	Open	Master (60-64)	
D. Valleza 330	R. Gunn 440	83 176 358	Police/Fire	Wolbers*-CAN 402	330 534 1266
J. Patch 303	Master (60-64)	MALE	Junior	Junior	
181 lbs.	Savelyev-RUS 308	148 lbs.	Wider! 303	204 424 930	
Master (50-54)	Junior	Master (60-64)	Open	Valiyev-AZE 330	308 374 1013
B. Baker 297	J. Cain 231	M. Wider! 303	Master (60-64)	! =AWPC Best Lifters. * =WPC Best Lifters.	
Master (75-79)	Open	165 lbs.	Open	Additional Awards: Highest Total WPC: Jay	
R. Zeller 160	W. Johnson 407	Master (60-64)	J. Nera-CAN 683	457 705 1844	
Junior	Police/Fire	G. Santee 264	Ustyugov-RUS 551	385 573 1508	
Bulimin-RUS 363	B. May 352	Junior			
B. Utz 242	275 lbs.	J. Sepe 358			

to us. It was easy because we all worked together without egos and that's why it was so much fun—as it should be.

With three local TV stations providing coverage each night, the whole Snake River Valley was soon alerted of a world championship event, never before held in Idaho. I've seen articles that referred to Idaho as a nothing place for powerlifting; they were obviously misinformed. The USPF had meets early on. Then the USAPL ran meets in Pocatello for years, and we've had two or three meets per year for ten years. Several hardcore gyms exist and continue to pop up in remote locations. Doyle Kenady, Kieran Kidder, Jim Voronin, Brent Mikesell, Travis Mash, Gordon Santee, Jon Cunningham, Jason Gibson, Brian Meek, and forty year veteran Larry "Skip" Sandberg, are a sample of the lifters I know who have come to Idaho. Our Youth Event (parent supervised, just for fun, with styrofoam weights) began as a way to involve the children in the event. Many of the families that are here today have been participating in our events since 1997, due to the support from Gary Jones (CEO) at the YMCA. The values of caring, responsibility, honesty and respect for one another can be carried with them wherever they go in life. It's nice to see the youths that competed back then, who are now competing in the Worlds. The children grow, build self-esteem, and confidence through their participation.

Friday began the event with the teens and lady lifters. South Carolina's Lindsey Craft was best Female AWPC lifter. Iryna Piatrovich (Russia) finished the day claiming a 319 pound squat, for the biggest female squat of the championships. Veteran lifter Michigan's Lynn Boshoven (USA) won best Female WPC Lifter pulling 468 pounds, the biggest female pull of the meet! Congrats Lynn! So ladies, watch for her in future meets, she'll sneak up on you when the meet's almost over!

Joshua Winterrowd (USA) was Best Teen AWPC lifter and well deserved after squatting a deep 545 pounds. Max Markopoulos (Aus), 19 years was Best Teen WPC pulling an awesome 462 deadlift in the 181 pound class. Max and coach/father Markos raised a few thousand dollars to make the trip, so a big congratulations! Trent Rodgers (USA) had the biggest total Friday, totaling 1281.5 pounds for the men.

Lynn Boshoven (USA) and Iryna Piatrovich (Russia) tied for the biggest female total, totaling 1006.5 pounds. And if they're reading this, they're wishing they'd added another 5 kilos.

The Masters and Submasters began Saturday's lifting. Brian May took the AWPC Police/Fire in the 110 kg. division, and Paul Ribble (USA) won the AWPC Police/Fire and Submaster 125 kg. division. John King (USA) after doing some phenomenal announcing totaled 1529 to win the WPC 90 kg. Submasters. And after a bicep pull John still showed up, ice bag and all, to announce the next morning!!! Sixty-three year old Mike Wider (USA) won the Best Master AWPC lifter, and Canada's Jon Wolbers at 62 years won the Best Master WPC lifter.

Sunday arrived and it was time for the much anticipated Open and Junior lifting. Eron Krpan (USA) totaled 1556.5 pounds and won Best AWPC Junior, while Russia's Victor Malyugin totaled 1765.5 to win the WPC Juniors. Curtis Tewalt (USA) was Best AWPC Lifter with an 1815 pound total, and Greg Doucette (Canada) won the honors in the WPC, hitting 1738 at a ripped 198 body weight. Jay Nera, his Canadian teammate, was very close behind coefficientwise, totaling 1842.5 at 220 bodyweight. How would it have been without all Jay's distractions prior to getting to the platform? He had passport problems at the border and we had to fax a letter to the border verifying his participation at the meet. Then, while dieting, he dealt with late flights to finally arrive for late weigh-in. With all the distractions he won a big Snake trophy for the biggest total of the day.

Dawn Maroscher (USA) was Best AWPC Bencher with a 181.5 pound raw bench, and Lynn Boshoven (USA) was Best WPC benching 236.5 pounds. Mason Kaiser (USA) won Best Teen AWPC Bencher with big 390 pound bench in the supers. Best Teen WPC was Alexey Manyukov (Russia) benching 225 pounds at 181 bodyweight. Ralph Branning (USA) was Best AWPC Bencher with 445 pounds reverse grip, and Larry "Skip" Sandberg (USA) was Best WPC Bencher lifting 374 pounds. But, perhaps Skip's best memory of this Worlds is being inducted into the APF Hall of Fame with May, his loving wife, present. After all the coaching, records, money, and time he's spent in 40 years of lifting, it is well deserved!

photos courtesy Mike & Linda Higgins

next page »



Best WPC Junior Victor Malyugin



Jay Nera pulls 704 for the biggest total of the meet

## AWPC/WPC RAW WORLDS »

Congrats Skip!!!

The Russian's ruled three of the Best Bencher awards on Sunday. Maxim Bulimin (181 weight class) benched 363 for Best AWPC Junior, and Victor Malyugin (140 weight class) benched 511 pounds to win the Junior WPC. Stanislav Milostnoy was Best AWPC Open winner benching 407 pounds. Greg Doucette (Canada) after winning Best Powerlifting WPC and Best Open WPC Bench lifting 500 pounds. Congrats to Greg, as Gordon Santee said on a TV interview, "Raw is Real!" For all the results please refer to the results section.

In 2011 we will be hosting AWPC Worlds with a great possibility of adding the raw along with it. Also in spring we will have our local event. Phil Turner will be hosting meets in Dillon, MT, as well as Brad Tripp's Ripped Fitness in Salt Lake City, UT. Refer to Scott "Daddy" Mecham's [www.utahpowerlifting.com](http://www.utahpowerlifting.com) or the WPC website for information.

Many thanks to our referees, platform crew, Hilton Gardens Inn, and Amy Jackson! Amy has been with the federation for 22 years. What patience this girl must have!

World multi-federation referee Gordon and his wife Sandee Santee were here from California. Gordon has worked events like the Arnold Classic to local events around the country. He and Sandee have traveled the world through the years providing much integrity and professionalism to our sport. The passion and enthusiasm he projected during his TV interview will long be remembered. Many thanks from all of us goes to Gordon, Carl Lovell, and granddaughter Michayla, who worked all three days without one complaint. Michayla was so excited she told everyone at school about all her new international friends.

Carl is a WPC referee and lifter who has been helping run the events since the beginning in 1998. Jon Cunningham, WPC referee and multi-world record bench presser, and his daughter Geri, also a multi-record holder, have also been helping. Along with the Gibson family, Jason (1003 pound squatter in the AAPF), Heather (300 plus squatter), and Jordan (700 pound squatter at 16 years), many thanks for judging and helping! Thanks to Phil and Shanda Turner and their family. Shane, Frank, Joel, and Brent did great job spotting all weekend. Brent and Shane also did some lifting too. We are thrilled that Mont Crnkovich, owner of Broadway Ford "Power Trucks for Powerlifters" stepped up to be the main sponsor for the event. His generous support is greatly appreciated! Sincere appreciation to all our sponsors and volunteers including; Hilton Garden Inn, Larry and Taryn Wolf, Teton Toyota, Mario, Buddy "The Mascot Dog," and Steve. Cory "Blue Eyes" and Doug of Albertsons. Steve Vucovich, owner of Apple Athletic Club and to Gold's Gym of Pocatello. Dave at Sign Pro did an awesome job on the flags on the platform banner. Without the generous support of these people, community, and many others that wouldn't fit on this page, this event would not be possible. As other promoters know, it takes many people to pull off a big event like this!!! «

*more photos on page 82 »*



WPC Best lifter, Michigan's Lynne Boshoven



Canada's Greg Doucette pulling 677 for Best WPC lifter



Gordon Santee inducts Larry Sandberg into the APF Hall of Fame, after 40 years of lifting



Youth lifter Riley



Russia's Iryna Piatrovich

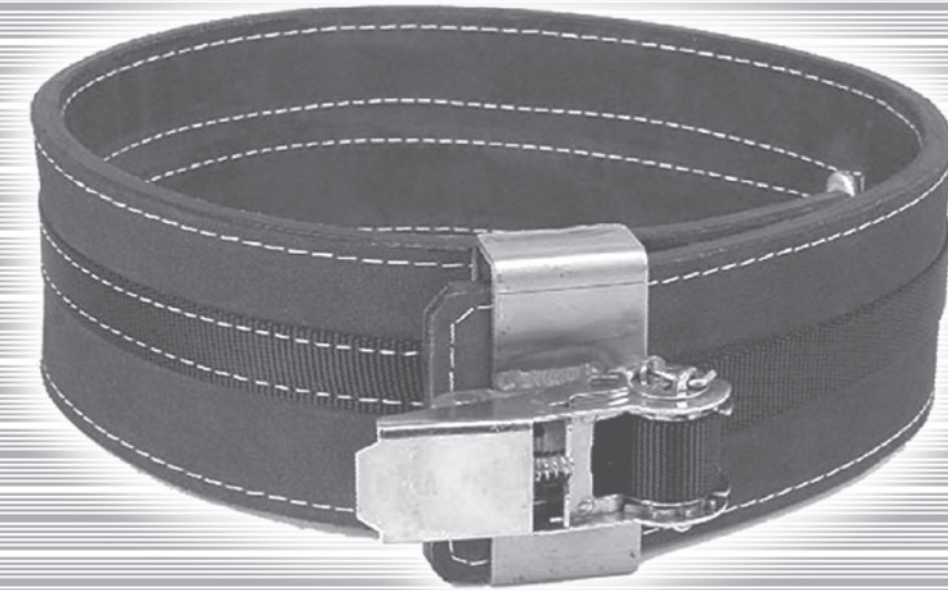


Randy Cairns with a 578 DL

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5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

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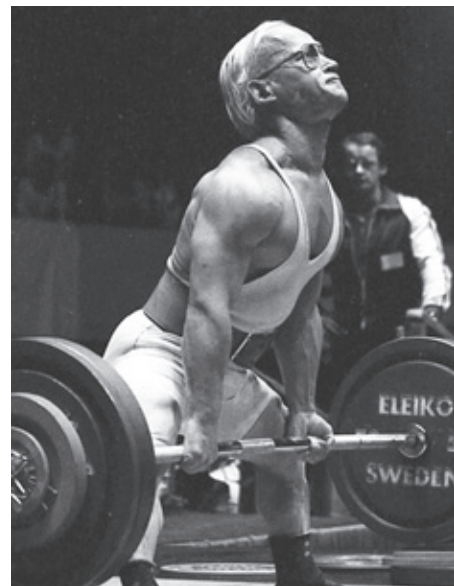
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# THE POWER HISTORY EXPRESS: NEXT STOP » FINLAND

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



Veli Kumpuniemi



Aimo Tuomisto

## PROLOGUE

Near the village of Lassila... The mist and snow swirled around the large young man's face creating a beard of ice crystals and temporarily blinding him. It was winter, but not yet the horribly cold, biting winter of Northern Europe where temperatures dipped significantly below zero, and dangerously so.

The man, named Juha, was a member of the Sami people of Lapland and could trace his ancestry to these Aboriginal people of the North. The Sami still practice traditional reindeer herding in Arctic Lapland, relying on remaining old-growth forests to provide vital food for their reindeer during the cold winter months, but their forests are even today being industrially logged out of existence for the production of pulp and paper—ending up as magazine and copy paper throughout Europe. Juha looked, with some sadness and not just a little disgust, at the long chain of loggers and “pullers” coming from the deep woods and saw that a lot of the pullers were actually dragging huge cut logs—some weighing over 200 kilos—with a curious apparatus that essentially turned them into, for all practical purposes, human reindeer. Step by laborious step the pullers dragged the huge logs out of the forest onto the main road where each log was carefully marked and categorized by the truckers before being loaded onto flatbed trucks and hauled to the factories where they would be turned into container loads of paper—and as technology evolved in the xerographic industry, “food” for the millions of copy machines and laser printers that would eventually mushroom up in businesses all over Europe during the next generation. Juha, a simple reindeer farmer, knew nothing of this, but was waiting for his friend Veli, himself a woodsman and a puller of the giant logs. Veli was strong, but Juha felt he was the stronger and was eager to prove it. He was here to test this strength and not just in moving logs or in doing chores. Veli had promised to take him to the small building where they and a number of other loggers and construction workers lifted iron weights. It was over five kilometers away, but this was nothing as the two hurried through the snow and slippery roads on foot towards the old building. Nothing fancy here, a simple tin and wood garage, large enough to accommodate perhaps a dozen men—no women in those days—unheated, of course, filled with a lot of rusting barbells, home made dumbbells and squat rack, and plenty of ashtrays for the smokers. Juha was strong and wanted to test himself in this new sport. The year before, the great Kaarlo Kangasniemi had become the idol of every

Finn, like Juha and Veli, when he won gold at the Mexico City Olympiad in weightlifting—out-lifting such favorites such as Soviet Jan Talts, Hungarian Geza Toth and Englishman Louis Martin. Lifting weights, as well as throwing the javelin, quickly became the de-facto sport of this icy northern country. When Juha and Veli lifted, it was a lot of pulling—cleans (done in the split style like Kangasniemi), snatches and, of course, their favorite, the simplest of all movements, the deadlift. Veli, it seemed, was extraordinarily good in this basic, raw event, which was not yet competed on an international basis, but was a by-product of both Veli's and Juha's occupations as farmers and woodsmen. Veli, in particular, had a stone-hard grip and an unreal lower body constitution from all of the log dragging and wood chopping. Juha preferred bodybuilding moves like military presses and curls with heavy weights, but Veli simply loved to deadlift. Some years later, Veli would win a lot of titles in the new sport of powerlifting, especially with his unreal pulling strength and Juha, a much bigger man, would enter the burgeoning ranks of strongman and even be seen on TV in the early competitions of the World's Strongest Man.

Did this story actually happen? Maybe, and maybe not, BUT in different iterations, yes, it did—many times. Undeniably, the backgrounds of the quasi-fictional Veli and Juha lent themselves perfectly to this month's stop of the *Power Express*: Finland, the frozen fortress of strength.

The Finns have quietly carved a niche out of the ice forests and fog encrusted mountains of their dour homeland as some of the finest, and yes, toughest, powerlifters in the world. Sport, it seems, has always been part and parcel of the Finnish culture, even before Finland became a country.

Once, long ago, Finland was part of both the Swedish Empire under King Gustavus Adolphus and later, the Russian Empire under Czar Alexander. A long succession of wars, famines and periods of occupation before the official Independence in 1917, turned the Finns into a nation of proud, tough people—people built to endure the bitter cold of winter and the many privations that followed. Sport, as a result, became a tonic and a respite from the realities of the harsh life of the North. Most Finns participated in winter sports such as skiing, skating and ice hockey, but, of course, there was always the underlying desire, if not sheer lust, for strength. The one event they have dominated in the Summer Olympics—the javelin—is as much a strength event as it is a finesse movement. The Finns quickly became admirers of strength,

as much of their work, like the aforementioned logging, construction and farm work required a high degree of strength and endurance, and the truly strong stayed gainfully employed year-round and were able to feed and care for their families better than most.

The success of weightlifting in Finland was started by the Kangasniemi brothers—198 pounder Kaarlo and later 242 pounder Kauko—and continued by such stalwarts as Juhani Avelan, Kahlevi Lahderanta and Juhani Niemi, all of whom were medalists in world and Olympic competition and many of whom held world records in a time when the Soviets absolutely crushed the weightlifting world. The two Kangasniemis allegedly inherited their strength from their father, who reportedly was able to pick up a huge iron anchor weighing over 300 kilos (661 pounds) at a relatively light bodyweight of around 85 kilos. Of note was the occupation of the elder Kangasniemi. He was the village blacksmith and reportedly could do pull-ups with one finger of each hand for repetitions.

This interest in weightlifting blossomed out into the newly introduced sport of powerlifting and like in the United States and England, many of these early strength athletes doubled up, competing in the classical lifts as well as the newly formed powerlifts. One of the early dual-threat athletes was the great Taito Haara, a 242 pound Olympic weightlifter who registered some very impressive results in the Olympic duo, including a 462 clean and jerk and a 407 military press. Haara would later bulk up to over 300 pounds and eventually become the first Finn to squat (the English translation of the Finnish word “to squat” comes out, strangely enough, as “foot squat”) 400 kilos, or 881 pounds, and won gold at the 1977 IPF Worlds at SHW. This was when the USA, with no true superheavyweight on their team, entered a very light Terry McCormick weighing fractionally over the 242 limit to gain extra team points, while his teammates Doug Young and Clay Paterson won gold and silver, respectively in the 242s. The victory at the Worlds for Haara at SHW was almost one year after Haara came in 10th in the Montreal Olympics in weightlifting in the 242 pound class.

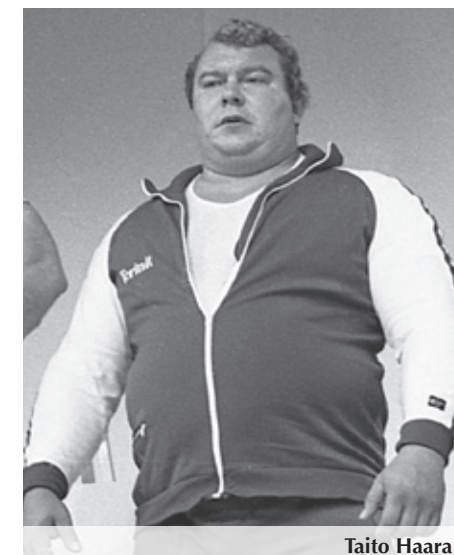
Weightlifting and the associated exercises that were the staples of the sport such as cleans, snatches and high pulls with bent and straight legs seemed to develop a lot of the early great Finnish deadlifters, even in the lighter weight classes. A perfect example was Raimo Valineva who held world records in the deadlift in the 148 and 165 class in the 1980s, pulling 688 in the 148s and 716 in the 165s. Valineva also held Scandinavian records in Olympic lifting and was able to clean 330 pounds with straight legs. Many of the old time “dual threats” squatted—sometimes up to three times a week—with a narrow stance and employed a lot of additional leg moves such as heavy step-ups and lunges (when they were employing the split style clean and snatch). The carryover to the deadlift from these difficult squatting movements were obvious. Some of the early heavyweight Finns such

as Taito Haara, Reijo Kiviranta and perhaps the most successful Finnish powerlifter ever, the fearsome Hannu Saarelainen, used varying stances in their squat training. Of note is the special “Finnish squat” they do as part of both their in-season training and their pre-meet training (sometimes up to the day prior). This is a movement (that I have witnessed in person) that is excruciatingly hard, and will build up the middle portion of the lift like no other. They simply walk out of the rack, drop into a full squat, rise to just before lockout, drop again and repeat for three reps before fully rising. THAT constitutes ONE repetition, and this would be done for up to eight total completed reps. I saw, once again, Saarelainen, Jarmo Virtanen (4-time IPF World Champion in both the 165 and 181 class) and the dwarf 114 pounder Aimo Tuomisto do this movement with perhaps seventy percent of maximum—the DAY before they lifted. A lot of them would also deadlift up to three times a week. The man they called “Mr. Deadlift,” Veli Kumpuniemi, would pull almost every day! Kumpuniemi lifted as much as 821 in the sumo deadlift at a bodyweight of 190 plus pounds and had he not torn a hamstring, may have inched his way toward the magic 400 kilo barrier. By the way, reports to the contrary, Kumpuniemi is STILL ALIVE and still apparently able to haul up some pretty fair country weights at age of 76.

The Finns were NOT into any relaxed workouts. Many of them, as noted, still were employed in heavy laboring activities and would STILL work out six days PLUS per week. A cursory glance at their lifting through the late 1970s and beyond would indicate that they are absolute masters of the long pull, or the deadlift, with many of them training conventionally for years before attempting to learn the tricky nuances of the sumo, which quickly became their hallmark. World champ and record holder Virtanen often would demonstrate his technical mastery of the sumo deadlift by showing that by simply relaxing the shoulders in the sumo, as opposed to flexing them in the conventional, one can take off as much as ONE FOOT in distance from the entire “amplitude,” or stroke.

Success in the long pull for the Finns came, according to Finnish powerlifter and PL authority Sakari Selkainano “...from a combination of genetics and success in other sports, plus a heavy labor background...”

Of note is the little known lifter Ismo Lappi, a lean 165 pound lifter, looking for all the world like a lightweight wrestler or MMA fighter, but possessing an obvious abundance of fast-twitch muscles—muscles that had in an earlier sports career enabled him to run a sub 11 second 100 meters and fling the Javelin 225 feet and muscles that a few years ago allowed him to simply SMOKE a massive 338 kilos (748 pounds) deadlift as easily as you and I would pick up the Sunday newspaper from the driveway. This was (and still is) an IPF world record. Twice WSM winner plus world Muscle Power champ and many times European strongman and Hollywood actor Jouko Ahola (“Kingdom



Taito Haara



Reijo Kiviranta



Hannu Saarelainen

next page »



Ano Turtiainen

of Heaven” and “Invincible”) credits the deadlift for his ability to compete successfully against far taller and bigger opponents. Ahola was truly built for the long pull and eventually worked up to an official 853 done in a meet in Europe. Not to be forgotten is the mysterious and hermit-like Jaska Parviainen, a transplanted Finn living in California (somewhere, unbelievably, near the hallowed offices of *PL USA*) who painstakingly formulated the now famous “Finnish Deadlift Program,” first published in *PL USA* around 1980. It bears re-visiting here as it has resulted in a lot of personal bests and records. Warning: don’t be fooled by the simplicity and relatively light weights. At first this routine will, if performed correctly, add five percent or more to your top end max.

**JASKA PARVIAINEN'S FINNISH DEADLIFT PROGRAM**

Jaska divided this program into three meso-cycles, each with specific percentages, and key assistance exercises. The first cycle lasts seven weeks. The main exercise is the semi stiff-legged deadlift off a block. Perform 10 reps on all sets. Assistance exercises are light power cleans (5 sets, 4–6 reps) before deadlift, heavy barbell bentover rows (5 sets), 5 sets of weighted chins (4–6 reps).

**FIRST MESOCYCLE PERCENTAGES**

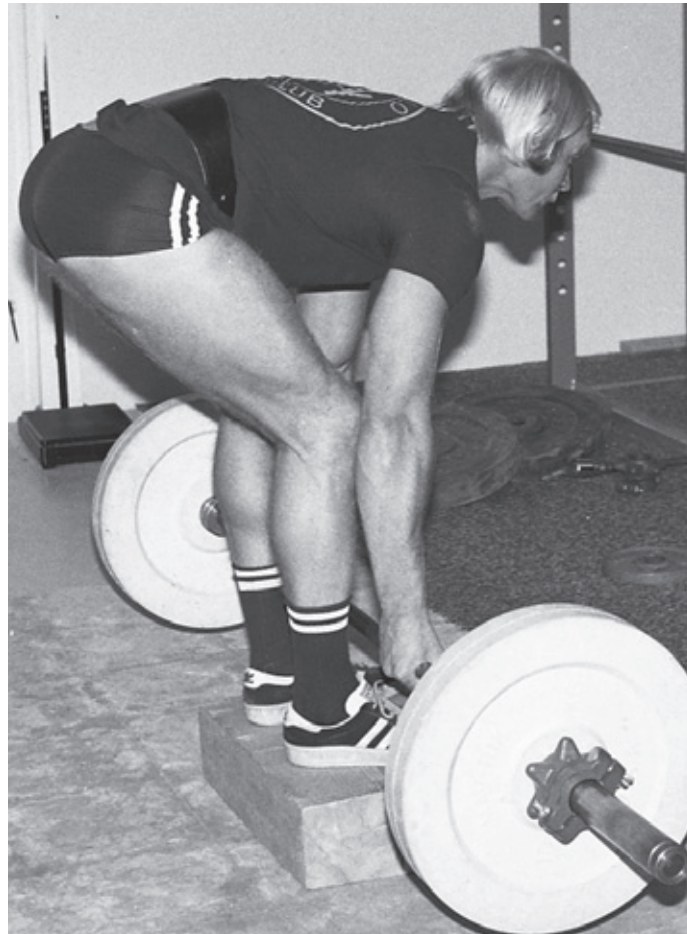
- Week 1**  
Day 1: 27%x1; 31%x1; 27%x2  
Day 2: 27%x1; 33%x1; 40%x1; 27%x1
- Week 2**  
Day 1: 27%x1; 33%x4  
Day 2: 27%x1; 37%x1; 44%x1; 35%x1
- Week 3**  
Day 1: 27%x1; 33%x4  
Day 2: 33%x1; 40%x1; 47%x1; 35%x1
- Week 4**  
Day 1: 33%x5  
Day 2: 33%x1; 44%x1; 49%x1; 35%x1
- Week 5**  
Day 1: 33%x5  
Day 2: 33%x1; 44%x1; 51%x1; 37%x1
- Week 6**  
Day 1: 33%x1; 37%x4  
Day 2: 35%x1; 49%x1; 53%x1; 40%x2x2
- Week 7**  
Day 1: 33%x1; 40%x4  
Day 2: 35%x1; 49%x1; 55%x1; 40%x2

As you can see, some very light weights here, but this is a build up process for the big numbers to come.

The main exercise of the second cycle is the regular deadlift done, again off a block for 5 reps. Again the mesocycle lasts seven weeks. Assistance exercises consist of light power cleans before deadlifting (5 sets, 4–6 reps), heavy bent-over rows, dumbbell rows and shrugs (4 to 6 sets with increasing weights).

**SECOND MESOCYCLE PERCENTAGES**

- Week 1**  
Day 1: 44%x1; 50%x1; 55%x3  
Day 2: 44%x1; 52%x1; 60%x1; 66%x1; 44%x1
- Week 2**  
Day 1: 44%x1; 50%x1; 55%x1  
Day 2: 44%x1; 55%x1; 64%x1; 70%x1; 44%x1
- Week 3**  
Day 1: 44%x1; 55%x1  
Day 2: 44%x1; 55%x1; 64%x1; 73%x1; 44%x1
- Week 4**  
Day 1: 44%x1; 55%x1  
Day 2: 49%x1; 66%x1; 75%x1; 49%x1
- Week 5**  
Day 1: 49%x1; 57%x3; 49%x1  
Day 2: 49%x1; 66%x1; 77%x1; 71%x; 49%x1
- Week 6**  
Day 1: 49%x1; 57%x3; 49%x1



Jaska Parviainen

- Day 2: 49%x1; 68%x1; 79%x1; 55%x1; 49%x1
- Week 7**  
Day 1: 49%x1; 57%x3;  
Day 2: 49%x1; 68%x1; 80%x1; 55%x1; 49%x1

In the third part you are performing competition style deadlifts from the floor. The reps are indicated below. This mesocycle lasts six weeks. Reps and sets vary. Assistance exercises: chins without weight, wide grip bent-over rows, hyperextensions.

**THIRD CYCLE PERCENTAGES:**

- Week 1**  
Day 1: 44%x1; 60%x3; 70%x3x3  
Day 2: 44%x5; 60%x3; 70%x2; 80%x1; 90%x1
- Week 2**  
Day 1: 44%x1; 60%x3; 70%x3x3  
Day 2: 44%x5; 60%x3; 70%x2; 84%x1; 94%x1; 86%x3
- Week 3**  
Day 1: 44%x1; 60%x3; 74%x3x3  
Day 2: 44%x5; 60%x3; 74%x2; 90%x1; 94%x1; 90%x3
- Week 4**  
Day 1: 44%x1; 60%x3; 74%x3x3  
Day 2: 44%x5; 64%x3; 80%x2; 95%x1; 101%x1; 93%x3
- Week 5**  
Day 1: 44%x5; 76%x3x4  
Day 2: 44%x5; 70%x3; 84%x2; 94%x1; 103%x1; 96%x3
- Week 6**  
Day 1: 44%x5; 80%x3x4  
Day 2: 44%x5; 70%x3; 84%x2; 96%x1; 105%x1

So, a careful, step-by-step manner to increase your max designed by a man whose very heritage spells one word: D-E-A-D-L-I-F-T.

The deadlift notwithstanding, the Finns of the '70s and '80s, particularly Saarelainen, Haara and Virtanen, were also superb squatters—Haara in particular flirting with the 900 barrier many times. They squatted with a narrow to medium stance and rarely had trouble achieving depth and used flat soled shoes, sometimes even deadlift slippers. Both Haara and Saarelainen would employ the “look down” style, using their thick waists to rebound from their thighs. As they ground up record after record squat, Saarelainen, though built for the squat and bench press worked as diligently on his deadlift, in particular was his affinity for a special “partial” pull.

Again, per Sakari Selkainano: “He [Saarelainen] did partials on knee level, just moving the bar from below to above the knee. The bar traveled 8–10 inches in the area where the leverages were the poorest. He did high reps with rather light weight. He tried to get speed too to overcome the sticking point as fast as possible. Concentrating on weakness enabled Hannu to pull 765 in 242s with quite poor leverages for deadlift.”

Once the Westside Conjugate System became popular in the '90s and the with the explosion of the Internet, Finns started to do two things: squat wide and use a box. Ano Turtiainen, the present owner of METAL Powerlifting Apparel credits judicious use of the low box for his many 850 plus deadlifts, as well as his 1,100 plus squats (done of course off of a Monolift). Others have followed suit with the use of the low box including Lappi, and former champ Janne Toivanen who pulled 365 kilos (804) in 1996.

The Finns, like their iron counterparts in the UK, for many years treated the bench press like the proverbial redheaded stepchild—a nuisance lift for bodybuilders, beach bums and Americans—and trained it accordingly. Lifters like Haara who regularly squatted close to 900 pounds only bench pressed 485—this in an era where American midheavys like Buddy Ravenscroft were pressing well over 500 pounds. Saarelainen was a good (pre-shirt) bench presser who elevated close to 250 kilograms (551 pounds) and credited liberal use of inclines and Monster Dips a la Marvin Eder for success in this event. Saarelainen won 242 class gold in 1982 at the IPF Worlds and was followed in the same weight class in several different IPF Worlds by countrymen Kiviranta, Toivanen and the great junior lifter that destroyed his field in the 1987 “Meet from Hell” in Lima, Peru, Aare Kaapyla “The Flying Finn” who, yet again, set a record setting pull

of 804 plus in his prime.

A special mention of the women iron athletes of the frozen fortress of strength need to be done. Two ladies in particular—Anna Liisa Prinkala and Raijia Koskinen, whom together won a total of ten IPF world championships in the 44 kilogram class.

Today’s “modern” version of Finnish powerlifting, like in Great Britain, resembles something right here in the good old USA: fractured federations—some multiply, some single ply, raw and semi-raw federations, drug-tested and non-tested federations. The passion for lifting has not decreased. Quite the contrary; it has increased in popularity with many, many new lifters, both men and women. Ano Turtiainen, owner and President of Metal has developed a huge following and lifters from Europe are now making the snowy trek to his gym to train with the likes of Jani Murtomaki (900 pound bench presser) and Jonas Rantanen who has squatted close to 1,150 pounds—all done recently at the Bullfarm Powerlifting Championships. This year, the Finns are hosting the WPC Worlds and that will prove to be a spectacular event, I can assure you.

Today’s Finnish powerlifter does not have to, like the quasi-fictional training partners Juha and Veli did over 40 years ago, trudge for miles in bad weather to a dilapidated shed and lift rusting barbells in freezing conditions. Modern, LA Fitness-like gyms are everywhere, and there are plenty of specialized hardcore gyms like the ones used by the METAL gang that uses the very latest in powerlifting equipment—Reverse Hyper machines, bands, chains, and similar gear. Yet, as the Finnish powerlifter of 2010 gears up for the worlds (WPC Style) held right in his backyard, they have the great old men of their sport—the Kumpuniemis, Lampelas, Saarelainens, Haaras and Virtanen—to thank for bringing this sport to their frigid land. A land where strength, like the ancient gods of old, ruled supreme. «

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# 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*.

**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

**3-4 DEC » UPA Power Weekend** (Dubuque, IA) » Bill Carpenter, 563.599.1390, billcarpenter@upapower.com, www.upapower.com

**4 DEC » USAPL Central Texas National Qualifier** (Killeen, TX) » Johnny Graham, 254.526.0779, www.usapl.com

**4 DEC » USAPL KY State Bluegrass Open PL Championships** (Henderson, KY) » Bruce Thomas, 270.454.1819, www.usapl.com

**4 DEC » USAPL WMI Powerlifting Classic** (Lexington, VA) on VMI Campus » Bill Mears, 540.784.9093, wwmears@gmail.com, www.usaplvirginia.com

**4 DEC » Walker's Gym Deadlift Classic** (Raw, Open, All Weight Classes) (Hopewell, VA) » Walker's Gym, 220 E. Broadway, 804.458.7918

**4 DEC » APF New York State Full Power Holiday Madness** (Lindenhurst, NY) at All Natural Gym » Shawna Mendelson & Chris Taylor, smendelson2010@hotmail.com, 518.993.6378, www.worldpowerliftingcongress.com

**4 DEC » USAPL ID Open & State HS Championships** (Nampa, ID) » Steve Rayborn, 208.850.9766, www.usapowerlifting.com

**4 DEC » EPF North East PL Championships** (Full PL/PP/BP) (Moultonborough, NH) at the Galaxy Gym » Bill Durant, 603.762.3990, mail@elitepowerlifting.com, www.elitepowerlifting.com

**4 DEC » USAPL 6th Annual Fife Power Company PL/BP/DL Holiday Classic** (Tacoma, WA) at the Fife High School Gymnasium » Steve Slavens, 253.435.0023, sslavens@fife.k12.wa.us, www.usapowerlifting.com

**4 DEC » ADFPF Quad City Powerfest PL/Single Event Competition** (World Qualifier) (Moline, IL) » Kevin Hopper, 815.973.1620, kevin.hopper@rockvalleypt.com, Darren Phelps, 309.269.3395, darren.phelps@rockvalleypt.com, www.adipf.org

**4 DEC » APF Invitational Meet** (Aberdeen, WA) » Don Bell, 360.532.8339, flex@techline.com, www.worldpowerliftingcongress.com

**4 DEC » SPF Luke Edwards Benefit Bash** (Cincinnati, OH) at Sweatt Shop Gym » Jesse Rodgers, 7493 Tanya Dr., Harrison, TN 37341, 423.255.3672, rogers-madmax@bellsouth.net, www.southernpowerlifting.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 » USAPL Midwest Sr. States** (Fremont, NE) » Tim Anderson, 402.687.4182, www.usapowerlifting.com

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

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

**4 DEC » 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 » 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@hotmail.com

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

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

**5 DEC » UPA California State Powerlifting Championships** (Concord, CA) at Diablo Barbell » Ted O'Neil, ted@diablobarbell.com, 925.685.8818, www.upapower.com

**5 DEC » Paxton Strongman VI** (Paxton, MA) » Nate Fitzgerald, 508.791.3291, www.paxtonpowergym.com

**5 DEC » SLP Black River Christmas for Kids BP/DL Championship** (Pocahontas,

AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**5 DEC » APF/AAPF Illinois Raw Power Challenge** (Raw & Classic Division) (Willowbrook, IL) at Right Fit Sports, 7101 S. Adams St. Unit 7 » Eric Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.apf-illinois.com, www.chicagopowerlifting.com

**5 DEC » WPF British BP, DL Open Record Breakers** (Four Seasons, Trallwn Rd., Llansamlet, Swansea) » Ken Williams, 07970 625946, www.britishpowerliftinggorganisation.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 Anytime Fitness Meet** (Roy, UT) » Jason & Heather Gibson, 801.920.9625, powersquat@msn.com, www.worldpowerliftingcongress.com

**11 DEC » APF Beaumont Invitational** (Beaumont, TX) » Mike Denmon, 409.548.3971, www.worldpowerliftingcongress.com

**11 DEC » Doernbecher Children's Hospital Bench Press Competition** (Portland, OR) at Elite Performance Center » Adrian Larsen, 503.504.9736, www.primal-powersystems.com

**11 DEC » UPA Metal Militia Pro-Am** (Lake George, NY) » Bill Crawford, bench802plus@yahoo.com, 518.792.5820, www.upapower.com

**11 DEC » 10th Annual Golden Bear BP Classic** (Barron, WI) at the Barron Area Community Center Theater » Steve Fronk, 715.736.7560, 715.296.0165, slfronk@landolakes.com

**11 DEC » ADFPF Riverside PL/Single Event Open Qualifier** (DeGraff, OH) » Mike Stagg and Scott Stewart, 309.837.2111, www.adfpf.org

**11 DEC » APF 57th Iron Man PL/BP Challenge** (Rosn, CA) » Bob Packer, 559.760.2971, www.worldpowerliftingcongress.com

**11 DEC » USAPL Holiday Classic** (Carrollton, TX) » Curt St Romain, 650 Leora #21101, The Colony, TX 75056, 817.629.3954, www.usapowerlifting.com

**11 DEC » APA Apollon Winter Iron Bash** (Raw & Equipped) (Edison, NJ) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**11 DEC » USPC December Power Curl** (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net

**11 DEC » ADFPF "Un-Equipped" December Bench & Deadlift** (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net

**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, pwrfltrs@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.wvuspf.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

**11-12 DEC » USAPL MA/RI State PL/BP Championships** (Johnston, RI) » Eric Cordeiro, 617.423.7062, www.usapowerlifting.com

**12 DEC » AAU Christmas Challenge** (Rockland, MA) at the Holiday Inn » bigironpowerlifting@comcast.net, 781.294.4201, www.bigironpowerlifting.com, www.aausports.org

**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 Southern Regional Championships** (PL/PP/BP/DL/Overhead Press/Strict Curl) (Raw & Equipped) (Fulton, MS) » 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 » USAPL Southside Classic** (San Antonio, TX) » Wes Zunker, 210.317.8245, www.usapl.com

**18 DEC » Iron Chamber Gym BP/DL Championships** (Canton, OH) » Jeffrey Begue, 330.844.1011, icg-pride@hotmail.com, www.icg-pride.net

**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 Support the Troops 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

**19 DEC » Kinross Powerlifting Club Meet** (Kincheloe, MI) » Dave Mastaw, 906.495.2282

**25 DEC » WPC Israel Open Championship** (Haifa, Israel) » Anna Marcus and Faina and David Kharif, annamarcus@rambler.ru, www.big-champ.com/index-eng.html, www.worldpowerliftingcongress.com

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

**8 JAN 2011 » SLP Winter BP/DL Classic** (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com

**8 JAN 2011 » NASA Gilmer Open** (Equipped/Unequipped, PL/BP/PS/PP) (Gilmer, TX) » www.nasa-sports.com

**15 JAN 2011 » APF Battle of Honor** (Pelion, SC) » Will Millman, shelter223@gmail.com, 843.886.5366, www.worldpowerliftingcongress.com

**15 JAN 2011 » SLP Smokey Mountains Open BP/DL Classic** (Stanton, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com

**15 JAN 2011 » USAPL LA State Meet** (Lafayette, LA) » Cameron Barrilleaux, 985.768.2399, www.usapl.com

**15 JAN 2011 » RAW United New Year's Bench Bash** (Raw/Single-Ply) (Melbourne, FL) at The Gym » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org

**15 JAN 2011 » Pure Athletic Power Open/Masters/Teen Team Challenge** bp/ DL Meet (Princeton, WV) » Donnie Robbins, 304.320.9072, all4athletes@live.com, www.pureathleticpower.com

**22 JAN 2011 » SLP Mississippi State BP/DL Championship** (Tupelo, MS) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com

**22 JAN 2011 » Irondawg Open Record Setters BP Championships** (Raw & Equipped, national qualifier) (Gainesville, GA) at Iron Beast Gym » L.B. Baker, 770.713.3080, Iron Beast Gym, 770.503.0930

**22-23 JAN 2011 » NASA Natural Nationals** (Equipped/Unequipped, PL/BP/PS/PP) (Oklahoma City, OK) » www.nasa-sports.com

**22-23 JAN 2011 » RAW United RAW Unity IV** (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org

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

**28 JAN 2011 » APA "All Raw" Carolina Cup Championships** (PL/BP/DL/PP/ Overhead Press/Curl) (Florence, SC) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**29 JAN 2011 » WNPF 1st Collegiate Nationals** & 14th South Carolina Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**29 JAN 2011 » USAPL Capitol City Clash** (Lincoln, NE) » Bill Sindelar, 402.986.1784, www.usapl.com

**29 JAN 2011 » USPF Sooner State Winter Games** (PL/BP/DL) (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rrcrain@allegiance.tv, www.soonerstategames.org

**29 JAN 2011 » UPA Minnesota & Midwest Powerlifting Championship** (Princeton, MN) » Jeff Adkins, barbell01@gmail.com, 763.286.9270, www.upapower.com

**29 JAN 2011 » USAPL Wisconsin State Meet** (Milwaukee, WI) » Bruce Sullivan, 262.639.3210, www.usapowerlifting.com

**29 JAN 2011 » 100% Raw Potomac Open Single Lifts BP/DL/Strict Curl** (Woodbridge, VA) at Powerhouse Gym » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

**29 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

**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

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

**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, pwrfltrs@msn.com, www.powerliftingCA.com, www.thefitexpo.com

**30 JAN 2011 » SLP Body Zone Open BP/DL Championship** (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com

**5 FEB 2011 » 10th Annual IBP Regional Push Pull Championships** (Statesville, NC) » Keith Payne, keith@ironboypowerlifting.com, www.ironboypowerlifting.com

**5 FEB 2011 » SLP Superbowl Open BP/DL Championship** (Jonesboro, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com

**5 FEB 2011 » NASA Arizona State Mike Morris Memorial** (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com

## APF/AAPF/WPC Schedule

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

**4 DEC, APF Invitational Meet**

**5 DEC, APF/AAPF IL Raw Power Challenge**

**11 DEC, APF/AAPF Golden State Meet**

**11 DEC, APF 57th Iron Man PL/BP Challenge**

**11 DEC, APF Beaumont Invitational**

**11 DEC, APF Anytime Fitness Meet**

**25 DEC, WPC Israel Open Championships**

**DEC, Ontario Amateur Pro Championships**

**15 JAN 2011, APF Battle of Honor PL/BP Meet**

**29 JAN 2011, Battle in Montreal**

**20 FEB 2011, APF/AAPF 2nd Annual Ohio Cup**

**12 MAR 2011, 15th Annual AAPF Frank Kostyo Meet**

**MAR 2011, APF/AAPF Illinois State Meet**

**1-3 APR 2011, APF/AAPF Raw Nationals & AAPF Nats**

**16 APR 2011, APF/AAPF Texas Classic**

**29-30 APR 2011, APF Raw Nationals & APF Single Ply Nats**

**14-15 MAY 2011, APF Master/Teen/Jr. Nationals**

**11-12 JUN 2011, APF Senior Nationals**

**25-26 JUN 2011, APF/AAPF Chicago Summer Bash 8**

**JUN 2011, WPC European Championships**

**AUG 2011, AWPC Worlds** (Equipped & Raw)

**NOV 2011, WPC World Championships** (Equipped & Raw)

**Dates subject to change  
Call 866.389.4744 for more information  
or go to our website:  
www.worldpowerliftingcongress.com**

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 scott@bodytechusa.com 603-426-9675

5-6 FEB 2011 » **WNPF All Raw World Tournament of Champions** (Guatemala City, Guatemala) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**6 FEB 2011** » APA Southeast Coast Raw Championships (PL/BP/DL/PP) (Arcadia, FL) » 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 FEB 2011** » SLP Brickyard Open BP/DL Championship (Milwaukie, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**12 FEB 2011** » SSA CandyAzz Classic (Full Power/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com  
**12 FEB 2011** » WABDL World Qualifier BP and DL Championships (Beaver Falls, PA) at the Holiday Inn » Charles Venturella, 724.654.4117, sircharles148@peoplepc.com, www.wabdl.org  
**12 FEB 2011** » NASA Missouri State (Equipped/Unequipped, PL/BP/PS/PP) (Joplin, MO) » www.nasa-sports.com  
**12 FEB 2011** » RAW United Mid-Atlantic Open (Raw) (Hagerstown, MD) at Anytime Fitness » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**12 FEB 2011** » ADFPF 3rd Annual Cabin Fever Challenge (Rockland, MA) at the Holiday Inn » bigironpowerlifting@comcast.net, 781.294.4201, www.bigironpowerlifting.com, www.adfpf.org  
**12 FEB 2011** » WABDL National Collegiate BP/DL Championships (Houston, TX) at the University of Houston » Dr. John Hudson, 713.223.7902, 217.377.4640, hudsonj@uhd.edu, www.wabdlcollegiate.info  
**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  
**19 FEB 2011** » SPF Alabama State PL/BP Championship (Arab, AL) » Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com  
**19 FEB 2011** » **WNPF All Raw World Tournament of Champions** (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**19 FEB 2011** » USAPL Valley of the Sun Classic Push/Pull (Scottsdale, AZ) at Bishop Training Facility » Rich Wenner, rich@usaplaz.com, PO Box 2862, Tempe, AZ 85280, www.usapowerlifting.com  
**19 FEB 2011** » SLP Bluegrass Open BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**19 FEB 2011** » RAW United Sunshine State Raw/Single-Ply (Melbourne, FL) at The Gym » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**19 FEB 2011** » SPF Ozark Mt. Classic PL/BP Championship (Branson, MO) » Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com  
**19 FEB 2011** » Red Brick Bench Press Championships VIII Fundraiser for WNY Military Family Readiness Groups (Buffalo, NY) » Dennis Brochey, 716.200.3533, cdbrochey@roadrunner.com, www.niagarapowerliftingclub.com  
**19 FEB 2011** » SPF Southern Regional, Full PL and BP (Robinsonville, MS) at Harrah's Casino Convention » Jesse Rodgers, 7493 Tanya Dr., Harrison, TN 37341, 423.255.3672, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com  
**20 FEB 2011** » APF/AAPF 2nd Annual Ohio Cup (West Lafayette, OH) » John Blackstone & Dave Clement, 740.502.4964, dac6932@yahoo.com, www.worldpowerliftingcongress.com  
**25-26 FEB 2011** » USAPL AL State PL/BP Championships (Gulf Shores, AL) » Daryl Haskew, 251.928.6987, www.usapowerlifting.com  
**26 FEB 2011** » **WNPF All Raw World Tournament of Champions** (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net


**26 FEB 2011** » SLP Arkansas State Open BP/DL/Curl Championship (Benton, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**26 FEB 2011** » NASA East Texas State (Equipped/Unequipped, PL/BP/PS/PP) (Tyler, TX) » www.nasa-sports.com  
**26 FEB 2011** » USAPL Aggie Showdown (Texas A&M, TX) » Kayla James, 254.223.2991, www.usapowerlifting.com  
**26 FEB 2011** » **APA Bench Press Nationals** » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaqu-pits@netzero.net, www.apa-wpa.com  
**26 FEB 2011** » USAPL Virginia Open PL/BP/DL/Ironman (Raw & Assisted) (Zion Crossroads, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com  
**27 FEB 2011** » USPF Northeastern Open BP/DL/PP (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.usfpowerlifting.com  
**27 FEB 2011** » SLP Ultimate Fitness Open BP/DL/Curl Championship (Kennett, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**FEB 2011** » **WNPF All Raw World Tournament of Champions** (Youngstown, OH) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**3-6 MAR 2011** » Arnold Sports Festival (Columbus, OH) » Matt Lorz, 614.443.1877, mattlorz@rrcol.com, www.arnoldsportsfestival.com  
**3-6 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  
**4-6 MAR 2011** » RAW United Beau Moore Classic (Raw) (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**5 MAR 2011** » IBP Northeastern Carolina Bench Clash (Warrenton, NC) » Keith Payne, keith@ironboypowerlifting.com, www.ironboypowerlifting.com  
**5 MAR 2011** » **USA Raw BP Federation Spring Nationals** and SLP Illinois Open BP/DL Classic (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**5 MAR 2011** » NASA Colorado State (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » www.nasa-sports.com  
**5-6 MAR 2011** » UPA Iowa & Midwest PL Championship (Dubuque, IA) at the Grand River Center » Bill Carpenter, 563.599.1390, billcarpenter@upapower.com, www.upapower.com  
**5-6 MAR 2011** » SPF Ironman Classic PL/BP Championship (Nashville, TN) » Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com  
**11-12 MAR 2011** » USAPL WI High School State Championships (Eau Claire, WI) » Joel Hornby, 715.852.6763, www.usapowerlifting.com  
**12 MAR 2011** » WNPF 8th Tennessee State Championships (Cleveland, TN) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**12 MAR 2011** » SLP Iron House Open BP/DL Championship (St. John's, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**12 MAR 2011** » AAPF 15th Annual Frank Kostyo Memorial Powerlifting Championship (Lakeland, FL) at All American Gym » Ken Snell, 863.687.6268, www.allamericangym.com, www.worldpowerliftingcongress.com  
**12 MAR 2011** » NASA Georgia Open & High School State (Equipped & Unequipped PL/BP/PP/PS) (Dalton, GA) » www.nasa-sports.com  
**12 MAR 2011** » Walker's Gym Bench Press Classic (Raw, Open, All Weight Classes) (Hopewell, VA) » Walker's Gym, 220 E. Broadway, 804.458.7918  
**13 MAR 2011** » SLP 7th Street Gym Open BP/DL Championship (Clinton, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.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  
**19 MAR 2011** » NASA Tennessee State (Equipped/Unequipped, PL/BP/PS/PP/Counts) (Pickwick or Savannah, TN) » www.nasa-sports.com  
**19 MAR 2011** » SLP Indiana Open BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**20 MAR 2011** » **WNPF Youth-Teen-Junior-Subs-Masters Nationals** & American Open (Philadelphia, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**26 MAR 2011** » SLP Body Shop Fitness Open BP/DL/Curl Championship (Mt. Juliet, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**26 MAR 2011** » NASA Kansas State (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.com  
**26 MAR 2011** » USPF Region 7 Championship Powerlifting Meet (Full Meet, SL

Bench Press & Deadlift Meets) (AZ, CO, MT, NM, UT, WY) (Tombstone, AZ) at Cold Iron Gym, P.O. Box 814 » Danni Eldridge, brock5851@aol.com, www.coldirongym.com  
**26-28 MAR 2011** » **USAPL High School Nationals** (Corpus Christi, TX) » Hector Munoz, 361.813.9691, www.usapowerlifting.com  
**MAR 2011** » APF/AAPF Illinois State Championships (Dekalb, IL) » Dick Zenze and Bruce McCord, maswldchamp@yahoo.com, www.worldpowerliftingcongress.com  
**1-3 APR 2011** » **USAPL Collegiate National Championships** (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, 570.309.6316, www.2011collegiate.purepowerlifting.com  
**1-3 APR 2011** » **APF/AAPF Raw Nationals & AAPF Nationals** (West Palm Beach, FL) » Kieran Kidder & Amy Jackson, 630.896.7309, amyjackson@aol.com, www.worldpowerliftingcongress.com  
**2 APR 2011** » ADAU Great Lakes Powerlifting Championships (Erie, PA) » Joe Oreglia, 814.833.3727, joesymerie@live.com, www.adaurawpower.com  
**2 APR 2011** » Raw & Drug Free Single Lift (SQ/BP/DL) Championships (Erie, PA) » Joe Oreglia, 814.833.3727, joesymerie@live.com, www.adaurawpower.com  
**2-3 APR 2011** » **NASA High School Nationals** (Equipped/Unequipped, PL/BP/PS/Power Press) (Oklahoma City, OK) » www.nasa-sports.com  
**3 APR 2011** » 12th Pittsburgh Monster BP/DL Meet (Men, Women, All Classes, Cash Prizes) (Pittsburgh, PA) at the PA Airport Crowne Plaza » Mike Barravecchio, 152 Dover Dr., Moontownship, PA 15108, 412.264.9996, vecks4@verizon.net  
**8-10 APR 2011** » **USAPL Collegiate Nationals** (Scranton, PA) » www.purepowerlifting.com, www.usapowerlifting.com  
**9 APR 2011** » WNPF (APF Pro Wrist Straps) Maryland State Championships (Baltimore, MD) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**9 APR 2011** » **SLP National Raw BP/DL Championship** (Sallisaw, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**9 APR 2011** » USPF 47th Annual Oklahoma State Meet (PL/BP/DL) (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rcrain@allegiance.tv  
**9 APR 2011** » RAW United Florida State Push/Pull (Raw/Single-Ply) (Melbourne, FL) at The Gym » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**9 APR 2011** » NASA Ohio State (Equipped/Unequipped, PL/BP/PS/PP) (Springfield, OH) » www.nasa-sports.com  
**10 APR 2011** » **WNPF 23rd BP/DL/PC/SQ Nationals** & 600 lb. DL Challenge for Cash (Open to any drug-free lifter that can DL 600+ lb.) (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**16 APR 2011** » **WNPF Florida State & Raw National Championships** (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**16 APR 2011** » WABDL Northeast Regional BP/DL Championship (West Portland, ME) at the Holiday Inn » Al Stork, 207.223.5945, www.wabdl.org  
**16 APR 2011** » USAPL Richmond Open (Mechanicsville, VA) » Tricia and Gary Emrich, 804.605.5135, vastatechair@usaplvirginia.com, www.usaplvirginia.com  
**16 APR 2011** » SLP Wisconsin State BP/DL Championship (Delevan, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**16 APR 2011** » WABDL FL State Bench Press and Deadlift Competition (Lakeland, FL) at All American Gym » Ken Snell, 863.687. 6268, www.allamericangym.com  
**16 APR 2011** » **WABDL National High School BP/DL Championships** (Houston, TX) at the University of Houston » Dr. John Hudson, 713.223.7902, 217.377.4640, hudsonj@uhd.edu, www.wabdlcollegiate.info  
**16 APR 2011** » APF/AAPF Texas Classic (Austin, TX) » Greg & Heather Tillinghast, 940.783.1468, aptexas@yahoo.com, www.worldpowerliftingcongress.com  
**16 APR 2011** » **APA Raw National Championships** » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaqu-pits@netzero.net, www.aparawnationals.webs.com  
**16 APR 2011** » NASA Iowa State (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com  
**16 APR 2011** » USAPL Richmond Open (Mechanicsville, VA) » Tricia & Gary Emrich, 804.559.1430, www.usapowerlifting.com  
**16-17 APR 2011** » **UPA PL/BP National Championship** (Sandwich, IL) at Best Western Timber Creek Inn and Suites Convention Center » Byron Hicks, 630.913.4491, www.upapower.com  
**23 APR 2011** » **SLP National BP/DL Championship** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**23 APR 2011** » Girls Inc. of Omaha Open Push/Pull (Women Only) (Raw & Equipped) (BP/PL/PP) (Omaha, NE) » Emily Mwaja, 402.457.4676, emwaja@girlsincomaha.org, www.girlsincomaha.org  
**23 APR 2011** » USAPL Nebraska State Championship (Lincoln, NE) » Bill Sindelar, 402.986.1784, www.usapl.com  
**23 APR 2011** » NASA Oklahoma State (Equipped/Unequipped, PL/BP/PS/PP)

**UPCOMING SLP COMPETITIONS**  
**4 DEC, SLP Tennessee Christmas for Kids (Bartlett, TN)**  
**5 DEC, SLP Black River Christmas for Kids (Pocahontas, AR)**  
**11 DEC, SLP Arkansas Christmas for Kids (Rogers, AR)**  
**18 DEC, SLP The Last One! BP/DL Champs (Tuscola, IL)**  
**Son Light Power**  
**122 W. Sale St., Tuscola, IL 61953**  
**217.253.5429**  
**www.sonlightpower.com sonlightgym@verizon.net**

(Oklahoma City, OK) » www.nasa-sports.com  
**28 APR - 1 MAY 2011** » **USAPL Men's Master Nationals** (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com  
**29-30 APR 2011** » **APF Raw Nationals & APF Single Ply Nationals** (Orlando, FL) » Kieran Kidder & Amy Jackson, 630.896.7309, amyjackson@aol.com, www.worldpowerliftingcongress.com  
**30 APR 2011** » WNPF Georgia State Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**30 APR 2011** » SLP Southwest Missouri Open BP/DL Championship (Branson, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**30 APR 2011** » SSA Imperium (Full Power/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com  
**30 APR 2011** » NASA New Mexico State (Equipped/Unequipped, PL/BP/PS/PP) (Gallup, NM) » www.nasa-sports.com  
**APR 2011** » WNPF Upstate New York Championships (Rochester, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**1 MAY 2011** » SLP Black River Open BP/DL Classic (Pocahontas, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**1/7 MAY 2011** » **WNPF International Invitational (Youth-Teen-Junior)** & Southern USA Championships (Open-Subs-Masters) (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**7 MAY 2011** » IBP NC State Youth/Teen PL Championships (Statesville, NC) » Keith Payne, keith@ironboypowerlifting.com, www.ironboypowerlifting.com  
**7 MAY 2011** » **Lifetime Natural Powerlifting Nationals** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**7 MAY 2011** » **NASA Tom Manno Western State Nationals** (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com  
**14 MAY 2011** » IPA Maryland BP Championships (Westminster, MD) at the Westminster Family Center, 11 Longwell Ave. » Scott Bixler, 443.789.9452, www.ipapower.com  
**14 MAY 2011** » NASA South Texas State (Equipped & Unequipped PL/BP/PP/PS) (Alvin, TX) » www.nasa-sports.com  
**14 MAY 2011** » SLP Platinum Fitness Open BP/DL Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**14-15 MAY 2011** » WNPF Georgia Republic vs. the World PL Championships (Republic of Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**14-15 MAY 2011** » **APF Master/Teen/Jr. Nationals** (TX) » Greg & Heather Tillinghast, 940.783.1468, aptexas@yahoo.com, www.worldpowerliftingcongress.com  
**20-22 MAY 2011** » **USAPL Women's Nationals** (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com  
**21 MAY 2011** » WNPF North American Championships (Richmond or Virginia Beach, VA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**21 MAY 2011** » SLP Ho-Chunk Nation Open BP/DL Championship (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**21 MAY 2011** » Suffolk Special Olympics Powerlifting Meet (Suffolk, VA) at Lakeland High School » Rob Kelly, robkelly@spsk12.net  
**21 MAY 2011** » 100% Raw Freedom USA Open BP/Strict Curl (Leesburg, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com  
**21 MAY 2011** » USAPL 3rd Annual Orange County Powerlifting, Ironman and

## COMING EVENTS »



**WORLD NATURAL POWERLIFTING FEDERATION**

**11 DEC, WNPF 13th Sarge McCray Championships (PL/BP/DL/PC) (Bordentown, NJ)**

**12 DEC, WNPF Delaware Championships (Lewes, DE)**


**29 JAN 2011, WNPF 1st Collegiate Nationals & 14th South Carolina Championships (Greenville, SC)**

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

Bench Competition (Pine Bush, NY) » Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845.778.1884, frankjpanaro@gmail.com, www.ocpowerlifters.com  
**21-22 MAY 2011 » NASA Bench Press Nationals (Equipped/Unequipped BP/Power Sports BP) (Denver, CO)** » www.nasa-sports.com  
**27 MAY 2011 » Andy Bolton Deadlift Challenge (Cleveland, OH)** » Ty Phillips, 216.310.2283, gorillapitps@gmail.com  
**27-29 MAY 2011 » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (King of Prussia, PA)** at the Valley Forge Convention Center » mmasportsexpo.com  
**28 MAY 2011 » USPF Muscle Beach PL Competition (PL/BP/DL/PP) (Venice, CA)** » Joe Wheatley, 818.246.0366, joesmusclebeach@yahoo.com  
**3-5 JUN 2011 » APC National PL/BP Championships (East Peoria, IL)** » Stephen Parkhurst, 309.657.0963, parkhurst111@hotmail.com, www.american-powerliftingcommittee.com  
**4 JUN 2011 » 100% Raw VA American Challenge (BP/DL/SC) (Zion Crossroads, VA)** » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com  
**4 JUN 2011 » WNPF Elite National Championships (Ephrata)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**5 JUN 2011 » WNPF (TNT Ironwear) New Jersey State Championships (Bor-**

**2011 WABDL National Collegiate Bench Press and Deadlift Championships**

**February 12, 2011**  
**The University of Houston-Downtown**



*No Qualifying Total!  
 First-time Lifters Welcome!  
 Bench, Deadlift, and  
 Push/Pull Total Events!*

Contact Meet Director Dr. John Hudson  
 (713)223-7902 or (217) 377-4640  
 HudsonJ@uhd.edu  
 www.wabdlcollegiate.info

dentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**8 JUN 2011 » RAW United Mike Witmer Memorial Open (Raw) (Tampa, FL)** at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**10-12 JUN 2011 » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Denver, CO)** at the Crown Plaza Denver International Airport » mmasportsexpo.com  
**10-12 JUN 2011 » USAPL Men's Open, Teen, Jr. Nationals** » Jim Battenfield/Paul Fletcher, 505 Ridgcrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com  
**11 JUN 2011 » SLP Superman Classic BP/DL Championship (Metropolis, IL)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**11/25 JUN 2011 » WNPF Ironman Nationals (BP/DL) & Single Lift Nationals (Biloxi, MS or New Orleans, LA)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**11-12 JUN 2011 » NASA USA Nationals (Equipped & Unequipped PL/BP/PP/PS) (Springfield, OH)** » www.nasa-sports.com  
**11-12 JUN 2011 » APF Senior Nationals (Sun Prairie, WI)** » Ed & Joani Taber, joani\_taber@yahoo.com, www.worldpowerliftingcongress.com  
**18 JUN 2011 » NASA East Texas Open (Equipped & Unequipped PL/BP/PP/PS) (Tyler, TX)** » www.nasa-sports.com  
**18 JUN 2011 » SLP Michigan Open BP/DL Championship (Ionia, MI)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.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, www.adipf.org  
**25 JUN 2011 » SLP Samson's Gym Open BP/DL Championship (Hamilton, OH)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**25 JUN 2011 » WABDL Tom Foley BP/DL Classic (Nanuet, NY)** » Brian Fahrenfeld, Premier Fitness - 430 Nanuet Mall South, www.wabdl.org  
**25-26 JUN 2011 » APF/AAPF Chicago Summer Bash 8 (Burr Ridge, IL)** at the Quality Inn & Suites » Eric & Jackie Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.chicagopowerlifting.com, www.worldpowerliftingcongress.com  
**29 JUN 2011 » USPF Sooner State Summer Games (PL/BP/DL) (Shawnee, OK)** » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rcrain@allegiance.tv, www.soonerstategames.org  
**JUN 2011 » WPC European Championships (Czech Republic)** » Dan Dvorak, czechpowerlifting@gmail.com, www.worldpowerliftingcongress.com  
**2 JUL 2011 » NASA 4th of July Spectacular (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS)** » www.nasa-sports.com  
**9 JUL 2011 » USAPL Brute Strength Stars & Stripes (Virginia Beach, VA)** » Tricia & Gary Emrich, 804.559.1430, www.usapowerlifting.com  
**9 JUL 2011 » USAPL Wisconsin Dells Summer Classic "HS Only" Meet (Wisconsin Dells, WI)** » Brian Kenney, W14577 Fairway Ln, Wisconsin Dells, WI 53965, 608.448.9034, www.usapowerlifting.com  
**9 JUL 2011 » NASA Grand Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA)** » www.nasa-sports.com  
**9 JUL 2011 » ANPPC World Cup PL Championship (Tuscola, IL)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**9 JUL 2011 » USAPL Brute Strength Stars and Stripes (Norfolk, VA)** » Tricia and Gary Emrich, 804.605.5135, vastatechair@usaplvirginia.com, www.usaplvirginia.com  
**10 JUL 2011 » WNPF 2nd High School National Championships (Bordentown, NJ)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**16 JUL 2011 » RAW United Maryland Open (Raw/Single-Ply) (Hagerstown, MD)** at Anytime Fitness » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**16 JUL 2011 » SSA National PL Event (Full Power/Ironman/Single Lift) (Tribes Hill, NY)** » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com  
**17 JUL 2011 » WNPF 13th USA Championships (Atlanta, GA)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**23 JUL 2011 » NASA South Texas Open (Equipped & Unequipped PL/BP/PP/PS) (Alvin, TX)** » www.nasa-sports.com  
**23 JUL 2011 » SLP Northwest Arkansas Open BP/DL/Curl Championship (Rogers, AR)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**23 JUL 2011 » USPF Muscle Beach Lift-Off State Championship (PL/BP/DL/PP) (Venice, CA)** » Joe Wheatley, 818.246.0366, joesmusclebeach@yahoo.com  
**30 JUL 2011 » USAPL Virginia State Single Lifts Championships BP/DL/PP (Standardsville, VA)** » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

**30 JUL 2011 » SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**JUL 2011 » WNPF Drug Free Nationals (Youngstown, OH)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**6 AUG 2011 » WNPF 3rd U.S. Open Championships (Kissimmee, FL)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**6 AUG 2011 » 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, sonlightgym@verizon.net, www.sonlightpower.com  
**6 AUG 2011 » RAW United UPF Challenge (Raw) (Orlando, FL)** at UPF Gym » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**6-7 AUG 2011 » NASA World Cup (Unequipped, PL/BP/PS/PP) (Denver, CO or OKC, OK)** » www.nasa-sports.com  
**12-13 AUG 2011 » ISA World Championships at the Europa Supershow (Full Power/BP/DL/SQ & Open/Novice/Police & Fire/Teen/Jr/Sub Master/Master) (Dallas, TX)** » Kirk Stroud, 416 W. Bedford Euleess Road, 817.268.3488  
**14 AUG 2011 » WNPf 20th International (SQ/BP/DL/Reps) Championships (Philadelphia or Lancaster, PA)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**14 AUG 2011 » 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, sonlightgym@verizon.net, www.sonlightpower.com  
**19-21 AUG 2011 » USAPL Raw Nationals (Scranton, PA)** » Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com  
**20 AUG 2011 » WNPF North Carolina State Championships (Asheville or Charlotte, NC)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**20 AUG 2011 » NASA Colorado Grand (Equipped & Unequipped PL/BP/PP/PS) (Loveland, CO)** » www.nasa-sports.com  
**20 AUG 2011 » SLP Indiana State Fair Outlaw BP/DL Championship (Indianapolis, IN)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**21 AUG 2011 » 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, sonlightgym@verizon.net, www.sonlightpower.com  
**26-28 AUG 2011 » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (New York, NY)** at the Hilton » mmasportsexpo.com  
**27 AUG 2011 » 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, sonlightgym@verizon.net, www.sonlightpower.com  
**AUG 2011 » AWPC Worlds (Equipped & Raw) (Idaho Falls, ID)** » Mike & Linda Higgins, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com  
**3 SEP 2011 » NASA 4th Annual Texas State Cookout & Championship (Equipped/Unequipped, PL/BP/PS/PP) (Gilmer, TX)** » www.nasa-sports.com  
**3 SEP 2011 » SLP Tennessee State BP/DL Championship (Lexington, TN)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**3 SEP 2011 » USPF Muscle Beach West Coast Classic (PL/BP/DL/PP) (Venice, CA)** » Joe Wheatley, 818.246.0366, joesmusclebeach@yahoo.com  
**4 SEP 2011 » SLP Building Bodies Open BP/DL Classic (Rockledge, FL)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**10 SEP 2011 » WNPF Night of Champions & 4th Jake the Hammer Classic (BP/DL/PC) (Atlanta, GA)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**10 SEP 2011 » SLP Tennessee State Fair BP/DL Championship (Nashville, TN)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.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  
**10-11 SEP 2011 » RAW United Armed Forces Championships (Raw/Single-Ply) (Tampa, FL)** at the MacDill Air Force Base » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**17 SEP 2011 » NASA Tennessee Regional (Equipped & Unequipped PL/BP/PP/PS) (Counts, TN)** » www.nasa-sports.com  
**17 SEP 2011 » SLP Bodyworks Gym Open BP/DL Classic (Dry Ridge, KY)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**24 SEP 2011 » WNPF 23rd Lifetime National Championships (Bordentown, NJ)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**24 SEP 2011 » SLP National PL Championship (Tuscola, IL)** » Dr. Darrell Latch,

Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**25 SEP 2011 » 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, sonlightgym@verizon.net, www.sonlightpower.com  
**SEP 2011 » WNPF Can-Am National Championships (Rochester, NY)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**1 OCT 2011 » SLP Tennessee State BP/DL Championship (Lexington, TN)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**1 OCT 2011 » Ashtabula Bench Press Championships (Ashtabula, OH)** at 263 Prospect Road (Rt. 20) » Lonnie Anderson, 440.964.3013, anderson1142@yahoo.com  
**1 OCT 2011 » NASA East Texas Regional (Equipped/Unequipped, PL/BP/PS/PP) (Tyler, TX)** » www.nasa-sports.com  
**8 OCT 2011 » WNPF Palmetto Championships (BP/DL/PC/Ironman) (Greenville, SC)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**8 OCT 2011 » NASA Iowa Regional (Equipped & Unequipped PL/BP/PP/PS) (Des Moines, IA)** » www.nasa-sports.com  
**8 OCT 2011 » SLP Indiana State Open BP/DL Championship (Indianapolis, IN)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**8 OCT 2011 » RAW United Tony Conyers Extravaganza (Raw/Single-Ply) (Tampa, FL)** at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**8 OCT 2011 » IPA MD State Powerlifting Championships (Westminster, MD)** » Scott Bixler, 443.789.9452, www.ipapower.com  
**15 OCT 2011 » SSA Asylum Power (PL/Ironman/Single Lift) (Tribes Hill, NY)** » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com  
**15 OCT 2011 » NASA Unequipped Nationals (PL/BP/PS/PP) (Oklahoma City, OK)** » www.nasa-sports.com  
**15 OCT 2011 » WNPF Alabama Natural PL Championships (Montgomery or Birmingham, AL)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**15 OCT 2011 » SLP Western Nationals Open & Oklahoma State BP/DL Championship (Tulsa, OK)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**22 OCT 2011 » NASA Ohio Regional (Equipped/Unequipped, PL/BP/PS/PP) (Springfield, OH)** » www.nasa-sports.com  
**22 OCT 2011 » ANPPC National Powerlifting Championship (Tuscola, IL)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**30 OCT 2011 » SLP Open Northern Grand National BP/DL/Curl Championship (Baraboo, WI)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**OCT 2011 » WNPF 5th All-American Championships (Pt. St. Lucie, FL)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**4-6 NOV 2011 » RAW United North American Championships (Raw) (Tampa, FL)** at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**5 NOV 2011 » SLP Ohio State BP/DL Championship (Hamilton, OH)** » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**5-6 NOV 2011 » WNPF 20th WNPF World Tournament of Champions (Atlantic City, NJ)** » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**5-6 NOV 2011 » NASA Masters & Sub Masters Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ)** » www.nasa-sports.com  
**12 NOV 2011 » NASA Kansas Re-**



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**12 NOV 2011** » RAW United Northeast Regionals (Raw) (Hagerstown, MD) at Anytime Fitness » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**12 NOV 2011** » SLP Kentucky Muscle BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**12 NOV 2011** » WNPf 20th WNPf World Tournament of Champions (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**13 NOV 2011** » SLP Midwest Open BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**19 NOV 2011** » NASA Colorado Regional (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**19 NOV 2011** » USAPL Stars and Stripes BP/DL Championships (Clarks Summit, PA) » Steve Mann, steve@purepowerlifting.com, 570.309.6316, www.2011collegiate.purepowerlifting.com  
**19 NOV 2011** » WNPf 20th WNPf World Tournament of Champions (Kissimmee, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**19 NOV 2011** » USA RAW BP Federation World Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**20 NOV 2011** » SLP Michigan State BP/DL Championship (Saranac, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**NOV 2011** » WNPf 20th WNPf World Tournament of Champions (Youngstown, OH) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**NOV 2011** » WPC World Championships (Equipped & Raw) (Riga, Latvia) » Raivo Chiapas, tomass@hello.lv, www.worldpowerliftingcongress.com  
**3 DEC 2011** » SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Memphis, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com

**3 DEC 2011** » WNPf Ralph Peach Memorial (Henderson, NC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**4 DEC 2011** » SLP Black River Christmas for Kids BP/DL Championship (Pocahontas, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**10 DEC 2011** » RAW United Support the Troops Military Cup (Raw/Single-Ply) (Melbourne, FL) at The Gym » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**10 DEC 2011** » 100% Raw Christmas Classic Single Lifts/BP/Strict Curl (Stanardsville, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com  
**10 DEC 2011** » WNPf 14th Sarge McCray Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**10 DEC 2011** » 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, sonlightgym@verizon.net, www.sonlightpower.com  
**10-11 DEC 2011** » USAPL American Open & Police/Fire Nationals (Bay St. Louis, MS) » Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601.665.7783, www.usapowerlifting.com  
**11 DEC 2011** » WNPf East Coast Championships (Location TBA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**17 DEC 2011** » 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, sonlightgym@verizon.net, www.sonlightpower.com  
**2011** » USAPL Bench Press Nationals (Orlando, FL) » Rob Keller, Box 291571, Davie, FL 33329, 954.790.2241, www.usapowerlifting.com  
**23-25 MAR 2012** » USAPL High School Nationals (Wisconsin Dells, WI) » Brian Kenney, W14577 Fairway Ln, Wisconsin Dells, WI 53965, 608.448.9034, www.usapowerlifting.com

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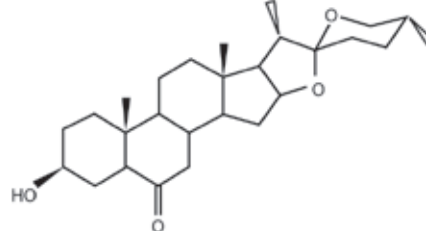
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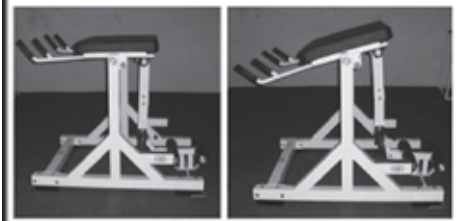
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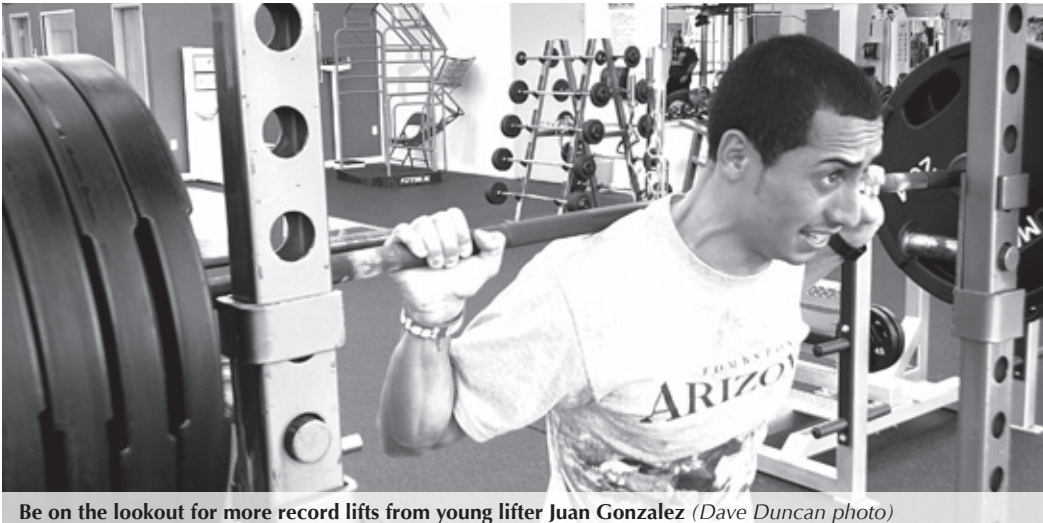




**Chuck Wong** is virtually "always" ranked very high in the deadlift



**Jennifer Thompson** has been hitting monster benches, year after year (Venturella photo)



**Be on the lookout** for more record lifts from young lifter **Juan Gonzalez** (Dave Duncan photo)



**Chuck Venturella** dropped a weight class and still popped up a spectacular BP (Venturella photo)



**Jennifer Gaudreau** is a cancer survivor who has already come back with a PR 396 squat at the USAPL Women's Nationals (Gaudreau photo)



**Mike Kuhns** has gone from strength to strength, and is not finished yet (Venturella photo)

Will you make the upcoming TOP 100 list for the 165 lb. class? Last time we ranked this class the minimum lifts to make that list were 505 lb. in the squat, 350 lb. in the bench press, 505 lb. in the deadlift, and 1290 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 148 lb. class will be December 2009 through November 2010 and it will appear in our February 2011 edition. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page," send a photo of your lifting (or something out of the ordinary, like your 5th birthday party!?) 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 132 lb./60 kg. USA lifters in results received from OCT 2009 through SEP 2010

SQUAT		BENCH PRESS		DEADLIFT		TOTAL	
1	611 Kuhns, M.,10/17/09	451 Kuhns, M.,10/17/09	562 Kupperstein,12/12/09	1460 Kuhns, M.,10/17/09	1383 Taylor, E.,4/17/10		
2	570 Laznovsky, N.,1/16/10	402 Hanson, D.,3/6/10	540 Laznovsky, N.,3/27/10	1370 Laznovsky, N.,3/27/10	1366 Bareng, J.,6/20/10		
3	534 Boutte, N.,8/20/10	380 Venturella, C.,10/30/09	525 Smith, C.,1/16/10	1333 Boutte, N.,8/20/10	1328 Nunez, C.,8/28/10		
4	523 Taylor, E.,4/17/10	363 Zehr, A.,1/10	505 Naquin, B.,1/14/09	1250 Smith, C.,1/14/09	1245 Rotar, P.,10/31/09		
5	510 Weaver, C.,3/27/10	363 Bareng, J.,6/20/10	501 Bareng, J.,6/20/10	1215 Ward, P.,3/27/10	1201 Kupperstein,12/12/09		
6	507 Nunez, C.,8/28/10	359 Nunez, C.,8/28/10	500 Boutte, N.,11/14/09	1201 Kupperstein,12/12/09	1190 Alaniz, R.,2/27/10		
7	501 Bareng, J.,6/20/10	355 Farone, J.,8/7/10	500 Lopez, R.,3/13/10	1185 McIormic, W.,1/16/10	1180 Lopez, R.,3/27/10		
8	500 Lightfoot, C.,3/5/10	325 Thompson, J.,5/24/10	490 Alaniz, R.,2/27/10	1180 Hernandez, R.,3/27/10	1175 Khokar, S.,2/27/10		
9	485 Rotar, P.,10/31/09	325 McLaren, R.,7/16/10	485 Dovalina, A.J.,3/27/10	1175 Bigham, R.,3/27/10	1170 Lightfoot, C.,3/5/10		
10	485 Hernandez, R.,3/27/10	315 Ward, P.,3/13/10	475 Ingram, R.,12/5/09	1170 Bawcum, K.,3/27/10	1168 Gonzales, J.,3/10		
11	485 Gonzales, J.,3/10	315 Chew,5/10	475 Khokar, S.,2/27/10	1168 McLaren, R.,7/16/10	1162 Escamilla, A.,4/17/10		
12	480 Sommer, S.,2/27/10	314 Boutte, N.,8/20/10	473 Hood, T.,4/24/10	1160 Dovalina, A.J.,3/27/10	1160 Munoz, A.,3/13/10		
13	480 Ward, P.,3/27/10	310 McIormic, W.,1/16/10	470 King, P.,3/6/10	1160 Dovalina, A.J.,3/27/10	1150 Lozano, P.,3/13/10		
14	470 Lozano, P.,2/18/10	305 McCollin,5/10	470 Gray, D.,3/6/10	1140 King, P.,3/6/10	1140 King, P.,3/6/10		
15	470 Alaniz, R.,3/27/10	303 Helms, J.,5/15/10	470 Moreno, A.,2/6/10	1129 Hood, T.,4/24/10	1129 Sine, J.,9/11/10		
16	460 Smith, C.,1/16/10	300 Cochran, M.,1/23/10	446 Bachorz, P.,6/12/10	1125 McKenna, M.,11/21/09	1125 Weaver, C.,1/30/10		
17	460 Bawcum, K.,3/27/10	300 Burris, R.,2/27/10	441 Whitehurst, M.,4/17/10	1120 O'Bryan, W.,3/27/10	1110 O'Bryan, W.,3/27/10		
18	457 Escamilla, A.,4/17/10	297 DeLaCruz, M.,2/6/10	440 Garcia, R.,2/13/10	1110 Bachorz, P.,6/12/10	1102 Banaszak, T.,3/4/10		
19	455 Martinez, E.,3/12/10	293 Jaurigui, M.,11/1/09	440 Parker, S.,2/27/10	1100 Banaszak, T.,3/4/10	1100 Martinez, E.,3/12/10		
20	455 King, P.,3/27/10	286 Serrano, W.,2/20/10	440 Salazar, R.,3/6/10	1100 Aldridge, J.,3/13/10	1096 DeLaCruz, M.,4/17/10		
21	450 McIormic, W.,1/16/10	286 Escamilla, A.,4/17/10	400 Bawcum, K.,3/27/10	1096 DeLaCruz, M.,4/17/10	1096 Jones, K.,9/27/10		
22	450 O'Bryan, W.,3/27/10	285 Rotar, P.,10/31/09	440 Lozano, P.,3/27/10	1090 Sommer, S.,2/27/10	1086 Murphy, D.,6/20/10		
23	445 Khokar, S.,2/27/10	285 Bigham, R.,3/13/10	440 Watson, T.,3/27/10	1086 Murphy, D.,6/20/10	1085 Alexander, L.,3/27/10		
24	445 Dovalina, A.J.,3/27/10	281 Chhit, A.,2/6/10	440 HAng, A.,7/24/10	1085 Alexander, L.,3/27/10	1080 Garcia, R.,2/13/10		
25	440 Neal, B.,3/5/10	275 Gilley, B.,1/14/09	440 Falon, C.,8/7/10	1080 Garcia, R.,2/13/10	1080 Watson, T.,3/27/10		
26	435 Lopez, R.,3/27/10	275 Laznovsky, N.,2/27/10	435 Snapka, J.,1/30/10	1074 Otsuka, D.,4/17/10	1074 Otsuka, D.,4/17/10		
27	435 Bartz, P.,8/20/10	275 Bawcum, K.,3/13/10	435 Gonzales, J.,2/6/10	1070 Naquin, B.,1/14/09	1070 Naquin, B.,1/14/09		
28	435 Sine, J.,9/11/10	275 Semana, A.,3/27/10	435 Gonzalez, J.,2/6/10	1070 Gray, D.,3/6/10	1070 Gray, D.,3/6/10		
29	430 Garcia, R.,2/13/10	275 Kupperstein, E.,3/30/10	435 Gonzalez, J.,2/6/10	1070 Gonzalez, J.,3/12/10	1070 Gonzalez, J.,3/12/10		
30	430 Jaimes, J.,2/18/10	275 Otsuka, D.,4/17/10	435 Gonzalez, J.,2/6/10	1070 Ordinallo, J.,3/27/10	1070 Ordinallo, J.,3/27/10		
31	429 Hood, T.,4/24/10	275 Keller,5/10	435 Gonzalez, J.,2/6/10	1065 Harden, W.,3/27/10	1065 Harden, W.,3/27/10		
32	425 McClure, G.,3/12/10	270 Horton, G.,11/28/09	435 Gonzalez, J.,2/6/10	1060 Alfaro, V.,3/13/10	1060 Alfaro, V.,3/13/10		
33	425 Aldridge, J.,3/13/10	270 Hernandez, R.,3/27/10	435 Gonzalez, J.,2/6/10	1055 Fain, Z.,2/20/10	1055 Fain, Z.,2/20/10		
34	425 Corn, B.,3/13/10	270 Stokes,5/10	435 Gonzalez, J.,2/6/10	1052 Serrano, W.,4/17/10	1052 Serrano, W.,4/17/10		
35	425 Bigham, R.,3/27/10	265 Smith, C.,1/16/10	435 Gonzalez, J.,2/6/10	1050 Pope, D.,11/21/09	1050 Pope, D.,11/21/09		
36	425 Burleson, B.,3/27/10	265 O'Bryan, W.,2/27/10	435 Gonzalez, J.,2/6/10	1050 Burris, R.,2/27/10	1050 Burris, R.,2/27/10		
37	425 Sellers, V.,3/27/10	265 Parker, S.,2/27/10	435 Gonzalez, J.,2/6/10	1050 Leos, A.,3/13/10	1050 Leos, A.,3/13/10		
38	420 Sharp, A.,1/16/10	264 DeAvila, T.,4/17/10	435 Gonzalez, J.,2/6/10	1050 Salazar, R.,3/27/10	1050 Salazar, R.,3/27/10		
39	420 Banaszak, T.,3/4/10	260 Harden, W.,1/23/10	435 Gonzalez, J.,2/6/10	1047 Scheaffer, K.,4/17/10	1047 Scheaffer, K.,4/17/10		
40	420 Gray, D.,3/6/10	260 Ortiz, M.,2/13/10	435 Gonzalez, J.,2/6/10	1045 Burleson, B.,3/27/10	1045 Burleson, B.,3/27/10		
41	420 Leos, A.,3/13/10	260 Chavez, G.,3/27/10	435 Gonzalez, J.,2/6/10	1045 Chew,5/10	1045 Chew,5/10		
42	420 Keller,5/10	260 Khokar, S.,3/27/10	435 Gonzalez, J.,2/6/10	1040 Sellers, V.,2/20/10	1040 Sellers, V.,2/20/10		
43	418 Jones, K.,9/27/10	260 Evans, C.,3/27/10	435 Gonzalez, J.,2/6/10	1040 Parker, S.,2/27/10	1040 Parker, S.,2/27/10		
44	415 Burris, R.,2/27/10	260 Gonzalez, Juan.,4/24/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
45	415 Carrasco, R.,2/27/10	259 Molina, G.,8/14/10	435 Gonzalez, J.,2/6/10	1040 Neal, B.,3/5/10	1040 Neal, B.,3/5/10		
46	415 Walker, D.,3/5/10	259 Bloomer, S.,8/14/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
47	415 Guerrero, A.,3/27/10	259 Sine, J.,9/11/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
48	413 Taylor, T.J.,3/10	255 Lozano, P.,3/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
49	410 McKenna, M.,11/21/09	253 Euland, D.,3/20/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
50	410 Ibarra, J.,1/23/10	250 Linn, J.,10/31/09	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
51	410 Watson, T.,2/6/10	250 Ellis, R.,1/16/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
52	410 Fain, Z.,2/20/10	250 Ramirez, R.,2/20/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
53	407 Kupperstein,12/12/09	250 Oliva, M.,2/20/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
54	407 Bachorz, P.,6/12/10	250 Link, T.,2/20/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
55	405 Pope, D.,11/21/09	250 Banaszak, T.,3/4/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
56	405 Kimble, J.,1/14/10	250 Gonzalez, J.J.,3/12/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
57	405 Nickle, C.,1/23/10	250 Alexander, L.,3/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
58	405 Morales, A.,1/30/10	250 Burkey, J.,4/17/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
59	405 Bojanski, J.,2/13/10	250 Fredericks, L.,7/24/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
60	405 Sweek, B.,2/6/10	248 Borgia, T.,10/17/09	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
61	405 Alexander, L.,3/5/10	248 Nguyen, R.,10/27/09	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
62	405 Pineda, J.,3/13/10	248 Clark, R.,3/13/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
63	405 Aguilar, V.,3/13/10	248 Hadden, J.,3/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
64	405 Alfaro, V.,3/27/10	248 Gonzalez, J.,3/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
65	402 Scheaffer, K.,4/17/10	248 Barattini, S.,3/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
66	400 Cazares, A.,2/4/10	248 Bachorz, P.,6/12/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
67	400 Ochsner, M.,2/13/10	248 Coisson, R.,8/14/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
68	400 Murray, M.,2/25/10	245 Pope, D.,11/21/09	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
69	400 Carrasco, L.,2/27/10	245 Sharp, A.,1/9/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
70	400 Turner, C.,2/27/10	245 Jaimes, J.,2/18/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
71	400 Pack, C.,2/27/10	245 Aguilera, V.,2/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
72	400 Brown, D.,3/5/10	245 Aguilera, V.,2/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
73	400 Harden, W.,3/13/10	245 Aguilera, V.,2/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
74	400 Montellano, P.,3/13/10	245 Aguilera, V.,2/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
75	400 Crony, J.,3/13/10	245 Aguilera, V.,2/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
76	400 Alexander, A.,3/13/10	245 Aguilera, V.,2/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
77	400 Salazar, R.,3/27/10	245 Aguilera, V.,2/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
78	400 Burkey, J.,4/17/10	245 Aguilera, V.,2/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
79	396 Gaudreau, J.,5/22/10	242 Blough, D.,3/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
80	395 Oliva, M.,2/20/10	242 Waatti, C.,5/1/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
81	395 Gonzalez, J.J.,3/12/10	240 Beach, D.,1/16/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
82	395 Ordinallo, J.,3/27/10	240 Merwoth, B.,1/20/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
83	391 Murphy, D.,6/20/10	240 Snapka, J.,1/30/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
84	391 McLaren, R.,7/16/10	240 Harris, K.,2/13/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
85	390 Ramirez, R.,2/20/10	240 Alaniz, R.,2/27/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
86	390 Remily, Z.,3/13/10	240 Aldridge, J.,3/13/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
87	385 Torre franco, V.,2/4/10	236 Knox, Z.,11/21/09	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
88	385 McSwain, C.,2/4/10	236 Fairchild, J.,3/6/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
89	385 Link, T.,2/20/10	236 Gaudreau, J.,5/22/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
90	385 Flores, G.,3/12/10	236 Hood, J.,8/7/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
91	385 Castro, N.,3/13/10	235 Naquin, B.,1/14/09	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
92	385 Robinson, N.,3/13/10	235 Malinoski, S.,11/21/09	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10	1040 Corn, B.,3/13/10		
93	385 Brandon, K.,3/27/10	235 House, M.,1/16/10	435 Gonzalez, J.,2/6/10	1040 Corn, B.,3/13/10			



Mike Francis trying 800 lb. at the WNPFL All Raw Worlds (Troy Ford)

## WNPF RAW/NORTH AMERICAN

APR 24-25 2010 » Merritt Island, FL

BENCH		Open Sp	
<b>FEMALE</b>		Burritt	—
<b>114 lbs.</b>		(40-49) Sp	
(40-49) Raw		Burritt	—
Mondragon	95	(40-49) Raw	
<b>123 lbs.</b>		Hunt	375
Junior Raw		<b>242 lbs.</b>	
Solis	75	Open Raw	
<b>132 lbs.</b>		Shaw!	480
(50-59) Raw		4th-490	
Humphreys	95	(40-49) Raw	
<b>165 lbs.</b>		Shaw	480
(17-19) Raw		4th-490	
Wilcox!	165	Lifetime Raw	
(13-16) Raw		Shaw	480
Bass	125	4th-490	
<b>181 lbs.</b>		(40-49) Raw	
Subs Raw		Shaw	480
Hieatt	150	4th-490	
Open Raw		<b>275 lbs.</b>	
Cortez	65	Open Sp	
<b>MALE</b>		Wood	635
<b>114 lbs.</b>		(50-59) Raw	
(13-16) Raw		Buzzo	475
Wilcox	140	(50-59) Unl	
<b>132 lbs.</b>		Harrier	475
Junior Raw		<b>DEADLIFT</b>	
Lopez	95	<b>165 lbs.</b>	
<b>148 lbs.</b>		(17-19) Raw	
(13-16) Raw		Berry	360
Humphreys	185	<b>198 lbs.</b>	
(17-19) Raw		(17-19) Raw	
Perez	100	Carte	405
<b>165 lbs.</b>		Open Raw	
(11-12) Raw		Rijos!	620
Kenney	85	Welsh	500
<b>181 lbs.</b>		(40-49) Raw	
Open Sp		Brown	430
Masters	475	<b>220 lbs.</b>	
(40-49) Sp		(13-16) Raw	
Masters	475	Kay	500
(50-59) Raw		(13-16) Raw Lt	
Wilcox	315	Garren	425
<b>198 lbs.</b>		<b>275 lbs.</b>	
Open Raw		(50-59) Raw	
Karasevich	265	Francis!	700
Sanchez	135	<b>POWERLIFTING</b>	
<b>220 lbs.</b>		<b>FEMALE</b>	
(13-16) Raw		<b>181 lbs.</b>	
Kay	315	Open	

Hieatt 80 SHW (50-59) Bradford! 195  
**MALE** 198 lbs. (40-49) **SQUAT** 198 lbs. Open Raw Welsh —  
 Brown 140  
 220 lbs. (50-59)  
 Duncan 140

! = Best Lifters. Team Competition Powerlifting Champions: 1st-Willy's Powerhouse Garage. Team Competition Powerlifting Champions: 2nd-Deland Power Team. Team Competition Powerlifting Champions Bench Press: Willy's Powerhouse Garage. Wow, what a great event for the WNPFL. This was the second WNPFL Lifetime Drag Free All-Raw Event. Last year we had 28 lifters in Warner Robins this year we ended up with 74 lifters in Cocoa Beach, FL. Lifters from the USA, Guatemala and Puerto Rico attended. We received many compliments from the lifters about the location, the contest facility and the meet itself. I just want to first and foremost thank Willy and Willy's powerhouse garage for all of their help in making this meet a success. Willy had 15+ people help us at the event and we could not have done this meet without their help. I don't know everyone's name but they know who they are. I also want to thank our great judges Bob Gaynor, JD and Jack. These guys judged every lift and did an excellent job. I always say that the WNPFL will never take a lift from a lifter but they will give you one from time to time. Thanks to Brian Burritt and Adrian Locklear for announcing both days. Thanks to moms Ford for selling shirts, etc. Thanks to House of Pain, Dr. Hoxie (Chiropractor) and our main sponsor Eric Leblanc and Organo Gold Coffee for having tables at the event. Also thanks to Dave Duncan and his crew from Deland. We will be back in November for the 2010 WNPFL Lifetime Worlds and USA vs the World Championships. Now to some highlights: Aamron Chaves will be going in the military soon but this little man benched 325 in the 148 raw and totaled 1060 lbs. Dan Rusk in the 181 teen division posted a 1220 lb. raw total. Rachel Wilcox benched 165 raw in the 17-19 division. Greg Wright went 8 for 9 in the 181 raw division and totaled 1350 lbs. Edgar Masters benched 475 lbs. in the 181 class, weighing 173 lbs. Willy Wilcox totaled 1265 lbs. but he also loaded weights onto a truck, unloaded weights, coached his lifters and still totaled 1265. Carlos Rijos representing Puerto Rico deadlifted 620 lbs. in the 198 class. Zeid Hichri posted a 1740 lb. raw total in the 220's. This is the highest raw total in the 220's in WNPFL history. Troy Kay is becoming a very good teen lifter in the WNPFL with a 1210 total at 203 lbs. Dan Shaw made a comeback to the WNPFL and impressed everyone with a 480 bench and then went on to a 4th attempt 490 lbs. in the bench. Darrell Banning from AZ. Totaled 1940 in the 275 class. Doug Mignot from PA. is a strong dude, he totaled 1600 but had much more in him. He made everything look so easy he could have easily totaled 1700. Jason Wood benched 635 lbs. in the single ply division. Frank Buzzo is 57 years old and weighed 272 lbs. and benched 475 raw. Mike "The Beast" Francis came to pull and that he did. He opened with 700 raw and then went to 800. Mike came so close to locking out 800 lbs. all he had to do was put his shoulders straight at the top. He will no doubt get 800 at the next WNPFL event and be the second man in WNPFL history to pull 800 lbs.

» courtesy Troy Ford/WNPFL

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Canada's Jon Wolbers won Best WPC Master



AWPC Best Lifter Lindsay Craft



Montana's Josh Winterrowd – AWPC Best Teen



Master Gordon Santee



Best Police/Fire Brian May



Paul Rible – Best AWPC Submaster



Youth lifter Janae Milner



Curtis Tewalt won Best AWPC Lifter with a 639 squat

# DEADLIFT BASICS PT. 2 »

HERE IS THE ROUTINE:

Week 1	315 x 5	305 x 5	295 x 5	ø	ø	ø
Week 2	325 x 5	315 x 5	300 x 5	ø	ø	ø
Week 3	305 x 1	335 x 5	315 x 5	300 x 5	ø	ø
Week 4	305 x 2	350 x 3	325 x 5	305 x 5	ø	ø
Week 5	315 x 2	365 x 3	335 x 5	315 x 5	ø	ø
Week 6	315 x 1	345 x 1	380 x 3	355 x 3	325 x 5	ø
Week 7	325 x 1	365 x 1	415 x 1	405 x 1	375 x 2	325 x 3
Week 8	325 x 1	355 x 1	380 x 1	425 x 1	410 x 1	335 x 3

A 25-pound increase in 8 weeks is very realistic and a good accomplishment. Rest 2-5 minutes between the first four sets; thereafter, increase rest time to 5-10 minutes between the heavy sets. Be sure not to bounce any reps of any set. Place yourself in the proper pulling position for each rep for maximum power and leverage as well as to minimize the chance of injury.

Use lifting chalk for your hands for a better grip on the heavy sets. Always deadlift in shorts or, better yet, in a wrestling singlet. Deadlifting in sweat pants is not a good idea as the sweats will greatly slow the ascent of the bar. Another trick is to put some baby powder on your thighs to reduce friction caused as the bar moves upwards. Apply it on your thighs while seated then use the bottom of the container to smooth and spread the powder evenly. Don't go wild with it; lightly cover your thigh from the knee upwards to just above where the bar would stop at lockout. Don't get any baby powder on your hands, as it will hamper your grip.

Assistance work is essentially unchanged from my previous article on the off season. After your deadlifts, do 4-6 sets of either a pull-down exercise, a pull-back exercise like one-arm dumbbell rows or a trap exercise

like barbell shrugs. It's optimal to alternate one of these three types of exercises each back workout. Concentrate on using proper lifting form keeping the reps in the 6-12 range. Full range barbell or dumbbell curls for bicep power should also be included.

Ab training is important in building torso stability and strength that is also critical in the squat. Your best choice is 3-5 sets of crunches, 3-5 times a week. Doing crunches on one of those big inflatable exercise balls is also a good variation. Finish your workout with stretching, concentrating on the hamstrings. Increased flexibility aids in attaining an upright pulling position for best leverage. Flexibility will also compliment the squat as well as reducing chance of injury. Two weeks prior the meet, drop assistance work, except abs and flexibility, to avoid overtraining.

The bar cannot move downwards after the pull begins and cannot be supported on the thighs, which is called "hitching." The bar must travel up the thighs until you are fully erect with your shoulders slightly back. At the lift's completion, the referee will signal a "down" command for you to return the bar to the floor. This must be done under control and without releasing the bar until it meets the floor. Dropping the bar at this point would mean red lights, wasting all your efforts. It's not necessary to softly lay the bar down, just display control of the bar and do not let go of it until it hits the floor.

After the meet, take one week completely off from weights. When you restart training, adjust your workout weights so they reflect your new and hopefully higher max. If you did not get the improvement you expected, examine other factors such as training intensity, frequency (remember quality, not quantity) and nutrition. Perhaps your goal was unrealistic. My projected increase of 25 pounds may seem low to some, but if you can put together two or three of these 25-pound gains in a year, you will be amazed at your progress. Always remember, your real competition is yourself!

I hope my two part deadlift basics series has provided some useful info and tips to both novice as well as more experienced lifters. The deadlift is the ultimate barbell test of strength. It's you versus gravity. ☺

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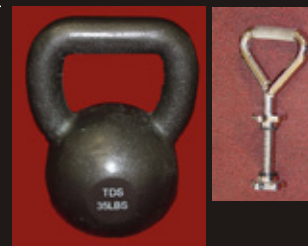


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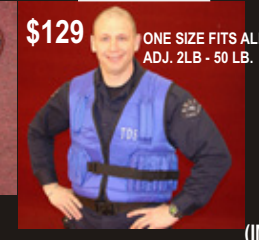
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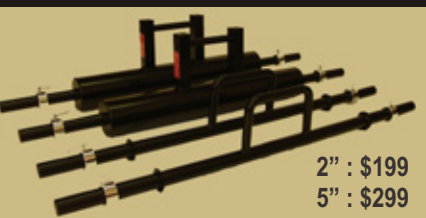


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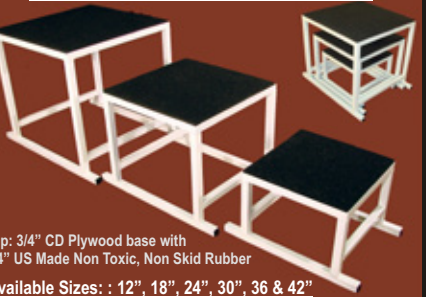
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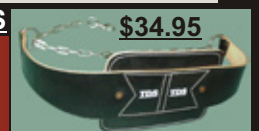
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## IMPRESSIVE EVENTS »

Iowa Productions in 1991. Vladimir Mirnov weighed in at around 290 pounds and pulled an 834 deadlift wearing Olympic shoes—that's right, with heels—and on top of that he used a front grip. What truly made the lift unbelievable was he used an Olympic grip with his thumbs between the bar and his fingers. Try it sometime with 135 pounds and see what you can work up to. Some of you will stop with 135 pounds because of the pain, but wherever you finish you'll have a much greater appreciation for this remarkable lift.

The other lift was made at the 2007 AWPC Worlds in Chicago. A 16 year old boy (that's right, boy), Jordon Dunn, made a 700 pound squat at 165. But what really had people walking away shaking their heads in disbelief and muttering "That just doesn't compute," was he weighed a mere 153!

The most memorable event for me was the 1977 National Championships. It was sponsored by the AAU and Gold's Gym and was staged at the Santa Monica Civic Center where they used to pass out Academy Awards. It was also my first visit to Southern California. I got a chance to see some of the true legends of the game—the bodybuilder physique of a young lightweight, Rick Gaugler, who totaled 1522, and no bench shirt; the muscled-like-a-steer, Doug Young; the dominant nine-time world champion, Larry Pacifico; and John Cole, who was in the twilight of his career, and phoned it in, bombing out in the squat. I hung around with world champ and world record squat holder, "Lonesome George Crawford," a quadzilla middleweight who did 650 with a primitive lifting suit. After we lifted on Saturday, we headed down to Sunset Strip. He walked quickly like a man possessed. I had just bought a pair of cowboy boots, and was like "George, why don't we stop at that bar, or that one?" I finally gave up and took a cab back to the Surf Rider Hotel on the beach. He had also walked for miles after he weighed in on Friday. One can't argue with success; he looked so powerful squatting. All that walking obviously agreed with him.

On Sunday, there was KFC and Coors waiting for the lifters at Gold's Gym to finish off the perfect weekend.

**MICHAEL MCDANIEL:** The most impressive lift I've seen is Ernie Frantz's WPC record 744 deadlift as a 198 pounds in his fifties back in the mid 1980s in Dayton, Ohio. What really stood out was his determination. It was a slow grind from floor to lockout that could have gone bad at any instant, but Ernie stayed with it.

The 2006 WPC World's in Lake George, New York, stands out as having made the biggest impression on me. I watched Andy Bolton pull his historic 1003 deadlift. My wife, Beverly, judged WPC World for the first time (including Andy's deadlift). I got my best total to date, and set three age/class WPC records. Jesse Jackson (148 pound lifter and training partner from the mid 1980s) surprised us by flying in to coach.

**RYAN CELLI:** There are two lifts that come to mind. They both date back to the 1990 APF Senior Nationals. I was just 16 years old and

was just getting into the sport. Keep in mind these were done without today's super gear and without a monolift: Gary Heisey's 920 deadlift and Jesse Jackson's 711 squat at 148.

The most impressive event, the late Jeff Wright's 1990 APF Senior Nationals in Pittsburgh, PA. For some reason this meet had a huge impact on me. I remember meeting all the guys I had read about in the *Powerlifting USA* magazines. The competition was held at the Downtown Sheraton in Pittsburgh's historic Station Square. The place was packed with lifters, spectators, and vendors. RIP Jeff Wright.

**BOB GAYNOR:** The most impressive lift is really a tough one. I saw the first 800 pound deadlift by Don Cundy, Jim Williams destroying the bench press record, Andy Bolton pull 1000 pounds and hundreds of others.

The most impressive occurred at the 1973 Senior Nationals in Scranton, PA. The 165 pound class had Doc Rhodes, George Crawford and Tony Carpino. Crawford was probably the best squatter in the world at that time. Rhodes had a strong bench and a great pull. Carpino had very balanced lifts. Crawford got a big lead in the squat. In the bench, Doc Rhodes with a thumbless grip dropped the bar on his ribs and cracked them. This was his third attempt, but with the ribs felt he had little chance to overtake George. Doc changed into his street clothes and was sitting in the stands. The rounds system was not used at that time so the bar just kept moving up. The deadlift was always George's nemesis, and he missed all three attempts and was out. Rhodes, after seeing this, ran into the locker room and put on his lifting suit. By the time he got to the platform the bar was at 605 pounds. Doc called for that. This was with cracked ribs and no warm-up. He slowly pulled the 605 to completion, and placed the bar on the floor. He then turned, passed out and split his head open. I think it took about 10 stitches, but Doc was the winner.

The most impressive event is also tough. I have been going to power meets for 47 years. The early Nationals, the first few Worlds, the first ADFPA Nationals were all memorable. The most memorable for me was a local meet in the early 1960s—the first meet I ever attended. It was at Forty Fort High School in Pennsylvania. I was a junior in high school and was just impressed with how strong the lifters were. The only names I remember are Bill Andrews and Hal Raker, but from that day on I was hooked.

**BOB BENEDIX:** First, lifting at the USPF Cup in California in front of all those people. Second, training with Rick Weil and Gary Drigo at Gold's Gym in Sunrise, Florida, and watching Rick bench 500 plus at 185 in a t-shirt and shorts, with no wrist wraps or belt before he benched 551 at 181 at the Hawaii Record Breakers!!

This concludes the discussion for the month. If you have a subject you would like to see discussed, contact [lambertplusa@aol.com](mailto:lambertplusa@aol.com) or [bobgaynor@comcast.net](mailto:bobgaynor@comcast.net). If you would like to serve on the Forum Panel, contact [bobgaynor@comcast.net](mailto:bobgaynor@comcast.net).



Ernie Frantz's 744 pull at the '84 Senior Nats



Gary Heisey after he had pulled a record busting 920 lb. at the 1990 APF Senior Nationals held in Ryan Celli's hometown

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### GETTING TO SLEEP THE EASY WAY

In our experience, a hard training adult needs 7 to 8 quality hours of sleep per night for optimal progress and function. Inadequate sleep quality or duration will drop testosterone levels like a rock! Quality of sleep can be easily measured by how you feel when you wake each morning. Springing out of bed feeling well rested is a good sign all is going well. Those who have difficulty getting moving need to re-evaluate several factors to improve the situation. Going to bed and getting up at the same time each morning is critical for priming the body clock. Try filling the couple hours before sleep with relaxing activities, such as reading, which is not over stimulation. The latest Sci Fi flick with multiple explosions may make getting to sleep much more difficult. Make sure the bedroom is dark, quiet and maintains a cool temperature. Traditional static stretching an hour before bed

can bring on feelings of relaxation helping you to sleep while being a productive recovery tool.

The hardest part of improving the sleep cycle is timing! You must exercise discipline to get into bed early so you can go to sleep on time. Do not over sleep in the morning past the set waking time. Place your alarm clock far away so you must walk and shut it off. This makes hitting the snooze button much harder and creates better odds that you will get up and moving!

### BUSTING THE NIGHT TIME EATING MYTH

Ever heard the saying that eating a couple hours before bed is bad? Yes, of course sucking down a gallon of ice cream and cookies at night is not productive, but eating the right foods to support additional quality feedings are crucial for reaching your goals. Cravings for junk food come from a combination of boredom, stress and bad habits. Crush cravings by sipping on the 100% MR and Muscle Synthesis Amino Loading Cocktail in the evening and get more of your muscles preferred building blocks at the same time!

Take a look at the examples of ideal PM eating for gaining muscle mass and losing body fat. There are some similarities in strategy with the fat loss angle consisting of less food intake and

carbohydrates for obvious reasons. The Grass Fed Organic protein sources are very important, providing anabolic fats free of toxins and other harmful items. Amino Loading with 100% MR and Muscle Synthesis in the evening help to lower stress levels while providing important fuel sources to sustain muscle growth and recovery during the sleep phase. The proprietary blend of aminos send anabolic signals to the brain supporting rapid fat loss and recovery during the sleep phase. They do not create digestive problems or heart burn often associated with eating solid foods close to bed time. «

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KEEP OUT OF THE REACH OF CHILDREN. Store in a cool, dry place.

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Supplement Facts  
Serving Size: 2 Tablets  
Servings per Container: 30

Amount Per Serving	%DV	
Glucosamine Sulfate	3,200 mg	1
Chondroitin Sulfate	800 mg	1
MSM	3,000 mg	1
Vitamin D3	2,000 IU	1
Calcium Citrate	200 mg	1

Other Ingredients: Di Calcium Phosphate, Monosodium Citrate, Citric Acid, Sodium, Magnesium Stearate, Silicon Dioxide

\* Daily Value not established

† Some amounts have not been evaluated by the FDA and may vary. This product is not intended to diagnose, treat, cure or prevent any disease.

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Dr. Reel - 90 yr. old champion (L) and the 220 winners (R) (Shifflet photos)



Best lifter in the 1980s, Dennis Cieri



181 pounder Adam Mamola

## USAPL BP NATIONALS AUG 28-29 '10 » Charlottesville, VA

BENCH	Master IIB	187
<b>FEMALE</b>	S. Pack	187
<b>105 lbs.</b>	Open	
Teen II	R. Lair	226
K. Polizzano	198+ lbs.	143
<b>114 lbs.</b>	Open Master IB	
Master IA	D. Ferrell	363
Y. Hao	Master IIA PF	176
Open Master IIB	P. Calhoun	231
D. Nelson	182	
<b>123 lbs.</b>	MALE	
Master IB	Teen III	
D'Entremont	J. White	160
<b>132 lbs.</b>	Open	
Master IIB	J. Mouzou	413
H. Sauer	Open Master IA	
Open Master IIA	M. Ruelan	341
L. Haines	165	
Open Raw	Master IIA Raw	
J. Thompson	N. Hutson	281
<b>148 lbs.</b>	Master IIA	
CL	B. Elibal	176
Teen II	T. Whipple	297
Open	B. Siddons	215
J. Gaudreau	Open Raw	
Open Master IA	J. Hadden	209
L. Pardue	127	
Open Master IIA Raw	Teen III Raw	
K. Hockeborn	J. Olver	231
<b>165 lbs.</b>	Open	
Master IIB	C. Mangra	220
S. McKinlay	187	
<b>181 lbs.</b>	Master IB Raw	
Open Junior	J. Leavitt	248
D. Doan	356	
Open Master IA Raw	Master IIA Raw	
T. Walker	R. Polizzano	264
<b>198 lbs.</b>	Open	
Master IIB	T. Pardue	396
J. Pellegrino	303	

C. Vickery	451	C. Felix	352
Open		Master IIA	
J. Willis	—	B. Klinger	622
Open LT		D. Schneider	462
C. Poore	—	E. Pauli	352
J. Hall	407	B. Eaton	336
Open PF		Master IIA ML	
T. Anderson	622	M. Porter	440
Open Master IA		Master IIB	
T. Lehrer	—	G. Chrun	534
Open Master IA PF		S. Regan	462
M. Ferrantelli	539	Master IIB Raw	
Open Master IB		K. Hutchinson	424
J. Ulvang	490	Open	
Open Master IIA		J. Bogart	716
C. Turco	539	J. Snyder	650
<b>242 lbs.</b>		S. Bales	562
Junior		J. Hunt	424
T. Sams	468	Open Master IA	
Master IA		C. Calvano	523
C. Asbury	617	<b>275+ lbs.</b>	
Master IA Raw LT		Master IB	
D. Johnson	457	A. Gonzalez	—
Master IB		Master IB LT	
M. Hill	—	A. Belfield	506
Master IIA		Master IB Raw	
P. Cannon	517	M. Ricker	396
Master IIB		Master IIB	
C. Tallman	—	K. Johnson	567
Master IIB Raw		Master IIB Raw	
G. Burke	325	P. Dennis	451
Teen II Raw		Master IIIA	
B. Mauro	281	R. Beuch	—
Open		Open	
R. Kruszely	—	N. Hulslander	—
B. Stewart	633	J. Leo	661
T. Durrett	484	M. Neal	534
Open Master IA		Open LT	
K. Mayer	639	W. Likens	—
Open Master IB		Open Master IA	
G. Haley	—	P. Hilliard	—
Open Master IB Raw		Open Master IB Raw	
S. Zullinger	369	K. Coughlin	407
B. Faber	363	Open Master IIA	
Open Teen III		D. Gaudreau	644
L. Haarsma	—	Open Master IIA LT	
<b>275 lbs.</b>		B. Gillespie	—
Master IA Raw		Open Master IIB LT	
J. Campbell	352	R. Crawford	451
Master IB Raw		Open Raw	
G. Mendoza	352	S. Hopkins	396
The 2010 Bench Press Nationals were held at the Double Tree Hotel. There were 147 lifters in the contest from all over the U.S. IPF World team selections were on the line and the competition was fierce. Up first were the ladies and the lifting was great. Kristine Polizzano won the 105 pound class T-2 division with a good lift of 143 pounds. Diann Nelson took the Open 114 pound class with a good lift of 181 pounds. Yuxin Hao won the M-1 with a good lift of 176. In the 123 pound class it was Lizz D'Entremont getting in her opening at lift of 176 for the win. In the 132 pound class Jennifer Thompson decided to lift Raw. She got in first two lifts and was at 286 pounds more than double body weight and she called for a new American and National record attempt at 294 and was just off mark. Helen Sauer won the M-2 with a nice lift of 203 pounds. Jennifer Gaudreau was the Open winner in the 148 pound class with a 226 bench press. Jennifer came in just over the 132 limit. Kelly Hockeborn won the Raw Open and Master with class high 231 pounds. It was her first USAPL Nationals and she was a very impressive lifter. Sonja McKinlay at 66 years young was the only lifter at 165 pounds class but that did not stop her from having a great meet getting a nice 187 pound lift. In the 181 pound Devan Doan was just excellent. She got in a Junior IPF Record with her second lift going 356			

pounds. She then called for the Open World record at 408 but it was not there on this day. She was the Female Best Lifter for the meet. Tammy Walker won the M-1 with a lift of 242 pounds. In the 198 pound class Rebekah Liar was the winner with 226 pounds. Sue Ann Pack 69 years old from West Virginia was the M3 champions setting an American Record with 187 pounds. In the 198 plus division Deborah Ferrell had the biggest lift of the meet with an impressive lift of 363 pounds. Paulette Calhoun won the M-2 good lift of 231 pounds. Up next were the lightweight men. In the 114 T-2 it was Jay White winning first place with a 159 pound lift. The 123 class Open class was won by Brian Siddons with a good lift of 214 pounds. The top lift of the class came from junior lifter Will Garcia who had an awesome day hitting a great 341 pound lift. The 132 pound class only had one Open lifter 52 year old Chet Mangra who got in a 220 pound lift. The 148 pound class had nine overall lifter but Joe Smith was the class of the field winning with a 457 pound lift. Joe was the Best lifter in the lightweight session taking home the Championship Belt. Jeff Hadad, Jules Pellegrino and Ivan Zwick took their respective Masters classes. The 165 pound class winner was Damian Fronzaglia. Damian went three for three on day ending with 451 pounds. He also won the M1 class as well. Jon Mouzon the South Carolina State chair was second in the Open with nice 413 pound lift. The 181 Open class was won by Virginia's own Adam Mamola. Adam came in ready for the home crowd. He opened with the win at 545 pounds. He went right to the American Record at 606. He locked it out on his second lift but was turned down by the officials. He took one more shot at it but it was not to be. The class was strong with Joe DeMatteo taking second in the Open and winning the M1 division with a 501 pound lift. Tom Cencich, Chip Hultquist and Tom O'Keefe taking masters divisions win. The star of the whole contest was 90-94 class winner Dr. Anton Reel. Dr. Reel went three for three with the crowd giving him a well deserved standing ovation. In the 198 pound class it came down to the final lift but in the end it was the sessions Best Lifter Dennis Cieri winning with his opener of 617 pounds. Cieri won the M1 and Lifetime divisions as well. Danny Thurman moved up the 198 pound class for the Nationals and he went for the win on last lift but came up just short ending with 600 pounds. Tim Stoshine and Luke Hanifen each had good days as well. In the M2 division Dana Rosenzweig won with a perfect day ending with 474 pounds. Mark Daniel and Brian Kline won their age divisions as well. In the Raw Open Pete Grohoski won with a good 391 pound lift. Jim Bardsley and John Moore each had good days winning in the Raw Masters. Tim Anderson was winner again this year in the 220 Open class. Anderson winning lift was a really nice 622 effort. Anderson had to wait as J. T. Hall took a shot at the win with a huge try at 661. Hall could not get to weight to touch and had to settle for his opener 407 which he took Raw to win the Lifetime division. Mike Ferrantelli won the M1 division with a nice 540 pound effort. Julian Ulvang went 491 wining the M1b division. Charlie Turco won the M2 with a record lift of 540 pounds. Dave Clark won the M3 division with a nice lift of 363 pounds. Lou Sposato who is 71 years old opened with an IPF World M4 world record and finished with

a very impressive 385 pounds for the M4 win. Jeff Cardinal set the American and National records winning the Raw M2 class. The 242 class was very impressive with three lifters battling it out for the win. Kevin Mayer got in a must have third attempt at 639 to nip Brady Stewart who was very strong with an easy lift of 633. Chris Asbury from West Virginia lifting in his first USAPL National event was right there with a solid 617 effort. Tim Durrett from Virginia had a good day placing third in the Open. The Raw Open division was won by Sid Zullinger with a good lift of 369 pounds. Brandon Mauro won the Raw T2 division and Gerald Burke won the M3 division. John Bogart came to meet looking for big numbers and he did not disappoint winning the 275 pound class with a 716 pound lift. Bogart would also win the Heavyweight Championship Belt for the Heavyweight classes. Jeff Snyder won injured his shoulder put pressure on Bogart trying a 705 pound lift that was very close. Brad Klinger had a great day with an IPF World M2 record nailing a great 622 pound lift. Chris Calvano won the M1a division with his opener at 523 pounds. Greg Mendoza won the Raw Masters 1b with a 352 effort. Kevin Hutchison won the M2b with a great 424 lift. The supers were the last to hit the platform. Everyone went for it but in the end it was Jay Leo coming out the winner with a nice 661 pound lift. He went for a final lift of 727 but did not make the attempt. Niko Hulsander got up

a lift that would have put him in the lead but it was turned down. Alvin Belfield got 507 to win the M1b division in his first USAPL Nationals. Robert Crawford was the M2 Champion with a nice 451 pound lift at age 59 years old. Team Titan won the Men and Women's Team Championships. Team Florida won the Masters Team Championship. I would like to thank all of the Virginia lifters and USAPL staff and officials that work so hard to put on a great National Championship. Thank you to the Sponsors for your support of the contest. Thank you lifters for coming to Virginia for this year's Championship. I wish all of the USA lifters the best as they prepare for the 2011 IPF World Bench Press Championships. In memory of Will Morris. » courtesy John Shifflet

**ELITE NEW ENGLAND CHAMPIONSHIPS**  
SEP 18 2009 » Swanzey, NH

BENCH	Masters (40-44)	
<b>FEMALE</b>	A. Ramirez	430
Raw	S. Harriman	400
Open	Masters (65-69)	
<b>148 lbs.</b>	Bryant Frost	330
M. Rochette	130	
Masters (40-44)	Open	
M. Rochette	130	
<b>MALE</b>	Open	
Open	<b>148 lbs.</b>	
<b>198 lbs.</b>	W. Mudrack	430
	V. Edwards	290

**56TH MR. IRONMAN/ MS. IRONWOMAN**  
DEC 5 2009 » Fresno, CA

BENCH	Masters (45-49)	Masters (50-54)	Junior
<b>165 lbs.</b>	E. Paskell	F. Quirk	B. Reynolds
(18-19)	450	330	501 380 457 1338
A. Fite	352	S. Boscarino	S. Mullins
<b>181 lbs.</b>	248	225	484 270 468 1222
(65-69)		<b>BP DL TOT</b>	<b>220 lbs.</b>
R. Duarte	248	185 380 565	C. Dockins
<b>198 lbs.</b>			424 363 451 1239
(50-54)			J. Kegrice
A. Aerts	473		(45-49)
<b>SHW</b>			D. Copeland
(18-19)			539 501 539 1580
B. Stockton	440		T. Orwoll
622			573 402 539 1514
R. Lopez	402		K. Wheeler
D. Guerra	—		771 110 617 1497
<b>Powerlifting</b>			B. McEwen
(45-49)			303 198 363 864
K. Packer	402		<b>275 lbs.</b>
<b>198 lbs.</b>			T. Ponce
(18-19)			694 495 539 1729
J. Deluca	446		<b>BENCH</b>
(18-19)			<b>242 lbs.</b>
G. Thompson	501		T. Orwoll
			(50-54)
			B. Thompson
			385
			T. Kezerian
			374
			<b>275 lbs.</b>
			(65-69)
			R. Duarte
			248
			<b>198 lbs.</b>
			(50-54)
			A. Aerts
			473
			<b>SHW</b>
			(18-19)
			B. Stockton
			440
			R. Lopez
			622
			D. Guerra
			—
			<b>TOT</b>
			B. Stockton
			650 440 617 1707
			M. Folweiler
			738 424 534 1696
			Best Bench Press: Darrell Copeland. Best Female Lifter: Kim Packer. Best Master Lifter: Ken Wheeler. Best Teen/Junior Lifter: Greg Thompson. Best Lifter Open: Ken Wheeler. 2009 Mr. Ironman: John Deluca. 2009 Ms. Ironwoman: Kim Packer. Meet Directors: Bob & Kim Packer. Scorekeeper: Belinda Kezerian. Announcers: Bob Packer, Lisa Wheeler, Pete Wilson. Referees: Ken Wheeler, Jim Razor, Vanhi Keresey, Mitch Sperling, Pete Wilson, Lisa Wheeler, Alan Aerts. » courtesy Bob Packer

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**Best Lifters at the USA Raw BP/SLP IL Open BP/DL were Dave Leslie (left) and a ripped Mike Raya (Dr. Darrell Latch photo)**

### USA RAW BP FEDERATION/SLP IL MAR 6 2010 » Tuscola, IL

<b>BENCH</b>	<b>198 lbs.</b>	
USA RAW	C. Jones	385
Wheel Chair	4th-400	
<b>165 lbs.</b>		
M. Head	135!	
4th-140!		
Novice		
<b>198 lbs.</b>		
B. Russell	285	
Teen (18-19)		
<b>148 lbs.</b>		
D. Borjon	275	
Junior		
<b>198 lbs.</b>		
D. Vigiano	300	
4th-310		
Master (40-44)		
<b>242 lbs.</b>		
M. Presswood	420*	
T. Cox	390	
4th-405		
Master (50-54)		
<b>242 lbs.</b>		
D. George	300	
Open		
<b>198 lbs.</b>		
Morgenstern	380	
SLP		
Teen (13-15)		
<b>181 lbs.</b>		
L. Bell	220*	
4th-230*		
Junior		
<b>198 lbs.</b>		
M. Presswood	300	
Master (40-44)		

Illinois. For the USA Raw competition, first-time competitor Mike Head set the national record for the wheel chair men's 165 class with 140. Bryan Russell won at novice 198 with 285. It was Derek Borjon for the win at 18-19/148 with a strong 275. Dominique Vigiano prevailed at junior men/198 with 310 while Terry Cox set a new personal record at 40-44/242 with 405. Dennis George came down from Wisconsin for the win at 50-54/242 with 300 while our final USA Raw lifter, Paul Morgenstern, won at open 198 with a personal best 380. In the Son Light Power Illinois Open Lucas Bell set the national record at 13-15/181 with 230 while Madison Presswood won at junior 198 with 300. Casey Jones, who is training for the visually impaired/disabled lifters nationals, set a new personal record at 40-44/198 with his first 400 bench! Then at 45-49/220 and open 220 it was Dave Leslie, winning both and setting new national records for each as well. Dave was also awarded the best lifter trophy for the bench competition. For the deadlift event Lucas Bell set his second national record of the day, this time at novice 181 with his 370 pr pull. Madison Presswood also got a new national record for his efforts at novice 198 with his 420 final pull. One of the most impressive lifts of the day came from 13-15/181 Jediah Thomas, who finished with a personal best 500! Dominique Vigiano won again at junior 198 with a strong 500 while Casey Jones did the same at 40-44/198 with 470. Best lifter Mike Raya pulled a great 575 national record at 50-54/181, establishing a new pr there for him. Our final lifter of the day was Paul Morgenstern, who won at open 198 with a personal best 525. Thanks to my sons D.C. Latch and Joey Latch for doing a great job loading and spotting, setting up and cleaning up afterwards. Thanks also to four year old Kyla Russell for serving as our trophy girl. See you all again next year!  
 » *courtesy Dr. Darrell Latch*

### UPA PL/BP NATIONALS JUL 30-31 2010 » Dubuque, IA

<b>BENCH FEMALE</b>	<b>181 lbs.</b>		
Submaster			
M. Worthan	369		
<b>MALE</b>	<b>165 lbs.</b>		
Open			
R. Wagner	545		
Teen III			
J. Lentz	253		
<b>181 lbs.</b>			
Open Raw			
J. Hillman	325		
<b>198 lbs.</b>			
Junior			
K. Hall	418		
D. Nelson	—		
Open			
C. Dejongh	—		
<b>220 lbs.</b>			
Master I			
D. Schmidtke	—		
Master II			
M. Smothers	584		
Master II Raw			
D. Leslie	418		
Master IV Raw			
B. Boyce	308		
Master VII			
D. Elsbury	209		
<b>242 lbs.</b>			
Master I			
J. Berding	738		
Master I AD			
J. Hansen	402		
T. Davis	402		
<b>Powerlifting FEMALE</b>	<b>165 lbs.</b>		
Junior			
D. Lewis	325	143	341 809
Master I Raw AD			
M. Berg	165	132	237 534
Teen III Raw			
B. Demmer	281	143	347 771
<b>SHW</b>			
Open Raw AD			
M. Augustine	358	215	385 958
<b>MALE</b>	<b>148 lbs.</b>		
Master III Raw			
G. Reichert	374	248	484 1107
<b>165 lbs.</b>			
Open Raw AD			
A. Knepper	380	215	451 1046
<b>181 lbs.</b>			
Junior			
A. Steil	617	352	622 1591
Master I			
T. Towers	—	—	—
Open			
J. Adkins	683	501	628 1811
E. Domanski	650	407	606 1663
Open Raw			
A. Steil	617	352	622 1591
J. Koci	380	303	435 1118
Open Raw AD			
J. Koci	380	303	435 1118
<b>198 lbs.</b>			
Junior			
J. Baker	705	462	606 1773
Junior AD			
B. Evans	484	275	534 1294
Master I			
M. Hibbing	661	363	573 1596
Open			
C. Stanley	705	567	622 1894
Teen III Raw AD			
J. Diggins	424	303	506 1233
<b>220 lbs.</b>			
Junior			
D. Warren	727	523	644 1894
R. Michie	573	424	468 1464

Junior AD  
 K. Thompson 462 374 534 1371  
 Master IV Raw  
 B. Boyce 248 275 325 848  
 Open  
 M. Vinopal 545 402 639 1585  
 Open AD  
 M. Vinopal 545 402 639 1585  
 Open Raw  
 Lilliebridge Jr 551 385 710 1646  
 B. Baze 314 385 402 1101  
 Teen III Raw  
 M. Teijido 451 325 534 1310  
**242 lbs.**  
 Junior  
 Z. Neuerburg 539 369 132 1040  
 Master I  
 P. Schultz 721 424 617 1762  
 Open Raw  
 M. Taschuk 584 391 650 1624  
 Submaster  
 M. Guthery 584 440 578 1602  
 Submaster Raw AD  
 J. Schmid 479 264 528 1272  
 Teen III Raw  
 T. Herrera 396 319 457 1173  
**275 lbs.**  
 Junior  
 Lilliebridge 760 220 705 1685  
 Open  
 J. Edwards 776 655 573 2004  
 Open Raw  
 G. McMacken 672 402 743 1817  
 M. Hobmeier 600 429 677 1707  
 Lilliebridge 760 220 705 1685  
 J. Shatka 584 413 661 1657  
 J. Einertson 132 374 484 991  
 Open Raw AD  
 J. Franklin 523 325 501 1349  
 Teen III Raw AD  
 T. Burkey 407 275 506 1189  
**308 lbs.**  
 Junior  
 S. Harris 517 308 551 1376  
 Open Raw  
 Lilliebridge,S 710 473 705 1888  
 Submaster Raw  
 Lilliebridge,S 710 473 705 1888  
 Submaster Raw AD  
 J. Ragalie 303 281 517 1101  
**SHW**  
 Open Raw  
 A. Davis 600 363 639 1602  
 » *courtesy Bill Carpenter*

### SOCAL & REGION VIII SEP 5 2010 » Alamitos, CA

<b>BENCH</b>	<b>4th-391</b>
<b>MALE</b>	<b>DEADLIFT</b>
Junior (18-19)	<b>MALE</b>
<b>242 lbs.</b>	Junior (13-15)
K. Wilson	<b>165 lbs.</b>
424	E. Sandstrom
<b>165 lbs.</b>	<b>308 lbs.</b>
BRisenhoover	A. DeSoto
353	402
MRisenhoover	Junior (18-19)
—	<b>220 lbs.</b>
<b>198 lbs.</b>	G. Mahin
A. Fregoso	562
<b>220 lbs.</b>	Open
P. Garcia	<b>165 lbs.</b>
408	MRisenhoover
<b>275 lbs.</b>	452
A. Aerts	BRisenhoover
485	435
Master (40-44)	<b>198 lbs.</b>
<b>275 lbs.</b>	S. Brooks
D. Hetrick	557
353	J. Reyes
Master (50-54)	<b>220 lbs.</b>
<b>275 lbs.</b>	T. Sparkes
A. Aerts	634
485	<b>242 lbs.</b>
Master (60-64)	A. Anaya
<b>275 lbs.</b>	551
RMoormeister	Submaster
536	<b>220 lbs.</b>
Master (70-74)	E. Olsson
<b>198 lbs.</b>	507
R. Lozano	Master (40-44)
375	<b>220 lbs.</b>

T. Sparkes	634	G. Baxter	562	<b>MALE</b>			
D. Foster	535	<b>275 lbs.</b>		Junior (13-15)			
<b>275 lbs.</b>		M. Sandstrom	540	<b>165 lbs.</b>			
D. Hetrick	474	Master (65-69)		L. Galapia	226	243	226 694
Master (50-54)		<b>165 lbs.</b>		C. LaMantia	182	110	265 557
<b>198 lbs.</b>		T. Miller	386	Junior (20-23)			
J. Avila	551	Master (70-74)		<b>198 lbs.</b>			
Master (55-59)		<b>181 lbs.</b>		M. Nehme	402	336	518 1257
<b>198 lbs.</b>		R. Taylor	463	<b>275 lbs.</b>			
R. Cavileer	527	V. Tsatsulin	380	G. Hallock	524	364	524 1411
<b>220 lbs.</b>				Open			
<b>Push Pull</b>				<b>148 lbs.</b>			
<b>FEMALE</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>	C. Loo	303	165	386 854
Junior (20-23)				<b>165 lbs.</b>			
<b>198 lbs.</b>				J. Luna	303	220	408 931
M. Zambrano	99	204	303	<b>220 lbs.</b>			
	4th-BP-227			K. Davenport	424	314	480 1218
				<b>242 lbs.</b>			
				K. Inoue	551	353	573 1477
				E. Young	513	325	551 1389
				<b>308+ lbs.</b>			
				D. Harrison	843	419	705 1968
				Submaster			
				<b>275 lbs.</b>			
				A. Torres	325	336	402 1064
				Master (45-49)			
				<b>220 lbs.</b>			
				K. Davenport	424	314	480 1218
				<b>308+ lbs.</b>			
				M. Bowden	524	628	634 1786
				Master (55-59)			
				<b>198 lbs.</b>			
				L. Vallot	303	226	325 854
				<b>220 lbs.</b>			
				G. Baxter	551	254	562 1367
				Master (60-64)			
				<b>198 lbs.</b>			
				C. Hennesian	292	165	331 788
				Submaster (35-39)			
				<b>165 lbs.</b>			
				S. Condon	270	154	325 750

T. Miller	287	160	386	832	P. Richter	525	Raw	515
Master (70-74)					<b>220 lbs.</b>		D. Gulling	515
<b>220 lbs.</b>					Masters I		Novice	
R. Strange	463	292	502	1257	J. Meyers	405	M. Devore	575
Master (80+)					<b>275 lbs.</b>			
<b>165 lbs.</b>					Best Overall Unequipped Female Bench:			
R. Cortes	265	176	380	821	Jan Mielke.			
					Overall Best Unequipped Male			
					Bench: Tom Waldrep.			
					Best Overall Female			
					Unequipped Deadlift: Jan Mielke.			
					Best Overall Unequipped Male Deadlift: Mike			
					Soltis.			
					Best Overall Equipped Male Deadlift:			
					Paul Richter.			
					October 16, 2010 marked the			
					inaugural year of the Best of the Midwest			
					Powerlifting Championships. The event took			
					place in Cedar Rapids, IA at Roosevelt Middle			
					School and was held in conjunction with			
					the 16th annual NANBF Best of the Midwest			
					Physique Championships. Regardless of if			
					one was a powerlifter, bodybuilder, figure			
					or fitness competitor, there was an event for			
					them! Even though this was the first year of			
					the meet, some great lifters turned out and we			
					had two full flights of bench/deadlift. Judging			
					by the feedback from lifters and spectators,			
					this meet will continue to grow! All competi-			
					tors received a free T-shirt with their entry fee			
					and were allowed to watch both the prejudg-			
					ing and the finals of the physique contest as			
					well as no additional cost. We had a profes-			
					sional videographer and photographer so			
					lifters could get the absolute best recordings			
					and photos of their lifts. Overall best lifter			
					sculptures were given to both equipped and			
					unequipped male and female lifts (so eight			
					overall awards total!) Look for the second an-			
					nual Best of the Midwest Strength meet next			



## MEET DAY! »

from lifters who have just started using it and only in a few sessions they can tell a difference in their concentration and focus ability.

**BACKING OFF ON WORK VOLUME THE LAST WEEK BEFORE THE MEET** This has been a topic of discussion and debate for years in the sport of powerlifting. The fear of being over trained and burnt out or being flat from lack of work volume are both legitimate concerns to a competitive powerlifter. I think the answer here is moderation and common sense. Of course, taking the whole week off and doing nothing before the meet is going to make you feel flat and sluggish, and hitting maximum numbers in the gym the week out is a sure fire way to become over trained and burnt out by the day of the meet. So, what to do? The Big Evil says to hit your opener seven days out from meet day or plainly a week before the meet. I would do EVERYTHING—including your opener—exactly how you plan to do it on the day of the meet. This will give you a chance to test out your meet day game plan and make the adjustments as you see fit. Remember, as I said in earlier articles, you do not want to try untested variables on meet day. In any aspect of life we have more confidence in things that we are certain about. A good example of this would be using a new bench shirt you have never used in training the day of the meet. How confident do you think you will be as you approach the platform for your first attempt with it on? Get the idea? This will also keep you in the weekly cycle of lifting on a Saturday (or Sunday if you're a heavier lifter). I would cut back a little on the volume of my assistance work, however, maybe just doing some light incline presses and close grip work (maybe in the 65% range). I would come in Monday and do some light lat pulldowns, dumbbell laterals, bicep curls and some ab work then cut out. In reality, I think this is just enough work to keep you fresh until meet day. I would spend the rest of the week doing some very light cardio (no more than fifteen minutes a session once a day) to get the blood flushing to help aid in your muscle recovery. I would also incorporate the use of sauna and whirlpool sessions to aid in recovery as well.

**PLANNING YOUR ATTEMPTS FOR MEET DAY** What it comes down to is what is our goal for the meet and based on our training, what can we realistically hope to do on meet day? This is important because you have to be realistic about your own abilities. An example of this would be if you were hoping to bench press five hundred at the meet before the cycle started and you finished your last bench workout with a hard four hundred for a double. The chances are very good, no matter how mentally prepared you are, you are not going to get five hundred. The final week before the meet is a good time to re-assess your strength levels and make plans for meet day from there. So let's say, for example, we ended with four hundred for a double. A safe bet is that we can add between thirty to fifty pounds to our best double. The point here is by knowing your own lifting you should have a very good idea of where your strength level will be at on meet day. I would say then our number to shoot for would be in the four thirty to four fifty range. This would be our second attempt. I always would take the number I was coming to the meet to conquer on my second attempt. In other words, a number I would be happy with if I missed my third attempt. The third attempt is just gravy. I always felt in a bench press meet if you got your third attempt you were either having an exceptional day or you were lifting too conservatively. The third attempt can sometimes be mentally easier than your other two attempts because your confidence level is up from making your target lift on your second attempt and the pressure to get your goal is gone—now, the third attempt is icing on the cake to add on to an already successful day. I think your first attempt should be a weight you can handle for an easy triple. This way you can get adjusted to the meet surroundings and equipment much easier with a weight that is not going to be a max like attempt. It also will help shake the jitters and clear your mind and build your confidence for your second attempt.

**MAKING A CHECKLIST** Make sure you have everything you need when you get to the meet site. The Big Evil will tell you that the better

prepared you are, the better you will perform at the meet. Make a list including all the things you will need that day from your lifting gear to your food and everything else you will need in between. Now go through that list and pack it up the night before. Some of these meet sites can be in the middle of nowhere, so a good place to eat might not be accessible and bumming equipment or anything else for that matter off other lifters is not cool—so be prepared. You have worked too hard to screw up meet day by being unfocused. Just remember, the more self-contained you are at the meet site, the better your lifting will be. So don't ever leave anything to chance. The mindset of a champion is always detail-oriented.

**KEEP SOCIALIZING TO A MINIMUM BEFORE YOU LIFT** It is true that a big part of powerlifting is the camaraderie. We all like to partake in socializing at the meet; seeing friends we haven't seen in a while, swapping lifting advice or just shooting the breeze is always a highlight of the day for most powerlifters. Now, with that being said, The Big Evil says save the socializing for when the trophies are being handed out. This is war. The mission at hand is to set a personal record! As a warrior, you owe it to yourself to stay on task and mentally focused. I would just go find a corner, get out of sight, get comfortable, put your headset on and relax until about twenty minutes or so before warm-ups. I'm telling you, the energy that is being sapped from you in general conversation is great and will clearly take a toll on your meet performance. There is plenty of time after you crush your PR to have some beers and laugh it up with your powerlifting friends. After the meet is always fun, especially when you walk away with a new PR. I can't remember too many after-meet-parties where I bombed and felt like socializing then. **THE BIG EVIL SAYS TO STAY ON TASK!**

**HANDLERS** Sometimes it's tough to get reliable handlers to show up workout after workout and meet after meet. It's even harder to find handlers who are competent and reliable. It seems to me that the best

handlers would be your training partners, as you both need each other's help in training and at meets. I think that two handlers would be sufficient to help you at the meet, as they can help you with your bench shirt and of course one of them can be your lift off man. Also, handlers can keep track of when you are up and generally help get you pumped up. I would highly recommend that your handlers not be lifting in the meet you're lifting at. I want full attention on my lifting when I'm getting ready to lift and when my lifting partner goes to his meet I'll put my full attention on his lifting—it's that simple. I have never really seen two lifters lifting at the same time handle each other very well—although, how many times have you seen it done at meets? As I see a guy handing off in a bench shirt, I'm thinking to myself that the lifter and the lift off guy are cheating themselves of a higher level of meet performance. The Big Evil says your handlers are like seconds at a duel and their role is to help you lift to the best of your abilities.

These are some key points to keep in mind as you get ready for your big day. Now get out there and make THE BIG EVIL proud! The Big Evil is here to help you if you need training advice, so just go to my site [www.bigevilslair.com](http://www.bigevilslair.com) and drop me a line on my contact form. I will get back to you in a timely manner. This month on *Big Evil's Lair* we feature 1000 pounds bench presser Tiny Meeker. Tiny is an awesome bench presser and the interview we conducted with him is filled with useful training tips—so don't miss this fantastic interview. Also, as always, we have powerlifting news, trivia and lots of other great powerlifting media. Check it out at [www.bigevilslair.com](http://www.bigevilslair.com). Until next month, adios and *believe to achieve!* «

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# RESULTS



Marchand Fleming barely missed this 625 deadlift which would have given him a 1600 total at 181 (Rickey Dale Crain photo)

## USAPL DL/PP NATS OCT 16 2010 » Denver, CO

DEADLIFT		Teen I Raw	Teen III	Open
FEMALE		A. O'Keefe	226	115 lbs.
Open		E. Larson	380	123 lbs.
J. Najera	319	198 lbs.		
Junior		T. Craig	562	123 lbs.
P. Garcia		198		
Open		M. Oliynyk	573	148 lbs.
T. Adelmann	385	562		
Open		C. Singleton	551	148 lbs.
B. Anderson		330		
MALE		Master I Raw	352	115 lbs.
Open		Master II Raw	589	123 lbs.
Teen I		Master III Raw	308	132 lbs.
Ammerman		Open	589	148 lbs.
Open		S. Roberts	506	148 lbs.
O. Valdez	314	506		
Teen I Raw		Teen III	396	242 lbs.
D. Post		248		
Teen I		Open	528	242 lbs.
O. Valdez		314		
Open		P. Knutson	—	242 lbs.
D. Flagg		457		
Teen I Raw		V. Gushterov	727	275 lbs.
M. Wegner		193		
Teen II Raw		J. Pogue	325	275 lbs.
Teen III Raw		X. Lin	341	275 lbs.
165 lbs.				

## USPF 13TH CRAIN OPEN OCT 23 2010 » Shawnee, OK

BENCH	S. Maupin	280!		
MALE				
Open		181 lbs.		
220 lbs.		165 lbs.		
H. Lehman	475	J. Caputo	380	
308 lbs.		181 lbs.		
R. Wolf	425*	Q. Jones	400	
220 lbs.		220 lbs.		
SHW		B. South	375	
J. Davis	380	V. Narolskyy	551	
DEADLIFT		J. Casteel	457	
FEMALE		308 lbs.		
Open		D. Wall	335*	
123 lbs.		R. Wolf	540	
SHW		J. Davis	550	
J. Leal	235*			
198 lbs.				
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Open				
165 lbs.				
J. Severson	220	140	260	620
MALE				
Junior				
165 lbs.				
Q. Travis Jr	400	275	515	1190
Master*				
181 lbs.				
M. Fleming	600	375	575	1550
198 lbs.				
J. Smith	500	400	600	1480
220 lbs.				
C. Caputo	425*	310*	505*	1240*
B. Bowen	475	300	575	1350
H. Lehman	585*	475*	565*	1625*
242 lbs.				
K. Morton	—	—	—	—

\*=State Records. !=American Records.  
Outstanding Lifter Women Open Deadlift: Sherry Maupin. Outstanding Lifter Open Powerlifting: Jessica Severson. Outstanding Lifter Men Open Bench Press: Peewee Lehman. Outstanding Lifter Open Deadlift: Robert Wolf. Outstanding Lifter Junior Powerlifting: Quintin Travis Jr. Outstanding Lifter Masters Powerlifting: Marchand Fleming. Teams: 1st-Caputo's Gym, 2nd-Crain. » courtesy Rickey Dale Crain

Open	V. Narolskyy	551	551	1101
	R. Clark	363	595	958
	J. Casteel	363	457	820
Teen I Raw				
A. O'Keefe		116	226	341
Teen III Raw				
E. Larson		292	380	672
198 lbs.				
Master I				
T. Craig		341	562	903
Open				
M. Oliynyk		451	573	1024
T. Craig		341	562	903
M. Oliynyk		451	573	1024
T. Craig		341	562	903
Master I Raw				
R. LeBeaumont		275	352	628
Teen III				
J. He		286	396	683
220 lbs.				
B. Knutson		319	—	319
275 lbs.				
Master II				
E. Pauli		319	473	793
Open				
G. Soehner		551	683	1233
275+ lbs.				
Master I				
M. Ricker		380	600	980
Open				
M. Ricker		380	600	980
Open				
V. Gushterov		727		
S. Alosi		528		

## APA DE POWER CLASSIC MAY 8 2010 » Newport, DE

BENCH	V. Mallace	480*		
MALE				
Eq Std				
341 lbs.		475		
Master V				
B. O'Brien	530*	198 lbs.		
Eq Unl				
242 lbs.				
Junior				
D. Poole	675*	308 lbs.		
308 lbs.				
Junior				
Hutchinson	575	181 lbs.		
SHW				
N. Ward	705	Submaster		
M. Ricker	600	D. Copper	500	
BP	DL	TOT		
T. Barbaccio	765			
Raw				
181 lbs.				
Open				
M. Obev	355			
220 lbs.				
Open Master III				
C. Webb	385			
275 lbs.				
Junior				
Push Pull				
MALE				
Raw				
148 lbs.				
Open				
E. Morris	240	375	615	
4th-DL-385				
181 lbs.				
Teen (16-17)				
Z. Cutler	160	365	525	
198 lbs.				
Open				
J. Bocella	315	520	835	
Submaster (33-39)				
Open				
B. Lemieux	385			
390	550	940		
Junior				
C. Wheeler	340	600	940	
Full Power	SQ	BP	DL	TOT
MALE				
Eq Std				
275 lbs.				
Master II				
T. Hunter	550	300	650	1500
Eq Unl				
181 lbs.				

Open	M. Romeo	610	435	555	1600
220 lbs.					
Submaster					
C. Dukes		545	355	455	1355
242 lbs.					
Submaster					
B. Fields		745	505	600	1850
Open					
D. Barth		655	600	645	1900
341 lbs.					
Open					
M. Nickel		815	560	540	1915
165 lbs.					
Junior					
B. O'Neil		300	250	360	910
198 lbs.					
Open					
R. Clore		500	315	565	1400
220 lbs.					
Open					
J. Stoklosa		405	350	405	1160
R. Santiago		435	300	505	1240
R. Rozek		530	360	640	1530
E. Christie		560	340	660	1560
Master V					
T. Contino		265	235	445	945
242 lbs.					
Open					
B. Hartlaub		375	300	425	1100
A. Utermahlin		605	375	605	1685
Master III					
Swierdzynskj		600	380	570	1550
4th-SQ-625*					
275 lbs.					
Open					
J. Linthicum		340	200	405	945
F. McNew		500	345	475	1320
D. Hill		540	325	505	1370
S. Yard		650	475	650	1775
341 lbs.					
Open					
R. Baker		675	490	675	1840*
*World Records. Venue: OSX Fitness.					
» courtesy Kate Baird					

## APA SUMMER BP BASH AUG 14 2010 » Fair Haven, VT

BENCH	Open Raw	D. Elkins	300
FEMALE		Submaster (33-39)	
105 lbs.		Raw	
Master (45-49)		D. Lung	265
Raw		242 lbs.	
Master (55-59)		Master (55-59)	
B. Bowen	175	R. Bigrow	360
198 lbs.		4th-370	
Submaster (33-39)		275 lbs.	
Raw		Open Raw	
S. Messier	160	M. Newton*	395
220 lbs.		Junior (20-23)	
Master (40-44) Raw		K. Fredette	570
D. McNolty	140	BENCH Reps	
UL		FEMALE	
Master (50-54)		1/2 Bodyweight	
T. Jones	320!	S. Messier	31
MALE		A. Terrien	24
181 lbs.		D. McNolty	23
Submaster (33-39)		T. Jones	19
Raw		MALE	
R. Gilman	285	Bodyweight	
Submaster (33-39)		K. Morales	32
B. Lemieux	385	J. Matta	29
Master (40-44) Raw		C. Ploof	25
C. Ploof	320	B. Lemieux	22
Master (55-59) Raw		M. Newton	17
M. Denis	255	R. Gilman	16
220 lbs.			
!=World Records. *=Not Tested. Venue: Fair Haven Fitness. Thank you for a great fun meet! Thanks to everybody who brought food for the BBQ after. Great job announcing Meghan Matta. Thank you to the judges, spotters and loaders. » courtesy James Matta			



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## GETTING FASTER FOR FOOTBALL »

- Deadlifts (competition stance)
- Snatch Grip Deadlifts
- Romanian Deadlifts
- Deadlifts (opposite of what you use in competition)
- Rack Pulls (vary the heights, but don't go much past higher than the knee)
- Trap Bar Deadlifts
- Cleans

### Accessories:

- Romanian Deadlifts
- Glute Ham Raises
- Pull Throughs
- Kettlebell Swings
- Weighted Hypers (bend the knees on this to get more hamstring work)
- Trap Bar Romanian Deadlifts
- Lateral Lunges, Lateral Sled Pulls, Angle Lunges (while these aren't traditional powerlifting accessories, we do need to give some attention to lateral-speed specific movements)

Basically, you pick a max exercise, do it once a week for either multiple sets of low reps or work up to a max single, double or triple. If you're new, rotate exercises every 4 weeks. If you've been around a while, go every 1-2 weeks. Then, pick two accessory exercises and do them for multiple sets of medium-high reps, then some heavy ab work. That's it. Stretch a bit and go home.

It would look like this for a beginner:

- Box Squats: 8 x 3\*
- Romanian Deadlift: 4 x 8
- Weighted Hypers with Bent Knees: 4 x 12
- Kneeling Cable Crunches: 3 x 15

\*Either work up to a heavy, but not failure-ridden set of 3, or, work up to a fairly heavy weight and do it for 3 x 3 to finish off the 8-set total.

### EXTRAS

Some of you will notice this looks a lot like a "Westside" workout—and that's because it is! If ever there was a man who understood how to apply the powerlifts to football, it's Louie Simmons. The differences would lie in our use of much more over-head work, lateral work, conditioning and a bit more use of the Olympic lift variations.

This brings us to the issue of dynamic or speed work. For absolute beginners, I suggest using an O-lift variation on the second leg day rather than a lighter movement with bands and chains. After a solid year, then Dynamic Effort is the way to go, but for the rank beginner, it's easier to go with movements like:

- Clean Pulls
- Snatch Pulls
- Snatch High Pulls
- Power Cleans off Pins in the Rack
- Hang Cleans

Treat these in a similar way as dynamic

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effort movements. For example, concentrate on speed, and use 12 sets of 2 or 8 x 3 with short (60-second) rest periods. Follow these up with two accessory movements, just as on your heavy day.

Lastly, we need to address Plyometrics. Plyos are a complex form of training and can easily be over-complicated. I see coaches take a 300-pound, over-fat freshmen and have him perform intricate and highly complex forms of plyometrics. This is pure insanity; the kid is not ready and you're going to end up injuring him.

The best approach, again, is to go very simple. Something as vanilla as a basic box jump, done for 3 sets of 5 jumps right before your main leg exercise for the day will do wonders for your explosiveness, speed, and—as a huge side bonus—increase your lifts in the weightroom by "waking-up" the Central Ner-

vous System.

How high should you jump? Well, test this by seeing how high of a box you can get up on, and then take 80% of that height. That should be your base height. You can use 70, 75, 80, 85%...the point is you don't have to kill yourself doing complicated jumping exercises to get faster for football.

### WRAP UP

What I just laid out for you is a great way to increase your lifts and get faster and more explosive for football. We're basing our program on the core powerlifts, their accessories, and adding some speed and Plyometric work. We're also lifting with maximum force. Do these things consistently and with 100% effort and you'll be blowing by and running over your opponents in no time. ☺

Steve Morris is a strength coach and trainer in the South Jersey and Philadelphia areas. You can get his free book, *14 Must-Do Exercises to Get Faster and Stronger for Football*, by visiting [www.ExplosiveFootballTraining.com](http://www.ExplosiveFootballTraining.com)

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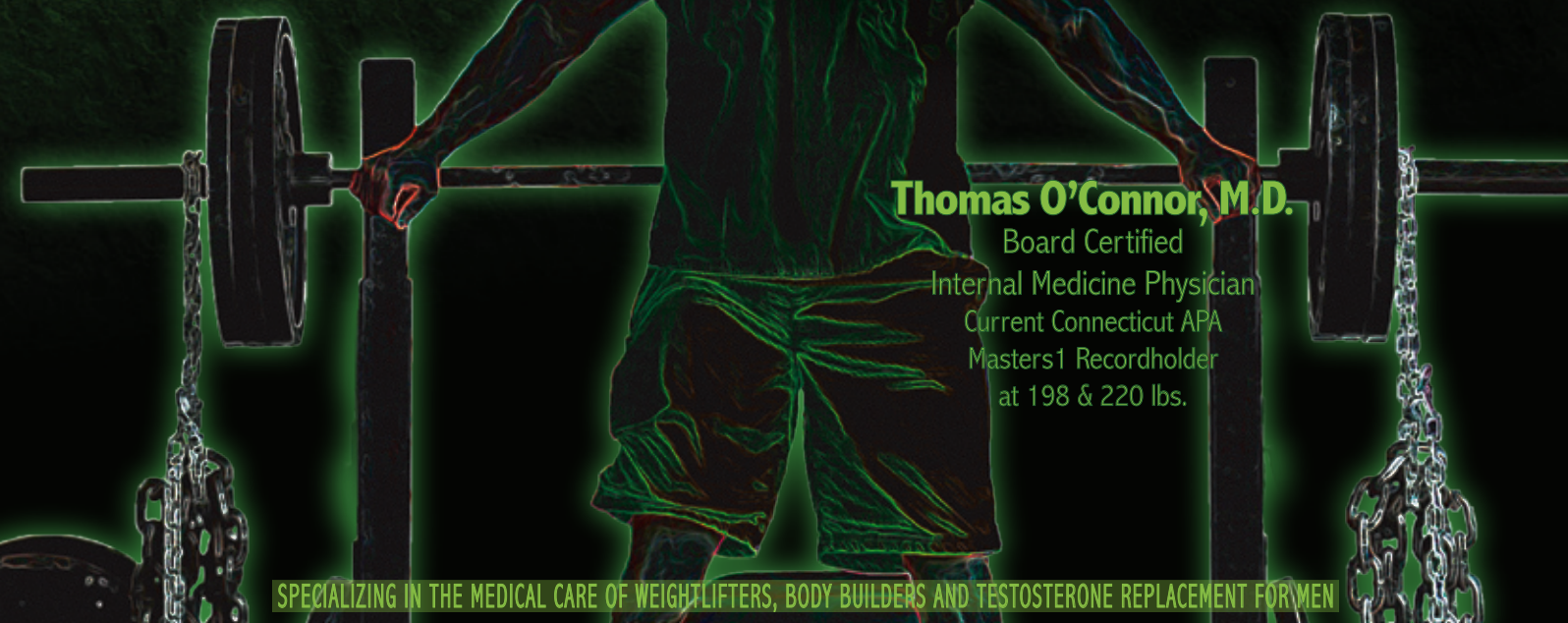
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## TOP USES FOR THE REVERSE HYPER »

prime movers are the posterior chain muscles. The gluteus maximus is the biggest, (potentially) strongest muscle in the body. When this muscle is not functioning properly, the load that it is supposed to handle is dumped to the other muscle of the posterior chain – the hamstrings and lower back. This, in turn, leads to injury and less than optimal performance. When one considers the prevalence athletic movements wherein the posterior chain musculature is the primary mover (i.e. linear running, change of direction, jumping, squatting, lunging, etc.), it is easy to see why it is so important to correct dysfunction in this muscle.

I have unsuccessfully used many methods in an attempt to "turn on" my own or an athlete's glute(s). The single-leg reverse hyper performed

both straight-leg and bent-leg has been the most effective, and at times, the only effective movement for this purpose.

### TRACTION

With the various compressive forces that an athlete's lumbar spine is exposed to, both in the weight room and in the competition arena, a need to relieve this compression arises. Traction via the reverse hyper machine is performed in a similar fashion to the traditional reverse hyper, with the exception of a swinging motion at the bottom of the movement. The trainee is encouraged to experiment with load and range of motion, depending on how much traction is needed. This movement can also be performed one leg at a time, which is especially useful when traction is needed on one SI joint.

### REHAB

With the loads that the lumbar region is exposed to it is not a surprise that the soft tissue in this region does get injured. Often, the injury only occurs to soft tissue on one side of the lower back. In this case, the reverse hyper is an effective tool for strengthening the damaged soft tissue, as well as increasing blood flow to the injured area in order to increase the rate of recovery.

An additional use of the reverse hyper in low back rehab concerns the realignment of tissue during the healing process. When an injury occurs to soft tissue the collagen in that tissue becomes irregular (i.e. the fibers do not line up correctly). This is often what happens when scar tissue is formed during the healing process. We need scar tissue, but the problem arises when the scar tissue lines up in an ir-

regular pattern. We somehow need to get the collagen fibers and scar tissue lined up properly for full healing and recovery to occur. In order to accomplish this we need the injured tissue to undergo an eccentric contraction. Performing eccentric contractions realigns the collagen and scar tissues along the lines of stress as they were before they were damaged. Many people will argue that performing the reverse hyper in an eccentric fashion is unsafe for the lumbar spine. This idea has been brought forth by Stuart McGill, world-renown back specialist. Although, this idea is correct, IF performed in a double-leg fashion, the pelvis and lumbar spine function in a totally different manner when functioning unilateral. Thus, when using this method of rehab with the reverse hyper, it should be performed one leg at a time. I can personally attest to the effectiveness of this rehab method. Over a year ago I completely tore my right spinal erector. I struggled with the rehab process for many months. Once I discovered this method of rehab, the rate of healing increased dramatically and my lower back is now stronger than ever.

### RESTORATION AND ACTIVE RECOVERY

Because it is not necessary to perform the reverse hyperextension with a controlled eccentric phase, it is an ideal posterior chain movement to be utilized during training phases wherein restoration or active recovery is the primary objective. For the same reasons the unloading phase before a competition is also good time to utilize the reverse hyper. The movement still provides a high concentric stimulus to the working muscles, but without the delayed onset muscle soreness (DOMS) that often occurs with the use of an eccentric phase. «

*Bryan Dermody is an assistant strength and conditioning coach for the New York Jets. He has ten years experience as a strength and conditioning coach at The University of Iowa, Drake University, The University of Louisville and the New York Jets. He has competed in over 20 NASS amateur strongman competitions and currently competes in powerlifting in the USAPL. In 2010, he competed in the GNC IPF Pro Deadlift competition at the Arnold Classic Sports Festival.*



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## NEVER SAY NEVER! »

him to think positive and that everything was going to be okay. To be honest, I didn't know what to tell him. I wanted so much to say the right things, to encourage him to keep fighting, to keep trying and to think positive, and I wanted so much for him to find something that would bring some air of happiness or at least contentment into his life, but I never could find the words and he never could find the experience.

Then one day it all just came to a head. I could tell that Tommy was really depressed when he came into the gym. He wasn't there more than ten minutes when he started talking about killing himself. I said, "Tommy, come on, certainly suicide is a viable alternative, but what else could you do? Try to be a little more creative with your thinking." I didn't mean it in a condescending way, but I am afraid it came off that way, and I am sure he took it that way. He looked hard at me and then he said something that just about broke my heart. He said, "Judd, you more than anyone else should understand how I feel. You are an athlete. Can you imagine waking up one morning and finding out that you have an incurable disease that is not only going to slowly kill you, but is going to slowly rob you not only of your mobility and body, but your very soul too...turning you into a morbid and grotesque thing? Can you just for a second imagine that? Then maybe you wouldn't be so

quick and so easy to say, 'Think positive.' "

He was right on both accounts. I have always taken great pride in my ability or willingness to step outside of myself and truly attempt to understand what life is like for others by putting myself into their position, seeing something from someone else's point of view. This was so different though. As hard as I tried, I could not even imagine the anguish and torment that he must have been feeling. There was no escape for him. The disease was with him every moment of the day, and his body, the thing that most athletes covet, was totally destroyed and now represented not a history of accomplishment but a sign of decay and ruin. Every moment was a constant reminder of how bad his condition was. So, I didn't know exactly how he felt, but I can honestly say that I had considerable empathy and compassion for him.

Two days after our conversation I went to the gym to work out, figuring I would see Tommy there. When I got to the gym Tommy's sister Elaine was there waiting for me. I could see in her eyes that something was terribly wrong. She said, "Judd, did you hear...Tommy killed himself last night." Just two days before Christmas, this once glorious human being—who was so full of love and kindness, whose mind was so gifted and exhilarating, who gave constantly to others—went home, got his gun and killed himself.

Some thirty years later I now have a clear understanding of what Tommy was going through. You see, for the last three years of my life I have been struggling with muscular dystrophy. Muscular dystrophy is an inherited disorder, which causes the muscle in the body to become necrotic. In other words, it causes the muscle cells in the tissues and organs of the body to die. The weakness and muscle wasting first affect the muscles of the hips, pelvic area, thighs and shoulders. It eventually affects all voluntary muscles and the heart and breathing muscles. The disease is very progressive, and survival is rare.

Now, I remember the day that I was diagnosed with this disease like it was yesterday. Dr. Thomas Glass of the ALS Clinic in Atlanta, Georgia, called me into his office, sat me down, and told me in a matter of fact manner that I had an extremely rare form of Duchenne Muscular Dystrophy—asically a death sentence! He further informed me that I would eventually become crippled and would be bed-ridden for the rest of my life. "There is no reason for you to come back here," he continued dispassionately. "There is no cure or treatment for MD. There is nothing we can do to help you."

When I first heard the news, it was like someone hitting me between the shoulder blades with a sledgehammer. It was just that painful. One of the first things I thought about,

after getting my diagnosis, was how insensitive I had been towards Tommy. I never realized the emotional and physical pain that opening the box "you have Muscular Dystrophy" contained. Now, I know and I can relate to others who have opened that box or similar boxes. I can tell you straight out that it is not a good feeling.

It is kind of ironic too because now I am the recipient of those same clichés that I was so quick to give Tommy: "Think positive," "Don't give up, everything is going to be alright," "You are more than just an athlete...you have a great mind," "You have a good heart...everyone loves you." All well-meaning sentiments that are truly appreciated, but somehow lose their meaning when you are up against something that is progressively destroying you and with little hope or help in sight. Like I said, it is not a good feeling, and in all honesty, it is not easy to stay positive.

Still, as crazy as this may sound, getting MD has become one of my greatest blessings in life, because it has elevated me to a higher level of understanding of human compassion and love. It has been said that if you put yourself in a position where you have to stretch outside your comfort zone, then you are forced to expand your consciousness. This disease, as iniquitous as it is, has expanded my level of consciousness, and I hope through my experience I can in some small way expand your level of compassion and empathy for others.

There are just a few more things I would like to say here. Vulnerability and discouragement are very human attributes. We need not chastise ourselves for feeling them, but it is important to know that no matter what the circumstances that have brought us to this point, they are not insurmountable. The world is full of possibilities and, as long as there are possibilities, there is hope. Even the most successful and happiest people can tell you about having spent time questioning themselves, their values and their abilities, but they have never lost the capacity to hope.

Now, I know what you must be thinking, "Didn't you just say that MD is incurable and that there is no treatment for the disease? What hope is there with such a disease? There is no hope, right?" That perhaps is somewhat true, and it is also true that the real dilemma is the feeling that there is no way to turn, no place to go, no one to help. That is what you face with a disease like MD. Like I said, it is not easy.

Now, I hope this doesn't sound strange, but in some maybe twisted way of thinking on my part, well, Tommy didn't have to face the hard realities of everyday life that the disease can bring about. In a way, I'm happy he didn't have to suffer a lifetime with MS, but did you know that now they do have a treatment for MS? People who were once confined to a wheelchair are now walking again. Isn't that GREAT!? In

this respect, I feel terrible that Tommy didn't persevere...that he gave in to his circumstance. There is always hope and there are many solutions to every problem. You just never know. With life there is always hope. It is always too soon to quit.

Anyone can give up, but to hold it together when everyone else would understand if you fell apart, that's true strength. Leo Rosten says, "Those who do not know fear are not really brave, for courage is the capacity to confront what can be imagined." That's the type of courage I'm talking about; acting bravely when we don't really feel brave, the courage to face the hard realities of everyday life. Perhaps Martin Luther King Jr. put it best when he said, "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in moments of challenge amid controversy." Great men are generally at their best when their backs are at the wall. Adversity stimulates them to rise to the occasion and in many cases it drives them beyond their mental and physical parameters. It takes them into the stars—into new galaxies. So today, just keep looking for reasons and ways to constantly keep pushing forward and take it just one day at a time. «

-----  
**EDITOR'S NOTE:** if you wish to contact Dr. Judd, you may reach him at [DrJudd2@aol.com](mailto:DrJudd2@aol.com)

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## QUESTIONS ANSWERED »

### WHAT ABOUT RED MEAT?

Red meat has been maligned now for the past few decades. It seems that nothing good can be said about it except that it's great barbecued. But the tide is turning and research is showing that red meat has been undeservedly maligned.<sup>1</sup>

I've always said that red meat is good. And there are several reasons for this. First of all, I never believed in what the naysayers were preaching. Again, just as with saturated fat, there are too many inconsistencies. After all, red meat has been a staple in our diets since the beginning of our time. So why all of a sudden is it poisonous to us?

And red meat contains as much oleic acid, the same monounsaturated fat as in olive oil, as it does saturated fat. Oleic acid is considered to have significant health effects,<sup>2</sup> and is also felt to act as a sensing nutrient and when present decreasing appetite.<sup>3</sup>

Red meat is one of the best sources for amino acids. It's high in vitamins A, E and B complex.

Vitamin B12, while plentiful in meat, is not found in vegetable products. Red meat is loaded with iron that is easily absorbed, unlike iron that is present in many plant sources. As well, red meats are excellent sources of other nutrients including L-carnitine, taurine, conjugated linoleic acid (CLA), coenzyme Q10, potassium, zinc, and magnesium—all vital nutrients, especially for those of us who want to improve our body composition.

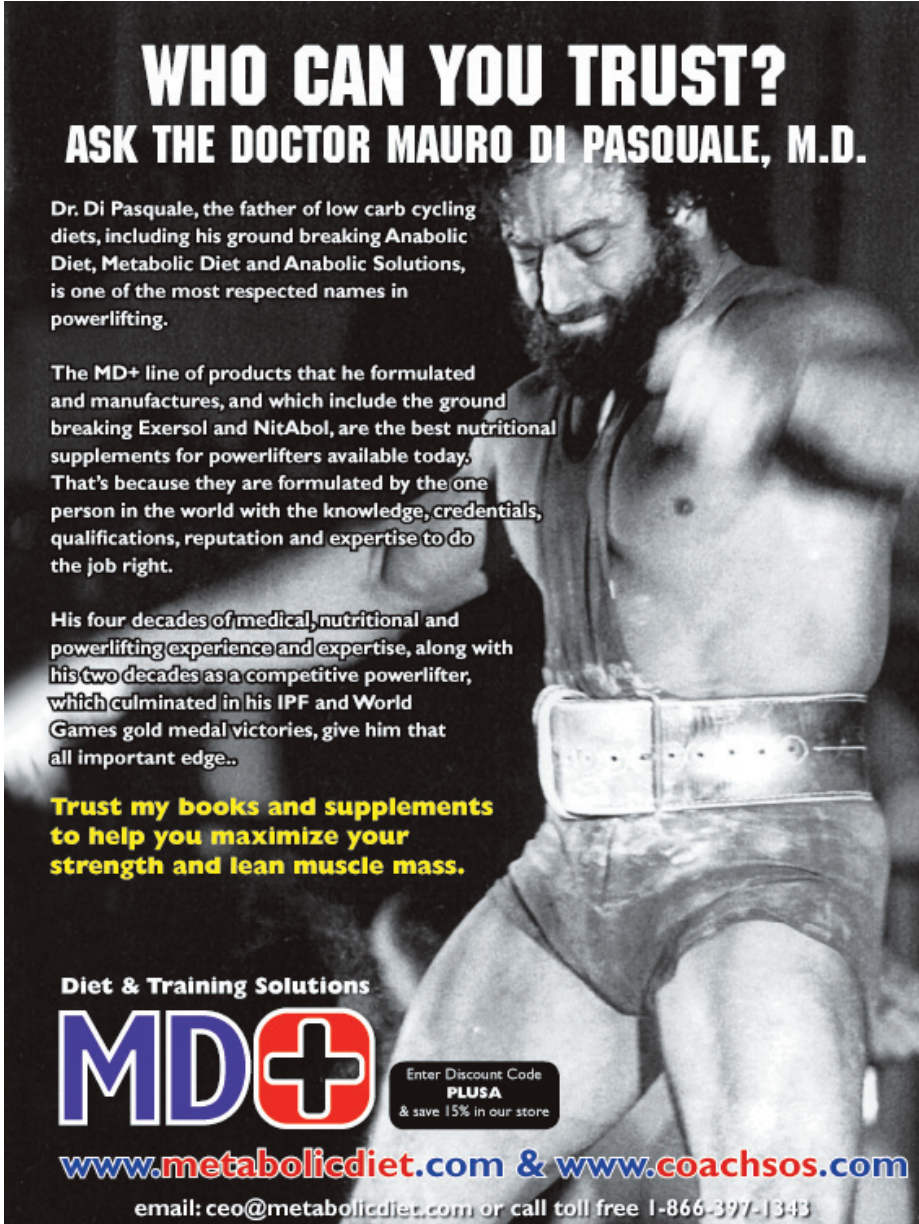
For example, L-carnitine is primarily found in meat. And red meat is the best source of L-carnitine with about 600 mg present per 100 grams. Fish contains only 35 mg per 100 grams.

For athletes, plentiful L-carnitine means not only a larger proportion of lean muscle mass, but increased use of energy-rich fat as fuel during exercise. As well, CLA can result in a reduction of overall body fat and an increase in lean muscle mass, by increasing insulin sensitivity and helping to regulate protein and fat metabolism in the body.<sup>4,5,6</sup>

Red meat is also one of the best foods for maximizing body composition. A recent study found that women on a low calorie red meat diet lost more weight and were healthier than those who a low calorie, low meat diet.<sup>7</sup> As well, there were no adverse effects on bone metabolism because of the high red meat/protein diet.

In another study, red meat was shown to have beneficial effects on serum cholesterol and triglycerides, the other important fat.<sup>8</sup> At the end of the nine month study, the researchers found that the red meat group had an average decrease of 1 to 3 percent in "bad" low-density lipoprotein (LDL) cholesterol and an average two percent increase in "good" high-density lipoprotein (HDL) cholesterol, and an average drop of six percent in their levels of triglycerides.

As well, red meat, with its saturated fat, increases serum testosterone levels. I've seen this in clinical studies that I've done on patients and athletes who I've put on my diets, with the emphasis on red meat. And this association has



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also been shown in some studies.<sup>9,10,11</sup>

### FOLLOW UP

Since then a number of studies have found little association between the consumption of red meat and some of the perceived consequences, such as various cancers (for example a recent study found that red meat consumption did not raise the risk of colon cancer, unlike previous studies that suggested that it did - see abstracts in newsletter).

A study just published this past May found that it's not red meat, per se, but processed meat that is linked to cardiovascular disease and diabetes.

I've copied an article below that is also available at <http://harvardscience.harvard.edu/medicinehealth/articles/processed-meats-come-increased-risk-heart-disease-diabetes>. Since

articles on line tend to disappear in time, I've copied the actual article below (can be found in the newsletter).

The bottom line is that red meat is an ideal food for elite athletes who want to maximize body composition and performance, and is especially so if they follow my phase shift diets - see [www.MetabolicDiet.com](http://www.MetabolicDiet.com) for more information.

More information on all of this in future newsletters, especially dealing with the advantages of fats in the diet of athletes and dispelling the misinformation about the harmful effects of saturated and other fats. «

» Excerpt from Dr. Mauro's "Elite Performance Newsletter - Volume 1, Issue 3." To read the more you can download the newsletter at [www.eliteperformancenewsletter.com](http://www.eliteperformancenewsletter.com).

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<b>Standard</b>	A. Dinigro 180	
<b>132 lbs.</b>		
<b>Open</b>	<b>Teen (18-19)</b>	
S. Feeney 145	J. Kresa 225	
<b>Single-Ply</b>	<b>308+ lbs.</b>	
<b>148 lbs.</b>	<b>Masters (55-59)</b>	
<b>Open</b>	F. Kresa 220	
R. West —	<b>Single-Ply</b>	
<b>Unlimited</b>	<b>165 lbs.</b>	
<b>132 lbs.</b>	<b>Open</b>	
<b>Open</b>	D. Salafa 555	
J. Faraone 340	<b>Unlimited</b>	
<b>MALE</b>	<b>181 lbs.</b>	
<b>Standard</b>	<b>Open</b>	
<b>220 lbs.</b>	R. Hillyard 390	
<b>Open</b>	<b>242 lbs.</b>	
A. Szeps 450	<b>Open</b>	
<b>220 lbs.</b>	McPhearson —	
<b>Junior</b>	<b>242 lbs.</b>	
A. Rowback 305	<b>Submaster</b>	

M. Ferlito —	<b>308+ lbs.</b>	
<b>DEADLIFT</b>	<b>Open</b>	
<b>MALE</b>	C. Lendemuth 650	
<b>Standard</b>		
<b>Ironman</b>	<b>BP</b>	<b>DL</b>
<b>MALE</b>	<b>TOT</b>	
<b>Standard</b>		
<b>198 lbs.</b>		
<b>Submaster</b>		
L. Leblanc 365	525	890
<b>220 lbs.</b>		
<b>Teen (18-19)</b>		
M. Weber 300	540	840
<b>Unlimited</b>		
<b>220 lbs.</b>		
<b>Open</b>		
D. Salafa 555		
<b>Unlimited</b>		
K. Herbert 725	530	1255
<b>308 lbs.</b>		
<b>Open</b>		
J. Basher 500	710	1210
<b>Full Power</b>	<b>SQ</b>	<b>BP</b>
<b>SQ</b>	<b>DL</b>	<b>TOT</b>
<b>FEMALE</b>		
<b>Standard</b>		
<b>165 lbs.</b>		
<b>Open</b>		

B. Mickelson 230	155	265	650
<b>Single-Ply</b>			
<b>198+ lbs.</b>			
<b>Masters (50-54)</b>			
L. Ellis 250	120	260	630
<b>Unlimited</b>			
<b>Open</b>			
B. Fineis 575	340	450	1365
<b>4th-SQ-600</b>			
<b>165 lbs.</b>			
<b>Submaster</b>			
B. Fineis 575	340	450	1365
<b>4th-SQ-600</b>			
<b>MALE</b>			
<b>Standard</b>			
<b>165 lbs.</b>			
<b>Open</b>			
A. Hudson 350	185	375	910
<b>181 lbs.</b>			
<b>Open</b>			
J. Kaye 375	275	425	1075
<b>Open</b>			
R. Lew 305	190	400	895
<b>198 lbs.</b>			
<b>Open</b>			

W. McMahon 485	335	585	1405
<b>198 lbs.</b>			
<b>Junior</b>			
A. Hamilton 265	200	315	780
<b>198 lbs.</b>			
<b>Master (40-44)</b>			
O. Douglas 500	270	525	1295
<b>4th-DL-550</b>			
<b>220 lbs.</b>			
<b>Open</b>			
L. Perna 465	335	585	1385
<b>Submaster</b>			
W. Song 410	250	450	1110
<b>220 lbs.</b>			
<b>Teen (18-19)</b>			
A. Carter 485	340	550	1375
<b>275 lbs.</b>			
<b>Open</b>			
B. Schweitzer 550	370	580	1500
<b>Open</b>			
V. Ragaini 480	335	535	1350
<b>308 lbs.</b>			
<b>Open</b>			
M. Tillison 575	350	550	1475
<b>Open</b>			
M. Abbruzese 400	370	—	770
<b>Junior</b>			
Hollingsworth 565	250	575	1390
<b>308+ lbs.</b>			
<b>Open</b>			
R. Marra 500	530	600	1630
<b>Open</b>			
A. Patrizzi 535	—	—	535
<b>Single-Ply</b>			
<b>165 lbs.</b>			
<b>Teen (18-19)</b>			
J. Goldblum 425	—	—	425
<b>242 lbs.</b>			
<b>Open</b>			
J. Rowback 510	400	—	910
<b>Unlimited</b>			
<b>198 lbs.</b>			
<b>Submaster</b>			
S. Pollock 745	460	560	1765
<b>220 lbs.</b>			
<b>Open</b>			
N. Puorro 725	530	570	1825
<b>Open</b>			
P. Miller 555	535	615	1705
<b>Masters (40-44)</b>			
S. Hailey 740	525	510	1775
<b>242 lbs.</b>			
<b>Open</b>			
T. Gale 815	675	625	2115
<b>Masters (50-54)</b>			
B. Schimmel 610	440	550	1600
<b>275 lbs.</b>			
<b>Open</b>			
M. Stuchiner 760	540	605	1905
<b>Open</b>			
Venue: Iron Asylum Gym.			

M. Punaro 319	204	385	908
<b>275 lbs.</b>			
<b>Open</b>			
J. Penn 314	242	484	1040
<b>50-54)</b>			
<b>Open</b>			
P. Miller 270	187	381	838
<b>Open</b>			
B. Wotring 363	226	363	952
<b>198 lbs.</b>			
<b>Open</b>			
C. Rexrode 512	385	523	1420
<b>60-64)</b>			
<b>Open</b>			
J. Harman 138	138	418	694
<b>Open</b>			
J. Detwiler 451	330	462	1244
<b>Open</b>			
B. Gibson 363	264	512	1140
<b>Open</b>			
J. Greene 319	204	440	963
<b>220 lbs.</b>			
<b>Open</b>			
M. Jones 562	385	622	1569
<b>Open</b>			
A. Cohn 484	325	600	1409
<b>Open</b>			
M. Hunter 358	248	451	1057
<b>Open</b>			
B. Cauley 352	209	407	969
<b>242 lbs.</b>			
<b>Open</b>			
C. Amstone 473	369	473	1316
<b>Open</b>			
M. Robb 545	352	617	1514
<b>Open</b>			
S. Zullinger 462	374	523	1360
<b>Open</b>			
T. Thomas 385	264	551	1200
<b>275 lbs.</b>			
<b>Open</b>			
(16-17)			

### USAPL 25TH VIRGINIA STATES PL/BP SEP 11 2010 » Zion Crossroads, VA

<b>BENCH</b>			
<b>198 lbs.</b>	J. Penn 303		
<b>SHW</b>			
<b>Open (70-74)</b>			
J. Moore 227	R. Gains 418		
<b>220 lbs.</b>			
<b>Raw Open</b>			
<b>181 lbs.</b>			
<b>Raw Open</b>			
<b>Open (55-59)</b>			
N. Amen 600			
<b>Raw (45-49)</b>			
J. Penn 484			
<b>220 lbs.</b>			
<b>Raw Open</b>			
D. Hall 402			
<b>Raw Open</b>			
C. Amstone 369	M. Jones 622		
<b>275 lbs.</b>			
<b>Raw Open</b>			
<b>Raw (45-49)</b>			
J. Penn 451			
<b>Ironman</b>			
<b>148 lbs.</b>			
<b>Raw (40-44)</b>			
M. Finarelli 143	231	374	
<b>181 lbs.</b>			
<b>Raw Open</b>			
K. James 116	253	369	

<b>Raw (45-49)</b>			
J. Penn 242	484	727	
<b>220 lbs.</b>			
<b>Raw Open</b>			
M. Jones 385	622	1007	
<b>275 lbs.</b>			
<b>Raw (45-49)</b>			
J. Penn 303	451	754	
<b>SHW</b>			
<b>(45-49)</b>			
R. Gains 418	551	969	
<b>Raw Open</b>			
A. Mineiro 385	534	919	
<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>
<b>FEMALE</b>			
<b>105 lbs.</b>			
<b>Open (50-54)</b>			
K. Poyner 204	127	275	606
<b>Raw</b>			
<b>148 lbs.</b>			
<b>Open</b>			
K. Coronel 215	154	270	639
<b>148 lbs.</b>			
<b>Open</b>			
E. Maisannes 182	94	220	495
<b>MALE</b>			
<b>132 lbs.</b>			
<b>Open</b>			
J. Sine 435	259	435	1129
<b>148 lbs.</b>			
<b>Open</b>			
A. Kang 457	55	429	941
<b>220 lbs.</b>			
<b>(40-44)</b>			
D. Johnston 451	374	517	1343
<b>Open</b>			
A. Harman 490	418	523	1431
<b>Raw</b>			
<b>123 lbs.</b>			
<b>Open</b>			
W. Lee 308	165	369	842
<b>148 lbs.</b>			
<b>Open</b>			
B. Hanaoka 264	176	385	826
<b>165 lbs.</b>			
<b>Open (40-44)</b>			
S. Dunston 407	204	462	1073
<b>Open</b>			
J. Preskar 363	264	506	1134
<b>Open</b>			
K. Kelley 303	176	325	804
<b>181 lbs.</b>			
<b>(40-44)</b>			
S. Zimmerman 347	226	429	1002
<b>(45-49)</b>			
J. Penn 314	242	484	1040
<b>(50-54)</b>			
M. Punaro 319	204	385	908
<b>(65-69)</b>			
P. Miller 270	187	381	838
<b>Open</b>			
B. Wotring 363	226	363	952
<b>(40-44)</b>			
C. Rexrode 512	385	523	1420
<b>(60-64)</b>			
J. Harman 138	138	418	694
<b>Open</b>			
J. Detwiler 451	330	462	1244
<b>Open</b>			
B. Gibson 363	264	512	1140
<b>Open</b>			
J. Greene 319	204	440	963
<b>220 lbs.</b>			
<b>Open</b>			
M. Jones 562	385	622	1569
<b>Open</b>			
A. Cohn 484	325	600	1409
<b>Open</b>			
M. Hunter 358	248	451	1057
<b>Open</b>			
B. Cauley 352	209	407	969
<b>(40-44)</b>			
C. Amstone 473	369	473	1316
<b>Open (50-54)</b>			
M. Robb 545	352	617	1514
<b>Open</b>			
S. Zullinger 462	374	523	1360
<b>Open</b>			
T. Thomas 385	264	551	1200
<b>275 lbs.</b>			
<b>Open</b>			
(16-17)			

K. Wilkerson 275	248	374	897
<b>(45-49)</b>			
J. Penn 275	303	451	1029
<b>Open</b>			
A. Saavedra 495	330	539	1365
<b>SHW</b>			
<b>(60-64)</b>			
R. Beuch 451	380	528	1360
<b>Open</b>			
C. Harris 628	446	677	1751
<b>Open</b>			

# WABDL NATIONAL COLLEGIATE »



Courtney Meeker benching big to win at 181

new Texas State and National Collegiate Record, as well as a new Texas State 18-19 Record. At 123, UHD's Jose Martinez was the winner. Jose went three for three with attempts of 137.7, 148.7, and 159.7 before missing a fourth attempt with 165.2. At 132, UHD newcomer Arrowdyne Chhit pulled a surprise upset over UTSA's Jaime Gonzales, a defending champion at 123 and national runner up at 123 at the USAPL Collegiate Nationals in 2009. "Arrow," as he's called by his teammates, went three for three with attempts of 248.0, a new Texas State and National Collegiate Record 265.6, and 281.0 before missing with a fourth attempt try of 303.0. UTSA's Jaime Gonzales placed second. Jaime hit his first two attempts with 220.2 and 242.5, then missed 259.0 on third. Jaime would go on to win his first USAPL National Collegiate title at 123 in April. Congratulations to Jaime!

At 148, UHD's Robert Nguyen, National Champion at 132 in 2009, was the winner. Robert made his first two attempts with 264.5 and 286.5, then missed two successive tries at the National Collegiate Record with 304.1. In second was UTSA's Wade Tomlinson. Wade struggled a bit with his shirt, missing two attempts with 192.7 before finally getting on the board with the same weight on third attempt. UH's Ilian Rojas was the winner at 165. Ilian made attempts with 292.0 and 308.5 before missing with 319.5. UTSA's Michael Pinon placed second. Michael got his opener with 275.5, then missed two subsequent attempts with 292.0. At 181, Jeff Button of UTSA was the winner. Jeff had trouble with his shirt on his first two attempts, missing both with 385.7, but dialed in a nice 402.2 on third attempt for the win and a new Texas State Collegiate Record. Eric Ximenez of Palo Alto College (PAC) was second. Eric missed his opener with 325.0, came back and got the same weight on second attempt, and then missed his third with 352.5. In third was A.J. Mangum of Brazosport College (BRAZ). A.J. made attempts of 220.2 and 253.5 before missing with 264.0. A.J.; it should be mentioned he benches with the longest pair of arms anyone is likely to see at 181. Steven Rocha of PAC was in fourth. Steven made attempts of 209.2 and 225.7 before missing with 236.7. UTSA's Anthony Munoz also lifted at 181, but failed to get a lift in, trying with 369.2, 380.2, and 385.7. At 198, UH's Carlos Mata was the winner. Carlos went three for three with attempts of 341.5, 363.7, and 380.2 before missing a try at the National Collegiate Record with 403.3. Jesus Lozano of PAC was in second place with attempts of 253.5 and 270.0. Jesus missed his third attempt with 281.0.

The 220s were won by UH Team Co-Captain Waldo Villarreal. Waldo took a Coach Hudson-style jump from first to second attempt, going 314.0, then changing shirts and hitting 402.2. He followed up with a third attempt with 424.2. Adrian Frausto of PAC placed second, making attempts of 402.2 and 413.2 before missing a try at the bodyweight win with 424.2. Anthony Rodriguez of PAC won the 242s. He missed his first two attempts with 363.7 and 374.7, but came back and got on the board with 374.7 on third attempt. At 259, Cardyl Trionfante of Louisiana State (LSU) was the winner. A former USAPL Collegiate National Champion and graduate of Kent State, Cardyl went four for four with attempts of 407.7, 435.2, 462.7, and 485.0 for an Ohio State and National Collegiate Record, as well as an Ohio State Junior Record. Cardyl is a graduate student at LSU. UH's Halit Dilber, a freshman, was in second. Halit made attempts with 402.2 and 424.2 before changing shirts and missing two tries at a National Record 501.5. UH's Jose Trejo finished in third. Jose was successful with 374.7 and 402.2, then missed 429.7 and 462.7. At 275, Ryan Carrillo of NWVC was the winner. Ryan missed his first two attempts with 396.7 and 418.7, then came back to get 418.7 on third for a Texas State and National Collegiate Record. He missed 424.2 on fourth. UTSA's Joshua Jimenez placed second, making attempts of 352.5 and 380.2 before missing 402.2 on third. At 308, Jerome Smith of San Antonio College (SAC) was the champion. Jerome made attempts of 374.7 and 440.7 before missing with 468.2. Jerome was lifting in an old Inzer Blast Shirt at this meet; he should easily surpass the 500 mark once he transitions to a modern shirt. UTSA's Travis Briggs placed second, making lifts of 407.7 and 440.7 before missing with 473.7. Though Travis tied the winner, he placed second on bodyweight. The winner at Superheavyweight was UTSA's Dustin Dees, weighing in at 332.0. Dustin

made his opener with 413.2, then missed 440.7 before coming back to get the same weight on third attempt.

Moving on to the Women's Deadlift, UTSA's Desiree Estrada won at 97 pounds with lifts of 220.0, 242.5, and 270.0 for Texas State and National Collegiate Records, as well as Texas State, National, and World Teen 16-17 Records. Desiree missed 281.0 on fourth attempt. UTSA's Molly Jaeger won at 105, going four for four with pulls of 248.0, 264.5, 281.0 and 286.5 for new Texas State and National Collegiate Records, and Texas State, National, and World Teen 18-19 Records. Tyler Garcia of UTSA was the winner at 114. Tyler got her opener of 242.5, then missed attempts at 264.5 and 281.0. Her 242.5 was a Texas State and National Collegiate Record. At 123, Myrissa Barnet of NWVC won with pulls of 115.5 and 137.7. She missed 165.2 on third attempt. 137.7 was a Texas State and National Collegiate Record. At 132, UH's Rocio Ruiz and UTSA's Kathy Hernandez had a good battle in deadlift to follow up their battle on the bench. Both got identical openers: 203.7. Kathy then went to 214.7 while Rocio missed 231.2. On third, Kathy successfully locked out 231.2 while Rocio very confidently called for and locked out 248.0 for the win at 132 and a new Texas State Collegiate and Junior Record and National Collegiate Record. On fourth attempt, Kathy very smartly chipped Rocio's record with 249.1 to take the record. Rocio called for 259.0, but couldn't lock it out, coming out with the win, but losing the record. At 148, Linda Okoro of UH was first, going three for three with lifts of 303.0, 358.0, and 380.2. She missed a fourth with 403.3, trying to break her own National Collegiate Record. UTSA's Kayce Burges was second, making pulls of 242.5 and 264.5 before missing with 281.0. At 181, Courtney Meeker of UH was the winner. Courtney made pulls of 308.5 and 358.0 for a new Texas State and National Collegiate Record and a Texas State Junior Record. Courtney missed two subsequent attempts with 380.2. At 198, UH's Olga Hernandez won for the third straight year, going four for four with pulls of 225.7, 248.0, 254.6, and 270.0 for new Texas State and National Collegiate Records and a Texas State Junior Record.

For the Men, Jesus Sanchez of UH was the winner at 114. Jesus got an easy opener with 297.5 before pulling 337.1 for a Texas State and National Collegiate Record. He missed a 347.0 on third but came back to successfully lock it out on fourth to push the record higher. UH's Josh Friedman was second. Josh made pulls of 220.2 and 253.5 before missing with 270.0. Josh has spina bifida so powerlifting is a huge physical challenge for him, but he never gives up. UH's Jose Martinez was the winner at 123. Jose made pulls of 281.0, 314.0, and a new Texas State Junior Record 336.0. He missed 341.5 on fourth. There was another surprise upset at 132, with UH's Antonio Moreno coming out on top in a tough battle with UTSA's Jaime Gonzales. Both lifters made their openers: Antonio with 374.7 and Jaime with 380.2. Both then made second attempts with 418.7, with Jaime having the edge at this point with lower bodyweight. Antonio called for 440.7 and Jaime, betting that Antonio wouldn't make it, called for 435.2. Both lifters made their weights, giving Antonio the win and a new Texas State and National Collegiate Record. Jaime went to take the record on fourth with 446.2, but couldn't lock it out. Antonio also missed a fourth, with 451.7. UH's Arrowdyne Chhit was in third with pulls of 275.5, 314.0, and 341.5.

At 148, Waldo Cardenas of UH had a great day. He went three for three with 435.2, 473.7, and 501.5. He missed 519.1 on fourth for a National Collegiate Record. UH's Robert Nguyen was second, going three for three with 358.0, 374.7, and 402.2. Wade Tomlinson of UTSA was 3rd, making pulls of 275.5, 314.0, and 336.0. At 165, UH's Ilian Rojas was the winner. He inexplicably missed his opener with 396.7, which he repeated easily on second. He then pulled 462.7 for the win. UTSA's Michael Pinon was second, making pulls of 424.2 and 440.7 before missing a third with 485.0. Placing third was UH's Raul Hernandez. Raul made attempts of 374.7 and 424.2 before missing with 468.2. Another UH lifter, Morgan Dees (no relation to UTSA's Dustin), was fourth. Morgan missed his opener with 314.0, successfully repeated it on second attempt, and then locked out 402.2 on third. At 181, A.J. Mangum of BRAZ won with his opener of 622.7. He missed two subsequent tries with 672.2. UTSA's Jeff Button was in second with lifts of 501.5, 551.0, and 600.7. PAC's Eric Ximenez placed third, missing his opener of 501.5 before successfully locking out 545.5. He missed a 573.0 on third. UTSA's Anthony Munoz was fourth, going three for three with lifts of 468.2, 501.5, and 529.0. In fifth place was PAC's Steven Rocha. Steven made his opener with 424.2, then missed two tries with 451.7. In sixth was UH's Wilzon Marinero, who went three for three with pulls of 270.0, 303.0, and 330.5. At 198, UH's Carlos Mata was the winner. Carlos had a great four-for-four day, pulling 479.5, 501.5, 530.1, and 551.0 for a new Texas State Collegiate Record. In second place was Jesus Lozano of PAC. Jesus made his opener of 446.2 before missing two pulls with 479.5.

At 220, PAC's Adrian Frausto was the winner, making pulls of 479.5 and 501.5 before missing 512.5 on third. UH's Waldo Villarreal was second. Coming back from a back injury, Waldo made pulls of 347.0, 391.2, and 418.7. Anthony Rodriguez of PAC was the winner at 242. Anthony made pulls of 473.7 and 490.5, then missed 501.5. At 259, Cardyl Trionfante of LSU was the winner with a great four-for-four day. Cardyl made attempts of 606.2, 639.2, 662.3, and 700.8, a new Texas State and National Collegiate Record, and an Ohio State, National, and World Junior Record. In second was UH's Charles Varghese, who went four for four also, making pulls of 485.0, 529.0, 551.0, and 562.0 for a new Texas State Collegiate Record. UH's Jose Trejo placed third. Jose made pulls of 402.2 and 451.7 before missing with 485.0. Halit Dilber of UH was fourth, with pulls of 314.0, 402.2, and 435.2. At 275, UH's Raymundo Sanchez won a battle with UTSA's Joshua Jimenez. Both made their openers, Joshua with 451.7 and Raymundo with 457.2. Joshua then got his second of 501.5 which Raymundo bested with 502.6. On third, Joshua pulled 518.0 while Raymundo got the win with 523.5 before going on to pull 534.5 for a new Texas State and National Record on fourth. At 308, Travis Briggs of UTSA was

the winner. Travis pulled 540.0, 589.8, and 606.2 for a new Texas State and National Collegiate Record before missing with 661.2 on fourth. Jerome Smith of SAC was second, with pulls of 435.2, 490.5, and 567.5. In the Push/

Pull Total event, for the Women it was UTSA's Desiree Estrada winning at 97 pounds with at Texas State and National Collegiate Record 363.7. Molly Jaeger of UTSA was the winner at 105 with 413.2. With fourth attempts, she pushed her Texas State and National Collegiate Record total to 418.7. At 114, UTSA's Tyler Garcia was first with 380.2, and a Texas State and National Collegiate Record 391.2 with fourth attempts. At 123, NWVC's Myrissa Barnet was the winner with at Texas State and National Collegiate Record 248.0. At 132, Rocio Ruiz of UH was the winner with a Texas State and National Collegiate Record 347.0. UTSA's Kathy Hernandez was second with 325.0. At 148, Linda Okoro of UH was first with a Texas State and National Collegiate Record 551.0. UTSA's Kayce Burges was second with 380.2. At 181, UH's Courtney Meeker won with a Texas State and National Collegiate Record 633.7. At 198, Olga Hernandez was first with a Texas State and National Collegiate Record 407.7. Olga pushed her record up to 435.2 on fourth attempts.

For the Men, UH's Jesus Sanchez was the winner at 114 with a Texas State and National Collegiate Record 556.5, which he pushed up to 573.0 on fourth attempts. UH's Jose Martinez was the winner at 123 with 496.0. At 132, UTSA's Jaime Gonzales won with a Texas State and National Record 677.7. UH's Arrowdyne Chhit finished in second place with 622.7. UH's Robert Nguyen was the winner at 148 with 688.7, while UTSA's Wade Tomlinson placed second with 529.0. At 165, UH's Ilian Rojas was the winner with 771.5. UTSA's Michael Pinon was second with 716.2. At 181, UTSA's Jeff Button won with an impressive Texas State Collegiate Record 1003.0. A.J. Mangum of BRAZ was second with 876.2, followed closely in third by PAC's Eric Ximenez with 870.7. PAC's Steven Rocha was fourth with 650.2, and UTSA's Anthony Munoz was fifth with 529.0. At 198, Carlos Mata of UH was first with 909.2. He also set a Texas State and National Collegiate Record 931.2 with fourth attempts. PAC's Jesus Lozano was second with 716.2.

At 220, Adrian Frausto was first with 914.7, while UH's Waldo Villarreal was second with 843.2. Anthony Rodriguez of PAC won at 242 with 865.2. At 259, LSU's Cardyl Trionfante was first with 1124.4, which he pushed to an Ohio State and National Collegiate Record 1186.0 with fourth attempts. UH's Halit Dilber was second with a Texas State Collegiate Record 859.7. Jose Trejo, also of UH, was third with 854.2. At 275, UTSA's Joshua Jimenez was the winner with a Texas State Collegiate Record 898.2. At 308, UTSA's Travis Briggs was first with 1047.0, followed by SAC's Jerome Smith with 1008.5.

Best Lifters were as follows: For Women's Bench Press, Best Lifter Lightweight Women was Molly Jaeger of UTSA. Best Lifter Heavyweight Women was Courtney Meeker of UH. Courtney was also the Overall Best Lifter for Women's Bench Press. Best Lifter Lightweight Women for Deadlift was Molly Jaeger of UTSA. Best Lifter Heavyweight Women was UH's Linda Okoro. Molly was the Overall Best Lifter for Women's Deadlift, with Linda very close in the scoring: Molly's formula total was 176.46 and Linda's was 176.31. Very competitive! For Women's Push/Pull Total, Molly Jaeger was also the Best Lifter Lightweight Women, while UH's Courtney Meeker was the Best Lifter Heavyweight Women. Courtney was also the Overall Best Lifter for Women's Push/Pull Total. For Men's Bench Press, UTSA's Jeff Button was the Best Lifter Lightweight Men's Bench Press, and LSU's Cardyl Trionfante was Best Lifter Heavyweight Men's Bench Press. Jeff won the Overall Best Lifter Men's Bench Press, beating Cardyl 125.45 to 123.73 in the formula total. In the Deadlift, A.J. Mangum of BRAZ won Best Lifter Lightweight Men's Deadlift and Cardyl Trionfante of LSU won Best Lifter Heavyweight Men's Deadlift. A.J. won the Overall Men's Best Lifter Deadlift award by a large margin even on a relatively off day. UTSA's Jeff Button won Best Lifter Lightweight Men's Push/Pull Total and Cardyl Trionfante was Best Lifter Heavyweight Men's Push/Pull Total. Jeff also won Overall Best Lifter Men's Push/Pull Total.

The team competition, as it has in the previous two years, came down to a battle between the University of Houston-Downtown, coached by John Hudson, and the University of Texas San Antonio, coached by Wes Zunker and Chris Owens. On paper, it looked like a dead-even matchup for first place, and Coach Hudson had told his team that if they wanted to win they'd have to be perfect. And perfect they were, scoring a perfect 260 points to claim their third consecutive WABDL National Collegiate Championship. UTSA was second for the third year in a row, this time with 244 points. Palo Alto College, from San Antonio, continues to improve and placed third with 154 points. Northwest Vista College, part of the Alamo College system, was fourth with 60 points. Louisiana State University was fifth with 40 points, followed by Brazosport College in sixth with 32 points, and San Antonio College in seventh with 32 points, with Brazosport College placing above San Antonio College on the tie-breaker.


The WABDL Matt Cole Collegiate Spirit Award is a special feature of the annual WABDL National Collegiate meet. The award is named in honor of the late Matt Cole, a fine young powerlifter from Maryville, Illinois and a former member of the Southern Illinois University Edwardsville team. Matt lost his life in a head-on collision with an impaired driver in December of 2008. Matt had infectious enthusiasm for strength sports, especially powerlifting, and his loss has been felt deeply by the Illinois Missouri lifting community. This award is just one small way in which we are remembering his enthusiasm, his humor, and his friendship. The winner of the 2010 WABDL Matt Cole Memorial Collegiate Spirit Award was Ernesto Arenal of Palo Alto College. Ernesto was training for this meet when he suffered a brain hemorrhage in the gym. He was at risk for such an event, but continued training as best he could, nevertheless. On meet day, he was stable and in good spirits, but wishing he could be on the platform competing and breaking PRs. Ernesto has every intention of

getting back in the gym when he recovers and fulfilling his dream of continuing to compete in the sport he loves.

The meet was run by Wes Zunker and the UTSA Roadrunner Powerlifting Club. UTSA provided very good spotter-loaders who kept all the lifters safe. Judges were Jim Snodgrass of Dallas, Pete LaTanzi of Houston, and Alabama State Chairman Brant Bishop. The scorer's table was ably run by members of the UTSA Roadrunner Powerlifting Club. WABDL National Collegiate Chairman and UH Head Coach Dr. John Hudson provided assistance with final scoring and awards. The 2011 WABDL National Collegiate Bench Press and Deadlift Championships will be held in February on the campus of the University of Houston-Downtown. The 2011 meet will feature the Texas Challenge Trophy which will go to the best team from Texas. UH Powerlifting challenges all other teams in Texas Texas A&M, the University of Texas, Sam Houston State, Texas Tech, Rice, and of course our great rivals at UTSA to meet us on the platform in February 2011 to see who's the best in Texas under WABDL team rules. The Gators are callin' you out!

## 2011 WABDL National Collegiate Bench Press and Deadlift Championships

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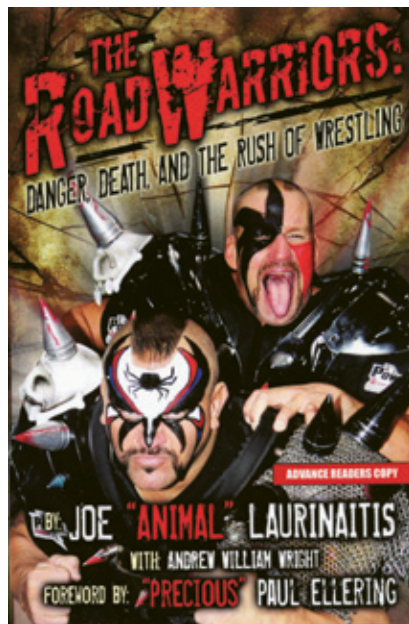












**BOOK REVIEW: Joe Laurinaitis' The Road Warriors**

**THE ROAD WARRIORS: Danger, Death, and the Rush of Wrestling** (ISBN # 978-160542142-1) is a new book by Joe "Animal" Laurinaitis, published by Medallion Press and it is scheduled for release in March 2011. Laurinaitis is one half of the enormously popular Road Warrior team, along with Mike "Hawk" Hegstrand, who is no longer with us, and basically how his untimely passing came to be forms the underlying structure for the incredible tale the book relates. From unpolished beginnings in the rich wrestling "soil" of Minnesota (the birthplace of a surprising number of great pro wrestlers) two very big, very strong, and very wild young men decided to give pro wrestling a go, and they came up with a "gimmick" that stood the test of several decades of ups and downs in the crazy world of pro wrestling—most of it prior to the dominance of the WWE and WWF. These guys went from one regional federation to another, even overseas to Japan, and their intensity and creative talents led to widespread fan acceptance everywhere. Throughout their journey, the contrasting lifestyles of Joe and Mike became more and more dramatic. Though they eventually both ended up in a good place, as born again Christians, a lot of damage was done in the process. Why should powerlifters be interested in this book? Both Joe and Mike were dyed-in-the-wool gym rats who appreciated powerlifting, and powerlifters will have a natural appreciation of guys like the Road Warriors. Heck, their remarkable manager, "Precious" Paul Ellering (actually considered the third Road Warrior for his contributions, both in the ring and at the negotiating table) was actually a legitimate national powerlifting champion and terrific deadlifter in the 220-pound class. Joe has, at times, an almost photographic memory of proceedings of many of his important matches and detailed insight into goings on with other great wrestlers and promoters. In a business where so many copy others, the Road Warriors stand tall as originals in both performance and presentation, and are undoubtedly the greatest professional tag team wrestling duo of all time.

— Mike Lambert

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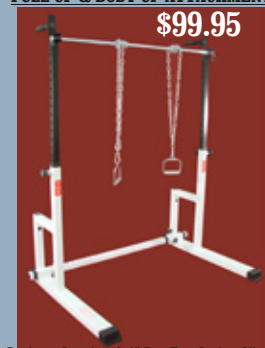
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