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Bench press dominator Joe Mazza prepares for another record lift courtesy Powershots Photography



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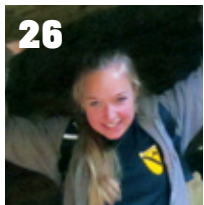
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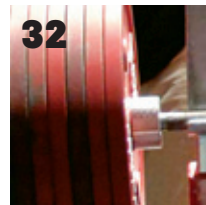
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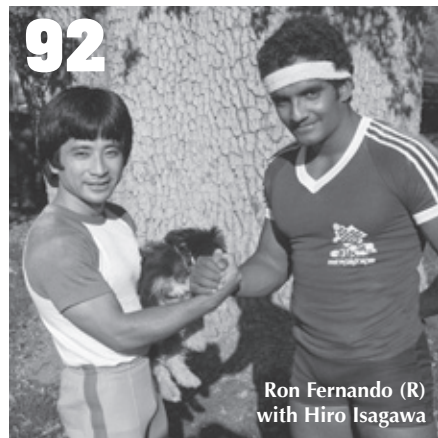
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Ron Fernando (R) with Hiro Isagawa

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**EDITOR IN CHIEF** Mike Lambert  
**CONTROLLER** In Joo Lambert  
**STATISTICIAN** Michael Soong  
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**ADMINISTRATOR** Priscilla Ramirez

**POWERLIFTING USA** (ISSN 0199-8536) is published monthly for \$36.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA, and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

**PRINTED IN THE USA**

**SUBSCRIPTION RATES:**  
 USA addresses, 12 issues.....\$36.95 USD  
 USA addresses, 24 issues.....\$67.95 USD  
 First Class Mail, USA, 12 issues.....\$60.00 USD  
 Outside USA, Air Mail, 12 issues.....\$96.00 USD

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*\*Editor's Note: The Top 100 List for the 148 lb. class will appear in the February 2011 issue of Powerlifting USA due to insufficient data*

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Joe Mazza holds the top raw and shirted bench press records in the 165 pound class  
 photo courtesy Powershots Photography

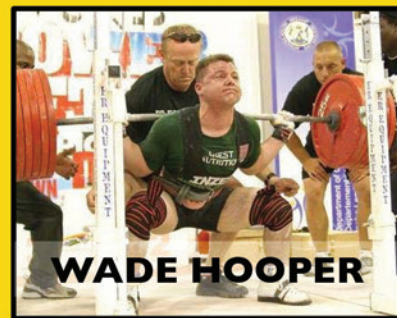


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# GPP: GENERAL PHYSICAL PREPAREDNESS

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

I am often asked, 'how do we recover from two max effort workouts a week on top of two high-volume speed days?' The two max effort workouts are done at least 80% of the year. The remainder of the year, they are replaced by high-volume hypertrophy days aimed at increasing strength in lagging muscle groups. A speed bench workout can account for 12,000 pounds, not counting special exercises. A squat speed day can be 10,000-12,000 pounds plus special exercises. One reason we use a three-week pendulum wave is for speed benching. We use a rotational system of change. Exercises that accommodate resistance are changed every two or three weeks; i.e., bands, chains, weight releasers, or the lightened method. Close, wide, and medium grips are constantly interchanged, as well as the special exercise with barbells or dumbbells. The volume must fluctuate as well. We change the strength curve by using different board loading, and, of course, on max effort day we constantly change the barbell lifts. This enables us to break a record almost 100% of the time. Our lifters have the opportunity to set new standards each week whether using no gear, light gear, or our best and strongest gear.



Get fit and strong at the same time with sled work (Simmons photos)

The squat is structured in the same manner. Different exercises, different bars, and changing stances and gear are ways to avoid accommodation. For the deadlift, changing your stance from conventional to sumo, ultra-wide, or very close will help with restoration. Do rack pulls on different pins or standing on a 2- or 4-inch box, and always change special exercises.

People are afraid of change, but what got you where you are may not get you where you want to be. What about conditioning, or GPP (general physical preparedness)? Westside uses numerous special means for recovery; for example, water therapy (both cold and hot), saunas, infrared, steam, chiropractic, ART, eating correctly, and using supplements. I highly recommend my favorite supplements: *Musclepharm* and *Atlarge Nutrition*.

Now let's get to small workouts for the upper body. I prefer traction while stretching. Indian clubs are ancient but still work great. They were used by wrestlers in India. They were later called fitness clubs because they were popular in early fitness establishments. There are many ways to swing them; i.e., clockwise or counterclockwise, over the head, swinging them in front of the body in a centrifugal force fashion, or one over the head while one is held across in front of the body. The methods are countless. They are great for your grip and rotators. Every movement tractions the wrists, elbows, and shoulders. We also use a mace. It is

a very large, very heavy, and long Indian club. There are many varieties of motion, much like swinging a baseball bat.

A second traction and grip developer as well as a prehab and rehab device is battling ropes and chains. John Brookfield popularized them a few years ago, and they caught on with MMA, then football, and now Westside. I had a shoulder socket replacement, and when I started using the ropes, I found it made my shoulders feel great. I started with a 50 foot 1 1/2 inch rope and then starting using a 2-inch rope to make it a harder workout. I use a moderate tempo for rehab and prehab. I have used a 2-inch rope for an hour straight. I then bought a half-inch chain to battle with and do a lot of 10-15-minute intervals. It does wonders for my shoulders as well as my conditioning. At 63 years old, I must do several small workouts per week to keep up with my Westside teammates. I think everyone should do them on a regular basis. Like Indian clubs, they traction the wrists, elbows, and shoulders, and traction is the key to longevity. Speaking of traction, *Jump-Stretch Flexbands* are seen all the time on ESPN football and baseball fields and on the basketball courts. Dick Hartzell is the founder of *Jump-Stretch Flexbands*. This band system is used everywhere he goes, and he goes everywhere. I thank Dick every day when we put bands on the bar with weights. They have turned Westside into a very dominant power gym.

Then there's the bandbell bar. Tony Ramos, Westside's 181- and 198-pound lifter, came up with the concept of hanging kettlebells on a bar with mini-bands. After the initial concept,

Jim Seitzer, a long-time Westsider, developed a bar that vibrates. I used this bar to bench 300 pounds in a T-shirt three months after shoulder socket replacement. Did you hear that, doctors?

Another excellent upper body GPP workout is upper body sled work. Whatever you can do with a dumbbell, you can do with a sled and upper body strap, such as curls, extensions, upright rows, pecs, and external rotation work. Get fit and strong at the same time with sled work.

What about lower body workouts? Well, let's start with sled work for the lower body. There are two methods. The first is for the development of the posterior chain. Here, one walks with a long stride on the heels. After touching the heel, pull through immediately on each touch. This builds the glutes, hips, hamstrings, and calves. This will increase your squat or deadlift immediately. There is no pressure on the spine. A side note: the abs are used on each step. For running or sprinting, it will eliminate deceleration to a large degree. The second method is to stay on the balls of the feet. This is similar to the pose method by Dr. Nicholas Romanov, which teaches you to reduce recovery time. The trip length can vary from 60 yards for power sports to long distance, up to 3 miles for a marathon runner. Try walking backward for knee rehab and thigh development. A powerlifter should do no less than six trips of 60 yards to a maximum of 12 trips for rehab and restoration. Other varieties are walking sideways, or forward with straps held below knee level for hamstrings. Light belt squats can take the stress off the spine while still increasing



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

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## POWERLIFTING WORK ETHIC: DO YOU HAVE YOURS IN CHECK?

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

Greetings powerlifting fans!! I hope you had a great holiday season and are ready to get back to setting new PRs on the platform in the new year. This month on Big Evil's Lair we are talking with deadlift king Andy Bolton, who as you know has the all-time world record in the deadlift at 1,008 pounds. Check it out at [www.bigevilslair.com](http://www.bigevilslair.com). The show is growing by leaps and bounds every month thanks to you, the fans of this great sport of powerlifting. In the coming months we are welcoming some new sponsors and will be making appearances at some bigger end meets and, of course, The Arnold Classic. We have lots of new and exciting things happening for 2011 that will increase our entertainment value along with promoting the sport. With that being said, I have to get back on the soap box and discuss this month's very important topic that will elevate your lifting ability. The Big Evil says fun time and holiday festivities are over! It's time to get your head back in the game! Now, listen up:

In my opinion, your success as a powerlifter depends greatly on your work ethic. This comes in two parts. The first is your ability to mentally discipline yourself to be able to push through the volume of work and intensity levels of your workout. This depends on your will to win and your attention to training details. A good example of this is when you're tired as hell and you're almost finished with your workout. All you have left to do is some abdominal work. At this point you're tired and are reasoning with yourself that it's only abs and the hell with it: *I'm tired and ready to go get something to eat. Anyway, missing abs today isn't going to make a difference in my meet in a few months.* Don't lie to the Big Evil and tell me you never have had that mindset—we all have at one time or another. This is the time to toughen up and say: *I'm tired as hell, but I need to do abs so my lifts will become stronger for my meet in a few months.* The more often you handle situations like this when laziness creeps in, after a while it will become easier to just do the work as your mind is now conditioned to be in a state where you will not mentally reason with yourself to get out of work. You will just do it. This is the work ethic of a champion.

The second part of your work ethic is how well you have conditioned yourself physically to be able to handle the volume of work and intensity levels of your workout. This comes from progression week after week, year after year of not cutting corners in your training—like we just spoke of when pertaining to the mental part of your work ethic. As we all know, all the powerlifting champions of today and yesterday have



or had an incredible work ethic. Just take a look at a training log of anyone who has squatted a grand, for example. Their volume of assistance work and poundages took years and incredible work ethic to attain. As you progress through the years as a powerlifter, you become mentally and physically stronger which helps prepare you for the bigger road blocks ahead that come when you reach the higher levels of the sport. Here are a few of those road blocks:

**INJURIES** The injury bug is going to bite sometime in your powerlifting career. What are you going to do to rehab it? How are you going to train around it? These are questions that you will have to think through wisely. Another big factor, once you have an injury that is major, like a torn pectoral muscle for example, how are we going to change our technique around (for example, bringing in our grip to take pressure off that injured pec and place it more on the triceps) to better fit our battle worn bodies? It takes a strong work ethic to work past injuries and devise new strategies to move ahead with your training after the injury bug has struck.

**POUNDAGE INCREASES SLOW DOWN** As you get better and better in this game, you will see that it gets harder to increase your lifts as you get to a higher level. The days of doing just

any exercises and gaining fifty pounds on your bench in a month are over. At a world class level, you can train months for a lift and call a ten pound increase at a meet a success. Again, you are going to have to leave no stone unturned to achieve your quest for greatness and find out what stimulus your body responds to best for optimum results. Keeping good training logs, adjusting your supportive gear, experimenting with different exercises and so on—all of this will require you to really dig deep and do your homework. Also, the mental frustration of not making progress will drive a lot of lifters out of the sport. This is a big part of where work ethic comes in. Will you have the guts to stick it out and figure out what's wrong with your training and fix it, or are you going to quit powerlifting and recreational lift? How many times have you seen that happen? It's all about your work ethic.

**OUTSIDE DISTRACTIONS** This is a big one I see a lot. Listen, I understand that in life things happen that are of greater importance than your lifting, such as monumental events in your or your families lives, such as weddings or holidays. The Big Evil says you should be balanced in life and enjoy these important days with important people in your life. With that being said, I can care less if the Steelers are playing on bench day. If I find out you skipped bench

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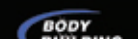
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## SINGLES 101

as told to Powerlifting USA by Doug Daniels



Master lifter Betty Lafferty with a maximum single attempt at the 2010 WABDL World Championships held at the Hilton Hotel in Las Vegas, NV

The pros and cons of training with single reps has been controversial as long as powerlifting has existed. Many top lifters have had different opinions of their value in training.

*Champion A* is a staunch advocate of singles, reasoning 'why lift anything less than your max single in training?' However, *Champion B* regards singles as 'a waste of time as strength is built by rep schemes of 3 or more.' How does the average powerlifter reconcile these conflicting opinions and develop a routine that he can follow? This article will provide you with an approach that will enable you to use singles to your best advantage.

Some lifters have mental blocks when it comes to singles. They usually are very comfortable with multiple rep sets, but psyching up for a big single can be unnerving. This is similar to students who are good in daily class work, but freeze up on test day. Because of this, they cannot muster the necessary mental and physical strength to have great success using max or near-max singles. Other lifters confidently deal with single reps on a consistent basis and stand a better chance of benefiting from their use in training.

When it comes down to it, single rep sets and multiple rep sets are two different animals. With a multiple rep set, the weight used is lighter and we have a greater margin for error on the execution of each rep. If you rep out a set of fives, getting out of the groove on one rep will seldom stop you from getting at least two to three reps. However, on a single rep set, one little miscue and you're "kaput." Single rep sets are actually an athletic performance, just like a high jumper's leap. You get one chance.

Now that I have listed a few reasons why

some lifters can gain from singles and some can't, what about that stuff I promised earlier on using singles to your advantage? First of all, the measure of your success in competitive powerlifting is to produce the heaviest single rep possible. The judges don't care what you can lift for eights or fives. I don't believe a lifter's routine should be based around singles. I am of the belief that optimal long-term results come from a well-rounded routine revolving around a mixture of various rep schemes. Below is a sample 12 week contest bench cycle leading up to a competition. I list only the heavy work rep scheme of that week's workout:

### HERE IS THE ROUTINE:

Week 1	Reps of 8
Week 2	Reps of 8
Week 3	Reps of 8
Week 4	Reps of 5
Week 5	Reps of 5
Week 6	Reps of 5
Week 7	Reps of 3
Week 8	Reps of 3
Week 9	Reps of 3
Week 10	Reps of 1
Week 11	Reps of 1
Week 12	Reps of 1

The first 6 weeks develop a strong power base. Weeks 7 through 9 transitions the lifter to heavier weights and lower reps. During the

final 3 weeks, a lifter should spend his core time on singles. These last 3 weeks are crucial in preparing for the athletic performance part of powerlifting—the max single. In Week 10, the lifter should attempt a single with 95% or so of his previous best max. Week 11 attempt should be around their previous max. The final week, a new max should be attempted. By gradually working into singles, the lifter can build momentum and confidence for the meet while building strength at the same time.

My 12-week routine is just one example. Lifters who are single rep challenged may want to start "singling" earlier, perhaps around weeks 8 or 9 and start with 85–90% of max. Experienced lifters may not need as many weeks of singles and could get away with just weeks 11 and 12. One thing to bear in mind is that a max single rep is very strenuous on both the mind and body and too many singles can burn out a lifter before the meet. One to two singles per workout may be all that's required. As I mentioned earlier, there is little margin for error with singles, so attention to form, spotting, and lifting safety must be your focus. If you practice proper form and safety, etc. on ALL your sets and reps, the heavy max singles will be easier to perform in the safest and most efficient manner.

I don't believe there is one best training rep scheme for everyone—or maybe I'm just not smart enough to know of it—but in the end the goal of powerlifting is to lift the heaviest single. To meet this goal, lifters must include a certain amount of singles in training. By working singles into your routine in the manner I suggested, you stand to improve your lifting technique, build strength, gain confidence and hopefully register a higher contest total. ☺

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Deadlift	810 lbs.



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as told to Powerlifting USA by Team MuscleTech



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Most of us are aware that sports supplements are beneficial for increasing strength and power, but you have to be careful because a lot of them on the market are backed by pure hype. When you really get serious about your supplements, you have to check the facts... In other words, check the science. Here are three perfect examples, in a few main product categories, of what you need to demolish your PBs.

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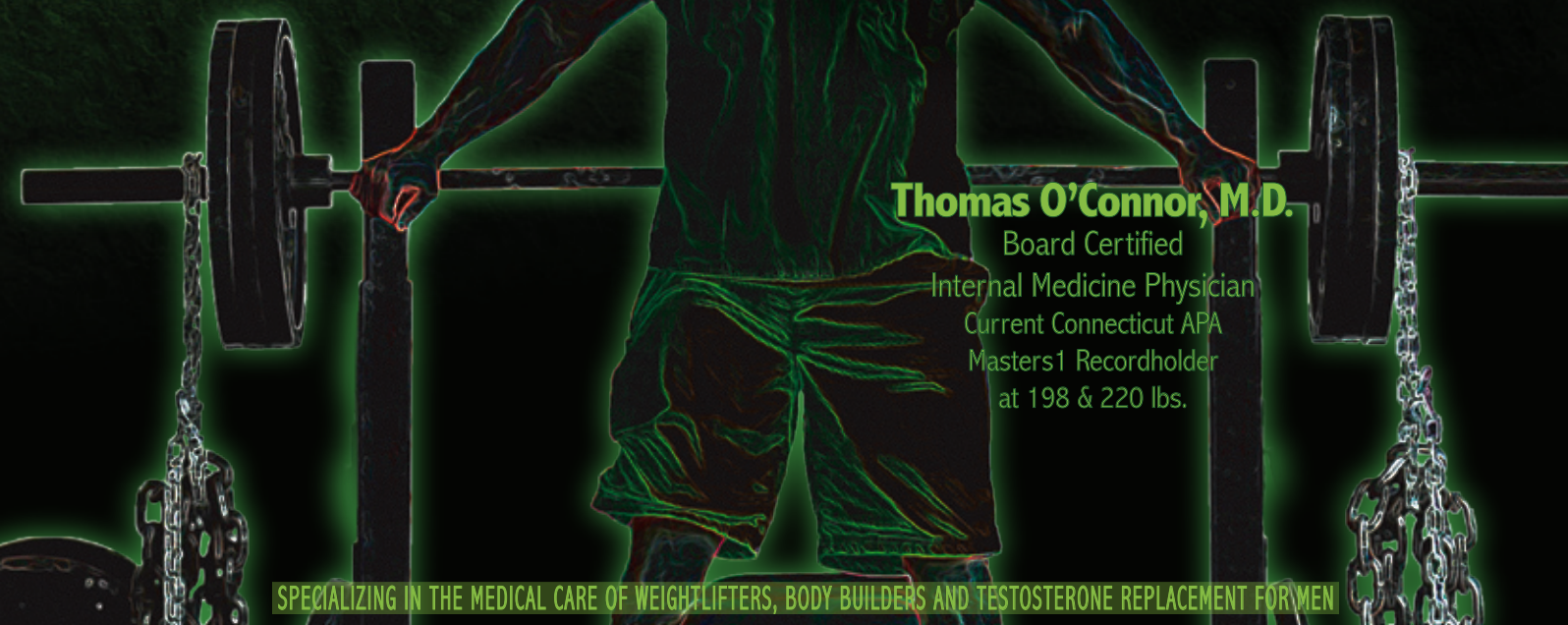
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## QUESTIONS ANSWERED

by Mauro Di Pasquale, MD, MRO, MFS » [mauro@metabolicdiet.com](mailto:mauro@metabolicdiet.com) » [www.metabolicdiet.com](http://www.metabolicdiet.com)

**DEAR MAURO:** I've heard you on radio shows and have read about the metabolic diet as well, and I appreciate you sharing your knowledge which has been very valuable to people like myself. I just wanted to seek your opinion on something.

How do anabolic steroids and growth hormone affect the chances of mutating your genes? And can it lead to genetic disorders in your offspring?

I was having a discussion about steroids with a friend who is a biotechnology and genetics major. She thinks that androgens and GH can cause mutations to both the X and Y chromosomes in men, which can reduce chances of conceiving a child or lead to abnormalities, i.e. down syndrome in the offspring if such mutated genes are passed on.

Matt

**MATT:** There's no doubt that the issues surrounding the heritability of epigenetic changes are complex and we have a lot to learn (see the abstract on epigenetics and link to the full paper).

However, as I delve more into the issues involved I've come to the following conclusion, which of course is not fixed in stone and will change if valid information to the contrary becomes available. In general, it seems that most epigenetic marks are erased at meiosis, so it is likely relatively rare for them to be passed on in a hereditary way, although the situation is different in plants where it can happen fairly easily, perhaps because gametes are not set aside early as they are in many animals but arise from somatic tissue at appropriate meristems. Even then, if epigenetic changes are passed on to following generations it seems that the effects usually vanish three or four generations after the environmental stimulus has passed.

The bottom line is that while the environment results in epigenetic changes in an individual to produce specific phenotypes, it's not likely that these phenotypes are transmitted, although the potential for epigenetic changes to the same environmental stimuli likely persists to some degree depending on the mix of genes from the parents that determines the genotype of the offspring.

I'll be presenting my rationale and possible consequences in an upcoming newsletter.

As far as the transgenerational transfer of epigenetic changes brought about by the use/misuse of androgens and GH, and other drugs and hormones, I doubt that this occurs, but, again, my opinions are not written in stone. Abuse of androgenic-anabolic steroids can definitely reduce the chance of conceiving, but this is due to their detrimental effects on the hypothalamic-pituitary-testicular axis.

Best regards,  
Mauro

## ABSTRACT ON EPIGENETICS

*J Exp Biol.* 2010 Jan 1;213(1):3-16.

**EPIGENETICS AND TRANSGENERATIONAL TRANSFER: A PHYSIOLOGICAL PERSPECTIVE**  
Ho DH, Burggren WW. » Department of Biological Sciences, University of North Texas, 1155 Union Circle #305220, Denton, TX 76203-5017, USA. [daoho@my.unt.edu](mailto:daoho@my.unt.edu)

**ABSTRACT**—Epigenetics, the transgenerational transfer of phenotypic characters without modification of gene sequence, is a burgeoning area of study in many disciplines of biology. However, the potential impact of this phenomenon on the physiology of animals is not yet broadly appreciated, in part because the phenomenon of epigenetics is not typically part of the design of physiological investigations. Still enigmatic and somewhat ill defined is the relationship between the overarching concept of epigenetics and interesting transgenerational phenomena (e.g. 'maternal/parental effects') that alter the physiological phenotype of subsequent generations. The lingering effect on subsequent generations of an initial environmental disturbance in parent animals can be profound, with genes continuing to be variously silenced or expressed without an associated change in gene sequence for many generations. Known epigenetic mechanisms involved in this phenomenon include chromatin remodeling (DNA methylation and histone modification), RNA-mediated modifications (non-coding RNA and microRNA), as well as other less well studied mechanisms such as self-sustaining loops and structural inheritance. In this review we: (1) discuss how the concepts of epigenetics and maternal effects both overlap with, and are distinct from, each other; (2) analyze examples of existing animal physiological studies based on these concepts; and (3) offer a construct by which to integrate these concepts into the design of future investigations in animal physiology.

» Full text at <http://jeb.biologists.org/cgi/reprint/213/1/3>

**DEAR MAURO:** Are there any other nutrients that can interfere with the assimilation of D3 or cause low levels of D3 despite supplementing 2,000 to 5,000 IUs daily?  
Ed

**ED:** As you know, vitamin D deficiency has been implicated in many conditions and diseases in both men and women, including heart and neurological diseases, depression, pregnancy problems, etc. Lately it's been implicated in serum androgen levels, with decreased testosterone levels seen in men with lower levels of vitamin D (see abstract).

There are a lot of things that can interfere with getting an adequate vitamin D level in your body with the use of vitamin D supplements. Various gastrointestinal diseases, for example Crohn's or Celiac disease, GI surgery, including most forms of bariatric surgery done for the treatment of morbid obesity, and kidney disease, are causes of vitamin D malabsorption. Certain drugs, such as corticosteroids and some diet medications can interfere with absorption or conversion in the body. Since vitamin D is fat soluble, mineral oil, which is not absorbed, can carry some of the vitamin D through the GI tract and out of the body.

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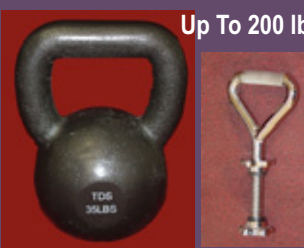


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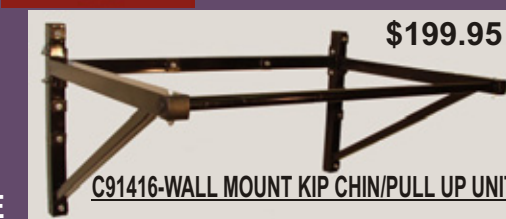
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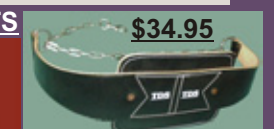
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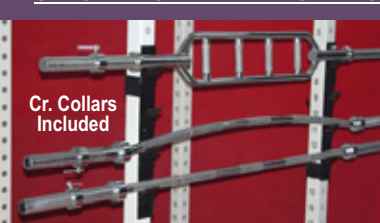
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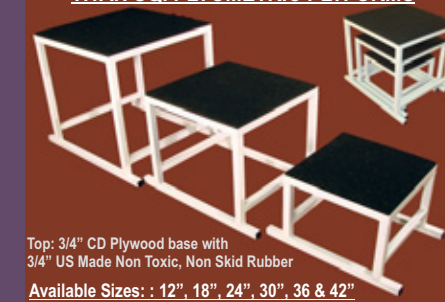
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## # 104 IRON EMPIRE GYM

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

A lot of things grow big underground. For example, potatoes and gophers. But what usually grows big in the basement under a gym? Mold and rats—or something worse. What if these underground rats ate the mold, and grew into bigger and stronger rats...or maybe even mutant gym-rats? We know about a lot of basement gyms, and we know a little about the steroids from UGL's. Who knows if the two things are mere coincidence? I can just imagine what toxins are in the underground water supply.

One thing is certain: stuff gets BIGGER underground. If you train below-grade long enough, maybe you can even become an Iron Empire Gym-rat! But I'm getting ahead of myself; let's start with an email from Frank Ellinger:

*Rick, thanks again for the interest. Let me start by saying 'don't judge a book by its cover!!' The name of our street-level gym is Totally Fit (TF). (Of course, that name is as gay as it comes, but I'm still reading. RB) The TF gym was started and named by a friend of ours, and it is not really a powerlifting type gym. My brother Will approached TF about five years ago with the idea of setting up a training facility in the basement under his "gym" and that's how we started our Iron Empire Gym. We have trained at numerous gyms, including Dr. Ken's old Iron Island. (I always loved it when Ned Low went to Iron Island back in the early days of Powerlifting Video! RB)*

A separate hard-core gym, in the basement under a regular gym? Just like the Bat-Cave!! I love it!

*The IRON EMPIRE GYM is a true underground garage gym; totally raw in every aspect. We are in an unfinished basement; no heat, no A/C, cement walls, and wood beams—those are the fancy highlights. We hauled down enough rubber matting to cover the floor and got started. Hauling the equipment and weights down a flight of stairs, by hand, could have been a strong man contest alone! My brother (Will Ellinger) and I have been building our own equipment for a number of years; including fat bars, sleds, and farmers walk torpedoes, just to name a few. Will trains a lot of young athletes—high school and college students mostly, but also wrestlers, football, lacrosse players, etc. All others are welcome. He trains them like a team (in groups) because of time and to keep the price as low as he can (currently \$10/session).*

Okay, I admit it, they hooked me from jump with the idea that their gym was in the basement under another gym. That's all I heard because I always wanted a secret 'Bat-Cave.' Heck, what boy didn't envy Batman for his secret underground lair? If Batman had kept Catwoman (Halle Berry) down there, instead of that sissy Robin, I would STILL be wearing

my cape as I type this. I'm just saying. Back to reality:

*The IRON EMPIRE is certainly a hardcore gym, although at first glance you could be fooled because the IRON EMPIRE is located in the basement of TOTALLY FIT (TF). TF is a full service health club and day spa. This may seem like an odd couple, but it has been a good partnership for all. The underground Iron Empire caters mostly to athletes who want to improve in the sports arena. Over the years, powerlifters, strongman competitors, and Olympic lifters have all trained at our underground gym. The idea of setting up in the unfinished basement of TOTALLY FIT came about to keep costs reasonable. By sharing space, equipment, and so forth, we have economized. We even bring memberships to Totally Fit, so we have worked together to achieve this goal. Non-power type family members who drive their kids to the Iron Empire Gym can join the Totally Fit Gym and enjoy totally different offerings for health and wellness.*

### Do you know Batman or Catwoman?

*Ummm, no. But we have an old stereo with some big speakers and a complete list of equipment that you would expect in any hardcore gym. Maybe even more. Interesting equipment we made personally includes flat benches, incline, decline, dumbbells up to 120 pounds, four power racks, dip bar, low cable row, T-bar row, two hex-bars, reverse hyper, glute/ham raise, and tons of free weights. We have all kinds of odd stuff to carry: sand bags, kegs, and custom farmer's walking handles. There are ropes, rings, boxes, heavy bags, sleds, and a tire to flip.*

### Those Batmobile tires are pretty wide, aren't they?

*Yeah, I guess. But we left a lane down the middle of the floor so you can flip the tire rain or shine. We also have a safety squat, cambered, buffalo bar, blast bar, custom made fat bars, chains, bands, top squat, front squat harness, Zercher squat yoke, custom made T-handle for swings, custom hammers, 7 foot EZ bar and more. We're also adding a 20-by-20 wrestling/grappling mat area.*

### Is your brother sort of like Robin?

*Not really. But my brother has taken inspiration, instruction and ideas from many sources. Our father always talked about the "old school" training. Coincidentally, he started training in 1947 in a hand dug-out basement. (YES; this family has been underground for two generations! RB) We always find ourselves looking back to the old time lifters from York Barbell, and other similar places, for different ideas and motivation. Will started reading Powerlifting USA in 1984, when he was in college. Will did not know what powerlifting was then. As luck would*

*have it, one of our favorite writers at the time, Dr. Ken Liestner, was just starting up his new gym, the IRON ISLAND. Will was just 20, and I was only 15, but we traded a car to a friend to get 2 memberships and a trap bar. (Way cool trade! RB)*

*We got to see and train with some excellent lifters. We also received great instruction from Dr. Ken and Ralph Roila, his partner at the time. Will has never forgotten what Dr. Ken said to us when we first came in, and Will still repeats the same phrase to this day. Ken said in part 'Join up; if you don't like it here, I'll give you your money back. I'll shake your hands and you can leave knowing that while it may not have worked out for you, I'm a fair and honest guy!' We knew right away that we were in the right place, and we also learned how people should do business!*

### Robin was sort of girly. I always worried about him. You're sure that Will is not like Robin in any way?

*Not at all! Will has studied just about everything you can imagine about powerlifting, and some things that you probably wouldn't think of. He looks to the experts for information and inspiration, and a lot of lifters have helped. Powerlifters are generally good "down to earth" people who are willing to help a fellow lifter out. Some years back, Will spent time on the phone with Louie Simmons of WESTSIDE. Will called him out of the blue. Even though Louie didn't know Will from a hole in the wall, he took time to share information with Will that helped solve some problems. Louie's info is still useful today! Dave Tate and his crew at ELITE FITNESS SYSTEMS is another group of helpful lifters that Will has enjoyed reading about and working with.*

*In the end, Will and I put together a pretty good place to train. We have helped the athletes who train with us reach some of their goals—and we will continue to do so. I would also like to mention that Will is a head writer of strength and related articles for [www.lighthousewrestling.com](http://www.lighthousewrestling.com). These articles give the athletes good, honest, and basic information that they can use. Please check it out. If you are ever (underground) on Long Island, please look us up. Or look down, whatever. Will's email is [ironwill@optonline.net](mailto:ironwill@optonline.net) and we have a new website at [www.theironempire.com](http://www.theironempire.com).*

*I would like to thank you and PLUSA for putting an article together about our gym.*

Frank, you and Will are my heroes for having an underground training facility with secret passwords and trap-doors. Plus you traded a car for a gym membership!! Awesome!! Iron Empire is the coolest place to wear a cape while lifting underground! I have just a few more Q's about your connection to other underground societies, but I'll PM you on those matters. Tell Catwoman I said hey—she is way hot!

Powerlifting USA readers, if any of you know Catwoman, please ask her why she never returns my calls. Try to get her to at least send me some photos or something. Until next month, keep lifting—above or below ground—and do NOT sniff the cleaning chemicals at the gym. I've had trouble focusing ever since I huffed a mixture of our cleaning supplies... Gym comments or Catwoman photos: [rick@houseofpain.com](mailto:rick@houseofpain.com) ☀☀



Iron Empire Gym is not only underground, it has tons of powerlifting equipment—even some they made themselves! (Ellinger photos)



# NATALIE FREED

as told to Powerlifting USA by Ben Tatar of Critical Bench

Natalie Freed holds many world records. She holds world records in the WABDL, USPF and in USAPL. She has four American raw records in the USAPL. She has six national world records (two in the bench, squat and deadlift) and she has fourteen PA state records. She has so many records that it would take too long to write them all here. So let's skip the accolades and meet this dominant powerlifter! *Powerlifting USA* brings you the Natalie Freed.

**Natalie, tell us about yourself.**

I'm Natalie (Natty) Freed, a 25 year old powerlifter from Pittsburgh, PA. I went to school at Carnegie Mellon and right now I'm the Director of Web Content and Marketing for Supplement Central.com here in Pittsburgh.

**That's pretty cool that you set so many records while you were a full time student. Where do you compete and what are your best lifts?**

I've competed all over the country (PA, OH, VA, FL, CA, TN) in three different federations: WABDL, USPF and now USAPL. My best lifts in competition are (in pounds): raw – 209 squat, 165 bench, and 314 deadlift; single-ply – 300 squat, 203 bench, and 352 deadlift at 123 pounds.

**Great numbers, Natalie! Tell us about some of your most memorable moments in powerlifting so far.**

Great moment – I set two world records at the 2007 WABDL World Championships (even after I puked all night!)

Hardcore moment – Completing my third attempt 352 pound deadlift at the 2010 Night of the Living Dead deadlift meet after I hit a sticking point.

Funny moment – Walking out on stage to lift with somebody yelling "I love you!" over and over!

Moment that changed me – Realizing that my deadlift at my very first meet was a world record! That was when I knew I would be powerlifting for a while.

**Natalie, let's talk about your first meet for a minute. What was it like when you found out you set a world record?**

Ha ha ha, I know! It was awesome! It was the first record that I set and I was a junior. I just went out and the meet director goes, "It's a world record!" I was just totally shocked. After that moment, I knew I was going to make powerlifting a passion.

**Very cool! You also got to compete at the**



**Arnold Classic, a powerlifter's dream. What was that like?**

I really enjoyed it. It was a lot of fun. I liked how there were a lot of people watching.

**Natalie, tell us five things that you love about being a powerlifter.**

1. I love staying healthy and fit.
2. The great people I have had a chance to meet and lift with.
3. The personal challenge.
4. When all my time and hard work pays off at a meet.
5. Lifting heavy weights!

**Tell us about your training routine.**

I train three days a week plus cardio. Usually I split up the days with attention to each of the three powerlifts and any accessory work.

**Where do you currently train?**

Right now I train at Umberger Performance (and sometimes LA Fitness) in Pittsburgh, PA. The atmosphere is great; Scott and everyone else are pretty no-nonsense about working out, but still friendly and helpful. I feel comfortable doing what I need to do. The facility has all the equipment I need plus fun stuff like flipping tires!



photos courtesy Natalie Freed and Critical Bench

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

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Best  
*Jacob Geussler* - CEO USPlabs

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## Real People. UnReal Results!

### Matt Vinopal – Madison, WI

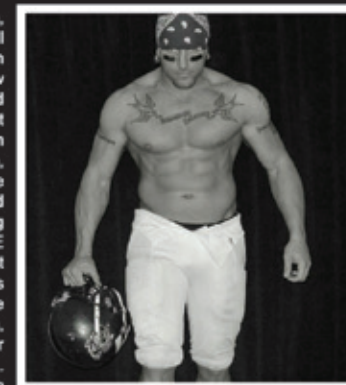


Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once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

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

"Parents who are afraid to put their foot down usually have children who step on their toes." – Chinese Proverb

I had a wonderful experience recently. One of my best friends, Marvin "Iron" Simmons, came to Albany to visit me for the weekend. You may remember "Iron" or perhaps you have heard of him. In the early eighties, he was one of the top ranked powerlifters in the world. At the time, Iron was a miniature black Atlas. I swear the guy looked like he could bench press an apartment complex. Never in my life had I seen a 132 pounder with more muscle tissue, and that would include world champions Joe Bradley and Victor "Shorty Bear" Williams. The guy was absolutely amazing. He looked like he weighed 180 pounds or more, certainly not 132 pounds.

Performance-wise he was just as awesome. When most good bantamweights were struggling with a squat of 350 pounds, a bench press of 225 and a deadlift of 425 pounds, "Iron" was totaling well over 1,200 pounds—and I know for a fact he was making those lifts totally drug free. There was no doubt that if he would have continued in the sport of powerlifting he would have won a number of world titles. That's not just a good friend talking either; it is simply fact. As it turned out, Dale Rhodes, a U.S. Olympic coach recruited Iron to compete in Olympic lifting. Within less than a year, Iron was one of the top Olympic lifters in the United States. At 132 pounds, he snatched 240 pounds and clean and jerked 300 pounds. At the time, most good Olympic lifters in that class were busting a gut just to total 400 pounds. After a serious back injury, Iron was forced to turn to bodybuilding. Like I said, he already looked like a black Atlas as a powerlifter. When he got into bodybuilding, he literally turned himself into a hulk. He completely dominated the lightweight division in the Southeast. In all candor, Iron was the greatest all around strength athlete I ever met. Again, that's not just a good friend talking either. It is simply fact.

Now, like I said, you may know of Iron or have heard of his lifting accomplishments, but this is something you probably don't know about him. When Iron was in high school, he was one of the top running backs in the country. Lionel "Little Train" James was Iron's backup. I am sure you know who Lionel James is. In case you don't, let me refresh your memory. Lionel was an undersized super star—same as Iron. At 5-foot-6-inches and 171 pounds, James played running back at Au-



Marvin "Iron" Simmons after he enlisted in the U.S. Army (left) and as a bodybuilder (right)



burn University and spent five years in the NFL with the Chargers from 1984–1988. In the 1985 season, James set the NFL record for all purpose yards (combined yards rushing, receiving, and returning kicks) in the history of the NFL with 2,535 yards. That same season he also set the record for receiving yards by a running back with 1,027 yards while also leading the AFC in receptions with 86. Lionel will tell you straight out that Iron was a better football player than he was. A rather grand compliment coming from one of the NFL's greatest running backs, don't you think?

Now, I am finally getting around to what I want to talk to you about...tough love! That was the very conversation that Iron and I had the weekend he visited me. You see, we had a very similar, life altering experience when we left high school. First, let me tell you about Iron's experience. When Iron graduated from high school, he was one of the most highly sought after football players in the country. Penn State, Alabama, Notre Dame, Auburn and Louisville were just a few of the schools that were interested in him. He eventually signed a full ride to play at Louisville. "When I got to Louisville," said Iron, "I was scared to death. I didn't know anyone, and there was a lot of racism at the school. I also missed my mama and friends terribly. I immediately became homesick. I tried to stick it out, but after about three weeks, I called my mother and told her that I wanted to come home. At first she tried to talk me out of coming home, but I kept telling her how homesick I was. I remember

her exact words when I told her that," Iron said with a smile. "She said, 'Come on home, baby. It will be alright.' Well, that very night I was on a bus going back home to my mama. The coach actually came to Albany to take me back to Louisville, but I wouldn't go. My mama told him I wasn't happy there and that she would take care of me. At least she said something to that effect. My mama loved me so much she wanted to protect me...it was a mother's love doing the talking. Well, that was the biggest mistake of my life. I missed out on my education and an opportunity to play pro football. I don't blame Mama. I blame myself for not having the guts to stick it out," he said reflecting on the situation.

Now, I said I had a similar experience, and I did. I had a scholarship to Notre Dame University after high school, but less than a week into my first semester the Kansas City Royals baseball team offered me a pretty good job. I was only 16 years old at the time. I went to my father and told him that the Royals had offered me a job and that I wanted to be a part of professional baseball. And he said, "What about your scholarship at Notre Dame? You will lose it. I told you I would help to put you through school, but I am not going to help you to be a baseball player." And I said, "But I want to do this with the baseball team." Like Iron, I remember exactly what my dad said. He said, "Okay, go ahead and go. If you do that, you are declaring yourself an adult and don't ask me for anything after that. You are an adult. You are free to do what you want." Man, I

photos courtesy of Judd Biasiotto

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# HISTORIC LIFTS

## USAPL/ADFPA HISTORIC 300kg BENCH



Tiny Meeker

LIFTER	CLASS	KG	LB	MEET	LOCATION	YEAR
Brian Siders	125+	632.5	799	West Virginia State	S. Charleston, WV	2010
Jeff Lewis	125	352.5	777	Central USA	St. Louis, MO	2009
Paul "Tiny" Meeker	125+	337.5	744	National Qualifier	Houston, TX	2006
Bill Gillespie	125+	330	727	IPF Bench Worlds	Miskoc, Hungary	2006
John Bogart	125+	325	716	Bench Press Nationals	Charlottesville, VA	2010
Scott Lade	125	323	712	Bench Nationals	Charlotte, NC	2006
Brian Laudadio	125+	317.5	700	Pennsylvania Cup	Dunmore, PA	2005
Horace Lane	125	315	694	Bench Nationals	Cleveland, OH	2009
Wade Likens	125+	315	694	Big K's VII Annual	Cleveland, OH	2009
Michael Hodge	125+	305	672	Bench Nationals	Denver, CO	2007
Jason Jackson	110	305	672	Bench Nationals	Charlotte, NC	2008
Jeff Snyder	125	305	672	Aggie Invitational	Collegat Station, TX	2010
Joseph Cappellino	125+	300	661	Collegiate Nationals	Orlando, FL	2010
Jona Leo	125+	300	661	Bench Nationals	Charlottesville, VA	2010
Dan Gaudreau	125+	300	661	Bench Nationals	Charlotte, NC	2008



Brian Siders



Jason Jackson



Dan Gaudreau

# IRON WRAPS Z

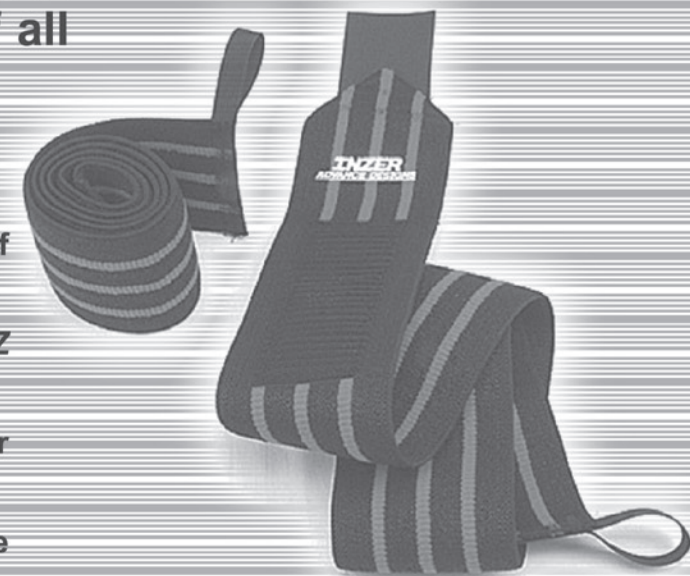
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# INZER ADVANCE DESIGNS

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# RAW LIFTING

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.



**Dr. Tom McLaughlin** published a number of significant papers in peer-reviewed journals on powerlifting related subjects back in the 1980s when he was at Auburn University. One of his findings indicated that there was a supportive component to the use of lifting belts, since they increased intra-abdominal pressure (IAP) and allowed the torso (acting as a fluid filled cylinder), supported mainly by the spine, to support more weight.

This month's question is: *What, if any, gear/equipment should be used in unequipped/raw lifting?* Many federations offer unequipped divisions, and there are many definitions as to what that is. Our panel members will share their opinions.

**MATTHEW AND SIOUX-Z GARY:** It is beyond dispute that anything more than a singlet adds support and thereby becomes an ergogenic aid to help you lift more weight. Therefore the truest definition of raw lifting is a singlet only. However, in today's powerlifting climate, we espouse the use of a belt, wrist wraps and neoprene knee sleeves for raw lifting.

**STEVE DENISON:** In raw lifting a belt and non-adjustable knee sleeves should be allowed.

**AL CASLOW:** To me, raw is raw. When I picture raw, I want a belt and wrist wraps. All else is a form of supportive gear providing high returns in carry over. I honestly don't understand or see why federations and athletes wear knee wraps in a "raw" division or competition.

**RICKEY DALE CRAIN:** First, I am not a raw fan simply because the sport

has never really been that way. Even before the invention of bench shirts and squat and deadlift suits, lifters used knee wraps, wrist wraps, belts, and even in some cases elbow wraps. Also, they have always tried to come up with ways to simulate a squat suit long before they were invented and in actual use. It is simply part of the sport since the beginning, but having said that, I am against all the new material and multi-ply equipment as having overdone a good thing. If raw lifting is to be allowed, at least use simple protection like wrist wrap, knee wraps and a belt. Zero protection from injuries is not a good thing in any sport.

**RYAN CELLI:** I feel the only equipment that should be used in raw powerlifting competitions should be a belt and a pair of wrist wraps. Obviously, the idea behind raw lifting is to see what the lifter is capable lifting without the use of any equipment that will add weight to the lifts.

I know the belt adds weight to each lift, but I believe it is more of a safety measure. Also, this is one piece of equipment that more isn't better. I mean, if your belt is 26cm thick (twice that of legal thickness) that is not going to help you lift more. And, if you choose to wear it 10-times too tight, that will not help either.

The wrist wraps are of the same idea. I believe they are a safety measure. I don't believe they add any weight to your lifts, only protection to the wrist joint.

I like the knee sleeve option, limited to the TK brand and the Rehband brands. These two brands are single-ply and are non-fastening. These offer warmth and a sense of security when squatting. They do not add poundage to your squat. The problem with them is anyone that is not familiar with them thinks they add pounds to you squat. This is why I did not list them.

**MIKE TUCHSCHERER:** I personally think a belt, wrist wraps and knee sleeves should be allowed in the raw division. This equipment offers only passive support, not active support like squat suits and knee wraps. Plus a belt helps to improve safety, which I think is important.

**JON SMOKER:** When I started lifting in '72, powerlifting was done with a workout belt and ace bandages on the knees and wrists. So when I began to lift in raw meets the past couple of years, I was kind of surprised that power belts were allowed because nobody was using them in the early days of powerlifting. The first ones I was aware of were the legendary Bob's Lifting Belts. When I got my first power belt, sometime in the mid '70s, I made the discovery that everyone else does who puts one on for the first time (except for some very thin lifters). They act as a bridge between the abs and upper quads so the muscles are pushing against each other, and the lifter can instantly squat and deadlift more.

On the other hand, knee wraps are not allowed in raw meets, and I think they can be an injury preventative thing apart from being supportive. In '73 they were dis-allowed by the AAU (the only organization sanctioning meets then). I went to a meet in January of that year and the gym was kind of cold and I wound up with the worst case of tendonitis in both knees. Until they were made legal again, I would put them on between lifts when lifting at meets to keep my knees warm.

So maybe a more pure form of raw lifting would be with a workout belt and knee wraps. I have now seen a raw meet with a classic division in which lifters can wear knee wraps. I suppose if one really wanted a pure raw meet, then lifters would only be allowed to wear a singlet. I think that might prove to be very interesting. The numbers would certainly be down,



**Tom Veller** was a pioneer superheavyweight, seen above in preparation for his lifting at the 1968 Senior Nationals, an event where the use/abuse of lifting aids led to codification of rules about what type of lifting equipment would be allowable (Mike Lambert/PL USA photos)

but it would truly be man standing alone against gravity.

**SPERO TSHONTIKIDIS:** Although it is unlikely that the sport will reach consensus across federation lines, I believe that raw lifting should afford lifters the opportunity to utilize a non-supportive singlet, 4-inch belt, non-fastening knee sleeves, and wrist wraps. These equipment guidelines respond to the concerns of lifters with regard to the need for limited supports to decrease the potential for injury while not debilitating the integrity of raw lifting. Allowing knee wraps as opposed to sleeves, for example, affords lifters substantial support and—if we're all honest—the ability to lift more weight. This, of course, contradicts all that raw lifting is meant to stand for.

**WADE JOHNSON:** I like belt and wraps allowed. That's just my preference, but I've lifted with belt only without the allowance of any type of wrap. I like having the variances and different ways to challenge yourself and to compete against others.

**BOB BENEDIX:** Using knee sleeves is just another gimmick to force powerlifters into buying something else. They were designed for strong men who had to walk with the weight, not single heavy squats. Everyone has knee wraps and uses them during their training. Why allow wrist wraps—

how about wrist sleeves? Just about every federation offers some type of a raw division. Raw always meant no suit, just protective gear: knee wraps, wrist wraps, belt! But just like the whole sport of powerlifting, there is no agreement.

**DAVID RICKS:** I believe you should only use a belt, wrist wraps and single fabric knee sleeves, and, of course, a thin fabric lifting suit.

**BOB GAYNOR:** When I started going to meets in the '60s, most lifters used only a weightlifting belt, and some used York rubber knee sleeves or Ace bandages.

I feel unequipped lifting should be with some type of non-adjustable knee sleeve and a weightlifting belt, not a power belt. If you allow a power belt, you might as well allow knee wraps. So keep it simple, non-adjustable sleeves and a weightlifting belt. ☺

-----  
This concludes the discussion for the month. I find it interesting to hear other lifter's points of view. Hopefully some day powerlifting will find some common ground on all subjects. If you have a subject you would like to see discussed, contact lambertplusa@aol.com or bobgaynor@comcast.net. If you would like to serve on the Forum Panel, contact bobgaynor@comcast.net.

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# THE POWER HISTORY EXPRESS: FINAL STOP » SWEDEN

as told to Powerlifting USA by Ron Fernando



Lars Noren was a prolific deadlifter



Connie Nilsson (no relation to Ove?) earned a lot of team points for the Land of the Svans (Sweden) in IPF competition

This is Ron Fernando's last stop on the *Power History Express*. Ron Fernando—a good friend, talented writer, and powerlifting fanatic—passed away on December 9, 2010. A tribute to Ron can be found in this issue on page 92.

The year, 793 A.D. – off the coast of England... Brother Bartholomew, an ancient monk of the Benedictine Order in England, had just finished his austere supper and was preparing himself for evening prayers. Often, in a quiet moment, he loved to stand on the outside balcony that adjoined his small room and simply breathe in the cool sea air and rejoice in all of God's natural wonders. The view from the balcony that late afternoon was spectacular—a clear, azure sea, devoid of the usual English gloom, and as sparkling as a bed of crystals. Brother Bartholomew felt at peace and looked forward to a quiet evening of contemplation and prayer. Life was good. It was then that his reverie and sense of well being was totally and utterly destroyed. For on the horizon, several leagues away, were THEM.

The setting sun's rays glinted off their spears and war axes. The double set of oars dipped in and out of the water in a hypnotic rhythm closing inexorably toward the shoreline. Three dragon ships, painted in gaudy colors, each festooned with the symbols of the wild men of the North, and filled to the brim with brutal, powerful warriors were approaching. He thought he could hear their harsh war cries even from this distance, and his stomach turned. Brother Bartholomew knew then that his end was near as *this* particular foe was merciless, and would slaughter each and every one of them. Clutching his beads, he whispered a prayer, a prayer that was soon to become famous throughout all Europe:

*A furore normannorum libera nos domine. [Protect us, O Lord, from the wrath of the Northmen.]*

These were the Vikings, a culture renowned for their physical strength and worship of savage, pagan gods. The Vikings in Europe of the 8th and 9th century were totally dedicated to a pagan god of war, Odin. Cramped by the narrow confines of their barren, icebound northlands, they exploited their skill as shipbuilders to spread a reign of terror then unequalled in violence and brutality in all of recorded history. Strength, physical prowess, and power were greatly valued in Viking culture, and the one overriding goal of a Viking warrior was to die with sword in hand, thereby ensuring a place in Valhalla, a sort of warrior heaven

where a hero's welcome awaited them by the god Odin. The word "Viking" is Scandinavian for "pirate," and it accurately describes the Norsemen who for two centuries raided the coasts of Britain and of northwest France. The Viking culture was male-dominated and placed an extraordinarily high value on simple brute strength and physical endurance. Old stories tell of axe-throwing, log and horse lifting, and similar contests held by the Vikings in between their frequent raids into England and France as tests of manhood. The Viking spirit and love of physical strength lived on in the modern times in their more peaceful descendants in Norway, Denmark, and the subject of this month's *Power History Express* stopover: Sweden.

The hardy men of Sweden, descendants of the fearsome Northmen who worshipped pagan gods of strength like Odin, Thor the thunderer and Frey the sun god developed their early physical prowess working as loggers in the forests, fishermen in the wild and freezing North Atlantic and would become, in time, some of the finest strength athletes in the world. This month's stop on the *Power History Express* takes us to the land of Sweden, a country rich in powerlifting and strength tradition, and whose lifters without a doubt could, if they so desired, trace their heritage straight back to those very same bloodthirsty raiders that appeared on the horizon that fateful day in 793 A.D. to rob and plunder the Benedictine Monasteries and whose physical might and prowess live on today in the spirit of their lifters and strongmen.

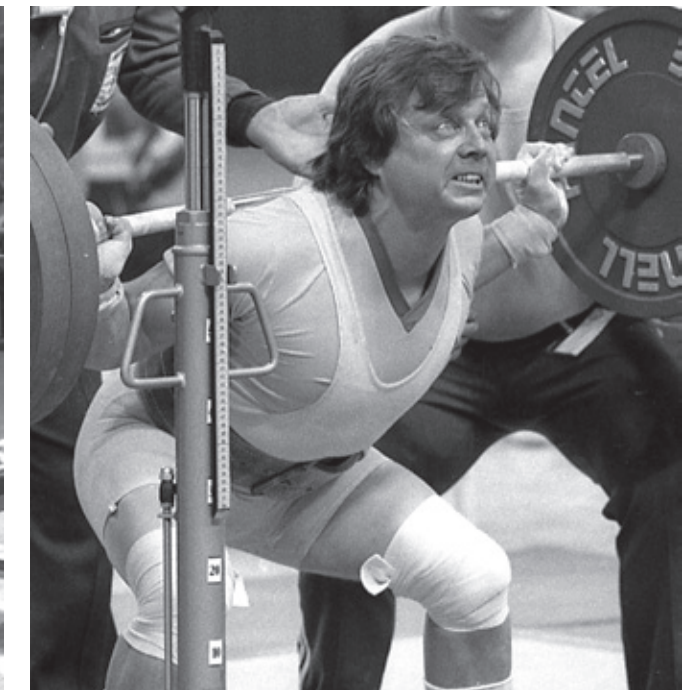
Sweden's history in bodybuilding and weightlifting, both fertile breeding grounds for powerlifting, goes back to the early days of the IFBB and the Olympic Three where early stars like lifters Hans Bettembourg (11 world records in the press), Kjell Nilsson, and Bo Johansson reigned supreme. These early stars were the predecessors to a whole host of IPF medalists and world record holders, plus of course, many titans of strongman. Johansson was exceptionally successful: in 1968 he became the first Swedish champion in the heavyweight division with 490 kg. He also competed in the 1968 Summer Olympics in Mexico City. He finished second in the 1969 World Championships midheavyweight class (500.0 kg.) and third in the 1971 World Championships midheavyweight class (522.5 kg.). He trained for the 1972 Summer Olympics in Munich in 1972,



Kenneth Mattson at the 1982 Worlds where he was victorious. (He is not the same Ken Mattson that New Englanders are familiar with, although they both lifted in the same weight classes and benched about the same weights.)



Lars Hedlund trading world record bench press attempts with Bill Kazmaier at the 1979 IPF Worlds in Dayton, OH



Lars Backlund was a balanced lifter who always helped factor Sweden into the team standings with the points he generated

but an injury prevented him from participating. He set five midheavyweight world records—four in the press and one in the clean and jerk. After the early 1970s Johansson experienced success in bodybuilding competitions, especially in the Scandinavian region. Kjell Nilsson switched from Olympic class lifter and bodybuilder, and then to the Silver Screen. Married to Australian actress Kate Ferguson, Nilsson put his might and muscles to good use in the movies: in the 1981 post-apocalyptic science fiction action film *Mad Max 2*, he played the main antagonist "Lord Humungus," the leader of a gang of marauders that besiege a settler compound in the Australian wastelands.

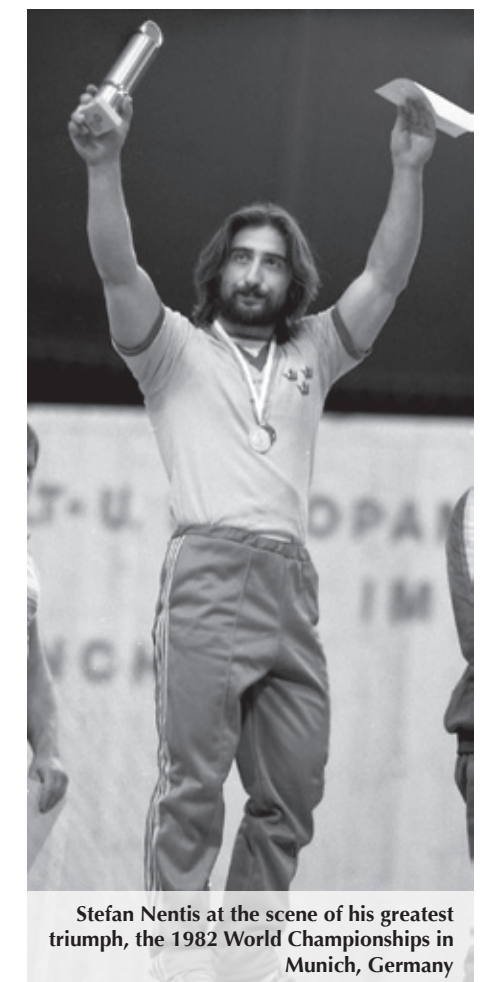
In 1977, the historic IPF Worlds from Perth, Australia, televised by the now defunct NBC SPORTS WORLD featured the epic battle between the U.S. and returning team champion Great Britain. Lost in the shuffle was the "Iron Mouse" Ove Nilsson of Sweden who, at a bristling 132 pounds, shouted, chanted and provided the world's audience with an early psyche routine—done in his native Swedish, of course. Nilsson was a veteran of several world championships where he placed as high as second, and was many times Swedish and Nordic champion.

At the other end of the scale in those early IPF days was the massive and genial 6-foot-3 and 320 pound Lars Hedlund, a fellow who I have had the pleasure of meeting personally in 1979 at the equally historic IPF "Larry Pacifico" Worlds in Dayton, Ohio. I was "drafted" (shanghai'd is a better word) by the affable Pacifico as a spotter/loader backstage and this is where I met the Swedish giant Hedlund. Lars was then, like me, a Lieutenant in the Army,

only he was in the Swedish Army, where in those days they actually permitted their troops to have the stylish long hair of the day. Unlike many of the European and British lifters who preferred to concentrate on the squat and deadlift, Lars was a bench press specialist and his huge upper body was a testament to his countless hours of bench press/incline/dumbbell press and lat work. He briefly held the world record that day of 600 pounds, a remarkable feat considering he did it with a simple belt and t-shirt. Hedlund's massive build and levers suited him better in strongman. He competed in three World's Strongest Man contests, finishing second at the World's Strongest Man games in 1979 and 1980 and third in 1978. Lars retired some years later when he suffered a double quad tear attempting a near 900 pound squat, done with his usual shoulder width stance and twenty-dollar squat suit.

Another early '70s Swedish superstar was the wildman Ray Yvander, who competed in 16 international events between 1975 and 1981, medaled in two IPF Worlds, and won several European and Nordic titles at 90 and 100 kilos. Ray took the psyche routine to the next level, often screaming himself hoarse, slapping his own face and chanting—in his native Swedish, of course—before each lift. He was highly entertaining, but a fine lifter as well.

As the IPF and international powerlifting as a whole blossomed, so did Swedish powerlifting and their general involvement in the iron game as a whole. One of the more well known IPF officials, and eventual IPF General Secretary was Arnold Bostrom, a lifter and martial artist who presided over many a championship on the

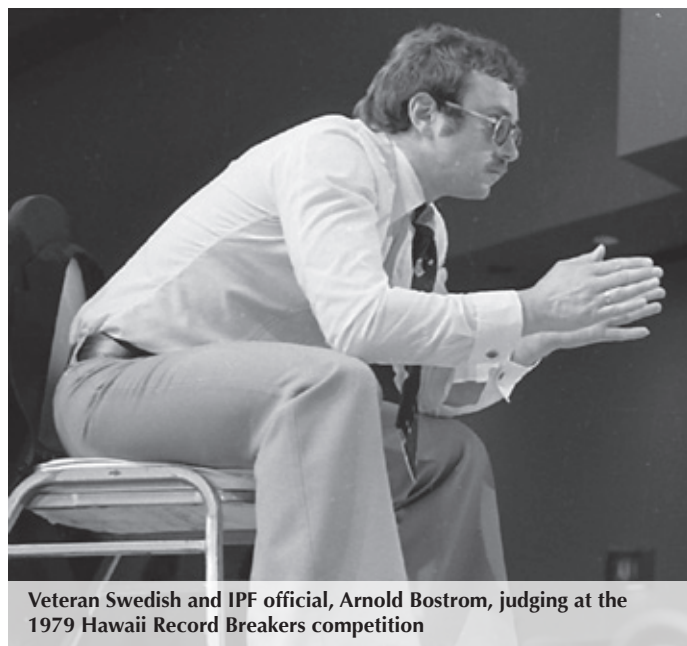


Stefan Nentis at the scene of his greatest triumph, the 1982 World Championships in Munich, Germany

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Lars celebrating, Viking-style, after his IPF World Championship in '87



Veteran Swedish and IPF official, Arnold Bostrom, judging at the 1979 Hawaii Record Breakers competition

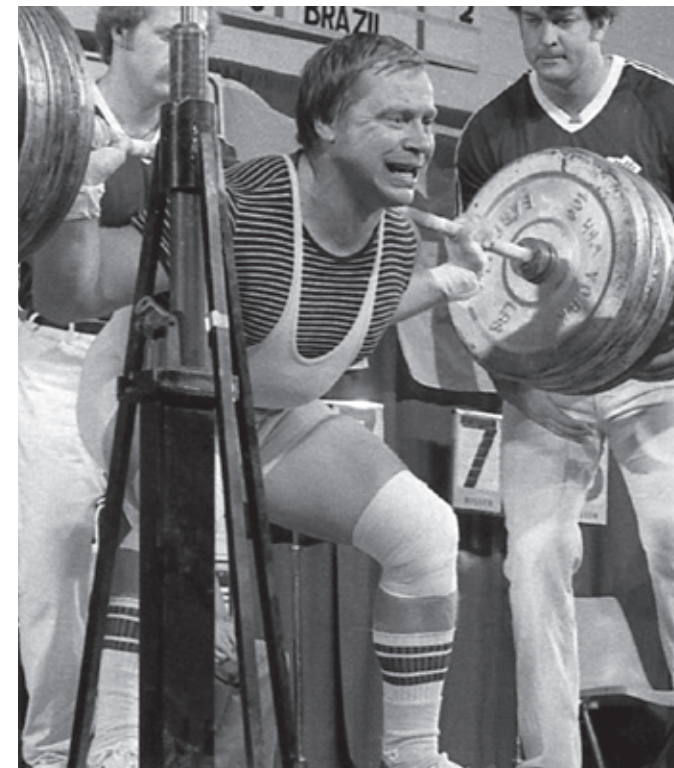
Jury and Rules Committee. Not to forget Eleiko, the Swedish manufacturing company that began curiously enough as a waffle maker, and which produced some of the finest power/Olympic bars and plates, which are used to this very day and remain the top of the line in this area. Four lifters come to mind in the waning moments of the 20th century: lightweight/middleweight Stefan Nentis, midheavy Kenneth Mattson, middleweight Lars Backlund, and perhaps the greatest lifter of the late '80s and '90s from Sweden, the massive and mysterious Lars Noren—a man that came tantalizing close to breaking the iconic Bill Kazmaier's total record, including a huge 931 squat and a then unbelievable 891 deadlift, done once again with the flimsy and unreliable gear of the day.

The late Stefan Nentis (who unexpectedly passed away in 2007 at the young age of 48) was Sweden's first world powerlifting champion, winning on his final deadlift in Munich in 1982, and was edged out for the gold by the USA's Bob Wahl in the following year at the historic IPF Worlds in his home city of Goteborg, Sweden. Nentis competed in many international meets, winning Nordic and European titles along the way, but his greatest victory was that day in Munich when he beat IPF legend Eddie Pengelly from Great Britain, the USA's ripped and ready Jay Rosciglione, and the great Aussie Glen Waszkiel. That same meet, at 100 kilos, saw Swede Kenneth Mattson surprise the likes of the USA's Jim Cash and England's Tony Stevens for the gold, including a huge 235 kilo bench press, following in the tradition of his country man from the '70s, Lars Hedlund.

Nentis was Sweden's first world champion, Noren was its greatest. Greatest in that he lifted the most weight, and in two of the more hotly contested weight categories: the 125 kilo class and the ever popular super-heavyweight category. He began his international career in 1982 at the IPF hosted event in Sweden, as a junior lifter, no less with a first place. Later that year he traveled from the frozen North to the sunny climes of South Beach, Miami, and set a whole boatload of junior world records at 275. In 1986, Noren traveled to The Hague, The Netherlands, and did battle with the likes of Holland's Siem Wulfse, Americans Eric Arnold and the ageless one, Larry Kidney, and soundly defeated the lot of them by a huge 52.5 kilo margin. His total was now a massive 942.5 kilos, with no increase in bodyweight since 1983. This massive margin, at such a high level in international powerlifting, borders on the near ridiculous. Not satisfied, Noren bulked up to over 300 pounds and stole the show at superheavyweight at the 1987 IPF Worlds held in Fredrikstad, Norway, with a huge 1,077.5 kilo total including the aforementioned massive squat and deadlift. Reviewing the videos of both, what was interesting was that his 931 squat was replaced in the rack as it seemed to be sliding off his back and as per the rules, he tried it again, calmly walked the massive weight out and sunk it 4 inches below parallel before rocketing up. The 891 deadlift looked like the proverbial toy, and if pushed he could have gone as high that day as 928, as he was truly on fire. Noren beat 400 plus pounder "Buffalo" Mike Hall of the USA with ease that day. Of note was Noren's huge teammate Yngve Gustavsson who took the bronze ahead of the USA's Victor Kennedy of Maryland and Gerard Duprie of Holland. Since then, Lars Noren has dropped out of sight, vanishing from the Swedish and international scene as quickly as he exploded onto it. Despite it all, his exploits are never to be forgotten, not by his countrymen, nor the world of power.

Yes, the Swedes have put their indelible stamp on the world of powerlifting for decades. From producing early champions like Nilsson, Nentis and Mattson, to the unbelievable exploits of the enigmatic Lars Noren, whose lifts today with simple single-ply gear would be hard to duplicate. Aside from these champions, the Swedes took an early lead, which they have yet to relinquish in the area of meet promotion. It was during the early '80s, with Arnold Bostrom's influence, Sweden started on the road to becoming a major player in international meet sponsorships, hosting scores of international power events, a trend that continues today. In fact, between 1989 and 2010 the country of Sweden has hosted 24 international powerlifting events, including a total of 8 IPF events (men's, women's, junior's, and bench press worlds) plus a slew of Nordic and European championships.

Yes, the old time warriors and freebooters of the Viking era would be proud of their modern day descendants: Nentis, Backlund, Nilsson, Gustavsson, Mattson and, of course, Noren—all of whom would be welcome on any of the Dragon Boats of the Vikings, and eventually to Valhalla. Long may their exploits live in the annals of Nordic and world powerlifting history and may all of their mighty deeds never, ever be forgotten. Odinnnnnnnnn! «



Ray Yvander was famous for smiling during his limit squat attempts



Yngve Gustafsson was a giant blond, burl of a man

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Hugh Cassidy defeated the likes of Jim Williams and John Kuc at the World Championships with a deadlift that still ranks among the best ever



Chuck Fought fought up a spectacular 900 lb. deadlift back in 2009 (Scott DePanfilis photo)

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

Deadlift	X-Bwt	American Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	903.9 (410.0)	*2.96X Doyle Kenady/48-99 4/6/86 (410.0 kg. @ 305.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
2.	900.0 (408.2)	*2.96X Chuck Fought/85 1/18/09 (900.0 lb. @ 304.5 lb.) (Columbus, Ohio) (IPA)
3.	882.5 (400.3)	*3.12X Jon Cole/43 10/28/72 (885.0 lb. @ 283.0 lb., later weighed out at 882.5 lb.) (Phoenix, AZ) (AAU)
4.	865.3 (392.5)	*2.89X Terry Long/59-05 3/6/83 (392.5 kg. @ 299.0 lb.) (Greensboro, North Carolina) (USPF)
5.	848.8 (385.0)	2.75X Dan Wohlheber/61 11/11/84 (385.0 kg.) (Huntington, West Virginia) (USPF)
6.	843.3 (382.5)	2.73X Lou Grande 4/17/94 (382.5 kg.) (Rosemont, Illinois) (APF/WPC)
7.	840.0 (381.0)	*3.00X Mark Chaillet/57 11/16/86 (840.0 lb. @ 280.0 lb.) (Maui, Hawaii) (APF/WPC)
8.	840.0 (381.0)	*2.73X Aaron Lawrence/70 6/10/06 (840.0 lb. @ 308.0 lb.) (Stevensville, Maryland) (NPA)
9.	833.0 (377.8)	*2.73X John Kuc/47 5/21/72 (833.0 lb. @ 305.0 lb.) (Cincinnati, Ohio) (AAU)
10.	832.2 (377.5)	*2.87X Don Cundy/43 9/71 (377.5 kg. @ 290.0 lb., without a belt) (Oslo, Norway) (NSM)
11.	832.2 (377.5)	*2.70X Bill Kazmaier/53 5/4/79 (377.5 kg. @ 140.0 kg.) (Honolulu, Hawaii) (USPF/IPF)
12.	832.2 (377.5)	*2.91X Jay Piekut/56 6/14/81 (377.5 kg. @ 129.8 kg.) (Boise, Idaho) (USPF)
13.	826.7 (375.0)	*2.68X Lee Barry/76 8/12/01 (375.0 kg. @ 139.9 kg.) (Orlando, Florida) (WPO)
14.	825.0 (374.2)	*2.70X Brad Gillingham/63 2/1/97 (825.0 lb. @ 138.55 kg.) (Saint Paul, Minnesota) (ADFPA)
15.	825.0 (374.2)	*2.68X Dan Kovacs/59 6/27/10 (825.0 lb. @ 307.5 lb.) (York, Pennsylvania) (IPA)
16.	821.2 (372.5)	*2.83X Mark Phillippi/66 6/16/96 (372.5 kg. @ ~290.0 lb.) (Saint Louis, Missouri) (ADFPA)
17.	821.2 (372.5)	*2.98X Scott Warman/56 11/21/99 (372.5 kg. @ 125.2 kg.) (Calgary, Alberta, Canada) (APF/WPC)
18.	821.2 (372.5)	*2.67X Paul Childress/71 10/30/05 (372.5 kg. @ 139.5 kg.) (Chicago, Illinois) (WPO)
19.	820.0 (371.9)	*2.83X Kenneth Ulford/64 3/22/97 (820.0 lb. @ ~290.0 lb.) (Paola, Kansas) (NSM)
20.	820.0 (371.9)	*2.91X Vincent Urbank/87 2/27/10 (820.0 lb. @ 281.5 lb.) (Orlando, Florida) (APF)
21.	815.7 (370.0)	*2.64X Hank Hill/67 9/24/94 (370.0 kg. @ 140.0 kg.) (San Luis Obispo, California) (USPF)
22.	815.0 (369.7)	*2.69X Jake Anderson/86 8/22/10 (815.0 lb. @ 302.6 lb.) (Cincinnati, Ohio) (SPF)
23.	812.0 (368.3)	*2.75X Bill Barwick/55 10/30/82 (812.0 lb. @ 295.0 lb.) (Oshkosh, Wisconsin) (USPF)
24.	810.0 (367.4)	2.62X Djuro Jerry Obradovic/74 7/26/03 (810.0 lb.) (Zanesville, Ohio) (NSM)
25.	807.0 (366.0)	*2.63X Talmadge "Russ" Fletcher/44 1970 (807.0 lb. @ 307.0 lb.) (Hopewell, Virginia) (AAU)
26.	805.0 (365.1)	2.61X Mike "Bubba" Morgan/47 1971 (805.0 lb.) (Platteville, Wisconsin) (AAU)
27.	804.7 (365.0)	*2.64X Blaise Boscacay 6/5/83 (365.0 kg. @ 138.2 kg.) (Charlottesville, Virginia) (USPF)
28.	804.7 (365.0)	2.61X Fred Clary 4/17/94 (365.0 kg.) (Rosemont, Illinois) (APF/WPC)
29.	804.7 (365.0)	*2.83X Travis Rubey 11/15/03 (365.0 kg. @ 129.12 kg.) (Cape Girardeau, Missouri) (USAPL)
30.	804.7 (365.0)	*2.72X Mike Brown/85 6/4/06 (365.0 kg. @ 134.4 kg.) (Las Vegas, Nevada) (APF/WPC)
31.	804.7 (365.0)	*2.75X Greg Theriot/83 9/22/07 (365.0 kg.) (Saint Francisville, Louisiana) (APF)
32.	804.7 (365.0)	*2.88X Pat McGettigan/70 3/7/09 (365.0 kg. @ 126.8 kg.) (Columbus, Ohio) (USAPL/IPF)
33.	804.7 (365.0)	*2.72X Desmond Phillips 6/21/09 (365.0 kg. @ 296.2 lb.) (Columbus, Ohio) (NASA)
34.	800.0 (362.9)	2.59X Jim Drapel/57 7/82 (800.0 lb.) (Norton Air Force Base, California) (USPF)
35.	800.0 (362.9)	2.59X Brad Kretsch 11/13/88 (800.0 lb.) (Victoria, BC, Canada) (APF/WPC)
36.	800.0 (362.9)	*2.81X Mark Manno 3/26/00 (800.0 lb. @ 285.0 lb.) (Pittsburgh, Pennsylvania) (NSM)
37.	800.0 (362.9)	*2.78X John "Chester" Stafford/76 11/19/00 (800.0 lb. @ 288.0 lb.) (Columbus, Ohio) (IPA)
38.	800.0 (362.9)	*2.62X David Barno/70-06 4/13/03 (800.0 lb. @ 305.5 lb.) (Newark, Ohio) (IPA)
39.	800.0 (362.9)	*2.88X Mark Swatling/72 7/15/06 (800.0 lb. @ 278.0 lb.) (Riverhead, New York) (APF)
40.	800.0 (362.9)	*2.66X Matt Wenning/79 8/23/09 (800.0 lb. @ 301.2 lb.) (Sharonville, Ohio) (SPF)
41.	800.0 (362.9)	*2.62X Chris Janek/77 6/6/10 (800.0 lb. @ 305.0 lb.) (Nashville, Tennessee) (SPF)
42.	790.0 (358.3)	*2.67X Hugh Cassidy 11/6/71 (790.0 lb. @ 296.0 lb.) (York, Pennsylvania) (AAU)
43.	788.2 (357.5)	*2.62X Russ Barlow/60 7/7/91 (357.5 kg. @ 301.0 lb.) (Pittsburgh, Pennsylvania) (APF/WPC)
44.	788.2 (357.5)	*2.66X Tom Waddle/64 6/1/96 (357.5 kg. @ 134.2 kg.) (Atlanta, Georgia) (APF/WPC)
45.	788.2 (357.5)	2.55X George Brink/49 4/16/00 (357.5 kg.) (Burbank, California) (APF)
46.	788.2 (357.5)	*2.57X Chris Wiers/77 8/24/02 (357.5 kg. @ 139.25 kg.) (Red Deer, Alberta, Canada) (APF/WPC)
47.	788.2 (357.5)	*2.62X William Mott/76 4/3/10 (357.5 kg. @ 136.5 kg.) (Sandy, Utah) (AAPF)
48.	785.0 (356.1)	2.54X Jon Grove/73 3/25/00 (785.0 lb.) (Forsyth, Georgia) (USPF)
49.	785.0 (356.1)	*2.55X Tom Skiver/66 10/13/01 (785.0 lb. @ 307.8 lb.) (Clawson, Michigan) (APF)
50.	782.6 (355.0)	2.54X John Ware/60-05 7/26/92 (355.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)

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



The Late Doyle Kenady remains on top of a weight class he didn't know existed



Strongman competitor Mark Phillippi defeated Brad Gillingham (R) at the '96 ADFPA Men's Nationals on bodyweight with a final attempt 821 DL. Brad then bumped his PR in this class up to 825 the following year.



Jim Drapel started out deadlifting in Hawaii with the U.S. Marine Corps

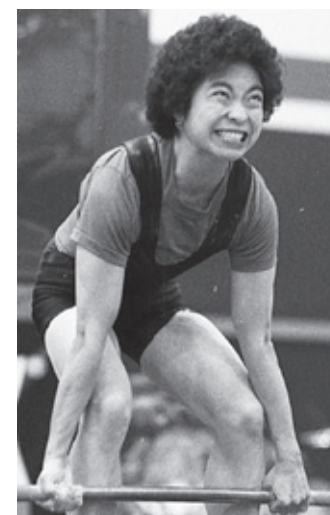
## WOMEN'S 97 LB. (44 KG.) WEIGHT DIVISION » DEADLIFT

Deadlift	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	363.8 (165.0)	*3.77X Nancy Belliveau/53 6/1/85 (165.0 kg. @ 43.8 kg.) (Vienna, Austria) (USPF/IPF)
2.	358.3 (162.5)	3.69X Shirley Scheffler/59 5/7/94 (162.5 kg.) (Chicago, Illinois) (ADFPA)
3.	347.2 (157.5)	*3.60X Elizabeth "Ann" Leverett/54 6/26/96 (157.5 kg. @ 43.8 kg.) (Kitchener, Canada) (USPF/IPF)
4.	345.0 (156.5)	*3.56X Carol Patterson/57 3/3/84 (345.0 lb. @ 97.0 lb.) (Redmond, Washington) (USPF)
5.	338.4 (153.5)	*3.52X Maggie Strezze-Benford-Marino/57-09 11/21/91 (153.5 kg. @ 43.6 kg.) (Las Vegas, NV) (APF/WPC)
6.	336.2 (152.5)	3.47X Imelda Fowler 10/10/92 (152.5 kg.) (San Luis Obispo, California) (USPF)
7.	325.2 (147.5)	*3.37X Cheryl Anderson/75 5/27/06 (147.5 kg. @ 96.6 lb.) (Minneapolis, Minnesota) (WABDL)
8.	319.7 (145.0)	3.30X Judith Gedney/40 6/25/88 (145.0 kg.) (Reading, England) (ADFPA/WDFPF)
9.	315.0 (142.9)	3.25X Elaine "Scraps" Kunkle-Grimwood/70 10/20/01 (315.0 lb.) (Lancaster, Pennsylvania) (APA/WPA)
10.	315.0 (142.9)	*3.27X Ashley Hudson-Robbins/77 10/26/02 (315.0 lb. @ 96.2 lb.) (Gonzales, Louisiana) (USAPL)
11.	314.2 (142.5)	3.24X Gina/Ginger Lord 1/30/82 (142.5 kg.) (Nashua, New Hampshire) (USPF)
12.	314.2 (142.5)	*3.30X Cheryl Jones/51 1/26/85 (142.5 kg. @ 43.2 kg.) (Boston, Massachusetts) (USPF)
13.	310.0 (140.6)	*3.20X Delcy Palk 3/1/86 (310.0 lb. @ 97.0 lb.) (Tempe, Arizona) (ADFPA)
14.	308.6 (140.0)	*3.24X Stephanie McMillian/79 3/27/99 (140.0 kg. @ 43.2 kg.) (Fort Wayne, Indiana) (USAPL)
15.	308.6 (140.0)	3.18X Barb Steps/66 6/3/06 (140.0 kg.) (Onawa, Iowa) (USAPL)
16.	303.1 (137.5)	3.13X Barb Wedding 5/3/81 (137.5 kg. @ 97.0 lb.) (Cleveland, Ohio) (USPF)
17.	303.1 (137.5)	*3.13X Diana Rowell/57 2/20/82 (137.5 kg. @ 43.9 kg.) (Auburn, Alabama) (USPF)
18.	303.1 (137.5)	3.13X Marianne Del Castillo 7/14/89 (137.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
19.	303.1 (137.5)	3.13X Zindy Coss/68 2/27/99 (137.5 kg.) (Lincoln, Nebraska) (USAPL/IPF)
20.	303.1 (137.5)	*3.15X Erin Dickey/84 7/7/06 (137.5 kg. @ 43.6 kg.) (Miami, Florida) (USAPL/IPF)
21.	303.1 (137.5)	3.13X Elizabeth Cabe 6/27/10 (137.5 kg.) (Honolulu, Hawaii) (WABDL)
22.	300.0 (136.1)	3.09X Pam Meister 12/4/77 (300.0 lb.)
23.	297.6 (135.0)	3.07X Donna Malone-Vicker 5/11/81 (135.0 kg.) (Honolulu, Hawaii) (USPF/IPF)
24.	297.6 (135.0)	3.07X Jamie Mock 10/16/82 (135.0 kg.) (Manhattan, Kansas) (USPF)
25.	297.6 (135.0)	3.07X Griselle Ufret/65 5/7/94 (135.0 kg.) (Chicago, Illinois) (ADFPA)
26.	297.6 (135.0)	3.07X Barbara Talmadge 1/26/95 (135.0 kg.) (Oklahoma City, Oklahoma) (NASA)
27.	297.6 (135.0)	*3.14X Nadine Cohen-Baker/57 11/17/99 (135.0 kg. @ 43.0 kg.) (Calgary, Alberta, Canada) (APF/WPC)
28.	297.6 (135.0)	*3.10X Cathy Solan/58 5/25/01 (135.0 kg. @ 43.6 kg.) (Frydek-Mistek, Czech Republic) (USAPL/IPF)
29.	297.6 (135.0)	*3.09X Tina Carder/84 1/31/04 (135.0 kg. @ 43.7 kg.) (Omaha, Nebraska) (USAPL/IPF)
30.	295.0 (133.8)	3.04X Diva Hart 7/4/87 (295.0 lb.) (Lansing, Michigan) (USPF)
31.	292.1 (132.5)	*3.07X Jeanna Pacyga 1/28/84 (132.5 kg. @ 43.1 kg.) (Austin, Texas) (USPF/IPF)
32.	292.1 (132.5)	3.01X Andrea Parra 3/15/97 (132.5 kg.) (Chicago, Illinois) (ADFPA)
33.	292.1 (132.5)	*3.04X Caitlin Miller/90 1/31/04 (132.5 kg. @ 43.6 kg.) (Omaha, Nebraska) (USAPL/IPF)
34.	292.1 (132.5)	*3.01X Alyssa Cordova/87 4/1/06 (132.5 kg. @ 44.0 kg.) (Omaha, Nebraska) (USAPL)
35.	290.0 (131.5)	2.99X Carol Gaskey 4/26/87 (290.0 lb.) (Charlotte, North Carolina) (USPF)
36.	290.0 (131.5)	*3.09X Miesha Rawls 3/14/02 (290.0 lb. @ 93.8 lb.) (Fort Hood, Texas) (THSWPA)
37.	290.0 (131.5)	*3.05X Wanda Burnette/50 3/26/05 (290.0 lb. @ 95.0 lb.) (Charlottesville, Virginia) (USAPL)
38.	287.7 (130.5)	2.97X Kim Jane Eggers 3/24/90 (130.5 kg.) (Blacksburg, Virginia) (ADFPA)
39.	286.6 (130.0)	2.95X Carol Solomon-Santandrea 5/3/80 (130.0 kg.) (Lowell, Massachusetts) (USPF/IPF)
40.	286.6 (130.0)	*2.99X Geri Ellingsworth 1/29/83 (130.0 kg. @ 43.5 kg.) (Chicago, Illinois) (USPF)
41.	286.6 (130.0)	*2.97X Joan Fruth/54 1/29/83 (130.0 kg. @ 43.74 kg.) (Chicago, Illinois) (USPF)
42.	286.6 (130.0)	*3.05X Lesia Thomas-Oliver 4/5/86 (130.0 kg. @ 94.0 lb.) (Boston, Massachusetts) (ADFPA)
43.	286.6 (130.0)	2.95X Marva Austin 1/30/88 (130.0 kg.) (Austin, Texas) (USPF)
44.	286.6 (130.0)	2.95X Claudia Valdiviez 3/5/92 (130.0 kg.) (Oklahoma City, Oklahoma) (NASA)
45.	286.6 (130.0)	2.95X Jennifer Prejan 3/16/02 (130.0 kg.) (Saint Louis, Missouri) (USAPL)
46.	286.6 (130.0)	*2.95X Maria Pfister/84 2/16/07 (130.0 kg. @ 44.0 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
47.	285.0 (129.3)	2.94X Linda Barnes/49 5/11/96 (285.0 lb.) (Erie, Pennsylvania) (AAU)
48.	282.2 (128.0)	2.91X Alexandra Vallejo 6/11/05 (128.0 kg.) (Rancho Cordova, California) (WABDL)
49.	281.1 (127.5)	2.90X Jill Ganger 4/11/81 (127.5 kg.) (Buena Park, California) (USPF)
50.	281.1 (127.5)	2.90X Pam Booth 4/30/83 (127.5 kg.) (Chillicothe, Ohio) (USPF)

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



Susie Benford lifting at Garry Benford's YMCA Nationals



Schirley Scheffler at the 1994 WDFPF World Championships



Claudia Valdiviez lifting at the 1991 USPF Senior Nationals



Elizabeth Cabe is a terrific deadlifter from Hawaii



Jeanna Pacyga pulled 292 at the 1984 Women's Nationals

# THE RAGE

The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!



- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.
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# 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.



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
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- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **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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# PHENOM

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



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- 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

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



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

# ULTIMATE DENIM

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

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This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

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Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

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Embroidered with two-color Inzer logo, available in black, grey, and red.

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Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

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This large deluxe embroidered gym duffel is easy to look at Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"

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Use this excellent tool for a variety of performance tweaks in training and competition.

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

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Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

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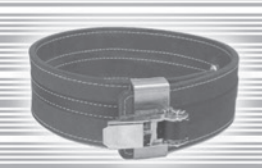
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The incredible propulsion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.

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HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.

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## YOU GOT TO BE FREAKIN' KIDDING ME! PT. 2

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



Power Nutrition Guru Anthony Ricciuto

Hey, power mongers, I got another installment of the series that I got tons of feedback from day one that it hit the stands. Oh yeah, the feedback I got on the last issue was out of this world so, of course, I couldn't just leave it at one installment. Well, this month I will be hitting you up with more crazy news that will truly blow your mind once again. Hell, it was so funny to read the e-mails from my loyal fans in regards to their response of the first part of this series. I had dozens of people e-mail me just about the shopping cart fiasco and how they couldn't believe the reality of how truly germ laden and disgusting they are. This was a real shocker for many readers, as they were unaware that shopping carts carry more germs than public toilet seats. I can also tell you that many lifters in the Washington, DC, area also emailed me in regards to the info I unloaded on them about the intersex fish in the Potomac River. Let's put it this way—there were a good amount of male lifters who were a little upset about what they read and this was the first time they even heard about what is going on in the rivers across America. The chemical companies and "big pharma" have done a real number on the wildlife in these bodies of water and it's truly a shame to think of the condition we will leave nature for future generations to come. Now, this issue is going to be also a real shocker for you too—so get ready.

### TOP 10 MOST COMMON SIDE EFFECTS OF POPULAR PRESCRIPTION DRUGS

Oh yeah, you are going to love this one—especially for all of you who use a lot of pharmaceutical drugs. Powerlifters are some of the biggest users of pharmaceutical drugs and I am not talking at all here about performance

enhancing drugs. I am talking about all those great meds that help lower blood pressure, cholesterol and all the other drugs doctors like to prescribe like candy. Don't get me wrong, there are times when medication is needed, but I am sad to say that in America drugs are handed out like they were chocolate. This, my friend, is a big mistake and is an entire series in itself. You see, most Americans like to eat like garbage disposals, consuming the unhealthiest of foods without thinking of the consequences. Yet when their cholesterol goes up, instead of saying 'Hey, my fat ass needs to stop eating two double cheeseburgers and cheesy fries everyday for lunch washed down with a liter of super-sized sugar loaded cola drink,' they just go over to the good ol' doctor and get some statin drugs all the while continuing eating like a gluttonous slob. Sorry for a stark wake-up call here folks, but it has to be said. America is getting fatter by the hour and the column I did that outlined the obesity rates across the different states was alarming at best. The problem I have with a lot of doctors is the fact that they do not school their clients about truly eating healthier to prevent health conditions, but just load them up like a pharmaceutical drug zombie popping a dozen different pills every day. They take some meds for their high cholesterol, then some to lower their blood sugar, and then since they eat like slob they need some acid meds because they keep burping up that double beef taco with double jalapenos and three types of cheese they enjoy eating three times per week. By the end of the day they have taken six different medications, and the worst part of it all is that they aren't getting any healthier. If you think loading your body down with all types of meds is going to make you healthier, think again. If you think you can eat what you want and then just pop some tablets hoping everything is going to be "A-okay," all I can say is that you got another thing coming (and no, I am not talking about that Billy Idol song here).

### I JUST LOVE THOSE COMMERCIALS

One of the things that really amuse me is those prescription drug commercials. I just love when one of those pop on the television. So you got some drug that is supposed to help you sleep better, but when they start listing off the side effects it's like a drum roll. It starts making you wonder what the hell is really in those meds. Some of them sound like this: "Robenacilocoliscolin will help you sleep better. Side effects include diarrhea, night sweats, swollen fingers, blurred vision, anxiety, uncontrollable anger and visions of suicide, erectile dysfunction, vaginal

dryness, facial lesions, hair loss, weak bones, depression, anal leakage, bloody stools, and the inability to sleep." You may have found that funny, but if you look at the last side effect I included about the 'inability to sleep' when the drug's purpose is to help you sleep. I am sure you have seen similar commercials for drugs that cause numerous horrible side effects and one of the side effects is that it can make the problem you are suffering from even worse, not better. I feel like in America they make a drug for any problem you suffer from because it's just one big cash payout for all those involved. Why take responsibility for your health when you can just pop pills like a "pharma junkie" and live the unhealthy lifestyle you choose to live.

### TIME FOR THE LOWDOWN

In this series I am going to cover the top 10 most common prescription drug side effects that grace the labels of drug bottles across this vast nation. For those of you reading this and taking meds, go grab your bottle right now and let's see if what you are taking matches what I got below. Okay, let's see what we got in store for this issue—I am sure it's going to downright scare you.

#### ▪ Crusting eyes with drainage and oozing fluids:

Oh boy, this one sounds good doesn't it. Mmmm... nothing like going on a hot date only to have your eye start dripping all kinds of yellow mucous looking discharge over dinner. If that isn't romantic, I don't know what is. Nothin' says lovin' like some milky eye custard dripping like a broken dam when trying to impress the ladies. If you think a gelatinous crusted out eye is going to help you seal the deal with the honeys, you better think again.

#### ▪ Swollen black hairy tongue:

Now we are talking. I don't know what ailment the med in question here treats, but you know what? I think I will stick with the disease or problem rather than suffer the above disgusting side effect. Oh yeah, there is nothing like sporting a big fat hairy black tongue. If you thought the last one will impress the ladies, imagine having her check out a tongue that reminds her of a tarantula. Well, this may be a good thing if your day job is a circus worker, but outside being the freak of the week at some carnival, I can't quite see how anyone would want any of this action.

#### ▪ Body fat that changes location and shape:

Like powerlifters need any help in this area. For goodness sakes, powerlifters are known for

carrying fat in areas that regular people didn't know existed. Now let's add the fact that this fat will now move around your body and lodge itself in different areas. Great. Nothing like adding another six pounds of fat to say...oh maybe...your forehead. Now *that* is the look that we are all striving for. There are already too many overweight bald-headed powerlifters whose back of their neck looks like a pack of hot dogs, so we do not need to start incorporating side effects like this into the powerlifting community.

#### ▪ Shrunken testicles:

Alright, this one won't be popular with the male lifters—that is for sure. Now for those of you who are chemically enhanced, this is a common side effect that can be combated by a properly laid out PCT program. But let's not add some shrinkage to the already affected shrinkage folks. That's like trying to put out a California wildfire with jet fuel. Or like trying to stimulate the economy by printing more bills... Oops, did I just say that? Either way, even our drug-free counterparts will not like their family jewels shrivel before their eyes. No man would like this. So if you see this side effect on the label of your current prescription, think twice before throwing those pills down your throat.

#### ▪ Painful, sore swollen genitals and rectum:

I know many of you who are reading this must be thinking that Mr. Nutrition Guru here is making this all up. There is no way that pharmaceutical drugs that are supposed to help "make you healthier" could lead to such horrible side effects. Well, folks, I wish what I was reporting to you was wrong, but unfortunately the information is correct. These side effects are really ones that should make you open your eyes. I don't know about you, but painful genitals and rectum is not something I find attractive. Now some of those male lifters might find the swelling a little humorous, but for the majority reading this, the entire package of genital and rectal discomfort is not a top priority in most people's books. Life is hard enough—with work stress, family responsibilities, and money problems—to have sore and swollen genitals, and let's not forget that swollen burning rectal cavity as a bonus added to your already hectic lifestyle. Darn... where do I sign up for this?

#### ▪ Blue lip and nails discoloration:

Unless you are some type of goth or punk powerlifter, I really can't see many of you wanting blue lips. Yes, I am sure you have seen some punker style girls sporting blue lipstick before, but I know many of you wouldn't want to rock that look 24 hours a day. Yes, you might save some money on the blue nail polish as well, but in reality I am sure there are not a lot of lifters that would enjoy walking around town with dark blue lips and nails. That is, unless you are auditioning as a back up dancer in a Marilyn Manson video.

#### ▪ Purple colored blotches and spots on skin:

Nice... 300 pound powerlifters with purple skin

blotches all over their body is not the image most want lodged into their frontal lobe. Maybe if you were going for that Barney the purple dinosaur look for a Halloween party—you won't need a costume—but other than that I don't think this will help your love life in the least. Powerlifters have enough problems to deal with without adding in major skin discoloration and blotches that cover their body like some type of urban camouflage.

#### ▪ Mouth and lip sores with white patches:

Okay, this sounds like a keeper, doesn't it? I don't know how many of you reading this are in the dating and courting part of your life, but these side effects won't be a benefit in the least. Imagine if you took the drug above that caused that black hairy tongue and then you took some other meds like this one that will now add in some white spots and sores in your mouth and all over your lips. Is that a visual or what? For goodness sakes, this will turn you into a science experiment gone wild and I know it won't help your self esteem looking like some type of disfigured mutant from a *Resident Evil* film.

#### ▪ Uncontrollable and irregular back and forth eye movement:

Nothing like showing up for a job interview and when the boss starts asking you questions about your skills and current experience you start having eye twitches and spastic eye moments. Oh yeah, that will help you get your foot in the door and onto that new career. Or how about going to deposit your weekly paycheck at your local bank only to go up to the teller with eye twitching and eye gyrations that make her think you are about to rob the place or are giving her some type of signal. Nothing like getting swarmed by a SWAT team only to tell them that you weren't really nervous and trying to rob the bank, but it was just that prescription medication that you were taking that turned you into the twitchy mess they see before them.

#### ▪ Male breast enlargement:

I know some of you reading this, especially the chemically enhanced guys, know about 'Gyno.' It is well known in the powerlifting and bodybuilding communities that many enhanced athletes suffer from this due to an over production of estrogen conversion because of high Aromatase enzyme activity. In powerlifting, because so many lifters are sporting, oh let's say, another 50–100 pounds of fat that they aren't truly in need of, they sport some man boobs around even when it's not true Gynocomastia. The thing is, if you are one of these male lifters that are already sporting a C-cup without the use of any supplemental assistance, you definitely don't want to add in prescription drugs that will turn you into a fully fledged double-D-cup model that could allow you to grace the pages of *Score* magazine.

### CONCLUSION

In the first installment of the *Top Most Common Side Effects of Popular Prescription*

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next page »

## POWER NUTRITION »

Drugs, I thought I would give you a taste of all the healthy goodness that "big pharma" has to offer. Don't get me wrong here, I am not saying that all pharmaceuticals are evil. I don't want to see hundreds of hate e-mails from doctors all over the country complaining that I am bashing the medical establishment. No, not in the least. At the same time, when I see things that are not right, they need to be discussed. Prescribing pharmaceuticals that damage the body more than they help is not the route that I support, especially when natural means through proper supplementation and proper nutrition practices can combat the problem without resorting to prescription drugs. The problem that I am trying to express is the fact that way too many Americans use pharmaceutical drugs as an easy way out. "Why should I start eating a healthy clean diet when I can just pop some pills to help lower my blood sugar levels?" "Why should I stop drinking harmful soda pop that turns my bones into brittle dust when I can just take a pill that will supposedly help protect me from Osteoporosis?" "Why should I not wolf down thirty deep fried chicken wings and a six pack of brewski's every Friday night with the boys even though my cholesterol level is sky high when I can just pop my morning pill hoping it all balances out?" It is this ignorant and irresponsible mindset of a large majority of Americans that is causing this nation to be the fattest and one of the unhealthiest on earth. That's definitely not the reputation most countries strive for, but it sure is heading that

way and if you don't believe me just look at the obesity and health stats that all of you reading this can access.

Don't take my word for it. Look it up yourself and see if I'm lying to you. The reason why I discuss the above topics are because it's not just mainstream obese America that is suffering from what I am talking about, but also many lifters as well. I have gone to competitions where I see lifters take their daily meds before they start warming up for squats and it blows my mind. I saw one guy who wasn't even forty taking four different meds before my eyes and no, they were not performance enhancers, but his entourage of prescription drugs for his cholesterol, blood pressure and whatever else. We are supposed to be strength athletes. Yes, I said athletes, not overweight/obese lifters whose medicine cabinet at thirty-five years old resembles that of some geriatric patient pushing eighty-five. Come on guys, you need to shape up. Not just physically, but mentally to stop taking the easy route and take responsibility of your health. If I don't tell you, who will? All I know is that it won't be the guy who is deep frying those thirty chicken wings at your local pub or the guy behind the convenience counter who loves the fact that you buy four king-sized candy bars and a box of cookies every time you pull your car in front of his store. So, until next month: eat clean, train hard and take a double look inside your medicine cabinet and ask yourself if this is the life you really want to live! «

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# JOE MAZZA

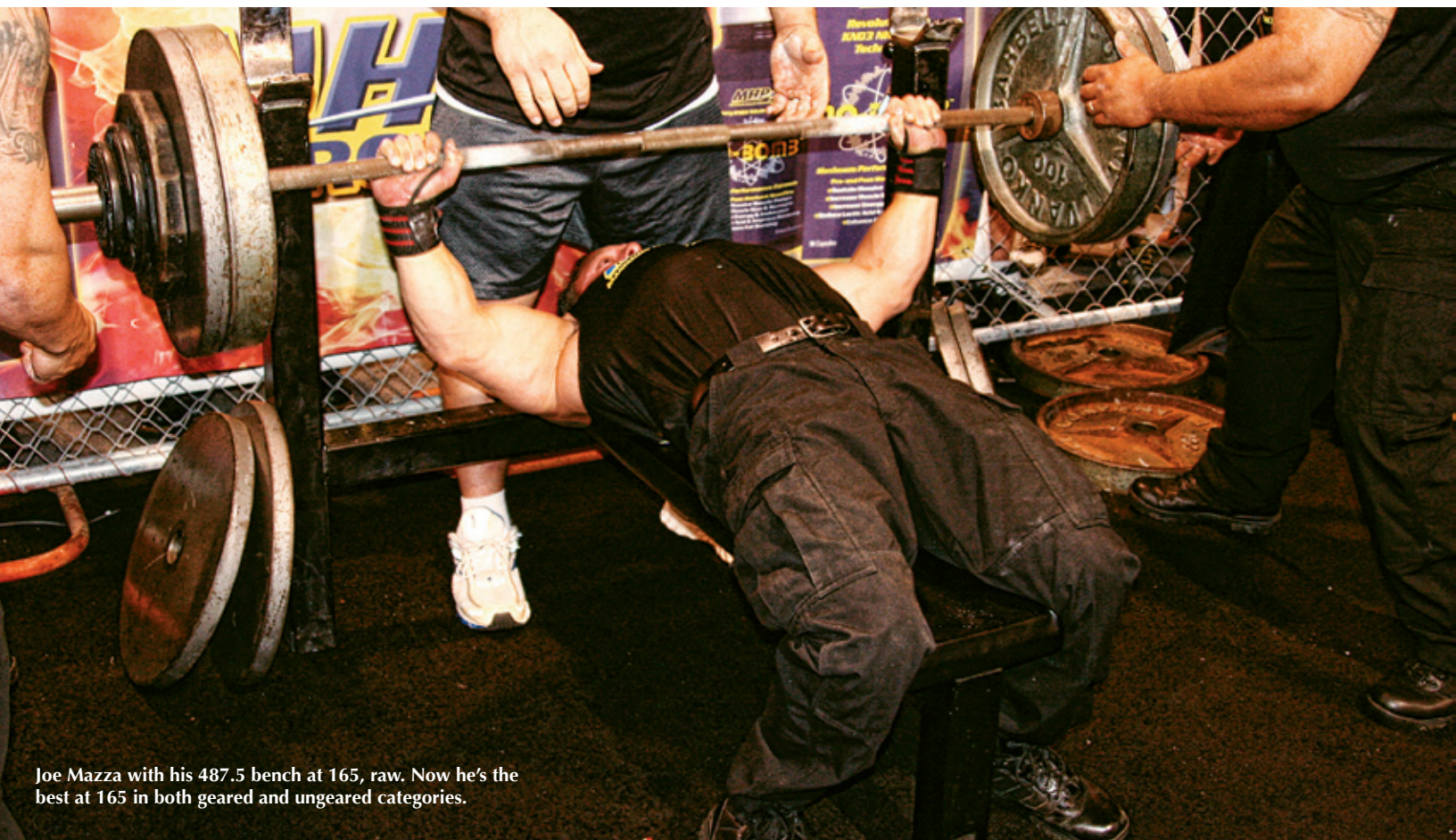


Joe Mazza has a new twist to the old standard push-up – adding chains for additional resistance



# IS MHP STRONG!

as told by Steve Downs, C.S.C.S.



Joe Mazza with his 487.5 bench at 165, raw. Now he's the best at 165 in both geared and ungeared categories.



# JOE MAZZA

In any sport, the question of who is the world's best is difficult to discern. After all, you may have to go across different eras and different weight classes for accurate assessments, which makes direct comparisons murky at best. Nowhere is this more evident than in the sport of powerlifting, where rule and equipment changes muddy the waters even further.

When it comes to the bench press, you could make arguments for a number of guys as the best ever. For instance, 308-pounder Ryan Kennelly benched 1,075 pounds—a mind boggling weight that might never be equaled in the shirted division. Rob Luyando owns three different weight class records while wearing a shirt and Jeremy Hoorstra has pressed 615 pounds at 242 without any equipment at all, while Al

Davis has hit 650 raw at 275. You could throw out dozens of other potential monsters of mass with a legitimate shot in this fantasy bench press ranking, but few powerlifting experts would discount the reign of Joe Mazza as today's pound-for-pound world's strongest bencher.

Weighing in at 165 pounds, Mazza holds the all-time shirted record of 705 pounds—a mark no one in the weight class has come close to. Joe has been ranked number one in the world for the past six years and has claimed three American championships and three King of the Bench raw titles. Yet it is his movement into the raw bench press realm that has solidified his rank as the undisputed world's best bencher. Joe's 487.5 pound effort at the IPA Autumn Apocalypse on November 6th broke Rick Weil's

all time 165 raw record, which had stood for more than a quarter-century. How many powerlifters can you name who have dominated both shirted and raw competition benching at the same moment?

"I am honored to be mentioned in the same breath as Rick Weil," says Joe in his typical unassuming manner. "I consider him a legend and an icon in the sport of powerlifting, and to break his record is one of the biggest thrills I've ever experienced."

The secret to "The Hammer's" success on the bench is his longtime coach Jim Parrish, an enigmatic trainer who uses highly advanced techniques to help his clients maximize their benching prowess. Parrish's *Joe Average Strength* facility in Bangor, PA ([joeaveragestrength.com](http://joeaveragestrength.com)), is little more than a garage filled with iron, a power rack and other necessary equipment, but his techniques utilizing twisted rubber bands, boards and high-intensity training work wonders.

"The *Joe Average* template is rotation of bands and free weight training," explains Joe. "I bench every 5–6 days, and do assistance work in between for other body parts. I go in and rotate band tension week to week, increasing band tension with less bar weight one week and then less band tension with more bar weight the

next week. It avoids the body getting stale. We do long range training cycles, but within each cycle the weight gets heavier and the tension gets tighter each week. I concentrate on the bench press—I am a benching specialist!

"The assistance work I do consists of heavy lat work (low rows, pulldowns) and heavy shrugs 2–3 times a week to prep for every contest. At my age (43), recovery is more important than the actual lifting. I can definitely feel when I come back too quickly on the next bench if I'm not fully recovered. With the system, the idea is to work your way up to one work set of maximum effort. It takes a lot of 'warm-ups' to get up to that set. The system is based on stimulating muscle to the maximum and getting done. I can go through a full 45 minute workout before reaching my max set!"

Describing a sample training session, the 5-foot-6-inch strongman says this: "Yesterday I did 705 pounds using 2 boards for 4 reps with a shirt. Ever since I started pushing to break the raw record, I've been training both shirted and raw in almost every workout. I work up to a heavy set of raw and then put the shirt on for an extra-heavy set. This way my body stays used to heavy, heavy weight. On the days I'm using free weights only, I start out with 135 pounds for a couple sets of 10 reps, then 225 for a

photos courtesy Powershots Photography, Roe Person & Steve Downs

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## JOE MAZZA »



Joe training with fellow MHP teammates (L-R) Mike Cartinian, Rob Luyando, and Shawn Frankl

couple sets of 5. Next up it's 315 for a couple more sets for 5 reps; then singles with 405, 495 and up to the set of the day, adding one plate at a time. On a band training day I try to increase weight with the same band tension as the last time. We still add the weight, but start with bands on the bar. We don't change bands during a workout, but rotate to tighter tension at the next band workout."

In addition to his precise training regi-

men, Joe is the first one to boast of the role of MHP nutritional supplements in his world class success. Thanks to his friendship with MHP founder Gerard Dente, Mazza was introduced to this line of sports supplements in 2000 when he was new in the power sport. He will be the first to say that MHP products have been instrumental in his record-breaking run in the bench press.

"My favorite supplement is *Probiolic-SR*," says the Roxbury, NJ, native. "It is a great

12-hour protein that keeps me anabolic all day long. I also take *BCAA 3300* twice daily and *NO-BOMB* an hour before training. It is the absolute best pre-workout NO product I've ever used. It pumps up my muscles and gives me an incredible strength boost. I stack *NO-BOMB* with *Trac Extreme NO* before every session to get a tremendous workout with lots of energy and strength. After training I supplement with *Dark Matter*—it is another all-time favorite because it refuels my muscles and helps me recover. I'm getting stronger and stronger because of the recovery I get from *Dark Matter*. I take it every day and I love the way it tastes; blue raspberry is the best!"

When it comes to his diet, Mazza's discipline is equally evident. He's not neurotic in his dietary focus, explaining that he doesn't watch what he eats strictly until he's ready to cut down to make weight, typically about six weeks before a contest. At that point he'll keep a closer eye and the weight comes off. He never gets heavier than about 175 pounds between meets so he experiences no problems making weight. "I don't have to lose 10 pounds in last 2 days and then have to put it back on," he laughs. "I have been in a sauna right before a few meets in the past, but it was because I didn't do the right thing! For the most part I try to eat clean year-round and drink a lot of water."

First thing in the morning he downs a *Probiolic* protein shake and whole grain cereal with skim milk to start the day. At 10 A.M. he drinks another *Probiolic* shake and eats six egg whites. Lunch is a grilled chicken salad, but this is not your typical diet fare. In fact, there's a local pizzeria (Mario's) in Saddlebrook, NJ, that named a salad after Joe: the Hammer Salad! This is grilled chicken over iceberg lettuce with hardboiled eggs, croutons and green olives with balsamic vinegar. Joe's dinner is grilled chicken with a baked potato and veggies, with another *Probiolic* shake before bed.

When he's not training with Parrish or traveling on weekends to set new records, Joe is a police officer and firearms instructor in Saddlebrook, where he's served for 22 years after receiving his B.S. degree in criminal justice from Kutztown University. He points to his tremendous strength as not just a benefit when he's benching, but when he puts on his uniform as well. "Being on patrol, you never know what you're going to come across on your daily routine. The last thing I want to happen is to have my gun wrestled away from me because I'm not strong enough. I've been in 'wrestling matches' where I had to put somebody down a number of times. So far I'm undefeated!"

Joe is also a devoted family man and spends much of his free time taking his son everywhere for wrestling tournaments. "Wrestling is a way of life in my family," he explains. His son Joey was ranked number one last year in the region before a concussion stopped his competition. He is on track to regain his champion status this year. Mazza and his wife, Lorna, also have a 16-year-old daughter, Gianna, and another son, Franco (7).

"Powerlifting has always been a passion of mine and to be recognized by my peers as one

of the best at the bench press is an honor," he says humbly. "There is a lot of negativity and separation in the sport regarding equipment or what federation you compete in. I always try to compete under all conditions and in all federations. I don't prefer equipped or non-equipped. I've done it all—single-ply, double-ply, raw, non-tested, tested, repetitions, singles. I just love to compete!"

"I've met some of my best friends in the sport and people I consider legends: Bill Crawford, Bill Carpenter, Rob Luyando, Jeremy

Hoornstra, Shawn Frankl, Ryan Kennelly, Jeff Micvicar, Mike Miller, Gene Rychlak, Michael Cartinian and so many more. I just want to be the best I can be and be recognized by my peers as one of the best lightweight benchers under any circumstances or conditions.

"I also owe so much to Gerard Dente and everyone from MHP for taking me on before I won anything and sticking with me throughout my powerlifting career. I owe my success to MHP supplements! In addition, I want to thank Titan Support Systems for their ongoing

support and awesome powerlifting equipment. Also Jim Parrish for developing an incredible strength training system and being a great friend and training coach. Last, I owe so much to my family for continued support and putting up with my traveling and hectic training schedule." «

**EDITOR'S NOTE:** To find out more about Joe Mazza's training system, visit [www.joeaveragestrength.com](http://www.joeaveragestrength.com). To learn about MHP's line of performance enhancing sports supplements, visit [www.MHPSTRONG.com](http://www.MHPSTRONG.com).



Rob Luyando carefully watches a geared Joe Mazza drive up a rep

## 8 PROVEN STEPS TO:

# RAPID FAT LOSS

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)



Scott Mendelson of Infinity Fitness

The most valued trait amongst individuals able to survive and thrive in an ever changing environment is the ability to adapt to new circumstances. Many would think superior strength alone is enough to be successful, but that is not true, even in the sport of powerlifting. The new trends are putting lifters into better shape so they can minimize body fat while having the largest possible muscle engine fitting into the top of the weight class. Imagine how much more competitive you could be if you shed ten pounds of body fat and replaced it with an equal amount of hard driving muscle? Not to mention, how much better you would look and feel! I have never met any lifters who admire their beer belly or their fat behind secretly—in most cases, everyone desires a six pack! The problem achieving the goal is not always a lack of effort, but a lack of know how!

Even if you do not care about a lower body fat level for looks, consider that dropping body fat to get you under your weight limit in advance of competition date saves you a ton of hassle. The pre-weigh-in sweat, starvation and vomit ritual used by many lifters to make weight drains

them of performance energy, making the whole process pointless. Being able to relax for the last days leading up to the meet can make the difference between being an anabolic animal and a nervous wreck.

Our job is to provide the proven strength athletes guide to rapid fat loss that will not sacrifice muscle or energy to train. Our nutrition consulting work with numerous strength athletes has enabled us to perfect a system which emphasizes rapid physical and neurological recovery crucial for productive training. The tips below provide everything you need to get the new year off to a fast fat burning start.

### NOT ALL CALORIES ARE CREATED EQUAL!

A calorie isn't a calorie! Many nutrition plans call for calorie counting and declare it to be the overriding factor governing fat loss progress. Wrong! Does the body react to 100 calories of highly processed potato chips laced with trans fat in the same way it would to a lean protein source? The answer is no! While caloric intake plays a role in the success equation, the quality and combination of food choices, in addition to timing, are much more important. Low calorie diets do not work! Initially they may spark some fat loss, but after three weeks or so the body slams on the brakes to protect you against starvation by lighting up all fat storing mechanisms. Then your hard earned muscle becomes the fuel of choice. Focus on foods that were here 10,000 years ago as your body will react to them best—the resulting improvements in digestion can also improve energy!

### GARBAGE IN EQUALS GARBAGE OUT

You have heard the saying you are what you eat a million times, and there is truth to this statement. Consumption of processed foods delivers a high amount of toxins, hormonal byproducts and other crap you are much better off without! Remember, a strength athlete relies heavily on the nervous system for maximal power output. This delicate system does not like unnecessary stress or added distractions. To make a long story short, the better the food choices, the better your performance and body composition will be.

### MACRONUTRIENT CYCLING FOR PROLONGED SUCCESS

Start with a 45% protein, 40% GOOD dietary fats and 15% carb intake to get fat loss

going! However, your macronutrient percentages need to change after 4 to 6 weeks to avoid metabolic staleness. Just like your training routines, the diet must change frequently in a strategic manner to help you achieve your goals. Macronutrient Cycling is one of the most powerful nutrition tools we use to keep client progress going year round. Customizing these techniques to individual client needs makes a dramatic difference in the bottom line. Shaking up the macronutrient percentages correctly increase crucial fat burning enzymes and can help to optimize the hormonal environment. Base your percentages by using 1 to 1.5 grams of protein per lean pound of body weight.

### THE RIGHT FATS HELP TO BURN FAT FAST

The GOOD dietary fats mentioned above are vital for natural testosterone production, joint health and fat burning. Avoid trans fats, fried foods and other bad fats like the plague! The bad fats screw up fat cell function making the process of fat burning highly difficult. Anyone who has consumed their fair share of bad fats—which are found in most packaged goods to preserve shelf life—should purge them by Fat Cell Cleansing with the Alpha Omega. Saturating the fat cells with their preferred ratios of raw materials developed by Dr. Serrano helps to recalibrate the cell for the accelerated usage of stored fat as fuel. This process activates several fat burning mechanisms and can make the body respond more favorably to everything you eat, helping to support muscle recovery and growth instead of body fat storage. Good dietary fat choices include extra virgin olive oil, grass fed beef, organically raised protein sources, cage free eggs, raw nuts, avocados and organic dairy products.

### BULLS GRAZE AND PIGS PIG OUT!

In an ideal world we could stop and eat whenever we wanted. This is not reality! Aim for four solid food meals per day consisting of breakfast, lunch, dinner and a night snack. This is easy to execute with the right preparation as all but lunch are consumed at home where you control the environment. Good snacks between meals are organic jerky and raw nuts since they are portable. Dr. Serrano spent years reviewing thousands of hormonal blood profiles, patient body fat tests, metabolic testing, muscle biopsies and more before perfecting the ratios of the Amino Loading power house.

# SUCCESS!



Years of hard work paid off as a break-through discovery occurred isolating the sources of the most powerful fat burning and muscle building signals. Just a couple scoops of 100% MR and Muscle Synthesis force the metabolism into high gear in anticipation of a large volume of food equal to 250 to 500 calories, however the 100% MR and Muscle Synthesis have no caloric burden, forcing the calories to be burned from stored fat. Imagine the impact Amino Loading will have on your success done several times per day!

### PREPARE FOR SUCCESS

One of the keys to making proper food choices is the availability! Cook in bulk a couple times per week and this will save you tons of time in the long run. It may take an hour to cook up several dishes with extra portions to pack away for the week. This is far less time than what you spend looking for lunch each day when you account for travel time. Get bad food choices out of your house. Consider this ques-

tion: *if you were trying to help an alcoholic, would you put them in an environment where alcohol is readily available?* NO! So get junk food out of your house—if it is not there, you will not eat it!

### CARBOHYDRATE INTAKE IS ACTIVITY AND GOAL DEPENDENT

Those trying to lose body fat should concentrate on consuming primarily green vegetables and beans since they provide a higher fiber value without attributes that interfere with fat burning. All trainees should focus their carb intake during the meals following training. Eliminating refined carbs such as bread, pasta, and other packaged goods is one of the most important things you can do to support your fat loss goals. We always experiment with carb sources, amounts and frequency of use to identify what is best for the individual client. A 200 pound man, for example, might start out with 50 grams of carbohydrates from whole food sources following 3 weight training sessions per week.

### SEND FAT BURNING NUTRITION SIGNALS AROUND TRAINING

A sugar based sports drink is the last thing you should be using before and after training since this modern soft drink does nothing but send fat storage signals. Thirty minutes before training optimize the training environment to utilize more stored fat as fuel by sipping on the 100% MR and Muscle Synthesis which quickly delivers vital raw materials to working muscles. Post training, do not waste your time with obsolete protein drinks and added expensive sugars as they deliver too little raw material too late to working muscles. Amino Loading with 100% MR and Muscle Synthesis bypass digestive hang-ups, delivering a ton of scientifically engineered raw materials to muscles within in minutes. «

Email [Scott@infinityfitness.com](mailto:Scott@infinityfitness.com) for the "Fat Cell Cleansing" and "Physique Breakfast of Champions" special reports

## TIRED OF BUSTING YOUR ASS FOR ONLY AVERAGE RESULTS?

Amino Loading with 100% MR and Muscle Synthesis is a sure fire method for reducing body fat, increasing lean body mass and accelerating recovery. Dr. Serrano's scientifically engineered ratios can bypass digestive hang ups transporting critical fuel sources to hard working muscles within minutes. Protein powders are too little- too late! You deserve the most powerful tools available to make every oz of hard work pay off!



A customized approach to nutrition, training and supplementation is the fastest path to success. How much progress have you really made in the last 12 months? Craving better results? Let's discuss your unique needs and goals right now. I am available 7 days per week to support client success [Scott@infinityfitness.com](mailto:Scott@infinityfitness.com). Ask for cutting edge the extreme crash diet for strength athletes -

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Jeff Begue set an amazing standard of 600 plus pound benches in 5 different WABDL weight classes (Jeff Begue photo)

## BUCKEYE HALL OF FAME BP/DL

MAY 22 2010 » Canton, OH

BENCH	J. Begue	600*	4th-192*	259 lbs.	T. Baker	540*
<b>FEMALE</b>						
<b>Master (40-46)</b>	M. Mastrole	369*	4th-270*	<b>148 lbs.</b>	D. Pfeiffer	209*
<b>181 lbs.</b>	W. McCoy	303*	4th-270*	<b>148 lbs.</b>	J. Reeves	259
P. Rusinek	A. McVane	374	4th-270*	<b>148 lbs.</b>	L. Henkel	192
4th-187*	D. Noebe	446	4th-270*	<b>148 lbs.</b>	C. Cuspard	275
<b>Master (68-74)</b>	M. Donohue	270*	4th-270*	<b>148 lbs.</b>	M. Donohue	270*
<b>198 lbs.</b>	J. Henkel	303*	4th-270*	<b>148 lbs.</b>	Teen (18-19)	
S. Pack	D. Amburgey	352*	4th-270*	<b>148 lbs.</b>	J. Henkel	303*
Open	J. Henkel	303*	4th-270*	<b>148 lbs.</b>	D. Miskinis	308*
<b>132 lbs.</b>	Master (47-53)		4th-270*	<b>148 lbs.</b>	L. Anglewicz	104
K. Custer	M. Becht	363*	4th-270*	<b>148 lbs.</b>	N. Tsangeos	300*
<b>181 lbs.</b>	L. Newman	551*	4th-270*	<b>148 lbs.</b>	N. Saurers	374
P. Rusinek	R. Luklan	567*	4th-270*	<b>148 lbs.</b>	4th-402*	
4th-187*	Master (54-60)		4th-270*	<b>148 lbs.</b>	198 lbs.	
Teen (14-15)	B. Bennett	364	4th-270*	<b>148 lbs.</b>	B. Bennett	364
<b>132 lbs.</b>	220 lbs.		4th-270*	<b>148 lbs.</b>	220 lbs.	
A. Miskinis	J. Phillips	413	4th-270*	<b>148 lbs.</b>	J. Kolb	650!*
<b>148 lbs.</b>	J. Kolb	650!*	4th-270*	<b>148 lbs.</b>	DEADLIFT	
B. Collins	R. Ryan	716!*	4th-270*	<b>148 lbs.</b>	FEMALE	
Teen (16-17)	Master (75-79)		4th-270*	<b>148 lbs.</b>	Master (40-46)	
<b>148 lbs.</b>	242 lbs.		4th-270*	<b>148 lbs.</b>	181 lbs.	
S. Biddle	P. Rusinek	281	4th-270*	<b>148 lbs.</b>	P. Rusinek	281
Open	4th-303*		4th-270*	<b>148 lbs.</b>	4th-303*	
<b>148 lbs.</b>	Master (47-53)		4th-270*	<b>148 lbs.</b>	Master (47-53)	
T. Malysa	D. Amburgey	453*	4th-270*	<b>148 lbs.</b>	D. Amburgey	453*
Y. Hao	J. Eizensmits	176	4th-270*	<b>148 lbs.</b>	J. Eizensmits	176
<b>MALE</b>	Open		4th-270*	<b>148 lbs.</b>	Open	
<b>Class I</b>	114 lbs.		4th-270*	<b>148 lbs.</b>	114 lbs.	
<b>148 lbs.</b>	L. Newman	661*	4th-270*	<b>148 lbs.</b>	L. Newman	661*
W. McCoy	Y. Hao	236*	4th-270*	<b>148 lbs.</b>	Y. Hao	236*
<b>198 lbs.</b>	308 lbs.		4th-270*	<b>148 lbs.</b>	308 lbs.	
D. Taylor	R. Luklan	639*	4th-270*	<b>148 lbs.</b>	R. Luklan	639*
4th-352	Master (54-60)		4th-270*	<b>148 lbs.</b>	Master (54-60)	
<b>242 lbs.</b>	220 lbs.		4th-270*	<b>148 lbs.</b>	220 lbs.	
D. Ewen	J. Phillips	529	4th-270*	<b>148 lbs.</b>	J. Phillips	529
<b>275 lbs.</b>	4th-551*		4th-270*	<b>148 lbs.</b>	4th-551*	
L. Campos Jr.	Master (75-79)		4th-270*	<b>148 lbs.</b>	Master (75-79)	
Junior (20-25)	242 lbs.		4th-270*	<b>148 lbs.</b>	242 lbs.	
<b>148 lbs.</b>	105 lbs.		4th-270*	<b>148 lbs.</b>	105 lbs.	
C. Bochonowicz	L. Henkel	154	4th-270*	<b>148 lbs.</b>	L. Henkel	154
<b>165 lbs.</b>	Teen (14-15)		4th-270*	<b>148 lbs.</b>	Teen (14-15)	
J. Malysa	132 lbs.		4th-270*	<b>148 lbs.</b>	132 lbs.	
Law/Fire (40-47)	A. Miskinis	214	4th-270*	<b>148 lbs.</b>	A. Miskinis	214
<b>220 lbs.</b>	Teen (16-17)		4th-270*	<b>148 lbs.</b>	Teen (16-17)	
P. Hilliard	181 lbs.		4th-270*	<b>148 lbs.</b>	181 lbs.	
J. Henkel	316!*		4th-270*	<b>148 lbs.</b>	316!*	
J. Van Spiegel	275 lbs.		4th-270*	<b>148 lbs.</b>	275 lbs.	
M. Plasa	181 lbs.		4th-270*	<b>148 lbs.</b>	181 lbs.	
Law/Fire (56+)	148 lbs.		4th-270*	<b>148 lbs.</b>	148 lbs.	
<b>198 lbs.</b>	MALE		4th-270*	<b>148 lbs.</b>	MALE	
B. Begue	Class I		4th-270*	<b>148 lbs.</b>	Class I	
Open	259 lbs.		4th-270*	<b>148 lbs.</b>	259 lbs.	
<b>220 lbs.</b>	220 lbs.		4th-270*	<b>148 lbs.</b>	220 lbs.	
S. Cook	275 lbs.		4th-270*	<b>148 lbs.</b>	275 lbs.	
Law/Fire Submaster	181 lbs.		4th-270*	<b>148 lbs.</b>	181 lbs.	
<b>198 lbs.</b>	242 lbs.		4th-270*	<b>148 lbs.</b>	242 lbs.	
B. Pittman	308 lbs.		4th-270*	<b>148 lbs.</b>	308 lbs.	
<b>242 lbs.</b>			4th-270*	<b>148 lbs.</b>		
Z. Parsons			4th-270*	<b>148 lbs.</b>		

P. Hilliard 611\* 4th-352\* Submaster (33-39) Teen (16-17) **181 lbs.**

A. Mastroine 369\* **181 lbs.**

J. Ellis 518\* **181 lbs.**

N. Pinto 462\* **181 lbs.**

Teen (12-13) **105 lbs.**

N. Amburgey 132 **198 lbs.**

4th-154\* **148 lbs.**

**198 lbs.**

C. Cauhey 386! **148 lbs.**

Teen (14-15) **148 lbs.**

C. Rearick 303 **198 lbs.**

D. Pfeiffer 319 **148 lbs.**

! = World Records. \* = State Records. # = National Records. The story of this meet was Jeff Begue who became the first lifter in WABDL to bench 600 lbs. or over in five different weight classes; his highest 717 at 308. He hit a 600.7 at this meet, which was an Ohio state record in the 242 weight class in law/fire submaster. He has benched 600 or over at 242, 259, 275, 308 lbs. and supers. A phenomenal accomplishment. All of Jeff's lifts have been done in a single ply shirt. Roger Ryan set a world record 716.2 in class 1 and open in the bench in the double ply division with a 380 bench. Scott Cook of West Virginia set a world record in law/fire open 220 with 552.1 in a single ply shirt. Roger Ryan set a world record 716.2 in master 54-60/308 and passed the drug test. Jimmy Kolb set a world record with a huge 650.2 in teen 18-19/220 and also passed the drug test. That makes Jimmy the best teenage bencher in WABDL without a doubt. Both Roger and Jimmy were single ply. Sue-Ann Pack set a world record in a single ply with a 192.7 in 68-74/198. Sue Ann is from West Virginia. Some impressive state cords were Mike Plaso with 611.7 in law/fire 40-47/275 which was a West Virginia record. Richard Luhlan set an Ohio record 567.5 in 47-53/308. Patricia Rusinek set an Ohio record 187.2 bench at 40-46/181. Paul Hillard set a Penn record 562 in open 308. All of the previous records were set in a single ply division. Jed Lee set an Ohio record 402.2 in 165 open. Lonnie Atkins benched 485 raw at super for an Ohio record. Donnie Miskinis set both an open and teen 18-19/198 bench record of 308.5 in a double ply shirt and Neil Saurers set an Ohio record 402.2 in 18-19/181. Moving onto the deadlift, Allen McVane set a world record 585.1 in master 40-46/165, an incredible lift for a 163 pound man. Curtis Cauhey set a Penn and world record 386.8 in 12-13/198. That's a lot of iron for a 12 year old. Garrett Thomas set a world record in 16-17/165 with 578.5. He's only 7 lbs. off the master 40-46 world record. Christian Cuspard of Penn set a world record 541.1 in 16-17/181. Sarah Biddle set a world record 316.2 in 16-17/181. Impressive state records were set by Richard Luklan of Ohio with a 639.2 at 47-53/308. Jedd Lee pulled a 518 Ohio record at 165. Donnie Miskinis pulled an Ohio record 508 in open 148. Jimmy Kolb pulled a 644.7 Ohio record at 18-19/220. If you factor in his 650 bench, he's the best teenage lifter in WABDL with a 1294 total at 220. Paul Hillard got a 611.7 Penn record in open 308. Garrett Thomas also got the Penn open record at 165 in addition to the teenage world record with 578.5. Patricia Rusinek set an Ohio record 303 in master women 40-46/1818. John Pfeiffer, who has competed in numerous WABDL events over the years, set an Ohio record 392.3 bench on a 4th attempt. He's in 40-47/220 and works

as an emergency room technician. Daniel Taylor set an Ohio record 352.5 bench in class 1/198, and John Henkel set an Ohio record 303 bench in double ply 40-47/220. Luis Campos Jr. set an Indiana record bench in disabled with 352.5. Back to Jeff Begue, the only other WABDL lifter to bench 600 or over in four weight classes was Michael Womack, who d done it in 259, 275, 308 and super. The only WABDL lifters to bench 600 or more in three weight classes were John Erickson from Oklahoma City, Bill Gillespie from Virginia, Matt Lamarque from California, who has done 700 or more in three weight classes, Tiny Meeker from Texas, Ken Millrany from Tennessee and Jeff Peshak from Ohio. Needless to say not only is Jeff Begue in elite company, but he leads that elite company. Russell Combest has been Don Mickinis' #1 sponsor over the last few years. Russell and his wife Florence were put into the Ohio Hall of Fame last year. Russell put up a raw bench of 275.5 at 6'4" and he only weighs 233.5 and is 77 years old! He pulled a 479.5 deadlift raw at age 77. Nicole Sivak sang the national anthem. The spotters were very competent: Brett McShane, Tom Davisson and Garrett Brown. The judges were Margaret Reagan, Brent Biddle, Robert Bowyer, and Gus Rethwisch. The M.C.s were Don Miskinis and Gus Rethwisch. Score keepers were Margaret Reagan and Diana Biddle. The Iron Chamber Gym with Jeff Begue the owner brought the warm-up weights and benches and set the lifting platform up. Don Miskinis and his wife did an excellent job. There were 64 lifters. Last year there were 33. Don will move it to a hotel about two miles from the football hall of fame next year. He will have special rules on tickets for visiting the hall of fame. Also, the after and pre-meet place to eat was a German restaurant that had excellent food. Ken Anderson was voted into the Ohio hall of fame. Also voted in from Ohio were John Phillips, Robert Bowyer and Don Miskinis. » courtesy Gus Rethwisch

## IPA LEXEN XTREME SUMMER SLAM

JUL 10 2010 » Grove City, OH

BENCH	J. Upham	460
<b>148 lbs.</b>	L. Dallas	215
<b>165 lbs.</b>	Open Pro	
Open Am R	F. Bolt	—
G. Fink	305	
<b>198 lbs.</b>	Open Pro	
Master (65-69) Am R	M. Lenigar	—
J. McNeil	260	
<b>Iron Man</b>	BP	DL
<b>148 lbs.</b>		TOT
Junior Am		
B. Dinger	255	445
<b>198 lbs.</b>		700
Teen (18-19) Am		
J. Miller	265*	510*
<b>242 lbs.</b>		775
Raw Master (40-44) Am		
J. Blevins	340*	550!
<b>198 lbs.</b>		890*
Open Pro		
J. Russo	480*	650*
<b>220 lbs.</b>		1130*
Raw Junior Pro		
Z. Miller	420!	620!
<b>Full Power</b>	SQ	BP
<b>123 lbs.</b>		DL
FEMALE		TOT
<b>123 lbs.</b>		
Master (40-44) Am		
S. Bullock	235*	170!
<b>148 lbs.</b>		250*
Submaster Pro		655*

A. Galassi	205*	140*	300*	645*
<b>181 lbs.</b>				
Open Pro				
M. Henry	510*	365*	470*	1345*
<b>198 lbs.</b>				
Open Pro				
L. Jaskiewicz	465*	335!	505*	1305*
<b>MALE</b>				
<b>148 lbs.</b>				
Junior Am				
R. Stover	540*	365*	495*	1400*
Teen (16-17) Am				
Vandermolen	430*	150*	360*	940*
<b>181 lbs.</b>				
Junior Am				
B. Scott	570*	135*	525*	1230*
Master (45-49) Am				
S. Herrick	455*	360*	430*	1245*
<b>198 lbs.</b>				
Raw Teen (14-15) Am				
S. Sukola	260!	200!	350!	810!
Raw Teen (18-19) Am				
A. Heilman	395!	225	440	1060*
<b>220 lbs.</b>				
Open Am				
R. Czewski	740*	—	—	740
Teen (18-19) Am				
Underwood	670*	—	—	670
Master (40-44) Pro				
P. Sengos	740*	440*	620*	1800*
J. Woodridge	500	315	465	1280
Raw Open Pro				
P. Helber	525*	325*	550*	1400*
M. Foulk	365	275	425	1065
<b>242 lbs.</b>				
Master (40-44) Pro				
Underwood	600*	—	—	600
Master (50-54) Pro				
J. Ford	625*	335*	540*	1500*

Open Pro	M. Johnston	1000*	450*	750*	2200*
J. Wendler	650	405	705	1760	
E. Melodini	710	—	—	710	
<b>275 lbs.</b>					
Open Pro					
Jerry O	735*	520*	700*	1955*	
M. Harris	650	—	—	650	
<b>308 lbs.</b>					
Open Pro					
D. Schawb	850*	560*	805*	2215*	
Submaster Pro					
D. Schawb	850*	560*	805!	2215*	
<b>181 lbs.</b>					
Master (45-49) Am					
S. Herrick	455*	360*	430*	1245*	
<b>198 lbs.</b>					
Raw Teen (14-15) Am					
S. Sukola	260!	200!	350!	810!	
Raw Teen (18-19) Am					
A. Heilman	395!	225	440	1060*	
<b>220 lbs.</b>					
Open Am					
R. Czewski	740*	—	—	740	
Teen (18-19) Am					
Underwood	670*	—	—	670	
Master (40-44) Pro					
P. Sengos	740*	440*	620*	1800*	
J. Woodridge	500	315	465	1280	
Raw Open Pro					
P. Helber	525*	325*	550*	1400*	
M. Foulk	365	275	425	1065	
<b>242 lbs.</b>					
Master (40-44) Pro					
Underwood	600*	—	—	600	
Master (50-54) Pro					
J. Ford	625*	335*	540*	1500*	

SHW	Submaster	J. Loth	374	584	958
<b>Powerlifting</b>					
<b>220 lbs.</b>					
Master I					
C. Payne	633	341	600	1574	
<b>242 lbs.</b>					
Master Pure					
G. Rhoades	484	402	468	1354	
Spec					
B. Tanner	407	424	534	1365	
Raw					
<b>181 lbs.</b>					
Master Pure					
E. Ortiz	374	292	435	1101</	

# RESULTS

## APA GREEN MOUNTAIN FALL CLASSIC

OCT 3 2010 » Fair Haven, CT

BENCH	Junior (20-23) Std	123 lbs.	148 lbs.
<b>MALE</b>	C. Fredette 600!		
<b>181 lbs.</b>			
<b>Submaster (33-39)</b>			
<b>Raw</b>			
S. Messier 160!	Open Raw		
<b>242 lbs.</b>	K. Cota 215		
<b>Submaster (33-39)</b>			
<b>Std</b>			
D. Lung 340	Submaster (33-39)		
<b>275 lbs.</b>			
<b>Raw</b>			
S. Messier 285!	Raw		
<b>Push Pull</b>			
<b>MALE</b>			
<b>132 lbs.</b>			
<b>Open Raw</b>			
D. Blake 175	Raw		
<b>165 lbs.</b>			
<b>(13-15) Raw</b>			
N. Metaxas 226#	4th-DL-470!		
<b>181 lbs.</b>			
<b>Youth (8) Raw</b>			
J. Young 50			
<b>220 lbs.</b>			
<b>Master (40-44) Std</b>			
E. Barbagelata 455	xxx	455	
<b>275 lbs.</b>			
<b>Master (40-44) UL</b>			
N. Asimakopoulos 500	620	1120	
<b>Powerlifting</b>			
<b>SQ</b>			
<b>FEMALE</b>			
<b>105 lbs.</b>			
<b>Master (45-49) UL</b>			
R. Edson 105!	235!	610!	

## 3RD AZ USPF ELDRIDGE TOP GUN

SEP 25 2010 » Tombstone, AZ

BENCH	Junior (20-23) UL	123 lbs.	148 lbs.
<b>MALE</b>			
<b>242 lbs.</b>			
<b>Open</b>			
D. Duchani 551			
<b>220 lbs.</b>			
<b>Master (55-59)</b>			
B. Sands 253			
<b>148 lbs.</b>			
<b>Master (60-64)</b>			
R. Cooley 231			
<b>242 lbs.</b>			
<b>Master (60-64)</b>			
A. Manso 264			
<b>148 lbs.</b>			
<b>Master (75-79)</b>			
R. Cooley 374			
<b>220 lbs.</b>			
<b>Open</b>			
<b>FEMALE</b>			
<b>123 lbs.</b>			
<b>Open</b>			
K. Rodriguez 198			
<b>148 lbs.</b>			
<b>Open</b>			
V. Yarbrough 330			

## Master (45-49)

154 lbs. C. Bowden 154 121 237 512

## MALE

132 lbs. T. Gneck 182 149 242 573

148 lbs. R. Cooley 308 231 352 892

198 lbs. F. Brown 462 314 484 1261

P. Thomas 462 226 551 1239

4th-SQ-473

220 lbs. Dankemeyer 672 473 611 1756

G. Pantila 551 380 551 1481

E. Yarbrough 425 347 523 1295

275 lbs. S. Brown 716 418 699 1833

Junior (16-17)

132 lbs. T. Gneck 182 149 242 573

Junior (15-17)

C. Pierce — — — —

Junior (20-23)

275 lbs. C. Ayer 403 391 617 1410

Submaster (35-39)

275 lbs. S. Bellon 716 418 699 1833

Master (40-44)

198 lbs. F. Brown 462 314 484 1261

220 lbs. E. Yarbrough 425 347 523 1295

242 lbs. S. Wahl 568 446 584 1598

Master (45-49)

## 308+ lbs.

M. Bowden 149 589 622 1360

## Master (50-54)

242 lbs. J. Cole 595 292 506 1393

Master (55-59)

220 lbs. B. Sands 407 253 440 1101

Master (60-64)

148 lbs. R. Cooley 308 231 352 892

4th-DL-374

Master (70-74)

181 lbs. D. Judd 231 121 308 661

Master (75-79)

181 lbs. R. Simon 275 — — 275

» courtesy Danni Eldridge

## NASA INDIANA REGIONAL

SEP 25 2010 » Kokomo, IN

## BENCH

Raw R. Hamscher 391

220 lbs. Open R. Hamscher 391

242 lbs. J. Ellis 352

Push Pull BP DL TOT

198 lbs. R. Hamscher 391

Novice B. Smitley 253 347 600

Powerlifting SQ BP DL TOT

FEMALE

Raw

148 lbs.

## Master I

C. Nichols 226 121 231 578

## MALE

181 lbs. Open D. Coop 567 270 545 1382

242 lbs. Pure R. Pettet 551 358 501 1409

308 lbs. Submaster II L. Campos 402 446 523 1371

Special Olympian L. Campos 402 446 523 1371

Raw

165 lbs. Open S. Ismari 374 297 435 1107

Open I. Gonzalez 484 330 495 1310

Junior B. Ford 473 286 484 1244

Open B. Ford 473 286 484 1244

220 lbs. Master I R. Nichols 501 314 600 1415

Open R. Nichols 501 314 600 1415

275 lbs. Submaster II M. Babb 606 440 573 1618

308 lbs. Master I

## R. Nicodemus 562 470 589 1621

Master V R. Nicodemus 562 470 589 1621

Open R. Nicodemus 562 470 589 1621

Pure R. Nicodemus 562 470 589 1621

Power Sports CR BP DL TOT

220 lbs. Open J. Underwood 138 325 506 969

Teen D. Campos 121 248 418 787

242 lbs. Master II E. Lytl 77 209 286 573

275 lbs. Submaster II J. Meyers 132 242 473 848

» courtesy Job Hou-Sey

## USPF AMERICAN RECORD BREAKERS

SEP 11 2010 » New Martinsville, WV

## BENCH

FEMALE E. Horton 385

148 lbs. Master (40-44) R. Woods 407

Open S. Shafer 88

MALE DEADLIFT

148 lbs. Open S. Shafer 203

220 lbs. Male J. Stottlemire 633

275 lbs. J. Elick 611

Open Teen (18-19) C. Rice 496

» courtesy Tim Cochran

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# RESULTS

## ADFPF GARRO MEMORIAL/USPC MD JUL 24 2010 » Towson, MD

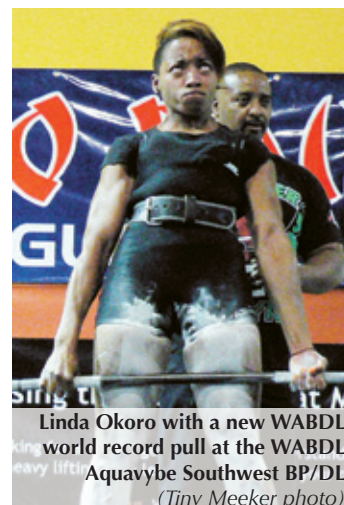
<b>BENCH FEMALE</b> 132 lbs. Open M. Salafia 170	<b>MALE</b> 123 lbs. (10-12) J. Prince Jr. 50	<b>DEADLIFT</b> 165 lbs. (70-74) J. Lusk 135	<b>MALE</b> 198 lbs. (18-19) R. Franklin 175
<b>MALE</b> 220 lbs. Open J. Jackson 380 B. Parks 315 242 lbs. Open	<b>MALE</b> 123 lbs. (10-12) J. Bosley 160	<b>MALE</b> 165 lbs. (70-74) J. Lusk 135	<b>MALE</b> 181 lbs. (20-23) J. Bosley 160

M. Salafia 80 198 lbs. S. Salafia (35-39) 50-59	175	210	215	540
B. Farmer 100 123 lbs. J. Bosley (10-12)	160	210	115	215
J. Svalina 385 165 lbs. (40-44) M. Andrews 365	385	245	160	300
198 lbs. CURL J. Jackson 380 B. Parks 315 242 lbs. Open	380	315	385	175

<b>PUSH PULL FEMALE</b> 198 lbs. Open B. Farmer 180	<b>BP</b> 405	<b>DL</b> 585	<b>TOT</b> 585	D. Pusey 479 (50-54) F. Sowa 540	J. Moore 100 Open B. Parks 154
<b>MALE</b> 181 lbs. (20-23) K. Barrett 250	430	680	680	143	143
<b>MALE</b> 198 lbs. (60-64) N. Sing 240	405	645	645	240	645
<b>MALE</b> 242 lbs. Open R. Franklin 360	600	960	960	360	960

<b>MALE</b> 242 lbs. (40-44) C. Laster 275	455	750	750	295	455
<b>MALE</b> 275 lbs. (40-44) G. Finley 310	540	850	850	310	540

<b>MALE</b> 259 lbs. Master (40-46) P. Parnell 761	336	573	573	491*	402*
<b>MALE</b> 308 lbs. Master (40-46) S. Mata 491*	336	573	573	491*	402*
<b>MALE</b> 220 lbs. SUPER Class I M. Craig 606*	562*	562*	562*	606*	562*
<b>MALE</b> 242 lbs. Single-Ply Law/Fire (56+) Open M. Hollan 496	496	496	496	215	496



Linda Okoro with a new WABDL world record pull at the WABDL Aquavybe Southwest BP/DL (Tiny Meeker photo)

State records were made by class I SHW Matt Craig 606.2 in a double-ply. Mike Harrison lifted in a single in the L/F 48-55 181 and pressed 320.6. Steve Mata lifted in the super and in a double and got a state record 490.5 in the master 40-46. In a single, Mike Duhon pressed 242.5 at 148 master 47-53. In his first meet ever and back from tearing a pec six months earlier and no surgery, Charles Fayle pressed 319.5 at 220 in the master 61-67 division. Steven Kaufman lifted in a double and press 358 at 220 in the submaster division, Jarrad Garrard in the teen 12-13 at 148 press 165.2 in a single. And 15 year old Ceasar Yepes lifted a state record 341.5 at 198. In the deadlift, state records were made by junior lifter Ian Soderqvist 683 at 259, L/F 40-47 at 220 Joseph Lee Chaney pulled 562. At 148 master 47-53 Mike Duhon pulled 429.7. Jill Porter pulled in the master 54-60 women 253.5 at 132. Ceasar Yepes at 15 pulled 402.2 at 198. And at 242 in the L/F 242, Keithyon Gunter turned into a monster and pulled 633.7. Biggest pull was not a record, but was made by Harjit Kumar 661 at 275. And the only world record pull was made by possible the best female puller in the world. UH's lifter Linda Okoro at 165 pulled a very easy and I do mean easy 468.2. Linda is on track to pull over 500 very soon. Awards were custom made medals and supplements from GLC and Labrada. I want to thank God for blessings us with a injury free meet. I want to thank all the lifter, sponsors, judges, help, the audience. If I left you out please forgive me. If you want to lift in a loud, wild, crazy meet, then this is it. Hope to see you next time. And thank you Powerlifting USA for all the strong support.

» *courtesy Tiny Meeker*

## APC REGION V CHAMPIONSHIPS OCT 16 2010 » E. Peoria, IL

<b>BENCH FEMALE</b> Raw 198+ lbs. K. Barnes 110	<b>MALE</b> Raw 275 lbs. Open J. Winkler	<b>SQ</b> 462	<b>BP</b> 374	<b>DL</b> 407	<b>TOT</b> 1244
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L. Cook 171	99	215	484	220 lbs.	
<b>MALE</b> 198 lbs. Junior M. Mago				512	347
<b>MALE</b> 220 lbs. Open J. Deline 418	286	435	1140	512	347
<b>MALE</b> 181 lbs. Sub F. Lagunas 462	374	407	1244	611	435
<b>MALE</b> 198 lbs. Open C. Pearce 484	314	512	1310	639	1685

## USAPL KANSAS STATE OCT 2 2010 » Hoisington, KS

<b>BENCH</b> 198 lbs. Open S. Lyon 380	<b>SQ</b> 380	<b>BP</b> 380	<b>DL</b> 380	<b>TOT</b> 380
<b>MALE</b> 132 lbs. Teen I L. Sanders 210	115	215	215	540
<b>MALE</b> 148 lbs. Teen III B. Woelk 245	160	300	705	705
<b>MALE</b> 198 lbs. Open E. Schmidt	—	—	—	—
<b>MALE</b> 490 S. Stout 490	410	580	1480	1480

<b>BENCH FEMALE</b> 114 lbs. Teen I S. Manka	90	225	375	375
<b>MALE</b> 132 lbs. Teen I L. Sanders 210	115	215	540	540
<b>MALE</b> 148 lbs. Teen III B. Woelk 245	160	300	705	705
<b>MALE</b> 198 lbs. Open E. Schmidt	—	—	—	—
<b>MALE</b> 490 S. Stout 490	410	580	1480	1480

## WABDL/AQUAVYBE SW PUSH PULL AUG 28 2010 » Kingwood, TX

<b>BENCH FEMALE</b> Single-Ply 114 lbs. Open A. Barajas 138	<b>DL</b> 276	<b>TOT</b> 320	D. Pusey 479 (50-54) F. Sowa 540	J. Moore 100 Open B. Parks 154
<b>MALE</b> 132 lbs. Master (54-60) J. Porter 165	402	402	143	143
<b>MALE</b> 197 lbs. Teen (12-13) M. Saldivar 154	336	336	240	645
<b>MALE</b> 220 lbs. Junior (20-25) A. Cruz 187	364	364	360	960

» *courtesy Wayne David Herl*

## 100% RAW VA STATE OCT 9 2010 » Stanardsville, VA

<b>BENCH</b> 198 lbs. Open D. Hall 413	<b>DL</b> 413	<b>TOT</b> 413
---	------------------	-------------------

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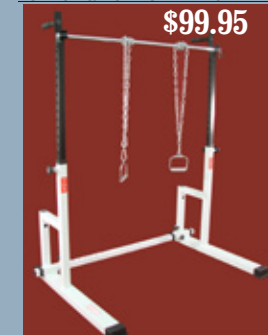
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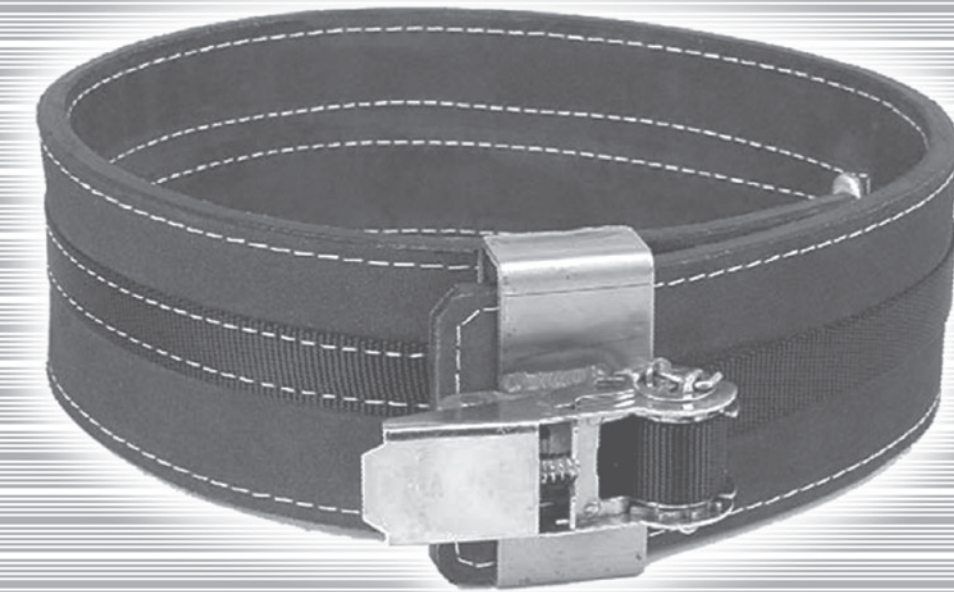
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## ADVANCE DESIGNS

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# RESULTS

## USAPL HUDSON NATURAL OPEN

OCT 30 2010 » Hudson, WI

Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
<i>(Formula)</i>				
<i>Raw Master (40-49)</i>				
L. Lee	170	105	315	590
<i>Open</i>				
S. Broderius	305	190	305	800
<i>Teen</i>				
S. Kuehn	365	195	340	900
E. Everson	205	110	240	555
<i>Raw Master</i>				
D. Duffy-Smet	180	135	295	610
Schouweiler	230	140	305	675
<i>Raw</i>				
E. Waltermann	280	205	355	840
F. Friday	265	110	310	685
K. Trussell	225	150	290	665
M. Augustine	370	215	395	980
D. Duffy-Smet	180	135	295	610
A. Matthews	215	150	300	665
R. Warpeha	195	140	250	585
C. Bisinger	255	120	265	640
P. Meyer	185	135	305	625
Niederowski	115	85	170	370
<b>MALE</b>				
<i>Open</i>				
J. Nelson	500	400	500	1400
<b>275 lb.</b>				
T. Rootes	585	415	—	—
<i>(Formula)</i>				
<i>Master (50+)</i>				
G. Grahn	420	285	425	1130
<i>Teen</i>				
D. Schneise	550	340	525	1415
S. Miller	450	245	480	1175
Schoenborn	375	225	410	1010
F. Webb	295	185	455	935

I. Barge	—	365	445	—
<i>Raw Master (40-49)</i>				
C. Schissel	455	450	550	1455
E. Maki	355	370	505	1230
W. Kish	350	310	440	1100
M. LaPoint	215	210	310	735
<i>Raw Master (50+)</i>				
S. Reid	360	220	430	1010
G. Edwards	410	300	515	1225
J. Milnes	375	250	445	1095
D. Priebe	420	295	500	1215
J. Valpatic	380	240	450	1070
B. Miller	340	300	450	1090
<i>Raw Teen</i>				
A. Ringhand	360	235	430	1025
K. Milnes	775	365	655	1795
R. Trettin	605	420	590	1615
G. Kuehn	520	300	540	1360
S. Reishius	405	215	435	1055
B. Puckhaber	365	275	465	1105
E. Lohman	440	285	445	1170
S. Cameron	300	230	395	925
M. Schuelke	425	225	450	1100
C. Jones	455	265	500	1220
E. Berns	365	245	505	1115
Schlichting	340	225	535	1100
A. Edwards	375	260	445	1080
I. Ohman	335	190	420	945
N. Gagnan	505	—	535	—
K. Will	545	—	635	—

Hudson Natural Open Best Lifter 1st Session: Kyle Milnes. Hudson natural Open Best Lifter 2nd Session: Justin Nelson. Venue: Hudson House. The 2010 Hudson Natural Open was a great success. We had novice, first time lifters as well as many veteran lifters. The meet has evolved into more of a Raw competition than a geared competition, with over 70% of the competitors lifting Raw. Because of this, we had to change the way that the Wisconsin/Minnesota Border Battle is determined. Using a percentage of Raw and a percentage of Geared lifters, Wisconsin came out on top for the Border Battle award. Kyle Milnes was very impressive on his way to winning the Best lifter award in the first session of lifting. Kyle made a very impressive 775 Squat in the Raw Men's division. I don't even think he wears a belt for Squats, and seems to be one of those people that always has great depth in the lift. Justin Nelson did an outstanding job in earning the best lifter award for the 2nd session of lifting. Justin proved to be a force in all three lifts. 400 lb. Bench weighing in at only 145.9 lbs.? Wow! Sid Ried was the best of the best in the Raw Men Master's age 50 and above division. He is always one of the lifters to watch at a Powerlifting event. I could go on and on about the great people that make this long running meet a success. Lifters, Judges, Spotters/Loaders, announcers, and the fans in the audience make this a fun event for all. We are already making plans for the 23rd annual Hudson Natural Open.

» courtesy Shawn L. Cain



Team Slaughterhouse were Team Champions at the NASA Ohio Regional (Richard Peters photo) lifting-Bench Press-Power Sports

## NASA OHIO REGIONAL OCT 30 2010 » Springfield, OH

BENCH	MALE	220 lbs.	198 lbs.	181 lbs.	165 lbs.	150 lbs.	135 lbs.	120 lbs.	105 lbs.
<i>Int</i>									
N. Mason	567	402	578	1547					
<i>Master I</i>									
B. Denlinger	413	380	363	380	1123				
<i>Submaster Pure</i>									
C. Ernst	479	380	363	380	1123				
<i>Open</i>									
J. Neal	402	275	369	501	1332				
<i>SHW</i>									
<i>Int</i>									
K. Johnson	451	380	363	380	1123				
<i>Raw</i>									
G. Simson	380	462	369	501	1332				
<i>Master I</i>									
J. Ali-Rodgers	264	462	369	501	1332				
<i>Open</i>									
K. Artz	352	595	385	551	1530				
<i>Submaster Pure</i>									
J. Ali-Rodgers	264	462	369	501	1332				
<b>198 lbs.</b>									
<i>Master III</i>									
J. Wells	248	484	352	451	1288				
<b>220 lbs.</b>									
<i>High School</i>									
C. Clokey	264	578	369	539	1486				
<i>Master Pure</i>									
G. Martin	308	490	407	528	1426				
<i>Open</i>									
J. Ellis	363	490	407	528	1426				
<i>Pure</i>									
J. Ellis	363	490	407	528	1426				
<i>Submaster Pure</i>									
J. Ellis	363	490	407	528	1426				
<b>242 lbs.</b>									
<i>Push Pull</i>									
<b>181 lbs.</b>									
<i>Master I</i>									
D. Martinez	308	424	732	1729					
<i>Novice</i>									
D. Martinez	308	424	732	1729					
<i>Raw</i>									
D. Martinez	308	424	732	1729					
<i>Powerlifting</i>									
<b>FEMALE</b>									
<i>Raw</i>									
L. Nicholson	110	132	143	385					
<b>165 lbs.</b>									
<i>Novice</i>									
A. Chadwell	182	127	281	589					
<b>165 lbs.</b>									
<i>Open</i>									
C. Claypool	281	154	226	661					
<b>MALE</b>									
<i>Master II</i>									
P. Drenik	380	220	429	1029					
<b>181 lbs.</b>									
<i>High School</i>									
J. Slone	347	182	418	947					
<i>Junior</i>									
D. Reolfi	347	204	424	974					
<i>Master II</i>									
D. Diehl	352	248	402	1002					
<i>Novice</i>									
D. Diehl	352	248	402	1002					
<i>Teen</i>									
M. Baker	506	330	556	1393					

O. Saiko	374	248	462	1084					
<i>Novice</i>									
B. Schaffer	303	215	451	969					
<i>Open</i>									
A. Lugo	457	286	490	1233					
<b>198 lbs.</b>									
<i>Master I</i>									
D. Harness	446	248	473	1167					
<i>Master III</i>									
J. Wells	341	248	352	941					
<i>Teen</i>									
T. Gray	473	297	473	1244					
<b>220 lbs.</b>									
<i>Junior</i>									
T. Cox	650	363	727	1740					
<i>Master Pure</i>									
J. Rybak	440	314	512	1266					
<i>Novice</i>									
Z. Wilson	374	303	501	1178					
<i>Submaster Pure</i>									
S. Kellenberger	358	314	407	1079					
<i>Teen</i>									
J. Jones	451	264	501	1217					
<b>242 lbs.</b>									
<i>Junior</i>									
J. Daniel	319	253	429	1002					
<i>Novice</i>									
J. Carsley	473	314	506	1294					
<i>Open</i>									
A. Werner	556	374	584	1514					
<i>Open</i>									
N. Showman	457	325	539	1321					
<i>Submaster I</i>									
S. Poffenberger	573	385	600	1558					
<b>275 lbs.</b>									
<i>Master Pure</i>									
H. Mobley	517	347	578	1442					
<i>Pure</i>									
H. Mobley	517	347	578	1442					
<b>SHW</b>									
<i>Master Pure</i>									
K. Artz	484	352	451	1288					
<b>Power Sports</b>									
<b>CR BP DL TOT</b>									
<b>MALE</b>									
<b>198 lbs.</b>									
<i>High School</i>									
G. Beilstein	116	215	352	683					
<b>220 lbs.</b>									
<i>Master I</i>									
J. Rybak	138	314	512	963					
<i>SHW</i>									
<i>Submaster I</i>									
W. Dixon	154	407	501	1062					
<i>Junior</i>									
T. Butcher	815	545	639	1998					
<i>SHW</i>									
<i>Junior</i>									
B. Isaacs	633	451	644	1729					
<i>Raw</i>									
L. Nicholson	110	132	143	385					
<i>Open</i>									
L. Nicholson	110	132	143	385					
<b>165 lbs.</b>									
<i>Junior</i>									
S. Blakeman	369	270	308	947					
<i>Open</i>									
J. Woods	418	347	429	1195					
<i>Police/Fire</i>									
J. Woods	418	347	429	1195					
<i>Submaster II</i>									
J. Woods	418	347	429	1195					
<b>181 lbs.</b>									
<i>High School</i>									
J. Slone	347	237	451	1035					
<i>Junior</i>									
D. Reolfi	347	204	424	974					
<i>Master II</i>									
R. Marr	385	231	473	1090					
<i>Open</i>									
W. Alvarez	345	303	440	1112					
<i>Novice</i>									
T. Butera	330	—	—	—					

## WNPF CAN AM NATIONALS

SEP 26 2010 » Rochester, NY

BENCH	FEMALE	123 lbs.	105 lbs.	90 lbs.	75 lbs.	60 lbs.	45 lbs.
<i>Raw (13-16)</i>							
M. Jackson	85*	390*	290	190*	115*	250*	555*
<i>W. Murphy</i>							
110**	380	290	190*	115*	250*	555*	—
<b>165 lbs.</b>							
<i>Open</i>							
C. Babin	115*	200*	160**	85**	265**	510**	—
<b>MALE</b>							
<i>(35-39)</i>							
J. Jackson	200*	415*	400	275	540	1215	—
<i>(70-74)</i>							
C. Wuest	220#	415*	400	275	540	1215	—
<i>Raw</i>							
J. Mitchell Jr	420	335	400	275	540	1215	—
<i>(20-23)</i>							
N. Jackson	185	335*	265*	205*	365*	835*	—
<i>(50-54)</i>							
R. Satta	335*	320*	165*	115*	315*	595*	—
<i>Raw Lifetime</i>							
T. Dunsmoor	320*	390**	380*	260*	455*	1095*	—
<i>(13-16)</i>							
N. Tomarchio	285	390**	380*	260*	455*	1095*	—
<i>Open</i>							
W. Alvarez	345	390**	380*	260*	455*	1095*	—
<i>DEADLIFT</i>							
<b>FEMALE</b>							

<b>100 lbs.</b>		<b>85 lbs.</b>		<b>70 lbs.</b>		<b>55 lbs.</b>	
<i>Youth</i>		<i>Open</i>		<i>Open</i>		<i>Open</i>	
S. Kenny	35#*	250*	35#*	275*	560*	350	150#*
<b>242 lbs.</b>		<b>181 lbs.</b>		<b>148 lbs.</b>		<b>100 lbs.</b>	
<i>Raw (50-54)</i>		<i>Raw (50-54)</i>		<i>Raw (20-23)</i>		<i>Raw (17-19)</i>	
M. Drury	275*	350	150#*	445	425	375*	—
<i>Lifetime</i>		<i>Youth</i>		<i>MALE</i>		<i>Raw (20-23)</i>	
J. Sarratori	500	315	460	1275			
<i>(55-59)</i>		<i>Raw (35-39)</i>		<i>Raw (20-23)</i>		<i>Raw (45-49)</i>	
D. Crans	400	275*	470	1145			
<i>Lifetime</i>		<i>Open</i>		<i>Open</i>		<i>Open</i>	
W. Alvarez	160*	60	35#*	180	28#*	190	15
<b>SQUAT</b>		<b>FEMALE</b>		<b>MALE</b>		<b>Ironman</b>	

# 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](mailto:info@powerliftingusa.com), or by phone at 1.800.448.7693.

**8 JAN** » 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](mailto:sonlightgym@verizon.net), [www.sonlightpower.com](http://www.sonlightpower.com)  
**8 JAN** » NASA Gilmer Open (Equipped/Unequipped, PL/BP/PS/PP) (Gilmer, TX) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**9 JAN** » SPF 4 in 1 Meet (Pleasanton, CA) » Jesse Rodgers, 423.255.3672, [rodgersmadmax@bellsouth.net](mailto:rodgersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**15 JAN** » APF Battle of Honor (Pelion, SC) » Will Millman, [shelter223@gmail.com](mailto:shelter223@gmail.com), 843.886.5366, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**15 JAN** » 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](mailto:sonlightgym@verizon.net), [www.sonlightpower.com](http://www.sonlightpower.com)  
**15 JAN** » USAPL LA State Meet (Lafayette, LA) » Cameron Barrilleaux, 985.768.2399, [www.usapl.com](http://www.usapl.com)  
**15 JAN** » 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](mailto:rawunitedinc@gmail.com), [www.rawunited.org](http://www.rawunited.org)  
**15 JAN** » Pure Athletic Power Open/Masters/Teen Team Challenge bp/DL Meet (Princeton, WV) » Donnie Robbins, 304.320.9072, [all4athletes@live.com](http://all4athletes@live.com), [www.pureathleticpower.com](http://www.pureathleticpower.com)  
**15 JAN** » APF Great Lakes Open (PL/BP/Ironman) (Zeeland, MI) » Andy Briggs, 616.935.2380, [lifthvy1@yahoo.com](mailto:lifthvy1@yahoo.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**16 JAN** » Exile Barbell Association "No Bullsh\*t" Bench Only Meet (big contest rules, small contest price) (Celina, OH) at Musclehead's Gym » Mike Wolfe, 419.953.9009, [exilebarbell@yahoo.com](mailto:exilebarbell@yahoo.com)  
**22 JAN** » Elite PL Vermont Record Breakers BP/Raw BP (St. Johnsbury, VT) at The Club at Old Mill Fitness Center » Bill Durant, 603.762.3990, [mail@elite-powerlifting.com](mailto:mail@elite-powerlifting.com), [www.elitepowerlifting.com](http://www.elitepowerlifting.com)  
**22 JAN** » 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](mailto:sonlightgym@verizon.net), [www.sonlightpower.com](http://www.sonlightpower.com)  
**22 JAN** » 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** » NASA Natural Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Oklahoma City, OK) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**22-23 JAN** » 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](mailto:rawunitedinc@gmail.com), [www.rawunited.org](http://www.rawunited.org)  
**22-23 JAN** » 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](http://www.rawunitymeet.com)  
**23 JAN** » WNPF Region 1 Powerlifting Championships (Philadelphia, PA) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)  
**23 JAN** » 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](mailto:slfronk@landolakes.com)  
**28 JAN** » 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](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**29 JAN** » USAPL No Frills Meet (Flint, MI) » Miguel Ruelan, 810.701.1876, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**29 JAN** » SPF Tennessee State PL/PP/BP/DL (Knoxville, TN) at the Days Inn » Jesse Rodgers, 423.255.3672, [rodgersmadmax@bellsouth.net](mailto:rodgersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**29 JAN** » WNPF 1st Collegiate Nationals & 14th South Carolina Championships (Greenville, SC) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)  
**29 JAN** » USAPL Capitol City Clash (Lincoln, NE) » Bill Sindelar, 402.986.1784, [www.usapl.com](http://www.usapl.com)  
**29 JAN** » USPF Sooner State Winter Games (PL/BP/DL) (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, [rcrain@allegiance.tv](mailto:rcrain@allegiance.tv), [www.soonerstategames.org](http://www.soonerstategames.org)  
**29 JAN** » UPA Minnesota & Midwest Powerlifting Championship (Princeton, MN) » Jeff Adkins, [barbell01@gmail.com](mailto:barbell01@gmail.com), 763.286.9270, [www.upapower.com](http://www.upapower.com)  
**29 JAN** » USAPL Wisconsin State Meet (Milwaukee, WI) » Bruce Sullivan, 262.639.3210, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**29 JAN** » 100% Raw Potomac Open Single Lifts BP/DL/Strict Curl (Woodbridge, VA) at Powerhouse Gym » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, [valifting@aol.com](mailto:valifting@aol.com), [www.virginiapowerlifting.blogspot.com](http://www.virginiapowerlifting.blogspot.com)  
**29 JAN** » 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](http://www.usapowerlifting.com)  
**29 JAN** » 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](mailto:bench_a_grand@yahoo.com), [www.rychlakpowersystems.com](http://www.rychlakpowersystems.com)  
**29 JAN** » Battle in Montreal (Montreal, Canada) » Bruce McIntyre, [brucemcintyre@sympatico.ca](mailto:brucemcintyre@sympatico.ca), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**29-30 JAN** » USPF American Powerlifting Cup Invitational and Los Angeles Fit Expo Bench Press and Deadlift Invitational (Los Angeles, CA) » Steve Denison, 661.333.9800, [pwlrltrs@msn.com](mailto:pwlrltrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com), [www.thefitexpo.com](http://www.thefitexpo.com)  
**30 JAN** » SLP Body Zone Open BP/DL Championships (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net), [www.sonlightpower.com](http://www.sonlightpower.com)  
**5 FEB** » USAPL Minnesota State Open (Elk River, MN) » James Cahill, 763.784.2521, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**5 FEB** » USAPL ID Open & State HS Championships (Nampa, ID) » Steve Rayborn, 208.850.9766, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**5 FEB** » 10th Annual IBP Regional Push Pull Championships (Statesville, NC) » Keith Payne, [keith@ironboypowerlifting.com](mailto:keith@ironboypowerlifting.com), [www.ironboypowerlifting.com](http://www.ironboypowerlifting.com)  
**5 FEB** » 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](mailto:sonlightgym@verizon.net), [www.sonlightpower.com](http://www.sonlightpower.com)  
**5 FEB** » NASA Arizona State Mike Morris Memorial (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**6 FEB** » 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](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**12 FEB** » SLP Brickyard Open BP/DL Championships (Milwaukee, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net), [www.sonlightpower.com](http://www.sonlightpower.com)  
**12 FEB** » SSA CandyAzz Classic (Full Power/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, [www.ironasylumgym.com](http://www.ironasylumgym.com)  
**12 FEB** » WABDL World Qualifier BP and DL Championships (Beaver Falls, PA) at the Holiday Inn » Charles Venturella, 724.654.4117, [sircharles148@peoplepc.com](mailto:sircharles148@peoplepc.com), [www.wabdl.org](http://www.wabdl.org)  
**12 FEB** » NASA Missouri State (Equipped/Unequipped, PL/BP/PS/PP) (Joplin, MO) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**12 FEB** » 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](mailto:rawunitedinc@gmail.com), [www.rawunited.org](http://www.rawunited.org)  
**12 FEB** » ADFFP 3rd Annual Cabin Fever Challenge (Rockland, MA) at the

Holiday Inn » [bigironpowerlifting@comcast.net](mailto:bigironpowerlifting@comcast.net), 781.294.4201, [www.bigironpowerlifting.com](http://www.bigironpowerlifting.com), [www.adfpf.org](http://www.adfpf.org)  
**12 FEB** » 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](mailto:hudsonj@uhd.edu), [www.wabdlcollegiate.info](http://www.wabdlcollegiate.info)  
**12 FEB** » 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](mailto:bench_a_grand@yahoo.com), [www.rychlakpowersystems.com](http://www.rychlakpowersystems.com)  
**12 FEB** » SPF Alabama State PL/BP Championship (Arab, AL) » Jesse Rodgers, [rodgersmadmax@bellsouth.net](mailto:rodgersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**19 FEB** » USAPL California State PL/BP Championships (Santa Clarita, CA) » [ajohnson@velocitysp.com](mailto:ajohnson@velocitysp.com), 701.610.1205, [www.usapl-ca.org](http://www.usapl-ca.org)  
**19 FEB** » SPF Longhorn Classic PL/PP/BP/DL (Plano, TX) at the Holiday Inn Express » Jesse Rodgers, 423.255.3672, [rodgersmadmax@bellsouth.net](mailto:rodgersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**19 FEB** » PRPA Louisiana Open Raw PL Championships (Clash for Cash Qualifier) (New Orleans, LA) at Final Fitness » Jake Impastato, [jraw504@gmail.com](mailto:jraw504@gmail.com), [www.raw504.com](http://www.raw504.com)  
**19 FEB** » APC Illinois State and Midwest Open PL/BP Championships (Raw & Equipped, APC National Qualifier) (East Peoria, IL) » Stephen Parkhurst, 309.657.0963, [parkhurst11@hotmail.com](mailto:parkhurst11@hotmail.com), [www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com)  
**19 FEB** » ADAU Raw Power Emmanuel Championships (Johnstown, PA) » Jim Alicardi, 814.241.3052, [paworkout@aol.com](mailto:paworkout@aol.com), [www.adaurawpower.com](http://www.adaurawpower.com)  
**19 FEB** » WNPF All Raw World Tournament of Champions (Atlanta, GA) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)  
**19 FEB** » USAPL Valley of the Sun Classic Push/Pull (Scottsdale, AZ) at Bishop Training Facility » Rich Wenner, [rich@usaplaz.com](mailto:rich@usaplaz.com), PO Box 2862, Tempe, AZ 85280, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**19 FEB** » 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](mailto:sonlightgym@verizon.net), [www.sonlightpower.com](http://www.sonlightpower.com)  
**19 FEB** » 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](mailto:rawunitedinc@gmail.com), [www.rawunited.org](http://www.rawunited.org)  
**19 FEB** » Red Brick Bench Press Championships VIII Fundraiser for WNY Military Family Readiness Groups (Buffalo, NY) » Dennis Brochey, 716.200.3533, [cdbrochey@roadrunner.com](mailto:cdbrochey@roadrunner.com), [www.niagarapowerliftingclub.com](http://www.niagarapowerliftingclub.com)  
**19 FEB** » 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](mailto:rodgersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**20 FEB** » WNPF All Raw World Tournament of Champions (Youngstown, OH) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)  
**20 FEB** » APF/AAPF 2nd Annual Ohio Cup (West Lafayette, OH) » John Blackstone & Dave Clement, 740.502.4964, [dac6932@yahoo.com](mailto:dac6932@yahoo.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**25-26 FEB** » USAPL AL State PL/BP Championships (Gulf Shores, AL) » Daryl Haskew, 251.928.6987, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**26 FEB** » USAPL Albany Strength PL Championships (Albany, NY) » John Payette, 518.443.1703, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**26 FEB** » SPF Ozark Mountain Classic PL/PP/BP/DL (Branson, MO) at Anytime Fitness » Jesse Rodgers, 423.255.3672, [rodgersmadmax@bellsouth.net](mailto:rodgersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**26 FEB** » WNPF All Raw World Tournament of Champions (Bordentown, NJ) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)  
**26 FEB** » 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](mailto:sonlightgym@verizon.net), [www.sonlightpower.com](http://www.sonlightpower.com)  
**26 FEB** » NASA East Texas State (Equipped/Unequipped, PL/BP/PS/PP) (Tyler, TX) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**26 FEB** » USAPL Aggie Showdown (Texas A&M, TX) » Kayla James, 254.223.2991, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**26 FEB** » APA Bench Press Nationals » John Micka, 601.297.5646, [jgmicka@aol.com](mailto:jgmicka@aol.com), Bobby Myers, 850.974.2880, [alacqua-pits@netzero.net](mailto:alacqua-pits@netzero.net), [www.apa-wpa.com](http://www.apa-wpa.com)  
**26 FEB** » USAPL Virginia Open PL/BP/DL/Ironman (Raw & Assisted) (Zion Crossroads, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, [valifting@aol.com](mailto:valifting@aol.com), [www.virginiapowerlifting.blogspot.com](http://www.virginiapowerlifting.blogspot.com)  
**27 FEB** » 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](mailto:dave@usabodybuilding.net), [www.uspfpowerlifting.com](http://www.uspfpowerlifting.com)  
**27 FEB** » 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](mailto:sonlightgym@verizon.net), [www.sonlightpower.com](http://www.sonlightpower.com)  
**3-6 MAR** » Arnold Sports Festival (Columbus, OH) » Matt Lorz, 614.443.1877,

[mattlorz@rrcol.com](mailto:mattlorz@rrcol.com), [www.arnoldsportsfestival.com](http://www.arnoldsportsfestival.com)  
**4-6 MAR** » 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 Marriott, 2350 West Belt Dr. » Dan Dague, 614.554.8824, [lexenxtreme@aol.com](mailto:lexenxtreme@aol.com), [www.lexenxtreme.com](http://www.lexenxtreme.com)  
**4-5 MAR** » UPA Iowa & Midwest PL Championship (Dubuque, IA) at the Grand River Center » Bill Carpenter, 563.599.1390, [bcarpenter@upapower.com](mailto:bcarpenter@upapower.com), [www.upapower.com](http://www.upapower.com)  
**4-6 MAR** » 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](mailto:rawunitedinc@gmail.com), [www.rawunited.org](http://www.rawunited.org)  
**5 MAR** » IBP Northeastern Carolina Bench Clash (Warrenton, NC) » Keith Payne, [keith@ironboypowerlifting.com](mailto:keith@ironboypowerlifting.com), [www.ironboypowerlifting.com](http://www.ironboypowerlifting.com)  
**5 MAR** » 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](mailto:sonlightgym@verizon.net), [www.sonlightpower.com](http://www.sonlightpower.com)  
**5 MAR** » NASA Colorado State (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » [www.nasa-sports.com](http://www.nasa-sports.com)

## APF/AAPF/WPC Schedule

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

**15 JAN**, APF Great Lakes Open

**29 JAN**, Battle in Montreal

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

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

**19 MAR**, APF/AAPF Garth Heckman Benefit Meet

**19-20 MAR**, APF/AAPF Illinois State Meet

**MAR**, APF/AAPF Michigan State Meet

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

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

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

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

**21 MAY**, APF/AAPF 3rd Annual Carolina Classic PP

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

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

**JUN**, WPC European Championships

**AUG**, APF Kalamazoo Carnage Meet

**1-4 SEP**, AWPC Worlds (Equipped & Raw)

**10 SEP**, AAPF Summer Heat VII

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

**10 DEC**, APF Holiday Festival of Strength

**DEC**, APF/AAPF Illinois Raw Power Challenge

*Dates subject to change*  
**Call 866.389.4744 for more information**  
**or go to our website:**  
**[www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)**

Orange County Powerlifters Presents

# 2011 Orange County Powerlifting Bench Press Ironman Championship

Saturday May 21st 2011

Contact: Frank Panaro (845)778-1884 [ocpowerlifters@gmail.com](mailto:ocpowerlifters@gmail.com) Pine Bush Firehouse State Route 52 Pine Bush NY 12566

[www.ocpowerlifters.com](http://www.ocpowerlifters.com)

# COMING EVENTS »

**5-6 MAR** » USAPL WA State Championships (Olympia, WA) » Richard Schuller, 206.280.8122, www.usapowerlifting.com  
**5-6 MAR** » SPF Ironman Classic PL/BP (Pro/Am type meet) (Knoxville, TN) at the Days Inn » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com  
**11-12 MAR** » USAPL WI High School State Championships (Eau Claire, WI) » Joel Hornby, 715.852.6763, www.usapowerlifting.com  
**11-12 MAR** » USAPL South Dakota BP/PL Championships (Rapid City, SD) » Nicole Craig, 605.390.8288, www.usapowerlifting.com  
**12 MAR** » Drug Free Single Event Canadian Championships (Equipped, Unequipped, Raw) (Taber, Alberta, Canada) » Randy Sparks, 403.223.2479, rsparks@telusplanet.net  
**12 MAR** » Beast of the Northeast BP/DL Ironman (Warren, PA) » Carl Seeker, 814.706.2321, seeker4@verizon.net  
**12 MAR** » SPF Brute Strength Gym Shamrock PL/BP Meet (Raw/Multi-ply; PL/PP/BP) (Norfolk, VA) » Stella Krupinski, 757.893.9111, brando\_waterfront@yahoo.com, www.brutestrengthgym.net, www.southernpowerlifting.com  
**12 MAR** » WNPF 8th Tennessee State Championships (Cleveland, TN) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**12 MAR** » 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** » 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** » NASA Georgia Open & High School State (Equipped & Unequipped PL/BP/PP/PS) (Dalton, GA) » www.nasa-sports.com  
**12 MAR** » Walker's Gym Bench Press Classic (Raw, Open, All Weight Classes) (Hopewell, VA) » Walker's Gym, 220 E. Broadway, 804.458.7918  
**13 MAR** » New Jersey Drug Free High School Championships (High School Only) (Hammonton, NJ) » Coach Paul Sacco, 609.567.0846  
**13 MAR** » 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** » APF/AAPF Garth Heckman Benefit Meet (Apple Valley, MN) » Scott Nutter, 952.215.2588, biggcatt@hotmail.com, www.worldpowerliftingcongress.com

**19 MAR** » 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** » NASA Tennessee State (Equipped/Unequipped, PL/BP/PS/PP/Counts) (Pickwick or Savannah, TN) » www.nasa-sports.com  
**19 MAR** » 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  
**19 MAR** » Elite PL Spring Break Bash Pull/Power & Single BP/DL/PP (Peabody, MA) at Gym Warriors » Paul D., 978.766.6280, xxtralgemuscle@aol.com, www.elitepowerlifting.com  
**19-20 MAR** » APF/AAPF Illinois State Championships (DeKalb, IL) » Dick Zenze and Bruce McCord, maswldchamp@yahoo.com, www.worldpowerliftingcongress.com  
**20 MAR** » Exile Barbell Association "No Bullsh\*t" Bench Only Meet (big contest rules, small contest price) (Celina, OH) at Musclehead's Gym » Mike Wolfe, 419.953.9009, exilebarbell@yahoo.com  
**20 MAR** » WNPF Youth-Teen-Junior-Subs-Masters Nationals & American Open (Philadelphia, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**26 MAR** » USAPL Alaska State PK Championships (Anchorage, AK) » Ron Burnett, 907.345.7996, www.usapowerlifting.com  
**26 MAR** » Drug Free Midwest Open BP/DL/Curl Championships (Freeport, IL) at Fitness Lifestyles » Duane, 815.233.2292, duanefit4life@aol.com  
**26 MAR** » SPF Arkansas State PL/PP/BP/DL (Russellville, AR) at Back2Basics Gym » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com  
**26 MAR** » 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** » NASA Kansas State (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.com  
**26 MAR** » 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 Eldridgde, brock5851@aol.com, www.coldirongym.com  
**26-28 MAR** » USAPL High School Nationals (Corpus Christi, TX) » Hector Munoz, 361.813.9691, www.usapowerlifting.com  
**MAR** » APF/AAPF Michigan State Meet (MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com  
**MAR** » Elite PL March Madness BP/Raw BP (Meredith, NH) at The Fitness Edge » Bill, 603.762.3990, www.elitepowerlifting.com  
**1-3 APR** » USAPL Collegiate National Championships (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, 570.309.6316, www.2011collegiates.purepowerlifting.com  
**1-3 APR** » 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** » ADAU Great Lakes Powerlifting Championships (Erie, PA) » Joe Orenzia, 814.833.3727, joesymerie@live.com, www.adaurawpower.com  
**2 APR** » Raw & Drug Free Single Lift (SQ/BP/DL) Championships (Erie, PA) » Joe Orenzia, 814.833.3727, joesymerie@live.com, www.adaurawpower.com  
**2 APR** » SPF Georgia State PL/PP/BP/DL (Peachtree City, GA) at Explosive Mechanics » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com  
**2 APR** » Elite PL Record Breakers BP/PP/Raw BP (Keene, NH) » Bill, 603.762.3990, www.elitepowerlifting.com  
**2 APR** » MHP's Kings of the Bench V & Clash of the Titans IV at the Ronnie Coleman Classic Expo (Wraps & Belts Only, Cash Prizes) (Mesquite, TX) » Sean Katterle, 503.221.2238, seanzilla@hardcorepowerlifting.com, www.hardcorepowerlifting.com  
**2-3 APR** » AAU 2nd Annual Nevada State and Southwest Regional Championships (meet capped at 100 lifters, Qualifier for the AAU Nationals & Worlds) (Las Vegas, NV) at the Imperial Palace Hotel/Casino » Team Natural Power Las Vegas, naturalpowerlasvegas@yahoo.com, www.aasports.org  
**2-3 APR** » NASA High School Nationals (Equipped/Unequipped, PL/BP/PS/Power Press) (Oklahoma City, OK) » www.nasa-sports.com  
**3 APR** » 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** » USAPL Collegiate Nationals (Scranton, PA) » www.purepowerlifting.com  
**9 APR** » SPF North Myrtle Beach Classic PL/PP/BP/DL (N. Myrtle Beach, SC) at the North Myrtle Beach Aquatic and Fitness Center » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com  
**9 APR** » SPF Quest for Ultimate Glory PL/PP/BP/DL (Lynnwood, WA) at Local's Gym » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

southernpowerlifting.com  
**9 APR** » APC Georgia State Open PL/BP Championships (National Qualifier, Raw & Equipped) (Athens, GA) at the Holiday Inn Express » L.B. Baker, 770.713.3080, irondawgpower@yahoo.com, www.americanpowerliftingcommittee.com  
**9 APR** » WNPF (APF Pro Wrist Straps) Maryland State Championships (Baltimore, MD) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**9 APR** » 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** » 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** » 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** » NASA Ohio State (Equipped/Unequipped, PL/BP/PS/PP) (Springfield, OH) » www.nasa-sports.com  
**10 APR** » 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** » SPF Carolina Classic PL/PP/BP/DL (Asheville, NC) at Biltmore Fitness » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com  
**16 APR** » WNPF Florida State & Raw National Championships (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**16 APR** » WABDL Northeast Regional BP/DL Championship (West Portland, ME) at the Holiday Inn » Al Stork, 207.223.5945, www.wabdl.org  
**16 APR** » USAPL Richmond Open (Mechanicsville, VA) » Tricia and Gary Emrich, 804.605.5135, vstataechair@usaplvirginia.com, www.usaplvirginia.com  
**16 APR** » 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** » WABDL FL State Bench Press and Deadlift Competition (Lakeland, FL) at All American Gym » Ken Snell, 863.687.6268, www.allamericangym.com  
**16 APR** » 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** » APF/AAPF Texas Classic (Austin, TX) » Greg & Heather Tillinghast, 940.783.1468, aptexas@yahoo.com, www.worldpowerliftingcongress.com  
**16 APR** » 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** » NASA Iowa State (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com  
**16 APR** » USAPL Richmond Open (Mechanicsville, VA) » Tricia & Gary Emrich, 804.559.1430, www.usapowerlifting.com  
**16-17 APR** » 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** » USAPL Arizona Open PL Championships (Peoria, AZ) at Mass Power Barbell Club » Rich Wenner, PO Box 2862, Tempe, AZ 85280, Mass Barbell, 623.825.7818, masspowerbarbellclub@gmail.com, www.usapowerlifting.com  
**23 APR** » SPF Guerrilla Squad Barbell Classic PL/PP/BP/DL (Richmond, KY) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com  
**23 APR** » 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** » 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** » USAPL Nebraska State Championship (Lincoln, NE) » Bill Sindelar, 402.986.1784, www.usapl.com  
**23 APR** » NASA Oklahoma State (Equipped/Unequipped, PL/BP/PS/PP) (Oklahoma City, OK) » www.nasa-sports.com  
**28 APR - 1 MAY** » USAPL Men's Master Nationals (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com  
**29-30 APR** » APF Raw Nationals & APF Single Ply Nationals (Orlando, FL) » Kieran Kidder & Amy Jackson, 630.896.7309, amyjackson@aol.com, www.worldpowerliftingcongress.com  
**30 APR** » WNPF Georgia State Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**30 APR** » 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

## UPCOMING SLP COMPETITIONS


**8 JAN, SLP Winter BP/DL Classic (Indianapolis, IN)**  
**15 JAN, SLP Smokey Mountains Open (Stanton, KY)**  
**22 JAN, SLP Mississippi State BP/DL (Tupelo, MS)**  
**30 JAN, SLP Body Zone Open BP/DL (Indianapolis, IN)**

**Son Light Power**  
**122 W. Sale St., Tuscola, IL 61953**  
**217.253.5429**  
**www.sonlightpower.com sonlightgym@verizon.net**


**30 APR** » SSA Imperium (Full Power/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com  
**30 APR** » NASA New Mexico State (Equipped/Unequipped, PL/BP/PS/PP) (Gallup, NM) » www.nasa-sports.com  
**APR** » WNPF Upstate New York Championships (Rochester, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**1 MAY** » 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** » 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** » SPF Mayfest PL/PP/BP/DL (Atmore, AL) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com  
**7 MAY** » IBP NC State Youth/Teen PL Championships (Statesville, NC) » Keith Payne, keith@ironboypowerlifting.com, www.ironboypowerlifting.com  
**7 MAY** » 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** » NASA Tom Manno Western State Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com  
**14 MAY** » PRPA RAW504 Invitational (Clash for Cash Qualifier) (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com  
**14 MAY** » IPA Maryland BP Championships (Westminster, MD) at the Westminster Family Center, 11 Longwell Ave. » Scott Bixler, 443.789.9452, www.ipapower.com  
**14 MAY** » NASA South Texas State (Equipped & Unequipped PL/BP/PP/PS) (Alvin, TX) » www.nasa-sports.com  
**14 MAY** » 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** » APF Master/Teen/Jr. Nationals (TX) » Greg & Heather Tillinghast, 940.783.1468, aptexas@yahoo.com, www.worldpowerliftingcongress.com  
**20-22 MAY** » USAPL Women's Nationals (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com  
**21 MAY** » APF/AAPF 3rd Annual Carolina Classic Push/Pull (Cramerton, NC) » Eric Hubbs, nettin\_fish@msn.com, www.worldpowerliftingcongress.com  
**21 MAY** » Elite PL Out of School Siam Full Power & Single BP/DL/PP (Peabody, MA) at Gym Warriors » Paul D., 978.766.6280, xxtralgemuscle@aol.com, www.elitepowerlifting.com  
**21 MAY** » WNPF All Raw Tournament of Champions (Guatemala City, Guatemala) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**21 MAY** » WNPF North American Championships (Richmond or Virginia Beach, VA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**21 MAY** » 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** » Suffolk Special Olympics Powerlifting Meet (Suffolk, VA) at Lakeland High School » Rob Kelly, robkelly@spsk12.net  
**21 MAY** » 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** » USAPL 3rd Annual Orange County Powerlifting, Ironman and Bench Competition (Pine Bush, NY) » Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845.778.1884, frankjpanaro@gmail.com, www.ocpowerlifters.com  
**21-22 MAY** » NASA Bench Press Nationals (Equipped/Unequipped BP/Power

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# COMING EVENTS »



**WORLD NATURAL POWERLIFTING FEDERATION**

**23 JAN, WNPFA Region 1 Powerlifting Championships** (Philadelphia, PA)

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


**19 FEB, WNPFA All Raw Tournament of Champions** (Atlanta, GA)

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

Sports BP) (Denver, CO) » www.nasa-sports.com  
**22 MAY** » Exile Barbell Association "No Bullsh\*t" Bench Only Meet (big contest rules, small contest price) (Celina, OH) at Musclehead's Gym » Mike Wolfe, 419.953.9009, exilebarbell@yahoo.com  
**27 MAY** » Andy Bolton Deadlift Challenge (Cleveland, OH) » Ty Phillips, 216.310.2283, gorillapitps@gmail.com  
**27-29 MAY** » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (King of Prussia, PA) at the Valley Forge Convention Center » mmasportsexpo.com  
**28 MAY** » ADAU Raw Power Pennsylvania State Powerlifting Championships at the Kumite Classic/Pittsburgh Fitness Expo (Pittsburgh, PA) » Nick Vlastic, monsters\_unlimited@msn.com, www.pghfitness.com  
**28 MAY** » USPF Muscle Beach PL Competition (PL/BP/DL/PP) (Venice, CA) » Joe Wheatley, 818.246.0366, joemusclebeach@yahoo.com  
**3-5 JUN** » APC National PL/BP Championships (World Team Qualifier, Raw & Equipped) (East Peoria, IL) » Stephen Parkhurst, 309.657.0963, parkhurst111@hotmail.com, L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com  
**4-5 JUN** » SPF Nationals PL/PP/BP/DL (Nashville/Knoxville, TN) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

**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**

**4 JUN** » 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** » WNPFA Elite National Championships (Ephrata) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**5 JUN** » The Summer Push/Pull Meet (Elkhart, IN) » Jon Smoker, jjrcsmoker@hotmail.com  
**5 JUN** » WNPFA (TNT Ironwear) New Jersey State Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**8 JUN** » 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** » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Denver, CO) at the Crowne Plaza Denver International Airport » mmasportsexpo.com  
**10-12 JUN** » USAPL Men's Open, Teen, Jr. Nationals » Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com  
**11 JUN** » 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** » WNPFA 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** » NASA USA Nationals (Equipped & Unequipped PL/BP/PP/PS) (Springfield, OH) » www.nasa-sports.com  
**11-12 JUN** » APF Senior Nationals (Sun Prairie, WI) » Ed & Joani Taber, joani\_taber@yahoo.com, www.worldpowerliftingcongress.com  
**18 JUN** » NASA East Texas Open (Equipped & Unequipped PL/BP/PP/PS) (Tyler, TX) » www.nasa-sports.com  
**18 JUN** » 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** » WDFPF Single Event World Championships (Muskegon, MI) at the L.C. Walker Arena » Richard Van Eck, 269.521.4031, Ron Madison, www.adlfp.org  
**25 JUN** » Elite PL Nationals PL/BP/Raw BP (Keene, NH) » Bill, 603.762.3990, www.elitepowerlifting.com  
**25 JUN** » 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** » WABDL Tom Foley BP/DL Classic (Nanuet, NY) » Brian Fahrenfeld, Premier Fitness - 430 Nanuet Mall South, www.wabdl.org  
**25-26 JUN** » 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** » 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** » WPC European Championships (Czech Republic) » Dan Dvorak, czechpowerlifting@gmail.com, www.worldpowerliftingcongress.com  
**2 JUL** » 2nd Annual I.E.L.L. Bench Bash (Rancho Cucamonga, CA) at 8580 Miliken Ave. » Dr. Sam Graham, sammyg40@hotmail.com  
**2 JUL** » NASA 4th of July Spectacular (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.com  
**9 JUL** » USAPL Brute Strength Stars & Stripes (Virginia Beach, VA) » Tricia & Gary Emrich, 804.559.1430, www.usapowerlifting.com  
**9 JUL** » 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** » NASA Grand Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com  
**9 JUL** » 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** » USAPL Brute Strength Stars and Stripes (Norfolk, VA) » Tricia and Gary Emrich, 804.605.5135, vastatechair@usaplvirginia.com, www.usaplvirginia.com  
**10 JUL** » WNPFA 2nd High School National Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**15-16 JUL** » UPA Iron Battle on the Mississippi (Dubuque, IA) » Bill Carpenter, 563.599.1390, bcarpenter@upapower.com, www.upapower.com  
**16 JUL** » 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** » SSA National PL Event (Full Power/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com  
**17 JUL** » Exile Barbell Association "No Bullsh\*t" Bench Only Meet (big contest rules, small contest price) (Celina, OH) at Musclehead's Gym » Mike Wolfe, 419.953.9009, exilebarbell@yahoo.com  
**17 JUL** » WNPFA 13th USA Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**23 JUL** » 7th Vermont State Raw BP Championship (South Burlington, VT) » Richard Poston, 802.999.7845, www.aafvt.com  
**23 JUL** » NASA South Texas Open (Equipped & Unequipped PL/BP/PP/PS) (Alvin, TX) » www.nasa-sports.com  
**23 JUL** » SLP Northwest Arkansas Open BP/DL/Curl Championship (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**23 JUL** » USPF Muscle Beach Lift-Off State Championship (PL/BP/DL/PP) (Venice, CA) » Joe Wheatley, 818.246.0366, joemusclebeach@yahoo.com  
**30 JUL** » USAPL Virginia State Single Lifts Championships BP/DL/PP (Stanardsville, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com  
**30 JUL** » SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**JUL** » WNPFA Drug Free Nationals (Youngstown, OH) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**6 AUG** » PRPA Louisiana Raw BP Championships (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com  
**6 AUG** » WNPFA 3rd U.S. Open Championships (Kissimmee, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**6 AUG** » SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**6 AUG** » 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** » NASA World Cup (Unequipped, PL/BP/PS/PP) (Denver, CO or OK, OK) » www.nasa-sports.com  
**12-13 AUG** » 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 Eules Road, 817.268.3488  
**14 AUG** » WNPFA 20th International (SQ/BP/DL/Reps) Championships (Philadelphia or Lancaster, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**14 AUG** » SLP Missouri State Fair BP/DL Championship (Sedalia, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**19-21 AUG** » USAPL Raw Nationals (Scranton, PA) » Steve Mann, 127 Summit Ave., Clarks Summit, PA 18411, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com  
**20 AUG** » WNPFA North Carolina State Championships (Asheville or Charlotte, NC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**20 AUG** » NASA Colorado Grand (Equipped & Unequipped PL/BP/PP/PS) (Loveland, CO) » www.nasa-sports.com  
**20 AUG** » 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** » 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** » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (New York, NY) at the Hilton » mmasportsexpo.com  
**27 AUG** » SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**AUG** » APF Kalamazoo Carnage Meet (Kalamazoo, MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com  
**1-4 SEP** » AWPC Worlds (Equipped & Raw) (Idaho Falls, ID) » Mike & Linda Higgins, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com  
**3 SEP** » NASA 4th Annual Texas State Cookout & Championship (Equipped/Unequipped, PL/BP/PS/PP) (Gilmer, TX) » www.nasa-sports.com  
**3 SEP** » 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** » USPF Muscle Beach West Coast Classic (PL/BP/DL/PP) (Venice, CA) » Joe Wheatley, 818.246.0366, joemusclebeach@yahoo.com  
**4 SEP** » 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** » AAPF Summer Heat VII (Rock Hill, SC) » Eric Hubbs, nettin\_fish@msn.com, www.worldpowerliftingcongress.com  
**10 SEP** » NASA & MSOE Multi-State PL Regional (Milwaukee, WI) at MSOE Kern Center, 1245 N. Broadway » Brad Aldag, 920.946.7192, aldagb@msoe.edu, www.nasa-sports.com  
**10 SEP** » WNPFA 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** » 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** » 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** » 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** » Elite PL King of the Bench BP/Raw BP (Keene, NH) » Bill, 603.762.3990, www.elitepowerlifting.com  
**17 SEP** » NASA Tennessee Regional (Equipped & Unequipped PL/BP/PP/PS) (Counts, TN) » www.nasa-sports.com  
**17 SEP** » 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  
**22-25 SEP** » WUAP World PL/BP Championships (Atlanta, GA) » L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com  
**24 SEP** » WNPFA 23rd Lifetime National Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**24 SEP** » 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** » 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** » WNPFA Can-Am National Championships (Rochester, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**1 OCT** » SLP Tennessee State BP/DL Championship (Lexington, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@verizon.net, www.sonlightpower.com  
**1 OCT** » Ashtabula Bench Press Championships (Ashtabula, OH) at 263 Prospect Road (Rt. 20) » Lonnie Anderson, 440.964.3013, anderson1142@yahoo.com  
**1 OCT** » NASA East Texas Regional (Equipped/Unequipped, PL/BP/PS/PP) (Tyler, TX) » www.nasa-sports.com  
**8 OCT** » WNPFA Palmetto Championships (BP/DL/PC/Ironman) (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**8 OCT** » NASA Iowa Regional (Equipped & Unequipped PL/BP/PP/PS) (Des Moines, IA) » www.nasa-sports.com  
**8 OCT** » 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** » 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** » IPA MD State Powerlifting Championships (Westminster, MD) » Scott Bixler, 443.789.9452, www.ipapower.com  
**15 OCT** » SSA Asylum Power (PL/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990,



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**15 OCT » NASA Unequipped Nationals** (PL/BP/PS/PP) (Oklahoma City, OK) » www.nasa-sports.com  
**15 OCT » WNPf Alabama Natural PL Championships** (Montgomery or Birmingham, AL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**15 OCT » 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 » NASA Ohio Regional** (Equipped & Unequipped, PL/BP/PS/PP) (Springfield, OH) » www.nasa-sports.com  
**22 OCT » 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  
**29 OCT » SPF South Carolina State Championship PL/PP/BP/DL** (N. Myrtle Beach, SC) at the North Myrtle Beach Aquatic and Fitness Center » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com  
**29 OCT » 7th Annual Westminster Family Center Open Bench Press** (Westminster, MD) at 11 Longwell Ave. » Scott Bixler, 443.789.9452  
**30 OCT » 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 » WNPf 5th All-American Championships** (Pt. St. Lucie, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**4-6 NOV » 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 » 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 » WNPf 20th WNPf World Tournament of Champions** (Atlantic City, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**5-6 NOV » NASA Masters & Sub Masters Nationals** (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com  
**12 NOV » NASA Kansas Regional** (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.com  
**12 NOV » 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 » 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 » WNPf 20th WNPf World Tournament of Champions** (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**13 NOV » 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 » NASA Colorado Regional** (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » www.nasa-sports.com  
**19 NOV » USAPL Stars and Stripes BP/DL Championships** (Clarks Summit, PA) » Steve Mann, steve@purepowerlifting.com, 570.309.6316,

www.2011collegiates.purepowerlifting.com  
**19 NOV » WNPf 20th WNPf World Tournament of Champions** (Kissimmee, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**19 NOV » 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 » 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 » WNPf 20th WNPf World Tournament of Champions** (Youngstown, OH) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**NOV » WPC World Championships (Equipped & Raw)** (Riga, Latvia) » Raivo Chiapas, tomass@hello.lv, www.worldpowerliftingcongress.com  
**3 DEC » 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 » WNPf Ralph Peach Memorial** (Henderson, NC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**4 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, sonlightgym@verizon.net, www.sonlightpower.com  
**10 DEC » 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 » 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 » APF Holiday Festival of Strength** (Camarillo, CA) » Scot Mendelson & Denise Pollock, mendysbench@gmail.com, www.worldpowerliftingcongress.com  
**10 DEC » WNPf 14th Sarge McCray Championships** (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**10 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, sonlightgym@verizon.net, www.sonlightpower.com  
**10-11 DEC » 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 » WNPf East Coast Championships** (Location TBA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**17 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, sonlightgym@verizon.net, www.sonlightpower.com  
**DEC » APF/AAPF Illinois Raw Power Challenge** (Chicago, IL) » Eric & Jackie Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.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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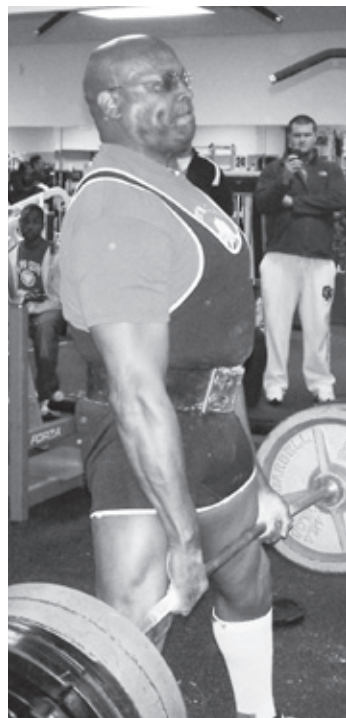
# RESULTS

## NASA UNEQUIPPED NATIONALS

OCT 16 2010 » OKC, OK

BENCH		Submaster Pure			
<b>FEMALE</b>		J. Fulton	410		
<b>123 lbs.</b>		A. Floyd	396		
<i>Junior</i>		<b>242 lbs.</b>			
P. Fabela	105	Master II			
<i>Open</i>		R. Vraspieri	358		
P. Fabela	105	<b>275 lbs.</b>			
<i>Pure</i>		Submaster II			
P. Fabela	105	R. Johnson	440		
<b>148 lbs.</b>		<b>308 lbs.</b>			
<i>Master I</i>		Novice			
R. Hedrick	112	C. Sumner	429		
<b>165 lbs.</b>		Police/Fire			
<i>Int</i>		C. Sumner	429		
C. Garza	132	<i>Pure</i>			
<b>MALE</b>		C. Sumner	429		
<b>220 lbs.</b>		Submaster Pure			
<i>Master III</i>		C. Sumner	429		
J. Parsons	402	<b>PS BENCH</b>			
<i>Raw</i>		<b>MALE</b>			
<b>165 lbs.</b>		<b>275 lbs.</b>			
<i>Master II</i>		Submaster Pure			
K. Kaiser	259	G. Vigil	369		
<i>Pure</i>		<b>308 lbs.</b>			
J. Perry	338	Master II			
<b>181 lbs.</b>		R. Harris	292		
<i>High School</i>		<b>PS CURL</b>			
J. Mahan Jr.	275	<b>MALE</b>			
<i>Int</i>		<b>165 lbs.</b>			
R. Cook	330	Master II			
<i>Junior</i>		K. Kaiser	165		
L. Allen	352	Master III			
<i>Master Pure</i>		G. McGuire	143		
G. Baker	314	<b>220 lbs.</b>			
<i>Open</i>		Open			
J. Mahan Sr.	385	J. Fulton	187		
R. Cook	330	<b>308 lbs.</b>			
<i>Pure</i>		Master II			
J. Mahan Sr.	385	R. Harris	171		
R. Cook	330	<b>PS DEADLIFT</b>			
<i>Submaster Pure</i>		<b>MALE</b>			
J. Mahan Sr.	385	<b>220 lbs.</b>			
<i>Master I</i>		Master II			
P. Daniels	347	J. Parsons	457		
<b>220 lbs.</b>		<b>308 lbs.</b>			
<i>Master I</i>		Master II			
G. Martin	341	R. Harris	451		
<b>Push Pull</b>		<b>BP</b>			
<b>MALE</b>		<b>DL</b>			
<b>181 lbs.</b>		<b>TOT</b>			
<i>Junior</i>		J. Brooks	479	275	628
J. Black	248	<i>Int</i>			
<b>198 lbs.</b>		J. Brooks	479	275	628
<i>Master I</i>		Junior			
P. Daniels	347	R. Hershel	517	303	534
<b>220 lbs.</b>		<i>Master Pure</i>			
<i>Int</i>		C. Truoccolo	517	358	528
J. Brooks	275	<i>Open</i>			
<i>Pure</i>		R. Cooper II	440	275	573
L. Giradi	374	<i>Pure</i>			
<b>242 lbs.</b>		L. Giradi	424	374	534
<i>Teen</i>		<b>242 lbs.</b>			
F. Brown	275	<i>Int</i>			
<b>Powerlifting</b>	<b>SQ</b>	R. Budnar	451	358	506
<b>FEMALE</b>		<i>Junior</i>			
<b>114 lbs.</b>		C. Hankins	358	358	468
<i>Master I</i>		Master II			
S. Antle	165	D. Scott	650	352	699
<b>123 lbs.</b>		<i>Open</i>			
<i>Junior</i>		C. Fahs	473	341	584
P. Fabela	209	X. Ye	440	319	484
<i>Open</i>		<i>Teen</i>			
P. Fabela	209	F. Brown	517	275	528
<i>Pure</i>		<b>275 lbs.</b>			
P. Fabela	209	Master II			
<b>148 lbs.</b>		W. Hammes	584	407	606
<i>Novice</i>		<i>Master Pure</i>			
B. Rutledge	182	W. Hammes	584	407	606
<i>Pure</i>		<i>Open</i>			
		J. Dunn	688	341	672
		Police/Fire			

H. Coffman	193	143	264	600	D. McCarrell	402	374	551	1327	<b>242 lbs.</b>					R. Baker	479	
L. Rossow	204	110	237	551	<i>Pure</i>					<i>Master I</i>					<b>BP</b>	<b>DL</b>	<b>TOT</b>
<i>Submaster Pure</i>					D. McCarrell	402	374	551	1327	<b>Push Pull</b>							
H. Coffman	193	143	264	600	<i>Submaster II</i>					<b>MALE</b>							
<b>181 lbs.</b>					J. Dunn	688	341	672	1701	<b>148 lbs.</b>							
<i>Submaster I</i>					<i>Submaster Pure</i>					<i>Int</i>							
L. Criswell	242	132	242	617	J. House	578	352	567	1497	<b>242 lbs.</b>							
<i>Submaster Pure</i>					<b>SHW</b>					<i>Open</i>							
L. Criswell	242	132	242	617	<i>Submaster I</i>					P. Morris	264	528	793				
<b>198+ lbs.</b>					S. Tully	539	391	611	1541	<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>			
<i>High School</i>					C. Canon	606	226	418	1250	<i>Raw</i>							
A. Riley	303	143	336	782	<b>Power Sports</b>					<i>Master I</i>							
<i>Pure</i>					A. Riley	303	143	336	782	<b>114 lbs.</b>							
A. Riley	303	143	336	782	<i>Submaster Pure</i>					<i>Master I</i>							
<b>MALE</b>					G. Zakari	275	187	341	804	<i>Novice</i>							
<b>275 lbs.</b>					<i>MALE</i>					D. Spece	239	143	319	701			
<i>Master I</i>					<b>148 lbs.</b>					<i>Novice</i>							
C. Sumner	429				<i>Master I</i>					D. Spece	239	143	319	701			
<b>275 lbs.</b>					R. Hedrick	61	112	226	399	<b>181 lbs.</b>							
<i>Master II</i>					<b>MALE</b>					<i>Int</i>							
C. Sumner	429				<b>132 lbs.</b>					D. Church	233	154	259	646			
Submaster Pure					<i>Master II</i>					<i>MALE</i>							
C. Sumner	429				C. Kennedy	99	222	308	630	<b>198 lbs.</b>							
<b>PS BENCH</b>					<b>165 lbs.</b>					<i>Submaster II</i>							
<b>MALE</b>					<i>High School</i>					B. Rossie	573	429	551	1552			
<b>275 lbs.</b>					C. Jones	99	88	149	336	<b>220 lbs.</b>							
<i>Submaster Pure</i>					<b>165 lbs.</b>					<i>Int</i>							
G. Vigil	369				<i>High School</i>					J. Bolinger	584	396	617	1596			
<b>308 lbs.</b>					G. McGuire	143	209	319	672	<i>Police/Fire</i>							
<i>Master II</i>					J. Scott	281	171	402	853	<i>Open</i>							
Master II	292				<i>Master II</i>					J. Bolinger	584	396	617	1596			
R. Harris	292				K. Kaiser	303	259	380	941	<b>242 lbs.</b>							
<b>PS CURL</b>					<i>Submaster Pure</i>					<i>Master II</i>							
<b>MALE</b>					M. Ealy	127	253	374	754	<i>Int</i>							
<b>165 lbs.</b>					<b>181 lbs.</b>					J. Gazzo	468	237	523	1228			
<i>Master II</i>					<i>Master II</i>					<i>Submaster I</i>							
Master II	165				P. Cook	149	237	407	793	J. Blaine	600	413	578	1591			
K. Kaiser	165				<b>198 lbs.</b>					<i>Raw</i>							
Master III	143				<i>High School</i>					<b>148 lbs.</b>							
G. McGuire	143				P. Robinson	110	187	347	644	<i>Novice</i>							
<b>220 lbs.</b>					<i>Junior</i>					M. Pudic	248	198	325	771			
<i>Open</i>					P. Robinson	110	187	347	644	<i>Master Pure</i>							
J. Mahan Sr.	385				<b>242 lbs.</b>					D. Lawrence	314	231	418	963			
R. Cook	330				<i>Master I</i>					<i>Open</i>							
<i>Pure</i>					J. Linder	138	270	336	743	<i>Open</i>							
J. Mahan Sr.	385				<i>Teen I</i>					S. Lal	215	204	275	694			
R. Cook	330				F. Brown	138	275	528	941	<b>165 lbs.</b>							
<i>Submaster Pure</i>					<b>275 lbs.</b>					<i>Pure</i>							
J. Mahan Sr.	385				<i>Submaster Pure</i>					K. Keough	418	286	523	1228			
<b>198 lbs.</b>					G. Vigil	149	369	539	1057	<b>181 lbs.</b>							
<i>Master I</i>					<b>308 lbs.</b>					<i>High School</i>							
P. Daniels	347				<i>Int</i>					C. O'Rourke	424	220	462	1107			
<b>220 lbs.</b>					<i>Master I</i>					<i>Junior</i>							
<i>Master I</i>					R. Linder	176	380	490	1046	Niedermann	429	286	462	1178			
G. Martin	341				<i>Master II</i>					<i>Open</i>							
<b>Push Pull</b>					R. Harris	171	292	451	914	B. Sealock	457	363	556	1376			
<b>MALE</b>					<i>SHW</i>					<b>198 lbs.</b>							
<b>181 lbs.</b>					<i>Master I</i>					<i>Open</i>							
<i>Junior</i>					M. Mitchell	220	407	562	1189	<i>Open</i>							
J. Black	248	424	672		<i>Submaster Pure</i>					<i>Teen</i>							
<b>198 lbs.</b>					A. Beitz	358	380	462	1200	<i>Open Raw</i>							



James Hodges with an amazing 700 DL at 275/60-64 at the SLP Superbowl meet (D. Latch photo)



Ashton Chatelain prepares for the WPC Worlds in Finland with her 1300 lb. total at the APF Mississippi meet (Teresa Frank photo)



Rob Fox with a 405 DL at 45-49/165 (D. Latch photo)

## SLP SUPERBOWL OF ARKANSAS OPEN FEB 6 2010 » Jonesboro, AR

BENCH	Junior		
FEMALE	181 lbs.		
Open	Whitchurch	315*	
148 lbs.	Open		
D. Timbs	245*	220 lbs.	
MALE	E. Dortch	405	
Novice	G. Curry	365	
275 lbs.	DEADLIFT		
M. Bennett	365	MALE	
Master (45-49)	Novice		
220 lbs.	198 lbs.		
J. West	415	C. Vance	500*
Open	242 lbs.		
242 lbs.	J. Kopp	600*	
J. Criss	600	275 lbs.	
275 lbs.	J. Lynch	305*	
H. Timbs	—	Master (50-54)	
Raw	A. Snow	430*	
Novice	242 lbs.		
165 lbs.	E. Merrill	525*	
M. Staib	280	Master (55-59)	
181 lbs.	—	242 lbs.	
H. Franks	335*	E. Morgan	625*
198 lbs.	—	275 lbs.	
C. Vance	350*	T. Morgan	525*
275 lbs.	—	Master (60-64)	
A. Lamb	435*	275 lbs.	
Teen (13-15)	—	J. Hodges	700*
123 lbs.	—		
T. Johnson	135		

\*=Son Light Power Arkansas State Records. Best Lifter Bench: Jeff Criss. Best Lifter Deadlift: James Hodges. The Son Light Power Superbowl of Arkansas Open Bench Press & Deadlift Championship was held at Joey Perry's Martial Arts Academy and 24 Hour Fitness in Jonesboro, Arkansas. Thanks to owner Joey Perry for once again hosting this competition, but a very special thank you goes out to Arnold Weaver who worked so hard promoting this event. In the assisted bench press competition Denise Timbs broke the Arkansas state record for the open 148 class with 245. Denise, who has benched as much as 300 in competition, has been struggling of late with her bench shirt. New lifter Mark Bennett showed great potential, taking the win at novice 275 with 365. Jeff West won at 45-49/220 with 415, still not comfortable with his shirt. In the open division Jeff Criss had a great day, finishing with the win at open 242 and posting his first ever 600 bench! Our final lifter in the assisted division was SPF World Champion Harley Timbs. Opening with and amazing 825 at 274 bwt., Harley failed to hit his groove on all three of his attempts. Harley had planned on opening with 810 then going straight to 850, but the bar never made it to his chest. This was the first time Harley failed to get in his opener at a SLP meet. In the raw division we had four solid lifters in the novice classes. At 165 was Mark Staib, who finished with 280. Houston Franks broke the state record at 181 with 335 while Courtney Vance did the same at 198 with 350. Our final novice lifter was Adam Lamb, who set the record at 275 with 435. Our only teenager, Treyton Johnson, won at 13-15/123 with 135, utilizing near-perfect form! Solomon Whitchurch broke the state record for the junior/181 class with 315. In the open classes Eddie Dortch won at 220 with 405, taking that win over Gary Curry, who finished with 365. The best lifter award went to Jeff Criss. Moving to the deadlift event

Courtney Vance won his second title of the day at novice 198, finishing with a new state record of 500. Jon Kopp broke the state record at novice 242 with a great pr 600 final pull. Justin Lynch also got a new state record for his class, novice 275 with his 305. We also had some great master pullers, as a matter of fact, some of the greatest master lifters I've ever seen in such a small meet. All of these five lifters broke the current state record for their respective classes. First of all, at 50-54 it was Albert Snow for the win at 220 with 430. Eugene Merrill pulled a strong 525 for the win at 242. Then at 55-59 Eddie Morgan hit a big 625 at 242 while brother Tom Morgan hit an easy 525 at 275. But the greatest pull of the day came from the oldest lifter of the competition, James Hodges. A multi-national and world champion in several organizations, James finished with a great 700 for the 60-64/275 class! One of the very few lifters in the world to pull over 700 past the age of 60! Thanks to my son Joey Latch and Arnold Weaver for doing a great job loading and spotting. Thanks also to everyone who helped set up and tear down the platform. See you all next year!

» courtesy Dr. Darrell Latch

## SLP IRON HOUSE OPEN MAR 13 2010 » St. John's, MI

BENCH	Handrinors Sr	—	
MALE	CURL		
Submaster	MALE		
220 lbs.	Submaster		
C. Wirtz	450*	198 lbs.	
Master (50-54)	J. Smalley	155*	
275 lbs.	4th-165*		
T. Bennett	—	DEADLIFT	
MALE	MALE		
Raw	Novice		
Submaster	165 lbs.		
198 lbs.	P. Foster	365	
J. Cotterman	290	Teen (18-19)	
4th-300	SHW		
Master (50-54)	B. Wheelock	480*	
165 lbs.	Master (45-49)		
T. Bruce	330*	165 lbs.	
275 lbs.	R. Fox	425*	
R. Zimmerman	405	Master (50-54)	
SHW	275 lbs.		
Handrinors Sr	—	R. Zimmerman	485
Open	Open		
181 lbs.	275 lbs.		
B. Rozen	285	T. Fontanesi	560*
SHW			

\*=Son Light Power Michigan State Records. Best Lifter Deadlift: Tony Fontanesi. Best Lifter Bench Press: Clint Wirtz. The Son Light Power Iron House Open Bench Press & Deadlift Championship was held at Iron House Gym in Saint John's, Michigan. Thanks to owners John and Tracy Dreher for once again hosting this event. In the raw bench press division John Cotterman took the submaster 198 class with 300. Terry Bruce broke the Michigan state record at 50-54/165 with 330 while Ray Zimmerman finished with 405 at 275. Randy Handrinors, Sr., one of Michigan's finest master lifters, suffered and injury warming up and failed with his opener of 470. We're sure Randy will be back soon, stronger than ever. Brad Rozen won at open 181 with 285, making just his opener. For the assisted lifters Clint Wirtz broke the state record for the submaster 220 class with 450. This was Clint's, who also won the best lifter

award, first competition. Training partner Tom Bennett, another great master lifter, had problems with his new shirt and failed with his opener of 555. We had one curler, Ohio's own Jeff Smalley, who set the state record at submaster 198 with a personal best 165. In the deadlift event Pat Foster only got in his opener of 365, but was good enough for the win at novice 165. Brad Wheelock, state record holder at 18-19/308, moved up to the SHW class for the win and a new state record of 480. This was also a new personal best for Brad. Rob Fox got a new pr at 45-49/165 along with a new state record with 425. Ray Zimmerman won his second title of the day at 50-54/275 with his 485 pull here. Our final lifter was also our best lifter, Tony Fontanesi. Tony won at open 275 with a new personal best and Michigan state record of 560. Thanks to my son Joey Latch, Tracy Dreher and Tony Phillips for doing a great job loading and spotting and to Debbie Fox for taking some great pictures of the meet. See you all again next year.

» courtesy Dr. Darrell Latch

## APF MISSISSIPPI/HARDCORE BARBELL SEP 10 2010 » Baton Rouge, LA

BENCH	S. Fountain	551	
148 lbs.	SHW		
Teen	Junior		
S. DiGiovanni	220	S. Coker	501
220 lbs.	DEADLIFT		
Masters	114 lbs.		
R. Nesuda	264	Teen	
Open	C. Blackmon	193	
Powerlifting	BP	DL	TOT
FEMALE			
132 lbs.			
Open			
L. Nesuda	330	209	281
Novice	148 lbs.		
148 lbs.	Teen		
P. Foster	237	143	303
Teen	K. Frank	237	143
K. Frank	237	143	303
198 lbs.	Teen		
E. Moreno	402	231	380
SHW	Teen		
Teen	A. Chatelain	584	281
181 lbs.	584	281	435
Open	MALE		
J. Poole	528	374	539
Teen	114 lbs.		
M. Teekle	451	253	506
198 lbs.	Teen		
Open	J. Thrasher	127	88
C. Herwald	407	325	468
220 lbs.	220 lbs.		
Masters	Masters		
T. Buckley	633	484	523
Open	Open		
J. Clay	600	407	468
242 lbs.	242 lbs.		
Masters	Masters		
S. Johnson	677	451	551
275 lbs.	275 lbs.		
Raw Masters	Raw Masters		
B. McKee	551	363	584
SHW	SHW		
Raw	Raw		
J. Thrasher	457	319	440
1217			

» courtesy Teresa Frank

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leg strength. Use both wide and close stances for sled work.

Don't forget that glute/ham raises are amazing for restoration. In the former Soviet Union, 600 glute/ham raises were done a month as maintenance. That amounts to 20 per day. That's doable, right? The glute/ham raises can be rotated with *Jump-Stretch Flex-band* leg curls. For a fast small workout for the entire body try box squatting for 5 minutes without replacing the bar in the rack. It does not matter how many reps you do in the 5 minutes as long as you finish with a squat. Also try doing light deadlifts for 5 minutes without resting the bar on the ground. The Olympic lifts can also be done in the same fashion. This method of training is common for grapplers as well as the great Olympic and world weightlifting champion V. Alexeyev, the first man to clean 500 pounds, which he did in 1970 in Columbus, Ohio.

There are too many workouts to mention in one sitting, but make up your own small workouts lasting as little as 20 minutes up to 45 minutes on average. By doing the right amount of small workouts for strength, endurance, and prehab, you can eliminate rehab as well as soreness and a lagging muscle group. For a powerlifter, it depends on your level of strength how many extra workouts a week you do. For a beginner, I found two extra small workouts works best—one for the bench and one for the squat and deadlift. At an advanced level, four works well—two for the upper body, benching muscle groups and two for the low back, hamstrings, and hips. I don't consider abs work a workout because it is a necessity and can be done several times per week. The same goes for stretching. You must maintain your flexibility. It can be difficult when you gain mass with years of heavy resistance training. One must be in excellent shape to make excellent totals. America is getting fatter by the day. You are an athlete, so look like it and you will perform better. Everyone must get plenty of rest to do their best. Eight hours of sleep is a must. Last but not least, learn to relax and yet be motivated.

I like to read a good book on occasion, like *Call of the Wild*, or watch a motivational movie. My favorite movie is *Shogun Assassin*. In the movie, the Shogun sends his henchman to kill his assassin, who he now fears will kill him. The henchman kills the assassin's wife instead and spars their child, Daigoro. As the shogun assassin finds the wife and child, bloody, the wife says 'my bad dream has come true' and wipes blood on Daigoro's face as she dies. Later, the assassin sits Daigoro in front of him with a pretty ball on one side and a sword on the other. He tells the young Daigoro that if he chooses the ball, he will join his mother in death, but if he chooses the sword, he will join him on a road of vengeance. After a moment Daigoro chooses the sword, and indeed he travels a bloody road of vengeance.

This is the Westside way. If you choose the ball, you're done, but if you choose the sword, you will be on the road called kickin' ass. «



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# POWERLIFTING WORK ETHIC »



day because you wanted to watch the game instead of training with the group, your ass can just stay where you are next Sunday too. This is a big part of what I mean by being dedicated. I assure you, the Steelers can care less if I'm training on Sunday, they are worried about winning their game because they are professionals. Nor do I care if they are playing on Sunday because I have to workout. You have to decide for yourself what is more important. If watching football instead of training is more important to you, I think you might want to reassess your work ethic as far as being a world champion powerlifter. Then maybe you can get naked, paint yourself black and gold, go to the game, eat hot dogs, drink beer and scream like a nut bar. This is an example of the average mindset of an under-achiever who accomplishes nothing in life but being a hero worshipper. I love football, but when push comes to shove, my lifting comes first. The Big Evil says to ponder and reflect on this point. Am I talking about you?

We have talked about sharpening your work ethic as far as basically working hard mentally and physically. Here is an area of work ethic that takes mental strength just to back off and listen to your body. Let me give you an example. I used to have a training partner who was balls to the walls like I was about training. He was pretty smart as far as knowing how to train his bench press as he was benching some-

where in the low six hundreds at that time, which was very good. Our training sessions were super intense; we would battle back and forth on assistance exercises trying to up each other every workout. The problem with him was he didn't believe in the science of rest and recovery. On the days I wasn't training he would be busting his ass in the gym benching twice a week and pushing just as hard as the days we trained together. While he was busting his ass in the gym, I was getting deep tissue done, sitting in the sauna, getting good sleep, eating good food and generally recharging my mental battery for my next workout. After about a year of training together, his bench never really climbed past that low six hundred mark where as my bench climbed to about a mid seven hundred range, which was about a seventy pound increase from where I started when I began training with him. His frustration and jealousy lead him to complain to everyone who would listen that he couldn't understand how my bench press would keep growing while I sat on my lazy ass while he worked his tail off and was going nowhere. As the Elvis song *Rubberneckin'* goes, "Stop, look, and listen baby!" I would think after the first few months of seeing how my training was progressing from proper rest and recovery, he would have taken a hint and said 'Hey, that might work for me too.' Instead, he liked to come in on those off days to prance around the gym and be the king fish in my absence and show the locals his superior gym strength. I was more interested in setting world records at a meet. In this sport, listening to your body is a big part of getting better. Was his work ethic good? Sure it was. The problem was he wasn't open minded and keen enough to learn from his surroundings. That's a big part of getting better at anything. The Big Evil says sometimes it takes more mental discipline to back off and listen to your body, thus putting your ego in check.

As hard as the Big Evil has been on you this month, I would like to close by saying this, and folks I truly believe this: If you can succeed in powerlifting, you have the ability to succeed in any other venture in life that you set your mind to. The reason why I believe this is because powerlifting has made you structured and has built your work ethic to a

very high level. The Big Evil encourages you to go out and not only be successful in powerlifting, but also to apply that work-horse work ethic to all of your dreams and make them a reality. When I left powerlifting, as most of you know, I really wanted to give impersonating Elvis a try. I have always loved Elvis and always had a very good singing voice. I applied the same work ethic I put toward powerlifting and applied it to my career as an Elvis impersonator. Vocal lessons, thousands of dollars in costumes, hours of practice and studying Elvis' stage likeness. Some ten years later I am making an awesome living as an "Elvis Tribute Artist" and I am also recognized as one of the best Elvis impersonators in the nation. At the beginning of my career when I left powerlifting at three hundred plus pounds, no one thought that could ever be a reality. I didn't care what anyone else thought. I recognized my dreams in Sheffield, Alabama in 2008 when I got to perform with one of Elvis' own back-up singers. At the end of the show we were talking back stage and he told me, "Jamie, you really have Elvis down well. It was sort of creepy with your onstage likeness. You must have worked really hard to create that illusion." In that field that is about the highest form of compliment you can receive. In my opinion, it made all the hard work trying to recreate Elvis worthwhile. The Big Evil says you can make all your dreams a reality if you have the drive and work ethic to make it happen.

Until next month, adios and God bless, and as always, *Believe to Achieve!!*

**THE BIG EVIL SAYS:  
BELIEVE TO  
ACHIEVE!**



## QUESTIONS ANSWERED »

important for proper absorption and even metabolism of vitamin D, it's important to have a reasonable amount of fat in your diet. Although there's no hard evidence, there's a feeling that the kinds of fats you consume are important, with saturated fat and the omega-3 fatty acids

associated with higher levels of vitamin D in the body. Under certain conditions, other dietary macronutrients can reduce vitamin D3 levels in the body (see abstract on dietary fructose).

There are also genetic variants that influence circulating 25(OH)D levels. For more info, you

a look at the abstracts and the link to one of the full papers that you should find instructive.

I'll be doing an update on vitamin D, including some of the material below, in an upcoming issue of EPN. In case you don't know, although I think you do as you're on the email list, you

can download/read the first and upcoming issues of my Elite Performance Newsletter at [www.ElitePerformanceNewsletter.com](http://www.ElitePerformanceNewsletter.com).

Hope this helps.  
Best,  
Mauro «

## ABSTRACTS ON VITAMIN D

*Lancet. 2010 Jul 17;376(9736):180-8. Epub 2010 Jun 10.*

### COMMON GENETIC DETERMINANTS OF VITAMIN D INSUFFICIENCY: A GENOME-WIDE ASSOCIATION STUDY

Wang TJ, Zhang F, Richards JB, Kestenbaum B, van Meurs JB, Berry D, Kiel DP, Streaten EA, Ohlsson C, Koller DL, Peltonen L, Cooper JD, O'Reilly PF, Houston DK, Glazer NL, Vandenput L, Peacock M, Shi J, Rivadeneira F, McCarthy MI, Anneli P, de Boer IH, Mangino M, Kato B, Smyth DJ, Booth SL, Jacques PF, Burke GL, Goodarzi M, Cheung CL, Wolf M, Rice K, Goltzman D, Hidioglou N, Ladouceur M, Wareham NJ, Hocking LJ, Hart D, Arden NK, Cooper C, Malik S, Fraser WD, Hartikainen AL, Zhai C, Macdonald HM, Forouhi NG, Loos RJ, Reid DM, Hakim A, Dennison E, Liu Y, Power C, Stevens HE, Jaana L, Vasani RS, Soranzo N, Bojunga J, Psaty BM, Lorentzon M, Foroud T, Harris TB, Hofman A, Jansson JO, Cauley JA, Uitterlinden AG, Gibson Q, Järvelin MR, Karasik D, Siscovick DS, Econs MJ, Kritchevsky SB, Florez JC, Todd JA, Dupuis J, Hyppönen E, Spector TD. » Division of Cardiology, Department of Medicine, Massachusetts General Hospital, Boston, MA 02114, USA. [tjwang@partners.org](mailto:tjwang@partners.org).

» Comment in: *Lancet. 2010 Jul 17;376(9736):142.* » *Lancet. 2010 Jul 17;376(9736):148-9.* » Comment on: *Lancet. 2010 Jul 17;376(9736):142.*

#### ABSTRACT—

**BACKGROUND:** Vitamin D is crucial for maintenance of musculoskeletal health, and might also have a role in extraskeletal tissues. Determinants of circulating 25-hydroxyvitamin D concentrations include sun exposure and diet, but high heritability suggests that genetic factors could also play a part. We aimed to identify common genetic variants affecting vitamin D concentrations and risk of insufficiency.

**METHODS:** We undertook a genome-wide association study of 25-hydroxyvitamin D concentrations in 33 996 individuals of European descent from 15 cohorts. Five epidemiological cohorts were designated as discovery cohorts (n=16 125), five as in-silico replication cohorts (n=9367), and five as de-novo replication cohorts (n=8504). 25-hydroxyvitamin D concentrations were measured by radioimmunoassay, chemiluminescent assay, ELISA, or mass spectrometry. Vitamin D insufficiency was defined as concentrations lower than 75 nmol/L or 50 nmol/L. We combined results of genome-wide analyses across cohorts using Z-score-weighted meta-analysis. Genotype scores were constructed for confirmed variants.

**FINDINGS:** Variants at three loci reached genome-wide significance in discovery cohorts for association with 25-hydroxyvitamin D concentrations, and were confirmed in replication cohorts: 4p12 (overall p=1.9x10<sup>-109</sup>) for rs2282679, in GC; 11q12 (p=2.1x10<sup>-27</sup>) for rs12785878, near DHCR7; and 11p15 (p=3.3x10<sup>-20</sup>) for rs10741657, near CYP2R1. Variants at an additional locus (20q13, CYP24A1) were genome-wide significant in the pooled sample (p=6.0x10<sup>-10</sup>) for rs6013897. Participants with a genotype score (combining the three confirmed variants) in the highest quartile were at increased risk of having 25-hydroxyvitamin D concentrations lower than 75 nmol/L (OR 2.47, 95% CI 2.20-2.78, p=2.3x10<sup>-48</sup>) or lower than 50 nmol/L (1.92, 1.70-2.16, p=1.0x10<sup>-26</sup>) compared with those in the lowest quartile.

**INTERPRETATION:** Variants near genes involved in cholesterol synthesis, hydroxylation, and vitamin D transport affect vitamin D status. Genetic variation at these loci identifies individuals who have substantially raised risk of vitamin D insufficiency.

### Clin Endocrinol (Oxf). 2010 Aug; 73(2):243-8. Epub 2009 Dec 29. ASSOCIATION OF VITAMIN D STATUS WITH SERUM ANDROGEN LEVELS IN MEN

Wehr E, Pilz S, Boehm BO, März W, Obermayer-Pietsch B. » Department of Internal Medicine, Division of Endocrinology and Nuclear Medicine, Medical University Graz, Graz, Austria.

#### ABSTRACT—

**OBJECTIVE:** Studies in rodents indicate a role of vitamin D in male reproduction, but the relationship between vitamin D and androgen levels in men is largely unexplored. We aimed to investigate the association of 25-hydroxyvitamin D [25(OH)D] levels with testosterone, free androgen index (FAI) and SHBG. Moreover, we examined whether androgen levels show a similar seasonal variation to 25(OH)D.

**DESIGN:** In this cross-sectional study, 25(OH)D, testosterone and SHBG levels were assessed by immunoassay in 2299 men who were routinely referred for coronary angiography (1997-2000). MEASUREMENTS: Main outcome measures were associations of 25(OH)D levels with testosterone, SHBG and FAI. FAI was calculated as testosterone (nmol/l)/SHBG (nmol/l) x 100.

**RESULTS:** Men with sufficient 25(OH)D levels (> or =30 microg/l) had significantly higher levels of testosterone and FAI and significantly lower levels of SHBG when compared to 25(OH)D insufficient (20-29.9 microg/l) and 25(OH)D-deficient (<20 microg/l) men (P < 0.05 for all). In linear regression analyses adjusted for possible confounders, we found significant associations of 25(OH)D levels with testosterone, FAI and SHBG levels (P < 0.05 for all). 25(OH)D, testosterone and FAI levels followed a similar seasonal pattern with a nadir in March (12.2 microg/l, 15.9 nmol/l and 40.8, respectively) and peak levels in August (23.4 microg/l, 18.7 nmol/l and 49.7, respectively) (P < 0.05 for all).

**CONCLUSION:** Androgen levels and 25(OH)D levels are associated in men and reveal a concordant seasonal variation. Randomized controlled trials are warranted to evaluate the effect of vitamin D supplementation on androgen levels.

### Hum Mol Genet. 2010 Sep 1. [Epub ahead of print] COMPREHENSIVE ASSOCIATION ANALYSIS OF NINE CANDIDATE GENES WITH SERUM 25-HYDROXY VITAMIN D LEVELS AMONG HEALTHY CAUCASIAN SUBJECTS

Bu FX, Armas L, Lappe J, Zhou Y, Gao G, Wang HW, Recker R, Zhao LJ. » Osteoporosis Research Center, Creighton University Medical Center, Creighton University, 601 N 30th St, Suite 6730, Omaha, NE, 68131, USA.

**ABSTRACT—**Vitamin D deficiency is a common public health problem in the US. It is related to the high risk of rickets, osteoporosis and other diseases. Currently, serum 25-hydroxy vitamin D [25(OH)D] concentration is the best indicator of vitamin D status, and determination of its deficiency or sufficiency. This level has high heritability (28-80%). However, genes contributing to the wide variation in serum 25(OH)D are generally unknown. In this study, we screened nine important genes in vitamin D metabolic pathways using 49 single nucleotide polymorphism (SNP) markers in a group of 156 unrelated healthy Caucasian subjects. Significant confounding factors that may affect serum 25(OH)D variations were used as covariates for the association analyses. An association test for quantitative trait was performed to evaluate the association between candidate genes and serum 25(OH)D levels. Permutation was conducted for correcting multiple testing problems. Evidence of association was observed at SNPs in the CYP2R1 (cytochrome P450, family 2, subfamily R, polypeptide 1) and the GC (vitamin D binding protein) gene. Next, we performed a replication study for six promising SNPs in the gene CYP2R1 and GC, using another group of 340 unrelated healthy Caucasian subjects. Association analyses were conducted in the replication cohort (n = 340) and the pooled cohort (n = 496). The CYP2R1 gene and the GC gene remain significant in the pooled cohort. The results suggest that the CYP2R1 and GC genes may contribute to the variation of serum 25(OH)D levels in healthy populations.

*Hum Mol Genet. 2010 Jul*

1;19(13):2739-45. Epub 2010 Apr 23.

### GENOME-WIDE ASSOCIATION STUDY OF CIRCULATING VITAMIN D LEVELS

Ahn J, Yu K, Stolzenberg-Solomon R, Simon KC, McCullough ML, Gallicchio L, Jacobs EJ, Ascherio A, Helzlsouer K, Jacobs KB, Li Q, Weinstein SJ, Purdue M, Virtamo J, Horst R, Wheeler W, Chanock S, Hunter DJ, Hayes RB, Kraft P, Albanes D. » Department of Environmental Medicine, New York University School of Medicine, New York, NY 10016, USA.

**ABSTRACT—**The primary circulating form of vitamin D, 25-hydroxy-vitamin D [25(OH)D], is associated with multiple medical outcomes, including rickets, osteoporosis, multiple sclerosis and cancer. In a genome-wide association study (GWAS) of 4501 persons of European ancestry drawn from five cohorts, we identified single-nucleotide polymorphisms (SNPs) in the gene encoding group-specific component (vitamin D binding) protein, GC, on chromosome 4q12-13 that were associated with 25(OH)D concentrations: rs2282679 (P=2.0x10<sup>-30</sup>), in linkage disequilibrium (LD) with rs7041, a non-synonymous SNP (D432E; P=4.1x10<sup>-22</sup>) and rs1155563 (P=3.8x10<sup>-25</sup>). Suggestive signals for association with 25(OH)D were also observed for SNPs in or near three other genes involved in vitamin D synthesis or activation: rs3829251 on chromosome 11q13.4 in NADSYN1 [encoding nicotinamide adenine dinucleotide (NAD) synthetase; P=8.8x10<sup>-7</sup>], which was in high LD with rs1790349, located in DHCR7, the gene encoding 7-dehydrocholesterol reductase that synthesizes cholesterol from 7-dehydrocholesterol; rs6599638 in the region harboring the open-reading frame 88 (C10orf88) on chromosome 10q26.13 in the vicinity of ACADSB (acyl-Coenzyme A dehydrogenase), involved in cholesterol and vitamin D synthesis (P=3.3x10<sup>-7</sup>); and rs2060793 on chromosome 11p15.2 in CYP2R1 (cytochrome P450, family 2, subfamily R, polypeptide 1, encoding a key C-25 hydroxylase that converts vitamin D3 to an active vitamin D receptor ligand; P=1.4x10<sup>-5</sup>). We genotyped SNPs in these four regions in 2221 additional samples and confirmed strong genome-wide significant associations with 25(OH)D through meta-analysis with the GWAS data for GC (P=1.8x10<sup>-49</sup>), NADSYN1/DHCR7 (P=3.4x10<sup>-9</sup>) and CYP2R1 (P=2.9x10<sup>-17</sup>), but not C10orf88 (P=2.4x10<sup>-5</sup>).

» Full text at <http://hmg.oxfordjournals.org/content/19/13/2739.full.pdf+html>.

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*J Am Soc Nephrol. 2010 Feb;21(2):261-71. Epub 2009 Dec 3.*

### DIETARY FRUCTOSE INHIBITS INTESTINAL CALCIUM ABSORPTION AND INDUCES VITAMIN D INSUFFICIENCY IN CKD

Douard V, Asgerally A, Sabbagh Y, Sugiura S, Shapses SA, Casirolo D, Ferraris RP. » Department of Pharmacology and Physiology, UMDNJ-New Jersey Medical School, Newark, NJ 07101-1709, USA.

**ABSTRACT—**Renal disease leads to perturbations in calcium and phosphate homeostasis and vitamin D metabolism. Dietary fructose aggravates chronic kidney disease (CKD), but whether it also worsens CKD-induced derangements in calcium and phosphate homeostasis is unknown. Here, we fed rats diets containing 60% glucose or fructose for 1 mo beginning 6 wk after 5/6 nephrectomy or sham operation. Nephrectomized rats had markedly greater kidney weight, blood urea nitrogen, and serum levels of creatinine, phosphate, and calcium-phosphate product; dietary fructose significantly exacerbated all of these outcomes. Expression and activity of intestinal phosphate transporter, which did not change after nephrectomy or dietary fructose, did not correlate with hyperphosphatemia in 5/6-nephrectomized rats. Intestinal transport of calcium, however, decreased with dietary fructose, probably because of fructose-mediated downregulation of calbindin 9k. Serum calcium levels, however, were unaffected by nephrectomy and diet. Finally, only 5/6-nephrectomized rats that received dietary fructose demonstrated marked reductions in 25-hydroxyvitamin D(3) and 1,25-dihydroxyvitamin D(3) levels, despite upregulation of 1alpha-hydroxylase. In summary, excess dietary fructose inhibits intestinal calcium absorption, induces marked vitamin D insufficiency in CKD, and exacerbates other classical symptoms of the disease. Future studies should evaluate the relevance of monitoring fructose consumption in patients with CKD.

## NATALIE FREED »



**Great stuff! Give us your top 5 tips for a bigger bench, squat, and deadlift.**

1. Train hard and put the time in—there aren't any shortcuts.
2. Eat right.
3. Pay attention to good technique as well as repetition.
4. Something really important to me anyway: core strength.
5. Don't set boundaries for yourself.

**What are your future goals?**

I'd like to go back to Carnegie Mellon for a Masters in Professional Writing at some point. As far as lifting, my next meet will be the 2011 Arnold Raw Challenge. Long term, I wouldn't mind getting into more writing and maybe some food photography!

**Speaking of the future, how do you see the future of powerlifting?**

I'm hoping that powerlifting can get past some of the politics that seem to be breaking it up right now. It will have a better future if everything can become more unified and standardized.

**When it comes to powerlifting, what fires Nata-**

**lie up?**

I'm ready to go when I feel strong and have friends cheering me on, plus some good old death metal never hurts. I love lifting to some Lamb of God, DevilDriver, Black Label Society...

**What makes Natalie happy?**

Riding horses, good food, Brian Yeager, reading, real country music (Waylon, Kristofferson, you get the idea), watching thunderstorms, the way you feel when you just finished a super hard workout, owls, shooting at the range, peanut butter, my family, sunny days, my funny toe shoes, photography... lots of things. I'm easy to please.

**Tell us something random that you have never shared with the public before.**

I love scary movies and hold conversations with a Michael Myers mask that I keep in the living room.

**Natalie, you are everything powerlifting and then some! What is your advice for strong people who want to be super strong?**

Don't cheat yourself by trying to take any shortcuts. If you want it, commit yourself and work hard—no excuses. And believe you can. Don't

ever limit yourself in your own mind.

**When you're using a shirt, what shirt do you use?**

I actually haven't lifted with a shirt in a while, but I have a Titan F6. It works with my arch pretty well and I'm happy with it.

**What does your family think of your powerlifting?**

My family is always supportive of me, but none of them are lifters so they don't really understand everything I do for it. They're still cheering me on though! My mom worries that it's not really a feminine sport, but most people love that I'm a female powerlifter and it hasn't bothered me at all.

**How do you want to be remembered?**

I'd want to be remembered first as a good, honest person. Also, for coming back from a major physical setback to be the best powerlifter I can be.

**You have met a lot of people in powerlifting.**

**What do you think of powerlifters?**

Most people I've met through powerlifting are really genuine and friendly. I love how other lift-

ers and coaches at meets go out of their way to help each other instead of being so competitive that they take the fun out of the sport.

**What supplements do you take?**

I use mostly Optimum Nutrition supplements: Protein, Multi-Vitamin, B Vitamins, Amino Acids. I've also used Con-Cret occasionally. **If you could be any kind of animal what kind of animal would you be?** I'd definitely go for an owl.

**What do you like doing away from powerlifting?**

Right now I don't have too much free time, but when I do, I like reading, target shooting, and hanging out with my boyfriend. I also enjoy photography and would really like to get into a little food writing.

**Natalie, you're a powerlifting champ with a complete life. It has been great talking to you. The powerlifting world wishes you the best with everything. In closing, is there anything you would like to say or anyone who you would like to thank?**

I'd like to thank Ben Tatar, *CriticalBench.com*, *Powerlifting USA*, *Supplement Central*, *Umberger Performance*, *Optimum Nutrition*, *Titan's Ken Anderson*, and *APT Pro Wraps*. «



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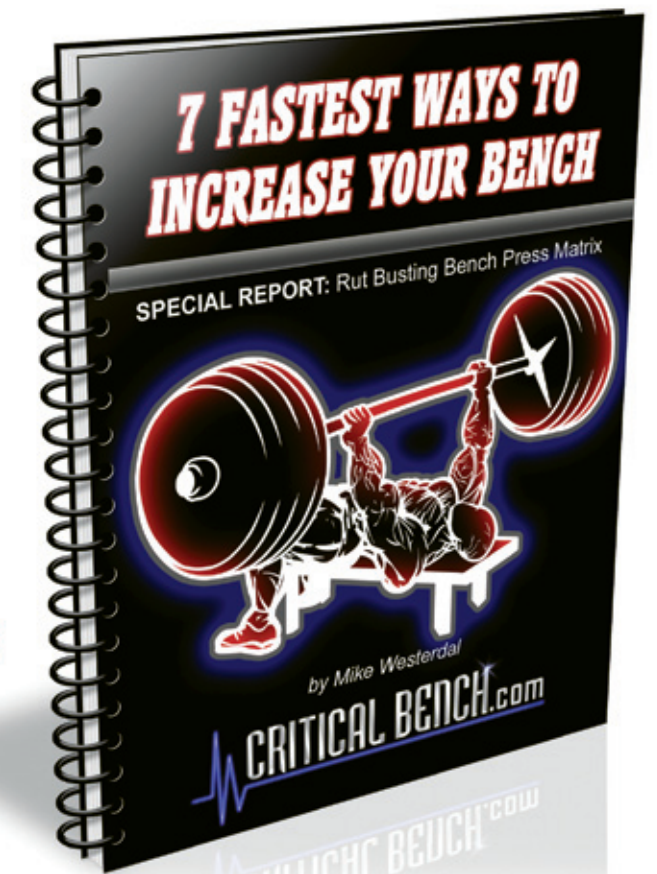
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thought that was great.

Well, I wasn't with the Royals more than a week when I started getting homesick. I didn't know anyone, and the pressure was unbelievable. I wanted to go home, but I was afraid to call my dad so I sent him a telegram. I told him that I missed my family terribly and that I wanted to come back home. It was a rather heartfelt telegram. It took me hours to write it. Twenty-four hours later I had a telegram from my father and it simply said, "Tough... Love Dad." Three words, but they were rather significant. The moment of truth! I was now an adult. What was I going to do now?

I am going to tell you what that taught me. It taught me about courage, about facing my fears, about fending for myself, about the pressures of life. It taught me a lot and I never would have learned any of that if my father had relented and let me come back home. If he had relented, most likely I would be working in the steel mills today. I stayed in baseball for years after that, just to show my dad that I could do it. I made a lot of money and put myself through college. I had my doctorate when I was only 23 years old. When I went home after earning my doctorate, my mother told me that it broke my father's heart to send me that telegram, but he was aware that if he hadn't done it, 'I would never grow up.' He was right about that.

There is a great postscript to this story though. Iron told me that after about a year at home he got a job working in the fields picking cotton. Interestingly, his mother got him the job because she wanted him to appreciate hard work and the demands of life. "It was a hell hole working in the fields," Iron told me. "It was hot and back breaking work. Then one day after about three hours in the field I started getting sick, so I walked over to this tree and sat down to cool off. I wasn't there more than ten minutes when one of the older laborers came over to me and said, 'Mr. Thomas isn't going to like you sitting here. You are here to work.' I looked up at him, and I swear he looked like he was eighty years old." Iron continued, "His skin was all wrinkled, he didn't have any teeth and he was all bent over from working in the fields. I said to myself, 'Hell no, I am not doing this the rest of my life.' I left that very minute, went home and told Mama I was going into the military and get my education. And that is exactly what I did. When I went home many months later, Mama said to me one evening, 'Sending you into the fields and then watching you go off to the Army was the hardest thing I ever had to do, but if I hadn't done it, you would never have grown to be Marvin.' That was so true."

Love—such a wonderful word, such a beautiful thing! «



EDITOR'S NOTE: if you wish to contact Dr. Judd, you may reach him at DrJudd2@aol.com

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On Thursday, December 9, 2010, *Powerlifting USA* author Ron Fernando passed away from heart failure following a knee replacement operation. Only 57, he had led an interesting life, early on working in technical sales for some of the biggest name corporations in the world and he traveled and worked around the world in that same capacity. Wherever he was, though, powerlifting was obviously a priority for him. He actually trained with some of the greatest names in powerlifting history, including Fred Hatfield and George Frenn, and was especially honored to have lifted with the great Roger Estep. As you have seen in recent issues of *Powerlifting USA*, he coached several U.S. Jr. World teams and he competed internationally, as well, when he was in New Zealand.

He met and wrote about many great powerlifting personalities over the decades. In recent years, he arranged his business affairs so he could focus singularly on something that he had always loved—writing. In fact, upon starting his latest bout of works with *Powerlifting USA*, he audaciously declared his dream: to become the best powerlifting writer around. A great fan of the novelist John Grisham, he further pursued his dream by writing a novel of intrigue himself (with many powerlifters as characters). He was a master of character development and making a complicated plot all fit together at the end. He had hoped to wrap the book preparation all up before his knee operation, but found out he lacked one thing—the ISBN number issued by our government to uniquely identify published books. Perhaps by now the envelope with that precious number has arrived in his mailbox. We will advise you of possible plans to finish up Ron's work and have the book published when they are definitive. Several key figures in the spot have indicated they will support this effort.

Ron was the penultimate powerlifting fan. His knowledge of this sport (and others) was extraordinarily encyclopedic, and he surprised us many times with pertinent tidbits he would recall about a given lifter or event. He had abundant future plans for articles, books, even movie scripts, and was "on his way" in pursuit of these goals. Ron's works would likely have been a great source of inspiration to the upcoming generation of powerlifters, just as the the strength superstars of his youth had instilled a reverence for power in Ron.

To say we will miss Ron is an understatement on a major scale. He would call the *Powerlifting USA* offices several times a week, going over one idea or another for his book or an article. His final article, in this issue, was part of a series we planned to run on the heritage of some of the great powerlifting nations of the world. The conclusion of this particular article led me to a comforting thought: I'm sure Ron has already been given a warm welcome in the 'Valhalla of Strength' by now, meeting and greeting those great strongmen who have left us, but whose memories live on through the writings of Ron Fernando.

Rest easy, my friend. — Mike Lambert

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