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WABDL BENCH BLASTERS

Patrick Holloway (top) and Rob Golgano (bottom) at the 2010 WABDL Worlds in Las Vegas, Nevada courtesy Mike Lambert/PL USA and CSS Photo



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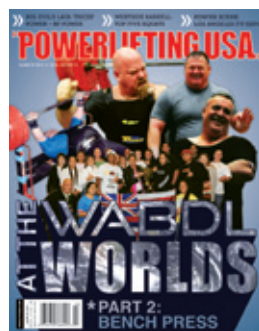
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Top Row (L-R): Roger Ryan, James Hunter, Bill Gillespie, Ken Millrany. Bottom Row (L-R): the Hawaii team. photos courtesy Mike Lambert/PL USA and CSS Photo



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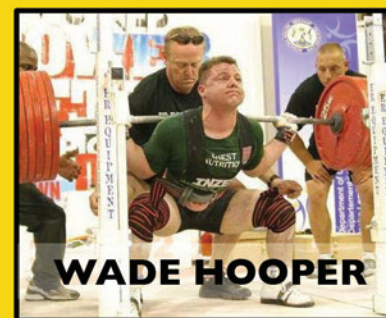
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TOP FIVE SQUATS PT. 1

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

We have 17 men who squat over 1,000 pounds. The top five average 1,143 pounds. Our top five totals equal 2,690 pounds. How can one gym develop such a strong group? The answer is hard work, coupled with science, experience and dedication. But what is the system that produced this top five average in the squat? It's a two-day system. One day is max effort day, which is done on Monday. Three days later, on Friday, we devote to special strength, explosive speed, or strength speed. Let's look at speed day on Friday.

Here, we do multiple sets depending on the percentages. For speed strength the percent is 50-60% (based on a contest max) for box squatting in briefs or a suit with the straps down. The sets can vary from 8 to 12. Bands or chains must be used to accommodate resistance to eliminate most of the deceleration phase. For speed strength the band tension is an average of 25% at the top. There is also great tension at the bottom to eliminate momentum. The bar speed should average 0.8 m/s. The rest between sets should be held around 60-90 seconds. The stance should be very wide to utilize the hips, glutes, and hamstrings. You must use the correct box squat form. This means pushing the knees out to the sides to exert force outward. The shins must never come over the toes but should be past vertical to the rear. This causes one to leg-curl off the box. Now, let's look at a three-week pendulum wave for the development of speed development.

Let's look at Tony Bolognone, who is an 1,150-pound squatter. Below is a table showing a three-week wave:

Week 1	10 sets	2 reps	575 lb. bar weight	250 lb. band tension
Week 2	10 sets	2 reps	635 lb. bar weight	250 lb. band tension
Week 3	8 sets	2 reps	690 lb. bar weight	250 lb. band tension

A.J. Roberts has an 1,100-pound squat. Below is a table showing a typical speed-strength three-week cycle:

Week 1	10 sets	2 reps	550 lb. bar weight	250 lb. band tension
Week 2	10 sets	2 reps	605 lb. bar weight	250 lb. band tension
Week 3	8 sets	2 reps	660 lb. bar weight	250 lb. band tension

For both men, the band tension is slightly less than 25%, but at Westside a strong band gives us 250 pounds of tension.

Dave Hoff has a 1,075-pound squat at 275 bodyweight. Below is a table of a three-week wave with weight and bands together. This is a combination of 160 pounds of chains and 140 pounds of band tension. This is a typical three-week speed-strength wave:

Week 1	10 sets	2 reps	540 lb. bar weight	300 lb. bands + chains
Week 2	10 sets	2 reps	600 lb. bar weight	300 lb. bands + chains
Week 3	10 sets	2 reps	660 lb. bar weight	300 lb. bands + chains

The three examples above show a 1,075-pound, an 1,100-pound, and an 1,150-pound squatter. You see, the weights are slightly different per lifter. There can be no hypothetical reasoning. The math must be correct to maintain proper bar speed. This is all based on mathematics. Strength-speed work is also done on Friday. The band tension must be at least 50% of the total squat at the top.

Next are two examples of a strength-speed workout by A.J. Roberts using two different combinations of band tension and bar weight. The first strength-speed workout will be with 440 pounds of band tension, working up to a 1 rep max.

The work looks like this:



Tony Ramos uses the circa-max phase for his squats (Simmons photos)

320 lb. bar weight	2 reps	440 lb. band tension
420 lb. bar weight	2 reps	440 lb. band tension
510 lb. bar weight	1 rep	440 lb. band tension
600 lb. bar weight	1 rep	440 lb. band tension
660 lb. bar weight	1 rep	440 lb. band tension

The circa-max workout netted an 1,100-pound squat for A.J. A pure strength-speed workout is where the band tension is greater than the amount of bar weight. The strength-speed workout outlined below will produce great strength at low velocity:

160 lb. bar weight	2 reps	700 lb. band tension
240 lb. bar weight	2 reps	700 lb. band tension
330 lb. bar weight	1 rep	700 lb. band tension
380 lb. bar weight	1 rep	700 lb. band tension
425 lb. bar weight	1 rep	700 lb. band tension

You will notice that the top net weight is with two different combina-



JOE MAZZA – World Record Bench: 705 lbs. @ 165 lbs.

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ELLEN STEIN

as told to Powerlifting USA by Bob Gaynor

Ellen Stein has been a world class competitor for over fifteen years. She is also a great spokesperson for the sport of powerlifting. This interview was conducted after the 2011 Raw Unity Meet.

Please give us some personal info on yourself.
I was born on February 22, 1953, in Brooklyn, New York, and I have lived there all my life.

What is your educational background?
After high school I attended NYU. I also attended Brooklyn College and was a romance language major.

What are some of your hobbies?
Movies, music, rollerblading and spending lots of time with the animals at my local shelter, "Sean Casey Animal Rescue."

What titles and records do you hold?
Seven-times IPF Masters World Champion (I hold all the Masters American Records in the USAPL), raw and equipped in the 45-49 (except the bench), 50-54 and 55-59 in the 60 kg. class, Masters American and world records in the USPF 55-59 in the 60 kg. class, and the same records for the AAU Masters American and world in the 60 kg. class. I might have a few records here and there in other feds, but who can keep track? RUM 1 (2008) - 1st place, RUM 2 (2009) - 2nd place, RUM 3 (2010) deadlift only - 3rd place, RUM4 (2011) - 3rd place.

How did you get started powerlifting?
I was a middle and long distance runner for 15 years and decided to stop running and join a Gold's gym on my 40th birthday. I started hanging around with a group of older master lifters in my gym who showed me the ropes and the rest is history. I did my first meet at Dr Ken's Iron Island Gym in 1994 and went on to win my first WDFPF Worlds in 1995 in England.

What is your current weight class and body-weight, and what other weight classes have you lifted in?

I weigh a steady 130 pounds right now; 60 kg. class (132) is my current and preferred class. I have lifted in the 56 kg. class and one time in the 67.5 class that I got in by one pound just to get the records! I also lifted in the 129 lb. class back in the day when there was one!

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

I only train 2 days a week, usually Wednesday and Saturday. Depending on what type of meet I am getting ready for (raw or equipped) I might squat and bench light on Wednesday and squat and bench heavy on Saturday. I deadlift



Ellen (right) with her coach Matt Gary and his wife Sioux-z Hartwig-Gary (E. Stein photos)

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INSPIRATION

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.

For this month's question our panel members were asked: *what advice or inspirational message were you given early in your career or in life and by whom?* This would be something that you have carried with you and has been beneficial to you.

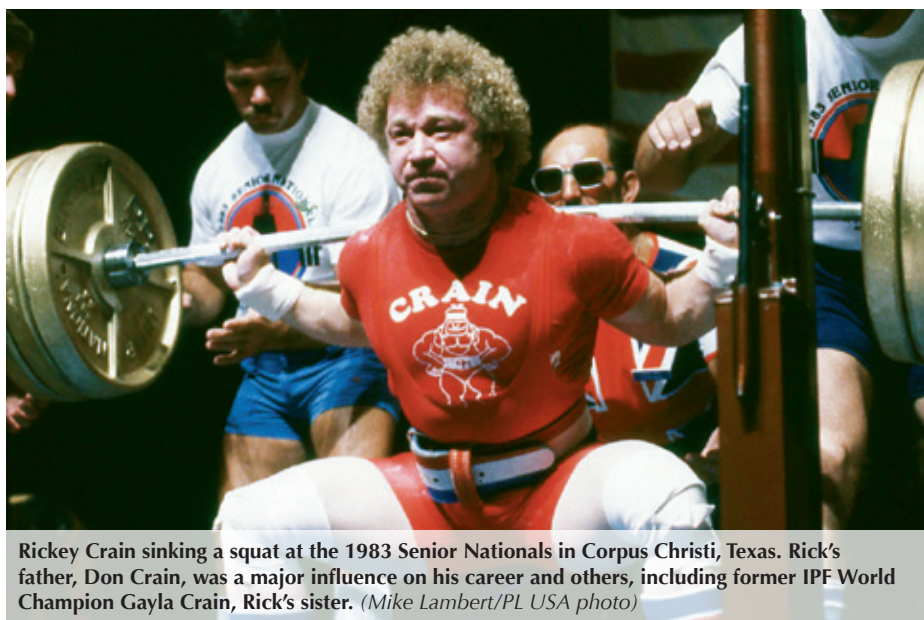
RICKEY DALE CRAIN: My dad. 'I can do anything I set my mind to.' 'Always strive to be the best you can be.' For 40 years he was always there for almost every workout and every meet.

"SIOUX-Z" HARTWIG-GARY: It seems simple, but the best advice anyone ever gave me was when I was in college working at Mt. Rushmore. I joined a couple of guys working out on a universal machine, and at the end of the workout one of them said to me, "You are strong! You should be a powerlifter." I asked, "What's that?" and the rest is history.

If I were going to give advice to someone now, I would say to focus on technique. Too many people focus on the amount of weight they are lifting and which gear will make them stronger. That will come later. Lift raw and lift right.

RYAN CELLI: One of the most important pieces of advice ever given to me was to do every rep the same. Thankfully, I was given this advice early on, at the age of 17. I remember it like it was yesterday, meanwhile it's been about 20 years! I had been deadlifting conventional since I began lifting a few years prior. I had seen lifters deadlift sumo before at meets and in the magazines, but never in my gym. Then one day I saw someone deadlifting sumo at my gym. I asked him if he would show me how to deadlift sumo. He took me through all the steps: where my feet, shins, hips, shoulders and hands should be. We tried a few different set-ups. The one thing he stressed the most, after I figured out my exact set-up and stance, was to set up the same each and every time, and do each and every rep the same. He said I should do 135 pounds the same way I do my max. To this day I follow this advice on every exercise I do. I credit much of my success to striving to make every rep look exactly the same. I never saw this guy again, and to this day I have no idea who he was, or what his name was.

BOB BENEDIX: In 1981 I was competing in the Strongest Man in New England contest at Mt.



Rickey Crain sinking a squat at the 1983 Senior Nationals in Corpus Christi, Texas. Rick's father, Don Crain, was a major influence on his career and others, including former IPF World Champion Gayla Crain, Rick's sister. (Mike Lambert/PL USA photo)

Tom in Springfield, MA, while lifting weights for the U.S. Navy. I watched Ted Arcidi bench a world record of about 600 pounds raw. He brought his own bench and warmed up with 2 sets of empty bar and 2 sets of 135 before going up. I asked him why he did so much in warm-ups. He told me, "If warm-ups make you weak, you are not strong." I have used that line and followed that guidance for over 30 years now!!

MIKE TUCHSCHERER: I can't remember who gave me this advice, but it's something that has stuck with me over the years. We focus so much on being the strongest that we sometimes lose sight of who actually wins the powerlifting contest. It's not the "strongest" person, whoever that is. It's the best powerlifter. Being the strongest person doesn't mean anything if you're a crappy powerlifter. Let me explain what that means. The best powerlifter will win the powerlifting meet. Strength is a major component of that, but it's just one component. The biggest thing that this affects is contest strategy. You have to make lifts if you want to win the meet. I know a lot of guys lift for PRs and that's fine. But if you want to win a close meet, then you have to be the best powerlifter you can be and make lifts. That might mean

calling for 5 pounds UNDER your PR on a 3rd attempt. Why would you do that? Because if you make the lift, it would be possibly another 30-40 pounds on your total (depending on the lift), and taking a lower weight could help make it a sure thing. Go for the PR and miss...then you might be the "stronger" lifter that day, but due to poor attempt selection, you could end up losing the meet. Nobody cares who's "stronger" if you can't show it.

JON SMOKER: In lifting, it was a lecture delivered by Russian strength guru, Yuri Verhoshanski, in 1986 at the Moscow Sports Institute. He detailed what their research had revealed about how to train with weights for any sport. In particular the routine for middle distance runners has reaped many dividends for me over the years. Apart from the fact that every runner I've put on it from 200 meters on up, has improved their time. I feel like I've got a new pair of legs everytime I go through it, and then go back to training.

In life, it was actually something my boss at the time said just four years ago: "Take the high road." What does that mean? If you're having a disagreement with someone, keep it civil, respectful, polite, even if they're trying to escalate it. Don't go into someone's office, for example,

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

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Sean Harris

SEAN HARRIS WINS XERO LIMITS MOST MUSCULAR FREAK NPC BODYBUILDER SELECTED AS 2010 FREAK OF THE YEAR!



The votes are in and bodybuilding fans across America have spoken. Sean Harris has captured the Xero Limits 2010 Most Muscular Freak of the Year title! The NPC Atlantic States Champion pulled in an overwhelming 1/3 of the total votes cast in this wildly popular online contest. Over the course of the month of January, nearly 21,000 fans checked in on the voting and supported their favorite Xero Limits Freak.

The Freak of the Month award was created by Xero Limits to reward the most hardcore looking guys on the NPC stage. Neils Andersen trophies were awarded to the freakiest guy as chosen by the judges at select New York/New Jersey contests that were part of the Xero Limits East Coast Series.

The six East Coast Series individual winners were joined by 19 other NPC bodybuilders from across the country who entered the online contest. The early voting was neck-in-neck, but over the last week of January Harris steadily pulled away as hundreds of fans cast their deciding votes.

For his victory, Sean wins an expenses paid trip to the Arnold Classic Expo to be a part of the Xero Limits staff and meet fans at the Xero Limits booth. Congratulations to Sean on the big win, and to all the Xero Limits Freaks who entered this exciting competition!

» Steve Downs, MHP Marketing Director; 973.785.9055; sdowns@maxperformance.com | For more information, visit www.getXL.com | Xero Limits, 549A Pompton Avenue, Suite 310, Cedar Grove, NJ 07009, 866.378.4135

XTREME POWER TV ANNOUNCES THE NEW ULTIMATE RAW POWERLIFTING CHAMPIONSHIPS TO BE TELEVISED ON FOXSPORTSNET

2010 brought an element to powerlifting that had been, for the most part, missing for nearly 30 years—national television coverage. When the announcement came that a virtual unknown in the world of powerlifting, Dave Kownack and Jay Adams (of MMA fame), were behind a push to get Raw Unity Meet 3 on FoxSportsNet the powerlifting community was abuzz. Some were behind the movement 100%, some took the attitude of wait and see, some believed that it was just talk and would never happen, while others were just flat against it. Now that 2010 has come and gone, what has actually happened after all the uncertainty following this first announcement and what does the future hold?

Dave Kownack and Jay Adams *did* deliver the coverage of the Raw Unity Meet 3 (RUM) which was broadcast on FoxSportsNet on Jay's TV show, Jay Adams' *Brawl Calls*. The show was broadcast into over 47 million homes and it was watched by more than 1 million people. Jay Adams *FoxSportsNet* show signed a 4 show deal for a show that covered powerlifting and other "power" sports such as bodybuilding and arm wrestling. XPTV decided to create an entirely new show that covered strength sports (with a focus on powerlifting) called *Xtreme Power TV* (XPTV). RUM 3 was followed on FoxSportsNet by the Mike Whitmer Memorial, and then RAW 504. The Night of the Living Dead, Roger Puffers All Forces National Military Bodybuilding, Fitness, Figure & Bikini Championships, Raw United North American Open and other shows are in editing now to be released in early 2011 by FoxSportsNet as well. The Night of the Living Dead will air the whole month of March 2011.

There were some people that flat told Kownack that powerlifting would never be on TV, but it was. Some said the first show was not edited right to make it appealing, but yet still 1 million people watched. A new format, featuring host Jay Adams with cohosts Christopher James (Host of HDNETS MMAXFC fights) and Benjamin Gossip (seen on *Mav TV* and *Fight Zone TV*) was adopted. New editors were added for the last shows as XPTV learned on the job how to best produce the show for marketability for television. As 2011 starts, no one can doubt that XPTV has delivered what many in powerlifting have only dreamed of for many years, true U.S. national television coverage. XPTV is the only scheduled powerlifting show on TV in the U.S., and they are very

proud of all the men and women that were filmed last year and presented to the public. XPTV has received thousands of emails from new fans who enjoyed watching 10 year old 77 lb. Zach Seymour's 253 lb. deadlift, Beau Moore, Andy Bolton, Bob Gaynor, Eric Talmant, Nattilee Freed, Tony Conyers, Ryan Celli, Dennis Cieri, Jenn Rotsinger, Mike Tuchsherer and so many many more. Powerlifters are becoming household names outside of the powerlifting world. XPTV's dream was to make powerlifters known commodities, and the dream is coming true.

XPTV was so pleased to work with so many great promoters of the sport and different federations. XPTV is a small voice in this big industry of giants, so they were very thankful for the sharing of the sport with them, and ultimately the entire world via TV and live steam. As 2011 commences, XPTV will be working with more promoters and filming more meets in even more venues to expand strength sports like powerlifting.

Jay Adams of FoxSportsNet was interested in this mostly cult sport of powerlifting, but he wanted to know what was the drawing card to get people to care about the lifters, follow the happenings from show to show, and want to know what was going to happen next. XPTV has developed the idea of an Ultimate Raw Powerlifting Championship (URPC). There will be 4 raw shows that crown a best lifter at each show, however, it will not end there. The Wilks total from one show carries over to the next. The lifter at the end of the 4 shows with the highest Wilks total wins a championship belt and the title of Ultimate Lifter. This stroke of genius fulfilled all of the desires of FoxSportsNet for a sport that was unknown to many and now gave people a reason to follow the sport and the lifters throughout the year.

2011 will feature 5 shows with 4 being full power shows which started with a bang at Raw Unity 4 in January. Big time lifters came from all across America and a few international lifters as well. Lifters that were new to RUM like Al Davis, Rex Hubbard, Michael Kuhns, Jeremy Scruggs, Sam Byrd, Perry Ellis, Jr., Jay Nera, Jeremy Hoonstra, Greg Doucette, Richard Hawthorne, Scott Weech, April Schumaker, and many more were there and they all expressed their interest in the TV format that pits the best from all feds. Most of the big time competitors also expressed their intentions to be at all of the URPC shows and compete for the Championship belt. Scott Weech, with a total of 557.072, is the standing Men's Ultimate Lifter and Taylor Stallings, with a total of 492.083, is the current Women's Ultimate Lifter following their performances at RUM 4. Will they win the ULTIMATE LIFTER belt in New Orleans? We will just have to wait and see. No matter who wins, this will be very exciting for the sport of powerlifting

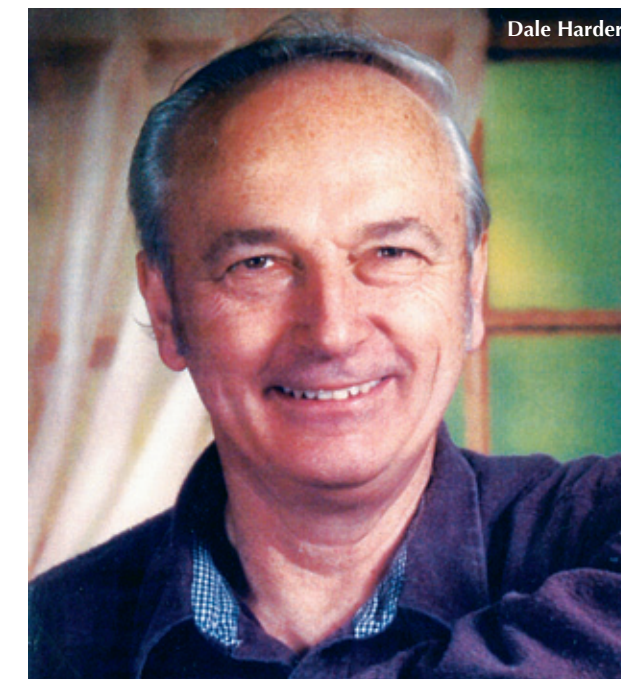
– STRONG, STRONGER, STRONGEST – A STRENGTH ENCYCLOPEDIA (2nd Edition)

STRONG, STRONGER, STRONGEST – A Strength Encyclopedia (2nd edition) has recently been released by Education Plus. Strength reveals itself through many disciplines, and author Dale Harder has researched strength athletes and developed intriguing comparisons of their abilities like no other author in history.

From A (strength enigma Chuck Ahrens) to Z (Russian Olympic Champ Leonid Zhabotinsky), Dale has researched and presented in this book over 100 biographical sketches of strength legends from all over the world (46 of them are powerlifters!) and all across the spectrum of recorded history. Most of them are accompanied by remarkable photos, many of them previously unpublished (check out the wild shot of Wilt Chamberlain and Andre the Giant flanking Arnold Schwarzenegger on page 24!). As an added bonus, Dale has appended comprehensive all time ranking lists in each of the Olympic and power lifts, as well as strongman events.

Whatever your perspective, whether it be weightlifting, strongman competition, powerlifting, track & field, wrestling, odd lifts, you will have a ball reading this book. Dale, a successful athlete himself, is a longtime educator who has written and published dozens of other books.

» For more information, contact Dale Harder at: Education Plus, 18584 Carlwyn Dr., Dept. C, Castro Valley, CA 94546, or daleharder@comcast.net



Dale Harder

and will bring many new fans to the sport.

The URPC is just heating up and continues at Kieran Kidder's APF Raw Nationals at the Europa in April, the Ultimate Raw Powerlifting Championships at Scott Seymour's Natural Power in July in Atlanta, and concluding at the RAW 504 Clash for Cash in November in New Orleans. There will be 1 male and 1 female winner by Wilks formula crowned at the end of the series. The crowning of an ultimate deadlifter will also take place in a one show winner take all format at the Night of the Living Dead in Tennessee in October. All winners will receive cash prizes and championship belts like those awarded in boxing or MMA. These belts are right now being made and cost in excess of \$1,200 each and will be something that the winner will be proud of. The winner is then expected to return with their belt the following year and defend it against all comers just like champions in other sports.

Other shows will also be filmed and televised including a single ply nationals full power show at Europa, arm wrestling, bodybuilding, etc. The promoters drive this venture and those that want to get the exposure for their lifters and the excitement of TV coverage will determine where the future of powerlifting on TV will go. Promoters and lifters from many federations came to these meets over the past year and expressed their interest in this new URPC. Lifters see that there is some money in the sport, there is television coverage to be had, and there is a format to compete against the best from all federations to see who is the ultimate lifter in a head to head format.

More information about these exciting events can be found online at several sites including www.Xtremepower.tv (for an overview and schedule of shows). Individual websites of each show that will be included in the Ultimate Lifter Series www.rawunity.com (for an overview of the rules since all meets will follow the rules adopted by RUM), www.raw504.com (for information regarding this show), www.worldpowerliftingcongress.com (for information regarding the APF Raw Nationals), <http://nightofthelivingdeadlift.blogspot.com> (for information regarding the Night of the Living Dead Ultimate Deadlift Championship).

XPTV looks forward to filming more shows, featuring even more lifters, cooperating with new federations, and bringing the sport of powerlifting to millions of new fans across the country. 2011 will be a great year for raw competitors, geared lifters, full meet athletes, and specialists in all age, gender, and weight categories to compete against the best the nation, and in some cases the world, has to offer. A new community of strength sports is being created where all types of athletes from arm wrestling, powerlift-

ing, bodybuilding, and more are coming to watch and be watched by new fans in the burgeoning strength and extreme sport enthusiast brought to you by Xtreme Power TV.

» Alex Campbell, Xtreme Power TV

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- Show 3 Ultimate Raw Powerlifting Championships RAW Powerlifting in Atlanta 70-80lb dyno mo Challenge Andy Bolton returns to the US JULY 15 & 16 2011 Atlanta Ga.
- Show 4 Ultimate Raw Powerlifting Championships RAW 504 "Clash for Cash" The Final Show See Who Wins Ultimate Powerlifter Belt November, 2011 New Orleans, La

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TRICEP POWER EQUALS BENCH PRESS POWER

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

Greetings, fellow iron heads, and welcome to another installment of *Big Evil's Lair*. It looks like that big meet in the Spring you have been planning for is right around the corner. Are you getting yourself ready Big Evil style? Are you using the monthly teaching of the Big Evil to forge your attack on meet day? The Big Evil is counting on your success. Do not fail me! This month I am going to give you another one of my bench press secrets that I am sure you will find most helpful in your training.

First, I want you to think of the biggest bench presser you know—in fact, think of a few of them. Now take a look at their tricep muscles. All big bench pressers have huge triceps and I assure you this is not a coincidence. The triceps are the most important muscles when it comes to bench pressing and we will unlock the secrets to this muscle group and harness the power of a set of massive powerful triceps. Read on, my minions.

The triceps brachii muscle (Latin for “three-headed arm muscle”) is the large muscle on the back of the upper arm. It is the muscle principally responsible for extension of the elbow joint (straightening of the arm). It is called a three-headed muscle because there are three bundles of muscles, each of different origins, joining together at the elbow. The heads (long, medial and lateral) have slightly different functions that make each unique from each other. Of the three heads, the long head is the head that is the workhorse when it comes to moving maximum poundages. The other heads play a role too, of course, but the lateral and medial head control more precise types of functions such as controlling your hand while writing. One area of the tricep that is most important when it comes to big bench pressing is the insertion where the tricep meets the elbow. The three heads (muscle fibers) converge to a single tendon to insert onto the olecranon (which is a large, thick, curved bony eminence of the forearm that projects behind the elbow) process of the ulna (which is one of the two long bones in the forearm). SMACK! The Big Evil has nerded out again, spilling scientific terminologies to you. The fact of the matter is, you need to know that the tricep plays a major role in your bench pressing, particularly at the insertion where your elbow meets your tricep. Now that you know a little more about the structure of the tricep muscles, what exercises can we do, Big Evil, to make our triceps stronger thus make our bench press stronger? Listen up!

The Big Evil likes to break up tricep work into two parts: pressing movements and extension movements. As you would expect, you can



For more from the Big Evil, check out WWW.BIGEVILSLAIR.COM

handle a lot more weight on the pressing movements than the extension movements. However, the Big Evil believes that the key to your tricep work is going to come from the extension work because it will really work your triceps at the elbow insertion. The Big Evil is not saying you should break these up into separate training days, but is merely pointing out the techniques of the two different types of tricep movements. With that being said, I command you to do the pressing movements first then finish up with the extensions. There are two good reasons to do this. First, you will be using more weights with the pressing movements, so you will want to be fresh for those big loads. Secondly, it will give your elbows a chance to warm up before you start doing extension work. It is necessary to work your triceps heavy and hard, but on the same note you must be very careful to protect

them from overtraining and injury. How many times do you hear about big bench pressers who have wrecked their triceps and elbows by merely not taking care of them? The Big Evil looks at the human body like you would a car. There are people who will take care of their car, change the oil, do all the maintenance, keep their car in the garage and so forth. This car will probably run close to 200,000 miles and give the owner many years of good service. Now, take the guy who runs the hell out of a car, never changes the oil, runs cheap gas, doesn't do maintenance work and basically just runs the car into the ground. How long will that piece of shit run at that pace? Isn't it funny that's how some lifters treat their own bodies? Yeah, you know who you are! The Big Evil commands you to change your evil ways and start doing some tricep safeguarding.

photos courtesy Jamie Harris

page 88 »

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SQUAT GEAR

as told to Powerlifting USA by Doug Daniels

I do not have to tell anyone reading this article that by adding a squat suit, knee wraps and lifting belt, you can squat a lot more than if you squatted "raw." But a lifter's challenge should be to get the most out of their squat gear on contest day. To do this, you must have a plan to incorporate squat gear into your routine as the meet nears. In this article I will lay out what I believe is the best way to approach this with an 8-week cycle leading up to a contest.

Before I start to outline this cycle, I strongly suggest that during the time prior to your contest training cycle—which I call the off season—a lifter use, at most, a light belt for the top set. Using any other gear like knee-wraps during this period will result in fewer strength gains. During this period, we should be focused on building strength, not demonstrating it. If you can live without a lifting belt as a crutch, you will be better off. The use of a lifting belt was brought up in one of my company's safety meetings a while back. Some major businesses were supplying workers who lifted heavy objects with belts in hope to decrease back injuries. What these companies found out was instead of a decrease in back trauma, they saw an increase. The belts substituted for strong abdominal muscles and the workers actually lost strength in their abs. When they lifted objects out of the work place without the belt, they suffered back injuries due to weak torso muscles. To me, this was very eye opening.

When we enter the 8-week contest phase, we can start to add squat gear into our routine. For example, we might cut our reps on our heavy days down to fives for the first three weeks. In this case we would use a belt and add wraps on the third week of the heavy sets. A workout might look something like this: 135 x 8, 225 x 5, 315 x 5, 355 x 5, 335 x 5, 315 x 5.

On the third set, we would add a thin belt, the fourth and fifth set we add wraps, and on the last set, use only the belt, if anything. If you have a light day, use only the belt on the heavy sets. I suggest not using your heavy contest belt at this point.

By adding equipment in this manner, you will get an extra "kick" from each piece of gear as it is added. This method of using squat gear will allow you to build strength as well and not become reliant on the gear.

The next three weeks lead to heavy sets of threes. Here we would add an older or less tight squat suit. Your progression might go like this: 135 x 8, 225 x 5, 315 x 3, 355 x 2, 395 x 3, 375 x 3, 345 x 5.

At this stage we would add a thick belt on the third set, wraps on the fourth and a squat suit with the straps down on the fifth. The last two sets would only use wraps and a belt. This gradual introduction of the squat suit will provide the previously mentioned "kick" while slowly accustoming the lifter to the use of the



Mike Cartinian is a major fixture on the all time ranking lists for the 181 and 198 lb. classes, seen here at the WPO meet at the 2007 Arnold Classic

suit. Again, if you have a squat light day, use only a thin belt on the top set.

The final two weeks we would use full squat gear. But again, gear gets added gradually as the weight increases. Here we would hit a single: 135 x 8, 225 x 5, 315 x 3, 355 x 1, 395 x 1, 435 x 1, 415 x 1, 355 x 5.

The third set would include a thick competition belt and knee wraps. On the fourth, add your competition squat suit with straps down. On the fifth and sixth sets, pull up the straps. For the last set, lower the straps to finish keeping all the other gear on. Eliminate the light day the last two weeks.

I would like to include a few tips on knee wraps before I wrap up this article. First, always wrap your knees with your legs locked out straight. This will provide the maximum spring and support when you squat. Lastly, wrap your knees tighter as your weights go up, especially when squatting max triples and singles. You can refer to past article I have done on knee wraps for more information.

A lifter needs time to get used to the feel of supportive gear. Also, a lifter must test his equipment to see if it is doing the job or needs replacing. This is especially important to a

newer lifter who has had little experience using supportive squat gear or if you are trying a new squat suit brand or different knee wraps. The gear used changes the feel of the squat immensely. More experienced lifters know what to expect. By gradually introducing the gear, you will not be reliant on it and you still will gain in strength over the cycle. This will also add to your confidence level which is critical to lifting up to your capabilities.

Some purists may be put off by all the gear available to the powerlifter, but when compared to gear used in other sports like Olympic skiing, cycling and even swimming, powerlifting compares equally. When a lifter steps out on the platform, he should be using all the squat gear that the rules and his budget allow. The lifter must also be familiar with each piece of gear effects during a max squat. You can adjust my routine above to fit your own squat capabilities; it was used only to give a clear example. Squat supportive gear is an important factor to your success in the lift. It is an integral part of your squat training. Hopefully, I have provided some usable ideas on how to approach the use of squat gear to achieve maximum results at contest time. «

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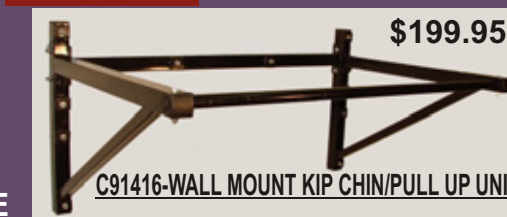
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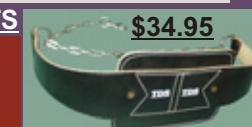
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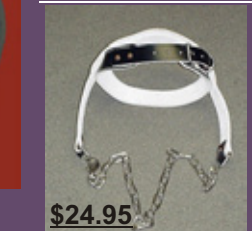
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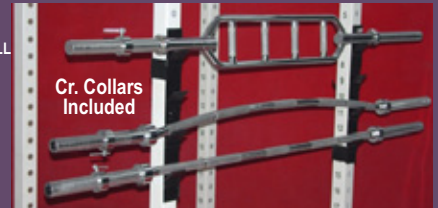
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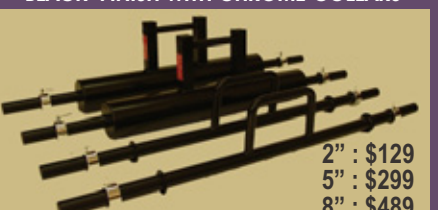


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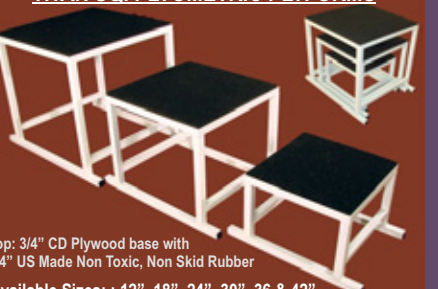
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#105 EXPLOSIVE MECHANICS

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

Whoops, I guess I dropped the ball last month. I was too distracted by the Catwoman rejection, and also we were really busy with the high school powerlifting season. Sorry, my brothers, but HOUSE OF PAIN sponsors and attends up to ten powerlifting meets per week-end in the first few months of the year—and all those strong young kids keep us hustling—until a few weeks after the Arnold Classic! There was no way to finish this article. Thinking of all those kids reminds me of a gym that changes their gym hours based on the school schedule. Way cool, but I'll get to that gym in a second.

The last gym we discussed was Hardcore Gym #104. We went underground (literally), and checked out the Iron Empire in Bethpage, NY. I asked all of you to help me hook up with Catwoman for research on her stretchy leathers, but so far there has been no word from Halle Berry. She hasn't responded to any of my calls or letters, and she won't "friend" me on Facebook. In other words, so far NONE OF YOU HAVE COME THROUGH FOR ME!

OK. I have put my dreams of Halle Berry behind me; it is time to act my age and face reality like an adult. Moving on, now I wanna party with Charlie Sheen!! Wait, we were talking about a hardcore gym. This next Hardcore Gym (#105) features a trainer that works with a lot of high school and collegiate lifters—in a mature and productive manner. I got this initial email from Jared Bidne:

My name is Jared Bidne and I own a powerlifting/sports performance gym in Georgia. My website address is www.explosivemechanics.com. I have trained some world record holders. They hold records in the AAU, SPF, Raw United (RUM), and a few others. The lifters are between 9 and 16 years old. The 9 year old, at 79 pounds, has a 215 deadlift, 100 bench, and a 160 squat. The 10 year old

has a 110 pound bench and a 160 squat. We have a 12 year old with a 300 deadlift, and a 14 year old (Cody Houser) at 131 with a 215 bench! We also have a few other lifters with some great numbers.

I subscribe to Powerlifting USA and see spotlight articles and would like to know how get involved with one. All of my contact information is on my website. You can view some of the videos from the media page on the website.

Thanks,
Jared Bidne
Explosive Mechanics

I love explosives and I love high school powerlifting! This guy is training kids—the future of our PL sport—and his gym has a cool exploding name! 'Nuff said. Explosive Mechanics is a natural for Hardcore Gym #105! But can he add 4 MPH to our fastball? Let's find out. The full story is below:

I started Explosive Mechanics in 2008 after spending years in the pursuit of strength and athletic performance. I wanted a gym that was all about the results with no fluff. I wanted to open something that was not available to me as a young athlete. After opening Explosive Mechanics it has been my goal to provide athletes with the best training possible, using experience and science. With the name, I wanted something with meaning and with an exercise science background I came up with Explosive Mechanics. In the dictionary "mechanics" is the branch of applied mathematics dealing with motion and tendencies to motion when subjected to forces or displacements, and the method of construction or routine operation of a thing. Explosive describes the type of mechanics we use. In our logo, there is a barbell between "Explo-

sive" and "Mechanics" because strength (if developed properly) is the connecting link for explosive movement. (Explosive lifters dominate powerlifting; I'm sold! RB)

My name is Jared Bidne, and I grew up in Senoia, GA. That's only about 20 minutes from where the gym is located. I started lifting weights at the age of 12, when my parents bought me my first weight set. It was a home gym, and I wanted to prove to them that I was going to use it more than they thought. The more I used it, the stronger I became! I noticed my body changing, then I started buying bodybuilding magazines to learn more about how to become stronger, because like most kids I thought big muscles were strong. Later on in life, I learned you do not have to be big and ripped to be strong. (When your body is changing, I've heard that is called 'puberty.' That same process is what drove me to bodybuilding mags, to look at pictures of scantily clad women. And yeah, I read the wacky BB training nonsense. Then I progressed to a PL USA subscription, and fixated on Catwoman. I'm just saying. RB)

I do have a B.S. Degree in Exercise Science and dropped out of the M.S. program after being frustrated with the information presented. We were educated on everything except training. We learned about the muscular and neuromuscular system, but never how to train them to create a specific response. None of my books ever mentioned maximum effort, repeated effort, or dynamic effort. If not for Louie Simmons, I still would not know. Training is a process and each method has details designed to create a specific response for that method.

Speaking of training, high school and collegiate athletes mainly train at Explosive Mechanics, and so the hours of business depend on the time of year. Gym hours basi-

cally revolve around the school schedule. (Way cool; my hat is off to you for helping these younger lifters! RB)

We have a 10 year old, Coltin Houser, with his best lifts being a 160 squat, 110 bench, and a 180 deadlift at 89 pounds body weight. Coltin holds the SPF world record for bench in a push/pull meet and in a full power meet. We have a 9 year old, Zach Seymour, who holds world records for the SPF, AAU, and Raw United. Zach's best lifts are a 105 bench, 160 squat, and a 220 deadlift, at 79 pounds body weight. Cole Egan is 12 years old and 109 pounds, with a 200 squat, 120 bench, and a 215 deadlift. Kyle Houser is another 12 year old, with a 155 bench and a 205 squat at 102 pounds. We have two other 12 year olds, Malik Early and Louthez Wyatt. Malik has a 300 deadlift, and a 225 squat at 179 pounds. Louthez has a 160 bench at 208 pounds. Our 15 year old lifter recorded a 540 total (when he was only 14) in a push/pull with a 215 bench and a 325 deadlift, at a body weight of 131 pounds. We have a 16 year old lifter, Antonio White, with a 1245 total at 170 pounds. His best lifts include a 455 squat, 315 bench and a 475 deadlift. Antonio was called for hitching when he pulled his last deadlift at 500. We have a very driven 74 pound, 9 year old female with a 145 squat, an 85 bench, and a 6-foot-5-inch broad jump! Her main sport is tennis. We have a lot of young lifters and the numbers that were given were done in competition.

We lift raw, belt only—no knee wraps or wrist wraps—our motto is shut up and work. We have some very strong females as well; two high school senior volleyball players with 150 pound plus benches at body weights of 140. Some of these videos can be seen from the media page off of www.explosivemechanics.com. One of our most popular videos is of one of our 13 year old girls pulling a 275 trap bar deadlift. (Not even knee wraps?!? Dude, that is crazy hardcore. I see a lot of TX lifters with 600 plus squats, and last weekend I saw a 475 BP, but most of the TX high school lifters are wearing supportive gear. Totally differ-

ent ballgame. RB)

At Explosive Mechanics you will not find TVs, treadmills, mirrors, or a juce bar. We have a monolift, a Forza bench, and a deadlift platform similar to the one Louie Simmons has at Westside Barbell. We have three squat racks with 0-90 degree benches. We have dumbbells up to 150, a reverse hyper, GHR, supported row and many different bars, several dragging sleds, two prowlers and a little over 1500 square feet of turf. We have one Olympic lifting platform with Eleiko weights. We have the ability to train just about any type of athlete that walks through the door. I'm the only trainer, so I have trained every one that has come to Explosive Mechanics for training. The Georgia State 4A volleyball "Player-of-the-Year" trains at the gym. One Explosive Mechanics trained athlete won "Best Running Back" award for a national combine. We have also trained a baseball player who ran one of the fastest 60 yard dash times ever recorded at a MLB Pro Workout. After 8 weeks of training I had two football players run in the 4.4 range for a 40 yard dash. They were both in the 4.7 range when they started. Not only did I clock one of the guys at 4.4, but Georgia Tech came up with the same result. I have also had a high school female freshman volleyball player at 5-foot-10-inches take her vertical approach from a 9-foot-4-inch approach to 9-foot-11.5-inches. I have had a baseball player go from 168 pounds to 201 pounds while maintaining a 10-foot broad jump. His pitching speed has gone from 89 MPH to 93 MPH. He signed a full scholarship to pitch for Georgia Tech. I have had 4 football players run 4.0 in the 5-10-5 (pro shuttle) and one run a 3.95 in the shuttle.

There are several athletes that have been training at Explosive Mechanics for several years that have just signed scholarships to play at the next level. We've had athletes recently sign scholarships to play at the following universities: (1) Georgia Tech football, (1) NC State football, (2) Elon female volleyball, (3) University of West Georgia female

volleyball, (1) Brown University football, (1) MIT female volleyball, (1) Ole Miss football, (1) Georgia Southern University football, (2) Samford University football, (2) University of West Georgia football, and (1) Appalachian State football. I would like to say "congrats" to them and thanks for believing in me and Explosive Mechanics! (Heck, you made me believe. You added 4 MPH to his fastball, and cut their 40's by a third of a second? If you could add the same 7-inches to my vertical jump, it would be almost 12-inches total! I would be so awesome! Seriously, those are fantastic results. RB)

At Explosive Mechanics, athletic results are all we are—without results we are nothing. The gym is located at 243 Senoia Rd., Peachtree City, Georgia. Come find out what results we can help you achieve!

Jared Bidne CSCS
Explosive Mechanics LLC
info@explosivemechanics.com
678.858.7731

P.S. I would also like to thank Louie Simmons for his tremendous support and endless effort in trying to educate others.

Good job, Jared. You have a cool hardcore gym! Thanks for helping all of those young lifters; I know they are inspiring. Every time I see a teenager excel at a high school powerlifting meet, it makes me want to train even harder!

If you readers are in the great state of Georgia, you owe it to your kids and young neighbors to take them to meet Jared at Explosive Mechanics gym! Heck, if you're anywhere close, go check it out.

Next month, we're headed to a more centrally located state with an old-world gym name. Until then, lift heavy, eat big, and take a nap if you get a chance. Once a month, you might even throw in a set of sit-ups, or some cardio. If you go to the Arnold Classic, come say hey at the HOUSE OF PAIN booth! Email any info on Halle Berry—or your local gym—to me: rick@houseofpain.com ☺



Explosive Mechanics has all the equipment you need to get strong! (Explosive Mechanics photos)



DEREK WADE

as told to Powerlifting USA by Ben Tatar of Critical Bench

At the young age of 20, Derek Wade has bench pressed 550, pulled 690 and squatted 860. He totaled elite at his very first meet! At his next meet, he aims to squat 1,000 plus, bench 700 and deadlift 750 pounds. This is most impressive for a lifter who is barely 21. With Derek's skyrocketing rise into powerlifting superstardom, *Powerlifting USA* is pleased to interview Derek as a birthday present for Derek's 21st birthday! Derek is moving up the powerlifting ranks fast and with his genetics and drive, there is no telling what kind of amazing headlines Derek will be making in the future.

To quote a friend of Derek's, Dean Bennett: "To know Derek Wade is to know a young man who is like a rocketship on the launching pad, waiting to blast off into the stratosphere of powerlifting. At 6-foot-1-inch and a solid 315 pounds, Derek has the physical attributes, power and sheer athleticism to take him anywhere he chooses to go in this sport. Beyond that, this college student takes an intelligent approach to his lifting, seeking out the best information available. Derek chooses to surround himself with quality coaches, family and friends. Derek Wade is ushering in a new generation of powerlifters to whom brains are as important as brawn."

Without further ado, here is Derek Wade!

Happy Birthday Derek! Powerlifting USA wishes you a very happy birthday. Congratulations totaling elite! Derek, first, please tell us what federation you compete in and what are your best lifts?

I compete in the Southern Powerlifting Federation (SPF). My best lifts at my last meet were a 550 bench press, 690 deadlift and a 860 squat. I was 290 pounds when I did this.

Derek, this is very impressive for 20—let alone any age. Way to total 2,100 pounds at such a young age. When you were younger, you excelled at hockey in high school and football in college. Tell us about your athletic background prior to powerlifting.

In high school I played hockey, football, and also participated in track. After high school I went on to play football at The University of Findlay. I really enjoyed playing sports in college, but I learned very quickly that I enjoyed training for sports more than I liked to actually play them. After just one year in college I was the strongest kid on the football team; I knew then that I wanted to powerlift a lot more than I wanted to play football.

What made you focus on powerlifting instead of the other sports?

The main reason that I decided to focus on



Derek Wade (middle) with Shane Sweatt and Laura Phelps-Sweatt in the Sweatt Shop

powerlifting is for the feeling you get when you have that weight on your back and know that if you do anything wrong it will crush you. Followed by that is the feeling you get after you lock it out and the rush you receive from it. Also, I love pushing my body to the limit every-day in training and proving to people as well as myself that the human body can do anything as long as you work hard enough to achieve it.

You seem genetically gifted and predisposed to moving big weight. Does strength run in your family?

I would have to say that I am blessed with an excellent background for this sport. My grandfather is in his 70s and he is still farming and my father used to lift weights in high school, where he benched 250 at 145 pounds of body weight.

At just 20 years old, you competed in your very first full power meet with some of the best lifters in the sport at the SPF Luke Edwards/

Cellblock meet in Cincinnati. You lifted big and went on to earn an elite total of 2,100 pounds right out of the gate. What was going through your mind that day? What was your strategy?

To be honest, there were a million things going through my mind that day. Not only was this my first ever full power meet, I had the best of the best competing against me. I knew that I had to be on my game, but I wasn't too worried because my coaches had me more prepared for this meet than I had ever been prepared in my life both physically and mentally.

The strategy was actually pretty simple; just control what I can control and the rest would take care of itself. I knew from my training that I could—at bare minimum—hit all my openers which would give me my elite total. I just needed to do what I was there to do. Above all, I wanted to show, not only myself but everyone else, that even though this was my first meet, I was ready to compete with the best and not just be happy to get a lift in. I want to succeed in

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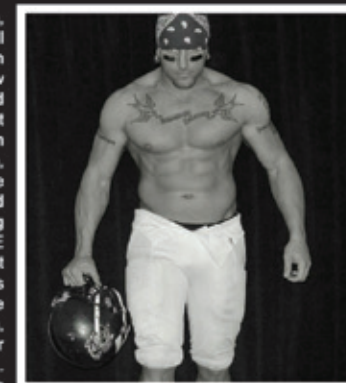
Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once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

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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THE SCIENCE OF SUPPLEMENTS: HOW THE RIGHT PROTEIN SUPPLEMENT CAN BOOST YOUR PB

as told to Powerlifting USA by Six Star Pro Nutrition

The goal of any powerlifter is to make consistent improvements. Increasing your power potential, building more muscle and improving bar speed are all things that powerlifters work hard to achieve. And conquering gravity-defying lifts is directly related to how much quality time you put into training, how hard you train and, of course, nutrition.

Now, it's no secret that a solid diet plan is a mandatory requirement of any true lifter, but the supplements you choose could give you the extra edge over the competition. Supplements play a key role in helping maximize your training sessions and unlocking your body's true power potential. One of the most effective supplements that powerlifters rely on to help with muscle recovery and increase strength is protein. Yes, protein...it's a staple in every lifter's supplement arsenal. The question is: which protein supplement best suits your needs?

"It's all about finding which protein source and type works best for you."

NOT ALL PROTEIN IS CREATED EQUAL

Protein is arguably the most important nutrient for your body and is found literally everywhere in your system. From your muscle tissues to the enzymes that digest your food to your skin cells. Even within your blood, protein is there helping you become bigger and stronger, and it's absolutely critical to every single lift.

There are many different types of protein that come from different sources and contain different macronutrient profiles. For instance, there are soy proteins, rice proteins, wheat proteins and different milk proteins such as casein and whey, to name a few. On top of that, each protein source is then further broken down into different types. Take whey protein for example: you have the option between whey protein concentrates and whey protein isolates, which have slightly different levels of fat and sugar. It's all about finding which protein source and type works best for you. Whey protein is also considered by experts to have one of the highest biological values (BV). The higher the BV, the more utilized it is by the body. But regardless which one you choose, you need a protein supplement with research-backed core ingredients that meet the muscle and strength-building needs of a powerlifter like you. You need Professional



Strength Whey Protein Plus, part of the new Elite Series line from Six Star Pro Nutrition™.

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Professional Strength Whey Protein Plus is mega-dosed with a powerful 52 grams of high-quality protein with important BCAAs in every two-scoop serving. It even contains an additional scientifically researched compound to help powerlifters increase muscle mass, explosive power and strength gains!

In fact, in a six-week, double-blind study on 36 test subjects with at least three years of weight-training experience, subjects using the core ingredients in Professional Strength Whey Protein Plus gained, on average, more lean muscle than those using regular whey protein

"...Whey Protein Plus is mega-dosed with a powerful 52 grams of high-quality protein..."

(8.8 vs. 5.1 lbs.) and actually built 4 times the muscle than those taking a placebo (8.8 vs. 2.0 lbs.!) More muscle will ultimately lead to greater strength. Just look at the numbers: In the same six-week study mentioned above, the core ingredients have also been shown to help subjects build more than 2 times the strength of those taking regular whey protein (34 vs. 14 lbs.!)!

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Powerlifters just like you push themselves to their physical limits every time they wage war on the iron. Now that you know the facts, make sure you make the right decision and buy a whey protein formula that has scientific research supporting its strength-amplifying and muscle building potential. Make sure you get the results you want at a price you demand... And with Professional Strength Whey Protein Plus you can! This premium whey protein formula costs less than other big-name protein formulas. Get yours today from the Sports Nutrition section of your local Walmart!

REFERENCES:

Burke, et al. (2001). International Journal of Sport Nutrition and Exercise Metabolism, 11, 349-364. © 2011. <<

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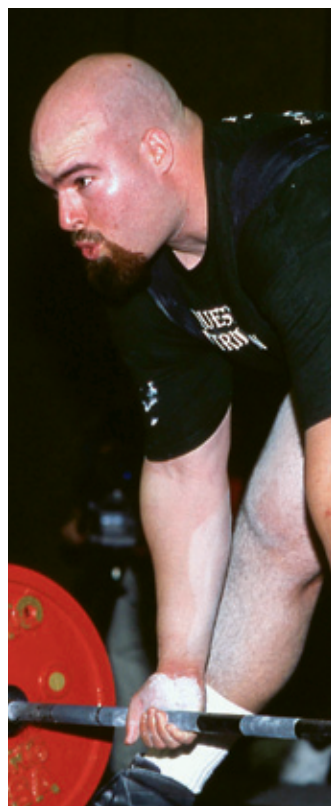
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Brad Gillingham has come back stronger than ever from tearing a bicep



Tony Cardella was a legitimate IPF World Champion, in the 275 lb. class

LIFTER	CLASS	KG	LB	MEET	LOCATION	YEAR
Brian Siders	125+	1202.5	2651	West Virginia State	S. Charleston, WV	2010
Brad Gillingham	125+	1062.5	2342	USAPL Nationals	Baton Rouge, LA	2004
Mike Tuchscherer	125	1062.5	2342	Arnold Quest Meet	Columbus, OH	2008
Mike Hall	125+	1060	2336	ADFPA Lifetime Nationals	Tempe, AZ	1989
Mark Henry	125+	1060	2336	ADFPA Nationals	Wilkes Barre, PA	1995
Jeff Lewis	125+	1045	2303	Central USA	Cape Girardeau	2003
Randall Harris	125+	1045	2303	USAPL Nationals	Miami, FL	2006
Lance Karabel	125+	1043.3	2300	Hudson Open	Hudson, WI	2006
Greg "Beetle" Lowe	125	1036.5	2285	Rockview SCI	Rockview, PA	2007
Tony Cardella	125	1022.5	2254	IPF Worlds	Solden, Austria	2007
Brian Laudadio	125+	1000	2204	Pennsylvania Cup	Dunmore, PA	2005
Nick Minneti	125+	1000	2204	USAPL Nationals	Killeen, TX	2005
Mike Mastrean	110	1000	2204	Arnold Quest Meet	Columbus, OH	2008
Jason Christus	125+	1000	2204	Arnold Quest Meet	Columbus, OH	2008
Nick Weite	125	1000	2204	USAPL Nationals	Palm Springs, CA	2010



Jason Christus has shown the potential to move way up this ranking list



Brian Siders is clearly the best Superheavyweight in the history of the IPF



Mike Mastrean has come a long way since 2001, when he competed as a 198 leet



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Red
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POWER SCENE

AT THE LOS ANGELES FIT EXPO

as told to Powerlifting USA by Ned Low



Gordon Santee



Becca Swanson and Vicky Hembree



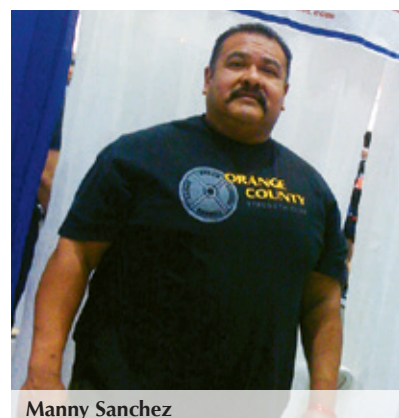
Dan Kalbfleisch



Scot Mendelson



Steve Denison



Manny Sanchez

We know... it's been a long time, but **POWER SCENE** is back in **PL USA**, and our first trip was to the Los Angeles Fit Expo, which annually showcases top lifters, strongmen, martial artists, bodybuilders, and lots of other interesting folks, while thousands of fans come to watch.

Even though she's no longer powerlifting competitively—at least since 2008—Becca Swanson, all-time women's world record holder (854 SQ, 600 BP, 683 DL, and 2050 total) was checking out the Expo; we ran into her at the powerlifting venue. Becca is still doing heavy-duty training, as she prepares for her MMA debut in late March. You can stay up with all of the activities of the new, slimmer (under 200 pounds) Becca on her blog: www.beccaswanson.com.

Vicky Hembree was also in the record books (Guinness Book of World Records!)—the first woman to lift 500 or more pounds in a single lift (501 DL in 1981). She was co-hostess of *Powerlifter Video Magazine* for many years, and she was also checking out all the Fit Expo had to offer, with a lot of time spent at Steve Denison's USPA PL action.

On Saturday, Steve hosted the American Cup Invitational, and on Sunday was the Fit Expo Bench Press and Deadlift Invitational. Liz Freel, at 157 pounds, hit 447/341/501; Henry Thomason in 308+ hit 1058/661/683, and Brian Meek hit 617/407/534, weighing 273. Brian, 64 years young, told us he's been competing in powerlifting for 42 years. Wow!

Does that make Gordon Santee a relative newcomer? Gordon's been competing for 31 years. We found Gordon in one of his usual locations, the judge's chair, where he's been serving powerlifting meets for about 30 years, since shortly after he began competing, and he's widely regarded as one of the top PL referees anywhere. Gordon wanted to let our readers know he's been cancer-free for eight years after numerous surgeries. One more example of the strength of powerlifters!

Manny Sanchez of the Orange County (CA) Strength Club was on hand, supporting one of his group's top lifters, Dennis Reneau, who popped a 705 bench, weighing 242. **Power Scene** is planning a visit to Manny's gym, and we'll have a full report on his lifters in an upcoming column. You can check out their site

at www.ocstrengthclub.com.

For more information on the USPA, which gave out \$13,500 to group winners at its two Fit Expo meets, check out their in-depth website at www.uspla.org; meets are held all over the U.S.

Bench press great Scot Mendelson was at the Fit Expo wearing two hats, celebrity endorser for XERT Nutrition, and meet director for the XERT Global Fitness Scot Mendelson Bench Press Classic, with \$5000 in prize money. It's always nice to see prize money for powerlifters!

Next to the strongman competition. We saw something new for us—sumo. We met U.S. national champion Dan Kalbfleisch, and big Dan (6-foot, 340 pounds) trains here in Southern California, and will be competing in late May at Venice's Muscle Beach (home to many powerlifting meets, and the site where Scot Mendelson set a world record in the bench many years ago.) We wish Dan continued success; we know that powerlifters can appreciate the hard work and heavy training required for any sport that focuses on strength and power.

'Til next time, stay strong and we'll see you on video. «

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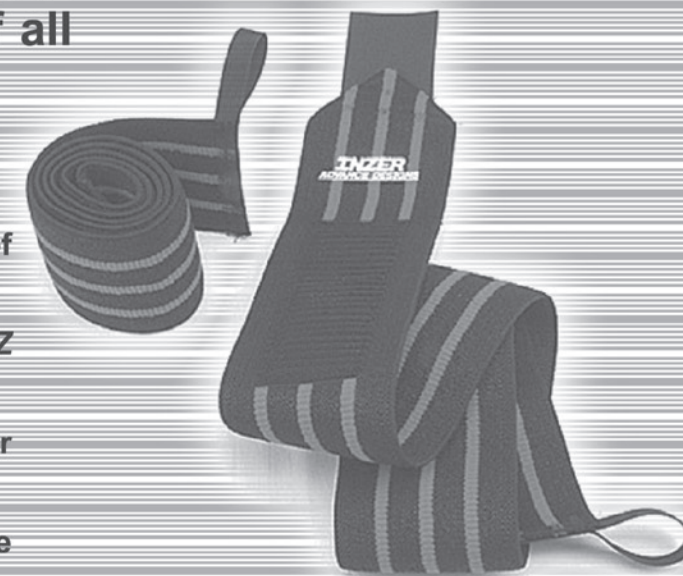


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QUESTIONS ANSWERED

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

NEWS FLASH!

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

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DEAR MAURO: I have been trying to find conclusive evidence to support a disagreement I am having with my 12 year old's P.E. teacher. This may seem silly, but I just want to know what an expert thinks and I cannot quite find the research to support or deny my stance on one small issue. I have been lifting weights my whole life and cannot wait for that to be an activity I can share with my children. I have encouraged my son to build a baseline of strength and built him a workout routine that consisted of push-ups, chin-ups, squat jumps/wall sits, and sit-ups. When he reaches certain milestones with those things I told him we would start lifting weights. He is now being graded in P.E. on a "one rep max." My son is ready to lift weights now and I did not think when that day came I would have to compete with the school as to how to lift properly. I see now that I am. Am I off my rocker to think his first introduction to weights now consisting of doing sets in the 8 rep range and grading them on a one rep max is the wrong way to introduce kids to weight lifting? I can't see any reason for kids at this age to even care about what their one rep max is and I would have encouraged my child to lift at a 12-14 rep range to begin with. I saw your article on kids lifting weights

ABSTRACTS

Curr Sports Med Rep. 2010 May-Jun;9(3):161-8.
PEDIATRIC RESISTANCE TRAINING: BENEFITS, CONCERNS, AND PROGRAM DESIGN CONSIDERATIONS.
 Faigenbaum AD, Myer GD. » Department of Health and Exercise Science, The College of New Jersey, Ewing, NJ 08628, USA. faigenba@tcnj.edu
ABSTRACT—A growing number of children and adolescents are involved in resistance training in schools, fitness centers, and sports training facilities. In addition to increasing muscular strength and power, regular participation in a pediatric resistance training program may have a favorable influence on body composition, bone health, and reduction of sports-related injuries. Resistance training targeted to improve low fitness levels, poor trunk strength, and deficits in movement mechanics can offer observable health and fitness benefits to young athletes. However, pediatric resistance training programs need to be well-designed and supervised by qualified professionals who understand the physical and psychosocial uniqueness of children and adolescents. The sensible integration of different training methods along with the periodic manipulation of program design variables over time will keep the training stimulus effective, challenging, and enjoyable for the participants.

Br J Sports Med. 2010 Jan;44(1):56-63. Epub 2009 Nov 27.
RESISTANCE TRAINING AMONG YOUNG ATHLETES: SAFETY, EFFICACY AND INJURY PREVENTION EFFECTS.
 Faigenbaum AD, Myer GD. » Department of Health and Exercise Science, The College of New Jersey, 2000 Pennington Road, Ewing, NJ 08628, USA. faigenba@tcnj.edu
ABSTRACT—A literature review was employed to evaluate the current epidemiology of injury related to the safety and efficacy of youth resistance training. Several case study reports and retrospective questionnaires regarding resistance exercise and the competitive sports of weightlifting and powerlifting reveal that injuries have occurred in young lifters, although a majority can be classified as accidental. Lack of qualified instruction that underlies poor exercise technique and inappropriate training loads could explain, at least partly, some of the reported injuries. Current research indicates that resistance training can be a safe, effective and worthwhile activity for children and adolescents provided that qualified professionals supervise all training sessions and provide age-appropriate instruction on proper lifting procedures and safe training guidelines. Regular participation in a multifaceted resistance training programme that begins during the pre-season and includes instruction on movement biomechanics may reduce the risk of sports-related injuries in young athletes. Strategies for enhancing the safety of youth resistance training are discussed.

on bodybuilding.com and I agree with proper supervision and correct lifting style that it can be good, but you did not specify what that range was and what is your feeling on one rep maxing at that age?
 I don't know if you will feel compelled to reply to me or not, but I would really appreciate it a whole lot! It's my son and I want to do what's right for him and hold my ground if my thoughts are reasonable and I don't want to hold him back with bad information either. It would mean a tremendous amount to me to get some kind of closure and accurate information from someone in the know on this issue. Thank you in advance for any kind of response.
 Sincerely,
 Robert

ROBERT: I don't believe that children or even teenagers should be tested with 1RM until they've gained some expertise in the movement they're maxing out on. The best way to do that is to use lighter weights for more reps until the movement becomes familiar and their musculo-skeletal system can withstand the 1RM without incident.
 I've attached two recent papers. The first is the revised NSCA Position Paper on Youth Resistance Training published in 2009. The paper states:
 "These observations along with current research findings indicate that the maximal force-producing capabilities of healthy children and adolescents can be safely evaluated by 1RM testing procedures, provided that youth participate in an habituation period before testing to



Rebekah Schmidt pulls 502 for a new WABDL World Record at the WABDL Midwest Region in Minneapolis, MN (Chuck Venturella photo)

WABDL MIDWEST REGIONAL
AUG 7 2010 » Minneapolis, MN

DEADLIFT	D. Hansen 584	4th - 166	M. Heathcote 137
<i>Class 1 Men</i>	<i>Teen Men 12-13</i>		
132 lb.	123 lb.	132 lb.	126
C. Falon 424	K. Winson 275	L. Staplin 220	R. Meland 137
4th - 440	4th - 110	4th - 110	4th - 143
165 lb.	165 lb.	165 lb.	137
T. Johander 352	A. Waldorf 237	M. Schalles 105	D. Hansen 275
4th - 358	4th - 242	4th - 110	<i>Teen Men 12-13</i>
C. Besinger 282	S. Draayer 240	M. LeBien 55	148 lb.
4th - 292	<i>Teen Men 14-15</i>	165 lb.	S. Draayer 154
198 lb.	148 lb.	308 lb.	<i>Teen Men 14-15</i>
M. Hasner 407	J. LeClair 275	E. Knudsen 451	J. LeClair 154
220 lb.	4th - 319	SHW	J. Nelson 187
D. Hall 622	165 lb.	D. Lewis	<i>Teen Men 16-17</i>
<i>Law-Fire Sub/Men</i>	181 lb.	SHW	114 lb.
220 lb.	181 lb.	M. Powell	P. Hawkinson 100
K. Barbetti 617	D. Hansen 275	<i>Spec. Oly. Men</i>	220 lb.
4th - 628	D. Swift 501	198 lb.	A. Remer 126
<i>Master Men 47-53</i>	220 lb.	D. Hall 336	
220 lb.	198 lb.	<i>Disabled Men</i>	
M. Edelstein 667	S. Rickford 347	198 lb.	
242 lb.	<i>Junior Men 20-25</i>	165 lb.	
J. May 347	165 lb.	N. Buck 341	
259 lb.	165 lb.	<i>Master Men 40-46</i>	
M. Frizzell 584	C. Kornwolf 293	198 lb.	
4th - 600	4th - 308	M. Happach 402	
<i>Master Men 54-60</i>	165 lb.	J. Bignell 385	
R. Waldorf 507	165 lb.	<i>Master Men 47-53</i>	
<i>Master Men 61-67</i>	165 lb.	165 lb.	
181 lb.	165 lb.	B. Mayo 326	
J. Shetka 534	165 lb.	J. Noblit 520	
<i>Women 54-60</i>	165 lb.	259 lb.	
SHW	165 lb.	M. Frizzell 485	
M. Schalles 264	165 lb.	308 lb.	
4th - 270	165 lb.	E. Knudsen 451	
<i>Women 61-67</i>	165 lb.	<i>Master Men 54-60</i>	
165 lb.	198 lb.	L. Anderson 402	
M. Wexler 187	198 lb.	J. Fjelstad 391	
4th - 192	198 lb.	4th - 403	
<i>Open Men</i>	198 lb.	M. Lowry 380	
181 lb.	198 lb.	<i>Master Men 61-67</i>	
D. Hansen 584	198 lb.	D. Swift 501	
308 lb.	198 lb.	<i>Women 47-53</i>	
T. Guiney 661	198 lb.	123 lb.	
<i>Open Women</i>	198 lb.	S. Sanford 154	
181 lb.	198 lb.		
R. Schmidt 502	198 lb.		
<i>Spec. Oly. Men</i>	198 lb.		
198 lb.	198 lb.		
M. Heathcote 220	198 lb.		
4th - 231	198 lb.		
220 lb.	198 lb.		
R. Meland 242	198 lb.		
4th - 253	198 lb.		
<i>Submaster</i>	198 lb.		
181 lb.	198 lb.		

a MN record. In Open 308, Thomas Guiney of OK set a state record of 661.2. In Master Women 54-60/198+ Marjorie Schalles set a MN record 270 in her 2nd meet and her workout partner Marlene Wexler in 61-67/165 pulled a MN record 192.7 in her 1st meet. Both ladies are trained by Randy Waldorf, who also trains Cole Falon in both deadlifting and mixed martial arts. Speaking of Randy, he set a MN record 507 in 54-60/242 in spite of a busy coaching schedule. Randy has trained many good lifters from the state of MN. Moving on to the Bench Press, Nick Buck set a WI record 341.5 in Junior 165. Craig Kornwolf of MN set a MN state record 308.5 in 40-46/165. In 47-53/165 WABDL State Chair Bret Mayo set a North Dakota record 326.1. In 47-53/259 Mike Frizzell set an IL record 485 and he is closer to 53 than 47. In 47-53/308 Eric Knudsen set an MN record 451.7. Two years ago Eric was benching 358, so he keeps improving every meet. In Master 54-60/198 Larry Anderson and Jody Fjelstad exchanged MN records, with Larry ending up with 402.2 and Jod getting the record to keep for now with 403.3. In Master 61-67/198 Dan Swift was world class with a perfect world record 501.5 at age 62. Dan has broken that world record 6 times in 2 1/2 years. Dan hails from Pekin, IL, which has the best high school basketball program in the state of IL. In Teen Men 12-13/148 Brennan Lewis set a state record with 214.7, breaking the old record by 104#. In 12-13 Storm Draayer set a MN record 124.5. In 14-15/165 Jak Nelson set a Wisc. record 187.2. In 16-17/114 Patrick Hawkinson set a MN record 100.1 and Austin Remer set a MN record 16-17/220 with 126.7. Jos LeClair was one of the spotters. He weighed in at 140.8 and competed in the deadlift in 14-15/148. He set a MN record 319.5. No big deal, you say? The night before he helped set up equipment until midnight. Then, for whatever reason, he and his friends stayed up all night. Then, he spotted for all of the bench, and then he deadlifted. But, there's more. He deadlifted once in the last 6 months prior to the meet. I saw that deadlift workout. He only got 275, barely, and then he goes to the meet and pulls 319.5. That's why we compete!! The other spotter was Neil Heisick. He's the King of Spotters. He gets everybody jacked up to do their lift. He displays tremendous enthusiasm on the platform. The head judge was Jerry Gnerre. He's always a presence and does a great job. The other judges were Dave Constantineau and Gary Gulseth. Nancy Goldstein was terrific and perfect in setting up trophies. Josh LeClair, Dan Hawkinson, Neil Heisick, and Patrick Hawkinson helped with warmup weights. Chuck Venturella supplied trophies. Barb Whelan was the scorekeeper. The sponsors were Rocky McCullough and Goodson Honda, Brian Welker and Denis Welker, Alan Thomas of APT Pro Lifting Gear, Job Doyle of USP Labs, Shawn Mader of GLC 2000 - a great joint formula, Ken Anderson of Anderson Powerlifting, Pete Alaniz of Titan Support Systems, Chet Groskreutz of Ivanko Barbell, Mike Lambert of Powerlifting USA, Grace Cloning of House of Pain West, Neal Spruce and Odd Haugen of Dot Fit and Keith Lemm of CSS Sports Photography. After the event, there was a party at Kip's Pub and Irish Restaurant, which is right in the hotel and it was lively to say the least.
 » courtesy Gus Rethwisch

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GEORGE HUMMEL PT. 1

as told to Powerlifting USA by Judd Biasiotto, Ph.D. » drjudd2@aol.com

A candid conversation with powerlifting icon George Hummel on the state of powerlifting, the American Drug Free Powerlifting Association, performance enhancing drugs, his powerlifting records and his future greatness in business and life.

During my lifetime, I have had the opportunity to meet some pretty amazing men and women...President Jimmy Carter, Muhammad Ali, Magnus Ver Magnusson, Ron Rice, Donald Trump, Leo Buscaglia, Branch B. Rickey III, Steven Hawking, and the Dalai Lama of Tibet, just to name a few. I am sure you are familiar with all of the aforementioned individuals, but one of my greatest heroes is an individual you may not have heard of, although he is a former world class powerlifter and one of the sport's true icons. His name is George Hummel. To be honest, the reason I admire Hummel so much has little to do with his athletic prowess. His character and personality transcend anything he has ever accomplished in the athletic arena, which is considerable. Simply put, George is a magnificent human being. He is one of the most giving human beings you could ever imagine. He is always reaching out and helping others. Everyone who knows George loves him. Of course, you will have to take my word for that. What you won't have to take my word for is his athletic credentials. That is a matter of record.

To be quite candid, it's hard not calling Hummel one the greatest "drug free" strength athletes who ever walked the face of the earth. His brief but phenomenal career was one exhilarating highlight after another, in which he set numerous world and national records. Competing at a time when powerlifting had one unified lifting organization and when drugs were extremely prevalent in the sport, Hummel was ranked as the number one bantamweight in the world. A feat few, if any, drug free lifters could claim. During his career, he won the YMCA National Championships, the North American Championships, the Senior National Championships, the ADFPA National Championships and was runner-up at the World Series of Powerlifting and the World Games. He accomplished all of that in a span of four short years from 1978 until 1982. He then took a hiatus from the sport only to return three years later to win the ADFPA National Championships at 148 pounds. Even more amazing was the fact that he broke the national record in all three lifts plus the total record at the nationals. You can take my word for this, too: George Hummel is one of the most underrated lifters in the history of the sport.

Perhaps his greatest contribution to the sport of powerlifting, though, was that he was the co-founder of the American Drug Free Powerlifting Association (ADFPA) with Brother Bennett. The organization was the first powerlifting



George finishing up his tight battle for the win at the '79 Senior Nationals in Bay St. Louis, MS. With the weather, the TV lights, and the lack of air conditioning, it was difficult to focus the camera to take photos with sweat dripping on to the viewfinder. National competition will return to St. Stanislaus School in Bay St. Louis again this year, with the USAPL Men's Nationals in June.

association designed to give drug free lifters an opportunity to compete against their contemporaries. The ADFPA, although now defunct, was the largest drug free lifting organization in the world.

A clean-living family man, a powerlifting innovator and leader, and a modest, down-to-earth flesh and blood powerlifting icon and role model, George Hummel is simply one of the greatest figures in powerlifting history.

I guess the best place to start is at the beginning. If I am not mistaken, you were a champion wrestler in high school and college. How did you make the transition to powerlifting and why?

Actually, falling short of my goals and potential in wrestling left a "hunger" in me to find a sport in which I could truly express my abilities. The lessons of discipline, dedication and camaraderie learned in wrestling did provide a great foundation for future endeavors and kept me focused on completing my education, but when my college career was over, I felt there was unfinished business. When I look back, I believe some of the lack of success had to do with physically over training—going along with team conditioning methods that were not individualized. I realize now that my body is suited more for anaerobic endeavors than aerobic ones. I learned to individualize and optimize my training methods with powerlifting, and I also matured more mentally.

Obviously, you achieved all of your goals in powerlifting because you retired at the height of your career. If I am not mistaken, you were the top ranked lifter in the ADFPA and you were still ranked in the top five in the world when you retired. I know that surprised a lot of people. Was there a reason you retired so early?

I guess you could say that, but more accurately I believe my goals changed. You see, in 1979, in the midst of pursuing my goal of winning the national championship, I was interrupted by a moment and then a period of enlightenment or revelation...some call it re-birth. While my lifting career was at its zenith, there were some other things going on in my life that needed to be reckoned with. My wife Sandy's father fought and finally succumbed, at a young age, to an ugly disease. I shared in her grief and also felt the loss of one who was like a father to me. As many do, I turned to God for answers.

Is that when you retired from the sport?

Actually, I didn't retire right away. I stayed with my powerlifting regimen through this period, but I knew that I was not mentally focused. I had qualified for the senior nationals, but I just couldn't focus on my training. During this time, Sandy and I were beginning to sense some relief and consolation. God was sending His messengers, people who knew Him and His ways, to help us to heal and give us hope to move on. We were learning about His love for

us, individually, and His eternal perspective on all creation. We were being healed and restored from the inside out. I guess you could say I was focused on my family and healing, not lifting.

That was 1979. Now that I think about it, you did compete at the nationals that year, didn't you?

Well, actually I did compete. A month or two before the meet, when I should have been training in earnest and finalizing travel plans, I was questioning whether I should even spend the time, effort and money to go. In the midst of my indecision, a decision was made for me and I believe it was the intervention of God. Unsolicited, I was contacted by a York Barbell representative, offering to sponsor my trip to the meet in Bay St. Louis, Mississippi. I accepted the offer and prepared to go and compete, despite the fact that my heart wasn't totally into it. Things on the outside, daily circumstances, however, were still difficult and that continued right up until the day of competition. In fact, the night before the meet, I was awakened by a frantic knock at my motel room door. It was a fellow powerlifter desperate for some diuretics to help him make weight in the morning. I told him I didn't have any and an argument ensued with him insisting that I had to have some. Well, that got the attention of some other lifters who were walking down the hall and they wanted to find out about the steroids I was using. I couldn't help them with that either. The entire night was a nightmare. It's usually a good idea to get a good night's sleep before a big event, but that didn't happen. I awoke to a sweltering, hot, humid day and made my way to the event site at St. Stanislaus School. I was just looking forward to getting into an air conditioned building. Well, that didn't happen either. The air conditioning unit for the gymnasium had broken down, so the lifters would not only be battling each other and the weights, but also the excessive heat. I recall the *Powerlifting USA* cover headline read: "Meltdown in Mississippi."

If my mind serves me right though, you did great at that meet.

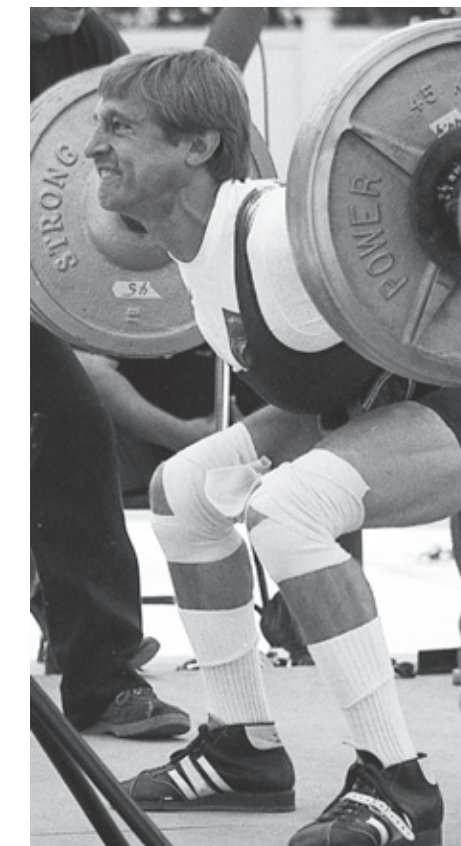
I don't remember all the details of that day, but I remember that Joe Bradley bombed out on the squat, and it came down to me and Leroy Mabie battling for the title. Leroy was a well respected veteran lifter, having competed and placed in at least two world championships. On this day he was also the hometown hero from nearby Gulfport, Mississippi. I had a slight lead on Leroy going into the deadlifts, but past records indicated that he could out-pull me, so after a safe first attempt, I called for what I reasonably expected to be my best effort deadlift. It was 520 or 525, my personal best or matched my personal best. Well, it was hard and it was heavy, but I did complete it. Leroy went ahead with his next attempt, and we both had one more attempt left with the title on the line. It seemed like everybody in that gym was rooting for Leroy to win: spectators, lifters, loaders and maybe even the judges, and rightfully so; he was a fine gentleman, the hometown guy, and

it seemed like this was his day. After exerting myself fully on my second attempt, I didn't even see the point in taking a third attempt. Now, you know and I know, that's not a favorable mental attitude to take onto the platform. But in the spirit of competition, I called for the bar to be loaded to the amount that would put me back in the lead. I believe it was around 540, but I knew that in my training and preparation I had not even figured on attempting this weight. I headed to the platform, without a positive thought in my head, resigned to the fact that my attempt would fail. I paused at the curtain that separated the warm-up area from the lifting area and said within myself, "Why Lord?... what is this all about?... more disappointment?... it seemed like You made a way for me to be here... why?" Honestly, I don't remember anything about the lift, except that I walked off the platform having successfully completed it. Remarkably, Leroy failed on his third attempt and I was the champion. Winning that day had nothing to do with my fine training techniques or my fine mental approach or my fine anything. It had more to do with my heart being open to know the Lord and more importantly it showed His desire to know me and make His impression on me, and it showed His ability to make Himself known.

That is a great story.

There is a postscript to all of this which is kind of fascinating. I was visiting Brother Bennett, the meet director that day, and I asked him if he had a tape of the lifting from the meet he had held. He showed me my winning lift, and remarkably, it went up with the ease of a final warm-up or an easy first attempt. When I saw that tape, I was absolutely astonished how easy that lift went. There is no doubt in my mind that God intervened on my behalf that day. Anyway, I have been left with a lasting impression that I still ponder today. That accomplishment was

not mine alone... it was meant to be shared. My life is not mine alone... it is meant to be shared. I would be limiting my life and limiting God, if I thought otherwise. That, my friend, is why I withdrew from the competitive powerlifting arena so abruptly... to contemplate and act upon the "weighty" events of that day. «



George squatting at the World Games



George was runner-up in the inaugural World Games competition back in '81 (Lambert photos)



Donnie Thompson has paid his dues and stands at the top of this list



Jeff Lewis excelled under many different meet sanctions

MEN'S SHW (140+ KG.) WEIGHT DIVISION » SQUAT

Squat	X-Bwt	American Powerlifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1235.0 (560.2)	*3.34X Donnie Thompson/64 11/23/08 (1235.0 lb. @ 369.7 lb.) (York, Pennsylvania) (IPA)
2.	1220.0 (553.4)	*3.32X Mike "Mule" Miller/68 4/9/06 (1220.0 lb. @ 367.0 lb. First man to squat 1200 lb.) (Leesport, PA) (IPA)
3.	1212.5 (550.0)	*2.29X Jeff Lewis/70 3/4/06 (550.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)
4.	1075.0 (487.6)	*2.98X Ben Brand/80 8/23/09 (1075.0 lb. @ 360.6 lb.) (Sharonville, Ohio) (SPF)
5.	1174.0 (532.5)	*3.20X Chad Aichs/72 3/3/07 (532.5 kg. @ 166.55 kg.) (Columbus, Ohio) (WPO)
6.	1165.0 (528.4)	*3.77X Henry Thomason/79 8/22/10 (1165.0 lb. @ 308.7 lb.) (Cincinnati, Ohio) (SPF)
7.	1160.0 (526.2)	*3.07X Matt Smith/74 8/19/07 (1160.0 lb. @ 378.0 lb.) (Franklin, Ohio) (IPA)
8.	1160.0 (526.2)	*3.71X Scott "Hoss" Cartwright/69 8/23/09 (1160.0 lb. @ 313.0 lb.) (Sharonville, Ohio) (SPF)
9.	1140.9 (517.5)	*3.57X Brent Mikesell/67 11/30/03 (517.5 kg. @ 145.0 kg.) (Calgary, Alberta, Canada) (APF/WPC)
10.	1125.5 (510.5)	*3.38X Beau Moore/66 3/5/05 (510.5 kg. @ 151.1 kg.) (Columbus, Ohio) (WPO)
11.	1125.0 (510.3)	*3.40X Anthony Bolognone/76 12/5/09 (1125.0 lb. @ 331.0 lb.) (Nashville, Tennessee) (SPF)
12.	1115.0 (505.8)	*3.46X Paul Childress/71 8/22/10 (1115.0 lb. @ 322.2 lb.) (Cincinnati, Ohio) (SPF)
13.	1102.3 (500.0)	*3.00X Garry Frank/64 9/24/05 (500.0 kg. @ 166.5 kg.) (New Port Richey, Florida) (APF)
14.	1102.3 (500.0)	*3.24X Jonathan Bemor/75 10/30/05 (500.0 kg. @ 154.5 kg.) (Chicago, Illinois) (WPO)
15.	1102.3 (500.0)	*3.41X John Ewing/80 6/14/09 (500.0 kg. @ 146.7 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
16.	1100.0 (499.0)	*3.37X Matt Wilson/79 11/12/06 (1100.0 lb. @ 326.3 lb.) (York, Pennsylvania) (IPA)
17.	1074.8 (487.5)	*3.37X Sylvester Crumbley/69 12/4/05 (487.5 kg. @ 144.65 kg.) (Jacksonville, Florida) (APF)
18.	1069.2 (485.0)	*3.18X Craig Gallo/72 12/2/06 (485.0 kg. @ 152.4 kg.) (Kalamazoo, Michigan) (APF)
19.	1063.7 (482.5)	*3.21X Paul Stratakis/68 6/5/05 (482.5 kg. @ 331.8 lb.) (Detroit, Michigan) (APF/WPC)
20.	1050.0 (476.3)	*3.02X Michael Ruggiera/68 4/4/04 (1050.0 lb. @ 348.0 lb.) (Newark, Ohio) (IPA)
21.	1047.2 (475.0)	*3.28X Todd Greninger/69 11/4/06 (475.0 kg. @ 145.0 kg.) (Lake George, New York) (WPO)
22.	1030.7 (467.5)	*3.20X Mike White/76 6/27/09 (467.5 kg. @ 146.3 kg.) (Willowbrook, Illinois) (APF)
23.	1025.1 (465.0)	*2.56X Shedric "Tex" Henderson/76 6/5/05 (465.0 kg. @ 400.8 lb.) (Detroit, Michigan) (APF/WPC)
24.	1025.0 (464.9)	*2.86X Tony Hutson/62 7/11/04 (1025.0 lb. @ 358.0 lb.) (Shamokin Dam, Pennsylvania) (IPA)
25.	1019.6 (462.5)	*3.03X Brian Siders/78 5/15/10 (462.5 kg. @ 336.0 lb.) (Charleston, West Virginia) (USAPL)
26.	1015.0 (460.4)	*3.04X Anthony Clark/66-05 3/27/93 (1015.0 lb. @ 333.5 lb.) (Lancaster, Pennsylvania) (APA/WPA)
27.	1015.0 (460.4)	*3.06X Chad Walker/82 10/30/10 (1015.0 lb. @ 332.0 lb.) (Orlando, Florida) (APF)
28.	1014.1 (460.0)	*2.98X Logan Lacy/88 2/6/10 (460.0 kg. @ 154.2 kg.) (Lenexa, Kansas) (APF)
29.	1010.0 (458.1)	*3.17X Matt Dimel/60-94 5/3/86 (1010.0 lb. @ 319 lb.) (Sandusky, Ohio) (APF/WPC)
30.	1010.0 (458.1)	*2.43X Tim Harold/84 1/27/07 (1010.0 lb. @ 415.6 lb.) (Columbus, Ohio) (APF)
31.	1010.0 (458.1)	*3.22X Clint Lowe/71 7/10/10 (1010.0 lb. @ 313.8 lb.) (Branson, Missouri) (SPF)
32.	1008.6 (457.5)	*2.70X Shane Hamman/71 3/10/96 (457.5 kg. @ 169.4 kg.) (Philadelphia, Pennsylvania) (USPF/IPF)
33.	1008.6 (457.5)	*2.72X Ed Russ/67 6/8/03 (457.5 kg. @ 168.35 kg.) (Los Angeles, California) (APF/WPC)
34.	1008.6 (457.5)	*2.72X Lance Karabel/73 12/11/10 (457.5 kg.) (Parkersburg, West Virginia) (USPF)
35.	1005.0 (455.9)	*2.91X Gene Rychlak/68 4/13/03 (1005.0 lb. @ ~345.0 lb.) (Leesport, Pennsylvania) (IPA)
36.	1005.0 (455.9)	*3.10X Thad Coleman/70 8/18/07 (1005.0 lb. @ 324.0 lb.) (Franklin, Ohio) (IPA)
37.	1003.1 (455.0)	*3.22X Martin "Kieran" Kidder/69 10/26/02 (455.0 kg. @ 141.5 kg.) (Helsinki, Finland) (WPC)
38.	1002.0 (454.5)	*2.64X O.D. Wilson/55-91 2/16/89 (454.5 kg. @ 380.0 lb.) (Long Beach, California) (USPF)
39.	1000.4 (453.8)	*3.16X Lee Moran/55-99 7/8/84 (455.0 kg. @ 143.6 kg., which later weighed 1000.44 lb.) (Dayton, OH) (USPF)
40.	1000.0 (453.6)	*2.78X John Ware/60-05 5/12/90 (1000.0 lb. @ 360 lb.) (East Moline, Illinois) (FCI)
41.	1000.0 (453.6)	*2.63X Terry Bryan 11/19/00 (1000.0 lb. @ 380 lb.) (Columbus, Ohio) (IPA)
42.	1000.0 (453.6)	*3.04X Monte Sparkman/81 9/5/09 (1000.0 lb. @ 328.6 lb.) (Salem, Virginia) (SPF)
43.	981.1 (445.0)	*2.96X Dwayne Fely/60 2/12/82 (445.0 kg. @ 331.8 lb.) (Honolulu, Hawaii) (USPF/IPF)
44.	975.5 (442.5)	*2.87X Paul Wrenn/47 7/12/81 (442.5 kg. @ 154.3 kg.) (Corpus Christi, Texas) (USPF/IPF)
45.	975.5 (442.5)	*2.81X George Hechter/61 6/2/85 (442.5 kg. @ 157.5 kg.) (Arlington, Virginia) (USPF)
46.	975.0 (442.3)	*2.44X Rob Wilkerson/81 6/6/10 (975.0 lb. @ 400.0 lb., without a squat suit.) (Nashville, Tennessee) (SPF)
47.	970.0 (440.0)	*3.06X Dave Waddington/54 4/1/84 (440.0 kg. @ 317.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
48.	970.0 (440.0)	*2.62X Craig Young 12/11/88 (440.0 kg. @ 370.0 lb.) (Irving, Texas) (USPF)
49.	970.0 (440.0)	*2.86X Chris Clark/67 11/4/06 (440.0 kg. @ 153.9 kg.) (Lake George, New York) (APF/WPC)
50.	970.0 (440.0)	James Williams/73 5/23/09 (970.0 lb.) (Nashville, Tennessee) (SPF)

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



O.D. Wilson at the 1989 Interservice Championships in Long Beach, CA



Beau Moore did his biggest squat at the 2005 Arnold Classic



Craig Young was a mighty Big Texan, who still ranks on this exclusive list



The Late Matt Dimel – a Westside Barbell Club Original

WOMEN'S 105 LB. (48 KG.) WEIGHT DIVISION » SQUAT

Squat	X-Bwt	American Female Powerlifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	463.0 (210.0)	*4.40X Margaret Kirkland/63 8/4/07 (210.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
2.	365.0 (165.6)	*3.48X Elaine "Scraps" Kunkle-Grimwood/70 7/23/06 (365.0 lb. @ 47.6 kg.) (York, Pennsylvania) (IPA)
3.	352.7 (160.0)	*3.34X Jennifer Maile/84 9/25/02 (160.0 kg. @ 47.9 kg.) (Chia I, Chinese Taipei) (IPF)
4.	350.0 (158.8)	*3.35X Michelle Van Dusen/93 3/12/10 (350.0 lb. @ 104.5 lb.) Seymour, Wisconsin) (USAPL)
5.	342.8 (155.5)	*3.29X Lynne Fuller-Barlow/59 6/10/00 (155.5 kg. @ 47.3 kg.) (Warren, Michigan) (APF/WPC)
6.	341.7 (155.0)	*3.24X Doris Simmons/52 7/28/90 (155.0 kg. @ 47.9 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
7.	335.0 (152.0)	*3.22X Ashley Hudson-Robbins/77 7/14/01 (335.0 lb. @ 104.0 lb.) (Marietta, Georgia) (USPF)
8.	330.7 (150.0)	3.13X Majik Jones/53 2/11/84 (150.0 kg.) (Edina, Minnesota) (USPF)
9.	330.7 (150.0)	3.13X Peggy Box 7/16/88 (150.0 kg.) (Austin, Texas) (USPF)
10.	330.7 (150.0)	3.13X Claudia Valdiviev 3/4/93 (150.0 kg.) (Dallas, Texas) (NASA)
11.	330.7 (150.0)	*3.14X Amber Denmon/86 5/14/05 (150.0 kg. @ 47.7 kg.) (Round Rock, Texas) (APF)
12.	325.2 (147.5)	3.07X Beth Fisher-Street/65 7/21/95 (147.5 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
13.	325.2 (147.5)	3.07X April Delmore-Shumaker/67 6/7/97 (147.5 kg.) (Savannah, Georgia) (USPF)
14.	325.2 (147.5)	3.07X Suzanne "Sioux-Z" Hartwig-Gary/68 2/27/99 (147.5 kg.) (Lincoln, Nebraska) (USAPL/IPF)
15.	321.9 (146.0)	3.04X Elizabeth "Ann" Leverett/54 6/22/02 (146.0 kg.) (Chester, West Virginia) (USPF)
16.	320.0 (145.1)	*3.12X Kate Washburn 11/20/99 (320.0 lb. @ 102.5 lb) (Whitman, Massachusetts) (USAPL)
17.	315.3 (143.0)	*2.99X Diana Rowell/57 5/7/83 (143.0 kg. @ 47.85 kg.) (Perth, Australia) (USPF/IPF)
18.	314.2 (142.5)	*3.03X Terry Dillard-Blanchard/53 2/20/82 (142.5 kg. @ 47.06 kg.) (Auburn, Alabama) (USPF)
19.	314.2 (142.5)	*2.97X Jeanna Pacyga 7/16/88 (142.5 kg. @ 105.75 lb.) (Columbus, Ohio) (APF/WPC)
20.	314.2 (142.5)	*2.97X Caitlin Miller/90 2/5/05 (142.5 kg. @ 47.9 kg.) (Saint Louis, Missouri) (USAPL/IPF)
21.	314.2 (142.5)	*2.97X Linda Barnes/49 3/1/09 (142.5 kg. @ 48.0 kg.) (Sacramento, California) (UPA)
22.	308.6 (140.0)	*3.03X Cheryl Jones/51 3/31/85 (140.0 kg. @ 102.0 lb.) (Lakeland, Florida) (USPF)
23.	308.6 (140.0)	*2.94X Kendra Miller/92 2/16/07 (140.0 kg. @ 47.6 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
24.	303.1 (137.5)	2.86X M. Canisbog 7/18/87 (137.5 kg.) (Austin, Texas) (USPF)
25.	303.1 (137.5)	2.86X Jill Harrison 6/19/92 (137.5 kg.) (Las Vegas, Nevada) (NASA)
26.	303.1 (137.5)	*2.89X Paula Kovalchik/53 10/4/97 (137.5 kg. @ ~47.5 kg.) (Wilkes-Barre, Pennsylvania) (USAPL)
27.	303.1 (137.5)	2.86X Christine Figola/69 5/2/99 (137.5 kg.) (Elmhurst, Illinois) (AAPF/AWPC)
28.	300.0 (136.1)	2.83X Glynis Ramirez-Bierria/63 12/88 (300.0 lb.) (Anchorage, Alaska) (USPF)
29.	300.0 (136.1)	*2.89X Stephanie McMillian/79 10/28/00 (300.0 lb. @ 103.75 lb.) (Baton Rouge, Louisiana) (USAPL)
30.	300.0 (136.1)	*2.88X Kati Durham/93 3/21/09 (300.0 lb. @ 104.2 lb.) (Corpus Christi, Texas) (THSWPA)
31.	297.6 (135.0)	2.81X Shirley Gutierrez 7/19/86 (135.0 kg.) (San Francisco, California) (USPF)
32.	297.6 (135.0)	2.81X Linda Haugland 1/30/88 (135.0 kg.) (Austin, Texas) (USPF)
33.	297.6 (135.0)	2.81X Maggie "Sue" Strezze-Benford-Marino/57-09 12/2/89 (135.0 kg.) (Columbus, Ohio) (APF/WPC)
34.	297.6 (135.0)	*2.84X Robin Jewett 4/7/90 (135.0 kg. @ ~47.5 kg.) (Indianapolis, Indiana) (ADFFPA)
35.	297.6 (135.0)	2.81X Ashley Matheme/83 4/16/05 (135.0 kg.) (Baton Rouge, Louisiana) (USAPL)
36.	297.6 (135.0)	*2.82X Cheryl Anderson/75 1/23/10 (135.0 kg. @ 105.7 lb.) (Anaheim, California) (USPF)
37.	292.1 (132.5)	*2.76X Cheryl Finley 3/8/86 (132.5 kg. @ 48.0 kg.) (Canton, Ohio) (APF/WPC)
38.	292.1 (132.5)	*2.79X Judith Gedney/40 12/9/89 (132.5 kg. @ ~47.5 kg.) (Austin, Texas) (ADFFPA)
39.	292.1 (132.5)	*2.79X J. Tripp 5/7/94 (132.5 kg. @ ~47.5 kg.) (Chicago, Illinois) (ADFFPA)
40.	292.1 (132.5)	2.76X Christine Lastauskas 5/24/98 (132.5 kg.) (Aurora, Illinois) (AAPF/AWPC)
41.	292.1 (132.5)	2.76X Chelsea Richard/86 4/17/04 (132.5 kg.) (Baton Rouge, Louisiana) (APF)
42.	292.1 (132.5)	*2.79X Allison Sandlin/88 4/1/06 (132.5 kg. @ 47.5 kg.) (Omaha, Nebraska) (USAPL)
43.	286.6 (130.0)	*2.73X Laurie Greene 1/28/84 (130.0 kg. @ 105.0 lb.) (Monroe, Louisiana) (USPF)
44.	286.6 (130.0)	2.71X Marianne Del Castillo 1/27/89 (130.0 kg.) (Oklahoma City, Oklahoma) (USPF)
45.	286.6 (130.0)	2.71X Delcy Palk 7/14/89 (130.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
46.	286.6 (130.0)	2.71X R. Benjamin 6/19/92 (130.0 kg.) (Las Vegas, Nevada) (NASA)
47.	286.6 (130.0)	2.71X Pat Boudreau 4/19/97 (130.0 kg.) (Bath, Maine) (USPF)
48.	286.6 (130.0)	*2.80X Erin Dickey/84 2/16/07 (130.0 kg. @ 46.4 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
49.	286.6 (130.0)	*2.75X Sommer Binash (US/90) 6/21/08 (130.0 kg. @ 47.2 kg.) (Nemah, Wisconsin) (USAPL)
50.	285.0 (129.3)	2.69X R. Fish 10/17/98 (285.0 lb.) (Buena Vista, Florida) (AAU)

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



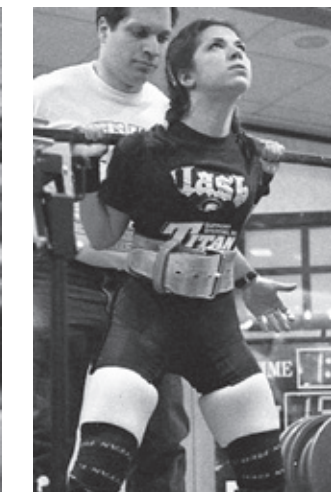
Peggy Box, out of Texas, was a Powerlifting USA Coverperson



Margaret Kirkland dominates all history in the 105 lb. wt. class



Terry Dillard of Spencer, Iowa was a dominant figure in the early 1980s



Jennifer Maile – in 2002, the daughter of USAPL President Larry Maile



Doris Simmons was yet another World Class Westside lifter



Paula Kovalchik was one of the great World Champions in the WDFPF

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.
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.
- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

RAGE X

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



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- **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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INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel

INZER
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Inzer Advance Designs Logo T-Shirts
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.

\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



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

\$14.95



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

\$23.95



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

\$12.95



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

\$10.00



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

\$19.50



Gym Bag
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"

\$25.00



Suit Slippers
Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.

\$19.95



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

\$4.95



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

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Gym Chalk
Essential for workouts and competitions, magnesium of carbonate block chalk.

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Elbow Sleeves XT
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

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

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Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.

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Form-Foam™ Lifting Gloves
Custom gripping power and supreme stability control. Power-Surge.

\$12.95



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

\$12.50



Power-Surge Red Line Knee Wraps
Power-Surge Double Red Line Competition Knee Wraps. Extra thick. Strong support. Easy to wrap to full tightness. Comfortable.

\$16.50



Iron Wrist Wraps Z
The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.

\$17.00



Iron Wraps Z
The most powerful, most popular, most effective knee wrap in the world!

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Forever Lever Belt 13MM
The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.

\$70.00



Forever Buckle Belt 13MM
The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.

\$70.00



PR Belt
A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it.

\$140.00



Forever Lever Belt 10MM
All the manufacturing quality and Lever Belt action in a pliable 10mm thickness.

\$60.00



Forever Buckle Belt 10MM
Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle.

\$60.00



Power Belt Quality Economy
Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price.

\$39.95



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

\$145.00



Lifting Singlet
Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.

\$33.00



Z-Suit
The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

\$42.00



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

\$42.00



The Pillar
The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

\$115.00



Standard Blast Shirt
Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.

\$38.00



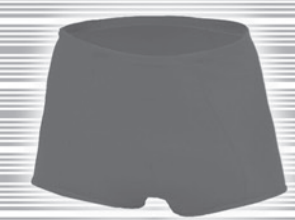
High Performance HD Blast
Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.

\$77.00



Heavy Duty Erector Shirt
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.

\$55.00



Heavy Duty Groove Briefs
Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

\$26.00

POWER NUTRITION Q & A

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



Power Nutrition Guru Anthony Ricciuto

PLEASE GIVE ME MORE SMOOTHIE RECIPES!

Q: Hi, Anthony. I just wanted to drop you a quick email to let you know I really liked your last article on the different breakfasts you eat in a hurry. It was super informative and I like how you simplified it for the readers so they can apply it even for the most simpleton of lifters. I tried that smoothie recipe and it is truly fantastic. You mentioned that you wouldn't taste the raw baby spinach and you were correct. I now drink this about 3-4 days per week for breakfast and I simply love it. I even drink one later in the day sometimes if I feel like binging on some junk. I also noticed that by drinking them I have much less craving for sweet things and I do have a very bad sweet tooth. I get so much energy from it and I feel alert all day long just like you said. Thank you for providing such great information because you really are on the ball. Now, I was wondering if you could provide me with more smoothie recipes? Come on, I know you might not want to give out all your secrets, but hook us up, please! I think I have become addicted to them. Thank you again and please keep up the great articles!

Sincerely, Tina Brigante

A: Tina, it's great to hear from you. I am so happy to hear that you liked the article on my breakfast habits. I get the question a lot so I finally did an article on it to help satisfy all those readers who were wondering what I eat in the morning when in a hurry. So, you like the smoothies, eh? I know once you start drinking them and you see and feel how great your energy and focus is throughout the day, you become addicted to them. It is true when you drink smoothies in the morning you will have fewer cravings to eat junk food later in the day. I have seen this with numerous clients as well, so you are not the first to mention this amazing benefit. With the way most lifters eat, I think just about all of them should start incorporat-

ing them into their daily nutrition plan to help reduce the amount of junk they are consuming.

SMOOTHIES FOR OPTIMUM HEALTH

Well, as usual, I like to outdo myself and I am not just going to give you one more recipe as you requested. My good friend Kevin Gianni, who is one of the most sought after health advocates, has recently released a book on smoothies. This book was a combined effort among some of the best minds in health. Oh yeah, it's not just one or two people putting together some of their favorite smoothies, but well over a dozen people who are leading authorities in natural health and nutrition. It includes such big names as Mike Adams (I am sure you remember him from my Soda Dangers interview), Anthony Anderson, Victoria Boutenko, Ani Phyo, Anne Marie Gianni and many more. Kevin has allowed me to reprint some of the recipes here so you are really going to be in for a treat. See, once again, I do my best to make sure you, the readers, get what you want and I go above and beyond the call of duty to make sure you get the best information in the industry. The name of the book is Smoothies for Optimum Health and it's available in both print and in an e-book. This is not just another one of those smoothie books you get from your local library, it's quite the contrary. This book's focus is to use the nutritious and healing power of smoothies to help improve your health from many different angles. The first thing you should know is this book only uses the most natural and pure ingredients available. The recipes are 100% dairy free, so for those of you who are avoiding dairy because of a lactose intolerance issue or you have stomach issues when consuming dairy, this will work out great for you. The recipes are also 100% gluten free, so for those of you who may have that issue, you also can enjoy them. They are also derived from 99.9% living foods so you are getting nutritionally dense foods here, not processed junk that destroys your health.

GIVE IT A TRY...

YOU WILL LOVE HOW IT MAKES YOU FEEL!

I know some of you reading this think that this is some type of yuppie gobbledegook that won't be able to help lifters. Well, sorry to hear about your ignorance on that one, 'cause that's not the case. I currently have several of my world class lifters using recipes from this book and not only are they loving these smoothies, but their energy and health has never been better. I am telling you that there is a lot to learn from this book and once you apply it I know you will be very happy with your new found energy levels and health. This book just doesn't contain a couple dozen recipes, but there are over 165 different recipes just waiting for the taking. Oh yeah, you are really going to love this book, Tina, and since you liked the

smoothie that I put together in the last issue you are going to feel like a kid in a candy store with this information. If you liked what I put forth then, I guarantee you will love this book—it's that good.

WHY I LIKE THIS BOOK

Now, there a few things I like about this book. First off, it's nicely laid out with some colorful pictures. Second, it is easy access for sure and this is a plus for lifters. What I mean by that is that the recipes are put forth in a simple format so anyone, even someone that has never made a smoothie in their life, can make the most advanced recipe in the book with ease. One thing I really like about this book is that it is broken down into three main chapters for the smoothies. The first section is about fruit smoothie recipes directed at improving your energy, vitality and strength. The second chapter gets more advanced using different green vegetables incorporated into the mix. This is where the real health benefits begin. This chapter of the book focuses on green smoothies for optimum health, healing and providing a calming nature. The third chapter is the most advanced and I am telling you these recipes are simply wonderful. This chapter is dedicated to Elixir Smoothies, which focuses on detoxing the body, improving your clarity and thinking, and increasing your strength and power.

As you can see, this is a very well thought out book. It provides literally several dozen recipes that can help you improve your health and performance from many different angles. There are recipes to help lower your cholesterol and improve your cardiovascular health. There are also ones to help improve your digestion for those who have problems in this area. There are recipes to help those who feel tired and don't have the energy they once had. There are plenty of recipes supporting anti-oxidant intake, which come from the freshest sources. There are specific breakfast recipes that are made to help you think clearer and improve your mental focus. This is great for the lifters in school who need to help keep their studies in check. There are so many good recipes in this book and on top of it they are some of the healthiest things you could ever put in your body. I know some lifters can't handle anything healthy, but now is the time to take responsibility for your situation. Plus, making these smoothies couldn't be any easier and all the health and performance benefits they offer is truly amazing. One last thing I like about this book is the commentary that Kevin puts forth after every recipe. He thoroughly goes through the recipe and offers a synopsis of each ingredient included. This is excellent for those of you who are not familiar with some of the more advanced herbs and ingredients and will help educate you on what each item does and how it affects your health. This is an

invaluable part of the book and I really enjoyed it greatly so I know you will too.

— COME ON —

HURRY UP AND GET TO THE RECIPES

See, I can read your minds and since I know how lifters can be very impatient, I better get back to the subject at hand. What I am going to do is not just throw in a couple recipes and call it a day. Nope, you always expect more from the Power Nutrition Guru and, of course, I know how to deliver the goods. I am going to do you one much better. I am going to include some recipes from each section of the book and even throw in some of the commentary as well so you can get a taste of it for yourself—literally! This way you can try a few of the recipes yourself. Tina, you are going to love this, but no worries, you can thank me later. Enough babbling from me—let's take a look at what I have in store for you.

CHAPTER 1

Here are two recipes from the first chapter of the book; they are more basic and very easy to put together.

BERRY BLAST

- 2 cups mixed berries
- 1 whole cucumber
- 1 large celery stalk
- 3 cups water

Your choice of sweetener:

- 1/4 teaspoon stevia extract powder
- 1 tablespoon agave nectar
- 6 drops of SweetFruit drops

Optional:

- 1 teaspoon vitamin C powder
- 1 tablespoon Earth's Balance Superfood Powder (to enhance the 'berry interesting' experience)

Combine ingredients and blend to desired consistency.

NOTE: For sourcing the sweeteners, I like www.cvc4health.com for the stevia extract powder,

www.DragonHerbs.com for the SweetFruit drops, and www.GoodCauseWellness.com for agave nectar.

— Contributed by: Mike Adams | Mike is the founder and chief editor of NaturalNews.com, an online news source that covers all areas of personal and planetary wellness—from nutrition to renewable energy. He's written thousands of articles and built a following of over 800,000 people across the globe.

SWEET REJUVENATION

- 1-2 cups water
- 1 banana
- 1 tablespoon raw honey
- 1 tablespoon hemp protein powder
- 1 tablespoon bee pollen
- 1 teaspoon vitamin C powder
- 1 tablespoon lecithin
- 1 teaspoon royal jelly

Blend the banana and honey in 1 cup of water, and then add the remaining powders. Add additional water and honey only to achieve the desired consistency and sweetness. This smoothie is definitely rejuvenating for many reasons. Bananas lower blood pressure due to their high potassium content. Hemp protein contains a life-extension growth factor. Bee pollen is an energy food whose rich nutritional stores promote cell rejuvenation. Royal jelly smoothens wrinkles. As we age, our bodies need more antioxidants; so, we should supplement with extra vitamin C. And lastly, lecithin is our best source of the valuable neurotransmitter nutrient phosphatidylcholine.

— Contributed by: Steve Meyerowitz

CHAPTER 2

Now here are some recipes from the second chapter of the book. The next recipe is one that all lifters can benefit from. It's called the Artery Scrubber, and with the way that Cardiovascular Disease and powerlifters go hand in hand like peanutbutter and jelly I think this would be a good idea for almost everyone reading this.

ARTERY SCRUBBER

- 1-2 cups water
- Juice of 1/2 pineapple
- 2 tablespoons oat or rice bran
- 1 tablespoon blue-green algae, spirulina, or chlorella powder
- 1 tablespoon lecithin granules
- 1 tablespoon brewer's yeast
- 1/2 teaspoon flaxseed oil

Blend the ingredients one at a time, beginning with only half the water. Then, add part or all of the rest of the water as needed to create the desired consistency. This drink will be effective even if you are missing one of the ingredients.

— Contributed by: Steve Meyerowitz

WHAT ARE BLUE-GREEN ALGAE, BREWER'S YEAST, AND RICE BRAN?

Blue-green algae, a true bacteria with photosynthetic properties, is the richest source of blood-purifying chlorophyll on the planet and reduces blood pressure. Both Klamath Lake algae (also known as aphanizomenon flos aquae) and spirulina are blue-green algae. Check out www.KlamathBlueGreen.com for considerable information about blue-green algae and the differences between similar products like chlorella.

Brewer's yeast, as a nutritional supplement, refers to the dried by product of the beer brewing process. It's similar to nutritional yeast, though more bitter. Brewer's yeast is our best source of vitamin B1 (thiamine), and vitamin B6 (pyridoxine), nutrients that ease congestive heart failure, normalize heart muscle tone, and break up deposits on artery walls.

Rice bran, like other grains such as wheat, oats, barley, etc. have a fiber rich, heart healthy outer layer called bran. Rice bran is what is leftover after brown rice is transformed into white rice. Numerous studies have proven the effectiveness of rice bran to increase good cholesterol and lower bad cholesterol.

GREEN MAGIC THUNDER

- 1/3 cucumber
- 1 stalk celery
- 1 banana

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POWER NUTRITION »

- 1 apple
- 1 teaspoon spirulina
- 1 teaspoon chlorella
- 1/2 tablespoon green nori flakes
- 1 teaspoon lemon juice
- 1 cup water

Blend all together on high speed to make a smoothie that is full of vitamins, minerals, enzymes, amino acids, essential fatty acids and glyconutrients. This smoothie, which is nourishing and cleansing at the same time, is great if you need creativity and inspiration. For me it's more stimulating than alcohol or coffee. I don't know why, it just is.

— Contributed by: Annet van Dorsser

WHAT IS NORI?

Nori is the Japanese name for various edible seaweed species of red algae sometimes called laver Nori 'sheets.' They are made by a shredding and rack-drying process that resembles paper making. In recipes that call for Nori sheets for making rolls, try substituting romaine lettuce leaves, soaked collard leaves, or Asian cabbage leaves.

WHAT ARE CHLORELLA AND SPIRULINA?

Chlorella is a type of green algae. It is high in protein and highly nutritious (similar to spirulina). For a replacement, try other green powders. Spirulina is a superfood from blue-green algae. It contains high amounts of protein and is a good source of amino acids and B vitamins. A good replacement is blue-green algae, chlorella, or some chlorophyll extract, which you can find at health food stores.

CHAPTER 3

Here are some recipes from the Elixir section of the book. These are more advanced in nature, but the amount of benefits they offer are out of this world. Once you have given some of the more basic recipes a try give these ones a whirl and I'm sure you will be glad you did.

THE BLUEBERRIAN

- 1 1/2 liters water
- 1/2 cup hulled sesame seeds
- 1/2 cup coconut flakes
- 1 tablespoon milk thistle seeds
- 15 apricot kernels
- 3 tonka beans
- 3 vanilla bean skins (save the inner seeds for the next stage of the drink)
- 1/2 cup chia seeds, soaked (gel)
- 1 cup blueberries, fresh or frozen
- 1 teaspoon maca powder
- Inner seeds from 3 vanilla beans
- Agave (amount to desired sweetness)
- Small pinch whole sea salt
- 1 teaspoon lecithin (optional)

Blend the first group of ingredients together, then pour through a strainer or nut milk bag. Add back to clean blender. Next, add the rest of the ingredients. Blend thoroughly, but not until warm. This wonderful summer smoothie is cooling (high calcium and lysine) and blood

thinning (coumarin from tonka beans), as well as strongly antioxidant. It also provides ample nutrition to fuel a days worth of activity!

— Contributed by: Daniel Vitalis

WHAT ARE TONKA BEANS?

Tonka beans are known for their fragrance, which is reminiscent of vanilla, almonds, and cloves. Tonka beans, sometimes used as a vanilla substitute, contain coumarin, an anti-inflammatory and blood thinning agent. While they are said to lighten one's mood and be emotionally balancing, the beans should not be used in large doses.

WHAT IS MILK THISTLE?

Milk Thistle is a plant native to Europe whose active constituent is silymarin, a flavonoid found in the seeds. Silymarin has been shown to have a tremendous affect on the health of the liver, protecting it from damage and enhancing the detoxification process. It acts as an antioxidant, and in milk thistle, has often helped to treat cirrhosis of the liver, chronic hepatitis, and inflammation of the bile duct. Milk thistle extract is commonly found in health food stores.

DELICIOUS CHOCOLATE DREAM

- 2 bananas
- 1 avocado
- 1/4 cup raw chocolate
- 1/4 cup agave nectar
- 1 tablespoon coconut oil
- 2 tablespoons lucuma powder
- 2 teaspoons maca powder
- 1/2 teaspoon cinnamon
- 1 cup water

Are you looking for the best raw smoothie recipe? Then, I think you are at the right place. I can eat this smoothie every day! This smoothie is not only one of the best on earth, it is also very healthy. It contains the raw superfoods chocolate, avocado, lucuma, maca and cinnamon. These foods are all very high in nutrients, which makes them so-called 'superfoods.' By eating superfoods, you get the most nutrients per calorie, which makes them the best foods to lose weight, to recover from disease, or to become your own superhero. Raw chocolate also helps to lower appetite, in case you tend to eat too much. Can you think of something better than eating raw chocolate? Your family and friends will hardly believe you when you tell them how healthful it is. Put all ingredients in your blender, blend, and serve in nice glasses.

— Contributed by: Annet van Dorsser

CONCLUSION

OK, so there you have it, folks. The Power Nutrition Guru has once again come through, giving you another nutritious, information-packed issue. I know you must be wondering where you can get this book. It is available online at www.renegadehealth.com. It is available in both soft cover and as an e-book. Ordering this book will be one of the best things you can do for your long term health believe me. Once

you start incorporating these smoothies into your daily nutrition plan you will wish that you did it years ago. I don't put my name and reputation behind anything that doesn't deserve it and this book gets my thumbs up approval.

Like I have mentioned time and time again, I want lifters to live a healthier life along with getting stronger. I am truly saddened how each month in the pages of *PL USA* we have lifters passing away much sooner than they should be. Even more sad of a fact is that many of them succumb to cardiovascular disease, which should not be the case. I really want to help you all not only post the biggest total you can, but also improve your quality of life and the years you spend enjoying this great sport. So, until next month, train hard, eat clean, and give some of these smoothies a try because I know you will not only enjoy them, but you will also reap the many health benefits they offer! For Kevin Gianni's website check out: www.renegadehealth.com. «

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Best Lifter award winner, Kim Paivoke of Finland



Sam Aumavae, originally from America Samoa

BENCHING

THE NEW WORLD OF BDL AT THE AWARDS

as told to Powerlifting USA by Gus Rethwisch » photos courtesy Mike Lambert/PL USA & CSS Photo

WABDL WORLD CHAMPIONSHIPS

NOV 16-21, 2010 » Las Vegas, NV » as told to Powerlifting USA by Gus Rethwisch

The Las Vegas Hilton is a 3,000 room 30 story hotel. It is the biggest hotel to ever host a powerlifting meet. It has 12 restaurants and state of the art rooms. The ballroom was big and spacious and the warm-up room at 6,200 square feet is bigger than most world championship's entire venue.

Last month was the deadlift Worlds in WABDL where 412 divisions were contested by 255 lifters. The bench press had 463 divisions contested by 318 lifters, 573 total lifters and 875 trophies were handed out.

Moving onto the lifting. There were 38 world records and 20 national records that weren't world records. In junior 105 lbs., Jerel Aaron Hulliger of California pushed up a 214.7 world record. At junior 148, Dustin Hanson of Montana ramped up a 442.9 world record. He moved up from 132 where he holds the junior world record at 402.2. Tracy Lundin of Oregon elevated a world record 600.7 in law/fire 40-47 and also law/fire open in the 308 class. In law/fire 48-55/308, Roger Ryan put up a world record 755 at age 53. Roger passed his 6th drug test and competed in double-ply. In law/fire 56+/181, Mike Harrison of Texas set a world record 336 to go along with his 485 world record deadlift. In law/fire 56+/259, Ken Tawzer set a world record in double-ply with 352.5. In 40-46/242, James Hunter, who along with Roger Ryan are making their first cover of Powerlifting USA magazine, put up a huge 733 weighing only 240. Back to Ken Tawzer, in his younger days he was a consistently top 10 in calf roping in the national rodeo finals. I remember seeing him on T.V. he rode out of Ventura, California. In 40-46/259, Patrick Parnell was huge with a double-ply world record 777. He is trained by Tiny Meeker. Patrick will eventually hit 800, bar-

ring injury. In 47-53/123, Geraldo Merino Jaramillo of Ecuador set a world record 308.5. Geralda first went to the WABDL World's in 1997 and set a world record then too. Ken Millrany of Tennessee set a world record 650 in 47-53/242 in a double-ply shirt. Ken is putting on the WABDL Nationals at the Preston Hotel in Nashville on July 9th. He always puts on a good meet. He has set numerous world records over the years. Willard Crossen Jr. set a world record 628.2 in 54-60/259. Willard is stronger now than at any time in his life. Homi Shivaie put up a world record 203.7 in 61-67/123. Homi also had a world record in the deadlift with 385.7. Rudy Lozano, at age 71, was inspirational with 387.9 at 68-74/198. He has set a world record at 12 WABDL World Championships in a row. Ed Acey finally got another world record after about a five year drought with 385.7 in 68-74/308. Ed trains at Bud Davis' in Spanish Fork, Utah. Richard Austin set a world record 347 in master 75-79 in the 220 class. Richard was 79 and tried 380. He wants to be the first man in the world to bench 400 at age 80. He wore a single-ply shirt. Rodney Graves set a world record at age 87 with 138.8 in 85-89/198. Tiny Meeker set a world record in double-ply with 760 at super. Tiny is capable of 870-925 on most days but he was dealing with both a pec and shoulder injury. The 760 was also a world record in submaster super.

In teen men 14-15/super. James Goodfellow of Utah set a world record 352.5. James weighs 335 at age 15. He is trained by Manny Herrera. Doc Derwin of Washington set a world record 429.7 in 16-17/198. He's going to be good one if he sticks with it. He's got the fire. Kyle Henderson at only 94 lbs. set a world record in 18-19 with 170.7 and Hunter Hernandez of



Bill Welch of Tennessee



A beaming winner, John Dennison



Dave Forstner loaded with cups

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BENCH	Teen (16-17)	Perry-HI	254*	Master (68-74)	Junior (20-25)	Nen-TX	226*#	Miller-NV	—	Mata-TX	380
FEMALE	Brown-WA	121*	Luehrs-OR	193	Meraz-CA	77	Hulliger-CA	204	Master (40-46)	Van Buren-AZ	347
97 lbs.	Castillo-CA	99	Sheffield-CA	—	Open	4th-2151*#	McCoy-OH	325*	Master (61-67)	Brown-OR	353
Master (40-46)	Teen (18-19)	Unson-WA	—	Clawson-AZ	198*	114 lbs.	Master (47-53)	Lemire-UT	265	White-AZ	342*
Cabe-HI	105*	Harris-TX	193*	Pukkila-FIN	—	Submaster	Lyons-UT	314*	Master (75-79)	Rocha-TX	276
Open	Carey-WA	99	Teen (14-15)	Replogle-NV	2591*#	Hammond-WA	165	Constantineau-WI	292*	Mangum-TX	265
Cabe-HI	105	132 lbs.	Miskinis-OH	151*	Barlow-CA	154*	4th-166*	Venturella-PA	287*	Tinkler-FL	198*
Teen (18-19)	Cunningham-UT	122*	Law/Fire (40-47)	Teen (16-17)	198 lbs.	Junior	Lee-CO	276	Vause-GA	193*	Carr-UT
105 lbs.	Pfutzenreuter-BRA	88#	Hesterman-CA	121*	Junior	Herrera-WA	237*	Pristell-WA	209	Master (80-84)	Law/Fire (56+)
Junior	Master (40-46)	Sauerwein-CA	88*	Teen (18-19)	Hernandez-TX	166	Sanchez-TX	226	Master (54-60)	Cavness-CA	204*
Loo-HI	127	Fuchs-CA	116	Biddle-IN	160*	Law/Fire (56+)	Cruz-TX	187	Master (61-67)	McClelland-MI	143
Open	Master (47-53)	Montgomery-OR	121	165 lbs.	Aaron-TX	1321*#	Rodriguez-TX	149	Timbal-HI	231*	4th-149*
Loo-HI	127	Garcia-CA	105	Vaterlaus-CA	154	Master (47-53)	Berry-IL	325*	Jaramillo-ECU	3091*#	Whinston-OR
Teen (18-19)	Rocha-TX	121	Monson-CA	94	Law/Fire Open	Master (47-53)	Warren-AL	243*	Open	Hanson-MT	4431*#
114 lbs.	Sutton-OR	—	Biddle-IN	154*	Campbell-ME	402	Shivaie-CA	198	Evangelista-OR	408	Ruelan-MI
Master (40-46)	Master (54-60)	Porter-TX	1821*#	Montenegro-ECU	198#	Huston-WA	2041*#	4th-2041*#	Smith-TX	408	Wallis-UT
Hao-OH	187	4th-1941*#	Clark-TX	116*	Open	Master (61-67)	Aaron-TX	132*	Master (68-74)	Mangra-NY	243
Villegas-CA	105	Master (47-53)	Porter-TX	182*	Crossland-OK	243*	Pristell-WA	165	Watts-CA	196*	Teen (12-13)
Nerio-CO	132*	Master (54-60)	Panlasigui-HI	138	Staplin-MN	237*	Open	Hernandez-NV	2701*#	Windham-LA	281*
Master (54-60)	Nelson-OR	116	Garcia-CA	105	Master (54-60)	176	Knapski-OH	143*	Teen (14-15)	Watts-CA	196*
Master (68-74)	Lafferty-AL	1541*#	Pecktol-OR	105	4th-1821*#	148 lbs.	Emond-NV	149*	Junior (20-25)	Moreno-TX	243*
Templer-AZ	94*	Open	Junior	Portillo-BRA	187*	Special Olympian	Kimoto-HI	—	Master (54-60)	Moreiro-FRA	220
Lafferty-AL	160*	Miller-NV	198*	Okoro-TX	193*	Nelson-NV	85*	Master (54-60)	Vaterlaus-CA	237*	Open
Barajas-TX	132*	Teen (16-17)	Tavares-HI	121	Master (40-46)	Submaster	Pukkila-FIN	259#	Da Silva-BRA	132#	Crescione-CA
123 lbs.	Okimura-HI	154*#	Unson-WA	204	Teen (14-15)	Teen (18-19)	Ruth-CA	77	Richey-TX	215	Sandoval-TX
Master (40-46)	Anolin-CA	227*	Master (54-60)	Presley-CA	160	4th-1621*#	Gomez-TX	110	Ortiz-TX	—	Martinez-TX
Whitehead-HI	127*	Master (61-67)	Master (47-53)	Flannery-CA	132*	Dotson-WA	99	MALE	181 lbs.	97 lbs.	Teen (12-13)
Master (47-53)	Steele-WA	138	4th-1621*#	Flannery-CA	132*	Dotson-WA	99	181 lbs.	97 lbs.	Teen (12-13)	Ogden-HI
Helmis-OR	1331*#	Flannery-CA	132*	Goodman-AZ	127*	Master (61-67)	Cole-CA	88*	Master (47-53)	Fatima-BRA	88#
Sanford-MN	—	Goodman-AZ	127*	Master (54-60)	132*	Rowland-CA	94*	Master (68-74)	Ford-CA	61*	Master (54-60)
Master (54-60)	Denniston-MI	132*	Cole-CA	88*	Master (47-53)	Rowland-CA	94*	Master (68-74)	Ford-CA	61*	Master (54-60)
Open	Harris-TX	193*	Whinston-OR	771*#	Master (61-67)	4th-1711*#	105 lbs.	Buck-WI	331	Master (54-60)	Wells-MA
Bennett-WA	132	Whinston-OR	771*#	Master (61-67)	4th-1711*#	105 lbs.	Buck-WI	331	Master (54-60)	Wells-MA	408*
Whitehead-HI	99	Open	Clawson-AZ	215*	105 lbs.	Buck-WI	331	Master (54-60)	Wells-MA	408*	Wells-MA

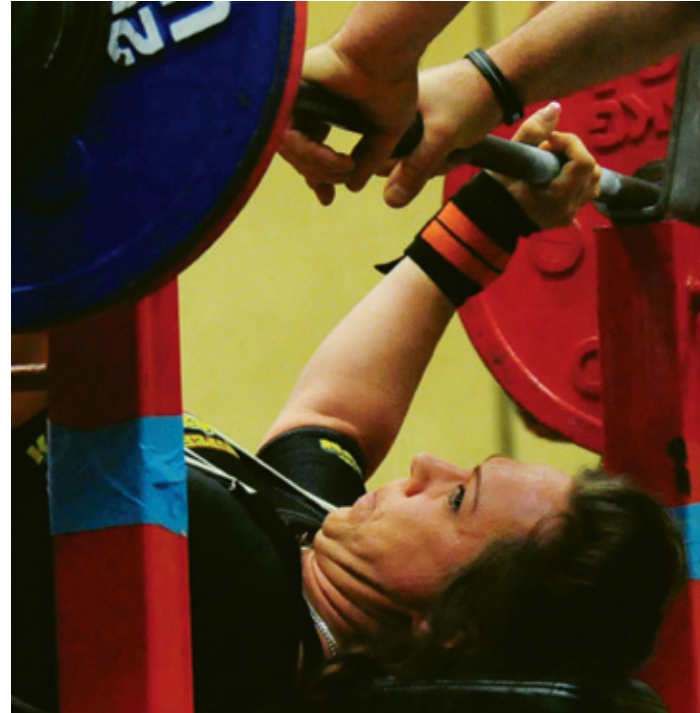
Hansen-ND	259	Mc Broom-CA	237	Law/Fire (40-47)	Scott-ME	149*	Golcano-ME	634	Welch-TN	606*	Dilber-TX	—	Bishop-OH	502	
Submaster (33-39)	298*	Swift-IL	463	Law/Fire (48-55)	Stanford-AZ	—	James Jr-TX	551	Stanford-AZ	540	Garza-TX	419*	Tawzer-CA	430	
Reuer-SD	298*	Beteta-OR	393*	Denniston-MI	397	Lopez-TX	314*	Blas-OR	524	Arroyo-WA	452	Class I	Kimball-WA	408	
Teen (14-15)	Perez-CA	165	Holzinger-WA	314	Law/Fire Submaster	242 lbs.	Kousa-FIN	507	Miskinis-OH	331*	McMichael-TX	413	Contreras-CA	397	
Teen (18-19)	Jester-KS	—	Jones-AL	309*	Floyd-TX	424*	Class I	Pontinen-FIN	496	Master (54-60)	Disabled	Disabled	Sayles-TX	303	
Jester-KS	—	Master (68-74)	Zuchelli-AL	424*	Crafts-UT	502	Desrosiers-AZ	496	Crossen Jr-WA	6281*#	McMichael-TX	—	Sanchez-TX	441*	
Saurers-OH	419*	Lozano-CA	3881*#	Master (40-46)	Sihota-IND	430	Faber-MI	391	Wolf-WY	402*	Campos Jr-IN	485*	Miluso-CA	160	
Litton-NV	387*	Minietta-NV	342*	Pukkila-FIN	496	Parham-OK	402	Birchmeier-MI	342	Tawzer-CA	353*	Junior (20-25)	Junior (20-25)	292	
198 lbs.	Class I	Bloom-CA	320*	Westleigh-ME	424*	Elite Open	Submaster (33-39)	Emelander-TX	—	Law/Fire (40-47)	Havlicek-AZ	281*	Law/Fire (40-47)	281*	
Whitaker-LA	446*	Nummi-ID	270*	Petersen-TX	402*	Hunter-CA	733*	Erickson-OK	623	Lundin-OR	584	Master (40-46)	Master (40-46)	281*	
Pena-CA	408	Orta-WA	375	Baker-CA	105*	Master (47-53)	Junior (20-25)	Blas-OR	546*	Murphy-GA	606	4th-6011*#	Jordan-AZ	—	
Happach-IL	375	Master (85-89)	Noblit-OR	513	Pashok-WI	502*	Rodriguez-TX	380*	Dacucyuy-HI	518	Christensen-WA	573*	Law/Fire (48-55)	Shim-HI	
Taylor-OH	342	Graves-NV	1391*#	Open	Phipps-NV	457	Law/Fire (40-47)	Pontinen-FIN	496	Miskinis-OH	331*	Schultz-CA	617*	Mersberg-HI	
Disabled	Pena-CA	408*	Woods-OH	—	Master (54-60)	Curley-CO	—	Mc Farland-CA	518	Teen (18-19)	Law/Fire Open	584	Master (54-60)	303	
Jones-IL	380	4th-397*	Soto-WA	551*	Epting-TX	303*	Law/Fire Open	Mc Farland-CA	547*	4th-6011*#	Speno-CA	—	Fraser-NV	—	
Sinardi-FL	143	Junior (20-25)	Carson-IL	524	Fayle-TX	353	Master (40-46)	Martinez-CA	380	Teen (16-17)	Kumar-IND	507#	Dennison-UT	612*	
Whitaker-LA	446*	Law/Fire (56+)	Tyrvaainen-FIN	485	Williamson-WI	320*	Hunter-CA	7331*#	Teen (16-17)	Kumar-IND	507#	Speno-CA	—	Fraser-NV	
Begue-OH	359*	Washburn-TX	—	Master (68-74)	Bishop-AL	573*	Garza-OR	564*	Villa-TX	375*	259 lbs.	Stewart-TX	—	Master (47-53)	
Guardado-OK	259	Paivoke-FIN	524	Franken-PA	338*	Urrea-CA	292	Wakakuwa-NV	551*	Class I	Baker-OH	424*	Raymond-OR	402	
Law/Fire (48-55)	Dias-BRA	353	Kaufman-TX	386	Ford-CA	145	Alvari-UT	540*	Master (75-79)	Austin-ME	3471*#	Millrany-TN	6501*#	Conde-TX	
Law/Fire Open	Berriman-OR	468	Derwin-WA	419	4th-4301*#	Gillam-AZ	—	Doerfler-OR	540	Frazier-IL	502*	Hietamaki-FIN	595	Colchado-TX	
Berriman-OR	468*	Garbush-WA	402	Manion-NV	397*	Bennett-OH	375	Edmondson-OR	585*	Shabazz-IL	573	Parham-OK	402*	Law/Fire (40-47)	
Master (40-46)	Gardner-IL	—	Soto-WA	540*	Fernandez-TX	325	Graves-CA	303*	Houston-CA	551	Stevens-WY	424*	Caughay-UT	220	
Johnvander-OK	281	Class I	Adams-UT	507*	Reiher-NV	342	Reiher-HI	474*	Submaster (33-39)	Phillips-OK	347	Wright-KS	265*	Master (40-46)	
Master (47-53)	Noebe-OH	491*	Amburgey-OH	336	Elite Open	Marrama-MA	—	Edmondson-OR	585*	Prince-NV	354*	Open	Carson-OH	—	
Woods-OH	491*	Joachim-OR	402	Luiz-TX	391	Contreras-CA	369	Villarreal-TX	331	Teen (14-15)	Millrany-TN	702*	Master (47-53)	—	
Harris-NV	353	Master (54-60)	Reyes-UT	386	Lowry-OK	380	Guardado-OK	259	Villarreal-TX	331	Teen (14-15)	Millrany-TN	702*	Master (47-53)	—



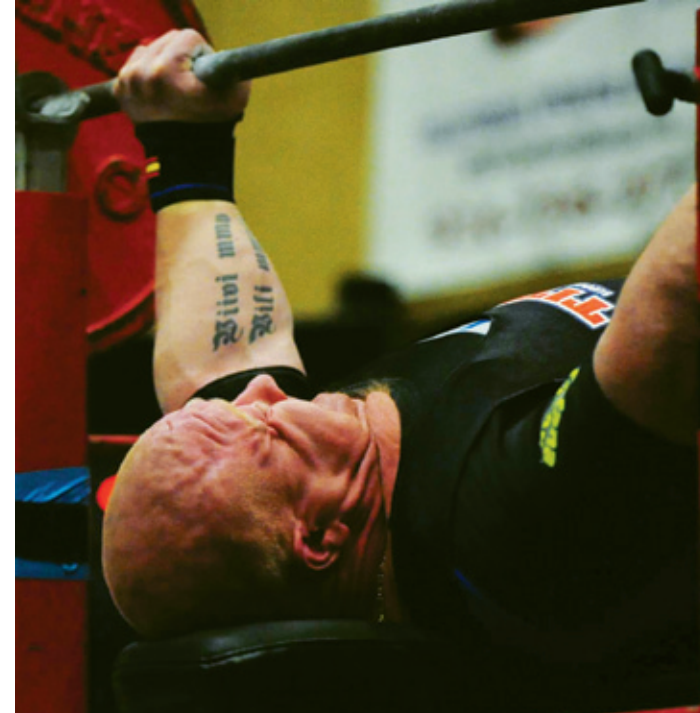
Patrick Parnell of Texas



Willard Crossen Jr. was handled by William Crossen III



Virpi Pukkila of Finland came back from bombing



Petri Hietamaki – another Finnish powerhouse



Patrick Holloway benches big too!



Dustin Hanson at 148 lb.

Nevada set a world record 270 at 18-19/123.

Now to the women's world record benches. Jessica Okimura of Hawaii set a world record in double-ply with 154.2 in 18-19/114 and was coached by Terry Luehrs. Anette Replogle set a world record 259 in submaster 181 and was coached by Dan Martin and Brent Howard and Robert Harris. Julie Kimoto of Hawaii set a world record in double-ply submaster 198+ with 314.

In master women there were seven world records. In 54-60/132, Jill Porter of Texas set a world record 181.7 in her second contest. Peach Presley, who is undefeated in six contests, got her first world record of 161.9 in 54-60/148. She is coached by her husband Jim Presley, who has benched 611 and is the WABDL co-chairman for California. Jane Stabile from Massachusetts set a world record 181.7 in 54-60/165. She also threw in a Massachusetts state record of 352.5 in the deadlift. Wilma Lee Cadavona of Idaho tossed up a 192.7 world record like nothing in 54-60/181 and Margie Huston got her first world record after six years of trying with a 203.7 in 54-60/198. She wore a double ply, so her record was in the double ply division. Betty Lafferty, who set a world record in the deadlift and added another one in the bench with 154.2 in 68-74/114. She lives in Gulf Shores, Alabama and has had her beach front condo severely damaged in two hurricanes about a year apart but she still manages to get to the World's every year. Melicent Whinston, at 83, the oldest female lifter in the meet, set a world record of 77 lbs. in 80-84/148. Melicent competed in masters track and field until two years ago. She and her husband also drove to Ashland, Oregon, every year for 54 years to the Shakespeare Festival and finally had to quit when her husband Arthur broke his leg. They have been married 63 years and they were driven to the meet from Portland, Oregon, which is a 2,200 mile round trip. They both have varying stages of Alzheimers disease and are both already signed up for the Portland, Oregon, meet for March 12th. I asked Arthur why they keep competing even though Arthur is in a wheel chair and he said, 'Did you ever compete in varsity athletics in high school?' I said yes and he said, 'Then you know what it's like when the high school era ends and there's no college sports to look forward to. There is always the next big game to look forward to in lifting. I'm a retired lawyer and without lifting meets I might as well die. I can't drive anymore. This is my lifeline.'

More women's world records were set by Nan Helms in 47-53/123 where she benched a world record 133.3 in double-ply. She is also coached by Terry Luehrs. In 40-46/114 Yuxin Hao was all business with a super 193.8 weighing 110. Julia Aaron-Boliver was up to a world record with 132.2 in law/fire 56+ at 198 lbs.

National records were plentiful. Mathieu Coudriaud of France rammed

up 352.5 at 165 in class 1. Harjit Kumar of India set a national record 507 in class 1/275. Vilmar Oliviera of Brazil set a national record in disabled 181 with 341.5. Mathieu Coudriaud set his national record in class I on Wednesday and came back on Sunday and did even more, a 369.2 junior record for another French national record. Jonne Frantila of Finland popped a 358 to finish third in junior 148, but it was a Finnish national record. Luiz Arthur Nen of Mexico set a national record 225.7 in junior 148. Warren Orr of Canada set a Canadian record 501.5 in law/fire 40-47/308. Luis Fernando Meireles Dias of Brazil set a national record 352.5 in law/fire 48-55/181. Flavio Baptisto da Costa of Brazil benched 319.5 in 54-60/198 for a national record. Andre Charbit of France set a national record 225.7 in 75-79/165. Gerardo Merino Jaramillo of Ecuador set a national record 308.5 in open 123 as well as a world record in 40-46/123. Harjinder Kumar of India became the first lifter of any federation in India to bench 600 with 600.7 in open superheavy. Silvio Edson Francisco Braga of Brazil benched 507 in submaster 308 for a national record. There were nine lifters from Brazil and they finished second in the team trophy standings.

Female lifters who set national records but no world records were Ana Catia Portilho Couto of Brazil who benched a very respectable 187.2 in both open 165 and master 4-46/165, both Brazilian national records. Iraci Fatima Fenner of Brazil set a national record in 47-53/181 with 88 lbs. It was her second contest. Virpi Pukkila of Finland put up a national record 259 at 40-46/148. Lucia Feraud Montenegro of Ecuador was competitive with 198.2 in 40-46/165. Both Virpi and Lucia are extremely fierce competitors with Virpi and Yuha Pukkila the epitome of raiding vikings of the 10th and 11th centuries. Simone Fulginiti Pfitzenreuter of Brazil set a national record 88 lbs. in law/fire 40-47/132 as well as a world championship.

Other impressive bench presses were in class 1 all single-ply unless noted: Andy Whitaker a Louisiana record 446.2 at 198; Joseph Adams a 507 bench and Utah record at 220. Kaleb Crafts of Utah 501.5 at 242.

In disabled, Steve Pena did 407.7 at 198. Steve is totally blind. Also at 198, Casey Jones set an Illinois record 396.7. At 242, Cody Colchado put up 429.7. At 308, Luis Campos Jr. set a world record 485 and at super Omar Sanchez set a Texas record 440.7.

In elite open, Kerwin Unten benched 496 on an opener at 148! He tried 523 and got it about half way up and that was in a single-ply shirt. Nobody benched more or as much at 148 in a single-ply shirt. At 242 in elite open,

James Hunter set a California record 733 weighing 240 in a single-ply shirt. James is a quiet efficient lifter, but always is good for 700+.

In junior bench Dan Pasholk put up a 501.5 at 242 for a Wisconsin record, Austin Shipley set an Arizona record 563.1 at 259 and Arthur Tupuola set a Hawaii record 606.2 at 308. The sky is the limit for all three lifters because they're 20-22 years of age.

In junior women, Krystal Miller set a Nevada record at 148 with a huge 198.2. She's very busy with school and soccer and if she had more time she would be benching 235-240. Her father Gary is a world record holder and her mother Cynthia is a state record holder. Linda Okoro of Texas who deadlifted a world record 463.8 at 148, set a Texas record 192.7 to finish right on the heels of Krystal. At 198, Lisa Herrera set a world record 236.7.

In law/fire 40-47, Frank Wakakuwa set a Nevada record 551 in a double-ply at 242 and won his 8th world title. Jerry Warren set an Oklahoma record 402.2 at 259. In age group 48-55 Dennis Schultz set a California record 617.2 at 308. In law/fire 56+, Bruce Begue of Ohio set a state record of 359.1 at 198. In law/fire open 242, Gary McFarland set a California record 546.6 and at 259 Jeff Begue set an Ohio record 639.2 in the law/fire open 259. Jeff is the only lifter in WABDL and the only lifter anywhere to bench over 600 in five weight classes. In law/fire submaster 198 Nick Beriman set an Oregon record 468.2 at 220. Darryl Zuchelli set an Alabama record 424.2 to edge Anthony Floyd who set a Texas record 424.2 in the same category, but Zuchelli was the lighter lifter. Jeff Begue also set an Ohio record 639.2 in law/fire submaster 259 as well as law/fire open 259.

In master men 40-46, Jon Cunningham of Utah set a world record 463.8 in double-ply at 165. Miguel Ruelan set a Michigan record 440.7 in single-ply at 165 to win his world title and beat out lifters from Minnesota and Hawaii in the process. Craig Kornwolf got a Minnesota record 315.1 at 165. At 198, Danny Soto of Washington got a state record 540 and he's been improving every meet. He also passed his drug test as did Jon Cunningham. At 220, Juha Pukkila of Finland won a much deserved world title. He's come in second or third in the last four world's and finally pulled this one out. So, both he and his wife are world champions. David Bradshaw came in second with 485 and was close with 501.5 for the win. John Westleigh was third with a Maine state record 424.2. At 242, as mentioned before nobody was a match for James Hunter who set a world record 733. In second place was Rob Golgano of Maine who tied his own record with 633.7.

He's only been training for two years and trains under Al Stork where the work ethic is through the roof. Rob and Karen Campbell are his star pupils and submit to his hard work. He had other lifters who couldn't handle the load and were much heavier than Rob Golgano and were around 500. They admittedly were recreational lifters. I trained at Stork's Gym for nine weeks and I told Al that hard work is the key but recuperation is the second key. Brant Bishop of Alabama was third with an Alabama record 573. Brant is a physical therapist and is the Alabama state chair for WABDL and was very instrumental in helping grow WABDL in the southeast and helping bring equipment to all meets in the southeast. Roland Garza came in fourth with an Oregon record 564.2. Jeff Alvani of Utah set a Utah record 540 to come in fifth. At 259/40-46, Joey Murphy of Georgia was huge with 606.2 to take the double-ply division. Patrick Parnell of Texas took the double-ply with a 777 world record. In second place in single-ply was Gary Gulseth with a 551 Wisconsin record 611.7. Gary is an ex-pro wrestler and started wrestling in 1999 and with a partner they became Ray and Ronnie Knight and their tag team was called Risky Business. Gary's wrestling name was because his favorite baseball player was Ray Knight who played with the Mets. Ray and Ronnie Knight wrestled for three years together and won the Midwest tag team title ten times. They did the largest Battle Royale in the world that was televised live. There were numerous big names in that event, including Ken Patera, Hulk Hogan, and the Road Warriors. After he and his partner split he wrestled another four years as a single competitor and was a T.V. champion, the world's heavyweight champion in the AWA. He did a lot of wrestling out of Chicago for Windy City Wrestling. He was offered a good deal to go to Japan but decided against it because he had small children at the time. For a spin of four years he wrestled every week. His best training lift is 670 in a single-ply shirt. His training partners are Jake Eddy who is 6'3" and weighs 300 and pulls 740 and benches 600. He also trains with Mike Mazanet and Brian Briggs and they all train at Jake's Gym in Mazomanie, Wisconsin, and Ford's Gym in Madison, WI. Gary's father Wendell played on the University of Wisconsin Rose Bowl team of 1951 as a starting guard and was a first round draft pick of the New York Giants, where he signed for \$3000, but he only played one year of pro ball because the money wasn't good enough.

At 40-46/275 Patrick Holloway got a 650. At 308, John Dennison from Utah got a Utah record 611.7. With John it's hit or miss, either a good lift, a lift that looks like he is a veteran or for some reason when he misses his spot, he misses it badly. Nevertheless, this time he was right on and came away with a world championship. John wasn't tested at this meet, but he has been tested twice and passed both time now. Since 1998, \$71,000 in



The persistent Juha Pukkila of Finland



Big benchers do come from India... Kumar



Gerardo Merino Jaramillo from Ecuador

WABDL card money has been used for testing. I wonder how much USA Powerlifting card money has been used for testing? Guy Powell, a high school principal from Wisconsin, was second with a state record 573 and Warren Orr was third with a Canadian record 507. At superheavy, Harjit Kumar of India beat Gary Shim of Hawaii with a 600.7 and Gary had a Hawaii record 545.5. The lifters from India were very polite and respectful and they always put their hands together at their chest and salute which is their formal way of saying hello or greeting when they haven't seen someone for a while, much like the Hawaiian tradition of putting a lei on someone. Again, there were nine more lifters from India that were tired of the cheap trophies, the 2" diameter medals and the poor venues that the IPF always manages to have and somehow their visas were denied when it was known they weren't going to an IPF event. However, since the IPF can't compete in an open market system, they have to resort to chicanery. The IPF will also say, 'We are the only legit federation. The AAU, IPA, WABDL, NASA, APF, Son Light, etc., are all pretenders.' the biggest complaints I seem to get are about USA Powerlifting. We've had problems in WABDL like any organization, but we truly care about the lifter spending money, disposable money (and there is not much of that anymore) to come to a meet and have a good venue, good trophies, good consistent judging. In the past, there have been lifts in WABDL that were passed that shouldn't have been, but the executive board is working on that constantly. If you look at the level of competence by baseball umpires, basketball referees and football officials, all of whom are making well into six figures, it's atrocious! The point I'm making is that if you go to a WABDL World's you will lift your best with no undue pressure from anybody but yourself. The equipment will be the best and the platform will be the best and the warm-up area will be 6,000 square feet.

There were nine countries at the WABDL World's this year: Azerbaijan, Ecuador, Mexico, Finland, France, Brazil, Canada, India and the USA.

In Master 47-53/123, Gerardo Merino Jaramillo of Ecuador blasted a world record 308.5. Doug Warren was second with an Alabama record 242.5. Chetram Mangra of New York won at 132 with a 242.5. At 148, there were five competitors from Utah, Pennsylvania, Colorado and Washington. Kenny Lyons the WABDL state chair for Utah was the world champion with a Utah record 314. In double-ply, the world champion was Charles Venturella who had injuries and only got 286.5. Last year at 132 he got an easy 380 for a world record. In second place in single-ply was Dave Constantineau with a Wisconsin record 292. Dave is the WABDL chairman for Wisconsin and has the Midwest Regional in Madison, Wisconsin, July 23rd at the Crown Plaza Hotel, which is a first rate hotel. At 165, Mark Laurel won the World's at single-ply with a California record 314 and Julian Kaipo Perez won at double-ply. Doug Clayton of Wyoming was the world champion with a state record 391.2 and Doug Noebe of Ohio was world champion in single-ply with a state record 490.5. At 220, Brian Reynolds of Washington was second with a Washington record 479.5 but Jim Noblit was the world champion with a 512.5. At 242, Ed Macauley was off his game by 50 lbs. or so but still was the world champion in single-ply with 551. Ken Millrany was the world champion in double-ply with a world record 650.2. Ken will be putting on the WABDL Nationals at the Preston Hotel, July 9th in Nashville. He's expecting about 125 lifters. Mike Frizzell was second in a single-ply with an Illinois record 501.5. There were six competitors in 47-53/242 at 259, which has become a very popular weight class by the way (only WABDL has it). There were five contestants. Todd Christenson of Washington won in double-ply with 573 and Bill Welch of Texas won in single-ply with 606.2. Bill is Ken Millrany's training partner and they both think they can hit 700 by next year's world's. At 275, Bradley Butler won in single-ply with 402.7 and Jim Presley won in double-ply with 501.5. Jim was very helpful at the meet and helped set up all the trophies and also stored about 200 lift over trophies at his business. There were 786 trophies handed out to lifters from 37 states and nine countries. At 308, Bill Gillespie had to settle for 716.2, but it was enough for his 6th WABDL world championship.

At master 54-60, Freddie Evangelista got a 418.7. He holds the world record at 47-53/148 and 54-60/148 with 440.7 being his best bench, done about a year ago. Ken Van Buren of Arizona won at 165 with 347. At 54-60/181, Jody Fjelstad of Minnesota edged Tom Gonnering of Alabama 369.2 to 358. Flavio Baptista da Costa of Brazil set a national record 319.5 to come in third. At 198, Ernest Reyes of Utah edged Maurice Lowry of Oklahoma 385.7 to 380.2. Ernest has done as much as 440.7 as recently as a couple of years ago. At 220, Tim Epting of Texas set a state record 303 to win his first world title. At 242, Gary Stevens of Wyoming set a state record to win his title. At 259, Will Crossen Jr. got a 628.2 world record to beat David Wolf in good fashion who got 402.2. David's bench is very good for 54-60/242 but Will Crossen Jr. is one of the best master benchers ever. At 275, Austin Webb of Arkansas got a 424.2 to win his first world title. He is also the WABDL chairman for Arkansas. At super, Leo Contreras won his third world title with 396.7. In Master 61-67/123, Homi Shivaigot a world record 203.7. At 148, Moses Timbal of Hawaii won with 231.2 and a state record. At 165, Stefan Lemire of St. George Utah won with 264.5. Daniel Hofeditz of Arizona set a state record 303 at 181 to best four competitors. Michel Rioland of France was second with 281. At 198, Dan Swift of Illinois, who holds the world record in 61-67/198 at 501.5, won this division easily with 462.7. Dan tried 502.6 but it wasn't there on the this day. Joe Beteta who is the best of the rest and never loses in the Northwest. Joe is from Medford, Oregon, got second with an Oregon record 393.1. Ron Jones of Alabama keeps improving slowly but surely and set a state record 308.5. At 220, Charles Fayle of Texas best Al Williamson of Wisconsin 352.3 to 319.5. As stated earlier, Al may be the only lifter in the world who competed in the very first year of powerlifting, 1965, and is still competing. At 242, Bob Evans of California beat out five contestants with a 429.7. In second place, Jim Parham set an

Oklahoma record 402.2. Jim owns a state of the art gym in Tulsa, about 20,000 square feet. Professor Thomas Wright of Kansas was in fourth place with a 264.5 state record. He chairs the Behavioral Science department at Kansas State University. At 275, Ron Moormeister won the world title with a 407.7 raw bench. Ron is ex Vietnam in the 101st Airborne. In 68-74/181, Ed Angstrom of Iowa beat a field of four with 330.5. In second place was Earl Conway of Arizona with a 236.7 state record. Arnold Perez of Hawaii was in third with a 220.2 state record. At 198, Rudy Lozano was very impressive with a world record 387.9. Rudy collects classic cars, mostly Corvettes, and also has a relatively newer 'Vet' that he drives around, sometimes at speeds of 145 in the Mohave Desert. Michael Minietta of Nevada was second with a Nevada record 341.5 and James Rouse of Illinois was third with 330.5. James has done a raw bench at 165 of 479.5, which was a world record at the time. The world record in the IPF in 1976 was 424.2 at 165. That was raw. There were no bench shirts until 1984. Steve Bloom of California was fourth with a California record 319.5 and Sonny Nummi was fifth with an Idaho record 270. Sonny used to weigh 235 about three years ago and was benching 360. His blood sugar was over 300 and he was on insulin. He was determined that he wasn't going to take any more insulin shots and through losing 40 pounds, exercise and diet he is no longer a diabetic. At 220, Alfred Franke who set a world record in the deadlift set an above average bench record of 338.2 for a Nevada record and added the world title in bench to his deadlift world title. At 242/68-74 William Prince was throwing weight around like he was 50 and he's 71! He slam dunked a Nevada record 353.6. At 308, Ed Acey put up a world record 385.7 and wants to bench 400 at age 70 which is doable. There were 16 lifters in master 68-74 and half of them benched 300 lbs. or more. That's an incredible statistic. In master men 75-79, Andre Charbit of France set a national record 225.7 at 165, a very respectable lift for that age and remarkable in itself that he would travel 6,000 miles to compete at age 76. Bill Tinkler of Florida was second with 198.2 and a Florida record to boot. In third place was Charlie Vause with a Georgia record 192.7. Charlie lived in Hawaii for many years and just moved to Georgia. At 181, Colonel John McEwen was world champion with a 187.2. He's retired Air Force. At 220, Richard Austin of Maine was amazing, and then some. He benched 347 for a world record at age 79 and came close with 373. He wants to be the first man in the world to bench 400 at age 80. In master 80-84/165, Joseph Cavness set a California state record 203.7 at age 82. At 181 age 84, Nixon Munley benched 165.2. At 85-89 age 88, Bladen McClelland of Michigan, the oldest lifter in the meet, set a Michigan record 148.7 and at 198, Rodney Graves of Nevada set a world record 138.9 at age 87.

In master women 40-46, Yuxin Hao at 110 lbs. benched a world record 193.8. She is very slender with relatively long arms, which makes her bench all that much better. At 123, Siu Whitehead set a Hawaii record 126.7 to corral her world title. At 148, Virpi Pukkila of Finland set a national record 259. Rachel Unson of Washington won double-ply with a respectable 203.7. At 165, Ecuador and Brazil fought it out with Lucia Feraud Montenegro of Ecuador putting up a national record 198.2 and Ana Catia Portilho Couto of Brazil setting a national record 187.2 to finish runner-up. At 198, Michelle Berry of Chicago, who trains with Tommy Harrison and Robert Vick, put up an Illinois record 325, a great lift, and the 2nd highest female bench press at Worlds.

In master women 47-53/114, Lisa Nerio of Colorado set a state record 132.2 and won her first world title. At 123, Nan Helms won in double-ply with 133.3 and Jackie Steele of Washington won in single-ply with 137.7. At 132, Janet Montgomery won in double-ply with 121.2. Dolores Garcia-Munro was the winner in single-ply with 104.5. Her husband Harry Munro also competed and you can tell they have a good time competing together. At 148, Beverly Anolin set a California record 226.8 to go along with a 369.2 deadlift. She won the world's in bench but lost in the deadlift to Jane McCubbin who pulled 402.2. At 165, Lisa Staplin of Minnesota set a state record 236.7 and is only ten pounds from the world record held by Marlane Welch of Oklahoma. Lisa won the world championship in double-ply and Cyndi Crossland won the world championship in single-ply with a Oklahoma record 242.5. At 181, Iraci Fatima Fenner of Brazil set a national record with 88 lbs. and won the world's unopposed. At 198, Karen Campbell opened with 402.2 at age 49 in a single-ply shirt and is totally lifetime drug free. She has passed four or five drug tests. She also deadlifted 446 and came close with 479.5. She can bench 340 raw and I've seen her two board bench 550 with a single-ply shirt.

In master women 54-60/114, Robyn Nelson won unopposed with 115.5. She is from Portland, Oregon and is coached by Terry Luehrs who was inducted into the WABDL Hall of Fame at this meet. He has coached numerous world champions and world record holders since 1993. At 123/54-60, Karon Denniston of Michigan set a state record 132.2 and she also competed with her husband at the world's in addition to the Munro's. Jim and Peach Presley were a third husband and wife team. Arthur and Melicent Whinston were a fourth husband and wife team. At 132, Jill Porter set a world record 181.7. that's a way above average bench considering age and weight. At 148, Peach Presley got her first world record of 161.9. She beat out Lisa Flannery of California and Marsha Goodman of Arizona who both got state records. At 165, Jane Stabile of Massachusetts got a world record 181.7 and Virginia Emond of Nevada was second with a Nevada record 148.7. As mentioned at the beginning of this article, Wilma Lee Cadavona of Idaho, Margie Huston of Washington and Betty Lafferty all got world records. Betty's record was in the 68-74 age group with a very respectable 154.2 at only 111 lbs. In 54-60/super, Sue Vaterlaus set a California record 236.7 at 61-67/181 Gayle Clawson set an Arizona record 214.7. In 68-74/198, Winifred Pristell benched a 165.2 at age 70.

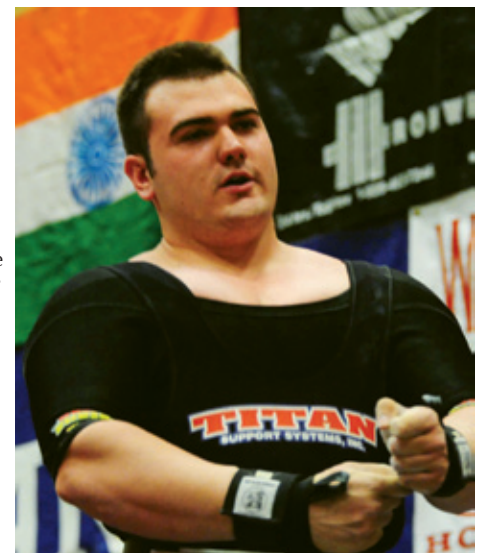
In open men at 123, Gerardo Merino Jaramillo of Ecuador set a national record 308.5. At 148,



Bill Prince is still benching big at 70 years



Jim Presley handed out hundreds of awards



A powerful young man – Austin Shipley

next page »



The Brazilian team had some fun in Las Vegas after posting some very solid individual and team performances (Gilmar Gianni photo)

Dustin Hanson set a world record 442.9 in his first meet at 148. He had been at 132. Freddie Evangelista was second with 407.7 at age 56 and David R. Smith was third with 407.7. Willis McCoy was fourth with an Ohio record 325 and Dave Constantineau was fifth with a Wisconsin record 292. At 165, Adolfo Davila of California won the single-ply with 485 and Jon Cunningham of Utah won the double-ply with a world record 463.8. Willard Crossen III was second in single-ply with 462.7 and was close with 501 as was Adolpho Davila. Miguel Ruelan of Michigan was third with a respectable 440.7. Speaking of the double-ply shirts, out of 386 benchers at the World's, only 38 wore double-ply shirts! At 181 open, Ryan Harris who used to wear double-ply, won with single with a 507. Sakari Selkainaho of Finland was second with 462.7 and Robert Wells of Massachusetts was third with a state record 407.7. An aside while it's fresh in my mind, there were 46 bomb-outs - lifters either starting too high or not feeling comfortable with their shirts. At 198, it was very competitive. Danny Soto of Washington benched a Washington state record 551 to win the World's. He also passed the drug test. Kim Paivoke of Finland was second with 523.5 and Jason Carson of Illinois was third with 523.5. Heikki Tyrvaiven of Finland was fourth with 485. At 220, Petri Hietamaki of Finland beat a field of eight with an impressive 595 n a single-ply shirt. Thomas Reiher of Hawaii set a state record 473.7 to win double-ply. He was the only contestant in double. Scott Edmondson, a high school principal from Bend, Oregon, was second with a 585.1 Oregon record. Shahid Shabazz of Illinois was third with 573 and James Houston of California was fourth with 551. A very competitive 220 class: Armando Soto of Texas was fifth with 540. At 242, there were 11 contestants with Rob Golgano of Maine winning the single-ply with 633.7 and Ken Millrany of Tennessee winning the double-ply at 701.9. Ken has set numerous world records, over 20 since 2002, and finally got

his 1st 700# bench in WABDL. Brant Bishop was 3rd in open 242 with a PR 573. Antti Kousa of Finland was 2nd in double ply with 507. At 259, John Erickson won the single ply with 622.7. John has had two mixed martial arts fights and won both by knockout. He was a state champion wrestler out of Oklahoma. Joey Murphy from Georgia was 2nd with 606. Ken Millrany passed his drug test at 242 and was tested because of his high bench of 701.9. He's the lightest lifter in WABDL to bench 700, at 234 lbs. At 275 open, there were only two contestants. Patrick Holloway was the world champion with 650.2. He had an 843 deadlift to go with that bench. That's a 1493 total and throw in a 900 squat and you have a 2393 total. Jani Ihalainen of Finland was second with 562. At 308, Bill Gillespie benched 716.2 to win that category. John Dennison was second with a Utah record 611.7. Bill made an easy 804 about 20 months ago at a meet in Wisconsin Dells, Wisconsin. At super, Tiny Meeker benched a world record 760 in double-ply. He was the only contestant in double. In single-ply, Dave Forstner was the world champion with 700.8. Dave is from Michigan and was the first lifter in WABDL a few years back to both bench and deadlift 700. Tiny has done over 1,000 lbs. in cash bench contests and has done every drug test in WABDL, five to be exact. Scott Wesley Jordan was second in single-ply with 650.2 and big Jim Mersberg of Hawaii was third with 617.2. Big Jim used to weigh over 400 but now weighs in at about 335. He squatted 940 in a single-ply squat suit, no monolift and no groove briefs. In other words, the right way. Harjinder Kumar of India and Jerry Pritchett of Arizona both benched 600.7.

Moving on to open women, Elizabeth Cabe lifted unopposed at 97 and put up 104.5. At 105, Colleen Loo benched 126.7 and was unopposed. The IPF and USA Powerlifting eliminated the 97 lb. weight class. I do not think

change is ever a good thing. In WABDL, we have added the 259 lb. class, and the 220 lb. class for women, but we won't eliminate existing weight classes. In fact, the IPF has a whole new weight class structure. Not a good idea. How can you have history or continuity. It would be like eliminating a position in baseball or having 10 football players on a team instead of 11. In college wrestling there is a weight limit for heavyweight now. At the 1972 Olympics in Munich, Chris Taylor had more hype at 440 than Dan Gable did at 177 even though Gable was from my home state of Iowa and was the greatest wrestler of all time. In fact, Gable used to vacation in Lansing, Iowa on the Mississippi River in the summer. Nobody scored a point on Gable in the 1972 Olympic games. At 114, 68 year old Betty Lafferty won the open division with an Alabama record 159.7. At 123, Amanda Harris set a Texas record 192.7 to easily win the 123 division. She was a world class teenage lifter and will be making her mark in the open division. At 132, 56 year old Jill Porter won her world title with 181.7. At 148, there were three bomb-outs leaving Christie Luehrs of Oregon with a world title at double-ply with 192.7 and Shauna Perry of Hawaii the world champion in double-ply with 253.5 in her second meet. She could bench 350 at 165 if she stays with it. She has a lot of heart. At 165, Ana Catia Portilho Couto of Brazil set a national record 187.2 to win unopposed. She helped Brazil come in second in the team standings. At 198, it was no contest with Karen Campbell 402.2 in single-ply. Anna Knapski was second with an Ohio record 143.2.

In special Olympian 114, David Hammond of Washington was special indeed with a Washington record 166.3. At 242, Brady Tanner of Kansas was even more special with a Kansas record 413.2. Jock Mayes is a special Olympian but he and his wife still drive to Vegas from California or to Reno when the World's are there to compete. He put up a 314.7 at super to win

unopposed. In Special Olympian women, the only competitor Cinthia Nelson set a Nevada record 84.7 at 165.

In submaster men there were 34 lifters with only one world record and only 11 state records. Tiny Meeker set the only world record which was in double-ply with a 760.5 at super. Tiny had two injuries to deal with so he was not up to par. Tiny can lift in open even though he's an elite lifter because there is no elite division in double-ply, only single. In WABDL now there is both single-ply bench and double-ply bench divisions and records. We do not have a raw division but at the actual meets lifters that go raw will get a trophy separate from shirted lifters and in the meet results and for records they are put in single-ply. At 148 David R. Smith put up a 407.7. He's capable of 435 or better. Dave Wallis of Utah won unopposed at 165 with 363.7. At 181, Mark Reuer of South Dakota set a South Dakota record 297.5 to win his world title. At 198 there were four contestants, Steven Kaufman of Texas won in double-ply with a 385.7 and Kim Paivoke of Finland won in single-ply with 523.5 with Jason Carson of Illinois in second with the same weight but was the heavier man. Jason has put 65 lbs. on his bench in the last 18 months and makes consistent gains every meet. At 220 there were two bomb-outs including the favorite Charles Farmer of Montana who was dealing with a shoulder injury. Farmer did 584 last year and Scott Edmondson the high school principal from Bend, Oregon got a 585.1 Oregon record this year for the world title. James Houston of California was second with 551. Thomas Reiher of Hawaii won the double-ply division with a state record 473.7. At 242 W.C. Carter of Alabama set a state record 551 to win single-ply. Tony Blas of Oregon was a second with an Oregon record 545.5 and Dan Ducharme of Arizona was third with a state record 523.5. Antti Kousa of Finland was the world champion in double-ply with 507. At 275, Sam Aumavae who grew up in Samoa punched out a 727.5 to

WABDL WORLDS »

win the single-ply world title. He formerly held the world record at 749.5 until David Lewis of Illinois broke it with 755. Sam toughed-up, muscled up in his youth in American Samoa by carrying stacks of banana leaves and crates of produce up hills. He is trained very effectively by Marc Caplan. Marc and his wife had a restaurant in Portland, Oregon where I had the record in eating chicken dumpling wraps with a very good sweet sauce. I ate 43. It might have had something to do with my open heart surgery. They were the best chicken dumplings ever. Marc trained and competed with Doyle Kenady and deadlifted 700 at 198 and squatted 738 with a single-ply suit, no groove briefs and no Monolift. Give him a double-ply canvas squat suit, reinforced no less, double-ply groove briefs and a Monolift and a spotter with his arms around the torso and Marc would have gotten 1,000. He saw Doyle Kenady in a singlet pull 1,000 lbs. in training and do three reps at 905 in training - with straps. Doyle could not hold onto the bar or he would have pulled 945 at the Hawaii Record Breakers in 1986. He did pull 903 in a singlet which made the cover of Powerlifting USA and had 925 to his knees. The only reason he did not make it is the head judge started calling out the time: 10, 9, 8, 7, etc., and it blew his psyche. Marc also saw Doyle do hyper extensions with a 45 lb. bar loaded to 225 for three sets of six. Try that one sometime. It reminds me of Arnold Schwarzenegger telling me on the set of the movie Running Man that he saw legendary strong man Chuck Ahrens on a strict curl with a barbell, not an EZ curl bar, do 315 for three sets of eight, and that's putting your back to the wall - strict!

In single-ply 275 Ben Rogers of Washington was second with a Washington record 611.7. Harjit Kumar of India was third with 529. At 308, Silvio Edson Francisco Braga of Brazil set a national record and won the world title with 507 in a double-ply shirt. Brandon Bankston, the only single-ply entrant, unfortunately bombed-out. At super, Dave Forstner won at single-ply and set a Michigan record 700.8. Marcia Bishop of Ohio was second with 501.5.

In submaster women, Maralena Da Silva Hensin of Brazil set a national record 132.2. at 165 to help the Brazilian team come in second to the Hawaiian team which won the world team title. At 181, Cori Barlow of California benched a state record 154 to come in second to Anetta Replogle of Nevada who set a world record 259. Anetta passed her drug test and also set a world record in the deadlift in submaster with 402.2. At 198+, Julie Kimoto of Hawaii set a world record 314 and was coached and handled by Frank Wakakuwa and Jim Mersberg. Julie has set seven world records in the last three years.

In teen men 12-13, Storm Draayer of Austin, Minnesota, set a Minnesota record 130 at 165 to win his first world title and the town of Austin, Minnesota had a parade for it's hometown hero. His father is a cab driver and does not have a lot of money but he said 'we wouldn't miss the World's for anything.' In teen men 14-15/123, Clayton Watts put up a world beater bench with 196 for a California record. At 132, Josh Carr of Maine set a state record 110. At 165, Jack Nelson of Wisconsin beat Jacob Hill of Maine 209.2 to 203.7 and both got state records. At super, James Goodfellow is 6'5" and 335 lbs. and built pretty good for a 15 year old. He popped a 352.5 world record to go along with his world record deadlift. His coach is baseball player Ted Williams' nephew Manuel Herrera. They are both out of Salt Lake City. Many people do not know that Ted Williams' mother is from Chihuahua, Mexico and she moved to San Diego and married Sam Williams. Ted Williams' full name is Theodore Samuel Williams. Ted Williams was my idol when growing up in Iowa. I was a Red Sox fan, of course.

In teen 16-17/132, Ivan Rodriguez rammed up a 192.7. It was moved so fast there was smoke at the end of the lift. At 148, James Windham set a Louisiana record 281 to beat out three contestants with ease. At 165, Nick Mendizabal set a Colorado state record 292 to win his first world title. At 198, Doc Derwin set a world record 429.7 and was best lifter of the division.

In teen 18-19 there were 24 contestants. At 97 lbs., Kyle Henderson was

a big little man with a world record 170.7 at 95 lbs. At 114, Jesus Sanchez of Texas was pretty good with 225.7. At 123, Hunter Hernandez of Nevada set a world record 270 and was ably coached by Cory Dexter who has benched 600 lbs. At 148, Nick Tsangeos of Ohio easily won with 286.5. At 165, Judd Sato III of Hawaii set a state record 402.2 and overwhelmed three other contestants. He's going to a meet in Portland, Oregon on March 12th to go for the world record of 413.2 held by Joe Luther. That record has stood for 12 years. At 181, Neil Sauers of Ohio set a state record 418.7 and beat a very game Buster Litton of Nevada who got a state record 386.8 for second place. At 198 there were five contestants with veteran Jake Garbush of Washington coming out on top with 402.2. Jake deadlifts 600 and has been competing for four years. In second place was Brandon Manion of Nevada who got a Nevada state record 386.8. At 220, Dimas Lopez of Texas blasted a 314 for his world title. Jaime Villa of Texas set a state record 374.7 at 242 to win unopposed. At 259, Adam Lindsey of Nevada won with 418.7. Very few high school students can bench 400 under contest conditions. At 275, Javier Garza of Texas set a state record 418.7.

In teen women 14-15/148, Ali Miskinis set an Ohio record with 150.8. She holds four world records in the 12-13 age group. At 114, she has the record at 126.7, at 123 she did 148.7, at 132 she did 126.7 and at 148 she did 150.9. she has broken world records in the bench ten times. She holds two world records in the deadlift, 221.3 at 105 and 236.7 at 114. In teen 16-17/114 Cheyenne Tavares, coached by Keith Ward, won at 114 with 121.2. She holds two world records in the deadlift - 248 at 14-15/97 and 248 at 14-15/105. Cheyenne has won four world championships. At 123/16-17, Deborah Brown of Washington set a Washington record 121.2 on her way to a world title. At 148, Amanda Hesterman of California set a state record 121.2 and her teammate Nicole Cartwright set a California record 126.7 at 165 to win her title. At 97 lbs., Geri Cunningham was the daughter part of the only father-daughter team in the WABDL Worlds. She

set a Utah record 122.3 in 18-19/97 and her father Jon set a world record in double-ply 165/40-46 with 463.8. At 105, Angela Rocha of Texas won her second world title in a row with 121.2. At 114, Jessica Okimura of Hawaii set a world record 154.2 in 18-19 in double-ply. At 123, Amanda Harris set a Texas record 192.7 and was the star of the 18-19 age group. At 148, Sarah Biddle set an Indiana record 159.7. Sarah has broken records in nine different weight classes in three federations. At 198, Anna Knapksi of Ohio set a state record 170.7. At super, Rachael Richey of Texas was the world champion with 214.7.

Best lifters of the meet were on Day 1: Master Men 75-79, Richard Austin of Maine, 347 at 211.4 at age 79; Disabled, Luis Campos Jr., 485 at 304; Master Men 80+, Joseph Cavness, 203.7 at 161.6; Master Men 61-67 Lightweight, Daniel Hofeditz, 303 at 176; Master Women 61+, Betty Laferty, 154.2 at 110 at age 68; Master Men 68-74 Lightweight, Rudy Lozano, 387.9 at 188; Master Men 61-67 Heavyweight, Ron Moormeister, 407.7 at 275.4; Master Men 68-74 Heavyweight, William Prince, 353.6 at 236.6; Master Men 61-67 Middleweight, Dan Swift, 462.7 at 195.2.

On Day 2, Best Lifters were: Law/Fire 40-47, Tracy Lundin, 600.7 at 282.2; Law/Fire 48+, Roger Ryan 755 at 299.4; Class I Lightweight, Mathieu Coudriaud of France, 352.5 at 157.8.

On Day 3, Best Lifters were: Class I Middleweight, Joseph Adams, 507 at 218; Law/Fire Open, Jeffrey Begue 639.2 at 257.8; Law/Fire Submaster, Jeffrey Begue, 639.2 at 257.8; Master Men 54-60 Heavyweight, Willard Crossen Jr., 628.2 at 254.4; Master Men 54-60 Lightweight, Freddie Evangelista, 418.7 at 148.4; Class I Heavyweight, Harjit Kumar of India, 507 at 263.2; Master Women 54-60, Jill Porter, 181.7 at 126.2; Master Men 54-60 Middleweight, Ernest Reyes, 385.7 at 192.8.

On Day 4, Best Lifters were: Submaster Heavyweight, Sam Aumavae, 727.5 at 271.6; Master Women 47-53, Karen Campbell, 402.2 at 190; Open Women Heavyweight, Karen Campbell, 402.2 at 190; Master Men

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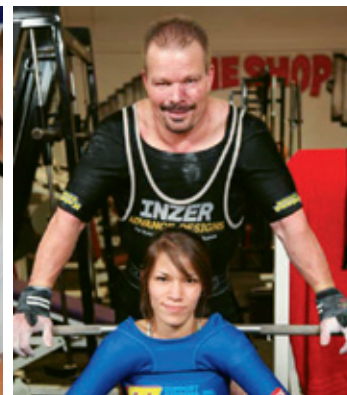
Joey Murphy gets ready to rumble



Jim Noblit with Coach Terry Luehrs



Jeff Begue of Ohio



Jon Cunningham and his champion daughter Geri



Rob Golgano is coached by Al Stork in Maine



Guy Powell is a H.S. principal



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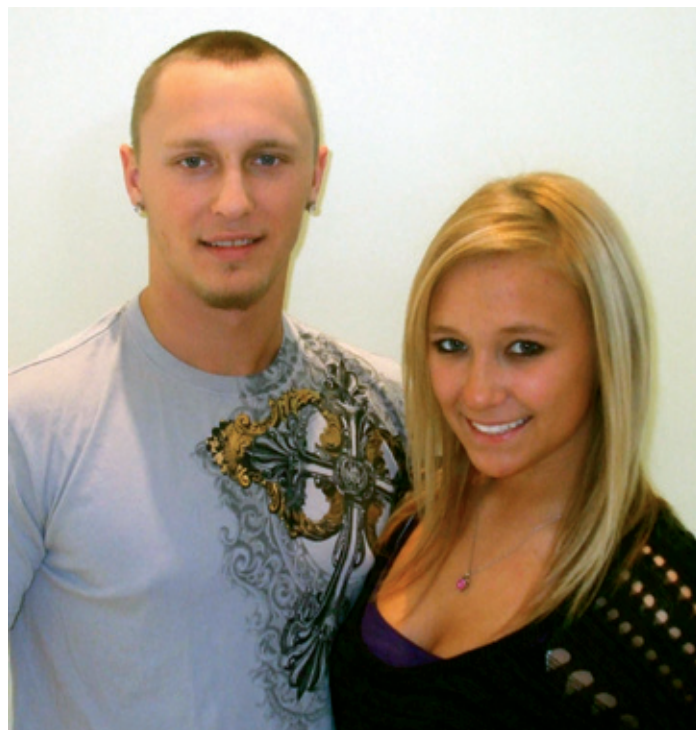
Krystal Miller is another winner out of Nevada



Super benchers Julie Kimoto & Karen Campbell



Michonne Berry was one of the best female bench pressers at the WABDL Worlds



Donnie and Ali Miskinis – both amazing young champions in WABDL competition

47-53 Heavyweight, Bill Gillespie, 716.2 at 307.6; Submaster Women, Julie Kimoto, 303 at 215 did 314 on a 4th; Master Men 47-53 Lightweight, Gerardo Merino Jaramillo of Ecuador, 308.5 at 121.6; Master Men 47-53 Middleweight, Ken Millrany, 650.2 at 233.4; Submaster Men Lightweight, Kim Paivoke of Finland, 523.5 at 197.4; Open Women Lightweight, Shauna Perry 253.5 at 146.6.

On Day 5, Best Lifters were: Master Men 40-46 Lightweight, Jon Cunningham, 463.8 at 163; Open Men Lightweight, Dustin Hanson, 442.9 at 146; Master Men 40-46 Middleweight, James Hunter 733 at 240; Open Men Heavyweight, Tiny Meeker, 760.5 at 321; Junior Women, Krystal Miller, 198.2 at 148.4; Open Men Middleweight, Ken Millrany, 701.9 at 239.4; Master Men 40-46 Heavyweight, Patrick Parnell, 777 at 256; Junior Men Lightweight, Dan Pasholk, 501.5 at 240.2; Junior Men Heavyweight, Arthur Tupuola, 606.2 at 298.2; Master Women 40-46, Michonne Berry, 325 at 198.4.

On Day 6, Best Lifters were: Teen Women 12-15, Ali Miskinis, 150.9 at 143; Teen Women 16-17, Cheyenne Tavares, 121.2 at 111; Teen women 18-19, Amanda Harris, 192.7 at 122; Teen Men 12-15, Clayton Watts, 196 at 111.2; Teen Men 16-17, Doc Derwin, 429.7 at 193; Teen Men 18-19 Lightweight, Judd Sato III, 402.2 at 163; Teen Men 18-19 Heavyweight, Adam Lindsey, 418.7 at 256; Junior Lightweight, Dustin Hanson, 442.9 at 146.

Team Champions were: 1st place, Imua Hawaii-Hui Ekahi with 296 points; 2nd place, Team Brazil, 274 points; 3rd place, Iron Chamber Gym of Ohio, 270 points; 4th place, Woods of Sacramento, California, 256 points; 5th place, Team Nevada, 252 points; 6th place, Team Wisconsin, 250 points; 7th place, Storks Power, of Winterport, Maine, 236 points; 8th place, PAC of Texas with 229 points.

Inductees into the WABDL Hall of Fame: Jo Walker who deadlifted 440.7 at 132 weighing 129 at age 62 and 391.2 at 122 at age 63. Unbelievable numbers for a woman that weight and age. Randy Patterson, who benched 705.2 world record at super in 54-60 and 617.2 in Law/Fire 56+

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Nick Best wearing MOP Wife Beater

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at age 61, seven months after open heart surgery. He competed in powerlifting and got a 911 squat, 567 bench raw and pulled 760. George Nelson, best bench of 615 at 54-60/275, which is still a world record in double-ply. In 47-53/242 he did 562, in 47-53/275 he did 575. Robert O. Smith is the first Canadian inducted into the Hall of Fame. He holds the world record of 578.5 in 61-67/308. He started competing in bodybuilding and Olympic lifting in 196.3 and won teenage national titles in both and won five world championships. He was a member of the screen actors guild and was very active in voice over work in commercials and animations. Mike Saito of Hawaii was undefeated from 1996 to 2003, 22 straight wins including our world championships. Donna Delleree who was a USPF judge from 1986 to 2011. She won four world championships in WABDL and set numerous world records in the bench. She deadlifted 407 at age 48 in the USPF. Terry Luehrs coached 26 WABDL world champions and world record holders and has been a judge for WABDL from the beginning and started coaching lifters in 1993 and was a noted martial arts instructor in Salem, Oregon, for 22 years. Jim Snodgrass who started competing in the Dallas, Texas area in Olympic lifting in the 1960's, best clean and jerk of 286 at 181. Best deadlift of 551 in master 198 has judged in WABDL from 1997 until now won two world championships in WABDL and was instrumental in getting sponsorships in Texas for WABDL and in recruiting lifters for WABDL.

Again, I want to thank Gary and Elma Thomas who arrived at the Las Vegas Hilton on November 12th and stayed until November 22nd. They ran the weigh-in room, did the computer results, stuffed over 500 t-shirt packets and had the flight lists for each days' events posted at 1:00 AM on the day of competition. They averaged about five hours of sleep a night for nine days and put in 15 hour days. Brent and Diane Biddle were at the meet helping stuff packets, judge, run the bar loader program, helped with weigh-ins from November 12th to November 22nd. They helped tear down and load the truck. Al Stork and Karen Campbell helped with the weigh-in, took tickets, provided door control, helped load the truck and unload

the truck and Al rode shotgun with me in my U-Haul to Portland, Oregon, where we unloaded the truck at Portland. Then we loaded my pick-up and he rode back to Minneapolis with me where we unloaded my equipment, and just made it in time for Thanksgiving dinner. Then, he flew back to Bangor, ME. Jody Woods brought down a bench from Sacramento and helped judge and emcee. Don Miskinis helped judge, emcee and helped at the scorer's table. Jocelyn Ronolo ran the computer for screen in the warm-up room and Lavonna Furtado and James Greene were excellent scorekeepers. Judges were Dave Edmonson, Jim Sheffield, Jim Snodgrass, Terry Luehrs, Dana Backiel, Jody Woods, Brent Biddle, Don Miskinis, Kristian Boehmer, who also provided security in warm-up room and at the door, other judges were Mike Saito and Jim Presley, Ron L'Huillier. Jim also helped set up trophies. James Greene did a great job as emcee. Brant Bishop was a warm-up room computer facilitator. Christie Luehrs, Diana Sutton and Margie Huston helped at the scorers table. The weigh-in room staff not already mentioned were Austin Webb, Matt Marsiglia, Dennis and Rebekah Schmidt, Jim Noblit and Diana Sutton. The spotters and loaders were the best ever: Neil Heisick, Travis Topel, Keoni Solidium and Troy Pia. Troy Pia and Al Stork provided nighttime security. Other people helping with tickets were Lisa Leong and Teresa Rethwisch.

I want to thank our sponsors Brian Welker and Denise Welker of Welker Engineering, Rocky McCullough and Goodson Honda of Houston, Texas. Alan Thomas of APT Pro Lifting Gear and Wraps, Shawn Madere of GLC 2000, a great joint formula, Ken Anderson of Anderson Powerlifting, Pete Alaniz of Titan Support Systems, Mike Lambert of Powerlifting USA magazine, Jon Doyle of USP Labs, makers of joint support and other great supplements, Neal Spruce and Odd Haugen of Dot-Fit, a great vitamin supplement company, Chet Groskreutz of Ivanko Barbell, Keith Lemm of CSS Sports, the official photographer, Grace Cloninger of House of Pain West, Kevin Bartholomew of Ben E. Keith Beers of Dallas, Texas and Camille Luprete Lifting Shoes. «

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NOT ALL CALORIES WERE CREATED EQUAL
Caloric intake is not the overriding factor of success when trying to lose body fat! Food choices, combinations of food, timing of meals, fat burning enzyme levels, hormonal status and more must all be taken into account. Does the body respond in the same way to a 100 calorie bag of potato chips as it would to 100 calories worth of lean protein? Absolutely not, for several reasons. Leave the calorie counting and tedious measuring to the “yo-yo dieting” crowd who never makes long term progress. Focus your energy on consuming meals full of lean protein, fibrous vegetables and anabolic good dietary fats. We will time up the carbs following training when the body can make best use of them which adds a long to the fat burning fire.

EAT LIKE A CAVEMAN
Many have commented that I look and eat like a Neanderthal, which I take that as a great

compliment! We have evolved very little from a metabolic stand point since our caveman days, so only consume food choices that were around at that time! The body is best equipped to digest foods that are naturally existing. Eliminate refined foods such as bread, pasta, candy, cookies etc. In addition to being low nutrient foods, they increase body fat storage and screw up digestive capabilities. A large percentage of the population do not react well to elements of refined foods as these allergies can show up as fatigue, difficulty with digestion, bloating, rashes and more. If you find yourself sluggish or running to the bathroom following a meal, something is wrong with the food choices. The less digestive distractions your body has, the more energy it can dedicate to fat burning!

A LOW CARB DIET WITH GREAT ENERGY
Yes, ZTP is a low carbohydrate plan which, when done correctly, shifts the body into using

a greatly increased amount of stored fat as fuel due to the absence of an abundant stored carbohydrate energy supply. The term “low carb eating” has become highly generic. The specific structure of the ZTP allows for high training and daily energy by providing a large volume of nutrient dense food along with Amino Loading between meals. Your green vegetable intake is unlimited—the more the better as dietary fiber helps the body utilize protein, provides numerous nutrients amongst other benefits. It can take 7 to 14 days for the body to adjust to using stored fat as a primary energy source, but once it does, energy levels in addition to rates of fat burning will go through the roof!

AMINO LOADING THE NUTRIENT SUPER HIGHWAY FOR RAPID MUSCLE RECOVERY
Thirty minutes before training you will start sipping on the 100% MR and Muscle Synthesis Amino Loading combo to optimize the body for

training. Beyond forcing the body to use more stored as fuel, this combo provides a powerful alternative energy source during training which is crucial especially when transitioning to a low carb plan. Contrary to popular belief, a high carb post workout shake is not needed to maximize progress. Strength athletes burn little stored glycogen during training, pending many factors, leaving only a small amount to replace. Also contrary to popular belief, a high intake of post workout sugar is not needed to optimize body composition or recovery. Sugar sources in particular send fat storage signals that are to be avoided. The proprietary combination of Amino Acids within the 100% MR and Muscle Synthesis developed by Dr. Serrano optimizes insulin levels to support rapid recovery even in the absence high amounts of quickly absorbed post workout carbohydrate sources.

During training, a tremendous amount of blood flow is pumped into the muscles which

acts as a nutrient delivery super highway. Using an obsolete protein shake or any other food source directly following training forces blood away from the muscles and into the stomach to assist digestion and this reduces the size of your highway! Amino Loading with 100% MR and Muscle Synthesis bypasses digestive hang-ups helping to deliver an abundance of raw materials to hungry muscles within minutes.

PUTTING A LOG ON THE METABOLIC FIRE
Thirty to forty-five minutes following weight training is the best time for your biggest meal of the day and a majority of your carbohydrate intake due to the metabolic conditions created during training. The right carb sources put a log on the fat burning fire in addition to other benefits. Using Alpha Omega during this meal helps the body to force nutrients into muscles instead of fat cells. A huge insulin spike is not desirable following training. Rather, you want these levels

BREAKFAST	LUNCH	SNACK/TRAINING	DINNER
<ul style="list-style-type: none"> ⇒ 4–6 combo of cage free eggs (half whole and half whites) ⇒ 2–4 chicken or turkey sausage links ⇒ 1 cup blueberries, raspberries or strawberries ⇒ 3 Alpha Omega ⇒ Amino Load mid morning ⇒ 1–2 scoops 100% MR and 1–2 scoops Muscle Synthesis Powder 	<ul style="list-style-type: none"> ⇒ 8–10 oz. grass-fed ground beef ⇒ 2 green peppers ⇒ 1 tablespoon extra virgin olive oil ⇒ Amino Load mid afternoon ⇒ 1–2 scoops 100% MR and 1–2 scoops Muscle Synthesis Powder 	<p>LATE AFTERNOON SNACK:</p> <ul style="list-style-type: none"> ⇒ 1/2 cup raw nuts (no peanuts) <p>30 MINUTES PRE TRAINING START SIPPING:</p> <ul style="list-style-type: none"> ⇒ 2–4 scoops 100% MR and 2–4 scoops Muscle Synthesis Powder <p>IMMEDIATELY AFTER TRAINING:</p> <ul style="list-style-type: none"> ⇒ 2–4 scoops 100% MR and 2–4 scoops Muscle Synthesis Powder 	<p>IMMEDIATELY FOLLOWING TRAINING:</p> <ul style="list-style-type: none"> ⇒ 8–10 oz. chicken, turkey, fish or seafood ⇒ 1 potato or 1 cup rice ⇒ 1 tablespoon extra virgin olive oil with salad ⇒ 3 Alpha Omega

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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. Ask for cutting edge the extreme crash diet for strength athletes -

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100% MR™, Muscle Synthesis™, Muscle Synthesis Powder™, Amino Loading™, Fat Reduce™, are Trademarks of Superior Supplements and Training LLC, OHIO USA. These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

LOSE UP TO 14 LB. OF BODY FAT »

to be optimized through sound nutrition and the unique ratios of essential fats found within the Alpha Omega. Just like training, the nutrition plan must change strategically to avoid metabolic staleness. The post workout carb intake is a form of macronutrient cycling which helps to prevent sluggishness. Making use of dietary fat loading is a whole article alone, and something that should be considered for future phases as you get closer to your ideal body fat percentage.

NO MORE PLATEAUS – LOSE BODY FAT AND KEEP IT OFF FOREVER

A typical diet relies on a low food intake to support fat loss and this can initially burn off body fat as well as important muscle mass. After a few weeks the body will bring fat burning to a grinding halt to protect against starvation as the brain catches on to the reduced food intake. Even though starvation is not a realistic threat for most people, the body is still hard wired to

protect against this situation. Increasing exercise and lowering food intake can push the body fat and muscles lower, but at great cost to strength. Amino Loading between meals sends the brain signals that large feasts have been consumed and as a result fat burning goes into high gear, but there is nothing to burn except stored fat since the 100% MR and Muscle Synthesis have no caloric burden. As a result of the feasting signals the brain does not fear starvation and will not shut down metabolism even though body fat is falling off like crazy. Fat loss success with the ZTP is easy to maintain, unlike other plans the metabolism and hormonal profile remains fresh throughout the process preventing a future rebound of body fat accumulation. «

Email Scott@infinityfitness.com for your free copy of the "Zero Tolerance Fat Loss Meal Plan for Strength Athletes" and the "Trouble Spot Blasting Special Report."

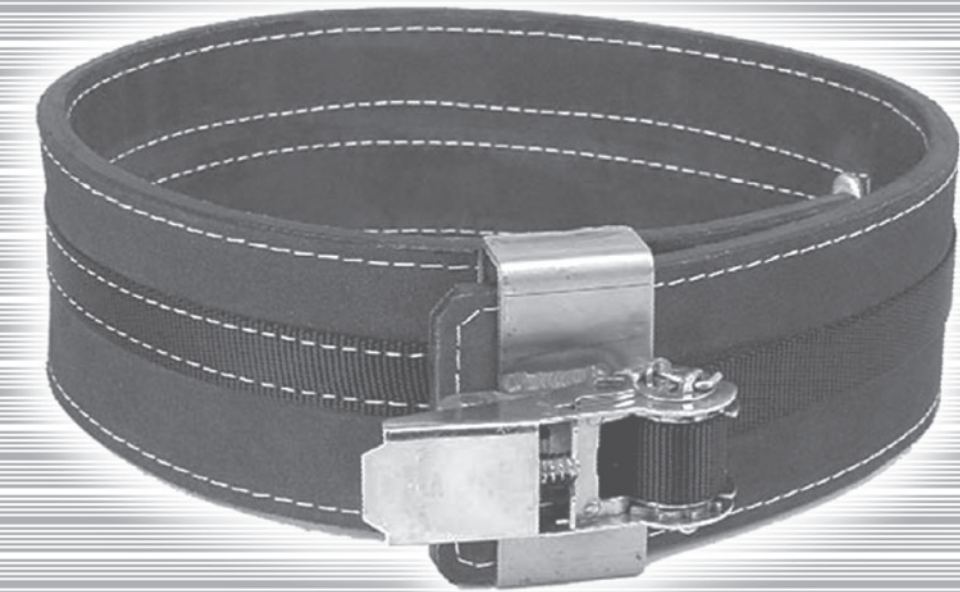
ABOUT SCOTT MENDELSON

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

PR BELT

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

• **Unlimited adjustability.** Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!



• **It's quick.** The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.

• **Saves your energy.** Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.

• **Quality.** Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.

• **Very secure.** The belt automatically locks until you manually release it.

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

HOW THE PR BELT IS WORN

1. Just wrap the belt around your waist like any normal belt.
2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

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RESULTS

APA HOWL AT THE MOON

OCT 23 2010 » MD

BENCH					
181 lbs.					
<i>(40-49) Raw</i>					
T. Garcia	150				
242 lbs.					
<i>Open Raw</i>					
J. Rovey	455				
Push Pull		BP	DL	TOT	
341 lbs.					
<i>Open Unl</i>					
M. Nickel	575	580	1155		
Full Power		SQ	BP	DL	TOT
165 lbs.					
<i>(33-39) Raw DT</i>					
M. Hodge	270	240	435	945	
198 lbs.					
<i>Open Raw DT</i>					
M. Post	450	290	500	1240	
242 lbs.					
<i>Open Unl DT</i>					
C. Dukes	625	425	505	1555	
275 lbs.					
<i>Open Raw DT</i>					
J. Leonard	560	470	600	1630	
341 lbs.					
<i>Open Raw DT</i>					
R. Bernadyn	660	415	640	1715	
	4th-SQ-700*				

*=State Records. Best Lifter Equipped: Chad Dukes. Best Lifter Raw: John Leonard. Best Lifter Raw Bench1: Tracy Garcia. Best Lifter Raw Bench2: Jason Rovey. Meet Director: Scott Yard.

» courtesy Scott Taylor

USAPL BELLEVILLE BENCH FEST

NOV 27 2010 » Belleville, IL

BENCH	
198 lbs.	
D. Scagliarni	347
D. Winkler	330
220 lbs.	
D. Rosenzweig	452
M. Lippert	374
275 lbs.	
B. Stewart	650
275+ lbs.	
J. Hunt	429
R. K. McNease	402
C. Fischer	137

» courtesy Barb Born & USAPL

WNPFLIFETIME/SARGE MCCRAY

DEC 5 2009 » Bordentown, NJ

BENCH	
148 lbs.	
<i>(13-16) Raw</i>	
Flores	210
<i>(50-59) Sp</i>	
Spano!	160*
181 lbs.	
<i>(40-49) Sp</i>	
Caliguri	—
<i>(50-59) Raw</i>	
Denis Breakfield	190
<i>Open Sp</i>	
Cupinski!	525*
<i>Open Raw</i>	
Warshany	325
<i>Subs Raw</i>	
Kampo	315
198 lbs.	
<i>(50-59) Raw</i>	
Benedetto	320

Madera	420			
SHW				
<i>Spec Olym</i>				
Golub	245*			
DEADLIFT				
123 lbs.				
<i>(17-19) Raw</i>				
Topitz	245			
148 lbs.				
<i>(13-16) Raw</i>				
Flores	360			
<i>(50-59)</i>				
Thelander	230			
<i>Junior Raw</i>				
Negley	255*			
181 lbs.				
<i>(60-69)</i>				
Dennison!	575*			
<i>Open Raw</i>				
Colondrillo	455			
!=Best Lifters. Sp=Single Ply Lifters. *=National Records.				
» courtesy WNPFL				

APF 8TH BIG DOG CLASSIC

DEC 10 2010 » W. Lafayette, OH

BENCH	
181 lbs.	
<i>Submaster</i>	
O. Riley	385
<i>Master (50-54) Raw</i>	
T. Proya	365
198 lbs.	
<i>Master (65-69) Raw</i>	
J. McNeil	275
<i>Open</i>	
T. Fuller	345
220 lbs.	
<i>Submaster</i>	
A. Dotson	600
<i>Junior Open</i>	
J. Kolb	800
242 lbs.	
<i>Open</i>	
R. Black	560
275 lbs.	
<i>Open Raw</i>	
A. James	250
<i>Master (45-49) Raw</i>	
R. Manns	525
Best Lifter Bench: Jimmy Kolb. Best Litter	
Deadlift: Pete Sengos. Blackstone's Gym	
would like to thank the spotters: Gerry	
Griffith and Ryan Butcher; the judges: Dave	
Clement, JohnElick, Avery Dotson and	
John Blackstone; the score table: Jessica	
Horabariar and Kayleen Blackstone.	
» courtesy Blackstone's Gym	

APA S. CAROLINA SUMMER BASH

AUG 28 2010 » Florence, SC

BENCH	
148 lbs.	
<i>(13-16) Raw</i>	
Flores	210
<i>(50-59) Sp</i>	
Spano!	160*
181 lbs.	
<i>(40-49) Sp</i>	
Caliguri	—
<i>(50-59) Raw</i>	
Denis Breakfield	190
<i>Open Sp</i>	
Cupinski!	525*
<i>Open Raw</i>	
Warshany	325
<i>Subs Raw</i>	
Kampo	315
198 lbs.	
<i>(50-59) Raw</i>	
Benedetto	320

242 lbs.				
<i>(13-16) Raw</i>				
Ascari	370*			
MALE				
242 lbs.				
<i>Open UNL</i>				
G. Rollins	540	350	450	1340
Master I Raw				
K. McFadden	700	520	650	1890
UNL=Unlimited Gear. STD=Standard Gear.				
Special thanks to our referee's, spotters,				
loaders, and especially James McElveen of				
Ultimate Tae Kwon Do Center for making				
this a very memorable event. The meet site				
was ideal for a powerlifting event and a				
great time was had by all.				
» courtesy Scott Taylor				

USPF OLYMPIA INVITATIONAL

SEP 24-25 2010 » Las Vegas, NV

BENCH				
FEMALE				
105 lbs.				
A. Shumaker	265			
114 lbs.				
M. Shuttlesworth	209			
123 lbs.				
A. Larson	127			
M. Asp	298			
A. Decker	116			
148 lbs.				
G. Puckett	198			
K. Parnow	160			
M. James	157			
165 lbs.				
C. Westin	292			
181 lbs.				
B. Heriford	265			
198 lbs.				
N. l'Anson	248			
MALE				
123 lbs.				
W. Garcia	364			
148 lbs.				
M. Desimone	452			
165 lbs.				
Cunningham	—			
181 lbs.				
N. Marinis	—			
B. Antoniow	463			
R. Garcia	408			
J. Somma	408			
J. Smallley	402			
198 lbs.				
J. Woods	502			
220 lbs.				
J. Stottlemire	—			
Brizendine	606			
B. Burritt	573			
242 lbs.				
B. Brubaker	—			
D. Reneau	707			
J. Laija	612			
275 lbs.				
S. Hoekstra	—			
R. McDowell	—			
A. Baria	744			
R. Costa	639			
M. Houser	722			
Powerlifting				
SQ	BP	DL	TOT	
A. Shumaker	303	259	298	860
FEMALE				
105 lbs.				
A. Shumaker	303	231	281	816
114 lbs.				
B. Rich	364	—	353	716
S. Hedman	325	226	353	904
C. Callahan	243	198	254	694
132 lbs.				
E. Stein	364	171	391	926

148 lbs.				
<i>Master Raw</i>				
C. Graham	175	135	275	585
MALE				
242 lbs.				
<i>Open UNL</i>				
G. Rollins	540	350	450	1340
Master I Raw				
K. McFadden	700	520	650	1890
UNL=Unlimited Gear. STD=Standard Gear.				
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trains at Mark Bell's Super Training Gym. She lifted at 165 and squatted 385, benched 292 and deadlifted 347. 4th place went to Gia Blackwell from California. She had a nice 369 squat, 242 bench, and 352 deadlift at 50 years of age in the 165 class. She also broke the American 165 Master 50-54 squat, bench and total record. Georgiann Puckett, 148 class and 46 years of age from California, finished in 5th place in the middleweight group with a nice 275 squat, 198 bench, and 275 deadlift. In the heavyweight women Nicolai Stern, from California, led the way with a big 518 squat, 264 bench, and 501 deadlift. She broke the American 181 Master 40-44 squat, deadlift, and total records. Coming in 2nd place was Tanya Reed, from California who trains at the Orange County Strength Club, with a very nice 429 squat, 314 bench, and 440 deadlift. Tanya broke the American records in the 181 Master 45-49 age group in the squat, bench, and total. Shanrekia Bower, from California, took the 3rd spot and biggest squat with a 562, 308 bench, and 424 deadlift. Shanrekia broke the 198+ American Submaster squat and total records. We had 4 lifters in the lightweight men's category (148,165,181). Bob Benedix from Florida took home the 1st place honors with a big 683 squat, 259 bench with a hurt shoulder, and 573 deadlift. Bob also broke the 181 American Master 50-54 squat record. Coming in 2nd was Brian Kiraly, active duty Marine from Camp Pendleton, squatting 534, benching 358, and deadlifting 595. Taking the 3rd spot was Eric Olmstead, active duty Navy from San Diego, squatting 523, benching 358, and deadlifting 512 lbs. Scott Laymand was the #1 ranked lifter in the lightweight men going into the meet but failed to get a bench attempt in and only finished with a 573 squat. In the middleweight men (198,220,242) we had 5 lifters competing. There was some very good competition amongst these 5 guys. Ryan Celli, from Pittsburgh, PA, took home 1st place and broke the 198 American Submaster records in the squat, bench, and total. Keith Mitchell from Arizona took 2nd with some very nice numbers, Eric Kratz from Pennsylvania took the 3rd spot with some excellent numbers, Jim Prusha from Chicago took 4th and Dave Smiley from Pennsylvania took 5th. In the heavywt men (275,308,308+) we had 3 lifters competing. Alan Best took home top honors along with breaking the late Dave Passanella's American Open total record. Lance Karabel, from Chicago, took home the 2nd spot with some huge numbers along with breaking the 308+ American Submaster deadlift record, and Big Jim Hoskinson from Florida took the 3rd spot with more big numbers and breaking the 308 American Master 45-49 records in the squat, bench, and total. The Olympia Benchpress Invitational was our next event held on Saturday. We started off with the lightweight women (105,114,123). April Shumaker once again showed up the whole class by taking top honors being the lightest lifter at 105. She benched 264 at a bodyweight of 104 beating out fellow competitor Mari Asp who benched a huge 297 in the 123 lb weight class. Taking the 3rd spot was Maura Shuttlesworth who along with teammate April Shumaker had the energy and strength to lift a 2nd day after lifting in the full power meet the day before. Anne Larson took 4th and Alex Decker took the 5th spot. April also broke the Open and Master American bench records in the 105 class! Mari Asp broke the 123 Open and Submaster American bench records. In the middleweight women we had Cara Westin lifting a 2nd day and taking top honors with a nice 292 bench. Following her we had Georgiann Puckett, who lifted the day before as well, along with Karen Parnow and Madison James taking the 3rd and 4th spot respectively. Madison James broke a 148 Junior American bench record. Cara Westin broke the 165 American Master 45-49 bench record. Karen Parnow also broke the 148 American Master 50-54 bench record. We had 2 competitors in the heavyweight women's bench with Betty Heriford and Nicki l'anson. Betty, from Oregon, took top honors benching a nice 264 at 59 years of age. Nicki l'anson, from Sacramento, took the 2nd spot with a 248 bench. Betty Heriford also broke the 181 American Master 55-59 bench record. In the Lightweight men's bench (148,165,181) we had 8 competitors with 2 bombing. Top honors went to Mike Desimone from upstate New York with a very nice 451 bench at 147 lbs and also set an American Junior bench record. Taking 2nd place was William Garcia, 123 lb class from Modesto, CA, benching a huge 363 at a bodyweight of 122 lbs! He also broke the 123 Open and Junior American bench records. Barry Antoniow, from British Columbia, Canada, took the 3rd spot on the Wilks formula with a nice 462. Rudy Garcia, from Vandenberg Air Force Base, took the 4th spot with a 407 bench. He was followed by Joe Somma, from Chicago, who tied him on the bench but lost on body-weight. Ian Smalley from California took the 6th spot with a 402 bench. In the middle-weight men (198,220,242) we had 7 competitors with 2 bombing out. Taking top honors was Dennis Reneau, from the Orange County Strength Club in Fountain Valley, CA. Dennis put on a great show of strength putting up an Open and Submaster American record of 706 lbs! Taking the 2nd spot was Ben Brizendine from Oregon. He put up a very nice 606 bench in the 220 class. 3rd place went to Juan Laija from Sacramento who also trains at Mark Bell's Super Training gym. Brian Burritt from Florida took 4th place with a nice 573 bench. Jody Woods took the 5th spot and broke the 198 American Master 50-54 bench record. Moving to the Heavyweight men (275,308,308+) we saw 6 competitors with Allen Baria from West Virginia taking 1st place with a huge 744 bench and breaking the 275 American Open and Submaster bench records. He was followed by Matt Houser from Illinois with a very nice 722 bench. Jim Hoskinson, Florida, took the 3rd spot with a 705 bench and also breaking the 308 American Master 45-49 bench record. Ricard Costa, from California, finished up with 4th place and a 639 bench. Scott Hoekstra, California and Rich McDowell, Missouri did not get a bench in. In the Olympia Deadlift, lightweight women we had some very nice lifting from Bonnie Aerts, taking 1st place from San Jose and sponsor of all my powerlifting shows, putting up a big 297 deadlift at age 51. She was followed by Alex Decker from California in 2nd, Thi Truong from California in 3rd who also set a Junior American deadlift record, and Marian Low from San Francisco coached by Jim Lem in the 4th spot. In the middleweight women's deadlift we saw 7 competitors with 1st place honors going to Maryanne Sutton from Sacramento, 2nd place to Georgiann Puckett from Sunnyvale, CA, 3rd spot to Natalya Carmichael from California, 4th spot to Sabra Callahan from Colorado setting a Master American deadlift record, 5th place to Regina Marinas from Los Angeles, and the 6th place to Madison James from Poway, CA. In the heavyweight women we saw 5 competitors. Betty Heriford from Oregon took top honors with a big 391 pull and an American Master Deadlift record. Molly O'Rourke from California took 2nd with a nice 430 pull and an American Open deadlift record. Wendy Creek took 3rd place and broke an American Master deadlift record, Tracie Marquez took 4th and Zee Helmick took 5th place and broke an American Master Deadlift record in the


40-44 age group. In the lightwt men we saw 5 competitors with Levi Zanetti from Wyoming taking top honors with his pull 622 at 176 bodywt beating out fellow competitor Mike Desimone from NY by 1 Wilks point. Levi Zanetti also broke a 181 Junior American record. Mike Desimone broke the 148 Open and Junior American Deadlift record. Francis Astilla took the 3rd spot and broke the American Submaster record in the 165 class, Justin Pascual took 4th, and Douglas Wellemeyer took 5th. In the middlewt men we saw 7 competitors with Brandon Cass from Missouri taking top honors with a huge 810 deadlift and 224 Wilks score in the 220 class! He broke the 220 Open and Submaster American deadlift records. Delroy McQueen, from Great Britain, took 2nd place and gave Brandon some real competition with his 815 deadlift. John Bostick from California took the 3rd spot. Jared Wisley, from Memphis, TN took the 4th spot. Jody Woods from Sacramento took the 5th spot breaking the American 198 Master 50-54 record. Michael Scurry took 6th and Marcus Wild took 7th. Finally in the heavywt men's deadlift group we saw 5 competitors with Garrett Muro from Las Vegas taking the top honors with a big 777 pull. Brent Willis, from Bakersfield, CA, was not far behind with his pull at 782 but had a lower Wilks score to take 2nd. The 3rd spot went to Eric Poiterien from upstate NY with his pull of 683. Rob Duran took the 4th spot with 650 and Joe "Hail Caesar" Dentice took the 5th spot with his pull at 617. A big highlight on Saturday was the Super Squat Challenge between Scott Cartwright and Brian Siders. The squat challenge was who could squat 800 lbs for more reps. Scott Cartwright completed 8 repetitions and Brian Siders was able to complete 9 reps! Very cool competition with a huge crowd of raucous fans! I want to thank John Inzer and Inzer Advance Designs for sponsoring the Olympia Powerlifting, Benchpress, and Deadlift event and allowing me to direct it all. I hope to be back next year with an every bigger show. I also want to thank Dave Lopez from SupplementDirect.com for providing the athletes with goody bags from Dymatize Nutrition. A big thanks to my wife, Shelley Denison for running the Inzer booth along with her friend Jean Morris. Great job ladies! Thanks to House of Pain for providing the gym bags for the best lifters. Thanks to Liquid Grip for providing their product for the lifters to try. Thanks to Team Alan & Bonnie Aerts for their support and thanks to the California Army National Guard for sponsoring the medals. Thanks to Keith Lemm and CSS Photo Design for being the official photogher and capturing great pictures and video of the meet. I also want to thank all the folks that helped at the score table: Chuck LaMantia, Tom Miller, Sandee Santee, Mike Tronske, and Lisa Wheeler. I also want to thank the Referee officials for calling it like it is. Ron Scott, Jim Merlino, Kevin Meske, Gordon Santee, Joe Dentice, Alan Aerts, Ken Wheeler, and Bonnie Aerts. Thanks to my spotter/loaders who did a great job of keeping everyone safe: Tom Moormeister, Brady Jones, George Prince, Chris Morton, Ryan King, Troy Huber, and Ryan Spencer.

» courtesy Steve Denison

LOUIE SIMMONS' PRESENTS

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 3884 Larchmere Drive
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COMING EVENTS

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

3-6 MAR » Arnold Sports Festival (Columbus, OH) » Matt Lorz, 614.443.1877, mattlorz@rrcol.com, 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 Marriot, 2350 West Belt Dr. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, 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, www.upapower.com
5 MAR » USAPL Cajun Pride National Qualifier (Lafayette, LA) » Cameron Barilleaux, 985.768.2399, www.usapowerlifting.com
5 MAR » WABDL California State BP/DL Championships (Chico, CA) at the Holiday Inn » Gus Rethwisch, 503.901.1622, www.wabdl.org
5 MAR » IBP Northeastern Carolina Bench Clash (Warrenton, NC) » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.com
5 MAR » NASA Colorado State (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » www.nasa-sports.com
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, roddersmadmax@bellsouth.net, www.southernpowerlifting.com
6 MAR » WPF England Open Championships (PL/BP/DL) (Harlow, Essex, UK) at Ripped Gym » Michelle Meade, +07779 322717, www.wpfpowerlifting.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 » APA YMCA Pennsylvania State Championships (Hanover, PA) » Scott Yard, 717.465.2255, ronaldyard@hotmail.com, www.apa-wpa.com
12 MAR » USAPL Tennessee State (Maryville, TN) » Chip Hultquist, 865.719.0130, www.usapowerlifting.com
12 MAR » USAPL Missouri State/Ozark PL/BP (St. Louis, MO) » Rick Fowler, 618.451.4737, www.usapowerlifting.com
12 MAR » WABDL North American BP/DL Championships (Portland, OR) at the Shilo Inn » Gus Rethwisch, 503.901.1622, www.wabdl.org
12 MAR » WABDL Nevada State BP/DL Championships (Special Event: Police vs. Fire Dept. team competition) (Pahrump, NV) at the Pahrump Nugget Hotel

& Casino » Gary J. Miller, 775.209.4916, www.wabdl.org
12 MAR » NASA Georgia State (Cartersville, GA) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
12 MAR » USPA California State Multi-ply BP & Bakersfield Biggest Bench (Raw/Single-ply) (Bakersfield, CA) » Edward Dudley-Robey, doctorbench@aol.com, www.uspla.org
12 MAR » USPA Midwest Regional Championship (PL/BP/DL) (West Plains, MO) » Jay Shelton, jayshelton74@yahoo.com, www.uspla.org
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@frontier.com, 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 » 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@frontier.com, www.sonlightpower.com
19 MAR » NASA Nebraska State (Equipped & Unequipped, PL/BP/PS/PP) (Council Bluffs, IA) » www.nasa-sports.com
19 MAR » APF/AAPF EPC Spring Meet (Portland, OR) at the Elite Performance Center » Chris Duffin, 971.404.3046, www.worldpowerliftingcongress.com
19 MAR » 2nd Annual Pure Athletic Power Spring BP Competition (Raw) (Princeton, WV) at Glenwood 4H Camp » Donnie Robbins, all4athletes@live.com, 573.727.6937, www.pureathleticpower.com
19 MAR » WABDL Montana State BP/DL Championships (Missoula, MT) at Ruby's Inn » Gus Rethwisch, 503.901.1622, www.wabdl.org
19 MAR » APF/AAPF Michigan State Meet (MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com
19 MAR » APF/AAPF Garth Heckman Benefit Meet (Apple Valley, MN) » Scott Nutter, 952.215.2588, bigcat@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@frontier.com, 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, xxtralargemuscle@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
19-20 MAR » NASA National Military, Police & Fire Nationals (Equipped & Unequipped, PL/BP/PS/PP) (Council Bluffs, IA) » www.nasa-sports.com
20 MAR » SPF March Madness II Meet (Sacramento, CA) » Mark Bell & Cara Westin/Super Training Gym, riotbarbie@hughes.net, www.southernpowerlifting.com
20 MAR » Exile Barbell Association "No Bullsh*t" Bench Only Meet (big contest rules, small contest price) (Celina, OH) at Muscleshed'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
25-27 MAR » WPC Kazakhstan Sport Festival "All Stars" (Kazakhstan) » Maxim Bespayev, albp@mail.ru, www.all-stars.kz, www.worldpowerliftingcongress.com
26 MAR » APA New Jersey Open Championships (PL/PP/BP/DL) (Edison, NJ) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
26 MAR » WPC Ontario Amateur PL Raw & Equipped Championship (Toronto, Canada) » Bruce McIntyre, brucemcintyre@simpatico.ca, [\[ingcongress.com\]\(http://ingcongress.com\)](http://www.worldpowerlift-</p></div><div data-bbox=)

26 MAR » APF/AAPF Utah State Championships (Roy, UT) » Jason & Heather Gibson, 801.920.4165, powersquat@msn.com, www.worldpowerliftingcongress.com
26 MAR » IPA 2nd Annual New England Revolution (Johnston, RI) » Gene Rycklak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rycklakpowersystems.com, www.ipapower.com
26 MAR » SPF Heavy Metal Thunder (Piedmont, SC) » Troy Nash, 864.360.7111, nashtsquat@aol.com, www.southernpowerlifting.com
26 MAR » RAW United Youth 12-Under & All Ages Disabled Lifters Regional Championships (Tampa, FL) » Spero Tshontikidis, 220 Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
26 MAR » 14th Annual Battle of the Great Lakes PL (Cleveland, OH) » Gary Kanaga, 440.429.1028, www.bigkspowermeets.com
26 MAR » Hawg Farm Open PL/BP (Princeton, IN) » Larry Hoover, 812.779.7442, quad4hoover@peoplepc.com
26 MAR » USPF 36th Annual West Virginia State PL Championships (PL/BP/SQ/DL) (South Charleston, WV) at South Charleston High School » John Messinger, 304.744.2475 or 304.766.0352, www.uspf.net
26 MAR » USAPL Kansas Heavy Metal Open (Hoisington, KS) » Wayne D. Herl, 785.639.1390, www.usapowerlifting.com
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, roddersmadmax@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@frontier.com, 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 Eldridge, brock5851@aol.com, www.coldirongym.com
26 MAR » USPA California State PL Championship (Full Power; Raw/Single-Ply) (Rancho Cucamonga, CA) » Steve Denison, steve@uspla.org, www.uspla.org
26-27 MAR » USPA Raw Beau Moore Classic (Raw) (Tampa, FL) at the Jackson Springs Rec. Center » Bill Beekley, 14310 Arbor Hills Rd., Tampa, FL 33625, 813.362.1908, beek220@aol.com, www.rawunited.org, www.uspla.org
26-28 MAR » USAPL High School Nationals (Corpus Christi, TX) » Hector Munoz, 361.813.9691, www.usapowerlifting.com
27 MAR » APA Northeast Coast Open (PP/BP/DL) (Wallingford, CT) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
27 MAR » WPC BP/DL Portugal Championship (Portugal) » Sandro Jose Eusebio, sandroeusebio@hotmail.com, www.wpc-portugal.com.pt, www.worldpowerliftingcongress.com
27 MAR » WPC OPO Northern River Titles Meet (Australia) at Wollongbar Gym » Ron Birch, rbirch@hotkey.net.au, www.worldpowerliftingcongress.com
27 MAR » USPA California State BP/DL Championship (Raw/Single-Ply) (Rancho Cucamonga, CA) » Steve Denison, steve@uspla.org, www.uspla.org
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, amyljackson@aol.com, www.worldpowerliftingcongress.com
2 APR » SLP Teenage Nationals & Ohio Open BP/DL (Mansfield, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
2 APR » 21st Annual Weightlifting Unlimate BP (Winchester, VA) at the Eagles Club » Bud, 540.533.7479, Randy, 304.283.6059, mugbench650@yahoo.com
2 APR » ADAU Great Lakes Powerlifting Championships (Erie, PA) » Joe Orengea, 814.833.3727, joesymerie@live.com, www.adaurawpower.com
2 APR » Raw & Drug Free Single Lift (SQ/BP/DL) Championships (Erie, PA) » Joe Orengea, 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, roddersmadmax@bellsouth.net, www.southernpowerlifting.com
2 APR » Elite PL Record Breakers BP/PP/Raw BP (Keene, NH) » Bill,

APF/AAPF/WPC Schedule

12 MAR, 15th Annual AAPF Frank Kostyo Meet
19 MAR, APF/AAPF Garth Heckman Benefit Meet
19 MAR, APF/AAPF Michigan State Meet
19 MAR, APF/AAPF EPC Spring Meet
19-20 MAR, APF/AAPF Illinois State Meet
25-27 MAR, WPC Kazakhstan Sport Festival "All Stars"
26 MAR, APF/AAPF Utah State Championships
26 MAR, WPC Ontario Amateur PL Championships
27 MAR, WPC OPO Northern River Titles Meet
27 MAR, WPC BP/DL Portugal Championship
1-3 APR, APF/AAPF Raw Nationals & AAPF Nats
2-3 APR, WPC Nationals
5-10 APR, AWPC/WPC East European Championship
8-9 APR, APF High School Nationals
9 APR, WPC Finnish Nationals
16 APR, APF/AAPF California State Championships
16 APR, APF/AAPF Texas Classic
29-30 APR, APF Raw Nationals & APF Single Ply Nats
30 APR, WPC East Switzerland Push/Pull
1 MAY, WPC Portugal National Championship
6-8 MAY, WPC Hungarian Equipped Championship
7 MAY, WPC Israel North Open BP Championship
14-15 MAY, APF Master/Teen/Jr. Nationals
14-15 MAY, WPC Canadian Pro/Am Equipped Nationals
14-15 MAY, WPC Austrian Nationals
21 MAY, APF/AAPF 3rd Annual Carolina Classic PP
21 MAY, APF/AAPF Bulldog BP/DL
28 MAY, APF Gulf Coast
MAY, APF/AAPF Washington State Championships
11 JUN, WPC CPF High School/CPF Raw Pro Nationals
11-12 JUN, APF Senior Nationals
12 JUN, WPC CPF Raw Amateur Nationals
19 JUN, WPC OPO Nationals
25-26 JUN, APF/AAPF Chicago Summer Bash 8
25 JUN - 2 JUL, WPC European Championships
23 JUL, APF/AAPF South Carolina Open
20 AUG, APF/AAPF Summer Bash
AUG, APF Kalamazoo Carnage Meet
AUG, AWPC/WPC Eurasian Championship
1-4 SEP, AWPC Worlds (Equipped & Raw)
3 SEP, WPC OPO Wollongbar Gym Competition
10 SEP, AAPF Summer Heat VII
19-21 SEP, WPC Argentina Championships
24 SEP, APF/AAPF EPC Summer Heat PL Meet
24 SEP, WPC Finnish BP Championships
29 SEP, WPC Swiss German Push/Pull Championships
20-22 OCT, WPC Hungarian Raw Championship
OCT, APF Wolverine Open
OCT, APF/AAPF Rise of the DL, Beast of the BP
5 NOV, APF/AAPF Southern States
12 NOV, WPC Swiss Championship
12 NOV, WPC OPO Age Titles
14-19 NOV, WPC World Championships (Equipped & Raw)
10 DEC, APF Holiday Festival of Strength
10 DEC, WPC Metal Gym Christmas BP/DL
17 DEC, WPC Israel Open BP/PP
17 DEC, APF Tampa Barbell Meet
DEC, APF/AAPF Illinois Raw Power Challenge
DEC, APF/AAPF Alabama State Meet
DEC, APF/AAPF Invitational
AUG/SEP 2012, AWPC World Championships
NOV 2012, WPC World Championships

Dates subject to change
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www.worldpowerliftingcongress.com

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www.ocpowerlifters.com

COMING EVENTS »

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.hardcore-powerlifting.com

2-3 APR » **WPC Nationals (Czech Republic)** » Dan Dvorak, dan.ironpower@gmail.com, www.czeckpowerlifting.cz, www.worldpowerliftingcongress.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

5-10 APR » AWPC/WPC East European Championship (Chelyabinsk, Russia) » Vladimir Chadkov, www.wpc74.com, www.wpc-wpo.ru, www.worldpowerliftingcongress.com

8 APR » IBP Raw Bench Press Championships (Greensboro, NC) » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.com

8-9 APR » **APF High School Nationals (Alexandria, LA)** » Garry Frank, bull-dogbr@bellsouth.net, www.worldpowerliftingcongress.com

9 APR » APA Northwest Coast RAW Championships (Full Power) (Sacramento, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

9 APR » APA Ironsport Power Classic (Glenolden, PA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

9 APR » **WPC PL Finnish Nationals (Juva, Finland)** » Ano & Minna Turtiainen, ano.turtiainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com

9 APR » USPA Indiana State BP/DL Championship (BP/DL; Raw/Single-ply) (Indianapolis, IN) » Carl Lamb, carl@ustoc.org, www.uspla.org

9 APR » IBP Tar Heel State Powerlifting Championships (Greensboro, NC) » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.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, rodersmadmax@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, rodersmadmax@bellsouth.net, www.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 » **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@frontier.com, 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 » NASA Ohio State (Equipped/Unequipped, PL/BP/PS/PP) (Springfield, OH) » www.nasa-sports.com

9 APR » USPA Hawaii State PL Championship (PL/BP/DL; Raw/Single-ply) (Honolulu, HI) » Ata Edralin, nalomightymouse@yahoo.com, www.uspla.org

9 APR » APF Full Power Championships (Lindenhurst, NY) at All Natural Gym » Shawna Mendelson, smendelson2010@hotmail.com, 516.993.6378, www.worldpowerliftingcongress.com

10 APR » Northern Virginia Raw PL Meet (Centreville, VA) at Bull Run Regional Park Shelter #2 » John James, 703.475.9885, www.nothernvirginiarawpower.com

10 APR » USPA Florida State (Port St. Lucie, FL) at the Port St. Lucie Civic Center » Brian D. Burritt, 812.204.2886, brian.burritt@comcast.net, www.uspla.org

10 APR » **WNPF 23rd Nationals (BP/DL/PC/SQ)** & **Ironman 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 (Ashville, NC) at Biltmore Fitness » Jesse Rodgers, 423.255.3672, rodersmadmax@bellsouth.net, www.southern-powerlifting.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, vastatechair@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@frontier.com, 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, apftexas@yahoo.com, www.worldpowerliftingcongress.com

16 APR » **APA Raw National Championships** » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alagua-pits@netzero.net, www.aparawnationals.webs.com, www.apa-wpa.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 APR » NASA West Virginia State (Equipped/Unequipped, PL/BP/PS/PP) (Ravenswood, WV) » www.nasa-sports.com

16 APR » APF/AAPF California State Championships (Chatsworth, CA) » Scot Mendelson, 818.399.0905, www.worldpowerliftingcongress.com

16 APR » SPF USA Southern Open BP/DL Championship Bash on the Beach (St. George Island, FL) » Tim Whitehead, 850.653.5800, eastpointearl@yahoo.com, www.southernpowerlifting.com

16-17 APR » IPA Powerpalooza 13 (York, PA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

16-17 APR » WPF British Championships & **International Open Championships** (PL/BP/DL) (Bath, Somerset, UK) at the University of Bath » Greg Ashford, +07540 997411, www.wppowerlifting.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 » APA Lone Star Championships (PL/PP/BP/DL) (McAllen, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

23 APR » USAPL AZ Open PL Championships (Peoria, AZ) » Rich Wenner, 480.688.7336, rich@usaplaz.com, www.usaplaz.com, www.usapowerlifting.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 » **SLP National BP/DL Championship** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, 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 » USPA Santa Barbara Open (PL/BP/DL, Raw & Single-ply) (Santa Barbara, CA) at the Earl Warren Showgrounds at the SB County Fair » Kevin Fisher/Steve Denison, steve@uspla.org, www.uspla.org

30 APR » SPF Ohio State PL/BP Championship (Columbus, OH) » Jesse Rodgers, 423.255.3672, rodersmadmax@bellsouth.net, AJ Roberts, ajroberts1234@gmail.com, www.southernpowerlifting.com

30 APR » WPC East Switzerland Push/Pull Raw Championship (Lienz, Austria) » Billinger Christian & SPCO, info@powerlifting.ch, 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@frontier.com, www.sonlightpower.com

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) (Gallop, 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 » APA Southwest Florida RAW Championships (PL/BP/DL/PP/Overhead

press/Curl) (Arcadia, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

1 MAY » **WPC Portugal National PL Championship (Portugal)** » Sandro Jose Eusebio, sandroeusebio@hotmail.com, www.wpc-portugal.com.pt, www.worldpowerliftingcongress.com

1 MAY » WNPF Southeastern Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

6-8 MAY » WPC Hungarian Equipped Championships (Eger City, Hungary) » Peter Kerecsenyi, hungarianpowerliftingcongress@gmail.com, www.worldpowerliftingcongress.com

7 MAY » APA Northwest Spring PL Championship (Portland, OR) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

7 MAY » NASA Wisconsin Regional (Equipped/Unequipped, PL/BP/PS/PP) (Sheboygan, WI) » www.nasa-sports.com

7 MAY » WPC Israel North Open BP Championship (Israel) » Anna Marcus, anna.marcus@caol.co.il, www.big-champ.com, www.worldpowerliftingcongress.com

7 MAY » USPA Southwest Regional Championship (PL/BP/DL/PP, Raw & Single-ply, Multi-ply BP) (Phoenix, AZ) » Tim Sparkes & Tracy Garcia, www.uspla.org

7 MAY » IPA Championships of the Virginias (Gore, VA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

7 MAY » Biggest Bench on the River XIV (\$3000 cash for Pro Division) (New Roads, LA) » Reed Bueche, 225.718.2646, rbueche28@yahoo.com

7 MAY » WABDL Buckeye Hall of Fame Classic (Canton, OH) at the Pro Football Hall of Fame » Don Miskinis, 216.272.9409, www.wabdl.org

7 MAY » AAU Oklahoma State and High School Powerlifting Championships (Sapulpa, OK) at the Super 8 Hotel » Danny Berry, 918.695.3823, danny@oklahomaaaupowerlifting.com, www.aaupowerlifting.org

7 MAY » ADAU Raw Power 32nd Annual Power Day Classic (BP/DL; Open divisions) (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com

7 MAY » SPF Mayfest PL/PP/BP/DL (Atmore, AL) » Jesse Rodgers, 423.255.3672, rodersmadmax@bellsouth.net, www.southernpowerlifting.com

7 MAY » IBP NC State Youth/Teen PL Championships (Statesville, NC) » Keith Payne, keith@ironboypowerlifting.net, 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@frontier.com, 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 » NASA Kentucky State (Equipped & Unequipped PL/BP/PP/PS) (KY) » www.nasa-sports.com

14 MAY » NASA Indiana State (Equipped & Unequipped PL/BP/PP/PS) (Kokomo, IN) » www.nasa-sports.com

14 MAY » APA 3rd Annual Lion Heart Sunshine State Raw Push-Pull (Clearwater, FL) » Stephen Byer, 727.743.1515, Lion Heart Gym, 11203 49th Street N, Clearwater, FL 33762, lionheartgym@tampabay.rr.com, www.apa-wpa.com

14 MAY » IPA Bench on the Boards (Wildwood, NJ) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

14 MAY » AAU Night of Champions III (Assisted & Raw, BP/DL) (Utica, NY) » Dave Kingwater, 315.723.2296, drdave@kingwaterchiropractic.com, www.aaupowerlifting.org

14 MAY » USAPL Twin Ports Raw Open (Duluth, MN) » Joe Warpeha, 651.485.7353, www.usapowerlifting.com

14 MAY » WABDL Southern Regional BP/DL Championships (Kingwood, TX) at Monster Gym » Tiny Meeker, 832.423.7662, pmtiny705@aol.com, www.wabdl.org

14 MAY » SPF Guerrilla Squad Barbell Classic PL/PP/BP/DL (Richmond, KY) » Jesse Rodgers, 423.255.3672, rodersmadmax@bellsouth.net, www.southern-powerlifting.com

14 MAY » WNPF Western PA Championships (Beaver Falls, PA) » Ron Deamicis, powerl103@aol.com, 330.792.6670, www.wnpf.net

14 MAY » WNPF (APF Pro Wrist Straps) Maryland State Championships (Baltimore, MD) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

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,

UPCOMING SLP COMPETITIONS

- 12 MAR, SLP Iron House Open BP/DL (St. John's MI)*
- 13 MAR, 7th Street Gym Open BP/DL (Clinton, IN)*
- 19 MAR, SLP Indiana Open BP/DL (Indianapolis, IN)*
- 26 MAR SLP Body Shop Fitness Open (Mt. Juliet, TN)*

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

217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

14-15 MAY » **APF Master/Teen/Jr. Nationals** (TX) » Greg & Heather Tillinghast, 940.783.1468, apftexas@yahoo.com, www.worldpowerliftingcongress.com

14-15 MAY » **WPC Canadian Pro/Am Equipped National Championship (Montreal, Canada)** » Bruce McIntyre, brucemcintyre@sympatico.ca, www.worldpowerliftingcongress.com

14-15 MAY » **WPC Austrian Nationals (Austria)** » Heidi & Gabi Buhl, heinz.buhl@gmx.at, www.worldpowerliftingcongress.com

15 MAY » SPF California State Championships (Sacramento, CA) at Super Training Gym » Mark Bell & Cara Westin/Super Training Gym, riotbarbie@hughes.net, www.southernpowerlifting.com

15 MAY » WNPF North American Championships (Richmond or Virginia Beach, VA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

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

21 MAY » Ford's Gym Backyard BP/DL Competition (Madison, WI) at Ford's Gym Warehouse » Ford Sheridan, ford@fordsgym.com, www.fordsgym.com

21 MAY » APF/AAPF 3rd Annual Carolina Classic Push/Pull (Cramerton, NC) » Eric Hubbs, nettin_fish@msn.com, www.worldpowerliftingcongress.com

21 MAY » APF/AAPF Bulldog BP/DL (Dillon, MT) » Phil Turner, 406.683.4663, pulln_4gold@yahoo.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, xxtralargemuscle@aol.com, www.elitepowerlifting.com

21 MAY » WNPF Pan-Am Championships (Guatemala City, Guatemala-la) » 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@frontier.com, www.sonlightpower.com

21 MAY » Suffolk Special Olympics Powerlifting Meet (Suffolk, VA) at Lakeland High School » Rob Kelly, robkelly@spsk12.net

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 MAY » USPA Patriot Games Powerlifting Challenge (PL/BP/DL/PP; Raw/Single-ply) (Santa Maria, CA) » Steve Denison, steve@uspla.org, www.uspla.org

21 MAY » **WPA Raw World PL Championships (PL/BP/DL/PP) (Portola, CA)** » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

21 MAY » IPA 2nd Annual South Jersey Rumble (Paulsboro, NJ) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

21 MAY » Spring Fling BP (Eldersburg, MD) at the Athens Health Club » Tom Friedman, 410.549.3001


21 MAY » WABDL Northwest Regional BP/DL Championships (Medford, OR) at the Ramada Inn » Dan Guches, 541.890.3258, Sam Pecktol, 541.210.2026, www.wabdl.org

21-22 MAY » **NASA Bench Press Nationals** (Equipped/Unequipped BP/Power Sports BP) (Denver, CO) » www.nasa-sports.com

22 MAY » **WPA Gear Equipped World PL Championships (PL/BP/DL/PP) (Portola, CA)** » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

22 MAY » **St. Petersburg Powerlifting Federation International Power Show Super-Cup of Titans** (St. Petersburg, Russia) at the Gymnastic Hall of the Military Institute of Physical Culture » Vasily Muminov, +7.812.292.31.38,

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

12 MAR, WNPFA 8th Tennessee State Championships (Cleveland, TN)

20 MAR, WNPFA Youth-Teen-Junior-Subs-Masters Nationals & American Open (Philadelphia, PA)

10 APR, WNPFA 23rd Nationals & Ironman Nationals & 600 lb. DL Challenge (Bordentown, NJ)

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

powerlifting@mail.ru, www.powerliftingfed.spb.ru
22 MAY » USPA Military National Championship (PL/BP/DL/PP; Raw/Single-ply) (Santa Maria, CA) » Steve Denison, steve@uspla.org, www.uspla.org
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 » NASA West Texas State (Equipped & Unequipped PL/BP/PP/PS) (Hereford, TX) » www.nasa-sports.com
28 MAY » APF Gulf Coast (New Port Richey, FL) » Rick Lawrence, 727.376.1707, www.worldpowerliftingcongress.com
28 MAY » Legends Drug-Free BP/DL Championships (Six events: BP, BP reps, DL, Ironman, Power Curl, The Posedown) (Snellville, GA) » Tee “Skinny Man” Meyers, Fitness 19, 3555 Centerville Hwy, Snellville, GA 30039, 706.513.7515, pythongym@aol.com
28 MAY » Pure Athletic Power Mountain Festival BP (Raw) (Bluefield, WV) » Donnie Robbins, all4athletes@live.com, 573.727.6937, www.pureathleticpower.com
28 MAY » USPF Muscle Beach PL Championships (PL/BP/DL/PP) (Venice, CA) at the Venice Recreation Center » Joe Wheatley, 818.246.2872, joemusclebeach@yahoo.com, www.musclebeachvenice.com, www.uspf.com
28 MAY » ADAU Raw Power Pennsylvania State Powerlifting Championships at the Kumite Classic/Pittsburgh Fitness Expo (Pittsburgh, PA) » Nick Vlasic, 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
MAY » APF/AAPF Washington State Championships (Aberdeen, WA) » Don Bell, 360.532.8339, flex@techline.com, www.worldpowerliftingcongress.com
2-5 JUN » WPF European Championships (PL/BP/DL) (Limerick, Ireland) at Kilmurray Lodge Hotel » Shane Brodie, +087 120 3002, www.wppowerlifting.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 JUN » APA Longhorn Open (PL/PP/BP/DL) (McAllen, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
4 JUN » NASA Missouri Grand (Equipped & Unequipped PL/BP/PP/PS) (Joplin, MO) » www.nasa-sports.com
4 JUN » IPA South Philly Push/Pull (Philadelphia, PA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
4 JUN » 9th Annual Big K’s Powerlifting (Cleveland, OH) » Gary Kanaga, 440.429.1028, www.bigkspowermeets.com
4 JUN » WABDL Push-Pull National Championships (Phoenix, AZ) at the Sheraton Crescent » Gus Rethwisch, 503.901.1622, www.wabdl.org
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
4 JUN » USAPL North Carolina State PL Championships (Charlotte, NC) » Jennifer Thompson, 704.408.8794, www.carolinapowerlifting.com
4 JUN » SLP Arkansas Extreme Power Open BP/DL (Arkadelphia, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
5 JUN » SLP Oakland Classic Open Push/Pull/Strt (Oakland, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
5 JUN » The Summer Push/Pull Meet (Elkhart, IN) » Jon Smoker, jjrsmoker@hotmail.com
5 JUN » WNPFA (TNT Ironwear) New Jersey State Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
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@frontier.com, www.sonlightpower.com
11 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 JUN » WPC CPF High School/CPF Raw Pro Nationals (Waterloo, Canada) » Bruce McIntyre, brucecmintyre@sympatico.ca, www.worldpowerliftingcongress.com
11 JUN » North American Ironman Championships (BP/DL/Strict Curl/Single Lift/Ironman) (Raw) (Runnemede, NJ) at the Holiday Inn » Robert Marcellino, 856.649.3458, Brian Potts, 856.776.3330, www.liftingmeetnj.freehostingoads.net
11 JUN » WABDL Rocky Mountain Regional BP/DL Championships (Salt Lake City, UT) at the Hampton Inn » Ken Lyons, 801.690.4467, www.wabdl.org
11 JUN » USPA UPF Challenge (Orlando, FL) » Spero Tshontikidis, 220 Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org
11 JUN » 1st Annual North American Iron Championships (BP/D/SC/Ironman BP/DL, raw) (Runnemede, NJ) at the Holiday Inn » Rob Marcellino, 856.649.3458, Brian Potts, 856.776.3330
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
12 JUN » WPC CPF Raw Amateur Nationals (Waterloo, Canada) » Bruce McIntyre, brucecmintyre@sympatico.ca, www.worldpowerliftingcongress.com
17-19 JUN » SPF Nationals PL/PP/BP/DL (Gatlinburg, TN) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
18 JUN » WABDL Great Northern BP/DL Championships (Olympia, WA) at the Red Lion Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
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@frontier.com, www.sonlightpower.com
18 JUN » APA Bluegrass State Open (PL/PP/BP/DL) (Louisville, KY) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
18 JUN » 3rd Annual Lower Bucks Family YMCA Natural BP Competition (Fairless Hills, PA) » Michael Linder, 215.949.3400 ext. 68
19 JUN » WPC OPO Nationals (Australia) at the Allisonville Leisure Center » Ron Birch, rbirch@hotmail.net.au, www.worldpowerliftingcongress.com

24-26 JUN » WDPFF Single Event World Championships (Muskegon, MI) at the L.C. Walker Arena » Richard Van Eck, 269.521.4031, Ron Madison, www.adlfpf.org
25 JUN » USPA Central States Open Championship (Raw & Single-ply) (Kansas City, MO) » Jay Shelton & Rodney Woods, jayshelton74@yahoo.com, rodwood1967@yahoo.com, www.uspla.org
25 JUN » Elite PL Nationals PL/BP/Raw BP (Keene, NH) » Bill, 603.762.3990, www.elitepowerlifting.com
25 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
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@frontier.com, www.sonlightpower.com
25 JUN » WABDL Tom Foley BP/DL Classic (Nanuet, NY) at Premier Fitness - 430 Nanuet Mall South » Brian Fahrenfeld, brian@premierfitnessny.com, 845.920.0501, www.premierfitnessny.com, 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
25 JUN - 2 JUL » WPC European Championships (Czech Republic) » Dan Dvorak, czechpowerlifting@gmail.com, www.worldpowerliftingcongress.com
1-3 JUL » WPA International Iron Games on Red Cave (BP/Overhead press/Strict curl) (Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
1-3 JUL » USPA Raw National Championships (Open & Masters, Raw BP/DL) (Port St. Lucie, FL) » Brian Burritt, 812.204.2886, brian.burritt@comcast.net, www.uspla.org
1-3 JUL » USPA Single-ply & Multi-ply National Championship (PL/BP/DL; Multi-ply/All divisions) (Costa Mesa, CA) at the Hilton Hotel » Steve Denison, steve@uspla.org, www.uspla.org
2 JUL » 2nd Annual I.E.L.L. Bench Bash (Rancho Cucamonga, CA) at 8580 Milliken 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
8-10 JUL » AAU National BP/DL/PP Championships (Raw/Single-ply), AAU National Equipped PL & North American Raw Powerlifting (Las Vegas, NV) at the Tropicana Hotel and Casino » Martin Drake, PO Box 108, Nuevo, CA 92567, 310.953.5030, naturalpower@earthlink.net, www.aapowerlifting.org
9 JUL » APA New Jersey Open Summer Bash (PL/PP/BP/DL) (Edison, NJ) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
9 JUL » NASA West Virginia Open (Equipped/Unequipped, PL/BP/PS/PP) (Ravenswood, WV) » www.nasa-sports.com
9 JUL » NASA Youth Nationals (PL/PS/PP) (Ravenswood, WV) » www.nasa-sports.com
9 JUL » SPF Sweat Shop Classic (Cincinnati, OH) » Laura Phelps Sweatt, 419.704.9172, ajroberts, ajroberts1234@gmail.com, www.southernpowerlifting.com
9 JUL » WABDL National BP/DL Championships (Nashville, TN) at the Preston Hotel » Ken Millrany, 931.308.4224, Gus Rethwisch, 503.901.1622, www.wabdl.org
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 » ANPPC World Cup PL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
9 JUL » USAPL Brute Strength Stars and Stripes (Norfolk, VA) » Tricia and Gary Emrich, 804.605.5135, vandatechair@usaplvirginia.com, www.usaplvirginia.com
9-10 JUL » NASA Grand Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com
9-10 JUL » ADAU Raw Power National Powerlifting Championships (Open) & Single Lift (SQ/BP/DL) National Championships (Clearfield, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitup.com, www.adaurawpower.com
10 JUL » APA 24th Annual Nutmeg State Open (Wallingford, CT) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
10 JUL » WABDL Sonny’s 7th Annual Push-Pull Championships (Honolulu, HI) at the Hawaii Convention Center » Mike Saito for meet issues, 808.221.0129, Jocelyn Ronolo for entry issues, 808.387.8776, www.wabdl.org
10 JUL » WPF All Comers Open BP Challenge (Alfreton, Derbyshire, UK) at the Atlas Workout Warehouse » David Sawyer, +07728 547531, www.wppowerlifting.com

USPA FLORIDA MEET SCHEDULE

26-27 MAR - Beau Moore Classic
 10 APR - Florida State
 11 JUN - UPF Challenge
 1-3 JUL - Raw Nationals
 27 AUG - Treasure Coast Classic
 8 OCT - Tony Conyers Classic
 4-6 NOV - Raw Worlds

SPERO TSHONTIKIDIS | BRIAN BURRITT
 rawunitedinc@gmail.com | brian.burritt@comcast.net

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 » APA New England National Record Breakers Championships (Mono-lift Utilized) (Peabody, MA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
16 JUL » AAU Teen Nationals PL/BP (Sapulpa, OK) at the Super 8 Hotel/Sapulpa High School gym » Danny Berry, 918.695.3823, danny@oklahomaaaupow-erlifting.com, www.aapowerlifting.org
16 JUL » NASA South Texas Open (Equipped & Unequipped PL/BP/PP/PS) (Alvin, TX) » www.nasa-sports.com
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 » Pro Louisiana Bodybuilding, Figure, Men’s Fitness, Bikini and Raw BP Championships (Over \$15000 in prizes) (Kenner, LA) at the Crowne Plaza Hotel » Ricco Impastato, 504.442.0678, www.prolouisiana.com
23 JUL » IPA Connecticut State Championships @ Europa Supershow (Hartford, CT) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
23 JUL » APF/AAPF South Carolina Open (Pelion, SC) at American Muscle, Fitness and Strength » Will Millman, shelter223@gmail.com, www.worldpow-erliftingcongress.com
23 JUL » WABDL Midwest Regional BP/DL Championships (Madison, WI) at the Crowne Plaza Hotel » David Constantineau, 920.737.2505, Gary Gulseth, 608.576.2075, www.wabdl.org
23 JUL » Cardinal Strongman Challenge II (Davidson, MI) » Aaron West, awest@mistrongman.com, 810.931.8952, www.mistrongman.com
23 JUL » ADFPF “Unequipped” Larry Garro Memorial Bench & Deadlift (Rose-dale, MD) at Exile Fitness » Brian Washington, 410.265.8264, brian@usbf.net
23 JUL » USPC Larry Garro Memorial Power Curl (Rosedale, MD) at Exile Fit-ness » Brian Washington, 410.265.8264, brian@usbf.net
23 JUL » 7th Vermont State Raw BP Championship (South Burlington, VT) » Richard Poston, 802.999.7845, www.aafvt.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@frontier.com, 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 - 1 AUG » AAU JR Olympic Games (New Orleans, LA) at the Ernest N. Morial Convention Center » www.aaujrogames.org, www.aapowerlifting.org
30 JUL » USAPL AZ State Championships (AZ) » Rich Wenner, 480.688.7336, rich@usaplaz.com, www.usaplaz.com, www.usapowerlifting.com
30 JUL » WABDL Southwest Regional BP/DL Championships (Dallas, TX) at the Crowne Plaza Hotel » Alex Calvo, 817.403.3525, www.wabdl.org
30 JUL » USAPL Virginia State Single Lifts Championships BP/DL/PP (Stanards-ville, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968,


COMING EVENTS »

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@frontier.com, www.sonlightpower.com
31 JUL » **WNPF Drug Free Nationals** (Youngstown, OH) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
5 AUG » USPA 3rd Annual Baddest Bench at the Big Show! (Multi-ply, BP only) (Rock Springs, WY) » John King, soxfan1919@yahoo.com, 307.389.2112, www.uspla.org
6 AUG » USPA Rocky Mountain Regional PL Championship (Raw, Single-ply, Multi-ply; PL/BP/DL) (Rock Springs, WY) » John King, soxfan1919@yahoo.com, 307.389.2112, www.uspla.org
6 AUG » IPA New York State PL Championships (Rochester, NY) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
6 AUG » UPA Powerlifting Meet (Raw & Equipped, Pro & Amateur) (Ithaca, NY) » James Howell, jh198@hotmail.com
6 AUG » PRPA Louisiana Raw BP Championships (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com
6 AUG » WNPf 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@frontier.com, www.sonlightpower.com
6-7 AUG » **NASA World Cup** (Unequipped, PL/BP/PS/PP) (OKC, 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
13 AUG » USPA Sierra Nevada Open (PL/BP/DL/PP; Raw & Single-ply) (Grass Valley, CA) » Steve & Karen Matthews, smatthews_2000@yahoo.com, www.uspla.org
13 AUG » WABDL Capitol City Classic BP/DL Championships (Sacramento, CA) at the Marriott Hotel Rancho Cordova » Jody Woods, 916.524.0914, www.wabdl.org
13 AUG » USPA NW Summer Powerlifting Open (PL/BP/DL; Raw/Single-Ply) (Portland, OR) » Ben Brizendine, ben@havemoxie.com, www.uspla.org
14 AUG » **WNPF 20th International (SQ/BP/DL/Reps) Championships** (Philadelphia or Lancaster, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
14 AUG » 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@frontier.com, www.sonlightpower.com
19-21 AUG » **USAPL Raw Nationals** (Scranton, PA) » Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com
20 AUG » SPF Powerstation Pro/Am (Cincinnati, OH) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
20 AUG » WABDL Great Lakes Regional BP/DL Championships (Lansing, MI) at the Causeway Bay Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
20 AUG » USPA Mid Cities Bench Press (Lakewood, CA) » Chuck LaMantia, ckclama@aol.com, www.uspla.org
20 AUG » APF/AAPF Summer Bash (Chatsworth, CA) » Scot Mendelson & Denise Pollock, 818.399.0905, www.worldpowerliftingcongress.com
20 AUG » **IPA Raw National Powerlifting Championships** (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echail-

let@aol.com, www.chailletsprivatefitness.com, www.ipapower.com
20 AUG » USPA Hawaii State Push-Pull Championship (Raw/Single-ply) (Honolulu, HI) » Ata Edralin, nalomightymouse@yahoo.com, www.uspla.org
20 AUG » WNPf 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 Sate Fair Outlaw BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, 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@frontier.com, www.sonlightpower.com
26-28 AUG » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (New York, NY) at the Hilton » mmasportsexpo.com
27 AUG » United We Stand BP/DL Championships (All Classes, Raw & Equipped) (New Castle, PA) » Charles Venturella, 724.654.4117, sircharles148@peoplepc.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@frontier.com, www.sonlightpower.com
27 AUG » APA South Carolina Summer Bash (PL/BP/DL/PP/Overhead press/Strict Curl) (Florence, SC) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
27 AUG » USPA Treasure Coast Classic (PL/BP/DL; Raw & Single-ply) (Port St. Lucie, FL) » Brian Burrirt, 812.204.2886, brian.burrirt@comcast.net, www.uspla.org
AUG » AWPC/WPC Eurasian Championship (Raw & Equipped) (Kursk, Russia) » Igor Umerenkov, wpc@wpc-wpo.ru, www.wpc-wpo.ru, www.worldpowerliftingcongress.com
AUG » APF Kalamazoo Carnage (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 » WPC OPO Wollongbar Gym Competition (Australia) » Ron Birch, rbirch@hotmail.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@frontier.com, 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@frontier.com, www.sonlightpower.com
9-11 SEP » USPA Gary Gordon Memorial Armed Forces Championships (Jacksonville, FL) » Spero Tshontikidis, 220 Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org
10 SEP » NASAMulti-State Regional (Equipped/Unequipped, PL/BP/PS/PP) (Milwaukee, WI) » www.nasa-sports.com
10 SEP » IPA Pennsylvania State PL Championships (TBA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
10 SEP » SPF Southern Regionals (Arab, Alabama) at Fitness Factory » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.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 » WNPf 4th Jake the Hammer Classic (BP/DL/PC) (Fitzgerald or Tifton, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
10 SEP » WNPf Night of Champions (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@frontier.com, 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
11 SEP » WPF UK Open Championships (PL/BP/DL) (Morrison, Swansea, Wales) at the Old Barn Inn & Restaurant » Ken Williams, +07970 625946, www.wpfpowerlifting.com

16-18 SEP » **SPF/WBPLA World Championship (Knoxville, TN)** » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
17 SEP » USPA Dirty South Open Powerlifting Championship (Raw/Single-ply) (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.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@frontier.com, www.sonlightpower.com
19-21 SEP » WPC Argentina PL/BP Championships (Cordoba, Argentina) » Leonardo Cavaglia, powerlifting76@hotmail.com, www.worldpowerliftingcongress.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 » APF/AAPF EPC Summer Heat (Portland, OR) at the Elite Performance Center » Chris Duffin, 971.404.3046, www.worldpowerliftingcongress.com
24 SEP » WPC Finnish BP Championships (Hyvinkaa, Finland) » Ano & Minna Tuurtainen, ano.tuurtainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com
24 SEP » ADFPF "Unequipped" Maryland BP Open (TBD) » Brian Washington, 410.265.8264, brian@usfb.net
24 SEP » **USPC Power Curl Open Nationals** (TBD) » Brian Washington, 410.265.8264, brian@usfb.net
24 SEP » **WNPF 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@frontier.com, 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@frontier.com, www.sonlightpower.com
29 SEP » WPC Swiss German Push/Pull Championship (Dietikon, Switzerland) » Bachmann Philipp & SPCO, info@powerlifting.ch, www.worldpowerliftingcongress.com
SEP » **WNPF 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@frontier.com, 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
7-9 OCT » AAU World BP/DL/PP Championships (Raw/Single-ply) and **AAU International Powerlifting** (Las Vegas, NV) at the Imperial Palace Hotel and Casino » Martin Drake, PO Box 108, Nuevo, CA 92567, 310.953.5030, naturalpower@earthlink.net, www.aapowerlifting.org
8 OCT » **RAW United Youth 12-Under & All Ages Disable Lifters National Championships (Tampa, FL)** » Spero Tshontikidis, 220 Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
8 OCT » WNPf 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@frontier.com, www.sonlightpower.com
8 OCT » USPA Tony Conyers Extravaganza (Raw/Single-Ply) (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 220 W. Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org
8 OCT » IPA MD State Powerlifting Championships (Westminster, MD) » Scott Bixler, 443.789.9452, www.ipapower.com
15 OCT » NASA Kentucky Regional (Equipped & Unequipped PL/BP/PS/PP) (Moorehead, KY) » www.nasa-sports.com
15 OCT » SSA Asylum Power (PL/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com
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,

2011 WABDL National High School Bench Press and Deadlift Championships



April 16, 2011
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*No Qualifying Total!
 First-time Lifters Welcome!
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 (713)223-7902 or (217) 377-4640
 HudsonJ@uhd.edu
 www.wabdlcollegiate.info

IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
20-22 OCT » WPC Swiss German Push/Pull Championship (Dietikon, Switzerland) » Bachmann Philipp & SPCO, info@powerlifting.ch, www.worldpowerliftingcongress.com
22 OCT » IPA/RPS Power Challenge: Boston (N. Attleboro, MA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
22 OCT » USPF 14th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rcrain@allegiance.tv
22 OCT » ADAU Raw Power 29th Annual Central PA Open PL Championships (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com
22 OCT » USPA Central California Open (Raw/Single-ply) (San Luis Obispo, CA) » Steve Denison, steve@uspla.org, www.uspla.org
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@frontier.com, www.sonlightpower.com
29 OCT » NASA Missouri Regional (Equipped & Unequipped PL/BP/PS/PP) (Joplin, MO) » www.nasa-sports.com
29 OCT » USAPL Open (AZ) » Rich Wenner, 480.688.7336, rich@usaplaz.com, www.usaplaz.com, www.usapowerlifting.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@frontier.com, www.sonlightpower.com
OCT » APF Wolverine Open (Kalamazoo, MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com
OCT » APF/AAPF Rise of the DL, Beast of the BP (Northbrook, IL) » Erv & Lea-Ann Domanski, elbell6@hotmail.com, www.worldpowerliftingcongress.com
OCT » WNPf 5th All-American Championships (Pt. St. Lucie, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
1-6 NOV » **WABDL World BP/DL Championships (Reno, NV)** at the Peppermill Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
5 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@frontier.com, www.sonlightpower.com
5 NOV » APF/AAPF Southern States (Orlando, FL) » Brian Schwab, lightweightpower@aol.com, www.worldpowerliftingcongress.com
5 NOV » IPA Autumn Apocalypse (TBA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
5 or 19 NOV » **WNPF 20th WNPf World Tournament of Champions** (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
5-6 NOV » NASA Arizona Regional (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com
5-6 NOV » **AAU World PL Championship (3-lift), International Push-Pull & Single Lift Championship** (Kissimmee, FL) » Judy & Steve Wood, 804.559.4624, Jill Meads, 804.730.8810, vapowerlifting@aol.com, www.aapowerlifting.org
5-6 NOV » **NASA Masters & Sub Masters Nationals** (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com
6 NOV » APA 24th Annual Bay State Open Championships (PL/PP/BP/DL)

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scott@bodytechusa.com 603-426-9675

(Northampton, MA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
6 NOV » SPF Women's Pro/Am (Sacramento, CA) at Super Training Gym » Mark Bell & Cara Westin/Super Training Gym, riotbarbie@hughes.net, www.southernpowerlifting.com
9-13 NOV » WPF World Championships (PL/BP/DL) (Palm Beach, FL) at the Marriott Hotel » David Jeffrey, matofficial@yahoo.com, www.wfpowerlifting.com
12 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@frontier.com, www.sonlightpower.com
12 NOV » NASA Colorado Regional (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » www.nasa-sports.com
12 NOV » NASA West Virginia Regional (Equipped/Unequipped, PL/BP/PS/PP) (Ravenswood, WV) » www.nasa-sports.com
12 NOV » WPC Swiss PL/BP Championship (Raw & Equipped) (Sierre, Switzerland) » Cina Serge, info@powerlifting.ch, www.worldpowerliftingcongress.com
12 NOV » WPC OPO Age Titles (Melbourne, Australia) at ESP Gym » Ron Birch, rbirch@hotmail.com, www.worldpowerliftingcongress.com
12 NOV » SPF Record Breakers (Gatlinburg, TN) at Glenstone Lodge » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
12-13 NOV » WNPf 20th WNPf World Tournament of Champions (Philadelphia, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
14-19 NOV » WPC World Championships (Equipped & Raw) (Riga, Latvia) » Raivo Chiapas, tomass@hello.lv, www.worldpowerliftingcongress.com
15-20 NOV » USPA World Single-ply and Multi-ply Championship (Las Vegas, NV) » Steve Denison, steve@uspla.org, www.uspla.org
19 NOV » NASA Kansas Regional (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » 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.2011collegiate.purepowerlifting.com
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@frontier.com, www.sonlightpower.com
19-20 NOV » IPA National Powerlifting Championships (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, chaillet@yahoo.com, echaillet@aol.com, www.chailletsprivatefitness.com, www.ipapower.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@frontier.com, www.sonlightpower.com
3 DEC » IPA Christmas Carnage (TBA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
3 DEC » 11th Annual Pocket Samson's Christmas Classic BP/DL (All wt. classes/divisions) (Eldersburg, MD) at the Athens Health Club » Glenn Murphy, Jr., 410.634.9195
3 DEC » USPA Georgia Winter Open PL Championship (Raw/Single-ply) (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org
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@frontier.com, www.sonlightpower.com
3 DEC » WNPf Ralph Peach Memorial (Henderson, NC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
4 DEC » WPF British Open BP & DL Record Breakers Championships (Harlow, Essex, UK) at Ripped Gym » Michelle Meade, +07779 322717, www.wfpowerlifting.com
4 DEC » ADAU Raw Power 19th Annual Coal Country Classic (BP/DL/SQ) (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com
10 DEC » WPC Metal Gym Christmas BP/DL (Finland) » Ano & Minna Turtiainen, ano.turtiainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com
10 DEC » USPA Ironman PL Championship (Multi-ply only) (Fresno, CA) » Bob Packer, wheelersfitnessfresno@gmail.com, 559.322.6805, 559.760.2970, www.uspla.org
10 DEC » 100% RAW Virginia State and Christmas Classic PL/BP/DL Championships (Zion Crossroads, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
10 DEC » USPA Camp Pendleton Open (Raw/Single-ply) (Camp Pendleton, CA) » Steve Denison, steve@uspla.org, www.uspla.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
10-11 DEC » USAPL American Open & Police/Fire Nationals (Bay St. Louis, MS) » Jim Battenfield/Paul Fletcher, 505 Ridgcrest Dr., Pearl, MS 39208, 601.665.7783, www.usapowerlifting.com
11 DEC » WNPf East Coast Championships (Location TBA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
17 DEC » APF Tampa Barbell Meet (Tampa, FL) » Tommy Fannon, tfannon@gmail.com, www.worldpowerliftingcongress.com
17 DEC » WPC Israel Open BP/PP (Israel) » Anna Marcus, anna.marcus@caol.co.il, www.big-champ.com, www.worldpowerliftingcongress.com
17 DEC » USPA Norcal Open (PL/BP/DL/PP, Raw & Single-ply) (Modesto, CA) » Steve Denison, steve@uspla.org, www.uspla.org
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@frontier.com, www.sonlightpower.com
DEC » APF/AAPF Illinois Raw Power Challenge (Chicago, IL) » Eric & Jackie Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com
DEC » APF/AAPF Alabama State Meet (Gadsden, AL) » Buddy McKee, mastermonster@comcast.net, www.worldpowerliftingcongress.com
DEC » APF/AAPF Invitational (Aberdeen, WA) » Don Bell, 360.532.8339, flex@techline.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
AUG/SEP 2012 » AWPC World Championships (Equipped & Raw) (Ukraine) » Vitaliy Bobchenko, www.worldpowerliftingcongress.com
3 NOV 2012 » ADAU Raw Power 30th Annual Central PA Open PL Championships (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com
NOV 2012 » WPC World Championships (Equipped & Raw) (USA) » Keiran Kidder, www.worldpowerliftingcongress.com

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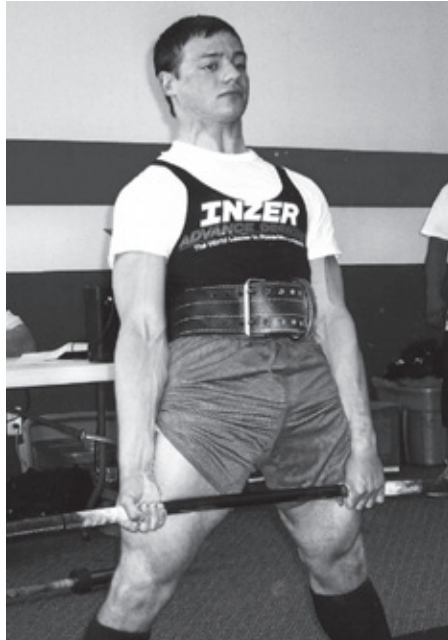
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Sonji Baldwin was mighty impressive numbers in this weight class



Joe Mazza makes this TOP 100 Middle-weight bench press list – shirted or raw



John Ianno III deadlifting 525 at 154 lb. at the Son Light Power FL State meet on 9-4-10, in the Junior Division (Ianno photo)



Jon Cunningham is happy to be moving up the rankings again after an injury



Eric Talmant back at the 2006 APF Senior Nationals in Las Vegas, NV



Damian Fronzaglia was an ADFPA National PL champion 20 years ago, and he's still doing it in the bench press category

Will you make the upcoming TOP 100 list for the 198 lb. class? Last time we ranked this class the minimum lifts to make that list were 600 lb. in the squat, 450 lb. in the bench press, 600 lb. in the deadlift, and 1540 lb. in the total. Often those minimum lifts to make the lists go up from year to year, but not always. The time period for the next ranking of the 198 lb. class will be February 2010 through February 2011 and it will appear in our May 2011 edition. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page," send a photo of you lifting (or something out of the ordinary, like a football shot) to Powerlifting USA, PO Box 467, Camarillo, CA 93011 or e-mail it to lambertplus@aol.com (we recommend a JPEG at least 200kb in size, but bigger is better in this case). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list for your class.

For standard 165 lb./75 kg. USA lifters in results received from DEC 2009 through DEC 2010

SQUAT

- 1 775 Conner, C., 4/10/10
- 2 730 Larrisey, S., 12/5/09
- 3 705 Cyr, D., 11/13/10
- 4 700 Sands, D., 5/1/10
- 5 700 Presswood, K., 6/6/10
- 6 700 Phelps, L., 8/20/10
- 7 699 Bellmore, D., 11/13/10
- 8 661 Douglas, K., 11/9/10
- 9 630 Rodgers, C., 7/17/10
- 10 625 Mercado, 5/10
- 11 625 Alford, S., 11/13/10
- 12 617 Waggner, Z., 4/17/10
- 13 611 Dersline, M., 6/20/10
- 14 606 McDonald, C., 6/20/10
- 15 606 Perryman, V., 8/10
- 16 605 Bowser, C., 11/13/10
- 17 600 Hardaway, D., 3/10
- 18 600 Saylor, C., 3/10
- 19 600 Rangel, M., 3/10
- 20 600 Tepper, S., 7/17/10
- 21 600 McVane, A., 8/21/10
- 22 589 Walton, T., 11/20/10
- 23 584 York, M., 6/20/10
- 24 580 Garza, Z., 3/10
- 25 575 Roselli, T., 3/27/10
- 26 575 Cortez, J., 3/10
- 27 575 Johnson, R., 3/10
- 28 575 Fineis, B., 10/16/10
- 29 575 Broussard, M., 11/13/10
- 30 573 Baldwin, S., 2/13/10
- 31 570 Dorris, D., 3/10
- 32 570 Kemper Jr., M., 4/17/10
- 33 567 Anderson, D., 12/5/09
- 34 565 Montreal, J., 3/10
- 35 562 Tanaka, B., 1/23/10
- 36 562 Conyers, T., 1/10
- 37 562 Walton, N., 6/20/10
- 38 562 Spencer, R., 6/20/10
- 39 560 Snall, J., 3/10
- 40 560 Watson, C., 3/10
- 41 560 Weyandt, C., 9/11/10
- 42 551 Dalessio, J., 7/31/10
- 43 550 Johnson, J., 8/7/10
- 44 550 Curtis, G., 8/20/10
- 45 545 Melancon, J., 4/17/10
- 46 545 Hammers, D., 7/10/10
- 47 545 DeLaFuentes, N., 8/14/10
- 48 540 Stiles, T., 3/10
- 49 540 Mendoza, J., 3/10
- 50 535 Saenz, M., 3/10
- 51 534 Rohr, S., 4/17/10
- 52 530 Prater, C., 3/10
- 53 529 Zahn, N., 1/23/10
- 54 529 Alexander, G., 8/14/10
- 55 529 Lenhart, N., 8/21/10
- 56 525 Dominguez, D., 3/10
- 57 525 Smith, P., 9/11/10
- 58 523 Sigala, M., 12/6/09
- 59 523 Dulac, P., 11/13/10
- 60 523 Szolis, B., 12/4/10
- 61 523 Docken, N., 12/11/10
- 62 518 Hughes, A., 4/17/10
- 63 518 Manning, K., 5/15/10
- 64 518 Cevallos, C., 9/25/10
- 65 518 Polk, K., 10/23/10
- 66 518 Pearce, C., 12/4/10
- 67 515 Szabo, J., 3/10
- 68 515 Sagor, G., 5/1/10
- 69 515 Richardson, 5/10
- 70 515 Vargas, 5/10
- 71 515 Pichardo, E., 6/5/10
- 72 515 Hollenbeck, A., 8/7/10
- 73 512 Carceres, A., 1/23/10
- 74 510 Schwab, B., 6/10
- 75 507 Brown, G., 4/10/10
- 76 507 Smith, M., 10/23/10
- 77 505 Anthony, D., 3/10
- 78 501 Barilleaux, C., 2/27/10
- 79 501 McMasters, L., 3/13/10
- 80 501 Hilgendorf, R., 4/17/10
- 81 501 Dupuis, G., 4/17/10
- 82 501 Schuller, B., 4/17/10
- 83 501 Czaykowski, C., 4/17/10
- 84 501 Golembieski, J., 6/5/10
- 85 501 Coronado, L., 6/5/10
- 86 501 Wright, T., 12/13/10
- 87 500 Adams, V., 3/10
- 88 500 Hernandez, A., 3/10
- 89 500 Chimes, L., 3/10
- 90 500 Mungia, A., 3/10
- 91 500 Fletcher, R., 3/10
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- 95 500 McCasland, A., 3/10
- 96 500 Pedraza, 5/10
- 97 500 Edwards, M., 3/10
- 98 500 Pichardo, J., 3/10
- 99 500 Talmant, E., 6/19/10
- 100 500 McKenzie, C., 12/11/10

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- 1 705 Mazza, J., 12/5/09
- 2 550 Harmon, K., 12/19/09
- 3 545 Wagner, R., 7/30/10
- 4 530 Albano, T., 5/1/10
- 5 512 Hara, M., 5/22/10
- 6 510 Phelps, L., 8/20/10
- 7 501 Davila, A., 7/15/10
- 8 500 Conner, C., 4/10/10
- 9 500 Sands, D., 5/1/10
- 10 490 Crossen III, W., 6/12/10
- 11 485 Derstine, M., 6/20/10
- 12 468 Smith, D.R., 3/27/10
- 13 465 Williams, B., 12/5/09
- 14 463 Cunningham, J., 11/20/10
- 15 462 Cyr, D., 11/13/10
- 16 460 Larrisey, S., 12/5/09
- 17 460 Brewer, P., 11/6/10
- 18 451 Fronzaglia, D., 8/31/10
- 19 445 Broussard, M., 11/13/10
- 20 440 Maoury, D., 2/27/10
- 21 440 Roselli, T., 3/27/10
- 22 440 Ruelan, M., 11/20/10
- 23 436 King, R., 3/13/10
- 24 425 Lambert, K., 7/11/10
- 25 424 Giottia, C., 6/26/10
- 26 424 Belen, T., 7/12/10
- 27 413 Mouzon, J., 8/31/10
- 28 413 Walton, T., 11/20/10
- 29 413 Wright, T., 12/13/10
- 30 410 Albert, B., 1/12/10
- 31 407 York, M., 12/12/09
- 32 407 Hammers, D., 7/10/10
- 33 407 Bellmore, D., 11/13/10
- 34 405 Keys, B., 10/17/10
- 35 405 Lee, J., 11/20/10
- 36 402 Coronado, L., 6/5/10
- 37 402 McDougall, J., 7/19/10
- 38 402 Sato, J., 11/21/10
- 39 400 O'Brien Jr., M., 12/12/09
- 40 400 Stiles, T., 3/10
- 41 400 Presswood, K., 6/6/10
- 42 391 Tanaka, B., 1/23/10
- 43 391 Dulac, P., 11/13/10
- 44 390 Harvey, A., 4/17/10
- 45 390 Flowers, C., 11/13/10
- 46 385 Reep, M., 5/29/10
- 47 385 Walton, N., 6/20/10
- 48 385 Wallis, D., 7/24/10
- 49 385 Blattenberger, D., 10/10
- 50 385 Melancon, J., 11/13/10
- 51 385 Keith, J., 11/13/10
- 52 380 Conyers, T., 12/5/09
- 53 380 Moore, D., 3/13/10
- 54 380 Waggner, Z., 4/17/10
- 55 380 Calloway, E., 4/17/10
- 56 380 Petersen, J., 5/15/10
- 57 380 Amirchian, A., 6/12/10
- 58 380 Doddy, D., 6/26/10
- 59 380 McVane, A., 8/21/10
- 60 380 Biroan, B., 8/28/10
- 61 375 Dreisig, N., 4/10/10
- 62 375 Manenkoff, J., 6/26/10
- 63 375 Sikorski, G., 11/13/10
- 64 374 Baldwin, S., 6/5/10
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- 66 374 Miller, G., 6/19/10
- 67 374 Miller, E., 7/19/10
- 68 370 Manning, K., 11/13/10
- 69 370 Chatman, 5/10
- 70 370 Rodgers, C., 7/17/10
- 71 370 Hedrick, K., 9/18/10
- 72 369 Schneider, S., 3/27/10
- 73 369 Dukes, R., 5/1/10
- 74 369 Dallesio, J., 7/31/10
- 75 369 Harvey, C., 8/14/10
- 76 369 Yezer, A., 8/31/10
- 77 365 Williams, J., 3/10
- 78 365 Pohlmann, J., 5/8/10
- 79 365 Clark, A., 5/8/10
- 80 365 Brown, B., 5/15/10
- 81 365 Powell, 5/10
- 82 365 Pichardo, E., 6/5/10
- 83 365 Johnson, J., 8/7/10
- 84 365 Adams, A., 9/26/10
- 85 365 Alford S., 11/13/10
- 86 365 Benjamin, D., 11/20/10
- 87 363 Douglas, K., 6/20/10
- 88 363 Wacenske, J., 12/10
- 89 360 Kakstis, K., 6/19/10
- 90 360 Janiszewski, C., 7/10/10
- 91 360 Mund, M., 11/13/10
- 92 358 Newell, A., 4/17/10
- 93 358 Golembieski, J., 6/5/10
- 94 358 R0jas, L., 7/31/10
- 95 358 Lenhart, N., 8/21/10
- 96 358 Rof, S., 10/23/10
- 97 355 Fineis, B., 8/7/10
- 98 352 Fite, A., 12/5/09
- 99 352 Dugas, M., 4/17/10
- 100 352 Risenhoover, M., 5/30/10

DEADLIFT

- 1 665 Snelling, R., 8/15/10
- 2 655 Talmant, E., 6/19/10
- 3 639 Waldron, W.C., 1/10
- 4 635 Hollenbeck, A., 8/7/10
- 5 633 Douglas, K., 11/9/10
- 6 630 Kiser, G., 5/3/10
- 7 630 Conyers, T., 6/10
- 8 628 Spencer, R., 1/23/10
- 9 628 Walton, T., 11/20/10
- 10 622 Derstine, M., 6/20/10
- 11 622 McDougall, J., 7/19/10
- 12 610 Larrisey, S., 12/5/09
- 13 610 Hart, M., 11/20/10
- 14 606 Perryman, V., 8/10
- 15 602 Cirigliano, R., 3/20/10
- 16 600 Croft, B., 12/5/09
- 17 600 Hardaway, D., 3/10
- 18 600 Walton, N., 6/20/10
- 19 600 Bowser, C., 7/24/10
- 20 590 Garza, Z., 3/10
- 21 585 McVane, A., 5/22/10
- 22 578 Thomas, G., 5/22/10
- 23 575 Cortez, J., 3/10
- 24 575 Schwab, B., 6/10
- 25 573 Tanaka, B., 1/23/10
- 26 573 Burns, D., 5/15/10
- 27 573 McDonald, C., 6/20/10
- 28 573 Kaneshiro, D., 8/28/10
- 29 573 Nguyen, P., 10/23/10
- 30 570 Antonucci, D., 5/15/10
- 31 570 Conner, C., 11/13/10
- 32 562 Johnson, R., 3/10
- 33 562 York, M., 6/20/10
- 34 562 Hammers, D., 7/10/10
- 35 562 Dalessio, J., 7/31/10
- 36 556 Reichert, G., 6/5/10
- 37 556 Patch, J., 9/5/10
- 38 556 Pearce, C., 12/4/10
- 39 556 Sigala, M., 12/5/10
- 40 555 Broussard, M., 11/13/10
- 41 551 Quatela, R., 1/10
- 42 551 Petrucelli, M., 2/6/10
- 43 551 Sullivan, S., 2/13/10
- 44 551 McMasters, L., 3/13/10
- 45 551 Waggner, Z., 4/17/10
- 46 551 Bellmore, D., 11/13/10
- 47 550 Saylor, C., 3/10
- 48 550 Hicks, J., 3/10
- 49 545 Diaz, A., 3/10
- 50 545 Rof, S., 4/17/10
- 51 545 Phelps, L., 8/20/10
- 52 545 Lenhart, N., 8/21/10
- 53 545 Dulac, P., 11/13/10
- 54 545 Hughes, A., 11/13/10
- 55 545 Ceglio, D., 12/11/10
- 56 540 Phillips, J., 3/13/10
- 57 540 Small, J., 3/10
- 58 540 Lanier, J., 3/10
- 59 540 Olsen, B., 6/12/10
- 60 540 Kakstis, K., 6/19/10
- 61 540 Holt, O., 7/31/10
- 62 540 Kemper Jr., M., 11/20/10
- 63 540 Anderson, D., 12/5/09
- 64 535 Misch, 3/27/10
- 65 535 Anthony, D., 3/10
- 66 535 Richardson, 5/10
- 67 534 Anderson, D., 12/5/09
- 68 534 Canha, N., 12/5/09
- 69 534 Hilgendorf, R., 4/17/10
- 70 534 Camacho, E., 4/17/10
- 71 534 Dukes, R., 6/26/10
- 72 534 Lamando, T., 7/19/10
- 73 534 Cyr, D., 11/13/10
- 74 530 Theodorou, N., 12/6/09
- 75 530 Russell, C., 3/10
- 76 529 Tabulina, C., 3/10
- 77 529 Wylie, L., 5/15/10
- 78 529 Weierich, D., 7/31/10
- 79 529 Polk, K., 10/23/10
- 80 525 Ballard, C., 3/10
- 81 525 Mercado, 5/10
- 82 525 Roselli, T., 6/13/10
- 83 525 Ianno, J., 6/20/10
- 84 525 Curtis, G., 8/20/10
- 85 525 Hogan, D., 8/21/10
- 86 525 Stoner, B., 10/23/10
- 87 525 Melancon, J., 11/13/10
- 88 525 Shelton, E., 11/20/10
- 89 525 Preskar, J., 12/3/10
- 90 523 Bates, J., 3/20/10
- 91 523 Zrom, A., 6/26/10
- 92 523 Alexander, G., 8/14/10
- 93 523 Guezon, T., 8/14/10
- 94 523 Keough, K., 10/23/10
- 95 523 Tate, G., 11/20/10
- 96 523 Wright, T., 12/13/10
- 97 520 Dominguez, D., 3/10

TOTAL

- 1 1840 Conner, C., 4/10/10
- 2 1800 Larrisey, S., 12/5/09
- 3 1755 Phelps, L., 8/20/10
- 4 1719 Derstine, M., 6/20/10
- 5 1703 Cyr, D., 11/13/10
- 6 1658 Bellmore, D., 11/13/10
- 7 1655 Sands, D., 5/1/10
- 8 1647 Douglas, K., 11/9/10
- 9 1631 Walton, T., 11/20/10
- 10 1615 Presswood, K., 6/6/10
- 11 1575 Broussard, M., 11/13/10
- 12 1565 Conyers, T., 1/10
- 13 1550 McVane, A., 8/21/10
- 14 1548 York, M., 6/20/10
- 15 1548 Waggner, Z., 4/17/10
- 16 1548 Walton, N., 6/20/10
- 17 1535 Rodgers, C., 7/17/10
- 18 1526 Tanaka, B., 1/23/10
- 19 1525 McDougall, J., 9/11/10
- 20 1515 Hardaway, D., 3/10
- 21 1515 Hammers, D., 7/10/10
- 22 1515 Perryman, V., 8/10
- 23 1505 Roselli, T., 3/27/10
- 24 1504 Spencer, R., 6/20/10
- 25 1500 Mercado, 5/10
- 26 1500 Bowser, C., 11/13/10
- 27 1490 Garza, Z., 3/10
- 28 1482 Dalessio, J., 7/31/10
- 29 1480 Alford, S., 11/13/10
- 30 1475 Saylor, C., 3/10
- 31 1475 Hollenbeck, A., 8/7/10
- 32 1471 McDonald, C., 6/20/10
- 33 1465 Cortez, J., 3/10
- 34 1460 Dulac, P., 11/13/10
- 35 1440 Johnson, R., 3/10
- 36 1438 Wright, T., 12/13/10
- 37 1435 Talmant, E., 6/19/10
- 38 1435 Melancon, J., 11/13/10
- 39 1432 Lenhart, N., 8/21/10
- 40 1426 Waldron, W.C., 1/10
- 41 1425 Schwab, B., 6/10
- 42 1421 Baldwin, S., 2/13/10
- 43 1420 Rangel, M., 3/10
- 44 1410 Stiles, T., 3/10
- 45 1405 Kemper Jr., M., 4/17/10
- 46 1400 Curtis, G., 8/20/10
- 47 1395 Lee, J., 11/20/10
- 48 1394 Calloway, E., 4/17/10
- 49 1388 Sigala, M., 12/6/09
- 50 1388 Alexander, G., 8/14/10
- 51 1388 Pearce, C., 12/4/10
- 52 1385 Dominguez, D., 3/10
- 53 1383 McMasters, L., 3/13/10
- 54 1372 Rof, S., 10/23/10
- 55 1372 Szolis, B., 12/4/10
- 56 1370 Small, J., 3/10
- 57 1366 Hughes, A., 4/17/10
- 58 1366 Manning, K., 5/15/10
- 59 1365 Watson, C., 3/10
- 60 1365 Richardson, 5/10
- 61 1365 Fineis, B., 10/16/10
- 62 1361 Golembieski, J., 6/5/10
- 63 1360 Johnson, J., 8/7/10
- 64 1355 Anderson, D., 12/5/09
- 65 1355 Mendoza, J., 3/10
- 66 1355 Reichert, G., 6/5/10
- 67 1355 Coronado, L., 6/5/10
- 68 1350 Pichardo, E., 6/5/10
- 69 1350 Smith, P., 9/11/10
- 70 1350 Polk, K., 10/23/10
- 71 1344 Hilgendorf, R., 4/17/10
- 72 1344 Cevallos, C., 9/25/10
- 73 1339 Vasquez, J., 1/10
- 74 1335 Hart, M., 11/20/10
- 75 1333 Sullivan, S., 2/13/10
- 76 1330 Montreal, J., 3/10
- 77 1330 Weyandt, C., 9/11/10
- 78 1325 Benjamin, D., 11/20/10
- 79 1320 Adams, V., 3/10
- 80 1320 Saenz, M., 3/10
- 81 1317 Rohr, S., 4/17/10
- 82 1315 Hernandez, A., 3/10
- 83 1311 Scisney, K., 12/6/09
- 84 1311 Quatela, R., 1/10
- 85 1311 Tabulina, C., 3/10
- 86 1306 Olmstead, E., 5/29/10
- 87 1306 Patch, J., 9/5/10
- 88 1306 Docken, N., 12/11/10
- 89 1305 Russell, C., 3/10
- 90 1305 Vargas, 5/10
- 91 1305 Shelton, E., 11/20/10
- 92 1300 Freel, L., 3/27/10
- 93 1300 Hicks, J., 3/10
- 94 1300 Prater, C., 3/10
- 95 1300 Chimes, L., 3/10
- 96 1300 Barilleaux, C., 6/20/10
- 97 1300 Nguyen, P., 10/23/10
- 98 1290 Castillo, C., 3/10
- 99 1290 Powell, 5/10
- 100 1289 Zahn, N., 1/23/10

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NEXT MONTH » TOP 165s

CORRECTIONS: Andy Bowen's Power Photo of the Month, in the February issue, was actually of his 672 raw squat at the APA Raw Nationals, rather than 800 which was done geared at the Emerald Coast Classic. On the All Time ADFPA/USAPL rankings for the squat, Marc Henry is credited with a 954 squat at the '95 ADFPA Nationals, however, Michael Soong points out that it was actually done at the WDFPF Worlds in Sussex, England. Tom Schott was credited with a 903 squat at the '93 ADFPA Nationals, however, it was actually Tom Bryce who made that lift. Michael Soong also reports that Mike Soong squatted 611 on 6/18/10, rather than 10/17/09 as seen on our TOP 100 for the 132 lb. class. He also reports that correct dates/lifts on that list for Nelson Boutte were 534 314 485 1333, and Christian Isaac Nunez did 507 353 462 at the same IPF Jr. Worlds competition. Linda Okoro is not coached by John Hudson of the University of Houston Downtown, as was stated in the WABDL Worlds write-up in the February issue.

OUR POLICY: If you find errors in our articles, TOP 100/20 weight class rankings or the competition results we publish, let us know at PL USA Errors Dept, PO Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.



NASA EAST TEXAS STATE

OCT 2 2010 » Tyler, TX

BENCH	Raw	High School	MALE	Master I	Submaster II	G. Gantt	Int	R. Durham	Open	H. Thomason	Raw	Junior	I. Gingery	Teen	I. Gingery	Pure	M. Reynolds	Master I	Push Pull	MALE	Junior	I. Gingery	Teen	I. Gingery	Master II	L. Benson	Master I	Submaster II	Open	H. Thomason	Pure	J. Fabela	Powerlifting	MALE	Master I	
242 lbs.	148 lbs.	220 lbs.	220 lbs.	242 lbs.	242 lbs.	242 lbs.	198 lbs.	308 lbs.	242 lbs.	242 lbs.	165 lbs.	181 lbs.	181 lbs.	181 lbs.	198 lbs.	198 lbs.	165 lbs.	165 lbs.	165 lbs.	165 lbs.	165 lbs.	181 lbs.	181 lbs.	181 lbs.	220 lbs.	220 lbs.	308 lbs.	308 lbs.	308 lbs.	308 lbs.	123 lbs.	123 lbs.	123 lbs.	132 lbs.	132 lbs.	132 lbs.

T. Smith	S. McGee	L. Benson	J. Roberts	G. Gantt	H. Thomason	J. Fabela	J. Fabela	J. Roberts	R. Durham	L. Prince	I. Gingery	L. Prince	I. Gingery	M. Reynolds	B. Travis	BP	DL	TOT
413	314	484	528	451	1002	617	617	171	132	123	94	94	297	369				

EPF PAUL WELLER MEMORIAL

OCT 2 2010 » Peabody, MA

BENCH	MALE	DEADLIFT	MALE	Open	Master (44+)	Powerlifting	FEMALE	Open
242 lbs.	165 lbs.	198 lbs.	198 lbs.	181 lbs.	242 lbs.	123 lbs.	123 lbs.	132 lbs.

Open Raw	Raw	MALE	Raw	Open Raw	Raw	MALE	Raw	Open Raw	Raw
275 lbs.	275 lbs.	165 lbs.	198 lbs.	275 lbs.	275 lbs.	198 lbs.	275 lbs.	275 lbs.	275 lbs.

USPF 35TH WEST VIRGINIA STATE

APR 10 2010 » Charleston, WV

BENCH	MALE	DEADLIFT	MALE	Open	Master (44+)	Powerlifting	FEMALE	Open
275 lbs.	220 lbs.	308 lbs.	308 lbs.	242 lbs.	242 lbs.	123 lbs.	123 lbs.	132 lbs.

D. Barnette	L. Rodriguez	K. Calvin	R. Ambrogio	C. Sinclair	G. Sousa	P. Desimone	R. Nagy	B. Walters	S. Atassi	P. Sutphin	D. Walters	D. Hall	M. Lilly	M. Brandys*	L. Orzelski*	C. Sass*	C. Newland	T. Koshi*	A. Aubrey*	B. Czako*	M. Gunjak*	N. Hamp*	M. Handley	R. Cutsinger*	M. Cardwell	T. Pfaendtnr*	
214	151	132	285	255	485	215	402	352	220	507	325	143	137	400	375	465	445	315	425	310	510	445	510	300	520	435	405

Master (50-54)	*=WV State Records	Best SQ Award	Best BP Award	Best DL Award
D. Currence	540	375	551	1465

APA ALL RAW NORTHERN REGIONAL

APR 10 2010 » Monroe, MI

BENCH	FEMALE	MALE	MALE	Teen	N. Wynkoop*	Master II	Witzenman*
220 lbs.	220 lbs.	132 lbs.	132 lbs.	198 lbs.	205	198 lbs.	335

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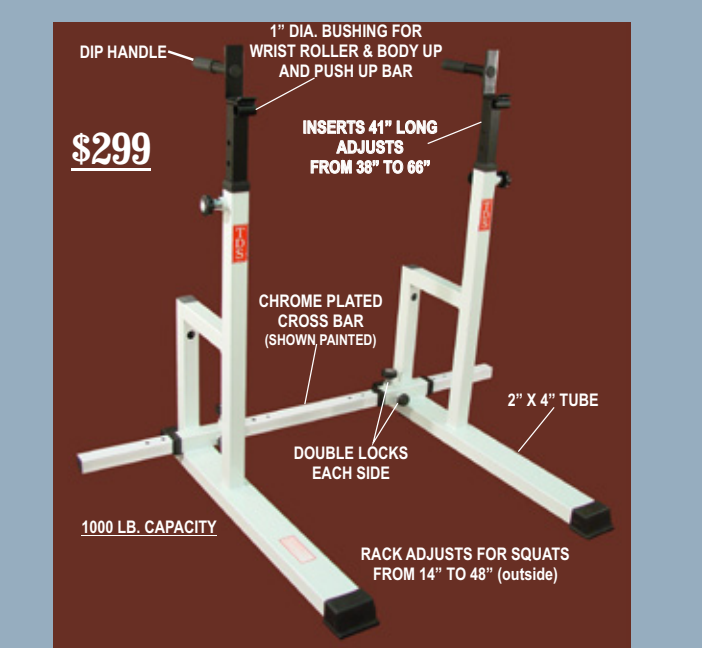
SHOWN WITH C-90656 FID BENCH



SHOWN WITH PLATE HOLDER ATTACHMENT

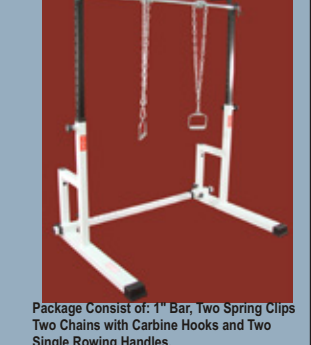


TITAN ADJ. SQUAT / DIP RACK

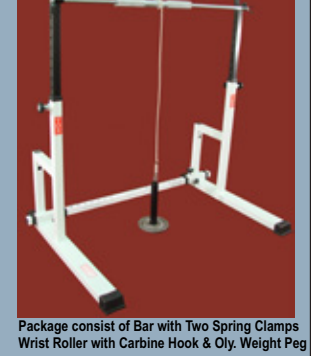


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165 lbs.	198 lbs.	198 lbs.	375	420	795				365	545	910	360	250	430	1040

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TOP FIVE SQUATS PT. 1 »



Jake Anderson uses max effort exercises to boost his squat

tions of band weight. The total is 1,100 pounds with 440 pounds of band tension and 660 pounds of bar weight. The second workout was with 700 pounds of bands and 425 pounds of bar weight. This matches with A.J.'s meet squat. Is this a coincidence? No, not at all.

Using the circa-max phase, Tony Ramos made a squat with 470 pounds of bar weight plus 375 pounds of band tension, which equals 845 pounds at the top. Tony has an 810-pound meet squat. I made 585 pounds bar weight plus 375 pounds of band tension. That adds up to 960 pounds. I made a strong 920 pounds. This shows that band tension of 35-45% works well. As your bar squat goes up, of course the bar weight goes up, but the band tension goes down somewhat. Let's look at the history of Tony Bolognone's squat progress from 1,000 pounds to 1,150 pounds. As your squat improves to 1,000 pounds, the band tension goes from 375 pounds to 440 pounds.

TONY'S SQUAT:

- 600 pounds bar weight + 440 pounds band tension = 1000 pounds
- 650 pounds bar weight + 440 pounds band tension = 1050 pounds
- 675 pounds bar weight + 440 pounds band tension = 1075 pounds
- 690 pounds bar weight + 440 pounds band tension = 1100 pounds
- 720 pounds bar weight + 440 pounds band tension = 1120 pounds
- 720 pounds bar weight + 440 pounds band tension = 1130 pounds
- 720 pounds bar weight + 440 pounds band tension = 1150 pounds

As you can see, there is a direct correlation of Tony's contest squat with the top value of his box squat with the band and weight combinations. I have seen many such results.

After each Friday speed development workout, the lifters use the Reverse Hyper machine and do calf/ham/glute raises, abs, and some kind of lat work. At times, sled power walking, back extensions, good mornings, belt squatting, or light speed pulls can be done. Below is a simple guideline to follow to determine what to expect at meet time based on a box squat record:

800 lb. meet squat	500 lb. bar weight	375 lb. band tension
850 lb. meet squat	550 lb. bar weight	375 lb. band tension
900 lb. meet squat	600 lb. bar weight	375 lb. band tension
950 lb. meet squat	650 lb. bar weight	375 lb. band tension
1000 lb. meet squat	600 lb. bar weight	440 lb. band tension
1050 lb. meet squat	650 lb. bar weight	440 lb. band tension
1100 lb. meet squat	700 lb. bar weight	440 lb. band tension
1150 lb. meet squat	720 lb. bar weight	440 lb. band tension

This will cover most of the population. If you squat 400 to 550 pounds, simply cut the weight and band tension in half. The second workout for the squat also works for the deadlift.

MAX EFFORT DAY

This day is for lifting a max single, the best on that day depending on your level of preparedness. Doing heavy doubles or triples builds strength endurance, so stick to singles. Each week, rotate a special squat, pull, or good morning. There are many special exercises to choose from. This means eventually you will select six to eight lifts to rotate between, not the ones you like, but the ones that work best for raising your squat and deadlift. Below are exercises that Jake Anderson may choose from, depending on which work best for him. All are core lifts.

- Pin 2 rack pull
- Low-box front squat
- Bent-over good mornings
- Band deadlifts with 220 pounds over the bar
- Band deadlifts with 280 pounds over the bar
- Zercher lifts
- Ultrawide sumo deadlifts
- Safety squat bar
- Box deadlifts 2 inches off the box

- Box deadlifts 4 inches off the box
- Rack pulls with 250 pounds of band tension
- Rack pulls with 350 pounds of band tension
- Concentric good mornings
- 14-inch cambered bar low box squat
- Power cleans or snatches

There are countless max effort workouts to rotate between. The max effort day is dedicated to both the squat and deadlift. Just as Jake has learned that some work better than others, you will also learn not only what special exercises will build your strength but also what exercises will tell you how strong you are without doing a real squat or deadlift.

Everyone knows Westside always does box squats. Remember, the box height should be parallel. You must release your hip muscles while sitting on the box. The rest of your body must remain tense. While on the box your chins must be at least straight up and down, or the knees slightly behind the ankles. This overloads the hamstrings and glutes. Always push the knees out to the sides as you lower and rise from the bottom of the squat. A simple tip is to raise the big toe. The best shoe is Chuck Taylors—actually, the best shoe is no shoe.

SPECIALTY BARS

Only use a squat bar on speed-strength day. This is the only way to perfect technique. Other bars should be used only if an injury prevents you from using a squat bar. Remember, use three-week waves for speed-strength work and two-week waves for strength-speed work, and for speed work use some accommodating resistance through the use of bands or chains.

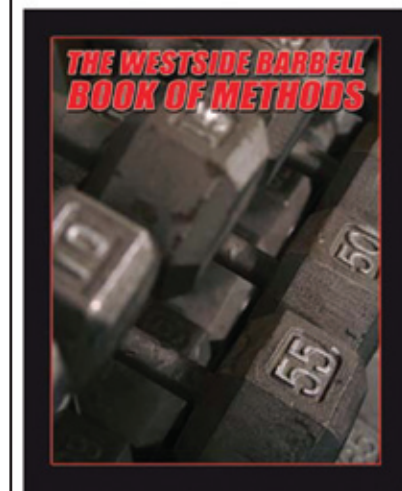
Max effort day exercises must be rotated each week. Small exercises such as lat work of all kinds, lower back, abs, and hamstrings should be rotated when necessary. Check out our DVDs, books, or articles for more information. «



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every other week. My assistance work is abs, pull-ups, overhead presses and some GPP with the kettlebells, sandbags and ropes. Most of my lifting career I used the progressive overload system of training. This only worked for so long, especially as I got older. Fortunately, I was blessed to hook up with my current coach, Matt Gary of SSPT in Rockville, MD, several years ago and he has been writing my programs ever since. He used the Prilepin method with a little bit of Smolov thrown in. Because of him I have had PRs at every meet—some big, some small, and have missed hardly any lifts. I added 67 pounds to my raw total at this year's RUM 4 where I placed third. My geared squat has gone up 16 pounds and my deadlift has gone back up to 402, after having been stuck back in the high 300's for a while. Matt is the genius behind my lifting now—he knows exactly what my body needs in terms of volume and percentages. He also can call my attempts at a meet down to the nearest pound!

Do you follow any special nutritional program?

I used to be a heavy carb person, since I was always an endurance athlete. As I got older this no longer worked for me and my nutritional needs changed. Through my association with Eric Talmant, I got started on the Metabolic Typing diet after some bloodwork and saliva testing showed that what I was eating was not right for my body. Together we found I should be eating more fat and protein as I am a fast oxidizer. So I eat a lot of nuts and oils, Greek yogurt, fish, chicken and beef, and go easy on fruits and veggies, and don't touch bread, pasta, rice or potatoes except maybe a yam once in a while. My supplements include Con-cret creatine, fish oil, Vitamin D, curcumin (for inflammation), Red Yeast rice (for cholesterol lowering), and some adrenal support formula, also through Eric. I also drink Vemma Juice, and have just started using pre-and post-workout drinks from Dennis Cieri's company SSP. I also use magnesium oil topically and melatonin for a good night's sleep. I also drink Muscle Milk when I am too lazy to make a meal.

How many different federations do you lift in?

Over the last 16 years of my career I have lifted in the ADFPA, AAU, Raw United, 100% Raw, USAPL, USPF, IPF, AAPF and IPA. I currently lift in the USPF and plan to do some USPA meets this year as well. I like to do 3 meets a year—one raw (RUM) and a national and worlds. Sometimes I might throw in an extra meet if time and location permit, like the Olympia.

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

Yes, except for the prize money offered for the women's division of a meet and sponsorship for women only meets.

Has treatment of women improved or not during your career?

Yes it has, and thanks to women like Cara Westin, look to more women only pro meets in the future.

What are your best lifts?

Raw squat – 314, bench – 154, deadlift – 369. Equipped squat – 363, bench – 184, deadlift – 418.

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

I have worn Titan and Inzer, having been sponsored by both companies at different times in my career. I don't get a lot from my gear, and most of my suits and shirts are old to make matters worse. I guess I prefer Titan dual quad for squats, Inzer Phenom for benches, and the Inzer Max DL for the deadlifts. I can wear either company's knee or wrist wraps. I just got a new Super Katana shirt, and hope maybe I can bring my bench up with some practice in it. For raw meets, I wear either Rehbands or APT Convicts depending on the rules of the federation hosting the meet.

How would you advise someone new to the sport?

GET A QUALIFIED COACH! Get a good training program! Get a raw base before using gear, and it also wouldn't hurt to have a crew to lift with.

What are common mistakes you see lifters make?

Poor attempt choices at meets, missing signals (e.g. press, rack), wearing gear before they even have a solid raw base of strength, not having good training programs or qualified coaches and bad mechanics.

Is the Internet good or bad for powerlifting?

Both. There is great information to be had out there, but the haters and Internet judges and the bickering between all the different feds still exists... but that's just freedom of speech anyway, and applies to just about everything on the Internet.

What do you think of the current state of powerlifting?

Too many federations and out of control gear.

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

Probably not in my lifetime.

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

Joe McAuliffe, Pat Susco—my training partner and a true veteran of this sport. Sioux-z Hartwig, Linda Jo Belsito, Brad Gillingham, Johnny Graham and so many others I have met over the years—can't name them all!

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

The popularity of raw lifting and how crazy the gear has gotten.

Does a powerlifter need training partners to succeed?

I would say yes, but then when I see freaks like Eric Talmant and Mike Tuscherer and Sabre Schnitzer—who train solo—perhaps not!



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

More meets at a local level, especially here in NYC where there are virtually none. Maybe more media coverage like at RUM.

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

Deadlifting 418 pounds in the Czech Republic in 2000. Also, competing on the big stage at the Arnold Raw Con-cret Challenge in 2009.

Do you have any other comments?

I just want to thank all the people who have contributed to my lifting performance over the years: my chiropractors and massage therapist at 7th Ave. Rehab in NYC, my ART guy Joel Arbouet, my bodywork specialist Delma Oliveras, and my training partners/spotters/loaders who get me out of bed early Saturday mornings, Pat Susco and Jose Montalvo. Also, Eric for his nutritional guidance and friendship and most of all my coach Matt Gary and his wife—the amazing Sioux-z Hartwig-Gary—for their training and spiritual guidance. ☺

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and say “what the #&%!& are you thinking, or trying to do?” Instead, say something like, “I need an explanation of what you’re trying to accomplish because I’m seeing it a different way and we need to discuss it.” It really does keep the “drama” quotient down in my life, and as Dr. Judd can tell you, when your whole life is in harmony, your lifting will go better too. Another way to put this concept is: “Be kind to people; everyone is fighting their own battle.”

DAVID RICKS: The most impact to my life has been my father. He had a brief career in the Air Force, then a long career in the post office and then was the first African American Safety Director for our hometown. He lives with the basic principals of doing your best no matter what type of job that you are doing. Integrity and your good name is something you cannot buy.

SPERO TSHONTIKIDIS: After returning home from Afghanistan, my body was not physically able to incorporate most of the traditional movements powerlifters use in their training. I had extreme difficulty as a result of an injury sustained on my final parachute jump prior to deploying, and have permanent nerve damage in my left thigh has a result from a surgical procedure I had while deployed.

I was fortunate to meet Eric Talmant and Dave Bates and be introduced to the Sheiko

routine that Dave utilizes with the athletes he trains. Dave was able to create a routine for me that focused solely on the three competitive lifts, and it has been a Godsend with regard to my injuries. In addition to the routine itself, both Eric and Dave stressed the importance of focusing on my form and technique in an effort to overcome the physical challenges I now face. Since working with Eric and Dave, my lifts have improved dramatically, and I do not have the pain that I experienced prior to beginning the Sheiko routine. And while I am not an “elite lifter” by any stretch of the imagination, their advice and support is forever appreciated. Thanks guys!

WADE JOHNSON: Chuck Forseman, a training partner for years until his passing, pulled me aside when I was frustrated and said to me, “You can do this, I believe in you and you are going to do great things.” It helped me get back on track for a meet I was training for and something I think on from time to time when I’m frustrated or not making progress on a project.

AL SIEGEL: Captain Popajohn, an instructor at CCNY’S ROTC program, taught us over 50 years ago about getting something done and/or improved. You must take the bull by the horn and do what you need to do to accomplish your own goals. It was summed up with ten two letter words which I still follow today. IF IT IS TO BE,

IT IS UP TO ME. Just a side fact: General Colin Powell was told the same words by the same officer, a year earlier than me.

MIKE MCDANIEL: Advice from Larry Mistrich back in 1985: “If it’s on your training schedule, you do it. It doesn’t matter how good or bad you feel that day. Just stay on your schedule. That way when you get to the meet you are prepared, and how you feel doesn’t matter.”

BOB GAYNOR: Early in my career I was fortunate to train with the legendary Big Jim Williams. Jim would say when there is fear in lifting heavy weights, bad things can happen. To quote Jim, “To overcome the fear of big weights, one must lift big weights and get used to the feel. Respect, but don’t fear the weight.” Other great lifters, such as Don Reinhoudt and Joe White, have quoted Jim in their training articles.

It is pretty simple; by doing things you fear, you overcome the fear of them. This can apply to life as well as lifting. «

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.



BRIDGES



MCNABB

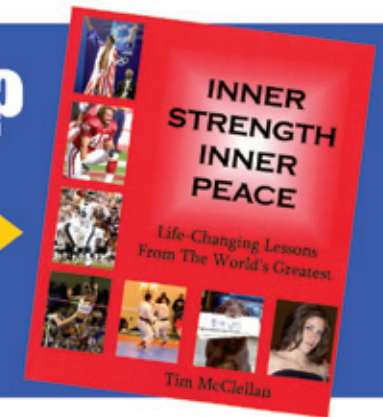


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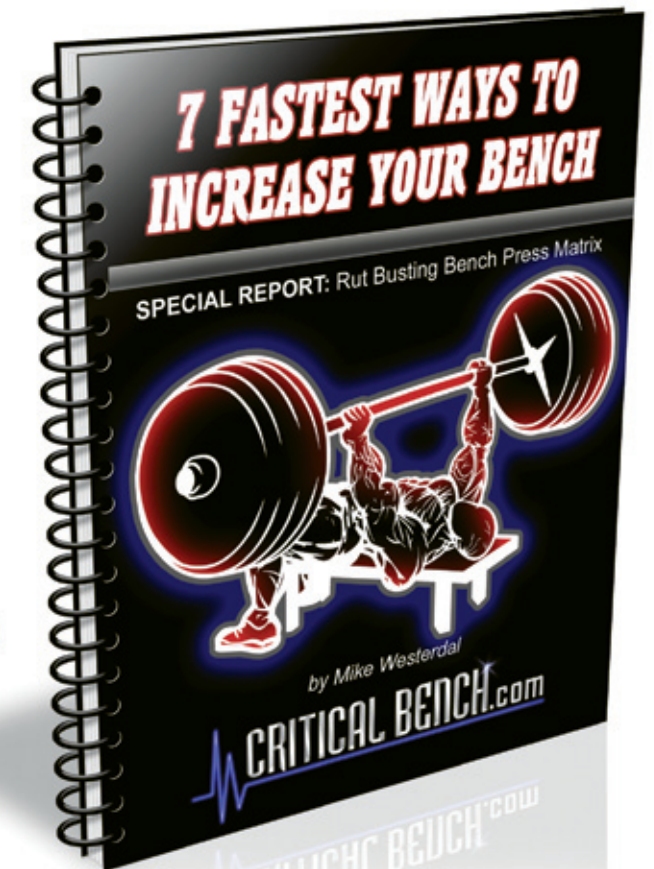
Here are some tips you can use right now to increase your max in the bench press and set a personal record.

Implement some or all of these techniques next time you workout to bust through your own bench press rut and add pounds to your one rep max.

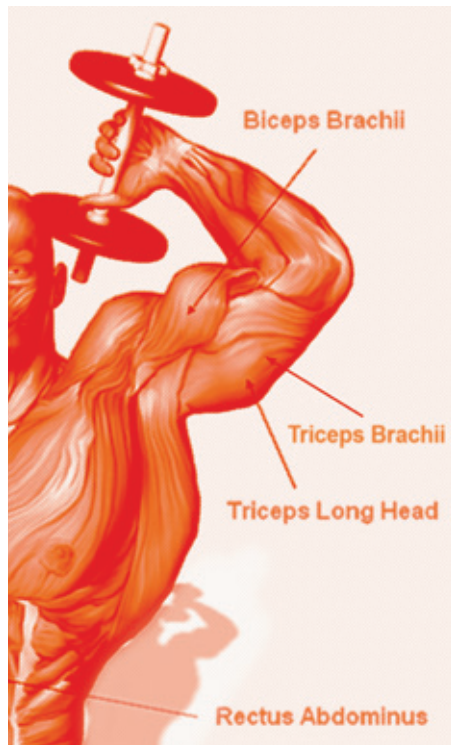
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Tricep anatomy (c. www.freefitnessguru.com)

Let's go over some basic tricep safeguarding:

1. KEEP YOUR ELBOWS WARM: Before you get to the gym, take a hot shower and run warm water over your triceps. Now, put Icy Hot on your triceps and elbows. The Big Evils says to dress in layers; put your t-shirt on, then put neoprene elbow sleeves on to lock in the heat. Finish off by putting a baggy sweatshirt over top. When you get to the gym do a few minutes of cardio to get the blood flowing. Once you get nice and warm finish off with some light tricep push-downs to really warm up your triceps, again nothing heavy, just a few sets to get you warmed up. By now you should be nice and warm and ready to blast your triceps.

2. POST WORKOUT ICE: As important as it is to keep your triceps warm during the workout, the Big Evil says it's also very important to ice your triceps post workout. Ice will help relieve swelling and tendonitis along with helping the muscles to recover faster. I used to love to get garbage bags and fill them full of ice and just cover my whole elbow with the bag. I would go for as long as I could stand it (maybe ten minutes or so). Believe the Big Evil when I tell you, ice will really help with your recovery. On a few occasions I would go to California University of Pennsylvania's sports medicine facility and take ice baths up to the neck. I don't recommend this to everyone. It takes some mental toughness to be able to handle this extreme therapy,

but the benefits are well worth it. REMEMBER, ICE HEALS!

3. DIET, SUPPLEMENTATION, DEEP TISSUE THERAPY: You want to make sure you are eating right and supplementing your diet with ample amounts of protein and multi vitamins. This will not only help your triceps recover, but your whole body as well. The pounding you put on your body during heavy power training is great and your body will never fully recover without nutritional supplementation. GNC has just come out with a new line called BEYOND RAW which was specifically formulated for the needs of hardcore powerlifters. Check it out at www.gnc.com. The Big Evil is using it himself. I have noticed tremendous gains in the past month with recovery and overall strength gains with this product. Give it a try and when you order, tell them the Big Evil sent you and ask for the Big Evil's Lair discount. The Big Evil says to not forget weekly deep tissue therapy sessions on your triceps, especially at the elbow insertion. Do this right after your workout (or soon after) so you have almost a full week to recover from the session.

Now that we know how to safeguard our triceps from injury, let's get into the exercises themselves. First let's start with the pressing movements, then move along to the extension work.

CLOSE GRIP BENCH PRESS: The most

important tricep exercise you can do for your bench press. The Big Evil says to keep your index finger where the smooth meets the knurling on the bar. You don't want to have your grip in too close because your working triceps here, not seeing how bad you can traumatize your wrists and forearms. At this grip, your arms should be right at your sides, which brings up another good point. Keep your elbows at your sides and don't flair them out at the bottom part of your bench press with a Rage X or a Phenom (bench shirt)—that's where your elbows are, right? So the Big Evil says practice like you play. There are many variations you can do with the close grip bench. Board presses, chains and bands along with changing the decline or incline of the bench is yet another variation choice you can make while performing close grips. The Big Evil says to experiment with these different variations and find the ones that work best for you. Also, you want to be careful not to over train so from time to time you might want to switch up these variations to keep your workout fresh and moving forward.

FLOOR PRESSES: Louie Simmons introduced me to these in 1996 and I have been a firm believer in them ever since. Keep your grip the same as the close grip, but now you will be lying on the floor with your triceps touching the ground while keeping the bar elevated a few inches over your chest depending on your arm

length. The sheer power that it takes to start the bar from this dead position is what builds massive tricep power. Again take great care in keeping injury free and keep the spotters on close stand by. Bands and chains can be used for this exercise as well.

JM PRESS: JM Blakley was ahead of his time in bench pressing innovations back in the day. The JM Press is a lift that he invented where you actually bring the bar higher up by your throat, then press it up like a extension. I think Louie Simmons' *Westside Book Of Methods* covers this exercise; check it out for a more thorough explanation of its execution. As you can imagine, these suckers are very tough, but if you want to hang with the Big Evil, you better be tough yourself.

On to the extension exercises. Here are a few of the Big Evil's favorites.

EZ CURL BAR TRICEP EXTENSIONS: This one exercise has been in my arsenal of tricep training for over twenty-five years. I learned these from the great Ted Arcidi and these, by far, are my favorite tricep exercise. They really beat the hell out of your triceps, but they really enhance your bench pressing power. Using a curl bar, take the inside grip and perform these to the nose, not the forehead. This will really focus on the lower tricep which we discussed its importance earlier on. This is an awesome exercise.

ROLLING TRICEP DUMBBELL EXTENSIONS: Another exercise I picked up from Louie Simmons during a 1996 visit to Westside Barbell. I have seen many different variations to this exercise, but the Big Evil has always used the same format he was taught. Seven sets of eight reps with only a forty-five second rest between sets. Also, you should do these lying on the floor for better stability. Pull your elbows in during the set as you will find it harder to do as the sets progress and you become fatigued. Also, put the dumbbell flat on the ground between reps instead of just touching the head of the dumbbell to the floor. This exercise will really thicken and strengthen your tricep muscles beyond belief. Give them a try and you will see, the Big Evil knows his tricep work.

The Big Evil has given you yet another tool to help you in your quest for bench press supremacy. Remember, the stronger your triceps become, your bench press will not be far behind. The Big Evil says it, so it is so. This month on Big Evil's Lair we will have some highlights from the Arnold Classic and you never know who may end up on the show this month. Check us out at www.bigevilslair.com to find out. As always, we bring the greatest powerlifters on earth to you every month for your entertainment and training knowledge.

Until next month, adios and *Believe to Achieve!* «

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Derek benching 560... what will he hit during his next meet?

this sport and getting my elite total at this meet was the first step.

You have the reputation of being a very hard working strength athlete. How do you balance college, work, family life and still manage to train heavy and consistently?

I do have a lot on my plate. I train either early in the morning or on the weekends so that it doesn't get in the way of work and school. The most important thing to me is to not let any one thing take too much of my time and I make sure that I always have time to do my homework and spend time with my family. Yet, at the same time I have an awesome family and boss who understands the commitment it takes to achieve in this sport and they do whatever they can to assist me with my training.

How important is the mind in powerlifting?

In training, people make many errors, whether it's over training, training wrong, or just following some basic program not even designed for them (which is an automatic set up for failure). The first thing people need to realize is that no one way is going to work for everyone and it's very important to know what your individual training needs are as well. Then you need to know what movements you need to do and why. Blindly following a program without understanding the ins and outs will never turn out well. So it is very important to use your brain when it comes to training so that you don't just aimlessly waste your time in the gym.

You're pursuing a career in education. What do you want your students to remember most about you?

The most important thing I would ever want my

students to know is that no goal is too big and if you want something bad enough and are willing to do what it takes to achieve it, then anything is possible.

Being a young man, you have huge hopes, dreams and goals ahead of you. Describe who Derek Wade will be ten years from now.

Wow, ten years from now I would like to be teaching and coaching football somewhere in the Cincinnati area. As for my powerlifting career, I would like to have achieved over a 3,000 pound total, even though I know that is a huge number. I'm 20, we'll see what happens at my next meet, but if I put an average of 80-100 pounds on my total each year I believe it is possible.

You train primarily at the Sweatt Shop in Cincinnati. What's that like?

Training at the Sweatt Shop is like nothing I have ever experienced for multiple reasons. For starts, Shane and Laura, the owners and my coaches, are amazing. They bring years of hands on experience, world records, and a knowledge base second to none. Most gyms that claim to be hardcore powerlifting gyms may have the mono lift, chains, and bands. They might scream at you and hit you right before you go and maybe even cuss you out if you miss a lift. That angry "kill or be killed" mentality may work for some people, but at the Sweatt Shop they actually teach you how to improve form and how to train. I can remember one instance where I missed a bench. Instead of screaming at me and hitting me in the face, Shane tweaked my form and I hit 3 more attempts after my miss. I think it's the knowledge base and training style he has that makes him a

tremendous coach.

Let's get down to training. What does a typical week look like for you? You just seem to hit PR after PR! Tell us about that.

My training is 4 days a week, one dynamic effort and maximum effort—upper and lower body—per day just like the basic conjugate method. As for the big PRs each week, I owe that all to Shane's training. It is truly unreal. Every week is completely different from the last and not only does it make you stronger physically, but mentally as well. I go into each workout jacked up and not saying, "Damn, I really want to hit a PR," but "Damn, I can't wait to see how big of a PR I'm going to get!" Because of this I have put almost 500 pounds on my total since I started training with him and have hit a PR increase of 50 or more pounds on over 30 different movements.

How important is good coaching?

Good coaching is the most important aspect of this sport. We can all read training logs and watch videos of people on the Internet, but then once you're in the gym you're all alone. I'm lucky because when I go to the Sweatt Shop and train with Laura Phelps-Sweatt, I get to train with the freak on the Internet. She has really helped tweak my form on just about every movement and it has paid real dividends. Also, we all have questions about different ideas or things that are posted on the Internet and I'm very lucky because Shane has a tremendous knowledge base and can answer any question and fix any flaw in your training, or get you the right supplement to complete your diet and because of this I have really started to gain some good weight.

What do you do for conditioning/GPP? What is the most insane thing you do (or have done) in the gym?

My GPP comes from a few things, ranging from speed work, sleds, pushing the prowler, super sets, and above all a high work load of auxiliary movements that follow my main movements. As for the most intense thing I have ever done, that is tricky because we train pretty hard, but I'd have to say squatting with the safety squat bar with purple, green, and blue bands pulling against me off a box. Not only is that more band tension than most people can squat, we are using a safety squat bar which tries to push you forward. In addition, we've killed momentum because you have to fire up from the box.

What are the five most significant things you've learned from training with Shane and Laura?

It's difficult to pick five because I have learned so many valuable things, but if I had to pick five it would start with how important a good diet actually is; you have to feed the body for it to grow.

Second would be how important it is to train your abs. They're the most important thing in the deadlift. As my abs have gotten stronger so has my deadlift.

The third is how important speed training is. Not only does it help build explosion, but also the connection between it and the central nervous system.

The fourth would have to be the training itself; such as what movements to do to fix certain weaknesses and how pick things your bad at to train and avoid things you're good at, so that when what you're bad at is what you're good at, your lifts skyrocket.

The fifth would be the importance of technique. Even though you may be strong, you have to be in a good position to lock it out and can't always rely on brute strength.

What impresses Derek Wade?

What impresses me is not lifting big weights, but the people in the weight room who may not be the biggest or strongest, but show lots of heart and dedication and strive with everything they



Derek working up a sweat in the Sweatt Shop

have to reach their goals.

What sets you apart from other young lifters?

I think that like most young lifters I have big dreams and goals, but what sets me apart is I am lucky and blessed enough to have found some amazing coaches who care about their lifters and have the knowledge and resources to get me to where I want to be.

What advice would you give to teenagers starting out? What are the most common myths/mistakes they should avoid?

I would have to say that the most common mistake that teenagers make is that they either over train or train incorrectly. With that being said, the number one tip I could give them is to seek expert advice and understand all aspects of their training.

What's your favorite part of being a powerlifter?

My favorite part of being a powerlifter is the constant challenge with yourself of reaching new PRs and the feeling of smashing an old PR.

Do you follow a specific diet plan?

I eat between 5 and 7 meals per day. The biggest pain in my diet is trying to get the appropriate amount of protein and other nutrients in order to help my body recover from the constant beating I put it through.

What supplements (if any) do you use?

The main supplements I take are protein, creatine, fish oil, and a multi vitamin. The biggest misconception in today's programs is people worrying too much about what people are using or what they should use. Just eat and fuel your body, then the supplements are a boost on top of that.

How do you envision the future of powerlifting?

I believe that this sport will continue to grow and that the training will continue to improve and I can't wait to see the numbers lifters will hit in the future.

What do you want the powerlifting world to know about Derek Wade?

If there was one thing I want the powerlifting community to know about me it would be that I'm not just another guy hoping to hit a big number and that I'm for real. I have some pretty high goals and am willing to do whatever it takes to achieve them.

Derek, it has been great interviewing you today. In closing, is there anyone that you would like to thank?

There are many people I would like to thank, but above all I would like to thank my coach Shane Sweatt for many reasons. Right before training at the Sweatt Shop I had a few personal things happen to me and my overall self confidence was at an all-time low. Shane showed me in life there are things you just can't change and how to roll with the punches. He helped me regain confidence in myself. On top of that Shane has helped me so much in my training. He calls me at all hours of the day and night to set me up with my workouts. There are many times where he has stayed late on a Friday or opened up on his day off to help me and even has let me crash at his place so I could train with him. He has taken my training and super charged it and helped me get numbers that I have never thought possible. He has shown me a whole other side to this sport and without him I would never have gotten to this point. I am truly thankful for everything he has done for me. «



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QUESTIONS ANSWERED »

learn proper exercise technique and qualified professionals closely supervise and administer each test.”

The second is the *Policy Statement* from the *Council on Sports Medicine and Fitness of the American Academy of Pediatrics*. In this paper they state:

“When children or adolescents undertake a strength training program, they should begin with low-resistance exercises until proper technique is perfected. When 8 to 15 repetitions can be performed, it is reasonable to add weight in 10% increments. Increasing the repetitions of lighter resistance may be performed to improve endurance strength of the muscles in preparation for repetitive motion sports. Exercises should include all muscle groups, including the muscles of the core, and should be performed through the full range of motion at each joint. For achievement of gains in strength, workouts

need to be at least 20 to 30 minutes long, take place 2 to 3 times per week, and continue to add weight or repetitions as strength improves. Strength training 4 times per week seems to have no additional benefit and may increase the risk for an overuse injury. Proper technique and strict supervision are mandatory for safety reasons and to reduce the risk for injury. Proper supervision is defined as an instructor-to-student ratio no more than 1:10 and an approved strength-training certification, as discussed in Table 2. Proper 10- to 15-minute warm-up and cool-down periods with appropriate stretching techniques also are recommended. Guidelines have been proposed by the AAP (as follows), the American Orthopaedic Society for Sports Medicine,³⁸ and the National Strength and Conditioning Association.^{39,40”}

I've also included some abstracts.

The bottom line is that although I don't

disagree with doing well supervised 1RM to measure strength gains, you just can't jump into a 1RM without going through a habituation period—and that means lower weights and more reps for a time before doing the 1RM. And putting aside the 1RM method of gauging current strength and progress, your son, and all children and adolescents, still should have had to go through a gradual process similar to the one you have put him through. In my mind it's the best way to build a base for future strength and mass gains, and the best way to decrease injuries down the line.

Best regards,
Mauro

DEAR MAURO: Things are going well weight-wise. Still staying at 230, which is fine. I saw you had an article on supplementation in PL USA this month and it seems different than what you have on the directions for GHboost and TestoBoost.

I have been taking GHboost in the morning and LipoFlush first thing in the morning along with two TestoBoost. After breakfast I take Inside Out, Metabolic and MVM. Same for after lunch. I was taking the Resolve before my workout too. I just ordered the PowerDrink and ThermoCell. I don't want to get to crazy with the supplements, but I want to get a little more boost for my workout. Lately I have been lethargic.

I switched to training three days instead of two. Saturday is a squat\deadlift day, Monday is for bench\accessories, and Thursday is bench\accessories.

Can you give me a breakdown of how I should be using the supplements? I'm thinking I need to increase the TestoBoost and GHboost.

Also, it seems like the supplements are kicking in later on after the workout. I did take 3 GHboost tonight before my workout and 3 after my workout along with 3 TestoBoost. Seems like it has my metabolism rolling now after lifting over an hour ago.

I feel like I'm floundering here. I want to get the most out of my workouts with the supplementation I'm on.

If you can help that would be great!
Thanks,
Ron

RON: There are a number of ways to use my supplements, some more flexible than others. I'll be outlining some of these in my *Elite Performance Newsletter*, which as you know you can download/read from www.ElitePerformanceNewsletter.com.

Resolve, for example, is mostly used prior to training and has special effects when used that way. There are people using Resolve as a pickier upper at different times of the day for various reasons, for example, as an energy pick me up.

As far as GHboost, it can be used before bed, and before and after training. The amount you take is dependent on what you need and how they affect you. For example, some athletes use GHboost before and after training and

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before bed on days they don't train.

Just to let you know, in testing I found that one dose of 5 tabs taken nightly had the similar effects of IGF-1 levels as 3-4 IU of GH taken daily. Two doses, taken before training and before bed raised that to around 5-6 IU per day. I didn't measure the effects of GHboost at higher doses, but I would assume that taking an extra dose would raise the effects by another 20 to 30 percent, although since there's a point of diminishing returns with higher doses, it may only increase the effects by, say, 10%.

Regardless of the effects of GHboost in raising GH and IGF-1, GHboost used with Amino after training is very effective in prolonging the anabolic response after exercise, and even more so if used after training along with food/supplements low in carbs, thus producing a synergism between GH, IGF-1, hyperaminoacidemia, and insulin, secondary to prolonged post exercise insulin sensitivity (see the second issue of my *Elite Performance Newsletter*, pages 155 to 163).

Also, the use of TestoBoost (see <https://www.mdplusstore.com/pdfs/testoboost.pdf>) acts synergistically with GHboost and the above effects I described, to increase the anabolic response. For more information on this, have a look at the third issue of my *Elite Performance Newsletter*, pages 50-54.

As far as the supplements kicking in later, that's not a bad thing as it seems that in you the supplements have a prolonged action. In your case it might be worthwhile to take the pretraining supplements an hour or so before training to not only prime your metabolism prior to working out, but prolonging the effects through and after your training session.

Supplement regimens can vary dramatically depending on the individual. I've written a suggested regimen for you below that should get things moving. Try this regimen out and let me know after a few weeks how you're doing and we'll make changes if necessary, perhaps cutting back on some, increasing others, etc. However, don't hesitate to write at any time if you have any questions, especially after reading some more on the supplements, or want to know more about the supplements and how to take them. Also keep in mind that there will be more information on why, how and when to use the sups in upcoming issues of *EPN*.

Best,
Mauro

SUPPLEMENTATION REGIMEN

In the morning during and around breakfast:
- 2 MVM

- 2 EFA+
- 2 LipoFlush
- 2 InsideOut

With lunch:
- 2 MVM
- 2 EFA+
- 2 InsideOut
- 2 LipoFlush

An hour or so before training:
- 3 GHboost
- 3 TestoBoost
- 3 Resolve
- 3 ThermoCell

During training:
- 1-2 scoops of Power Drink in water

After training:
- 4 GHboost
- 3 TestoBoost
- 12 Amino

With supper:
- 4 Metabolic

On days you don't train, take 5 GHboost and 4 TestoBoost before bed. ☺



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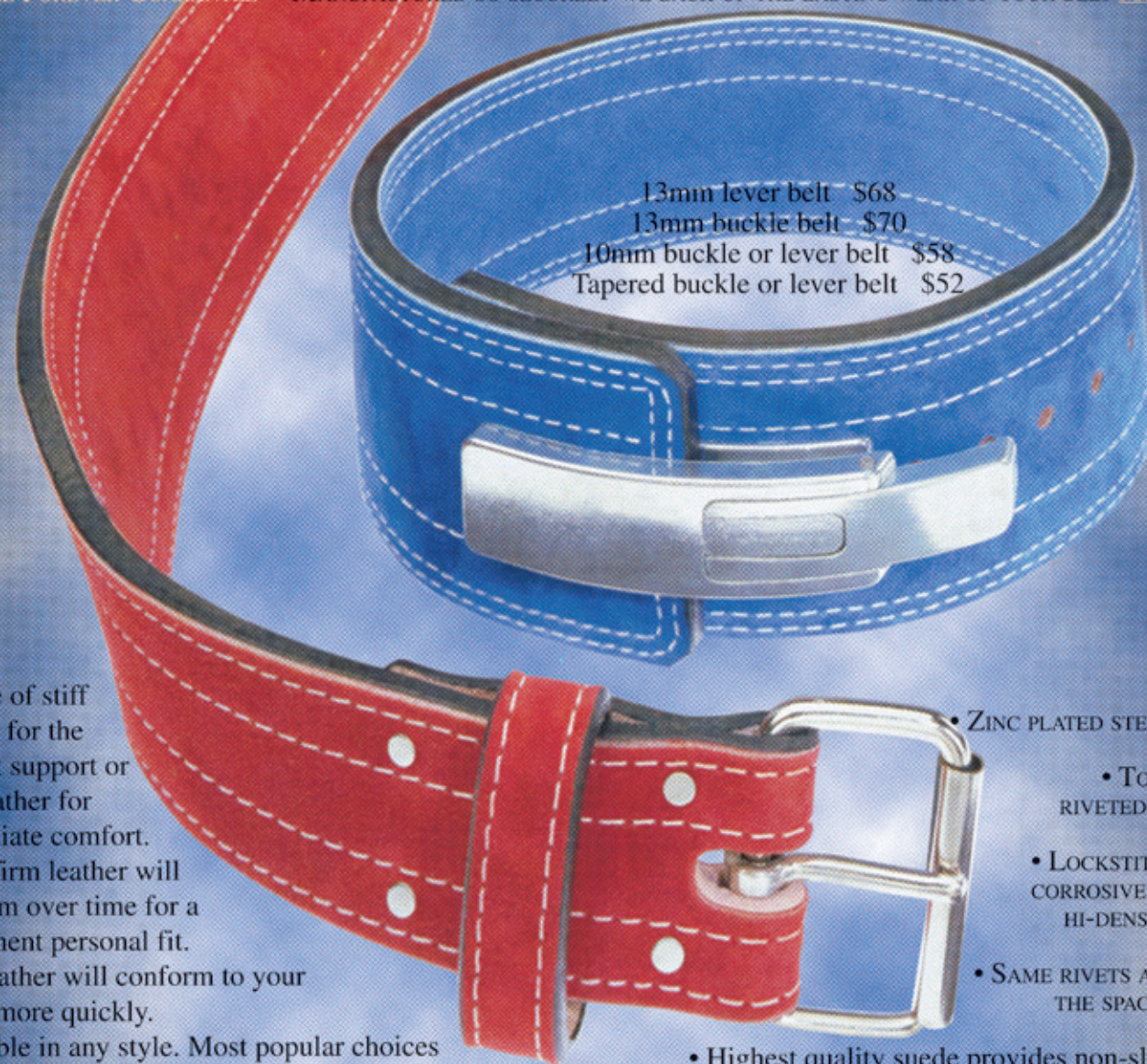
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