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While he claims to have been at his strongest in 2004, Donnie Thompson continues to make record lifts
courtesy Mike Lambert/PL USA





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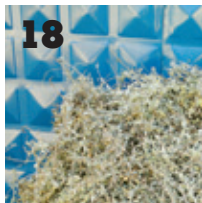


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Donnie Thompson squats an incredible 1,260 pounds at the 2011 SPF North Myrtle Beach Classic
photo courtesy Donnie Thompson



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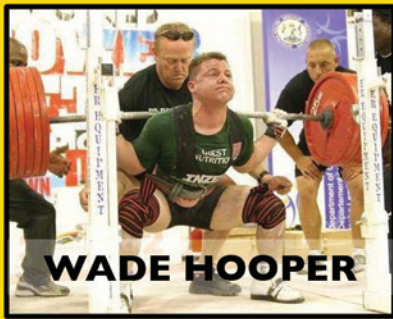
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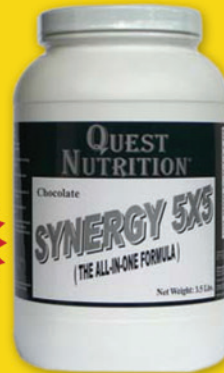
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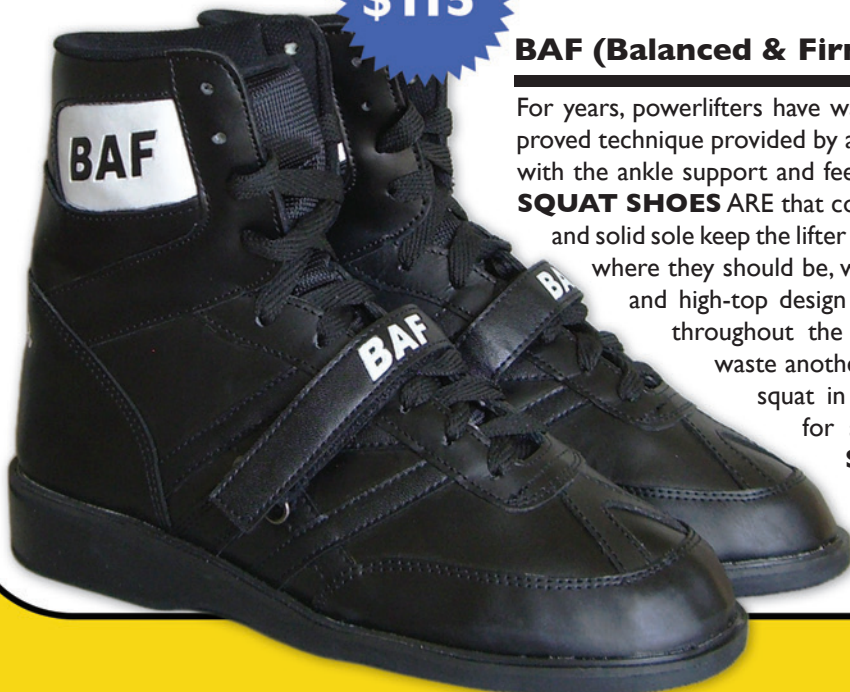


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Other TEAM MHP Athletes: **VLAD ALHAZOV** – World Record Squat: 1,250 lbs. @ SHW. **RYAN KENNELLY** – Greatest Bench Ever: World Record 1,075 lbs. @ 308 lbs. **BRIAN SIDERS** – IPF World Record Total: 2,601 lbs. @ SHW, USAPL Record Total: 2,650 lbs.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

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ZYDRUNAS SAVICKAS SETS 3 NEW GUINNESS WORLD RECORDS

Two-time World's Strongest Man Zydrunas Savickas has set three new Guinness World Records for strength events in the space of 6 weeks. The MHP sponsored strongman first set the new world record in the Car Carry in mid-March when he hoisted a 400 kg. (880 lb.) car and carried it 20 meters in just 14.44 seconds.

Just a few weeks later, on April 14th, the Lithuanian resident crushed the Farmer's Walk world mark as part of the Strongman Champions League series that is being filmed for the Guinness TV program in Europe. The test was a carry of 150 kg. (330 lb.) in each hand for 20 meters. Zydrunas was the fastest in 7.55 seconds—a great speed with 300 kg. total (660 lb.) in his hands!

Then, on April 22nd, Big Z returned to Milan to set another Guinness World Record in the Plane Pull. The 6-foot-3-inch, 380 lb. powerhouse strapped on a harness and pulled a jet weighing a whopping 10,100 kg. (22,220 lb.) a distance of 25 meters in just 49 seconds.

Between these amazing feats of strength, Zydrunas traveled to Germany to crush the competition in winning the FIBO Strongman Classic on April 16th. He also won the Iceman Challenge in Finland in early March. In September, Big Z will defend his two consecutive World's Strongest Man titles.

Zydrunas relies on MHP supplements to compete at an elite level month after month. His favorite products include Up Your MASS, Dark Matter, NO-BOMB, BCAA 3300 and TRAC Extreme-NO. «

» Steve Downs, Marketing Director, sdowns@max-performance.com, www.mhpstrong.com



Strongman phenom Zydrunas Savickas
(MHP photo)





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

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PACK ON MUSCLE WITH POWER PAK PUDDING!

as told to Powerlifting USA by MHP Research Staff

You might think this is some kind of a joke—pudding for building muscle? Yeah, right! Well, think again... With the introduction of MHP's new high-protein Power Pak Pudding, you can satisfy your chocolate cravings while packing in 30 grams of highly bio-available protein per serving!

This is where MHP's ready-to-eat Power Pak Pudding comes into the power building equation. Not only is it delicious and convenient, each serving provides 30 grams of the highest quality protein isolates to help satisfy every powerlifter's protein needs. The potent combination of highly anabolic milk protein isolate and soy protein isolates provides high levels of BCAA and arginine, is extremely digestible and is quickly and easily assimilated

“Not only is it delicious and convenient, each serving provides 30 grams of the highest quality protein isolates to help satisfy every powerlifter's protein needs. The potent combination of highly anabolic milk protein isolate and soy protein isolates provides high levels of BCAA and arginine, is extremely digestible and is quickly and easily assimilated into muscle tissue for maximum growth and generation of strength.”

into muscle tissue for maximum growth and generation of strength. These isolates contain no lactose, which means you'll have no gastric issues if you are even mildly lactose intolerant.

And speaking of stomach problems, Power Pak Pudding contains no sugar alcohols—a major gastrointestinal offender that's part and parcel of every protein bar you eat. So the elimination of lactose and sugar alcohols means you can enjoy this scrumptious pudding every day without bloating, gas or commode exploding diarrhea. Furthermore, Power Pak Pudding contains no unhealthy trans fats.

POUND-FOR-POUND

THE MOST POWERFUL PROTEIN SNACK

For the super-heavies out there, scarfing down loads of protein and calories every day comes without consequence. But for most guys who need to make a weight class, every

calorie counts. Power Pak Pudding is a heaven sent powerlifting miracle food! This delicious pudding supplies 30 grams of the mass packing protein you need at just 190 calories and 0 sugar! So you don't have to worry about sacrificing your protein intake just to make weight. With Power Pak Pudding, you can feed your muscles and satisfy your sweet tooth anytime without having to move up a weight class or two!

“Power Pak Pudding gives me the protein I need without tons of calories I can't afford,” says raw and shirted all-time bench press record holder Joe Mazza. “I need to step on that scale at 165 pounds, but I must be as big and strong as I can. I carry a couple of cans of pudding with me at all times so I can get my

stay strong and play hard. “Since finding Power Pak Pudding, I've had my players eating cans of this stuff every day,” says legendary strength coach Joe Carini.

Likewise, 2-time World's Strongest Man Zydrunas Savickas and 2011 Arnold Strongman Classic champion Brian Shaw both admit to snacking on Power Pak Pudding to meet their high protein needs. “I love Power Pak Pudding,” says Shaw. “It's a convenient and delicious high protein supplement.”

The nutritional profile of this on-the-go protein snack is as close to perfect as you can get. While boasting just 190 calories, this sugar free pudding contains only 9 grams of carbohydrates and a modest 4.5 grams of fat. It also supplies 50% of the recommended daily value of calcium



protein even when I'm on the run.”

Multiple powerlifting total world record holder Shawn Frankl agrees. As another hardcore lifter who has to stay lean to make weight, he has added Power Pak Pudding to his nutritional program. “This stuff tastes great!” he says. “I get all the protein I need without tons of calories that would make me fat. Power Pak Pudding is my new powerlifting secret weapon!”

On the flipside, every powerlifter and strength athlete will benefit from the high protein content of Power Pak Pudding, no matter what their body weight. Even pro football linemen like BJ Raji of the Super Bowl champion Green Bay Packers, Gary Gibson of the St. Louis Rams and the NY Giants Pro Bowl tandem of Chris Snee and Shaun O'Hara rely on Power Pak Pudding to supply the muscle building amino acids they require to

per single serving can.

Best of all, ready-to-eat Power Pak Pudding comes in a pop-top can that tastes great at room temperature and requires no refrigeration before opening. That means you can stuff a few of these delicious high protein treats in your gym bag so you can supply all the muscle building amino acids you require immediately after training or anytime you need a shot of highly bio-available protein.

Power Pak Pudding is the perfect high protein snack for powerlifters and strength athletes. Need proof? Pop open a can of this scrumptious pudding and feed your muscles with 30 grams of protein. Supplementing with muscle building protein has never been easier or more enjoyable!

For more information on MHP's new delicious, high protein Power Pak Pudding or to purchase a six-pack of single serving cans, log onto MHPSTRONG.com. <<



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TOP FIVE PT. 3: DEADLIFT

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

Before bench shirts, there was a saying, "The meet does not start until the bar touches the floor." At Westside, we have always had very good deadlifters: 18 at 800 pounds or more; the top five average is 845 pounds. How does Westside train the deadlift and the squat without them interfering with each other? How can the deadlift be kept explosive? These are two questions that are asked over and over. Here are the answers to both.

The speed pulls are done on Friday after squatting. Squats are done for speed strength development 90% of the time. Multiple sets are done on a box with a combination of weights, bands, or chains for accommodating resistance. About 50% of the time speed deadlifts are done after squatting. There are two methods that we alternate.

Speed pulls can be done in the rack with a conventional stance. The plates are 2, 4, or 6 inches off the floor. We double up mini-bands for up to a 500-pound deadlift. The monster mini or light bands are doubled up as well. Monster minis yield about 250 pounds at lockout. The light bands add 350 pounds at lockout.

For building speed strength, 6–10 singles are done using a three-week wave, adding some weight each week. When doing speed work off the floor, use a wide sumo stance, wider than normal, to build the hips. Two bands are used. Mini-bands on our platform will provide 220 pounds of tension at the top. This works well for those who deadlift up to 750 pounds. For lifters approaching 800 pounds, monster mini-bands add 280 pounds at lockout. Six to 10 singles work well after speed squatting. After squatting and speed pulls, work the low back and hamstrings as hard as possible depending on your level of preparedness. Glute/ham raises, Reverse Hyper machine, light good mornings for high reps with emphasis on the hamstrings, and power sled walking off the heels are a few to rotate from. Ab exercises are of the utmost importance: straight leg sit-ups, leg raises lying down or hanging, static ab work using a lat bar doing straight arm push downs, and side bends. Follow ab work by lat work: pull-downs (put chains on the bars often), chest-supported rows, low-pulley rows, dumbbell and barbell rows. Pick a total of three or four special exercises after squatting and speed pulls. Rotate the exercises after two or three workouts as a rule. Also, change the sets and reps to avoid accommodation by changing the amount of volume and the intensity. This will help restoration.

MAX EFFORT DAY

An extreme workout can occur every 72 hours. Speed squats and pulls are done on Friday. This means Monday is max effort day. How do we train the squat and deadlift



Jimmie Pacifico has an impressive deadlift (Simmons photos)

maximally? A squat will build a deadlift, and a deadlift will build a squat. The good morning and its many varieties will build both. The body will respond to the demands placed upon it. This describes the max effort method. This is explained in many texts, such as *The Science and Practice of Strength Training* by V. M. Zatsiorsky, 1995.

For squatting and deadlifting, work up to a max single. The good mornings are done for a max of 3 or 5 reps. The good mornings will build strength endurance in the back and legs. Otherwise a max on that day should be 1 rep. There is no particular order to follow, but one week do one type of deadlift, the next week a squat of some kind, then the following week a good morning. If you have limited equipment, do light good mornings after a max squat or deadlift. Exercises after a max effort workout could be any of the following:

- Back raises
- Pulling a sled
- 45-degree back raises
- Lat pull-downs
- Reverse Hyper machine
- Chest-supported rows
- Belt squats
- Barbell rows
- Dumbbell rows
- Upright rows
- Ab work of all kinds

If possible, do a small second workout with lighter special exercises or do a flexibility workout or some type of restoration such as hot tub, sauna, ice, massage, or chiropractic. Let's look

at a random program for max effort.

First Week

- Safety squat bar, 10-inch box to a max single
- Six trips of 60 yards with a heavy sled
- Lat work of your choice
- Hamstring exercise (e.g., glute/ham raises)
- Reverse Hyper machine and abs for at least 4 sets each

Second Week

- Rack pulls on pins 3 to 6 inches off the ground with plates
- Max single, conventional stance
- Belt squats. Work up to heavy sets of 5 reps or more depending on your work capacity.
- Chest-supported rows
- Low-pulley rows
- 45-degree back raises for high reps, 6 to 10 reps with weights
- Reverse Hyper machine and abs for at least 4 sets each

Third Week

- Zercher squats as low as possible. If you cannot lift the bar off the floor, place it on power rack pins or place plates on rubber mats.
- Front squat off of a low box, 10 to 12 inches, for sets of 6 reps. For those who cannot hold a front squat position or hold a heavy bar in your elbows, Westside offers a Zercher harness.
- Heavy upright rows, with a barbell or dumbbells
- Reverse Hyper machine and abs, at least 4 sets each

I AM STRONG

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

Every Workout Ends with DARK MATTER

No one in the world dominates the bench press like Rob Luyando. Holding mind-blowing world records in three different weight classes, this benching specialist attacks each workout with all-out intensity and ever increasing poundages. Rob knows that the only way to keep getting stronger is to give his body the critical nutrients he needs to recover fully. What does he rely on to keep pushing heavier weights? DARK MATTER!

After every muscle blasting workout, Rob refuels his body with DARK MATTER – the ultimate post-workout recovery and growth accelerator. DARK MATTER takes a quantum leap forward into a new dimension of post-workout muscle growth called the "Anabolic Axis." The Anabolic Axis is the time and point at which insulin levels simultaneously peak with amino acids, creatine and glycogen transport into muscle tissue during the critical 1-hour period immediately after your workout. DARK MATTER blasts open the critical "Anabolic Window" faster, wider and longer, allowing you to enter the Anabolic Axis for the most powerful anabolic reaction you've ever experienced!

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108 BIG AL'S DINO GYM

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



A few of the gym members at a Tuesday night session: front (L-R) Chuck Cookson, Al Myers, Mark Mitchell; back (L-R) Scott Tully, John Connors, Jesse Landis (Al Myers photos)



The stone bar in action, demonstrated by professional strongman John Connors

Last month, I recommended Ironworks Gyms in FL and GA. After I told you to go see Ironworks Gym, I promised dinosaurs this month. Dinosaurs it is. Be patient and keep reading.

Last week, I took the prettiest girl in the world to tropical paradise! We celebrated our anniversary on the North Shore of Oahu, and YES, I trained while I was there. It was hard to train big, but that is a different story. First, I saw evidence of dinosaurs in Hawaii. Not exactly their footprints, but I saw jungles that looked exactly like the jungles in *Jurassic Park*. Jungles that were clearly full of hungry dinosaurs, barely out of my vision. I just found out that parts of *Jurassic Park*, *Lost*, and *Pirates of the Caribbean* were filmed in the same Hawaiian jungles. I probably swam next to dinosaurs and pirates without realizing it. Heck, we stayed at the same resort where they filmed yet another movie: *Forgetting Sarah Marshall*. So I might've also swam next to some female models. But I already knew about the hot females; some things you just kind of notice. I also noticed wild chickens, a wild hog, and even a mongoose—I just wish I had seen a dinosaur.

It turns out that the best place to see a dinosaur might be in Kansas. You thought that Kansas was only good for deer and pheasant hunting? Lies. I want to tell you about a gym that has the only "Stone Bar" in the world. A gym stacked full of strongman gear, from cabers to 1400-pound train wheels! I love guns, and this gym lets you shoot guns... during your workout! The gym is so hardcore that one dedicated man built his coffin in the gym, then died, and was buried in the coffin. Seriously. And they have dinosaurs! I better slow down;

I'm getting excited.

First, we'll talk to strongman Scott Tully about Big Al's Dino Gym:

Hey, Rick. The owner, Al (Allan Myers), asked me (Scott Tully) if I would handle all of this last night. He's ridiculously humble, LOL! Al is strong as an Ox, and in his mid 40s trains as hard as any 20 year old. Unless you train with him, you would never know he has won over 20 straight Amateur Highland Games competitions. He has also put up some good powerlifting numbers, but more importantly this super modest guy started a great gym. Big Al's Dino Gym opened in 2000 (in the current form), although earlier versions date back to the '90s.

LOCATION: *It is in Holland, KS, which is an unincorporated area with few humans. When traveling to the gym the first time, most people think they're lost. It is in the middle of nowhere; close to a farming community of 5 or 6 houses, sandwiched between a biker bar and a veterinary clinic. When giving directions, we tell people "if you see a dairy farm, you went too far."*

CABERS: *We have around 20 cabers ranging from 10 feet and 70 pounds, to about 20 feet and 140 pounds, the largest one being named Toto. Al is the only one from the Dino to turn Toto, and I have seen him run with a caber, stop for a picture to be taken, then turn a big caber from a standstill, ha ha. ('Nuff said about Al's caber-skillz! RB) He competed at Cal-lander a few years back, and took second to Allistair Gunn in the caber event. (Gunn was*

the reigning world champ at the time.)

STONE BAR: *One funny story about the gym involves our "stone bar." Me and Lon Beffort were BS-ing with Al one day about stone training, and being smart-asses we said it would be cool to have a stone bar. Just a sphere with loading pins coming out of the side to do rack work with. We were joking about this on a Saturday, and when we showed up for Tuesday's big workout, Al already had a guy making this thing from scratch! We now have the only STONE BAR I know of! Crazy. Now we only tell Al stuff we really need because it took a lot of man-hours to build that stone bar.*

GYM-BUILT COFFIN: *In the front part of the gym, we have a fabrication/wood working area. Al's grandpa, Clyde Myers, decided to build his own coffin from scratch, and he worked on it for a long time. This coffin was a work of art, so we had a coffin set in the front of the gym for a long time. One of the lifters warmed-up by carrying the coffin up to storage one night. Clyde painted the Dino-Gym logo art, and he was a wonderful guy. He is missed greatly. (Note: Clyde Myers passed away August 5th, 2008.)*

Dino Gym currently has about a dozen regular trainees, but probably sees 25-30 different people during the month. It just depends on who is training for what, and who is visiting. We have hosted tons of NAS Strongman competitions, USAWA all-around competitions (including USAWA Nationals a few years ago), NAHA competitions (includ-

ing the first NAHA Nationals in 2009), and many Highland Games competitions. Al is an avid hunter and has tons of hunting ground. You should get hold of him to come up and shoot while getting in a workout with us!!

Scott Tully

I had asked Scott Tully if they had any decent lifters at the Dino Gym. He promised that all serious members were real dinosaurs. Here are a few Dinosaurs from the gym:

Al Myers squatted 700, deadlifted 700, and benched over 500 in single-ply NASA and USPF competitions. He was also a pro Highland Games competitor at one time. Mark Mitchell had an 800 plus pound squat at 45, and now competes raw at 50 years old with a 400 pluss bench and 600 deadlift. Chuck Cookson has a 680 deadlift and 700 raw squat, and he has totaled 1800 pounds raw. Big John Conner started training with us at 21 years old (4 years ago), and John is now a pro strongman. He won the Philly Liberty Classic Pro Show in 2009, got third in 2010, and placed third at the 2009 Mr. Olympia Strongman competition. John also recently broke the all-time KS USAPL deadlift record with a 815 pound deadlift. I'm the weak link, lol. I (Scott Tully) have competed in almost all strength sports at one time: Olympic lifting, Highland Games, powerlifting, and strongman. I am most proud that I came back (from back surgery) to pull over 600 pounds in the deadlift in several competitions. Matt Tyler placed top five in the lightweight class at NAS Strongman Nationals, and benched 450 raw at under 220 pounds body weight. Warrick Brant has trained here on a few occasions while visiting from Australia, and he front squatted almost 700 pounds here.

More Dino-Gym background and details from Big Al himself: Rick, I know Scott has sent you some stuff for the gym interview, but I decided to send along a little also. Hope it helps!!

I'm the one known as "Big Al," even though I'm not quite the same size now as I was at one time when I was a 300 pound powerlifter. I'm now 44 years old, and I have been involved in competitive lifting and throwing for 25 years. My early background in strength sports involved powerlifting and the Highland Games. I competed as a professional in the Scottish Highland Games for close to 10 years, before retiring in 2005. I have competed in over 200 Highland Games throughout the U.S. and Scotland. For the last 10 years I have been very involved with all-round weightlifting. But that's enough about me—the REAL focus of this interview is about the Dino Gym.

The Dino Gym first started in 1994, when I graduated from veterinary school. I live in the country, and because of that I am 30 miles from the closest "heavy lifting" gym. So, I had a small room in the back of the vet clinic that I converted to the gym. I started

out with just basic equipment and weights, mainly to fill in my training program when I couldn't make it to town to train. In 1999, I built a 40 by 80 foot shed to house the Dino Gym as it expanded. Now the entire shed is filled with equipment, strongman stuff, and weights. Behind the gym, we have a 5-acre field dedicated to the Highland Games and strongman. The field is equipped year round.

The BIG difference between our gym and most local gyms is that the Dino Gym is NOT a commercial enterprise. It is a club gym—that's right, no one pays to play. Membership is based on invitation. Our focus is competitive strength sports; everyone competes in something. If you don't compete, you don't really fit in. We have gym members that compete in powerlifting, Olympic lifting, Highland Games, strongman, all-round weightlifting, and even track and field! Every weekend someone is competing somewhere. The gym is a "key gym," so members can train whenever they want.

Our weekly GROUP training days are the ones to make. Our Tuesday night workouts have become legendary, with the ENTIRE evening centered on heavy leg and back training. I get to the gym that night at 5:00 PM and usually stay until the last lifter leaves, which sometimes is after midnight. (That is a serious time-frame. RB) The Dino Gym's "Second in Command," Scott Tully, coordinates the strongman training sessions on Saturday. It is not uncommon for 20 guys to show up that day. Scott is the TOP strongman promoter in Kansas, and he promotes several competitions per year. We will host at least 6 competitions of various types in the gym throughout the year. I could go on and on about some of the BIG competitions the Dino Gym has promoted, including a world Highland Game event.

I want to mention a few of the "regulars" that have trained in the gym for some time: myself, Scott Tully, Mark Mitchell, Chuck Cookson, Darren Barnhart, Lon Beffort, John Connors, Matt Tyler, Chad Ullom, Rudy Bletscher, and Jesse Landis. I know I'm forgetting someone—sorry!!

I want to mention that we are a DRUG FREE gym. You will get kicked out if you don't adhere to that rule! Truthfully, that is the main rule I have. On the back of our Dino Gym t-shirts I list the (other) rules of the gym, which are: 1. Put your gym bag on the floor, 2. Turn the music up loud, 3. Use lots of chalk, 4. Yelling and grunting is allowed, and 5. Get psyched and lift heavy!!

I don't care if the lifters tear up the equipment; it tells me I didn't build it strong enough in the first place! ALL of the equipment is homemade and I made EVERYTHING extra strong. Commercial equipment would never hold up to the abuse we put it through. Our squat cage weighs over 1,100 pounds!! We have about everything, and if someone mentions something we don't have, I get it. (Unless it is something stupid, like a "shake weight.") We have over 30 high qual-

ity bars, over 20 tons of weights, and every strongman apparatus known. We have unique "challenge lifts" like the 1400-pound Train Wheels (my rep record with it is 20 reps), the Giant Pill, the Burtzloff Barbell, the Apollon Wheel Replica, an Inch Dumbbell, The Anchor, and much more!!

Our gym celebrity is professional strongman John Connors. John stands 6-foot-8-inches and weighs close to 400 pounds. He just recently deadlifted 815 pounds in a drug free competition. Not bad for a strongman!! Chad Ullom also trains at the Dino Gym. Chad just recently won OVERALL BEST LIFTER at the World All-Round Weightlifting Championships in Glasgow, Scotland. But overall for strong drug free lifters, the Dino Gym is loaded with them! Most everyone deadlifts over 600 pounds, and a 400 pound raw bench press doesn't stand out. (Ouch. RB)

This may interest you. I know you are a hunter. Well, I am too. The Dino Gym Complex also has a Rifle Range and a Trap Thrower Station. It is not uncommon for me to combine my two favorite pastimes in a workout. I have a stationary shooting bench and target mounds at 100 and 200 yards. I have an automatic Bluerock thrower that loads up to 50 rocks. So, the gym members are not alarmed when they hear "gun shots" when they are working out! That's NORMAL at the Dino Gym! (Now you are talking; count me in!! RB)

How did the Dino Gym get its name? That's easy; we are dinosaurs in the way we train. Our training approach is no different than lifters at the turn of the century. My attitude is "if you want to get stronger, lift heavier weights!" It's not that I'm against the new scientific approaches; it's just that most lifters focus so much on the "new things," that they forget the "old things" that work!
Al Myers

We can lift weights and shoot at the same place? I usually have a gun in my HOP gym bag and several more guns in my car. When can we start? Dang, I wanna move to Kansas! From the coffin to the cabers, from train wheels to the shooting range, this gym has EVERYTHING. I am blown away by Big Al's Dino Gym!

Seriously, I'm gone to shoot something. Come back next month for info on a gym owned by someone you already know. Email me anytime: rick@houseofpain.com ☺



THE MIRACULOUS HEALING PROPERTIES OF OIL OF OREGANO: AN IN-DEPTH INTERVIEW WITH ROGER BAIRD PT. 2

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

Hey folks, it's the Power Nutrition Guru coming at you with another very information packed installment about this wonder oil. For those of you who may have missed part one of this series, Roger helped bring to light some of the amazing health and healing properties that organic oil of oregano has. Well, he is back once again to help explain some of the history behind this magical herbal medicinal as well as some of its scientific functions and how this will relate to you fixing some of the different health ailments you may be suffering from. I don't want to keep yakking away, so I am going to get you back to the meat and potatoes of this interview so you can learn even more about this incredible oil.

Can you tell us a little about the history of oil of oregano, as it dates back thousands of years?

We find references to oregano being used medicinally dating back thousands of years in both Western and Chinese herbal texts. Hippocrates, the father of modern medicine, stated, "Let food be thy medicine and medicine be thy food." This was around 400 B.C. and we would be well advised to heed this advice today.

Hippocrates used oregano to treat stomach and lung complaints, as an antiseptic for treating wounds and for headache, and as an antidote for poison.

In ancient Greece and Rome it was used externally for poisonous bites to neutralize venom from snakes, spiders and insects. Internally it was taken for food poisoning, narcotic poisoning, intestinal gas, and respiratory complaints. Oregano oil was mixed with olive oil as a hair tonic to stimulate hair growth. A tea made from oregano leaves was found useful for sore throats and halitosis. A combination of oregano leaves and oatmeal, made into a paste, was applied topically to relieve pain from aching muscles, sores, itchiness, rheumatism and swelling.

Oregano was used in ancient China for stomach, intestinal and lung conditions. The Chinese also used the herb to treat eczema and to alleviate itchy skin.

Can you go in depth on why oil of oregano is considered a natural antibiotic? Can you give examples of some studies to back this up?

The ancient Greeks and Romans were well aware of oregano's antibacterial powers. They used it to dress wounds in order to prevent infection. They also used it to preserve food.

When modern researchers tested oregano oil, they were able to verify that it is indeed



A bushel of dried oregano

a powerful antibacterial. It has been found effective against the most common infection causing bacteria such as *E. coli*, *listeria innocua*, *salmonella enteritidis*, *pseudomonas aeruginosa*, *klebsiella pneumoniae* and *staphylococcus aureus*.

In 1910, researcher W.H. Martindale, studied oregano oil and his findings prompted him to state, "The essential oil of oregano is the most powerful plant-derived antiseptic known." Mr. Martindale was able to demonstrate that as

an antiseptic, oregano oil was 26 times more active than phenol, a powerful disinfectant used to sterilize hospital equipment.

A French physician, Dr. Belaniche, conducted research on oregano oil. From this research he created his "Oregano Index" which he presented at the Second International Congress of Phytotherapy and Aromatherapy Conference in Monaco in 1977. The "Oregano Index" provided a standard against which all other antibacterial substances are compared.



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



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

Greetings, ironheads, and welcome to another installment of *Big Evil's Lair*. This month the Big Evil is going to cover a topic that we touched on in past articles. The arch in the bench press is often talked about and also often misunderstood. A great arch will considerably shorten the distance the bar has to travel to your chest. An increased arch can also even out shortcomings a lifter has bio-mechanically, such as having long arms. There is no question it would be to a lifter's advantage to really work on increasing their arching ability.

The Big Evil says the arch is broken up into two parts. The first part is increasing the strength of your upper back (traps, rear delts, lats). The Big Evil has covered this in past articles. The stronger and thicker these muscles are, the more pushing power and stability you will have at the bottom end of your press. The second part of the arch lies in your erector, glutes, abdominals, hip flexors and hamstring

muscles. Of course, it is important to strengthen these muscles to increase your arch, but more importantly the Big Evil says flexibility in these muscles is the most important factor.

The Big Evil has heard other world class bench pressers say that the arch in your lower back isn't important, but only the arch in your upper back is. **WRONG!** Although the upper back arch is the most important, the lower back arch is not far behind. The Big Evil says you should work both parts equally to build a really great flexible but sturdy arch. At 5-foot-11-inches and 360 pounds you would think that the Big Evil had awesome leverages for bench pressing. Although I was very thick, along with having a big stomach, the Big Evil had relatively long arms. This made the Big Evil really work hard on creating an arch that would cut down my bench press stroke. I got news for you guys, I don't want to sound like Richard Simmons, but to really improve your arch the Big Evil says you

are going to have to stretch. The Big Evil has put together a program that he used before every bench press workout and before every meet. So give yourself about twenty minutes before your first warm-up to stretch properly. This is also a great time to put your headset on and focus on the workout before you (or your meet attempts). This should be a relaxing experience with a lot of breathing in your nose and out your mouth to enhance concentration as well as getting warmed up. Also, recruit one of your minions to help you stretch, as some of the exercises require some help from an assistant. Also, before you get started, rub Icy Hot on your lower back and hamstrings, then cover up with sweats to lock the heat in. Alright, are you ready to increase your arch like you never thought possible? Here is the exact routine the Big Evil used for years while he set the powerlifting world on fire with legendary bench presses. Very simplistic, yet effective. Read on and prosper...

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REACHING FOR THE STARS

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

"No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit."

– Helen Keller

When I was in professional baseball, I had this brilliant idea. My plan was to develop an instrument that would be used to predict baseball success. Up until that time, the only predictor of how well a ball player would perform at the major league level was running speed and arm velocity. Although these two variables were important to baseball achievement, they were not valid predictors of baseball success. I figured that if I could come up with a valid instrument that could forecast how well a player would do in the major leagues, I would be able to save professional baseball millions of dollars and, well, make myself a million dollars.

The first thing I did was call Dr. William Spieth, a close friend of mine who was a motor development expert. I figured that if anyone could help me, he was the man. Unfortunately, he wasn't interested. He said, "Baseball is too complex a sport. There are just too many variables that go into being successful in baseball. To find a predictor of baseball success would be near impossible." "But it is not impossible," I retorted. Then he said in a quite candid tone, "Do you know what your problem is, Judd? Everything you do, you 'shoot for the moon.' Why not try something that is within reason?" Actually, he was probably right; I do have a tendency to "shoot for the moon." Still, I was not about to give up on my idea just because he thought it was impossible. Anyone can do things that are within reason. Doing the impossible is what makes you great. Sometimes you have to dare to walk where demons fear to tread.

With that in mind, I spent the next three years of my life researching my idea. I probably put a good thousand hours of work into the project and a lot of money. When everything was said and done, the project was a bust. I couldn't come up with a single instrument that would irrefutably predict baseball ability. I believe I got close, but no red star. No, that is a lie; I didn't even get close.

I remember Spieth called me and said, "I told you it was impossible. You wasted three years of your life working on that project and all you have to show for it is one big failure." Well, Spieth was wrong! Dead wrong! I may not have come up with the instrument, but I didn't fail, and I certainly didn't waste my time. I gained so much knowledge from that experience, it was incredible. I learned about biomechanics, biorhythms, statistics, experimental design, testing, motor development, psychological analysis, vision, and that is just the half of it. It was one of the richest experiences of my life. Here is something you have to understand: it's not the destination that is important, but the journey. I can tell you this, too: some of my greatest setbacks in life lead to my greatest accomplishments.

There is a cute little story I heard on the radio a few weeks ago when I was driving home from work that addresses the very issue I am talking about here. It was about these two little boys who were in their backyard digging this huge hole. They had dug a good three feet into the ground when an older boy walked over to them and asked what they were doing. "We are digging to China," said the boys. "Our teacher told us that if we dug right through the middle of the earth when we got to the other side we would be in China. So we are going to dig our way to China." The older boy started laughing. "There is no way in the world you can dig to China. That is a goal you will never achieve. It is impossible. You are just wasting your time." At first the little boys just stared at him with a puzzled look on their face. Then one of the youngsters picked up a jar that had earthworms, snails, buttons and an assortment of other bits and pieces in it and showed it to the older boy. "We may never get to China," he said, "but look at all of the neat stuff we have already found along the way."

That is the way it is in life sometimes. You have these really magnificent dreams that you work like crazy to achieve, but they just don't materialize. What we need to understand is that what is important in life is not so much in reaching our goal but the really neat things we find along the way. It's not the end that is essential; it's the getting there that teaches



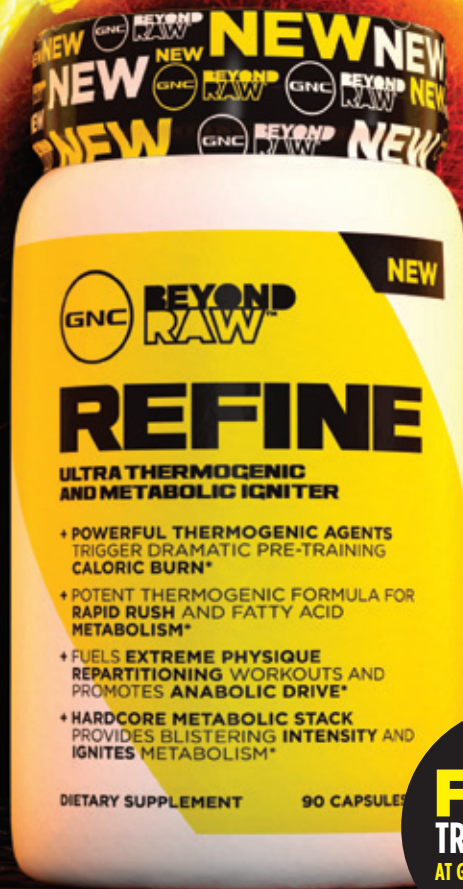
Optimistic encourager, Judd Biasiotto

us to embrace life. It is the process that enriches our lives and the lives of others, not the achievement of a goal.

Here is my take on all of this. You "shoot for the moon." Sometimes you hit it dead center, and then you have "a small step for man, a giant step for mankind." That's great! Sometimes you don't quite make it to the moon, but during the expedition you cover a lot of space. And in that process you become something new, something greater and something grander. That's what life is all about! «

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WEAKNESSES

as told to Powerlifting USA by Doug Daniels

The major muscle groups and levers involved in each of the three powerlifts do not necessarily overlap. Meaning, if you've got what it takes to be a good bencher, it does not necessarily mean you have the right stuff to be good at the squat. Because of this issue, most lifters have weaknesses and experience frustration in at least one of the three lifts. Long arms are great for deadlifts, but not so good for benching and vice versa. Weak lifts are usually addressed by increasing the amount of work and intensity devoted to them. Unfortunately, this can result in overtraining, which could mean further weakness and even more frustration. Increasing the volume and intensity of work is not always the answer. By the same token we cannot give up on our weak lift. So what are the best ways for a lifter to address his weaknesses?

First, let's deal with overtraining. As I mentioned earlier, increasing the amount of training is the most common course of action. For example, if a lifter is weak in the bench, he may add numerous sets of assistance work like inclines, declines, close grips, tricep work, overhead presses and dips, and—of course—more sets of benches. With this increased volume of work, the lifter eventually exceeds his recuperative abilities and overtrains. Now the already lagging bench press becomes more of a weakness, compounding the problem and adding to the frustration. Perhaps the better answer may be to lower the volume of work. Overambitious training could have been the culprit all along. Adding more work may only increase the problem.

Inefficient lifting form or technique could be another reason for a sub-standard lift. Over the last 25 years I have written dozens of articles about bad lifting technique. With cell phones and the like it is easier than ever to examine your lifting form on video or have an experienced lifter evaluate it. If you uncover a technique flaw, cut back the weight and work on improving your technique. Lowering the weight helps you to properly learn the new style of execution and reduce the chance of injury. For example, you may lean forward in the squat as you descend, decreasing your leverage. In the deadlift you may straighten your legs out too quickly during the pull, decreasing their contribution to the lift. Your bench may lag due to failing to maintain a tight position on the bench throughout the lift. You can refer to many of my past articles for more tips on technique and execution.

Lack of flexibility can also be a factor affecting your lifting technique. Working on flexibility may allow you to attain a more upright and flat back in the squat and deadlift. Enhanced spinal flexibility can help to achieve a solid bench arch and maintain tightness. Hip and shoulder suppleness may enable you to increase the width of your squat stance or bench grip (up to legal limits) and can compensate for long legs



Perhaps one of the underlying factors that made Ed Coan such a star in many people's minds was the great balance he had in all three lifting disciplines (Lambert/PL USA photo)

and arms, not to mention using more of the stronger trunk and torso musculature.

Your body weight can have a huge impact on your lifts. The rule of thumb I go by is that the bench is the most affected by a body weight change, followed by the squat, then lastly, the deadlift. Your bench may not improve until you move up in weight class. The other extreme is the case of the deadlift, where dropping body weight (body fat) may improve your results because it may permit you to assume a more efficient pulling position. If you target to go up in weight class, make all efforts to make your weight gain or loss is gradual and of high quality, meaning more muscle is added than fat when you go up in weight and more fat is lost than muscle if you drop weight. It could take up to a year to grow into a different weight class, so be patient.

Our self-fulfilling prophecies may be at fault. We convince ourselves that we are just bad at a lift, so we chose not train hard and smart. In

this case we've lost the battle before we even start. It is human nature to enjoy pursuing activities we are proficient at and be hesitant and pessimistic at what it takes to succeed or improve at things that are difficult for us. Look back at the improvement you have made so far in your lifting. Think of the positives, not the negatives. Use the positives to keep your motivation high, but never be satisfied—but you must be realistic. If you have long arms like an NBA power forward, you will never crack the 1000 lb. mark in the bench press.

We must address and learn to live with our weaknesses. Devoting more work and volume to a weak lift may only worsen the situation. Instead, examine other factors outside additional training like body weight, body structure, lifting technique, flexibility and negative attitude. Very few lifters can excel at all three lifts, but we can use the abilities we do have to push ourselves to realistically higher levels and improve against your toughest opponent—yourself. ◀



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THE BEST TRAINING METHOD

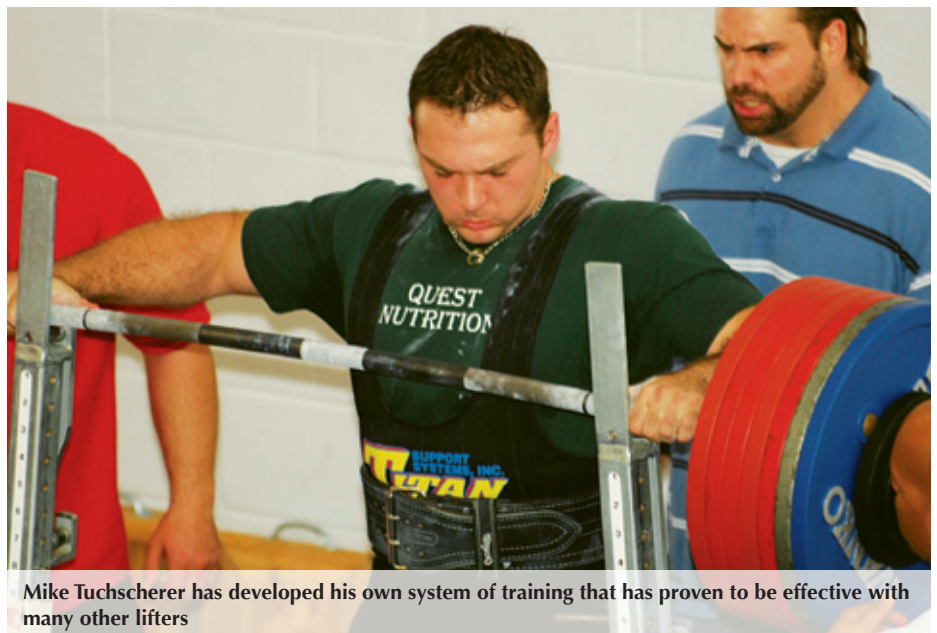
The purpose of the forum is to have an open dialogue concerning our sport. The subjects will range from training, nutrition, equipment and powerlifting standards. Each month, a topic will be picked and 10 or 12 powerlifters—this includes administrators, judges and lifters, past and present—will express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

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

This month's forum question was: what is the best training method. The following are the panels' response.

MIKE MCDANIEL: I think there's commonality between all successful systems, but there's no way I could possibly suggest any system is "the best." I believe who you train with is more important than the equipment or facility. I believe having a leader coach within the group (by actions, not appointment) is essential to the success of any program. The coach ensures a proven plan is the basis for preparation, that the plan is evergreen for improvement by incorporating contributions to success from plans of others, that the plan is adapted to the specifics of the lifter, that every workout is an excellent workout, that excuses aren't tolerated, and that everyone contributes to the success of the group. Many training systems have been proven to be very good, and depending on what lifters in combination with the right coach happen to be in a gym over a given time, many training systems can periodically appear to be "the best."

I—and the folks in our gym—follow a progressive overload training routine splitting 4 workouts over 8 days. Power movements are on 8 day cycles, with workouts alternating between sets of 5 one week with 80% of the next workout peak single, and the peak single increasing every 16 days by an amount based on a percentage of the projected meet peak. Peak singles "off-season," or at the beginning of a training cycle, never drop below 60% of the next projected meet peak. Training cycles are typically 16 weeks. Our lifters typically do 2 meets per year. We peak on deadlift 5 weeks before a meet, and squat and bench 4 weeks before a meet then de-load for a short progression to the meet. Our last bench is the meet opener for a single 7–8 days before the meet. By using gear early we try to match effort on reps versus maximum capability as a percentage matching the comparison of weight lifted versus projected meet peak (i.e. 800 in the gym is 80% of a meet peak of 1,000 and as a result enough gear is worn to make the lifter work at an approx. 80% level). We've used chains, bands, boxes, overloads, negatives, etc. like most everyone else these days. In comparison to what I hear from other competitive gyms, our group has had a low injury rate and long careers. As a group I'd say our totals are very competitive in



Mike Tuchscherer has developed his own system of training that has proven to be effective with many other lifters

the divisions our lifters compete (powerlifting group instead of single lift specialists). I'm proud of our squats, I'm disappointed in our benches, and I'm accepting of our deadlifts. Overall, our lifters have been very successful on our training method. Considering our group's age and goals I believe it's been the best method for us, but no way do I think it's "the best method," and some of the better younger athletes we've had may have accomplished more in other gyms with more talent to drive them. Mostly, we're a group that works hard to chip away making slow progress short-term, but long-term we've had reasonable success.

For clarity, the training method used in our gym is the result of contributions of a lot of people in our gym and elsewhere over time. It's not "my method." It takes a lot of people working well together over time to accomplish positive things in powerlifting.

MICHAEL TUCHSCHERER: The best training system is one that is suited for your body. The problem is that many people know this. We know that certain people get great results from high volume training and others don't. We know that people respond differently. And we also know that we need to listen to our bodies when

it comes to training. But that's as far as most people ever get. It never gets put into practice.

The training methods I use are designed to easily take your body's individual differences into account. Stuff like using a number scale to judge how difficult a set was (RPEs), then using those numbers to dictate how heavy to go today. That stuff is important. It's made an enormous difference in my own training and I highly recommend it for anyone who is past the beginner stage. I've written a ton about it. To find out more details about how I train, how my athletes train, how to listen to your body better, and so on, check out the articles on www.ReactiveTrainingSystems.com

STEVE DENISON: There is no best training system, in my opinion, and there is no magic strength template that works better than anything else out there. Most strength training systems, ie. Westside, Sheiko, periodization, etc., can all be successful and they have been proven to be successful by many lifters. If you put effort into your training, you will see results. The problem is, how do you get past sticking points to continue to make improvements in your lifts? This is especially important for the veteran lifters. My recommendation to anyone

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Matt Vinopal – Madison, WI



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

Training Tips:

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

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

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



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CUTTING-EDGE CREATINE FORMULA HELPS SUBJECTS GAIN OVER 4X MORE MUSCLE

as told to Powerlifting USA by Team MuscleTech

Creatine is one of the most popular and scientifically validated supplements on the market today and a staple in virtually every single powerlifter's nutrition regimen. Creatine is essential for generating that extra burst of raw strength that you need to pull with even more power or lock out on every lift. It can mean the difference between crushing your PB or experiencing another lackluster performance. That's why thousands upon thousands of pounds of creatine are consumed every year around the world!

Following consumption, creatine is absorbed and processed by the liver and then transported through your bloodstream to your muscles, where it is readily converted to phosphocreatine for gains in strength and powerful muscle.

With all the documented research supporting the positive physiological effects of creatine supplementation, Team MuscleTech® researchers wanted to find a way to make creatine supplements even more effective—so they did. Introducing Cell-Tech™ Hardcore Pro Series®. Designed with a monster-dosed 10,000 milligrams of ultra-pure creatine, plus a patent-protected, one-of-a-kind creatine delivery system, Cell-Tech Hardcore Pro Series makes sure you get more creatine into your muscles—where it's needed most to jack up your bench, squat or deadlift. But this truly advanced formula doesn't stop there! It's also engineered with Micro-Diffuse Technology™ for rapid release—making it a true pro-caliber, strength-amplifying and musclebuilding creatine formula.

UNIVERSITY DISCOVERY: INSULIN-SPIKING DEXTROSE DRIVES MORE CREATINE INTO MUSCLES

Where did the core Cell-Tech Hardcore Pro Series formula evolve from? In a groundbreaking, double-blind study conducted at the University of Nottingham in England, researchers provided 24 subjects with 5 grams of creatine and a high-glycemic carbohydrate drink—containing 93 grams of simple carbohydrates—and compared them to a group who was given a zero-carb creatine solution. Muscle biopsies showed that subjects consuming creatine with a large dose of carbohydrates experienced significantly higher skeletal muscle creatine retention, while blood tests also revealed significantly higher serum insulin concentrations.¹

Armed with this knowledge, Team MuscleTech researchers referred to the Oral Glucose Tolerance Test (OGTT), a test used by the medical community to assess the efficiency of insulin in human subjects, to determine that 75 grams of dextrose would be perfect for creating a large insulin spike and driving more creatine into muscles.

10,000 MG MEGA-DOSE OF PREMIUM CREATINE

When formulating Cell-Tech Hardcore Pro Series, Team MuscleTech

researchers paired the research-tested 75 grams of dextrose with a 10,000-milligram super-blend of creatine—that's at least twice as much creatine as other leading creatine products. Unlike low-dosed creatine supplements, this blend is powered by an HPLC-certified and Micro-Diffused mega-dose of the most scientifically validated form of creatine in the world. HPLC is a biochemical, analytical method used in lab testing to identify components of a compound and test for purity. Micro-Diffuse Technology™ delivers smaller, micron-sized creatine particles that are enhanced with greater dissolution and dispersion properties.

Together, these key ingredients allow Cell-Tech Hardcore Pro Series to accelerate skeletal muscle creatine absorption. And the more creatine that gets into your muscles, the greater your ability to build more mass. The results speak for themselves.

BUILD MORE BAR-BENDING MUSCLE FOR AMPLIFIED STRENGTH POTENTIAL

In a placebo-controlled study on 32 individuals divided into four groups and conducted at a physiology lab in Greenwich, CT, subjects taking the core ingredients in Cell-Tech Hardcore Pro Series with a hardcore training program built more muscle than those taking creatine with juice after 7 days (3.6 vs. 0.8 lb.). In fact, after 28 days, subjects using the core ingredients in Cell-Tech™ Hardcore Pro Series® gained an average of 4.5 lb. of muscle, while subjects using creatine with juice gained only 1.5 lb.² What's more? In a third-party 12-week study on 22 untrained subjects randomly assigned to one of three groups, subjects taking this dose of creatine in Cell-Tech™ Hardcore Pro Series® built over 4 times more muscle compared to subjects using a placebo (7.1 vs. 1.3 lb.).³ Just imagine the extra pounds you could add to your PB by loading this much muscle onto your frame!

If you're looking for an advanced creatine supplement that you will feel on your heaviest lifts, choose new Cell-Tech Hardcore Pro Series. Not only does it have at least double the amount of creatine per

serving compared to leading creatine supplements, plus a highly effective delivery system, which no other creatine supplement possesses, but it also has real scientific studies backing its core ingredients! Try it today, and you'll see the difference that new Cell-Tech Hardcore Pro Series can make! <<



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BRIAN SHAW TO DEFEND HIS TITLE AT THE MHP LIBERTY STRONGMAN CLASSIC ON JULY 4TH & 5TH

Widely regarded as the number one professional strongman in the world, Brian Shaw of Denver, Colorado, returns to Philadelphia to top a very tough lineup that includes world-class veterans as well as emerging stars. Shaw is the defending the MHP Liberty Strongman Champion. The competition takes place July 4th at "Welcome America!"—the official Independence Day celebration for the City of Philadelphia. Five events will be contested on July 4th between 3 PM and 7 PM.

The final event, the Atlas Stones Challenge, will take place immediately after the Lakewood BlueClaws game on July 5, 2011, at FirstEnergy Park, 2 Stadium Way in Lakewood, NJ 08701. Phone is 732-901-7000. The game starts at 7:05 PM.

The MHP Liberty Strongman Classic will attempt to set a Guinness Book world record for most people to attend a strongman show at "Welcome America!" on July 4th; the minimum needed to set the record is 20,000.

The first day of the MHP Liberty Strongman Classic takes place at "Welcome America!" Every summer over 500,000 fans pack Benjamin Franklin Parkway in front of the iconic Philadelphia Art Museum on America's birthday.

The Atlas Stones Challenge is indeed a challenge. Competitors must load stones onto five boxes ranging in height from 68 to 48 inches in less than 90 seconds. The stones start off at about 240 pounds for the first—and tallest box—then go up to 420 pounds for the final box. The boxes are placed on the outside of the base path starting at first base, then to home plate and finishing up at third base. There will be a \$5,000 prize for first-place on the line when these massive athletes take to the field. So the intensity will be high.

HERE IS THE LINEUP: Brian Shaw (6-foot-7, 420 pounds) who tied the incredible Zydrunas Savickas of Lithuania for the 2010 "World's Strongest Man" competition in South Africa. Shaw had to settle for second place on a third-round tiebreaker. Shaw went on to win the 2011 Arnold Classic in March, then crushed the competition in a "World's Strongest Man" qualifier just three weeks later. Prior to getting into strongman, Shaw starred in basketball at Black Hills State University when it was a member of the NAIA.

Jason Bergmann (5-foot-11, 290 pounds) of Wisconsin. He placed in the top ten at the 2010 "World's Strongest Man" competition in South Africa.

Nick Best (6-foot-2, 325 pounds) of Las

Vegas, NV. He placed in the top ten at the 2010 "World's Strongest Man" competition in South Africa.

Mike Jenkins (6-foot-5, 370 pounds) of Harrisburg, PA. Jenkins is new to professional strongman. Jenkins turned heads when he finished second behind Shaw at the 2011 Arnold Classic and ahead of Savickas. Jenkins is a former standout offensive lineman for James Madison University's football team. He helped the Dukes win the 2004/2005 1-AA National Championship.

John Conner (6-foot-8, 390 pounds) of Kansas City, MO. He was the 2009 MHP Liberty Strongman Classic Champion.

Karl Gillingham (6-foot-2, 310 pounds) of Minneapolis, MN. He is a veteran of three "World's Strongest Man" competitions. Gillingham's father Gale is in the Green Bay Packers Hall of Fame after helping the Packers win two Super Bowls in the late '60s.

Josh Thigpen (6-foot-5, 310 pounds) of Houston, TX. He is a veteran of two "World's Strongest Man" competitions.

Kevin Nee (6-foot-2, 290 pounds) of Phoenix, AZ. He's a multiple "World's Strongest Man" veteran and started his career as the center of one of the first reality shows ever aired on MTV.

Gerard Benderoth (5-foot-11, 375 pounds) of Haverstow, NY. Benderoth is a long-time pro and is a New York police officer September 11th first responder.

Rob Meulenberg (5-foot-11, 291 pounds) of Bangor, Maine. He has both brains and brawn. Rob is an assistant professor of Physics at the University of Maine. Subjects include nanomaterials, photovoltaics, heterostructures, synchrotron radiation experiments...whew. He is originally from Hatboro, PA.

Andy Vincent (6-foot-4, 320 pounds) of Houston, TX. He turned pro three years ago and won the 2009 Olympia Pro Strongman title. He is a former college football player.

Mark Kimener (6-foot-1, 285 pounds) of Virginia Beach, Virginia. This former college football player will give the 300-pounders a run for their money.

Doug Kirby (6-foot-4, 330 pounds) of PA. This pro is a Philadelphia resident and a former college football player from James Madison University.

Pall Logason (5-foot-9, 325 pounds) of Reykjavik, Iceland. He is a world junior powerlifting champion and is emerging as a world-class strongman.



The Atlas Stones competition at last year's MHP Liberty Strongman Classic (MHP photo)

Lou Costa of Harrisburg, PA. He is a new pro. Lou hopes to raise his stock with a great performance.

Dan "He-Dan" Harrison of Houston, TX. He recently turned pro. Is a spot in the "World's Strongest Man" lineup in the future for this long-time strongman competitor?

Jerry Pritchett (6-foot-2, 310 pounds) of Buckeye, AZ. He is another rising star looking to make a name for himself in Philadelphia.

An amateur show opens "Welcome America!" at noon with some of the country's top strongman competitors, including Ricky LaRocca, John Dennis, Bud Schweder, Zach Gallmann, Andrew Panek and Steve Morris.

THE EVENTS:

- Bodybuilding.com Overhead Log Press for Reps (305 pounds)
- Sheraton Suites Philadelphia Hummer Tire Deadlift (Last Man Standing)
- Basement Services 911 Arm-over-Arm Seated Truck Pull
- MHP Tire Flip-Sled Drag Medley
- Footballstories Shield Carry (400 pounds - Once drop - no time limit)
- Lakewood BlueClaws Atlas Stones Challenge

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The Wrap Wrench™ is a new innovative product that increases the quality and speed needed to professionally roll up sports and medical wraps with little to no effort.



Brett Siciliano

After years of playing sports, weightlifting and Mixed Martial Arts (MMA), designer and inventor Brett Siciliano was frustrated with having to roll his sports wraps during weightlifting and after MMA training. After each

workout Brett thought, "There has to be a better, faster and a more energy efficient way to roll these long wraps between workout sets and after intense training in the ring." Brett noticed that there were no wrap rollers on the market that were portable, rechargeable and compact enough to carry in a workout bag. After months of design, Brett took his Wrap Wrench™ (prototype) to the top ranked gyms and training facilities. He let pro fighters, trainers and medical doctors try out his new product. They all loved it and wanted to know where they could get one. The Wrap Wrench™ was born.

The patent pending Wrap Wrench™ has been designed from the highest quality material, specifically for the high demands of the professional athlete, sports wraps, and medical wraps in the industry today. Not only does the Wrap Wrench™ dramatically increase the speed it takes to roll up your wraps, but it also rolls them

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» Brett Siciliano, President/Inventor,
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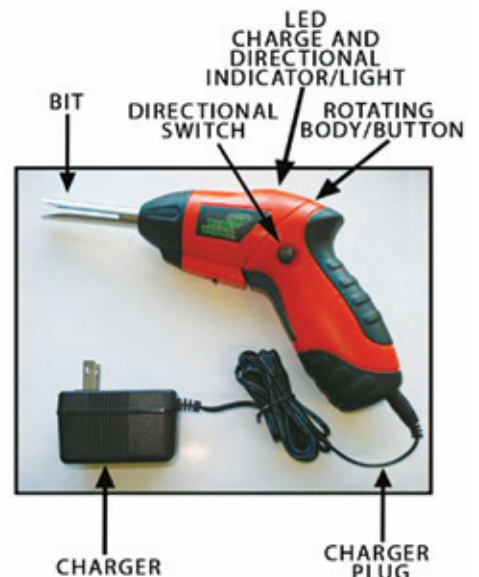


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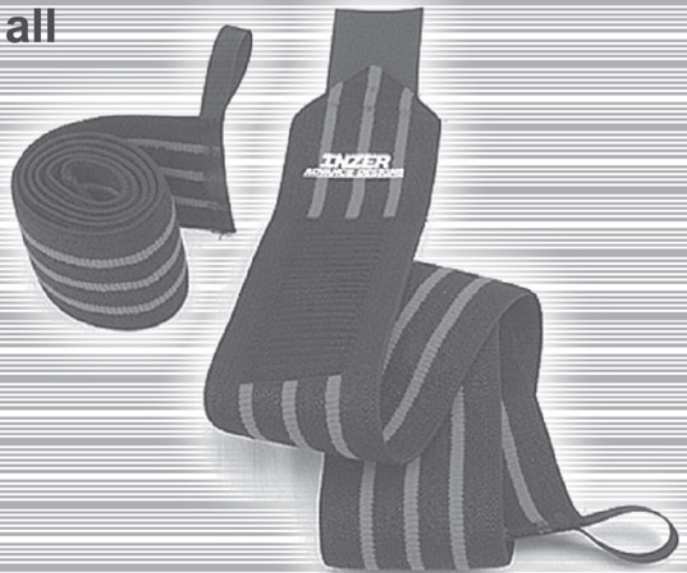


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RAY NOBILE

as told to *Powerlifting USA* by Thomas Klose



Ray Nobile is still in tip-top shape!



Ray squatting at the 1979 Worlds

The late Ron Fernando, one of the finest writers ever in powerlifting, wrote a detailed article on British powerlifting history in a previous issue of this magazine. Thanks to the Internet and Joe Roark's *www.ironhistory.com*, I got to know a member of the famed GB team of the late '70s and early '80s. Here is an interview with Scotland's Ray Nobile, who had an impressive strength career, and now at close to 60 years of age displays an amazing build.

Ray, please introduce yourself to the readers of *Powerlifting USA Magazine*, and tell us a bit about your background.

My name is Raymond Etorre Nobile and I was born on April 21, 1951, in Glasgow, Scotland. My father is Italian and mother is Scottish; I have two brothers and one sister.

Where did you grow up?

I grew up in Bothwell, just south of Glasgow.

What occupation do you have?

I was a ladies hairstylist from age 14–18 years in my father's shop. I then joined the fire brigade and was a firefighter for 32 years.

Your first contact with weights?

I trained in my bedroom with a second hand Weider barbell 150 lb. set.

When did you start to compete in strength sports?

I entered my first bodybuilding competition at age 15, the Junior Mr. Caledonia. I remember Rick Wayne was the guest poser and him asking me what age I was. I told him I was 15 and he said I had really good potential to go further. I was so pleased that a star such as him had noticed me. I think the year was 1966. I also met Larry Scott at a show in Glasgow, where he posed just after his first Olympia win. I was very impressed by him, but was more impressed with his girlfriend who looked Hawaiian/Oriental!!! Ha ha! Anyway, I went on to win Junior Mr. Scotland a couple of times and qualified for the Junior Mr. Britain, and although I didn't place, I was well received by the audience. Bertil Fox won.

Tell us a bit about your early powerlifting experiences.

I saw my first powerlifting competition in 1975 which was the Worlds held in Birmingham, England. I watched Larry Pacifico, Bud Ravenscroft, Don Reinhoudt, Ron Collins, Paul Jordan, Peter Fiore, etc. I also met Jim Moir, who was a fellow Scot, but was living and competing for Canada. He won that year. I gave him a lift to Glasgow after the competition and on the 4-hour drive I picked his brains and took in lots of

information. He was responsible for me wanting to compete in powerlifting.

I entered the Scottish Championships in 1976 and competed in the 100 kg. class weighing only 91 kg. I won and this qualified me for the British Championships that same year. I didn't do too well in this competition and think I finished 4th. However, I used the experience to put more effort into my training. After winning the Scottish again, I competed again at the British and this time I won. I was 92 kg. and totaled 760 kg. I was now a member of the British Powerlifting Team. We met every two weeks for squad training in Birmingham, England, which meant a 700 mile round trip for me. As the reigning British champion, I should have been selected for the world championships in Australia, but they selected Paul Jordan over me as he lived in Australia and was current world champion, even although I totaled 860 kg. at squad training in front of the selectors. This was more than Paul Jordan had ever done. This was my very first taste of politics in powerlifting. Also, the fact that I was Scottish I always felt like an outsider at the training sessions, not by the lifters though as they were a great bunch of guys but by the officials. However, I could have got second that year behind Larry Pacifico. That was the year that Paul Jordan suffered that horrific injury to his leg whilst attempting a 760 lb.

47TH OKLAHOMA STATE

APR 9 2011 » Shawnee, OK

BENCH	Open			
MALE	C. Chelberg	310		
165 lbs.	198 lbs.			
Open	Master			
A. Gaines	380	L. Holmes	500	
220 lbs.	242 lbs.			
Open	Junior			
M. Waters	—	B. Talton	465	
DEADLIFT	Open			
132 lbs.	B. South	390		
Open	SHW			
J. Leal	245	Master		
181 lbs.	D. Wall	345		
Powerlifting	SQ	BP	DL	TOT
181 lbs.	Open			
J. Severson	220*	135	260	615

MALE	Open				
165 lbs.	J. Caputo	300	175	415	890
Open	S. Oats	405	275	375	1055
181 lbs.	Master				
M. Fleming	605	390	605	1600	
198 lbs.	L. Holmes	445	285	500	1230
Master	J. Smith	505	385	610*	1500
220 lbs.	R. Key	275	255	280	810
Junior	J. Leonard	435	285	520	1240
Open	C. Caputo	455*	330*	500	1285*
Master	F. Richartz	500	285	550	1335
242 lbs.	Junior				
M. Wissler	515	345	615	1475	
Open	B. Columbus	—	—	—	—
R. Oakley	425	380	575	1380	
308 lbs.	Junior				
S. Hamilton	785!	655!	715!	2155!	

! = American Records. * = State Records. Best Lifter Women Open Powerlifting: Jessica Severson. Best Lifter Women Open Deadlift: Jessica Leal. 1st Team: Crain. 2nd Team: Caputo's Gym. Best Lifter Men Open Powerlifting: Royden Oakley. Best Lifter Men Junior Powerlifting: Schuyler Hamilton. Best Lifter Master Powerlifting: Marchand Fleming. Best Lifter Open Bench Press: Alvin Gaines. Best Lifter Open Deadlift: Colin Chelberg. Best Lifter Junior Deadlift: Bryce Talton. Best Lifter Master Deadlift: Luke Holmes.

» courtesy Rickey Dale Crain

ARIZONA POLICE/FIRE GAMES

APR 30 2011 » Tucson, AZ

BENCH	198 lbs. (35-39)			
FEMALE	Tarazon-USP	325!		
132 lbs.	220 lbs.			
(35-39)	(50-54)			
S. Gras-LAPD	110!	J. Olson-TPD	402!	
181 lbs.	(35-39)			
Braendl-LAPD	192!	Gourle-LAPD	363!	
MALE	242 lbs. (35-39)			
148 lbs.	Open	Santiago-USBP	451!	
(35-39)	Okubo-LAPD	325!		
Push Pull	BP	DL	TOT	
FEMALE	148 lbs. (30-34)			
L. Tarazon-FrPro	170!	275!	445	

MALE	165 lbs. (50-54)			
Open	J. Mendez-TOPD	275!	380!	655
181 lbs.	R. Maltez-LAPD	264!	303!	567
(30-34)	220 lbs.			
J. Bieg-TFD	435!	633!	1068	
242 lbs.	(40-44)			
D. Fout-AZDOC	363!	501!	864	
275 lbs.	(50-54)			
D. Forsman-OCSD	374!	518!	892	
J. Butler-TPD	330*	529*	859	
319 lbs.	Open			
J. Tingley-TPD	413*	440*	853	
! = Gold Medals. * = Silver Medals.				
» courtesy Joel Olson				

EPF NORTH EAST POWERLIFTING

APR 30 2011 » Moultonborough, NH

BENCH	Teen (18-19)			
MALE	R. Carr	1315		
Open	S. McNally	1035		
275 lbs.	MALE			
Open	G. Levasseur	550		
(65-69)	B. Frost	345		
148 lbs.	A. Signon	1170		
Raw	K. McCabe	680		
Open	C. Rodgers	1455		
242 lbs.	G. McFarland	440		
Sub (33-39)	C. Grenon	1580		
B. Lapila	530	220 lbs.		
FULL POWER	J. Hron	1425		
FEMALE	J. Grant	1395		
Open	275 lbs.			
165 lbs.	J. Joyce	2125		
B. Warren	720	G. Lavesseur	2050	
Open	Master (33-39)	L. Lablac	1480	
UNL	S. Pike	1000		
Teen (16-17)	E. Stockwell	1125		
K. McCabe	680			

» courtesy W. Durant

SPF TENNESSEE STATE PL

JAN 29 2011 » Knoxville, TN

BENCH	Raw			
FEMALE	MALE			
Raw	K. Mask	610		
165 lbs.	220 lbs.			
Masters (45-49)	T. Lawrence	500		
P. Bryant	170	308 lbs.		
MALE	D. Johnson	585		
Raw	Masters (40-44)	220 lbs.		
J. Driggers	275	T. Lawrence	500	
Masters (40-44)	275 lbs.			
K. Dukes	500	Masters (40-44)	181 lbs.	
Single-Ply	T. Pearson	455		
Teens (16-17)	Multi-Ply	MALE		
W. Stover	500	A. Galvador	275	
Masters (50-54)	308 lbs.			
259 lbs.	H. Timbs	—		
Open	T. Bolognone	—		
242 lbs.	Submasters	181 lbs.		
S. Hickman	405	Masters (50-54)	220 lbs.	
Masters (40-44)	D. Thippen	60		
220 lbs.	Masters (50-54)	259 lbs.		
D. Lowe	630	A. Galvador	110	
DEADLIFT	Single-Ply	SQUAT		

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Masters (50-54)	A. Galvador	275			Submasters								
259 lbs.	J. Barbers	400	260	450	1110								
BENCH for Reps	Lbs.	Reps			259 lbs.	R. Henderson	415	330	445	1190			
Submasters	BP	DL	TOT			Masters (40-44)							
242 lbs.	S. Hickman	235	17			220 lbs.	T. Lawrence	430	315	500	1245		
Push Pull	Raw					Masters (55-59)							
Raw	Pre-Teen					220 lbs.	D. Morefield	350	315	420	1085		
97 lbs.	H. Spradlin	85	180	265			Single-Ply						
4th-DL-190	Juniors					Teens (18-19)							
220 lbs.	J. Trent	365	700	1065			259 lbs.	J. Miller	735	445	600	1780	
MALE	198 lbs.					Juniors							
A. Armour	315	500	815			165 lbs.	T. Childers	400	250	450	1100		
220 lbs.	T. Lawrence	315	500	815			242 lbs.	C. Davis	550	370	645	1535	
Masters (40-44)	Masters (40-44)					Open							
220 lbs.	T. Lawrence	315	500	815			220 lbs.	M. Steel	725	500	600	1825	
242 lbs.	R. Brown	390	605	995			308 lbs.	S. Anderson	555	575	670	1800	
275 lbs.	Single-Ply					Police/Fire							
A. Mason	Masters (40-44)	400	500	900			220 lbs.	M. Steel	725	500	600	1825	
Single-Ply	Submasters					242 lbs.	T. Mullins	780	460	500	1740		
560	J. Carter	615	1175			Masters (40-44)							
Powerlifting	SQ	BP	DL	TOT			220 lbs.	M. Steel	725	500	600	1825	
FEMALE	Raw					Masters (60-64)							
165 lbs.	J. Payne	355	225	350	930			198 lbs.	J. Elmore	435	280	400	1055
Submasters	Submasters					Multi-Ply							
165 lbs.	J. Payne	355	225	350	930			181 lbs.	B. Little	665	390	645	1700
Masters (50-54)	Masters (50-54)					Juniors							
181 lbs.	D. Thippen	145	95	205	445			242 lbs.	C. Edwards	550	500	535	1585
MALE	Raw					Open							
Raw	Teen (16-17)					308 lbs.	A. Jones	810	500	575	1885		
242 lbs.	G. Uhl	545	325	585	1455			242 lbs.	L. Edwards	875	630	750	2255
Teen (18-19)	Teen (18-19)					Open							
198 lbs.	T. McMahan	525	335	550	1410			259 lbs.	K. Parke	755	530	605	1890
Open	Open					Submasters							
181 lbs.	J. Brown	360	255	430	1045			275 lbs.	J. Shackelford	860	675	685	2220
198 lbs.	J. Web	500	380	520	1400			308 lbs.	Submasters	610	455	545	1610
J. Giesecke	475	285	565	1325			275 lbs.	T. Tinch	550	385	500	1435	
220 lbs.	T. Lawrence	430	315	500	1245			308 lbs.	G. Moody	700	505	625	1830
R. Hill	605	375	605	1585			Masters (40-44)						
R. Tart	405	275	505	1185			198 lbs.	S. Maxson	700	460	660	1820	
308 lbs.	A. Clark	385	295	405	1085			Masters (45-49)					
Single-Ply							220 lbs.	B. Nickols	800	495	600	1895	

» courtesy Jesse Rodgers

QUESTIONS ANSWERED

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

DEAR MAURO: I just purchased online the Growth Hormone and TestoBoost products. I am a national level competitive powerlifter here in the U.S. who is drug-free and my next competition is 7 weeks away. I wanted to ask you what is the "best" protocol for me to use in taking the GH and Testo Boost products. What is the best time of day? Should I consume on an empty stomach or with food? Should I cycle for a particular period of time? And any other valuable info. I would appreciate it.

Thank You,
Mark

MARK: GHboost and TestoBoost work synergistically together to enhance the anabolic effects on skeletal muscle and energy metabolism. In fact, a paper published last month states that both growth hormone and testosterone support each other's anabolic effects and that neither works as well without the other. Something I've been saying for almost four decades. I'll be doing an article based on this paper and expounding on the more complex synergism between GHboost and TestoBoost. The paper is: Birzniece V, Meinhardt UJ, Umpleby MA, Handelsman DJ, Ho KK. *Interaction between Testosterone and Growth Hormone on Whole-Body Protein Anabolism Occurs in the Liver.* J Clin Endocrinol Metab. 2011 Apr;96(4):1060-7.

Other papers have also shown the synergism. For example: Gibney J, Wolthers T, Johannsson G, Umpleby AM, Ho KK. *Growth hormone and testosterone interact positively to enhance protein and energy metabolism in hypopituitary men.* Am J Physiol Endocrinol Metab. 2005 Aug;289(2):E266-71.

The best things about GHboost and TestoBoost is that they naturally increase GH and testosterone, as well as increasing IGF-1 levels, insulin sensitivity, and have a host of other beneficial effects. Look up the PDF files in my store on both as they'll give you loads of evidence based information. A recent paper has shown that increasing endogenous levels of GH and Testosterone is the way to go for getting the most out of your training. I've copied the citation and abstract from PubMed below.

Keeping this in mind, I would use both before and after training both to enhance the beneficial effects of your training on strength and to enhance recovery after training.

Start with 2 TestoBoost and 3 GHboost both before and after training. On days you don't train, take 4 TestoBoost and 5 GHboost about a half hour before bed with a protein drink (have a look at NitAbol in my store) or a protein snack without carbs. Taking both on non-training days improves recovery as well as extending the anabolic effects between training sessions.

I always suggest that athletes cycle their

supplements, using more as they get closer to major competitions and not use them when they're taking time off or just training light such as after a competition or if they're training relatively light. In fact, since both GHboost and TestoBoost naturally maximize endogenous levels of growth hormone and testosterone, they can be cycled just like drug using athletes cycle their exogenous hormones. The big difference, of course, is that both my products increase endogenous levels and don't suppress the hypothalamic-pituitary-testicular axis, and don't have the adverse effects of the drugs. Going off both for periods of time also doesn't result in states of hormone deficiency as do the drugs. And lastly, for drug tested athletes, both have absolutely no chance of causing a positive drug test.

You can take them on an empty stomach or with food. I suggest that you don't take them with carbs, as I mentioned above.

FYI, I've attached some info that will be on my new master site—which will hopefully be up by the end of May this year. It's in draft mode right now, but if you wish you can have a look at what's up if you go to www.MauroMD.com.

I'm working on the final draft of the new info for TestoBoost version IV, which will be out about the same time as my site goes live. It's an improvement over the already potent version III. When you re-order, ask for the version IV as it will be ready before it's put into the store. I've attached the latest finished draft of the new TestoBoost version IV.

Let me know if you have any other questions and also how you do with the supplements.

Best regards,
Mauro

DEAR MAURO: Thank you for the indepth answer to my question. I am looking forward to trying the TestoBoost and GHBoost. I wanted to ask your advice regarding homeopathic testosterone and growth hormone creams that are applied to the skin. How effective are they? Do they work better because they bypass the liver? What is your professional advice? I am just curious to know...

Mark

MARK: The homeopathic creams are totally useless, beyond a placebo effect if you believe in them.

Over the years I've kept an open mind about homeopathy, but after experimenting with homeopathic preparations—including the so-called hormonal creams—and finding no statistically relevant results, I am extremely skeptical. As well as my personal trials, if you look at the literature as I have over the last several decades, homeopathic remedies have never been shown in any valid and rigorous research to be any more effective than placebo.

Bottom line in my opinion is that homeopathy offers absolutely no objective benefits. Although subjectively, depending on what results you expect from their use, you may get some benefits, but the benefits are not from the homeopathic preparations but rather from your own expectations and thus mindset.

Best,
Mauro

Eur J Appl Physiol. 2011 Feb 16. [Epub ahead of print]

PHYSIOLOGICAL ELEVATION OF ENDOGENOUS HORMONES RESULTS IN SUPERIOR STRENGTH TRAINING ADAPTATION.

Rønnestad BR, Nygaard H, Raastad T. » Lillehammer University College, PB. 952, 2604, Lillehammer, Norway, bent.ronnestad@hil.no.

ABSTRACT—The purpose of this study was to determine the influence of transiently elevated endogenous hormone concentrations during exercise on strength training adaptations. Nine subjects performed four unilateral strength training session per week on the elbow flexors for 11 weeks. During two of the weekly sessions, leg exercises were performed to acutely increase the systemic anabolic hormone concentration immediately before the exercises for one of the elbow flexors (L + A). On the two other weekly training sessions, the contralateral elbow flexors were trained without prior leg exercises (A). By randomizing one arm of the subjects to serve as a control and the other as experimental, both conditions have the same nutritional and genetic environment. Serum testosterone and growth hormone was significantly increased during the L - A training session, while no hormonal changes occurred in the A session. Both A and L + A increased 1RM in biceps curl, peak power in elbow flexors at 30 and 60% of 1RM, and muscle volume of the elbow flexors ($p < 0.05$). However, only L + A achieved increase in CSA at the part of the arm flexors with largest cross sectional area ($p < 0.001$), while no changes occurred in A. L + A had superior relative improvement in 1RM biceps curl and favorable muscle adaptations in elbow flexors compared to A ($p < 0.05$). In conclusion, performing leg exercises prior to arm exercises, and thereby increasing the levels of serum testosterone and growth hormone, induced superior strength training adaptations compared to arm training without acute elevation of hormones.

AAU NATIONAL/N. AMERICAN

JUL 9-11 2010 » Mesquite, NV

BENCH FEMALE	<i>Open</i>	
<i>Ntl Challenge</i>	Mathews	160
114 lbs.	<i>Open</i>	
<i>Open</i>	Singh	308
Tropp	Drake	293
123 lbs.	Rodriguez	259
<i>Open</i>	181 lbs.	
Watts	<i>Open</i>	
132 lbs.	Fultz	330
<i>Open</i>	Purdy	303
Brill	Rodriguez	275
Jaramillo	Brill	226
148 lbs.	Wiseman	—
<i>Open</i>	Dubose	—
Frieliy	Myers	171
Brill	Nunez	—
Robleo	198 lbs.	
165 lbs.	<i>Open</i>	
<i>Open</i>	Shaw	410
Castellano	McDole	402
181 lbs.	Woods	380
<i>Open</i>	Lopez	352
Henderson	Lewis	341
Hawkins	J. Gillette	308
220 lbs.	G. Gillette	270
<i>Open</i>	Serrano	231
Tawzer	Jabara	—
<i>Raw</i>	220 lbs.	
105 lbs.	<i>Open</i>	
<i>Open</i>	Ortiz	424
Gutteriez	Ngo	363
114 lbs.	Dreckesel	341
<i>Open</i>	Wooten	303
Gutteriez	Dimarco	253
123 lbs.	Gustafson	231
<i>Open</i>	VanWinkle	215
Watts	Vogt	171
132 lbs.	Leedy	—
<i>Open</i>	Myers Sr	—
Brill	242 lbs.	
Jaramillo	<i>Open</i>	
148 lbs.	Bush	330
<i>Open</i>	Collins	319
Frieliy	Brill	314
Brill	McDonnell	303
Robleo	Odom	—
181 lbs.	275 lbs.	
<i>Open</i>	<i>Open</i>	
Henderson	Purdy	506
Hawkins	Tawzer	413
198 lbs.	Hansen	402
<i>Open</i>	Grein	314
Brill	Kendell	303
<i>National</i>	Branning	—
105 lbs.	308 lbs.	
<i>Open</i>	<i>Open</i>	
Gutteriez	Dewitt	600
220 lbs.	Masters	440
<i>LM (50-54)</i>	308+ lbs.	
Tawzer	<i>Open</i>	
<i>Raw</i>	Heldt	380
123 lbs.	Callison	363
<i>Open</i>	Trammell	220
Watts	<i>Raw</i>	
165 lbs.	105 lbs.	
<i>Mil (45-49)</i>	<i>Open</i>	
Hunt	Weddington	116
181 lbs.	123 lbs.	
<i>Mil (50-54)</i>	<i>Open</i>	
Hawkins	Chaney	66
<i>Open</i>	132 lbs.	
Henderson	<i>Open</i>	
MALE	Toledo	138
<i>Ntl Challenge</i>	148 lbs.	
123 lbs.	<i>Open</i>	
<i>Open</i>	Mathews	160
Chaney	<i>LM (60-64)</i>	
132 lbs.	Tardive	253
<i>Open</i>	165 lbs.	
Toledo	<i>Open</i>	
148 lbs.	Singh	308

Drake	293	<i>Life</i>	Kendell	303	198 lbs.			
Rodriguez	259	Masters	308 lbs.	<i>Open</i>	Lewis	562		
181 lbs.	<i>Open</i>	Masters	<i>Open</i>	Dewitt	600	McDole	545	
<i>Open</i>	Fultz	330	308+ lbs.	<i>Mil</i>	Smith	539		
Peter	275	123 lbs.	<i>LM (12-13)</i>	Trammell	220	J. Gillette	528	
Rodriguez	275	<i>(12-13)</i>	Chaney	66	DEADLIFT FEMALE	G. Gillette	484	
Goldstein	253	132 lbs.	<i>Open</i>	<i>Ntl Challenge</i>	<i>Open</i>	Ngo	611	
Brill	226	148 lbs.	Toledo	138	114 lbs.	Gustafson	584	
Wiseman	—	<i>LM (60-64)</i>	Tardive	253	<i>Open</i>	Dreckesel	551	
Dubose	—	<i>M (75-79)</i>	Mathews	160	123 lbs.	Leedy	—	
Nunez	—	Mathews	165 lbs.	<i>Open</i>	Vogt	—		
198 lbs.	<i>Open</i>	Drake	<i>Open</i>	Brill	248	242 lbs.		
<i>Open</i>	McDole	402	Jaramillo	226	<i>Open</i>	Brill	600	
Woods	380	Mathews	148 lbs.	McDonnell	226	Bush	473	
Lopez	352	<i>Open</i>	Rodriguez	259	Collins	363		
Lewis	341	Rodriguez	<i>LM (45-49)</i>	259	Odom	—		
J. Gillette	308	<i>LM (55-59)</i>	Drake	293	275 lbs.			
G. Gillette	270	Drake	<i>M (45-49)</i>	293	<i>Open</i>	Brill	600	
Serrano	231	Rodriguez	Ngo	363	Mathews Sr	534		
Jabara	—	<i>Open</i>	Dreckesel	341	Grein	517		
Joy	198	Drake	Jones	319	309 lbs.			
Vogt	171	<i>M (45-49)</i>	Dimarco	253	<i>Open</i>	Callison	407	
242 lbs.	<i>Open</i>	Drake	Gustafson	231	320 lbs.			
<i>Open</i>	Bush	330	VanWinkle	215	<i>Open</i>	Heldt	562	
Ortiz	424	<i>M (50-54)</i>	Joy	198	<i>Open</i>	National		
Ngo	363	Sub	Purdy	226	220 lbs.	Heldt	562	
Collins	319	Nunez	<i>Open</i>	Dubose	—	<i>Open</i>		
Brill	314	<i>L MIL (50-54)</i>	Nunez	—	Tawzer	—		
Odom	—	Ford	114 lbs.	<i>Raw</i>	181 lbs.	<i>LM (40-44)</i>		
275 lbs.	<i>LM (60-64)</i>	Goldstein	<i>Open</i>	Gutteriez	165	Gavne	380	
<i>Open</i>	<i>M (40-44)</i>	Serrano	<i>National</i>	165	Gavne	380		
Hansen	402	<i>LM (65-69)</i>	Dubose	—	275 lbs.			
Kendell	303	Goldstein	<i>LM (45-49)</i>	231	<i>LM (50-54)</i>	Grein	517	
Branning	—	<i>M (40-44)</i>	Castellano	231	123 lbs.			
<i>M (50-54)</i>	Serrano	231	<i>LM (50-54)</i>	231	<i>(12-13)</i>	Chaney	165	
Gutteriez	275	<i>M (60-64)</i>	Tawzer	—	148 lbs.	<i>M (75-70)</i>	Mathews	385
308 lbs.	<i>Open</i>	Dubose	114 lbs.	<i>(14-15)</i>	<i>Open</i>	Mathews	600	
<i>Open</i>	Dewitt	600	Gutteriez	165	Rodriguez	600		
308+ lbs.	308+ lbs.	Myers	123 lbs.	<i>Open</i>	Watts	325		
<i>Open</i>	<i>Open</i>	198 lbs.	<i>Open</i>	Weddington	171	Hendron	330	
Heldt	380	<i>Junior</i>	Watts	—	123 lbs.	<i>LM (50-54)</i>	Rodriguez	600
Callison	363	Jabara	MALE	<i>Ntl Challenge</i>	<i>Open</i>	<i>M (50-54)</i>	Hendron	330
Trammell	220	Mathews Jr	105 lbs.	<i>Open</i>	Mathews Jr	165	Mathews Jr	—
<i>National</i>	165 lbs.	Joy	<i>Open</i>	Weddington	171	<i>Open</i>	J. Gillette	484
165 lbs.	<i>LM (55-59)</i>	<i>Open</i>	Lopez	—	123 lbs.	Mathews Jr	—	
<i>LM (55-59)</i>	Drake	293	181 lbs.	<i>Junior</i>	<i>Open</i>	Smith	539	
Ortiz	424	Mathews Jr	<i>M (45-49)</i>	165	181 lbs.	Mathews Jr	—	
<i>M (45-49)</i>	Purdy	303	198 lbs.	<i>Open</i>	<i>LM (65-69)</i>	Vogt	303	
Wooten	303	Woods	<i>M (50-54)</i>	Chaney	165	275 lbs.		
<i>Open</i>	<i>Open</i>	<i>M (50-54)</i>	G. Gillette	270	<i>LM (45-49)</i>	<i>LM (45-49)</i>	534	
Ortiz	424	<i>M (70-74)</i>	220 lbs.	Mathews	385	Mathews Sr	534	
Myers Sr	—	VanWinkle	<i>Mil</i>	Singh	440	Peter	402	
275 lbs.	<i>LM (40-44)</i>	VanWinkle	Allen	—	165 lbs.	Gavne	380	
<i>LM (40-44)</i>	Ortiz	424	<i>Mil/Law</i>	171	<i>Open</i>	Hendron	330	
Purdy	506	<i>LM (65-69)</i>	Jones	319	181 lbs.	<i>LM (65-69)</i>	303	
<i>LM (55-59)</i>	<i>LM (55-59)</i>	Vogt	<i>LM (65-69)</i>	171	<i>Open</i>	275 lbs.		
105 lbs.	<i>Open</i>	VanWinkle	<i>LM (70-74)</i>	215	Rodriguez	<i>LM (45-49)</i>	534	
<i>Open</i>	Ortiz	424	<i>LM (75-79)</i>	253	Brill	523		
123 lbs.	Myers Sr	—	Dimarco	253	Fultz	462		
<i>Open</i>	275 lbs.	<i>M (70-74)</i>	VanWinkle	215	Peter	402		
Chaney	66	<i>M (40-44)</i>	Purdy	506	Gavne	380		
132 lbs.	<i>LM (40-44)</i>	Myers Sr	<i>Sub</i>	—	Hendron	330		
<i>Open</i>	<i>LM (55-59)</i>	275 lbs.	Myers Sr	—	Push Pull FEMALE	Heldt	562	
MALE	Tawzer	413	114 lbs.	<i>National</i>	BP DL TOT			
<i>Ntl Challenge</i>	148 lbs.	<i>Open</i>	<i>Life</i>	Tropp	116	240	356	
123 lbs.	<i>Open</i>	Purdy	<i>LM (70-74)</i>	116	240	356		
<i>Open</i>	Mathews	160	Branning	—	165 lbs.			
Chaney	<i>LM (60-64)</i>	253	<i>LM (60-64)</i>	319	<i>LM (45-49)</i>			
132 lbs.	Tardive	253	Collins	319	Castellano	83		
<i>Open</i>	165 lbs.	600	<i>M (60-64)</i>	319	231	314		
Toledo	<i>Open</i>	506	Collins	319	220 lbs.			
148 lbs.	Singh	308						



Tish Henderson – 352 raw DL



Tom Smith – 540 DL at 198



Lindsey Brill – 268 raw DL at 135

RESULTS »



Kevin Shaw – 409 BP at 220 pounds



Denise Jaramillo – 226 raw DL



Daniel Gustafson – 551 raw DL



Ryan De Witt – 601 Raw world record BP at 289 pounds

LM (50-54)				Jaramillo	171	121	226	517
Tawzer	182	281	462	(50-54)				
Raw				Brill	204	154	248	606
105 lbs.				148 lbs.				
(12-13)				Open				
Gutteriez	66	176	242	Friely	253	171	369	793
114 lbs.				Brill	204	127	286	617
(14-15)				Robleo	165	77	204	446
Gutteriez	77	165	242	(12-13)				
123 lbs.				Brill	204	127	286	617
Open				(40-44)				
Watts	176	325	501	Robleo	165	77	204	446
181 lbs.				181 lbs.				
Mil				(50-54)				
Henderson	149	352	501	Hawkins	110	110	352	573
MALE				Open				
National				Henderson	308	149	352	809
LM (40-44)				MALE				
Shaw	410	528	938	North American				
M (40-44)				181 lbs.				
Shaw	410	528	938	Roybal	314	220	336	870
242 lbs.				220 lbs.				
LM (50-54)				(75-79)				
McDonnell	303	407	710	Leedy	319	—	—	319
M (50-54)				275 lbs.				
McDonnell	303	407	710	(40-44)				
Raw				Purdy	226	506	451	1184
105 lbs.				(50-54)				
(10-11)				Grein	451	336	517	1305
Weddington	116	171	286	Raw				
123 lbs.				148 lbs.				
(12-13)				(75-80)				
Chaney	66	165	231	Mathews	242	160	385	787
148 lbs.				165 lbs.				
M (75-79)				(55-59)				
Mathews	160	385	545	Drake	303	293	303	898
165 lbs.				181 lbs.				
Junior				(18-19)				
Singh	308	440	749	Brill	407	226	523	1156
Open				(40-44)				
Rodriguez	275	600	875	Rodriguez	473	275	600	1349
LM (50-54)				Peter	341	275	402	1018
Fultz	330	462	793	Open				
M (40-44)				Rodriguez	473	275	600	1349
Rodriguez	275	600	875	Brill	407	226	523	1156
M (50-54)				Peter	341	275	402	1018
Fultz	330	462	793	198 lbs.				
198 lbs.				Life				
Junior				Lewis	391	341	562	1294
Mathews Jr	—	—	—	Open				
Open				McDole	501	402	545	1448
Mathews Jr	—	—	—	Lewis	391	341	562	1294
M (50-54)				J. Gillette	363	308	484	1156
J. Gillette	270	352	622	Sub				
220 lbs.				Lewis	391	341	562	1294
Open				220 lbs.				
Gustafson	231	584	815	Life				
LM (40-44)				Dreckesel	534	341	551	1426
Gustafson	231	584	815	Open				
LM (65-69)				Ngo	528	363	611	1503
Vogt	—	303	303	Dreckesel	534	341	551	1426
242 lbs.				Sub				
LM (60-64)				Dreckesel	534	341	551	1426
Collins	319	363	683	242 lbs.				
309 lbs.				(45-49)				
Open				Brill	501	314	600	1415
Callison	363	407	771	(50-54)				
M (40-44)				Odom	—	—	—	—
Callison	363	407	771	(60-64)				
320 lbs.				Bush	303	330	473	1107
LM (40-44)				Open				
Heldt	380	562	941	Brill	501	314	600	1415
Powerlifting	SQ	BP	DL	Collins	303	319	363	985
FEMALE				275 lbs.				
North American				(50-54)				
Raw				Gutteriez	253	275	363	892
123 lbs.				Venue: Casablanca Resort. As the audience				
Open				settled in for a night of laughter at the comedy				
Watts	237	176	325	show, one could not help to notice many				
132 lbs.				of the people in the crowd were very muscular				
Sub				and athletic looking. It did not take long				
Jaramillo	171	121	226	to realize, these athletes had just finished				
Open				competing at the 2010 AAU National Bench,				
Brill	204	154	248	Deadlift, Push Pull and North American				
				Powerlifting Championships. As the show				
				began one astute comedian, noticed the "big				

guy “ in the front row. After a brief conversation filled with levity and one liners, the crowd soon knew , that he was the father of one of the great youth lifters. The 2010 AAU National Bench, Deadlift, Push Pull and North American Powerlifting Championships brought a great variety of lifters from all ages to the beautiful Casablanca Resort in Mesquite, Nevada. Run over a three day period, the event was run at a comfortable pace , that left lifters, their families and friends; sufficient time to enjoy their vacations. The five acre pool, PGA Golf course and local national parks, were the escapes of choice. Inside the venue, the lifting was terrific and the environment welcome and friendly. Veteran international referees worked with various national referees in preparation for their promotion to the next rank. Show Biz Video was busy creating personalized documentaries of the lifters, their lifts and thoughts. House of Pain was once again in the house, providing their happy customers with the finest in workout apparel. As I write this story, I cannot find my list of best lifters and so using the score sheet and my all to foggy memory, I will try to capture the highlights as I can best remember. Women: The little powerhouse known as Helene Tropp did not disappoint. Weighing in at just 109 pounds, she benched 117 raw and hoisted a 242 raw DL. By the way, Helene is only 71 years of age. Helene was awarded Best Lifter in the Bench and push pull categories. At the other end of the age spectrum, 12 year old Lindsey Brill who edged out Michelle Watts for best lifter in the powerlifting category. But Michelle did not leave empty handed as she was the best lifter in the deadlift division with a raw 325 in the 123 class. Other stand outs included Diane Brill with a 606 raw total at 132 , age 50; Tish Henderson with her 810 raw total at 181 and Cyndi Friely totaling 794 raw at 181. Denise Jaramillo is not only an outstanding lifter, but is quickly becoming a terrific referee. Men’s Bench: Utilizing a 293 raw bench at 165, 59 year old Martin Drake, was awarded the best lifter for the light weight men. In the middle weight division (181-220) Merv Goldstein was a star, benching 253 Raw at 181 and 69 years young. He was awarded Best Lifter for day two. Day three brought the Gentle Giant Ryan DeWitt. Ryan had a plan to get his first official 600 raw bench by gaining weight (289) and lifting in the 308 class. His very easy 601 raw made him only the second AAU lifter to bench over 600 raw; the first being Richard Schoenburger. Ryan was awarded best lifter for day three. Master lifter, Rick Purdy conquered a 507 bench to be named the best lifter in the equipped bench. Men’s Deadlift: Once again it was master lifters leading the way. At 76 Jim Mathews, is showing no signs of slowing down. Jim weighed in at only 144, but made easy work of his 385 raw deadlift, to take best lifter light weight honors. Tony “T-Rod” Rodriguez, toyed with his 601 raw DL at 181. Tom Smith (63) is a pulling machine. His 540 at 198 was good for best lifter honors on day 2. Mark Mathews Sr., had been battling health issues; but you would not have known it if you saw his raw 534 in the masters division. This lift propelled him into the best Lifter day three winners circle. Push Pull: Again, Tony Rodriguez and Jim Mathews were the stars in this division, but Henry Fultz and Daniel Gustafson were well deserving best lifters. North American Powerlifting: Tony Rodriguez (1350 raw at 181), Zack McDole (1450 raw at 198) and Pierre Ngo (1504 raw at 220) lead a talented group of powerlifters. Tony Brill had a terrific day in the Raw 45-59 242 class, totaling a great 1416.

» results and photos courtesy Martin Drake



Henry Fultz – 330 raw BP at 181 pounds



Tony Rodriguez – 601 raw DL at 181



Michelle Watts – world record raw BP of 325 at 123 pounds



Diane Brill – 250 Raw DL at 132



Rakim Weddington – 116 raw BP at 114 and 11 years of age



Helene Tropp – 116 raw BP at 109



Martin Drake – raw world record 293 BP at 165 pounds



Michelle Watts – 325 raw DL

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



Donnie Thompson still has the world's biggest total in the super heavyweights



Mike Hall's total led the world of drug free competition for many years



Chad Aichs had major impact on the all time list with his lifting in 2007

Total	X-Bwt	American Powerlifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 2905.0	(1317.7) *7.86X	Donnie Thompson/64 11/23/08 (1235.0+910.0+760.0=2905.0 lb. @ 369.7 lb.) (York, PA) (IPA)
2. 2805.4	(1272.5) *7.46X	Garry Frank/64 4/3/04 (492.5+380.0+400.0=1272.5 kg. @ 170.5 kg.) (Jacksonville, Florida) (APF)
3. 2799.9	(1270.0) *5.29X	Jeff Lewis/70 3/4/06 (550.0+370.0+350.0=1270.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)
4. 2733.7	(1240.0) *7.45X	Chad Aichs/72 3/3/07 (532.5+365.0+342.5=1240.0 kg. @ 166.55 kg.) (Columbus, Ohio) (WPO)
5. 2705.0	(1227.0) *8.17X	Anthony Bolognere/76 12/5/09 (1125.0+825.0+755.0=2705.0 lb. @ 331.0 lb.) (Nashville, TN) (SPF)
6. 2673.1	(1212.5) *7.23X	Matt Smith/74 6/4/06 (517.5+330.0+365.0=1212.5 kg. @ 167.6 kg.) (Las Vegas, Nevada) (APF/WPC)
7. 2651.1	(1202.5) *7.89X	Brian Siders/78 5/15/10 (462.5+362.5+377.5=1202.5 kg. @ 336.0 lb.) (Charleston, WV) (USAPL)
8. 2625.0	(1190.7) *7.15X	Mike "Mule" Miller/68 4/9/06 (1220.0+700.0+705.0=2625.0 lb. @ 367.0 lb.) (Leesport, PA) (IPA)
9. 2625.0	(1190.7) *8.39X	Scott "Hoss" Cartwright/69 8/23/09 (1160.0+710.0+755.0=2625.0 lb. @ 313.0 lb.) (Sharonville, OH) (SPF)
10. 2620.0	(1188.4) *8.13X	Paul Childress/71 8/22/10 (1115.0+735.0+770.0=2620.0 lb. @ 322.2 lb.) (Cincinnati, Ohio) (SPF)
11. 2570.0	(1165.7) *7.13X	Ben Brand/80 8/23/09 (1075.0+775.0+720.0=2570.0 lb. @ 360.6 lb.) (Sharonville, Ohio) (SPF)
12. 2565.0	(1163.5) *7.86X	Matt Wilson/79 11/12/06 (1100.0+730.0+735.0=2565.0 lb. @ 326.3 lb.) (York, Pennsylvania) (IPA)
13. 2560.0	(1161.2) *6.46X	Tim Harold/84 2/4/06 (1005.0+700.0+855.0=2560.0 lb. @ 396.2 lb.) (Fremont, Ohio) (APF)
14. 2560.0	(1161.2) *7.71X	Chad Walker/82 10/30/10 (1015.0+720.0+825.0=2560.0 lb. @ 332.0 lb.) (Orlando, Florida) (APF)
15. 2557.4	(1160.0) *7.77X	Beau Moore/66 3/6/04 (455.0+340.0+365.0=1160.0 kg. @ 149.2 kg.) (Columbus, Ohio) (WPO)
16. 2551.9	(1157.5) *7.49X	Jonathan Bernor/75 10/30/05 (500.0+352.5+305.0=1157.5 kg. @ 154.5 kg.) (Chicago, Illinois) (WPO)
17. 2513.3	(1140.0) *7.52X	Brent Mikesell/67 6/29/03 (502.5+272.5+365.0=1140.0 kg. @ 334.0 lb.) (Newport, Oregon) (APF)
18. 2510.0	(1138.5) *7.21X	Michael Ruggiera/68 4/17/05 (1020.0+675.0+815.0=2510.0 lb. @ 348.0 lb.) (Newark, Ohio) (IPA)
19. 2502.2	(1135.0) *7.87X	Chris Wiers/77 12/8/07 (405.0+350.0+380.0=1135.0 kg. @ 318.0 lb.) (Westbrook, Maine) (APF)
20. 2502.2	(1135.0) *7.36X	Logan Lacy/88 2/6/10 (460.0+365.0+310.0=1135.0 kg. @ 154.2 kg.) (Lenexa, Kansas) (APF)
21. 2502.2	(1135.0) *7.75X	John Ewing/80 11/1/08 (462.5+337.5+335.0=1135.0 kg. @ 323.0 lb.) (Carrollton, Texas) (APF)
22. 2500.0	(1134.0) *8.10X	Henry Thomason/79 8/22/10 (1165.0+660.0+675.0=2500.0 lb. @ 308.7 lb.) (Cincinnati, Ohio) (SPF)
23. 2460.0	(1115.8) *7.38X	Anthony Clark/66-05 3/27/93 (1015.0+725.0+720.0=2460.0 lb. @ 333.5 lb.) (Lancaster, PA) (APA/WPA)
24. 2458.2	(1115.0) *7.75X	Mark "JackAss" Bell/76 9/13/08 (427.5+360.0+327.5=1115.0 kg. @ 143.9 kg.) (Concord, CA) (UPA)
25. 2430.6	(1102.5) *6.40X	O.D. Wilson/55-91 2/16/89 (454.5+250.5+397.5=1102.5 kg. @ 380.0 lb., later 1100) (Long Beach, CA) (USPF)
26. 2427.5	(1101.1) *7.08X	John Ware/60-05 1/29/89 (987.5+600.0+840.0=2427.5 lb. @ 343.0 lb.) (Galesburg, Illinois) (APF)
27. 2425.1	(1100.0) *7.35X	Bill Kazmaier/53 1/31/81 (420.0+300.0+380.0=1100.0 kg. @ 330.0 lb.) (Columbus, GA) (USPF/IPF)
28. 2420.0	(1097.7) *7.59X	Dan Kovacs/59 11/19/00 (915.0+675.0+830.0=2420.0 lb. @ 319.0 lb.) (Columbus, Ohio) (IPA)
29. 2414.1	(1095.0) *7.36X	Lance Karabel/73 11/13/09 (455.0+295.0+345.0=1095.0 kg. @ 148.7 kg.) (Las Vegas, NV) (USPF/WPF)
30. 2408.6	(1092.5) *7.26X	Paul Stratakis/68 6/5/05 (482.5+265.0+345.0=1092.5 kg. @ 331.8 lb.) (Detroit, Michigan) (APF/WPC)
31. 2408.6	(1092.5) *7.13X	Todd Greninger/69 6/4/06 (465.0+292.5+335.0=1092.5 kg. @ 153.2 kg.) (Las Vegas, NV) (APF/WPC)
32. 2403.0	(1090.0) *7.44X	Treston Shull/85 11/6/10 (432.5+322.5+335.0=1090.0 kg. @ 323.0 lb.) (Camp Hill, Pennsylvania) (SPF)
33. 2400.0	(1088.6) *7.24X	Tom Skiver/66 11/16/03 (900.0+700.0+800.0=2400.0 lb. @ 331.3 lb.) (Samp Hill, Pennsylvania) (IPA)
34. 2400.0	(1088.6)	Tony Barbaccio/72 10/11/08 (880.0+780.0+740.0=2400.0 lb.) (Tribes Hill, New York) (SSA)
35. 2391.5	(1084.8) *6.70X	Don Reinholdt/45 5/3/75 (2420.0 lb. @ 357.0 lb., later weighed 2391.5 lb.) (Chattanooga, TN) (AAU/IPF)
36. 2380.0	(1079.5) *6.84X	Chris Clark/67 1/20/08 (950.0+680.0+750.0=2380.0 lb. @ 157.8 kg.) (Columbus, Ohio) (IPA)
37. 2375.5	(1077.5) *6.79X	Thad Coleman/70 5/23/10 (455.0+302.5+320.0=1077.5 kg. @ 350.0 lb.) (Sacramento, California) (SPF)
38. 2370.0	(1075.0) *6.70X	George Hechter/61 3/3/85 (437.5+265.0+372.5=1075.0 kg. @ 160.5 kg.) (Honolulu, HI) (USPF/APF/WPC)
39. 2365.0	(1072.7) *6.61X	Tony Hutson/62 11/17/02 (1005.0+650.0+710.0=2365.0 lb. @ 358.0 lb.) (Worthington, Ohio) (IPA)
40. 2353.4	(1067.5) *5.87X	Shedric "Tex" Henderson/76 6/5/05 (465.0+282.5+320.0=1067.5 kg. @ 400.8 lb.) (Detroit, MI) (APF/WPC)
41. 2350.0	(1065.9) *7.29X	John Kuc/47 11/11/72 (905.0+600.0+845.0=2350.0 lb. @ 322.25 lb.) (Harrisburg, PA) (AAU)
42. 2342.4	(1062.5) *6.89X	Paul Wrenn/47 7/12/81 (442.5+245.0+375.0=1062.5 kg. @ 154.3 kg.) (Corpus Christi, TX) (USPF/IPF)
43. 2342.4	(1062.5) *7.25X	Craig Gallo/72 6/16/02 (462.5+252.5+347.5=1062.5 kg. @ 146.55 kg.) (York, Pennsylvania) (APF/WPC)
44. 2342.4	(1062.5) *7.04X	Brad Gillingham/63 7/11/04 (395.0+287.5+380.0=1062.5 kg. @ 151.01 kg.) (Baton Rouge, LA) (USAPL/IPF)
45. 2340.0	(1061.4) *5.91X	John Robert "J.R." Hunt/58 11/18/01 (960.0+630.0+750.0=2340.0 lb. @ 396.0 lb.) (Columbus, OH) (IPA)
46. 2340.0	(1061.4) *6.82X	Wade Johnson/65 10/4/09 (970.0+670.0+700.0=2340.0 lb. @ 343.0 lb.) (Nashville, Tennessee) (SPF)
47. 2336.9	(1060.0) *5.70X	Mike Hall/56 2/26/89 (422.5+287.5+350.0=1060.0 kg. @ 410.0 lb.) (Tempe, Arizona) (ADFFPA/WDFPF)
48. 2336.9	(1060.0) *5.77X	Marc Henry/71 10/29/95 (432.5+235.0+392.5=1060.0 kg. @ 405.0 lb.) (Sussex, England) (ADFFPA/WDFPF)
49. 2336.9	(1060.0) *7.33X	Lee Barry/76 6/16/02 (400.0+295.0+365.0=1060.0 kg. @ 144.65 kg.) (York, Pennsylvania) (APF/WPC)
50. 2336.9	(1060.0) *7.49X	Martin "Kieran" Kidder/69 10/26/02 (455.0+282.5+322.5=1060.0 kg. @ 141.5 kg.) (Helsinki, Finland) (WPC)

(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

Records accurate as to my knowledge.



Brent Mikesell had a terrific total to go along with his renown in the squat



Lance Karabel is putting on the USPF Multi-Nationals in Chicago this year



Brad Gillingham has earned a lot of US team points at IPF Worlds Championships with his amazing deadlifting prowess

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

Total	X-Bwt	American Female Powerlifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1052.7 (477.5)	*10.01X Margaret Kirkland/63 8/4/07 (210.0+95.0+172.5=477.5 kg. @ 47.7 kg.) (Rosemont, IL) (AAPF/AWPC)
2.	948.0 (430.0)	*8.98X Jennifer Maile/84 9/25/02 (160.0+90.0+180.0=430.0 kg. @ 47.9 kg.) (Chia I, Chinese Taipei) (IPF)
3.	903.9 (410.0)	*8.67X April Delmore-Shumaker/67 1/23/10 (147.5+110.0+152.5=410.0 kg. @ 104.2 lb.) (Anaheim, CA) (USPF)
4.	887.4 (402.5)	*8.40X Doris Simmons/52 7/28/90 (155.0+95.0+152.5=402.5 kg. @ 47.9 kg.) (Pittsburgh, PA) (APF/WPC)
5.	875.0 (396.9)	*8.47X Elaine "Scrap" Kunkle-Grimwood/70 11/20/10 (330.0+200.0+345.0=875.0 lb. @ 103.3 lb.) (York, PA) (IPA)
6.	865.3 (392.5)	*8.28X Michelle Van Dusen/93 8/30/10 (155.0+72.5+165.0=392.5 kg. @ 47.4 kg.) (Czech Rep., Pilsen) (USAPL/IPF)
7.	859.8 (390.0)	*8.13X Majik Jones/53 5/19/84 (147.5+65.0+177.5=390.0 kg. @ 48.0 kg.) (Santa Monica, CA) (USPF/IPF)
8.	851.0 (386.0)	8.02X Elizabeth "Ann" Leverett/54 6/22/02 (146.0+82.5+157.5=386.0 kg.) (Chester, West Virginia) (USPF)
9.	848.8 (385.0)	*8.16X Lynne Fuller-Barlow/59 11/7/98 (152.5+87.5+145.0=385.0 kg. @ 104.0 lb.) (Lewiston, Maine) (APF)
10.	848.8 (385.0)	8.02X Ashley Matherne/83 4/16/05 (135.0+97.5+152.5=385.0 kg.) (Baton Rouge, Louisiana) (USAPL)
11.	843.3 (382.5)	*7.98X Cheryl Anderson/75 1/23/10 (135.0+87.5+160.0=382.5 kg. @ 105.7 lb.) (Anaheim, CA) (USPF)
12.	840.0 (381.0)	*8.08X Ashley Hudson-Robbins/77 7/14/01 (335.0+180.0+325.0=840.0 lb. @ 104.0 lb.) (Marietta, GA) (USPF)
13.	832.2 (377.5)	*7.87X Jeanna Pacyga 7/16/88 (142.5+85.0+150.0=377.5 kg. @ 105.75 lb.) (Columbus, Ohio) (APF/WPC)
14.	823.4 (373.5)	*7.86X Paula Kovalchik/53 10/4/97 (137.5+77.5+158.5=373.5 kg. @ ~47.5 kg.) (Wilkes-Barre, PA) (USAPL)
15.	815.7 (370.0)	*7.71X Suzanne "Sioux-Z" Hartwig-Gary/68 2/27/99 (147.5+77.5+145.0=370.0 kg.) (Lincoln, NE) (USAPL/IPF)
16.	810.2 (367.5)	*7.72X Diana Rowell/57 1/29/83 (135.0+60.0+172.5=367.5 kg. @ 47.6 kg.) (Chicago, Illinois) (USPF)
17.	810.2 (367.5)	7.66X Claudia Valdiviez 3/4/93 (150.0+75.0+142.5=367.5 kg.) (Dallas, Texas) (NASA)
18.	810.0 (367.4)	*7.71X Beth Fisher-Street/65 11/21/92 (315.0+170.0+325.0=810.0 lb. @ 105.0 lb.) (Whitman, MA) (USPF)
19.	805.0 (365.1)	*8.05X Kate Washburn 10/30/99 (315.0+150.0+340.0=805.0 lb. @ 100.0 lb.) (Troy, New Hampshire) (APF)
20.	804.7 (365.0)	7.60X Peggy Box 7/16/88 (150.0+70.0+145.0=365.0 kg.) (Austin, Texas) (USPF)
21.	804.7 (365.0)	*7.60X Ellen Chaillet 4/22/89 (365.0 kg.) (Athens, West Virginia) (APF)
22.	800.0 (362.9)	7.56X Glynis Ramirez-Bierria/63 12/88 (300.0+180.0+320.0=800.0 lb.) (Anchorage, Alaska) (USPF)
23.	800.0 (362.9)	*7.58X Janet Faraone/67 6/22/02 (275.0+215.0+310.0=800.0 lb. @ 105.5 lb.) (Nazareth, PA) (IPA)
24.	799.2 (362.5)	*7.57X Caitlin Miller/90 2/5/05 (142.5+67.5+152.5=362.5 kg. @ 47.9 kg.) (Saint Louis, MO) (USAPL/IPF)
25.	799.2 (362.5)	*7.60X Amber Denmon/86 5/14/05 (150.0+82.5+130.0=362.5 kg. @ 47.7 kg.) (Round Rock, Texas) (APF)
26.	788.2 (357.5)	*7.73X Cheryl Jones/51 3/31/85 (140.0+77.5+140.0=357.5 kg. @ 102.0 lb.) (Lakeland, Florida) (USPF)
27.	782.6 (355.0)	7.40X Sherri "Renee" Burns 1/30/88 (125.0+67.5+162.5=355.0 kg.) (Austin, Texas) (USPF)
28.	777.1 (352.5)	*7.49X Terry Dillard-Blanchard/53 2/20/82 (142.5+57.5+152.5=352.5 kg. @ 47.06 kg.) (Auburn, AL) (USPF)
29.	777.1 (352.5)	*7.47X Maggie Strezze-Benford-Marino/57-09 12/12/87 (130+67.5+155=352.5 kg. @ 104 lb.) (Columbus, OH) (APF)
30.	766.1 (347.5)	7.24X Judith Gedney/40 11/29/86 (127.5+77.5+142.5=347.5 kg.) (Saint Louis, Missouri) (ADFPA)
31.	766.1 (347.5)	7.24X Shirley Gutierrez 5/31/87 (135.0+70.0+142.5=347.5 kg.) (Perth, Australia) (USPF/IPF)
32.	766.1 (347.5)	*7.32X Kendra Miller/92 3/30/07 (137.5+70.0+140.0=347.5 kg. @ 47.5 kg.) (Alexandria, LA) (USAPL)
33.	766.1 (347.5)	7.24X Linda Barnes/49 12/1/07 (122.5+85.0+140.0=347.5 kg.) (Concord, California) (UPA)
34.	760.0 (344.7)	*7.45X Renee Brown/81 12/3/05 (280.0+180.0+300.0=760.0 lb. @ 102.0 lb.) (Bay City, Michigan) (APA)
35.	760.0 (344.7)	*7.58X Maria Pfister/84 11/3/07 (285.0+175.0+300.0=760.0 lb. @ 100.3 lb.) (Baton Rouge, LA) (USAPL)
36.	755.1 (342.5)	*7.14X Cheryl Finley 3/8/86 (132.5+72.5+137.5=342.5 kg. @ 48.0 kg.) (Canton, Ohio) (APF/WPC)
37.	755.1 (342.5)	*7.16X Nan Trowbridge 4/5/86 (127.5+65.0+150.0=342.5 kg. @ 105.5 lb.) (Boston, MA) (ADFPA)
38.	755.1 (342.5)	7.14X Mary Ann Price/51-05 5/17/86 (125.0+80.0+137.5=342.5 kg.) (Newport, Virginia) (USPF)
39.	755.1 (342.5)	7.14X Lori Ferrero 7/21/95 (117.5+77.5+147.5=342.5 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
40.	749.6 (340.0)	7.08X Lynn Pitts/61 2/22/90 (115.0+82.5+142.5=340.0 kg.) (Reno, Nevada) (USPF)
41.	745.0 (337.9)	7.04X Janet Belton 10/13/85 (270.0+150.0+325.0=745.0 lb.) (North Miami Beach, Florida) (USPF)
42.	740.0 (335.7)	*7.10X Kati Durham/93 3/21/09 (300.0+145.0+295.0=740.0 lb. @ 104.2 lb.) (Corpus Christi, TX) (THSWPA)
43.	738.5 (335.0)	6.98X Delcy Palk 7/14/89 (130.0+62.5+142.5=335.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
44.	738.5 (335.0)	6.98X Jill Harrison 6/19/92 (137.5+52.5+145.0=335.0 kg.) (Las Vegas, Nevada) (NASA)
45.	735.0 (333.4)	*7.08X Stephanie McMillian/79 10/28/00 (300.0+135.0+300.0=735.0 lb. @ 103.75 lb.) (Baton Rouge, LA) (USAPL)
46.	733.0 (332.5)	6.93X Pam Booth 8/5/84 (127.5+62.5+142.5=332.5 kg.) (Chillicothe, Ohio) (USPF)
47.	733.0 (332.5)	6.93X Naomi Prince 12/13/86 (117.5+70.0+145.0=332.5 kg.) (Columbus, Ohio) (USPF/APF)
48.	733.0 (332.5)	6.93X Tammy Martin 9/17/93 (120.0+75.0+137.5=332.5 kg.) (Rockville, Maryland) (USPF/IPF)
49.	733.0 (332.5)	*7.17X Erin Dickey/84 2/16/07 (130.0+72.5+130.0=332.5 kg. @ 46.4 kg.) (Baton Rouge, LA) (USAPL/IPF)
50.	730.0 (331.1)	6.90X Tina Carder/84 11/5/05 (265.0+185.0+280.0=730.0 lb.) (Ruston, Louisiana) (USAPL)



Cheryl Anderson has a new baby boy, but may be back to bump up her records



Majik Jones – does anyone know what was her "real" first name was?

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



Linda Barnes had a big year back in 2006 at the APF Senior Nationals



Margaret Kirkland DDS – an all time superstar in this weight division



Shirley Gutierrez was a consistent national contender back in the 1980s



Cheryl Jones – an IPF World Champion representing the United States

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.

SEE MORE SELECTION AT INZERNET.COM

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

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 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



Camo T-shirts

Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo.

\$10.00



Tank Tops

Quality summer weight Tank Top with two color logo Comes in either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white, black, navy blue, royal blue, 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"

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Beanies

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

\$10.00



Jersey Knit Short

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

\$12.95



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.

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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



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.

\$55.00



Knee Sleeves XT

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

\$55.00



Stickum Spray

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

\$5.95



Gym Chalk

Essential for workouts and competitions, magnesium carbonate block chalk.

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Meshback Lifting Gloves

Quality, standard leather workout gloves. Power-Surge.

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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



Form-Foam™ Lifting Gloves

Custom gripping power and supreme stability control. Power-Surge.

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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!

\$22.00





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.

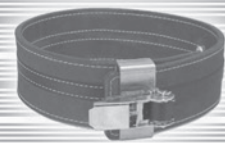
\$70.00



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.

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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 Belts™ are guaranteed forever!



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.

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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.

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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



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

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RESULTS

USAPL COLLEGIATE NATIONALS

APR 1-3 2011 » Scranton, PA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
96 lbs.				
Jaeger-UTSA	248	127	264	639
Susong-UTA	220	116	237	573
Wallace-ULL	220	99	193	512
LeBlanc-ULL	121	83	99	303
105 lbs.				
Stewart-LSU	264	182	253	699
114 lbs.				
Byrom-LTU	253	171	275	699
Thibodeaux-ULL	237	165	242	644
Conley-VMI	215	127	253	595
Perry-ULL	204	105	237	545
Hunt-SUNY	209	105	226	539
123 lbs.				
Badeaux-LSU	341	171	292	804
Cormier-ULL	275	138	352	765
Tuttle-TAMU	303	154	303	760
Mull-TAMU	264	132	325	721
Camper-VMI	253	127	286	666
Neale-FGCU	264	121	264	650
Liebert-NEU	220	127	259	606
Jedlicka-USNA	220	110	237	567
Jeter-USNA	198	94	237	528
132 lbs.				
Crocker-NEU	352	154	385	892
James-TAMU	347	182	303	831
Heim-LSU	341	154	330	826
Kutner-UOF	292	193	325	809
Dantin-LSU	297	110	259	666
Ubaldini-FGCU	275	121	226	622
Snyder-PSU	171	88	286	545
Keller-LYU	209	110	204	523
Curtis-FGCU	—	116	248	363
148 lbs.				
Baker-LSU	446	242	391	1079
Petit-NEU	363	231	314	908
Irving-TAMU	336	187	336	859
Nilsen-TAMU	275	198	303	776
Arpino-NEU	275	127	303	705
Casado-PSU	281	121	286	688
Crump-LTU	270	127	264	661
McMillen-USAF	248	116	270	633
Harmon-USNA	187	94	270	551
<i>Guest</i>				
Sheck-USNA	193	116	253	562
165 lbs.				
Okoro-UHD	319	182	468	969
Harrington-TAMU	413	198	358	969
Alba-TAMU	358	198	363	919
Guzman-UTSA	374	204	341	919
Jackson-ULL	369	193	341	903
Battiste	341	138	319	798
Wilson-LTU	226	160	292	677
Bearden-LTU	270	116	264	650
Escareno-UTA	264	105	209	578
Padilla-NEU	—	193	347	539
181 lbs.				
McKinney-TAMU	440	264	440	1145
O'Brien-SAMU	413	204	336	952
Torres-TAMU	325	220	286	831
Miller-ULL	308	165	286	760
Pedicini-USNA	292	138	292	721
198 lbs.				
Parker-LSU	468	248	435	1151
Fierman-NEU	424	264	352	1040
Perez-TAMU	347	209	347	903
Scott-ULL	—	270	308	578
198+ lbs.				
Sons-LTU	484	314	402	1200
Foster-ASH	407	286	63	1057
Guerrero-TAMU	429	215	330	974
Shields-LSU	374	171	352	897
Richey-UHD	341	187	308	837

DeShane-UTA	396	248	396	1040
Sullivan-LTU	374	259	374	1007
Levers-ULL	330	204	363	897
Wilkins-WP	314	204	363	881
Spencer	270	204	336	809
Cavins-WP	264	176	319	760
Lentz-PSU	226	204	319	749
132 lbs.				
Boutte-ULL	562	308	512	1382
Escamilla-UTA	490	292	396	1178
Wright-ULL	391	264	457	1112
Snappa-LTU	380	270	462	1112
Whitaker-SAMU	407	286	407	1101
Gutierrez-UTA	429	226	435	1090
McKenna-WP	374	264	352	991
Blecher-WP	303	270	380	952
Rohraf-FGCU	341	259	352	952
148 lbs.				
Broussard-ULL	589	440	528	1558
Torres-FGCU	484	297	490	1272
Divin-TAMU	506	275	462	1244
Dear-LSU	545	292	407	1244
McAllister-USAF	451	303	473	1228
Grimaldi-NEU	457	303	462	1222
Barnett-SAMU	391	308	495	1195
DeLaCruz-TAMU	424	314	440	1178
Murphy-ULL	424	292	435	1151
Kelly-USNA	352	325	440	1118
Molina-USNA	380	220	501	1101
Gosalvez-PSU	369	259	451	1079
Rombold-WP	407	264	391	1062
165 lbs.				
Melancon-ULL	539	385	523	1448
Rolf-PERU	517	325	562	1404
Pyon-UTA	528	336	534	1398
Hughes-LSU	523	347	506	1376
Smith-SAMU	534	341	490	1365
Chiu-LSU	501	341	517	1360
Everhardt-LSU	468	358	501	1327
Zinsmeyer-TAMU	490	325	484	1299
Rollins-LSU	479	308	501	1288
Barrilleaux-ULL	495	341	440	1277
David-LSU	495	281	479	1255
Benner-USNA	435	330	484	1250
Warner-LSU	473	270	490	1233
Camacho-PCC	484	248	501	1233
Aukerman-PSU	402	308	501	1211
Waters-VMI	451	259	462	1173
Calabrese-NEU	418	292	462	1173
Weissmann-LTU	402	314	451	1167
Marcus-RCNJ	440	275	418	1134
Steffen-UC	402	253	473	1129
Porzio-VMI	413	259	457	1129
Gray-VMI	424	292	413	1129
Darnell-UCLA	418	253	429	1101
Martinez-USNA	385	292	424	1101
Jones-PSU	369	270	424	1062
Schuller-CMU	—	264	528	793
Bertrand-ULL	—	308	418	727
Wright-WP	490	—	—	490
Dunn-LTU	—	—	—	—
181 lbs.				
Hollenbeck-ITU	672	429	672	1773
Loncharich-PSU	617	484	633	1734
Verbois-LSU	683	418	633	1734
Conway-UOG	655	418	644	1718
Labat-ULL	573	407	578	1558
Raibuzise-VMI	611	358	573	1541
Hanna-WP	523	369	545	1437
Munoz-UTSA	512	402	517	1431
Credle-WP	523	380	523	1426
Williamson-LTU	484	385	501	1371
Howsmon-TAMU	501	347	512	1360
Seaver-USAF	468	374	506	1349
Steyn-VMI	501	330	501	1332
Cohen-NEU	501	330	473	1305
Heeter-WP	473	297	523	1294
Marhanka-LSU	512	275	501	1288
Grant-TAMU	484	325	468	1277
Bologna-LSU	484	286	490	1261
Pepicelli-NEU	451	336	451	1239
Cortez-LTU	462	281	473	1217
Diaz-RPI	418	242	551	1211
McDonald-VMI	429	319	440	1189
Petty-USNA	385	264	501	1151

Happy-USNA	352	297	473	1123
198 lbs.				
Bell-UTA	699	380	743	1822
Pittari-LSU	661	435	622	1718
Murchiso-SAMU	644	418	617	1679
Martinez-UTSA	672	363	600	1635
Ingram-USNA	573	446	600	1618
May-ULM	567	418	567	1552
Goins-WP	578	341	622	1541
Garcia-UTSA	661	352	523	1536
Klemick-PSU	600	402	528	1530
Plavchak-PSU	545	369	611	1525
Janusz-ANGU	562	402	545	1508
Mathes-LTU	617	369	490	1475
Keaffer-WPI	551	369	528	1448
Eposito-FGCU	573	325	539	1437
Bogiano-ULL	539	330	495	1365
Esgro-MARY	473	286	600	1360
McElroy-LTU	556	330	468	1354
Pepper-LSU	501	319	534	1354
Rumney-ULL	556	319	473	1349
Martinez-TAMU	556	325	457	1338
Maker-WP	512	286	523	1321
Abate-LSU	490	352	473	1316
Bruno-NEU	473	325	495	1294
220 lbs.				
Gerfers-LTU	776	490	639	1905
Vickery-SAMU	732	451	573	1756
Kling-TAMU	650	429	617	1696
Favre-USM	611	396	628	1635
Gooch-TAMU	661	402	539	1602
Mack	551	402	622	1574
Laipson-NEU	617	380	562	1558
Moore-LTU	606	363	567	1536
Volk-WP	584	385	545	1514
Rubalcaba-WP	556	369	545	1470
Bailey-LSU	523	363	573	1459
LaPlante-WP	573	363	495	1431
Mastone-NEU	512	363	523	1398
Utz-FGCU	556	319	473	1349
Schreiner-PSU	501	341	501	1343
Lindberg-USAF	451	363	523	1338
Freudenbe-USNA	517	336	451	1305
Roncarati-NEU	661	—	573	1233
Krill-FGCU	562	—	506	1068
Brandthorst-LSU	562	424	—	985
Johnson-ANGU	523	—	523	—
Hernandez-LTU	451	—	451	—
Loicano-FGCU	—	—	—	—
242 lbs.				
Ramsey-ULL	738	512	611	1861
Schamburg-MAC	661	534	617	1811
Byerly-WP	622	528	611	1762
Milardo-LYU	661	534	562	1756
Orozco-FGCU	677	435	633	1745
Lenaburg-ASU	655	523	551	1729
Cedeno-PSU	606	462	606	1674
Condra-TAMU	589	462	573	1624
Stegich-LSU	617	446	556	1618
Caplan-NEU	600	402	573	1574
Thomas-UOG	539	440	545	1525
Williams-LTU	578	319	622	1519
Pharis-LTU	539	363	578	1481
Snyder-PSU	595	374	506	1475
Payson-TT	573	330	556	1459
Lopez-UTSA	551	440	440	1431
Ashooh-VMI	512	424	473	1409
Garza-UTSA	501	402	506	1409
Hozey-USNA	490	374	495	1360
Lesak-UTA	545	325	479	1349
Snyder-BLU	—	—	—	—
275 lbs.				
Turner-UTA	804	633	644	2081
Lomangin-FGCU	716	551	622	1888
Nichols-LSU	727	440	578	1745
Watson-PSU	639	418	622	1679
Chapman-WP				


Raw				
132 lbs.				
M. Kuhns	523	308	380	1212
S. Grosso	264	176	358	799
165 lbs.				
J. Straiton	363	297	429	1091
R. Lew	281	192	407	881
181 lbs.				
B. Espino	358	281	485	1124
S. Cusack	363	248	473	1085
V. Vilensky	358	275	440	1074
C. Ford	192	159	303	655
198 lbs.				
A. Parrella	551	369	666	1587
R. Baxter	319	214	451	986
R. Stahura	225	121	286	633
220 lbs.				
J. White	485	369	606	1460
M. Caceci	325	259	440	1025
242 lbs.				
J. Sperber	446	341	529	1317
J. Franks Jr	352	446	501	1300
J. Michalski	402	281	501	1148
J. Macdonald	413	248	451	1113
275 lbs.				
L. Perillo	606	407	584	1598
D. Hammond	418	319	473	1212
275+ lbs.				
J. Davidson	319	264	501	1085
<i>Open</i>				
220 lbs.				
C. Green	319	242	440	1003
275 lbs.				
B. Johnson	501	303	551	1356
Venue: Pine Bush Fire Hall.				
» courtesy Frank Panaro				

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BENCH		242 lbs.	
FEMALE		<i>Master</i>	
77 lbs.		S. Fisher	280
<i>Youth</i>		275 lbs.	
A. D'Antonio	50	<i>Master</i>	
165 lbs.		G. Dudash	375
<i>Master</i>		<i>SHY Open</i>	
S. Fontanazza	140	P. D'Antonio	430
114 lbs.		DEADLIFT	
<i>Teen</i>		FEMALE	
K. Cox	175	77 lbs.	
C. Cox	175	<i>Youth</i>	
148 lbs.		A. D'Antonio	140
<i>Open/Junior</i>		148 lbs.	
R. Trioano	285	<i>Teen</i>	
165 lbs.		D. Young	290
<i>Open</i>		4th-305	
C. Miller	315	MALE	
181 lbs.		181 lbs.	
<i>Master</i>		<i>Open</i>	
R. Rishel	180	C. Miller	475
198 lbs.		198 lbs.	
<i>Open/Master</i>		<i>Master</i>	
A. Kish	345	J. Herbein	375
198 lbs.		J. McNeill	325
<i>Master</i>		275 lbs.	
J. McNeill	275	<i>Master</i>	
J. Herbein	205	G. Dudash	480
242 lbs.		A. Siegel	295
<i>Open</i>		<i>SHY Master</i>	
G. Plowman	375	P. D'Antonio	600
Official results with Greg Plowman, Ryan Troiano and Curtis Miller passing the drug tests performed at Redwood Toxicology Labs of Santa Rosa, CA. Outstanding bench press honors went to Paul D'Antonio of Wattsburg, PA, in one of the closest matches possible with the following being the Schwartz results: 1st-Paul D'Antonio 211.775, 2nd-Ryan Troiano 211.128, 3rd-Curtis Miller 209.912. Outstanding deadlift honors and the Dr. Nick Award went to Curtis Miller of Tyrone, PA.			
» courtesy Al Siegel			

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**THE
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AND
ONLY**

**DONNIE
THOMPSON**

INTERVIEWED BY SCOTT DEPANFILIS

DONNIE THOMPSON

Are you the strongest right now that you've ever been?

No, I am not the strongest I have been. I think I was in 2004! I am 46 years old and am tricking my body into submission. I am way more consistently stronger than ever before. My heavy squats have killed my bench press. I can't describe the pain in my elbows and shoulders. The Kettlebell work and Jumpstretch Band rehab keep me together and a lot of Celebrex!

What was your body weight during the world record squat? What weight do you like to be at when you do these bone crushing numbers?

I weighed in at 384 pounds. Three weeks earlier I was 393 pounds. Damn, that was too much. The 3,000 total will take a big body weight and around the same, 380-385!

Despite improvements in training techniques and equipment, I think a lot of people still don't understand what support gear does and doesn't do. I think many people believe these world record totals come easy because of the

gear, and not because of the lifter or intense training. Donnie, could you elaborate on the kind of training required to hit the numbers that you do?

What gear does: it keeps you relative healthy. You know if you tried these big lifts raw all the time you would need surgery on everything that bent—you live to lift another day. The old timers would hit a big squat once or twice and their careers were over. If that was the case, I would have been done in 2002. Now we can train heavier all year long and minimize severe injury. The good lifting gear in my book is INZER! It is all I wear. All big squats were done in INZER gear. I will not be an exception to the rule! At least not in this case. I like the fact that competitive powerlifting offers three means of competition now: raw, single-ply, and multi-layered.

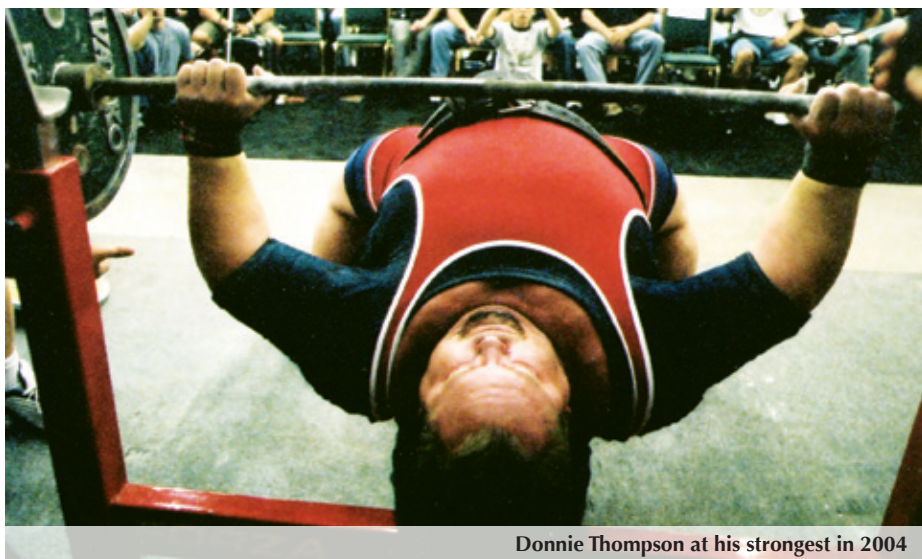
The multi-layered attracted me over ten years ago because it followed the balls to the wall philosophy! Jesse Kellum summed it up best: "Take what you want, wear what you want and try and beat me on the platform!!!"

Human ambition can't help but push the limits of human performance in anything. Whether it is racing a car, flying an aircraft, rockets, or weapons of mass destruction, the human mind set is to try and be as GOD! That will never happen, but we can't help ourselves. Limits are meant for us to explore. With powerlifting, you can push the limits in all three categories. However, for me, gear reigns king.

The only thing I can say negative about gear is the dynamics of the lift change. If you do not use it, you will never get any big numbers out of it. Years ago we put on squat suits and bench shirts on meet day only. Hard to believe we ever posted any numbers doing that. Now complete training cycles are dedicated to gear training. They evolve every year and if you do not keep up with what is new, you will be out. When I squat with gear, it resembles nothing I feel when I squat raw or with briefs. It is a totally new lift. I must acclimate myself to the new style. Pressure is the biggest obstacle to overcome. It is extremely painful. But when you hit the big number, it is so fulfilling.



Donnie Thompson making his record 1260 squat at the 2011 SPF North Myrtle Beach Powerlifting Classic (SPF photos)



Donnie Thompson at his strongest in 2004

“ I will get this total. In fact, I will do anything it takes to get this 3,000 total. Why? Because it is for me!”

- DONNIE THOMPSON

I think it's important for people to understand that you are one of the strongest raw lifters in the world. For those that don't remember, what were your numbers and total the last time you competed raw in 2006?

I don't know where this is going, but I will try... 805, 565, and 800! It was at a meet called New England Record Breakers. I squatted an easy 870 pounds, but was turned down, to my dismay. This meet was unforgettable. It was possibly the biggest scam pulled on seriously talented powerlifters of all time. They put ads in *PL USA* with dollar signs all around and announced our names. BIG CASH PRIZES AWARDED! Used big names to lure the lifters. I only did it because Andy Bolton was going to. At least Brian Siders showed up and we competed heads up.

They promised expenses paid and prize money. After intense competition and an all day affair, we went to get paid and they pulled us off to the side and told us they were good for the money and we would see it in a week. I borrowed the money from my dad and it cost over seven hundred dollars to get up there and

do this. The two promoters stiffed everyone. So as far as the great NERB raw lifting, I do not consider that meet legit and it is funny how we just let those two promoters screw some of the greatest lifters and benchers of all time. WPO paid what they owed us in the WPO. The NERB crew ran off and disappeared like Madeline Murray O'Hares headless body in the desert. Of all my lifting experiences, that raw meet was bad 360 degrees.

If the situation was ideal, what do you think you could do today if you were to compete raw again?

I would train for six months for this and go for a 2,300 total, 920 squat, 580 bench and 800 plus deadlift.

I think there's also a misconception of being a powerlifter and also being an intelligent, technical, strategically minded individual, not to mention the focus and type of person who is capable of reaching goals you've set. Could you discuss the type of mindset it takes to squat a

world record total?

Those were the old days, Scott. And there was much to substantiate that. You had to be a primal male in the old days with minimal to no gear and more drugs than the body could imagine. Back in the '70s and early '80s, performance enhancement drugs were not illegal. If the dose you took was this affective, then double the dose would be twice as affective. So the primal mindset had its place. The big, strong, huge guys were usually jerks and misunderstood. So they kept to themselves. And if they did one thing wrong, they would be demonized in the news. Today, you have to be a trench work scientist to get ahead. That includes training, supplementation and nutrition. Also of importance now, more than ever, is recovery—I call it mobility work. But if you want equipment sponsors and supplement sponsors, they like you to be able to communicate to the regular person who does a majority of their purchases. I use AtLargeNutrition for my protein. I have since 2006. I sought them out because their product was actually real. Other pro powerlifters

next page »



DONNIE THOMPSON »



Donnie's 1260 lb. record squat!



Donnie at a WPO competition in 2004

and strongmen turned me on to it and I begged Chris Mason to sell it to me at cost. Then he decided to take me on as a spokesman and we have had a great relationship since. I can honestly say to kids and fellow competitors alike, I can believe in a product because it does what it says it does....WORK!

How has your field of work impacted you in terms of your powerlifting?

Meeting and working with great people in physical therapy has opened doors for me, no doubt. I have met some of the best in the country. My boss, Barry Fitch, owns Progressive Sports Physical Therapy in Columbia, SC! He allows me to bring in top experts for seminars and workshops. He let me go to California for a month to not only meet top physical therapists, but train for my meet. He is also a licensed PT and very knowledgeable. With their knowledge and eagerness to get athletes back in the arena of competition, the strength end takes huge precedent. Now with mobility training that was created by Dick Hartzell of Jumpstretch, we are all over that for recovery from heavy training and prevention of major injuries. That is where I come in. Once people are done with physical therapy, they see me. I even do seminars and workshops on this stuff. All the lifters laugh at it until they meet that wall. The wall where on their own, they make zero improvement or they are hurt all the time. More drugs is not an answer. You must put the time in. I like prevention and maintaining a high level of strength output. I hate the hollow athlete—the flash in the pan.

What particular body type is ideal for powerlifting? Do you feel that you were born with certain attributes that allow you to lift heavier weights than others or has it been a constant battle to overcome plateaus?

I think having very strong joints, ligaments and

tendons help. If you were the football player that was rarely injured and laughed at all those poor bastards getting treatment all the time, you might be a good candidate for lifting. I like thick joints and legs that bow out somewhat. Knock knees tend not to do real well, but it can be done. So yes, genetics is very important. Why do college and NFL linemen look like giants? Because they need to be to compete. If you are built like David Letterman, you probably want to stick to talking about everything instead of being the man in the arena. If an average guy tried to do what we do, he would die a fast and an un-glorious death. I don't think average people comprehend what big linemen in football or the pro powerlifter are capable of. Our bodies are so well developed that we have no weaknesses. So, for instance, if we both were to be hit by baseball bats, we would be pissed and "Joe average" would be dead. Enough said.

Does having a strong positive group of training partners impact your lifting success or do you ultimately feel that you are on your own journey?

For the most part, I have not had much experience with a positive group of training partners. They mostly click and grumble about each other and are really negative. When I was in California, I lifted at Mark Bell's gym called Supertraining for a month. That is the first time in a long time I have ever been in a positive environment. It was surreal. But they told me they even have their ups and downs with their own. So, at some point it is the individual that ultimately succeeds and only if they are both servant and master. Meaning, your ass spots and coaches your friends, then they spot and coach you when you go. I have made it to where I am at with just anyone I can get to spot me. So it is hard to constantly coordinate that and train heavy too. We have a lot of other powerlifters in this town,

but they opt to do their own thing by themselves. It is hard to train with me all the time. I am for real and do not miss. Nothing is more important than training and competing. When there is something that is more important, you will not see me on the platform anymore. I will have reached my goals or my family needs me more. That is all. I have three rules I follow and expect my training partners to follow: I don't care about your school! I don't care about your job! And I don't give a F#\$% about your girlfriend! This is when we train, so be here. Maybe that is why I am by myself so much. Ha ha.

Three-thousand pounds is within your grasp. Where and when will we get to see you compete and break your world record total?

My top lifts are as follows: 1,260 squat, 910 bench, and 832 deadlift. That total is 3,002 pounds!!! As far as I know, I am the only man who can say this. For me to do this in a meet, I am strong enough and mean enough, but am I lucky enough???

Everything is going to have to be just going my way. For some reason—and it is not for me to ask why—I will have to have a very lucky day. Will it be 1,260, 935, 805?? Will it be 1,300, 900, 800??? Who knows? But I will have to have a huge squat and bench just to set up the deadlift. I will have to open with my goal lifts. No openers or lead up lifts. All that will be done in the back. I will tell you this, Scott. I will get this total. In fact, I will do anything it takes to get this 3,000 total. Why? Because it is for me!! No one pays me and there is no money in it. So my reward is my big total. When I talk to others and preach hard work and determination, I will not use me as the example. I will just reflect and smile on the mountain of aches, pains, missed attempts and failures that hold up that little victory flag! Sweet is the meet that goes my way!! «

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MHP'S CLASH OF THE TITANS IV & KINGS OF

as told to Powerlifting USA by Sean Katterle » seanzilla@hardcorepowerlifting.com » Josh Winsor and Doug Jantz photos

This year's (8-time Mr. Olympia) Ronnie Coleman Classic Expo played host to the Hardcore Powerlifting Federation's sixth professional promotion. While the previous five outings have all included a line-up of elite contestants, this season's roster featured more world class

competitors than ever before. On one platform you had a World's Strongest Man TV finalist, two Arnold Classic pro strongmen, the absolute biggest raw deadlifter of all time, an IPF Open World Champion, a Mountaineer Cup ESPN2 Champion, an IPF Junior World Champion,

the second biggest raw bencher at 165 of all time, an L.A. FitExpo Pro Deadlift Champion, BenchAmerica TV pros, an ASC Pro National Strongman, USAPL Open Div National Champions, a WPC World Powerlifting Champion, Olympia Expo Pro Deadlift Champion and the group resume list scrolled on from there to include a battlefield full of broken records and beaten challengers from all the lesser amateur ranks and federations. Where else, under strictly judged and classic (raw) conditions do you see a 1,015 pound deadlift, three benchers go 435-plus at 175, a 230 pound man pulling 865, two heavyweights pressing 600-plus, five deadlifters all going 800-plus, a 175 pounder getting 18 bench reps with 315, four benchers nailing 17-plus reps with 405 and two deadlifters each chalking up 20-plus reps with 575 pounds? In addition to that, when was the last time you saw a classic/raw division that was 16 lifters deep?

This super showdown was a rip roaring roller coaster from start to finish and you can watch the complete, edited-for-action, contest video in HD online! So order up a pizza, grab a cold one and kick back while you watch the 3 1/2 hour monster mash movie on www.YouTube.com/SeanHCPL or on www.IronManMagazine.com/blogs/hardcorepowerlifting/ or on www.HouseOfPain.com's BLOG under my contributor's handle of HOP Oregon Distributor.

The Clash of the Titans IV & Kings of the Bench V were both title sponsored by MHP - Maximum Human Performance—the biggest financial sponsor of strength sports out of all the nutritional supplement lines in the business. The presenting sponsor was *Bodybuilding.com*. Our media sponsors were *IRON MAN* magazine, *RxMuscle.com* and Jeff Everson's *Planet Muscle* magazine (plus special thanks to *Powerlifting USA* for their continued print coverage.) House Of Pain Ironwear retained their position as our official athletic apparel line. The Ivanko Barbell Company continued as our official weight plate and *PrimoChalk.com* joined our family of supporting businesses by becoming the chalk brand of choice for our federation. On top of that, we had the financial backing of Dr. Tom O'Connor (known to readers of *PL USA* and *Muscular Development* magazine as the Metabolic Doc) and Metroflex Gym graciously supplied us with what we were needing to complete our stage set-up.

The Hardcore Powerlifting Federation Platform Crew: Sean Zilla Katterle - Promoter, Producer, Announcer and Scorekeeper. Brian Dobson - Tradeshow Promoter, Producer and Organizer. Josh Winsor - Pro Photographer and Videographer. Doug Jantz - Pro Photographer. Rick McClung - Official. Jim Snodgrass - Official. Ken Anderson - Official. Kenny "86'D" Dinolfo - Official and Video Assistant. The



Orlando Green took second with 865 at 231



Phil Brewer benched 440 at 175 for second place

THE BENCH V

MetroFlex Gym Strength Association - Spotter Loader Team. Miss Danielle Alexander - Fabulous Card Lady. Ms. Judy Rodriguez Smith - Fabulous Card Lady.

For those of you who want to know the outcome of this barbell brawl before you watch the online film, here's the official results with each athlete's top completed attempt(s):

- MHP's Kings of the Bench V -

175.9 lb. and Under Bodyweight Division

- 1st Place (\$1,000 CASH from MHP): Claude "The Phenom" Bouyer (Ozark, Alabama); 440 @ 173.6 lb.
- 2nd Place (\$1,000 CASH from MHP): "Unreal Phil" Brewer (Conway, Arkansas); 440 @ 174.6 lb.
- 3rd Place: Jamie "J-Mac" McDougal (Russellville, Arkansas); 435 @ 174.6 lb.
- 4th Place: Justin Turney (Conway, Arkansas); 385 @ 172.5 lb.
- 5th Place: Kara Anderson Edalgo (Atlanta, Georgia); 160 @ 148.8 lb.

- MHP's Kings of the Bench V -

176 lb. and Over Bodyweight Division

- 1st Place (\$1,000 CASH from MHP): "Benchpress Brian" Siders (Charleston, West Virginia); 605 @ 340 lb.
- 2nd Place (\$1,000 CASH from The Metabolic Doc): Robert "Big Wilk" Wilkerson (Dothan, Alabama); 605 @ 450 lb.
- 3rd Place: Randall "Big Roh" Harris (Lancaster, Texas); 550 @ 354 lb.
- 4th Place: Chip "Big Hoot" Edalgo (Fayetteville, Georgia); 500 @ 239.6 lb.
- 5th Place: Toby Allen Davis (San Angelo, Texas); 500 @ 242.6 lb.
- 6th Place: Stefan Solvi Petursson (Reykjavik, Iceland); 500 @ 360 lb.
- 7th Place: Ed Brown Jr. (Austin, Texas); 450 @ 243.8 lb.
- 8th Place: Ryan Bracewell (Kingwood, Texas); 425 @ 292 lb.
- 9th Place: Cardell Oliver (Atlanta, Georgia); 405 @ 215.8 lb.
- Did Not Place: Al Davis, Collin Rhodes and Patrick Tinajero

- MHP's Clash of the Titans IV -

Super Open Bodyweight Division

- 1st Place (\$1,000 CASH from MHP): Benedikt Magnusson (Vogar, Iceland); 1,015 @ 381lb. (new federation record)
- 2nd Place (\$1,000 CASH from MHP): Orlando Green (Athens, Georgia); 865 @ 230.8 lbs. (new federation record)
- 3rd Place & Lightest Man to Raw Deadlift 800+ Pounds (\$1,000 CASH from MHP): Brandon "C4" Cass (Blue Springs, Missouri); 825 @

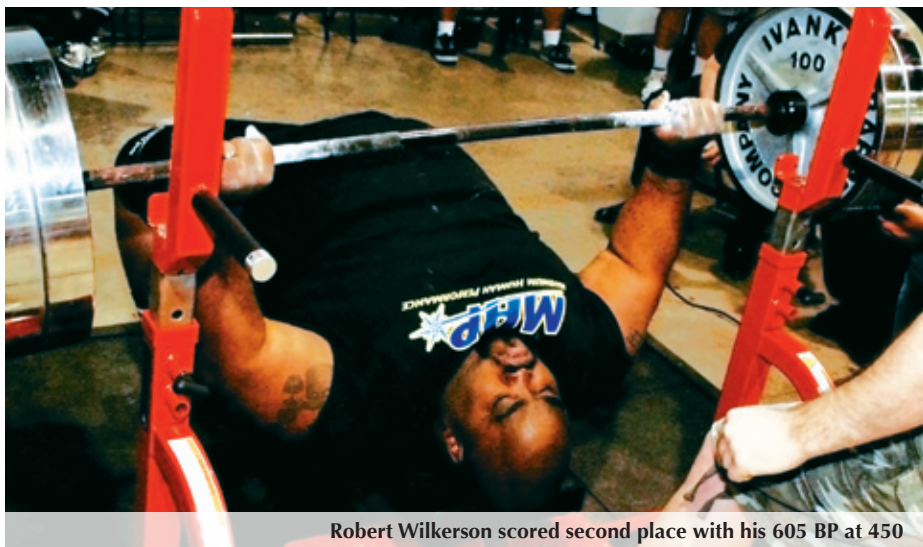
next page »



Brian Siders holding his overall champion trophy with Sean Katterle



Claude Bouyer pressed 440 at 174 for first place and \$1,000 cash!



Robert Wilkerson scored second place with his 605 BP at 450

MHP CLASH & KINGS »

222 lb. (new federation record)

- 4th Place: Robert LaRon Toatley (Arlington, TX); 800 @ 289.6 lb.
- 5th Place: Ryan Bracewell (Kingwood, TX); 800 @ 292 lb.
- 6th Place: Randall "Big Roh" Harris (Fort Worth, TX); 780 @ 354 lb.
- 7th Place: Brian Jones (Arlington, TX); 775 @ 299.6 lb.
- 8th Place: Brian Siders (Charleston, WV); 775 @ 340 lb.
- 9th Place: Hugo Fernandez (El Paso, TX); 700 @ 274.4 lb.
- 10th Place: Chip "Big Hoot" Edalgo (Fayetteville, GA); 660 @ 239.6 lb.
- 11th Place: Cardell Oliver (Atlanta, GA); 650 @ 215.8 lb.
- 12th Place: Jamie "J-Mac" McDougal (Russellville, AR); 640 @ 174.6 lb.
- 13th Place: Stefan Oesterle (Esslingen, Germany); 620 @ 187.6 lb.
- 14th Place: Ed Brown Jr. (Austin, TX); 610 @ 243.8 lb.
- 15th Place: Patrick Tinajero (El Paso, TX); 500 @ 227.8 lb.
- Did Not Place: Alan Schwerdt

- MHP's Clash of the Titans IV -

Raw Push Pull Overall Super Open Bodyweight Division

- 1st Place (\$1,000 CASH from Bodybuilding.com): "Benchpress Brian" Siders (Charleston, WV); 1,380 Total @ 340 lb.
- 2nd Place: Randall "Big Roh" Harris (Lancaster, TX); 1,330 Total @ 354 lb.
- 3rd Place: Ryan Bracewell (Kingwood, TX); 1,225 Total @ 292 lb.
- 4th Place: Chip "Big Hoot" Edalgo (Fayetteville, GA); 1,160 Total @ 239.6 lb.
- 5th Place: Jamie "J-Mac" McDougal (Russellville, AR); 1,075 Total @ 174.6 lb.
- 6th Place: Ed Brown Jr. (Austin, TX); 1,060 Total @ 243.8 lb.
- 7th Place: Cardell Oliver (Atlanta, GA); 1,055 Total @ 215.8 lb.

Planet Muscle Magazine's

315 Pound Bench-For-Strict-Reps Challenge

- Winner (\$500 CASH from Jeff Everson's Planet Muscle Magazine): "Un-real Phil" Brewer: 18 Reps
- Claude "The Phenom" Bouyer: 13 Reps
- Jamie "J-Mac" McDougal: 12 Reps
- Cardell Oliver: 11 Reps
- Justin Turney: 7 Reps

Planet Muscle Magazine's

405 Pound Bench-For-Strict-Reps Challenge

- Winner (\$500 CASH from Jeff Everson's Planet Muscle Magazine): "Benchpress Brian" Siders: 20 Reps
- Robert "Big Wilk" Wilkerson: 19 Reps
- "Big Al" Davis: 18 Reps
- Keven "Da Hulk" Washington: 17 Reps
- Randall "Big Roh" Harris: 15 Reps
- Chip "Big Hoot" Edalgo: 9 Reps

Primo Chalk's

550 Pound Deadlift-For-Reps Challenge

- Winner (\$500 CASH from Primo Chalk): Benedikt Magnusson: 22 Reps
- Orlando Green: 21 Reps
- Robert LaRon Toatley: 19 Reps
- Randall "Big Roh" Harris: 17 Reps
- Ryan Bracewell: 13 Reps
- Stefan Oesterle: 8 Reps
- Jamie "J-Mac" McDougal (Russellville, Arkansas): 5 Reps



Brandon Cass placed 3rd and is the lightest man to pull over 800 lb.



The fabulous card girls, Judy Rodriguez Smith and Danielle Alexander

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MUSCLE BUILDERS

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In the late '80s, weight-gain supplements were all the rage. Every major supplement company had its version, and, of course, each one claimed it had the best formula out there! But back then, supplement science wasn't as advanced as it is today. As a result, these powders were extremely inefficient, containing low-quality protein, high amounts of sugar and fat, and as much as 4000 calories in just one serving! Drinking these glorified milkshakes led to huge spikes in insulin and, of course, fat gain! But new research and ingredient discoveries have paved the way to much better ways to build muscle, without gaining fat. New muscle-building supplements are on the market right now that can help you on your quest to add slabs of sirloin to your pecs, delts, lats, and traps. But knowing which one's right for you can be a daunting task. Read on to learn more about the eight most popular muscle-building supplements.

Carb Supplements

Carbohydrate supplements have been around for decades and are usually consumed after training to help restore glycogen. However, to be an extremely efficient muscle builder, they should be stacked with protein. Research has shown that the combination of protein and carbs consumed within one hour after a workout stimulates protein synthesis (muscle building) to a greater extent than carbohydrates alone. Many powders contain a random blend of both complex and simple carbohydrates. Complex carbs are digested slowly and provide sustained energy. Simple carbs are digested quickly and trigger the release of the anabolic hormone insulin. This hormone transports essential nutrients into muscle cells, where they're needed. En-

sure that your supplement contains both simple and complex carbs.

Vitamins & Minerals

Vitamins and minerals are essential to maintaining the body's overall function and maximum efficiency every time you train. Without vitamins and minerals, it's impossible to convert the food we eat into important growth factors or even energy to fuel our metabolism. Vitamins help enhance the action of protein, causing muscle building and energy production, while minerals maintain the balance of fluids in our cells and enhance muscle contractions. Nutrient deficiency, which can occur during intense training, can sabotage muscle growth.

Nitric Oxide

Nitric oxide (NO) stimulators help maximize vascularity through the production of the gas nitric oxide or NO. The most well-known ingredient to cause this effect is arginine, an amino acid that the body cannot produce. Arginine helps increase the production of NO in the body by the enzyme nitric oxide synthase (NOS). NO helps to increase blood flow and vascularity, which in turn helps deliver more nutrients to muscles, causing a "pump" during training. There is no doubt that NO stimulators can increase vascularity and nutrient delivery, but use these once your supplement essentials are covered – which we'll touch on ahead.

Glutamine

Glutamine is considered a conditionally essential amino acid, since it can be depleted after intense workouts in the body. It has been shown to aid in recovery and increase protein metabolism. Although glutamine has many great benefits, supplementing with glutamine by itself will not result in maximum muscle gains.

A gym setting with a brick wall and a barbell on a rack. The barbell is loaded with weights and is positioned on a platform. The background shows a brick wall and some gym equipment.

CHOOSING THE RIGHT SUPPLEMENT FOR MUSCLE GROWTH

**Iso Mass
Xtreme
Gainer®
is without
question
the most
complete
lean muscle
stimulator of
its kind!**

Creatine

Creatine is the staple of most muscle-building supplement stacks. In fact, it's by far the most researched and effective muscle builder on the market today. Creatine works by providing muscle cells with the energy they need to perform more work. The result of supplementing with creatine is gains in muscle size and strength. Although creatine has been on the market since the early '90s, it's been found that supplementing with more than one type of creatine can be more effective than with just one type. A combination of different types of esterified creatines and buffered versions can provide a quick and sustained release of creatine to the muscles all day long!

Protein

You Get What You Pay For

When it comes to getting big, you can train in your basement by yourself and make reasonable gains, or you can hire a champ like Markus Rühl as your personal trainer and make the best gains of your life! Of course, one costs more than the other, but when it comes to building muscle, the more you put in, the more you get back. When it comes to protein, you can buy cheaper concentrates or you can opt for the more expensive isolates. Isolates are used by the pros because they are ultra-high in top-quality protein fractions, are low in fat and carbs, and are considered to have the highest bioavailability. Look for isolates.

Protein Sources

As for protein sources, whey protein isolate has the highest proportion of branched chain amino acids (BCAAs), which are critical for driving muscle protein synthesis up. However, other sources such as egg protein isolate and milk protein isolate release over time in the body.

If your goal is to be anabolic all day long, many researchers suggest taking in a blend of different protein sources rather than just whey protein by itself. In fact, research conducted on casein (a milk protein) showed that it sustained steady amino acid levels for up to seven hours after ingestion, making this protein an excellent choice for preventing muscle breakdown. Whey isolates are great, but when combined with other protein isolates, they're awesome!

BCAAs

The three BCAAs are leucine, isoleucine, and valine. These all function as anabolic agents and reduce muscle catabolism, particularly during intense exercise. BCAAs can have a positive effect on delaying fatigue, increasing strength, and aiding in muscle recovery by maintaining a steady level of amino acids in the body. Most muscle builders contain a mix of different BCAAs. However, new esterified forms of BCAAs are found to have enhanced bioavailability. Make sure your musclebuilding supplements have both BCAAs and the esterified versions (Note: These special aminos are labeled as "leucine ethyl ester" "isoleucine ethyl ester," and "valine ethyl ester").

Ultimate Nutrition's Iso Mass Xtreme Gainer® is the newest muscle-building supplement to hit GNC, Popeye's, and tons of nutrition stores around the world. In fact, due to its enormous popularity, it's available in over 100 countries already! This all-in-one solution contains all of the latest supplements mentioned above, eliminating the need to buy multiple supplements. It contains 65 grams of time-released protein isolates, including whey, egg, casein, and others. It's also scientifically formulated with a precise blend of complex and simple carbohydrates to sustain energy and restore muscle gly-

SOME SUPPLEMENTS CLAIM TO BE STRONG, BUT DO THEY MAKE YOU STRONG?

Ultimate Nutrition®
Iso Mass Xtreme
Gainer® will.

cogen. Yes, this sounds like a serious push, but it's important to note that Iso Mass also contains seven types of creatine (yes, seven) for muscle growth, four types of glutamine for cell volume, a vitamin and mineral mix, four types of NO precursors to enhance vasodilation, a mix of the most anabolic BCAAs, and, to top it all off, a creatine precursor complex to increase the body's natural production of creatine! **This is without question the most complete lean muscle stimulator of its kind and the one supplement you should not build without!**



**THE RIGHT
SUPPLEMENT
FOR MUSCLE
GROWTH**

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GAINING 10 LB. MUSCLE &

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

For many strength athletes, a nutrition plan put together to gain muscle mass can end up being a sloppy mess which also piles on body fat. Why? A poor strategy and also using the excuse that “the muscles need massive food intake to grow” to justify bad food choices. The “large-and-in-charge” nutrition system has proven to be highly effective for strength athletes who need high energy levels and accelerated rates of recovery from training in addition to rapid body composition changes. Yes, you can gain muscle while losing body fat if all of the cards are played right; my clients do it all of the time through programs individualized for their needs!

WHAT STIMULATES MUSCLE GROWTH?

The consistent intake of quality food sources and raw materials throughout the day. I agree with the saying “bulls graze and pigs pig out.” What would you rather resemble? It is not practical to sit down and eat six times per day for most people. However, four, in my experience, is doable with the three square and a night snack while at home. A couple well placed snacks during the day that are portable in nature take only minutes, but will add huge benefits to your bottom line with muscle growth as well as energy. You can cure your mid-afternoon energy slump by keeping your blood sugar balanced with regular feedings. Balanced energy will keep you out of the cookie jar!

Sipping on a great tasting Anabolic Cocktail between meals is another trick for feeding muscles and starving fat cells. Dr. Serrano’s scientifically engineered ratios of Amino Acids found within the 100% MR and Muscle Synthesis can prime the hormonal environment for simultaneous muscle growth and fat loss while accelerating recovery from aggressive training. How is this possible? The efficiently utilized aminos provide tremendous amounts of growth materials without any caloric burden that can be easily converted into stored fat. Amino Loading between meals sends Anabolic Signals throughout the day making the brain believe a large volume of food has been consumed, as a result metabolic rate increases, but there is nothing to burn except stored fat for a raging metabolism since the MR/MS have no caloric burden.

WHAT CAUSES BODY FAT ACCUMULATION? MORE TO IT THAN JUST CALORIES!

Many would simply say calories in vs. calories out, but that is an over-simplification that does not account for many important factors which govern success. Does the body respond the same to a 500 calorie meal of good protein, dietary fat sources and clean carbs vs. 500 calories of junk food? Heck NO! In fact, when making the right food choices, combinations and nutrient timing, my clients have consumed very high calorie amounts to rapidly increase muscle mass without gaining body fat while their training buddies piled on body fat with their two meals of junk food per day consuming much fewer calories. So, what happened? The nutrition plan packed with high quality food sources activated an anabolic hormonal environment which supports improvements in every facet of life.

AVOID FAT STORING FOODS

Fried foods, trans fats and other garbage found in packaged goods stimulate body fat storage through several evil pathways. Eliminating these items is one of the easiest things you can do to help lower body fat levels quickly while improving daily energy. Unfortunately, many of the bad food choices you have made over time leave some lingering problems in the fat cells that are hard to get rid of. Billions of fat cells govern your progress and must function correctly through proper consumption of dietary and essential fats. Alpha Omega M3 provides the cells with the ideal ratio of raw materials needed to kick out stored fat to be used as fuel allowing cells to shrink. This collective reduction in size is how we lose body fat. Saturating the fat cell storage warehouse with the ideal materials form Alpha Omega can help to block future body fat accumulation through several metabolic and hormonal pathways.

PRE, DURING, AND POST WORKOUT NUTRITION – TIMING IS EVERYTHING!

Thousands of articles have been written about post workout nutrition, but a void has been left regarding fuel needs pre and during training. Thirty minutes before training you can build a razor sharp edge by Amino loading with 100% MR and Muscle Synthesis, which prepares the body and mind for war with the iron! This pre workout loading helps to lower stress factors, allowing the body to maximize anabolism and mental focus. During training,

sipping on the 100% MR and Muscle Synthesis provides a powerful fuel source for muscles to support high performance while laying the foundation for rapid muscle growth. Finally, an additional serving immediately after training provides vital raw materials within minutes to hungry muscles.

THE POST WORKOUT FEAST

Eat your largest meal of the day 45 to 60 minutes after training to capitalize on the metabolic conditions created by training. Yes, the body can make the best use of carbohydrates at this time, but do not go over board and spread out the carb intake over 2 meals instead of piling into one. This will prevent the spillover of excess carbs that are easily converted into stored fat. Those who are more concerned with lowering body fat levels should limit the post workout carb intake to 50 grams. Leaner protein sources are important at this time to promote a relatively quick rate of digestion compared to other meal times. We will keep the dietary fats relatively low at this meal, but will include the Alpha Omega M3 which may optimize insulin levels helping to push raw materials into muscles instead of fat cells.

EATING CLEAN IS NOT ENOUGH TO GAIN MUSCLE WHILE LOSING BODY FAT

I have seen hundreds of strength athletes with diets that were 100% clean and still earned no results. Why? The plan got stale! When was the last time your nutrition plan underwent a strategic overhaul? I am not just talking about going from eating less to more, while consuming the same old food items. People who take nutrition seriously are creatures of habit and tend to eat the same things over and over again, fueling many problems—including food allergies—which destroy energy levels. Just like training, the nutrition plan needs strategic change or progress stops. You can be following a sound nutrition plan and see zero results, or even slide backwards simply because the plan is not appropriate for your current situation. Luckily for you, I have many nutrition tools to break staleness and get the muscle growing and fat burning machine going again. Last month’s *Dietary Fat Loading* article was just one example and application of macronutrient cycling. Dr. Serrano’s macronutrient cycling concept is one of the most important discover-

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SLASHING 10 LB. OF FAT IN SIX WEEKS OR LESS



ABOUT INFINITY FITNESS

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



Scott Mendelson of Infinity Fitness

ABOUT SCOTT MENDELSON

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

LARGE AND IN CHARGE NUTRITION PLAN

***Protein:** 1.25 to 1.5 grams per pound of lean body mass divided over your daily meals. No more than 2 shakes per day.

***Carbohydrates:** .5 to 1 gram per pound of lean body mass focused during the 2 meals following exercise.

***Dietary Fat:** 1 gram per pound of lean body weight. Absolutely no trans fats or fried foods.

BREAKFAST

- ⇒ 4–6 whole jumbo cage free eggs (any way you like) cooked in butter (organic preferred)
- ⇒ 2–4 strips turkey bacon, 1 grapefruit
- ⇒ 3 Alpha Omega M3 and multi-vitamin

MID MORNING SNACK

- ⇒ 1/2 cup raw nuts (no peanuts), 4–6 oz. organic jerky, 1 apple

LUNCH

- ⇒ 8–10 oz. 90% lean ground beef (grass fed preferred)
- ⇒ 1 green/red pepper mixed with beef, 1/2 or 1 cup brown rice, 1 tablespoon extra virgin olive oil

MID AFTERNOON SNACK

- ⇒ 2 tablespoons organic peanut or almond butter, 1 apple, get lean protein

30 MINUTES PRE WORKOUT

- ⇒ 2–3 scoops 100% MR and 2–3 scoops Muscle Synthesis Powder

DURING TRAINING SIP

- ⇒ 2 scoops 100% MR and 2 scoops Muscle Synthesis Powder

IMMEDIATELY FOLLOWING TRAINING

- ⇒ 2–3 scoops 100% MR and 2–3 scoops Muscle Synthesis Powder

30 MINUTES FOLLOWING TRAINING

- ⇒ Get lean protein or whey protein
- ⇒ 2–4 tablespoons of honey, 1 mango or 1 banana or 1/2 melon

POST WORKOUT MEAL/DINNER (40–60 MINUTES FOLLOWING TRAINING)

- ⇒ 8–10 oz. fish, seafood, chicken, buffalo, steak, ground beef, etc.
- ⇒ 1 of the following: sweet potato, white potato, red potatoes, cup brown/white rice
- ⇒ 1 tablespoon extra virgin olive oil or 1/2 avocado (guacamole is okay)
- ⇒ 3 Alpha Omega M3

NIGHT SNACK (1–2 HOURS BEFORE BED)

- ⇒ Protein dinner left-overs
- ⇒ 2 tablespoons almond or peanut butter (organic)
- ⇒ 1 cup berries or 1 apple, orange, pear, etc.

30 MINUTES BEFORE BED

- ⇒ 1–2 scoops 100% MR and 1–2 scoops Muscle Synthesis Powder

CHEAT MEAL (ONE DAY PER WEEK)

- ⇒ Whole wheat pasta, meatballs and turkey balls, tomato sauce, and olive oil

***NOTE:** Never the first meal of the day and preferably following a training session. No juices, fried foods or trans fats. Increase Alpha Omega M3 on this day to help prevent body fat accumulation.

DESSERT FOLLOWING CHEAT MEAL

- ⇒ Ice cream, chocolate covered nuts, whipped cream, bowl of fruit

THE 10 & 10 CLUB »

ies over the last 10 years. It involves shifting the amounts of carbohydrates, dietary fat and proteins on specific days to create a beneficial hormonal, metabolic and enzymatic response. Working with many highly competitive powerlifters, Dr. Serrano's plans have them extremely lean, allowing for the largest possible muscle engine while fitting into the weight class.

MAKING IT HAPPEN

Set yourself up to be successful by auditing your food intake to make sure the plan you have in mind is actually being executed. Following a week or two, key elements will become habit, making your life much easier. It is important to set measurable goals when trying to improve your body composition just like you would with training. The most accurate method is a body fat test done with calipers by an experienced expert who can perform the test under the same conditions 4 to 6 weeks apart. The scale is a deceiving tool since it only indicate changes in body weight, but not body fat vs. lean muscle mass. «

Email Scott@infinityfitness.com for the complete "Large and in Charge Nutrition Plan" including sample meals, tips and more. Ask for the "Top 10 Testosterone Boosting Tips" and "Fat Cell Cleansing" special reports.



TIRED OF BUSTING YOUR ASS FOR ONLY AVERAGE RESULTS?

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



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

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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!



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.

- 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

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INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

165 lbs.				T. Cranfield	420	260	500	1180	
T. Wyche	370	110	375	855	C. Parkes	440	235	500	1175
L. Moffett	325	135	375	835	A. Coffee	450	235	475	1160
Y. Springfield	265	105	330	700	L. Shaffer	375	265	450	1090
E. Swilley	240	110	280	630	K. Mack	320	270	—	590
J. Burt	235	105	275	615	275 lbs.				
A. Rias	235	95	270	600	A. Ivy	450	290	500	1240
181 lbs.				J. Card	480	235	435	1150	
A. Stevenson	325	110	335	770	K. Arnold	395	240	470	1105
O. Jones	325	115	315	755	B. Simmons	415	280	405	1100
K. Pauline	245	115	310	670	308 lbs.				
R. Plowden	230	105	285	620	D. Moore	500	340	510	1350
T. McKay	235	115	250	600	B. Lewis	475	285	530	1290
N. Martinez	200	90	250	540	C. Sanders	425	250	425	1100
198 lbs.				308+ lbs.					
R. Harper	290	115	345	750	T. Davis	450	315	460	1225
D. Harrington	275	120	285	680	G. Wouldridge	450	215	475	1140
K. Palmer	280	105	270	655	M. Beesley	295	200	330	825
G. Merrit	275	85	285	645	<i>Division 2A</i>				
L. Halbert	240	120	270	630	114 lbs.				
D. Craig	250	95	245	590	S. Liles	300	115	300	715
220 lbs.				D. Baggett	215	105	210	530	
C. McFarland	400	145	335	880	J. Sullivan	145	90	215	450
S. Brown	350	105	275	730	B. Blackwell	155	90	200	445
Burckhalter	240	125	325	690	123 lbs.				
U. Lindsey	265	115	270	650	A. Broom	335	210	400	945
220+ lbs.				J. Bradford	310	155	430	895	
R. Hartzog	405	135	365	905	Silverstrini	300	170	330	800
A. Wiginton	360	110	375	845	R. Armstrong	270	140	285	695
M. Bland	365	125	300	790	B. Tallent	215	135	275	625
N. Grilliette	290	120	350	760	J. Harrison	—	—	—	—
E. Rhea	290	125	335	750	132 lbs.				
B. Andrews	325	120	300	745	M. Kelley	375	185	450	1010
BOYS				S. Nicks	350	170	465	985	
<i>Division 1A</i>				T. Brownlee	340	185	410	935	
114 lbs.				M. Aust	315	140	360	815	
J. Housmann	205	120	225	550	M. Reives	260	160	350	770
A. Fitzgerald	155	85	200	440	S. Oswald	—	—	—	—
D. Williams	135	65	205	405	148 lbs.				
123 lbs.				B. Starling	505	235	500	1240	
T. Williams	245	170	315	730	T. Pratt	420	230	440	1090
T. Davis	250	150	265	665	C. Robinson	365	205	440	1010
S. Jackson	210	155	280	645	K. Johnson	315	155	480	950
P. Jones	225	125	235	585	V. Andrews	310	180	410	900
R. Self	170	120	250	540	B. Pete	350	170	335	855
H. Trehern	170	125	205	500	165 lbs.				
132 lbs.				T. Nickols	490	250	490	1230	
D. Martin	275	215	400	890	B. Blackwell	450	305	450	1205
M. Taylor	240	180	410	830	A. Lee	420	250	460	1130
H. Collins	215	155	295	665	J. Robinson	380	215	500	1095
C. Veasley	225	115	300	640	G. Starks	405	245	440	1090
148 lbs.				J. Drainie	430	205	—	—	
L. Mars	315	200	430	945	181 lbs.				
M. Jones	325	205	410	940	T. Hall	470	255	515	1240
D. McEwen	340	185	380	905	S. McGee	475	210	505	1190
S. Strehle	275	200	400	875	L. Davis	460	255	470	1185
D. Lewis	240	205	330	775	T.s Drainie	460	225	480	1165
J. Pitts	270	155	300	725	A. Stevenson	300	255	450	1005
165 lbs.				J. Burnham	365	230	335	930	
C. McClendon	430	220	485	1135	198 lbs.				
D. Bulter	375	255	450	1080	G. Burks	500	225	565	1290
T. Saucier	280	185	415	880	J. McCurry	480	235	565	1280
T. Newman	340	165	375	880	S. Daughtry	490	265	505	1260
181 lbs.				T. Tittle	460	235	555	1250	
A. Bailey	470	250	520	1240	L. Conner	440	235	500	1175
M. Johnson	400	305	480	1185	W. Smith	430	265	450	1145
R. Bonds	340	170	470	980	220 lbs.				
T. Carter	320	185	380	885	C. Coleman	550	290	525	1365
H. Chisholm	335	175	370	880	R. Warnsley	465	255	620	1340
J. Kuydendall	235	200	380	815	M. Jones	520	270	510	1300
198 lbs.				R. Murrell	475	235	540	1250	
R. Lowe	500	255	540	1295	242 lbs.				
J. Exson	430	235	500	1165	V. Smith	580	290	530	1400
K. Coburn	365	240	445	1050	Z. Conn	505	320	510	1335
D. Monk	340	200	360	900	C. Pierce	520	205	570	1295
S. Johnston	330	200	325	855	C. Barrett	450	250	530	1230
220 lbs.				B. Reeves	410	225	515	1150	
C. Green	400	270	485	1155	T. Hartzog	380	220	500	1100
X. Phillips	420	270	430	1120	C. Powell	405	235	415	1055
J. Blackwell	405	210	475	1090	275 lbs.				
T. Fears	370	240	405	1015	T. Bell	600	350	605	1555
J. Blackwell	345	185	475	1005	R. Roberson	550	300	520	1370
A. Patty	365	210	425	1000	S. Jones	500	310	505	1315
242 lbs.				R. Sullivan	365	320	485	1170	
C. Martin	440	300	465	1205	E. Stroud	370	185	400	955



Steele Liles won the 114 lb. class in the 2A classification, as an 8th grader (Perry Liles photo)

308 lbs.				X. Rodgers	380	195	375	950	
R. Mays	585	300	625	1510	T. Fields	330	195	315	840
D. Newman	640	320	550	1510	132 lbs.				
J. Dees	500	300	450	1250	J. Morgan	405	200	450	1055
V. Jones	450	240	490	1180	P. Williams	340	235	475	1050
J. Kellum	500	215	450	1165	W. Gann	430	170	430	1030
L. Dunham	405	225	500	1130	D. Richardson	435	160	420	1015
T. Taylor	400	250	420	1070	D. Lane	365	205	430	1000
308+ lbs.				J. Rush	340	220	405	965	
S. Patrick	550	310	585	1445	J. Moore	380	175	375	930
V. Cunningham	575	305	560	1440	D. Carter	250	185	345	780
K. Thomas	505	245	450	1200	148 lbs.				
J. Collier	375	220	415	1010	G. Page	405	210	525	1140
O. Lyles	205	135	310	780	M. Green	490	205	440	1135
<i>Division 3A</i>				D. Morgan	400	215	495	1110	
114 lbs.				T. McCord	390	220	430	1040	
Netterville	315	200	365	880	J. Terry	380	190	400	970
A. Brooks	250	140	285	675	A. Boyd	325	185	400	910
C. Barnett	225	125	275	625	165 lbs.				
McElhenny	170	125	290	585	E. Waters	490	250	500	1240
123 lbs.				A. Cheeks	465	245	495	1205	

RESULTS »

C. Skinner	465	245	455	1165	A. Smith	515	240	515	1270	C. Bragg	475	280	435	1190	J. Pride	455	295	510	1260
A. Brown	425	295	420	1140	H. Hardy	430	300	530	1260	D. Harris	435	215	495	1145	A. Ashley	500	275	480	1255
U. Gladney	400	245	450	1095	B. Webber	485	275	490	1250	C. Barrow	415	300	400	1115	198 lbs.				
B. Walker	—	—	—	—	L. Williams	500	260	485	1245	198 lbs.					C. Ingram	515	305	625	1445
181 lbs.					D. Quinn	490	255	500	1245	T. Baker	530	285	575	1390	B. McLendon	505	285	565	1355
J. Parnell	515	375	560	1450	Q. Wink	445	270	495	1210	C. Cauthen	500	260	600	1360	J. Davis	475	290	510	1275
M. Gordon	490	280	605	1375	198 lbs.					K. Johnson	510	270	535	1315	S. Anderson	485	255	495	1235
K. Slaughter	435	265	550	1250	Z. Hand	500	315	540	1355	P. Marion	490	230	515	1235	O. Howard	425	260	530	1215
A. Fairly	540	255	450	1245	Washington	515	265	550	1330	A. Woods	500	260	475	1235	220 lbs.				
C. Farris	325	255	450	1030	O. Hardin	450	240	575	1265	S. Kubicki	460	265	450	1175	C. Baughman	660	275	540	1475
C. Martin	425	230	—	—	D. Snyder	495	265	500	1260	R. Butt	440	205	—	—	C. Redden	515	300	575	1390
198 lbs.					A. Russell	475	260	515	1250	220 lbs.					M. Troyan	500	345	500	1345
T. Keys	480	265	585	1330	K. Allen	475	235	515	1225	J. Dixon	570	240	625	1435	B. Edmonson	500	350	490	1340
J. Crapps	550	245	525	1320	220 lbs.					S. Pope	605	270	555	1430	J. Dever	550	315	455	1320
D. Gibson	505	250	560	1315	Cunningham	540	330	585	1455	Z. Miller	500	285	515	1300	242 lbs.				
J. Wade	475	300	525	1300	D. McGee	550	300	530	1380	S. Blakenship	495	265	500	1260	J. Verner	575	340	605	1520
220 lbs.					R. Roberts	520	265	535	1320	A. Malley	485	255	480	1220	D. Dillard	550	325	580	1455
D. Jones	525	285	525	1335	C. Havard	520	330	465	1315	M. Dean	500	275	425	1200	W. Conway	570	295	570	1435
Z. Armstrong	450	255	515	1220	D. Pittman	535	245	520	1300	242 lbs.					R. McDonald	500	325	605	1430
E. McGee	515	230	470	1215	B. Darby	480	245	490	1215	J. Yates	595	320	575	1490	H. Harris	575	260	575	1410
C. Walker	425	275	500	1200	242 lbs.					T. Kuhn	585	290	575	1450	A. Jackson	540	285	525	1350
J. Lucas	440	260	495	1195	Montgomery	620	315	590	1525	N. Proby	535	305	570	1410	275 lbs.				
M. White	430	220	530	1180	B. Stallworth	620	260	625	1505	B. McCook	490	360	500	1350	C. Gaston	630	345	530	1505
W. Forkner	405	225	475	1105	E. Russell	545	300	575	1420	J. Shipp	500	355	475	1330	J. Gober	575	360	520	1455
A. Moore	—	—	—	—	L. Foley	565	300	535	1400	J. Stewart	405	240	480	1125	M. Tate	530	340	575	1445
242 lbs.					A. Pittman	520	285	500	1305	275 lbs.					R. Smith	515	285	550	1350
L. Newell	545	330	550	1425	275 lbs.					L. Wall	725	300	550	1575	K. Tenner	500	270	535	1305
C. Burt	540	355	485	1380	L. Dillon	645	320	550	1515	J. Loggins	675	305	550	1530	A. Walker	480	265	500	1245
J. Goudy	530	300	550	1380	M. Toles	580	270	600	1450	S. Capler	565	350	555	1470	308 lbs.				
J. Holt	500	325	505	1330	D. Senter	560	315	570	1445	D. Dent	565	220	500	1285	D. Mahaffey	600	260	590	1450
T. Lindsey	450	260	575	1285	A. Lockhart	520	290	550	1360	M. Moran	500	290	455	1245	C. Virgil	635	325	485	1445
J. Haurer	315	175	425	915	R. Raine	450	290	500	1240	R. Holcombe	425	235	475	1135	M. Moore	620	305	475	1400
275 lbs.					308 lbs.					308 lbs.					G. Watts	600	285	500	1385
M. Williams	570	350	585	1505	D. Turner	650	315	600	1565	T. Johnson	575	350	600	1525	J. Thomas	500	230	550	1280
J. Brown	535	280	585	1400	C. Sorto	625	235	545	1405	C. Burleson	535	275	475	1285	308+ lbs.				
M. Hatch	600	290	510	1400	C. Simmons	560	305	535	1400	D. Farior	375	250	480	1105	L. Freeman	675	315	615	1605
J. Christian	530	325	525	1380	H. Johnson	530	290	550	1370	R. McGill	395	285	405	1085	B. Shepherd	620	350	535	1505
T. Madkins	410	300	470	1180	C. Brumfield	525	300	535	1360	308+ lbs.					J. Tine	550	350	560	1460
308 lbs.					K. Bullock	535	265	550	1350	J. Ray	570	360	540	1470	J. Proctor	630	330	500	1460
J. Elam	530	290	515	1335	P. Lewis	530	290	530	1350	R. Haar	595	280	500	1375	W. Morgan	575	270	530	1375
S. Boyd	350	325	610	1285	S. Harris	440	350	450	1240	C. Gaines	500	285	550	1335	A. Willis	560	310	500	1370
L. Hall	—	—	—	—	308+ lbs.					K. Wixson	475	250	525	1250	Venue: Mississippi Coliseum. Powerlifting				
308+ lbs.					W. Simmons	625	340	575	1540	K. Washington	535	315	400	1250	has been a recognized high school sport by				
D. Hughes	525	305	565	1395	J. Jackson	600	335	575	1510	J. Okereke	475	280	425	1180	the MHSAA since 1993. The meet in 1993				
W. Stevenson	550	265	500	1315	D. Reynolds	570	310	580	1460	J. Whitfield	405	235	445	1085	had 81 male lifters representing 24 schools.				
D. Stenfield	505	295	465	1265	J. Baylis	530	280	485	1295	<i>Division 6A</i>					The 2011 meet had 595 lifters to qualify				
I. Gibson	510	225	500	1235	J. Pickens	405	280	545	1230	114 lbs.					represent 140 teams. The meet had nine				
D. White, Jr.	425	290	430	1145	<i>Division 5A</i>					C. Brazier	315	180	355	850	platforms on the coliseum floor with over				
Q. Frelix	450	275	420	1145	114 lbs.					I. Celestine	270	180	350	800	1000 paying fans. The lifters had to advance				
C. Fountain	—	—	—	—	A. Burch	370	270	230	870	D. Thomas	300	150	315	765	through a playoff system with a region meet				
<i>Division 4A</i>					X. Rawls	315	170	325	810	K. Harvey	195	120	240	555	in February and North or South meet in				
114 lbs.					C. Nguyen	300	150	335	785	P. Anding	—	—	—	—	March. The top lifters in each weight classes				
D. LaFontaine	300	155	320	775	Montgomery	270	160	300	730	C. Frazier	265	—	—	265	advance. There are six boys classification				
J. Mills	300	160	310	770	R. Berry	225	125	320	670	123 lbs.					and 3 girls classes just like other sports				
D. Robertson	290	140	325	755	A. Simpson	225	105	245	575	L. Harris	410	175	420	1005	in Mississippi. GIRLS Class I Team Points:				
J. Richardson	225	155	365	745	123 lbs.					T. Martin	355	175	395	925	Charleston 66, Nettleton 46, Velma Jackson				
J. Allen	205	120	250	575	D. Peden	325	185	405	915	R. Forrest	325	180	360	865	27, Pisgah 13, Ackerman 10. Girls Class II				
B. Gokin	150	130	260	540	J. Adams	315	155	410	880	C. Jenkins	300	150	380	830	Team Points: McClain 57, Lafayette County				
123 lbs.					B. Martin	285	155	385	825	J. Warren	280	175	360	815	39, Pontotoc 38, South Pike 22, Itawamba				
A. Lee	325	205	400	930	M. Fraise	275	155	360	790	D. Bridges	300	140	320	760	AHS 18, New Albany 12, North Pike 2.				
J. Porter	315	170	385	870	D. Brown	275	140	305	720	132 lbs.					Girls Class III Team Points: Pearl 46 Merid-				
T. Le	320	180	365	865	132 lbs.					J. Slater	390	190	475	1055	ian 30, Ridgeland 26, Gulfport 25, Hat-				
J. Phinezee	275	180	385	840	J. Yates	410	205	385	1000	B. Waites	335	240	385	960	tiesburg 22, Madison Central 12, Oak Grove				
B. Floyd	280	175	365	820	C. Byrd	405	240	350	995	L. Nixon	345	180	395	920	11, Clinton 6, Oxford 6, Starkville 5, Desoto				
D. Richardson	210	170	325	705	J. Bush	390	185	395	970	R. McClain	300	185	430	915	Central 3. BOYS Class 1A Team Points:				
132 lbs.					M. Dunn	305	200	360	865	M. Walker	275	200	350	825	Durant 38, Coffeeville 34, Bogue Chitto 28,				
C. Pittman	430	185	475	1090	S. Traylor	260	195	385	840	J. McCord	300	185	330	815	McAdams 22, Ethel 17, Nanih Waiya 15,				
J. Sims	405	175	475	1055	A. Young	285	195	335	815	148 lbs.					Smithville 12, Noxapater 10. Boys Class 2A:				
K. Bell	340	205	410	955	148 lbs.					C. Spencer	535	265	565	1365	Scott Central 52, Calhoun City 49, Eupora				
D. Cravins	355	175	400	930	J. Jenkins	415	190	455	1060	C. Young	440	255	520	1215	23, East Webster 19, Mize 17, Mantachie				
J. Howell	375	195	355	925	D. Carter	360	185	400	945	K. Logan	430	255	525	1210	15, Hinds AHS 11, St. Joe 5, Puckett 1. Boys				
J. Driver	305	175	345	825	J. Bruscatto	340	175	375	890	D. Harris	400	215	500	1115	Class 3A: Velma Jackson 31, Heidelberg 21,				
148 lbs.					P. Hardy	330	225	330	885	O. Wilson	390	220	440	1050	Kossuth 21, McLaurin 17, Booneville 13,				
J. Silas	520	250	560	1330	J. Vuyovich	—	—	—	—	165 lbs.					SE Lauderdale 13, Ripley 11, Charleston 9,				
S. Sims	450	215	455	1120	N. Needle	425	225	—	650	J. Jamison	510	300	560	1370	Wilkinson County 8, Aberdeen 6, Nettleton				
L. Anderson	425	275	410	1110	165 lbs.					T. Neely	475	260	550	1285	6. Boys Class 4A: South Pike 37, McClain				
D. Newell	365	260	450	1075	D. Knight	510	255	585	1350	G. King	470	265	550	1285	26, New Albany 24, Columbia 20, North				
R. Webb	365	230	—	595	C. Carter	450	245	490	1185	E. Ellis	475	270	490	1235	Pontotoc 19, Pass Christian 15, Pontotoc 13,				
165 lbs.					C. Masters	430	260	470	1160	M. Pulliam	435	260	490	1185	Lafayette County 13, Laurel 12, Lewisburg				
J. Durant	525	310	535	1370	D. Darden														

bus 12, Oak Grove 12, Tupelo 11, Grenada 10, Natchez 9, Starkville 7.
 » courtesy Perry Liles

**100% RAW
 MINNESOTA STATE
 MAY 7 2011 » Little Falls, MN**

Strict Curl	M. Vetter	30			
FEMALE	105 lbs.				
97 lbs.	(11 & Under)				
B. Algarin	50				
148 lbs.	114 lbs.				
Master (45-49)					
C. Infinger	40				
Open					
W. Wolters	50				
Teen (16-17)					
A. Santiago	65				
MALE					
66 lbs.					
(11 & Under)					
S. Algarin	20				
77 lbs.	220 lbs.				
(11 & Under)	Teen (16-17)				
M. Algarin	50				
88 lbs.	242 lbs.				
(11 & Under)	Teen (14-15)				
L. Rektstad	30				
97 lbs.	J. Wuchko	105			
(11 & Under)	Teen (16-17)				
Push Pull	R. Olson	105			
MALE					
148 lbs.	BP		DL	TOT	

Teen (16-17)					
T. Infinger	140	135	275		
220 lbs.					
Teen (16-17)					
T. Webb	250	360	610		
Full Power	SQ	BP	DL	TOT	
FEMALE					
97 lbs.					
(11 & Under)					
B. Algarin	163	97	95	355	
148 lbs.					
Teen (16-17)					
A. Santiago	150	100	180	430	
Open					
W. Wolters	115	105	165	385	
165 lbs.					
Master (45-49)					
C. Infinger	95	85	150	330	
MALE					
66 lbs.					
(11 & Under)					
S. Algarin	38	28	68	134	
77 lbs.					
(11 & Under)					
M. Algarin	115	90	170	375	
88 lbs.					
(11 & Under)					
L. Rektstad	95	60	120	275	
97 lbs.					
(11 & Under)					
M. Vetter	65	60	115	240	
105 lbs.					
(11 & Under)					
D. Demarre	50	50	115	215	
114 lbs.					
Teen (12-13)					

D. Palmer	163	100	180	443	
132 lbs.					
Teen (14-15)					
N. Infinger	163	130	180	473	
148 lbs.					
Teen (14-15)					
L. Hoffman	205	155	265	625	
242 lbs.					
Teen (14-15)					
J. Wuchko	325	215	375	915	
Teen (16-17)					
R. Olson	280	195	360	835	
275 lbs.					
Submaster (35-39)					
C. Rude	375	355	405	1135	

J. Mohr	385	259	435	1079	
C. Friday	407	281	462	1151	
S. Milos	490	297	501	1288	
M. Yant	237	242	314	793	
Teichmeier	—	341	—	341	
C. Koppman	495	330	584	1409	
J. Kahrs	358	215	385	958	
J. Watson	534	336	573	1442	
M. Griffith	462	402	479	1343	
A. Pelc	286	187	402	875	
Z. Tierney	551	325	523	1398	
B. Hegemann	534	402	506	1442	
L. Dreyer	528	380	556	1464	
K. Ruben	672	573	639	1883	
R. Smith	440	275	551	1266	
C. Ziemba	—	—	—	—	
J. Ellingson	545	303	551	1398	
G. Curtis	534	270	402	1206	
J. Shatka	—	—	—	—	
L. Tierney	—	484	—	484	
R. Magers	699	451	562	1712	
P. Dooley	545	308	611	1464	
J. Leo	—	677	—	677	
I. Beman	418	270	573	1261	
Raw					
Mi. Fox	347	253	396	996	
Ma. Fox	314	226	297	837	
D. Dimmit	—	226	—	226	
C. Magers	429	231	429	1090	
R. Troxler	358	259	402	1018	
D. Ferguson	314	220	429	963	
A. Caniglia	429	303	490	1222	
J. Rohlof	275	176	264	716	
A. Antholz	462	281	429	1173	
D. Herout	226	154	341	721	

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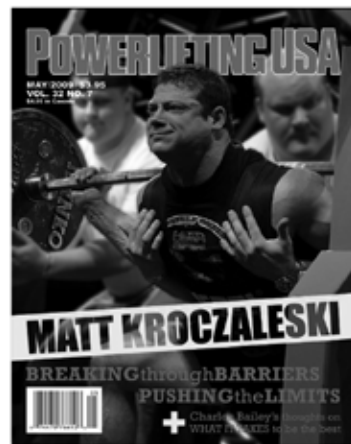
Powerlifting	SQ	BP	DL	TOT	
H. Gregory	154	99	226	479	
J. Alonso	182	88	220	490	
R. Wells	209	105	264	578	
B. Reed	242	121	259	622	
S. Long	226	127	325	677	
A. Charron	149	105	270	523	
E. Raisback	209	127	264	600	
M. Henninger	—	121	264	385	
M. Lofing	352	209	363	925	
K. Lambert	363	226	347	936	
R. Hurkman	407	264	435	1107	
L. Vice	341	209	402	952	
K. Van Wyk	402	—	446	848	

» courtesy Bill Sindelar

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COMING EVENTS

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

2-5 JUN » WPF European Championships (PL/BP/DL) (Limerick, Ireland) at Kilmurray Lodge Hotel » Shane Brodie, +087 120 3002, www.wfpowerlifting.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 » USPA East Bay Raw Open (PL/BP/DL) (Concord, CA) » Steve Denison, steve@uspla.org, www.uspla.org
4 JUN » APF Metroflex's Show of Strength (Grapevine, TX) » Greg McCoy, 972.424.3539, apftexas@yahoo.com, www.worldpowerliftingcongress.com
4 JUN » 100% RAW NC American Challenge (Barco, NC) » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com
4 JUN » 100% RAW NC State PL Championships (Currituck, NC) » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com
4 JUN » 100% RAW NV American Challenge (Las Vegas, NV) » Fred Gutierrez, nv_chair@rawpowerlifting.com, www.rawpowerlifting.com
4 JUN » 100% RAW NY American Challenge (Johnson City, NY) » Wayne Claypatch, ny_chair@rawpowerlifting.com, www.rawpowerlifting.com
4 JUN » 100% RAW Mid Atlantic PL Championships (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.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.ipaper.com
4 JUN » USAPL 9th Annual Big K's Powerlifting Championship (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 » WNPf 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 » USPA East Bay Open Class Multi-ply Challenge (Concord, CA) at Diablo Barbell » Ted Oneill, 925.685.8818 or 925.207.5780, ted@diablobarbell.com, www.uspla.org
5 JUN » SLP Oakland Classic Open Push/Pull/Press (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, jjrcsmoker@hotmail.com
5 JUN » WNPf (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 » APA 8th Annual Magnolia Open Power Classic (PL/BP/DL/PP) (Fulton, MS) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
11 JUN » USPF 1st Annual AZ State Official RAW Championships Meet (Tombstone, AZ) at Cold Iron Gym » coldirongym@aol.com, www.coldirongym.com, www.azuspf.com
11 JUN » 18th Annual Miller's Ironhouse Natural BP Competition (Raw, Masters, Women, Teen, HS, Bodyrep Contest, awesome awards by Carl Seeker) (Cumberland, MD) » Brian Miller, 425 Braddock St., Lavale, MD 21502, 240.727.7146, bmillersgym@yahoo.com
11 JUN » 100% RAW AZ American Challenge (Prescott, AZ) » Paul Gillott, az_chair@rawpowerlifting.com, www.rawpowerlifting.com
11 JUN » 100% RAW MD American Challenge (Marlowe Heights, MD) » Dan Corridean, www.rawpowerlifting.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 » WNPf Ironman Nationals (BP/DL) & Single Lift Nationals (Biloxi, MS or New Orleans, LA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
11 JUN » WPC CPF High School/CPF Raw Pro Nationals (Waterloo, Canada) » Bruce McIntyre, brucemcintyre@sympatico.ca, www.worldpowerliftingcongress.com
11 JUN » North American Ironman Championships (BP/DL/Strict Curl/Single Lift/Ironman) (Raw) (Runnemeade, 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 » RAW United UPF Challenge (Orlando, FL) » Spero Tshontikidis, 220 Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
11 JUN » 1st Annual North American Iron Championships (BP/DL/SC/Ironman BP/DL, raw) (Runnemeade, 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 » 100% RAW NH American Challenge (Derry, NH) » Bret Kernoff, nh_chair@rawpowerlifting.com, www.rawpowerlifting.com
12 JUN » WPC CPF Raw Amateur Nationals (Waterloo, Canada) » Bruce McIntyre, brucemcintyre@sympatico.ca, www.worldpowerliftingcongress.com
17-19 JUN » SPF Nationals PL/PP/BP/DL (Gatlinburg, TN) » Jesse Rodgers, 423.255.3672, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com
18 JUN » USPA Central Maine Push/Pull and BP Open (Bangor, ME) » Rob Meulenber, 207.942.9130, rwmeulenber@hotmail.com, www.uspla.org

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18 JUN » USAPL Badger Open (Neenah, WI) » Joe Lewis, 920.205.3315, www.usapowerlifting.com
18 JUN » Wolfgang's 4th Annual Raw BP/DL Competition (Richmond, VA) at Wolfgang's Gym » Wolfgang's Gym, 804.276.0405, www.wolfgangsgym.net
18 JUN » 100% RAW NE American Challenge (Omaha, NE) » Ed Horwitz, ne_chair@rawpowerlifting.com, www.rawpowerlifting.com
18 JUN » NPA Drug Free America's Cup BP/DL (Freeport, IL) at Fitness Life-styles » Duane, 815.233.2292, duanefit4life@aol.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 Allsonville Leisure Center » Ron Birch, rbirch@hotmail.net.au, www.worldpowerliftingcongress.com
24-26 JUN » WDFPF Single Event World Championships (Muskegon, MI) at the L.C. Walker Arena » Richard Van Eck, 269.521.4031, Ron Madison, www.adfpf.org
25 JUN » 5th Annual Chanhassen Life Time Fitness BP Classic (Chanhassen, MN) » Trent Hedtke, tjhedtke@mchsi.com, 952.446.9587
25 JUN » APF/AAPF North Dakota PL Championships (Fargo, ND) » Anthony Carlquist, 701.412.1046, www.worldpowerliftingcongress.com
25 JUN » USAPL YMCA Seattle Summer Classic (Seattle, WA) » Paula Houston, 206.760.8724, www.usapowerlifting.com
25 JUN » USAPL Summertime Push/Pull & BBQ (Santa Clarita, CA) » Adam Johnson, 701.610.1205, www.usapowerlifting.com
25 JUN » USAPL Summertime Push-Pull & BBQ (Santa Clarita, CA) » Adam Johnson, usapl.ca@gmail.com, 701.610.1205, www.usapl-ca.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
25-26 JUN » APF/AAPF Chicago Summer Bash 8 (Park Forest, IL) at Rich East High School » 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
1-3 JUL » USPA Military National PL/BP/DL (Costa Mesa/Newport Beach, CA) » Steve Denison, steve@uspla.org, www.uspla.org
2 JUL » SLP Independence Day 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
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
2-3 JUL » USPA Western States Multi-ply PL/BP Invitational (Costa Mesa/Newport Beach, CA) » Steve Denison, steve@uspla.org, www.uspla.org
8-10 JUL » USPF Raw Nationals PL/BP/DL Championships (Chicago, IL) » Lance Karabel, 773.294.1550, toohuge1@hotmail.com, Ted Isabella, 401.447.7370, uspf-ri@cox.net, www.uspf.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 » IPA Lexen Xtreme Summer Slam State Meet & Police Battle for the Badge (Full Power/BP/PP) (Columbus, OH) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
9 JUL » USAPL Sunflower State Games (Topeka, KS) » Wayne Herl, 785.639.1390, www.usapowerlifting.com
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 Sweatt Shop Classic (Cincinnati, OH) » Laura Phelps Sweatt, 419.704.9172, AJ Roberts, ajroberts1234@gmail.com, www.southernpowerlifting.com

APF/AAPF/WPC Schedule

4 JUN, APF Metroflex's Show of Strength
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 JUN, APF/AAPF North Dakota PL Championships
25-26 JUN, APF/AAPF Chicago Summer Bash 8
25 JUN - 2 JUL, WPC European Championships
23 JUL, APF/AAPF South Carolina Open
10-14 AUG, AWPC/WPC Eurasian Championship
20 AUG, APF/AAPF Summer Bash
26-28 AUG, WPC Argentina National Championship
AUG, APF Kalamazoo Carnage Meet
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
29 OCT, APF/AAPF Rise of the DL, Beast of the BP
29 OCT, APF/AAPF Southern States
OCT, APF Wolverine Open
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, APF/AAPF Alabama State Meet
10 DEC, WPC Metal Gym Christmas BP/DL
17 DEC, WPC Israel Open BP/PP
DEC, APF/AAPF Illinois Raw Power Challenge
DEC, APF/AAPF Invitational
DEC, WPC Ontario Pro Championships
DEC, WPC St. David's Celtic PL Meet

Dates subject to change
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COMING EVENTS »

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
9-10 JUL » USAPL Brute Strength Stars and Stripes (Norfolk, VA) » Tricia and Gary Emrich, 804.605.5135, vastatechair@usaplva.com, www.usaplva.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 » 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.wfpowerlifting.com
11 JUL » NASA WV Open BP/PP/PS Championships (Ravenswood, WV) » Greg Van Hoose, greg@vhpower.com, 304.273.3110, www.nasa-sports.com
11 JUL » NASA Youth Nationals PL/PP/PS Championships (Ravenswood, WV) » Greg Van Hoose, greg@vhpower.com, 304.273.3110, www.nasa-sports.com
15-16 JUL » UPA Iron Battle on the Mississippi (Dubuque, IA) » Bill Carpenter, 563.599.1390, bcarpenter@upapower.com, www.upapower.com
16 JUL » USPA New York BP/DL Championship (Angola, NY) at Mickey Rats Beach Club » Dennis Brochey, cdbrochey@roadrunner.com, 716.754.4009 or

716.200.3533, www.uspla.org
16 JUL » USAPL Summer Power Fest (Spring, TX) » Tony Cardella, 281.419.0286, www.usapowerlifting.com
16 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
16 JUL » AAU Teenage Nationals (Sapulpa, OK) at the Sapulpa High School Gym » Danny Berry, 918.695.3823, danny@oklahomaaupowerlifting.com, www.aupowerlifting.org
16 JUL » APA New England Regional Record Breakers Championships (Monolift 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@oklahomaaupow-erlifting.com, www.aupowerlifting.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 » WNPf 13th USA Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
22-23 JUL » Emerald Coast Power Expo (Maxfit Tri-State Bodybuilding, Figure, Bikini & Physique Championships, APA Rock Solid BP/DL Challenge, North American Strongman, MMA and more) (Fort Walton Beach, FL) » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaquapits@netzero.net
23 JUL » APA Vermont Push-Pull Championships (PP/BP/DL) (Fairhaven, VT) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
23 JUL » APA Vermont Push-Pull Championships (PP/BP/DL/Body weight for reps) (Fair Haven, VT) at Fair Haven Fitness » Jamie, 802.265.3470, www.apa-wpa.com
23 JUL » 100% RAW Open Eurasia Championships (Odessa, Ukraine) » Stanislav Tretyak, eurasia@rawpowerlifting.com.ua, www.rawpowerlifting.com
23 JUL » NASA High Desert Summer Classic PL/BP/PS (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, 505.891.1237, www.liftinglarge.com
23 JUL » PRPA Louisiana Raw BP Championships (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com
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@mstrongman.com, 810.931.8952, www.mstrongman.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 » USPF Muscle Beach Lift-Off State Championship (PL/BP/DL/PP) (Venice, CA) » Joe Wheatley, 818.246.0366, joesmusclebeach@yahoo.com
30 JUL » WNPf 2nd High School National Championships and 20th Interna-tional (SQ/BP/DL/Reps) Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
30 JUL » USAPL Smitty's Ironworks VI (Midland, MI) » Matt Smith, 989.948.3738, www.usapowerlifting.com
30 JUL » 100% RAW Western Canadian Nationals (Calgary, AB, Canada) » Adam Price, ab_chair@rawpowerlifting.com, www.rawpowerlifting.com
30 JUL » 100% RAW Eastern USA Open (Woodbridge, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
30 JUL » NASA Tri-State Regional (All NASA classes; proceeds go to Flora High



**TEAM BOMBSQUAD PRO MMA PRESENTS
 ULTIMATE POWERLIFTING PRO/AM
 UPA CASH MEET
 AUGUST 6TH 2011**

Held in beautiful Ithaca, New York, in an incredible 23,000 sq. ft. MMA training facility, Ultimate Athletics Gym (www.uagym.com). This event will offer \$500 minimum to the top 3 lifters by formula in the squat, bench and deadlift. Lift on the same Oakie bar that Andy Bolton first broke the 1000 lb. pull. Lift with the best Militia Monolift in the country. Squat with a Mastedon bar!! Lift on a pro Militia bench in an awesome environment!!

Amateur class with actual drug testing. Pro unlimited as well. Full power, Ironman, single lift, all classes, everyone welcome. Sculptured trophies and free t-shirts.

\$100 to experience competing in this event. Spectators free. Pro UFC fighters will be in attendance. You will be glad you came!!

ULTIMATE ATHLETICS

Entry forms at: WWW.UPAPOWER.COM. Questions? Email jh198@hotmail.com

School cheerleaders) (Flora, IL) » Smitty, 618.662.3413, lesmitty@bspeedy.com, www.nasa-sports.com

30 JUL - 1 AUG » AAU JR Olympic Games (New Orleans, LA) at the Ernest N. Morial Convention Center » www.aaujrogames.org, www.aupowerlifting.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 (Stanardsville, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

30 JUL » SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

30 JUL » 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

31 JUL » WNPf Drug Free Nationals (Youngstown, OH) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

31 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

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

5-6 AUG » USAPL State Games of America (San Diego, CA) » Lance Slaughter, lanceoslaughter@yahoo.com, 310.995.0047, www.calstategames.org/sga-home.html, www.usapl-ca.org

6 AUG » NASA Multi-State Regional (not a qualifier for the PRO meet) (Equipped & Unequipped, PL/BP/PS/PP) (Milwaukee, WI) » Brad Aldag, bdaldag@uwm.edu, 920.946.7192, www.nasa-sports.com

6 AUG » USAPL WV State Open BP & Ironman PL Champs (Charleston, WV) » Doug Currence, 304.550.5064, www.usapowerlifting.com

6 AUG » 100% RAW NV State Championships (Las Vegas, NV) » Fred Gutierrez, nv_chair@rawpowerlifting.com, www.rawpowerlifting.com

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 Ultimate Powerlifting Challenge (Raw & Equipped, Pro & Amateur, cash prizes) (Ithaca, NY) » James Howell, jh198@hotmail.com, 607.379.0200

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

10 AUG » 100% RAW National Powerlifting Championships (Phoenix, AZ) » Paul Gillott, az_chair@rawpowerlifting.com, www.rawpowerlifting.com

10-14 AUG » AWPC/WPC Eurasian Championship (Raw & Equipped) (Kursk, Russia) » Igor Umerenkov, wpc@wpc-wpo.ru, www.wpc-wpo.ru, www.worldpowerliftingcongress.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 Euless Road, 817.268.3488

13 AUG » WABDL Minnesota BP/DL Championships (Minneapolis, MN) at the Marriott Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

13 AUG » WABDL West Coast 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 » 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 » 27th Annual Iowa State Fair Drug Free Bench Press & Deadlift Contest (Raw, Pure, Novice, Womens, Masters 1-3, Sub Masters, Teen, Beginners, Best Lifters) (IA) » Jeff Baird, bairdzz@aol.com, 515.953.6833

UPCOMING SLP COMPETITIONS

4 JUN, SLP Arkansas Extreme Power Open (Arkadelphia, AR)

5 JUN, SLP Oakland Classic Open (Oakland, TN)

11 JUN, SLP Superman Classic BP/DL (Metropolis, IL)

18 JUN, SLP Michigan Open BP/DL (St. John's, MI)

25 JUN, SLP Samson's Gym Open BP/DL (Hamilton, OH)

Son Light Power

122 W. Sale St., Tuscola, IL 61953

217.253.5429

www.sonlightpower.com sonlightgym@frontier.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, ckccclama@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, echaillet@aol.com, www.chailletsprivatefitness.com, www.ipapower.com

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 State Fair Outlaw BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@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 » WPC Argentina National Championships (Rio Cuarto, Argentina) » Leonardo Cavaglia, powerlifting76leo@hotmail.com, www.aapowerlifting.com.ar, www.worldpowerliftingcongress.com

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

27 AUG » USAPL Boston Open (Peabody, MA) » Eric Cordeiro, 617.797.6597, www.usapowerlifting.com

27 AUG » USPA Hawaii State Push-Pull Championship (Raw/Single-ply) (Honolulu, HI) » Ata Edralin, nalomightymouse@yahoo.com, www.uspla.org

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 Burritt, 812.204.2886, brian.burritt@comcast.net, www.uspla.org

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 » USPA Minnesota State PL Championship (Burnsville, MN) » James Burdette, priestcometh@yahoo.com, 612.735.9407, www.uspla.org


3 SEP » USPA Southern California Championship (Rancho Cucamonga, CA) » Steve Denison, steve@uspla.org, www.uspla.org

3 SEP » WPC OPO Wollongbar Gym Competition (Australia) » Ron Birch, rbirch@hotkey.net.au, 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,

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

4 JUN, WNPF Elite National Championships (Ephrata, PA)
5 JUN, WNPF NJ State Championships (Bordentown, NJ)
17 JUL, WNPF 13th USA Championships (Atlanta, GA)
30 JUL, WNPF 2nd High School National Championships & WNPF International Invitational (SQ/BP/DL/Reps) Championships (Bordentown, NJ)

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

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
10 SEP » USAPL Wyoming State PL/BP Championships (Gillette, WY) » Bill Collins, 307.687.7402, www.usapowerlifting.com
10 SEP » 100% RAW IL State Powerlifting & BP Championships (Bloomington, IL) » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com
10 SEP » USAPL Wyoming PL/BP Championships (Gillette, WY) at the Recreation Center Field House » Bill Collins, billcollins_4@q.com, 307.687.7402, www.usapowerlifting.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, AL) 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
10-11 SEP » RAW United 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
11 SEP » WPF UK Open Championships (PL/BP/DL) (Morrison, Swansea,

Wales) at the Old Barn Inn & Restaurant » Ken Williams, +07970 625946, www.wwpowerlifting.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 » USPF 4th Annual AZ State Tom Eldridge Top Gun Championship Meet (Full Power, Single Lift BP/DL) (Tombstone, AZ) at Cold Iron Gym » Danni Eldridge, Cold Iron Gym, 520.457.3955, coldirongym@aol.com, www.azuspf.com
24 SEP » USPF 1st Annual AZ State High School Championship Meet (Full Power, Single Lift BP/DL) (Tombstone, AZ) at Cold Iron Gym » Danni Eldridge, Cold Iron Gym, 520.457.3955, coldirongym@aol.com, www.azuspf.com
24 SEP » ADFPF "Unequipped" Maryland BP Open & Single-Lift DL (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net, www.adfpf.org
24 SEP » USPC Power Curl Open Nationals (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net
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 Turtiainen, ano.turtiainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com
24 SEP » ADFPF "Unequipped" Maryland BP Open (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net
24 SEP » USPC Power Curl Open Nationals (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.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 & SPFCO, info@powerlifting.ch, www.worldpowerliftingcongress.com
30 SEP » 100% RAW Single Lift World Championships (Las Vegas, NV) » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com
SEP » WNPF Northeast Championships (PA or Newark, DE) » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian Locklear, wnpfpower@aol.com, www.wnpf.net
SEP » WNPF Can-Am National Championships (Rochester, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
1 OCT » WNPF Palmetto Championships (BP/DL/PC/Ironman) (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
1 OCT » USPA Texas State Championship (Victoria, TX) at Pure Fitness Gym » Chris Pappillion & Steve Denison, steve@uspla.org, www.uspla.org
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 » IPA Lexen Xtreme Fall Classic at the Xtreme Sports Fest (Full Power/BP/PP) (Columbus, OH) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
8 OCT » NPA Drug Free Nationals BP/DL (Freeport, IL) at Fitness Lifestyles » Duane, 815.233.2292, duanefit4life@aol.com

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 » RAW United 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

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

9 OCT » SLP Wink's Iron Lot Open BP/DL Classic (Peoria, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

15 OCT » NASA KY Regional PL/PP/BP/PS Championships (Morehead, KY) » Greg Van Hoose, greg@vhepower.com, 304.273.3110, www.nasa-sports.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 » SLP Western Nationals Open & Oklahoma State BP/DL Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@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 » RAW United Rev. Milton Simmons Memorial Open (Hagerstown, MD) » Spero Tshontikidis, 220 W. Silverthorn Lane, Ponte Vedra, FL 32081, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org

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@pikitup.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

22 OCT » SPF Brute's Halloween Howl PL/BP Meet (Raw, Single-ply, Multi-ply; PL/PP/BP) (Norfolk, VA) » Stella Krupinski, 757.893.9111, brando_waterfront@yahoo.com, www.brutestrengthgym.net

29 OCT » USPA 1st Annual Halloween Push/Pull (Sacramento, CA) » Al Garcia, 916.482.2868, www.uspla.org

29 OCT » USAPL VA State BP/PL Championships (Lexington, VA) » Gary Emrich, 804.503.8012, www.usapowerlifting.com

29 OCT » WABDL Regional BP/DL Championship (Lakeland, FL) at All American Gym » Ken Snell, 863.687.6268, www.allamericangym.com, www.wabdl.org

29 OCT » 100% RAW World Powerlifting Championships (Orlando, FL) » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.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

29 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

29 OCT » APF/AAPF Rise of the DL, Beast of the BP (Northbrook, IL) » Erv & Lea-Ann Domanski, elbell6@hotmail.com, www.worldpowerliftingcongress.com

29 OCT » APF/AAPF Southern States (Orlando, FL) » Brian Schwab, lightweightpower@aol.com, www.worldpowerliftingcongress.com

OCT » APF Wolverine Open (Kalamazoo, MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.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 » APA Ironfest PL/BP/DL (Raw & Equipped) (Defuniak Springs, FL) » Bobby Myers, 850.974.2880, alacqua-pits@netzero.net

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 » 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

5-6 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.aupowerlifting.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) (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 » NASA WV Regional PL/PP/BP/PS Championships (Ravenswood, WV) » Greg Van Hoose, greg@vhepower.com, 304.273.3110, www.nasa-sports.com

12 NOV » PRPA Clash for Cash (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com

12 NOV » 100% RAW Gobbler Open (Johnson City, NY) » Wayne Claypatch,

WABDL

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For additional information contact:
Brian Fahrenfeld, Premier Fitness 845.920.0501 or brianf@premierfitnessny.com

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COMING EVENTS »

ny_chair@rawpowerlifting.com, www.rawpowerlifting.com
12 NOV » USAPL Southern California Regionals (Santa Clarita, CA) » Adam Johnson, usapl.ca@gmail.com, 701.610.1205, www.usapl-ca.org
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.net.au, 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.2011collegiates.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 NOV » USAPL Ohio State BP/PL Championships (Arnold qualifier) (Bedford Heights, OH) » Ed King, 440.439.5464, www.usapowerlifting.com
19-20 NOV » **WNPF 4th Lifetime World Cup & WNPF USA vs. The World Cup** (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian Locklear, wnpfpower@aol.com, www.wnpf.net
19-20 NOV » **IPA National Powerlifting Championships** (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.chailletsprivatefitness.com, www.ipapower.com
20 NOV » SLP Meat Heads Open BP/DL/Curl 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
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
30 NOV - 5 DEC » **Global Powerlifting Alliance World PL/BP Championships** (Atlanta, GA) » L.B. Baker, 770.713.3080, www.globalpowerliftingalliance.com
3 DEC » **WNPF 1st World Cup BP/DL Championships** (Must be PRE-QUALIFIED for this meet) (Tbilisi, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian Locklear, wnpfpower@aol.com, www.wnpf.net
3 DEC » NASA High Desert Holiday Classic PL/BP/PS (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, 505.891.1237, www.liftinglarge.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
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 » WPA Single Deadlift Tournament "Unlimited Deadlift" (Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
10 DEC » WPC Metal Gym Christmas BP/DL (Finland) » Ano & Minna Turtaainen, ano.turtaainen@gometal.com, www.gometal.com, www.worldpower-

liftingcongress.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 » APF/AAPF Alabama State Meet (Gadsden, AL) » Buddy McKee, mastermonster@comcast.net, www.worldpowerliftingcongress.com
10 DEC » 100% RAW Virginia State and Christmas Classic PL/BP/DL Championships (Zion Crossroads, VA) » John Shifflett, 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 » 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 Ridgecrest Dr., Pearl, MS 39208, 601.665.7783, www.usapowerlifting.com
11 DEC » USAPL MA and RI Open BP/PL Championships (Johnson, RI) » Eric Cordeiro, 617.797.6597, www.usapowerlifting.com
17 DEC » USAPL Southside Classic (San Antonio, TX) » Wes Zunker, 210.317.8245, www.usapowerlifting.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 » **WPC Ontario Pro Championships** (Canada) » Bruce McIntyre, bruce-mcintyre@sympatico.ca, www.worldpowerliftingcongress.com
DEC » **WPC St. David's Celtic PL Meet** (Canada) » Bruce McIntyre, bruce-mcintyre@sympatico.ca, www.worldpowerliftingcongress.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 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
3 MAR 2012 » Lexen Xtreme Pro/Elite Coalition (Full Power/BP; Multi-ply) (TBD) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
4 MAR 2012 » **IPA Lexen Xtreme International Open (Full Power/BP/PP; All Divisions)** (TBD) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.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
APR 2012 » **APA Raw National Championships** (Defuniak Springs, FL) » Bobby Myers, 850.974.2880, alaqua-pits@netzero.net
25-26 AUG 2012 » **USAPL National BP Championships (Palm Springs, CA)** » Lance Slaughter, lanceoslaughter@yahoo.com, 310.995.0047, www.usapl-ca.org
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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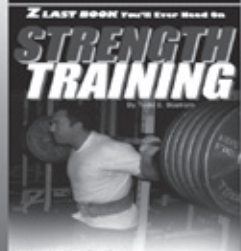
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TOP 100 PHOTOS



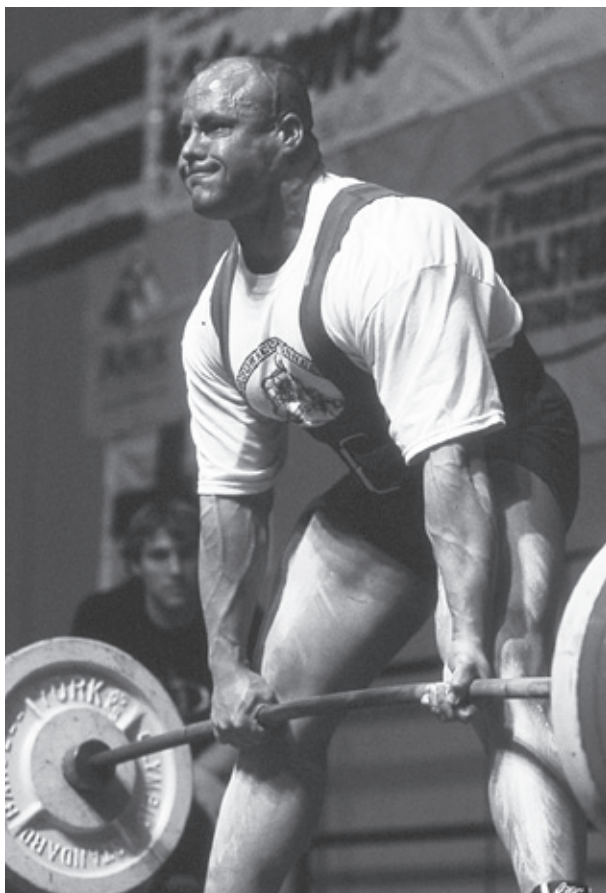
Steve Lemarie – the Southern Sumo Master



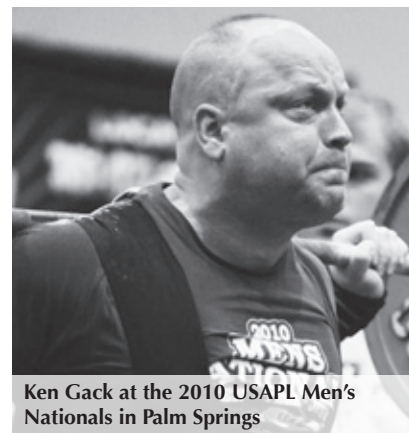
Jimmy Kolb – lifts in any federation, any set of rules, and still pops up amazing bench poundages. This is an 821 BP on May 7th at the WABDL Ohio State meet. (Chuck Venturella photo)



Scott Edmondson at the 2010 WABDL Worlds in Vegas



Brandon Cass – #1 pulling machine in the 220s this time around



Ken Gack at the 2010 USAPL Men's Nationals in Palm Springs



Mike Ferrantelli at the IPF World BP Championships in Denmark



Mr. Frankl – what words exist to describe such all-round dominance in a weight class?

Will you make the upcoming TOP 100 list for the 275 lb. class? Last time we ranked this class the minimum lifts to make that list were 700 lb. in the squat, 555 lb. in the bench press, 650 lb. in the deadlift, and 1692 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 275 lb. class will be May 2010 through May 2011. 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 shot of you playing youth football) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.com (we recommend a JPEG at least 200kb in size, but bigger is better in this case). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list for your class.

For standard 220 lb./100 kg. USA lifters in results received from MAR 2010 through MAR 2011

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

NEXT MONTH » TOP 242s

CORRECTIONS: Ken Ufford's 810 deadlift at the USAPL Cowboy Classic on 3/1/97 should have been included on the All Time USAPL/AD-FPA Deadlift list. Tiny Meeker's 1047 bench press was not included on the ALL TIME TOP 50 for the SHW class. Abraham Harrod's lifts of 780 570 625 1975 were not reflected on our TOP 100 listing for the 181 lb. class. David Anderson's deadlift of 567 in the 165 lb. class was not on our TOP 100 for the Middleweight division. Dean Ratcliff's best lifts of 450 320 480 1240 were not reflected on the TOP 100 for the 148 lb. class.

OUR POLICY: If your lift is missing from an upcoming TOP 100/20 ranking, and it is our fault, we will issue you a free certificate documenting your achievement as well as a correction in a future issue. 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 Department, Post Office Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

SQUAT

- 1 1060 Frankl, S..8/20/10
- 2 1035 Skinner, J..6/10/10
- 3 964 Baggett, G..6/6/10
- 4 953 Akers, C..6/6/10
- 5 945 Pacifico, J..3/6/11
- 6 905 Driggers, A..2/19/11
- 7 900 Kolb, J..3/11
- 8 890 Harrington, P..8/20/10
- 9 885 Geeting, Z..3/6/11
- 10 870 Clayton, C..5/8/10
- 11 860 Soule, J..3/6/11
- 12 860 Williams..5/10
- 13 860 Jester, J..3/6/11
- 14 850 Brown, J..3/27/10
- 15 840 Burlingame, D..8/7/10
- 16 840 Tinajero, D..8/20/10
- 17 840 Augie..3/5/11
- 18 835 Hill, M..8/20/10
- 19 830 Hare, J..8/20/10
- 20 830 McCloskey, A..3/6/11
- 21 825 Nichols, B..4/10/10
- 22 825 Hill, B..3/12/11
- 23 805 Gale, T..5/15/10
- 24 804 Jones, D..10/23/10
- 25 804 Pigeon, T..3/20/11
- 26 800 Rakowsky, J..4/17/10
- 27 800 Bowen, A..8/10
- 28 800 Jones, J..10/23/10
- 29 800 Pardue, R..11/13/10
- 30 800 Bishop, B..3/6/11
- 31 775 Carter, W.C..6/10/10
- 32 775 Halliwell, P..1/29/11
- 33 771 Strom, M..3/19/10
- 34 766 Paras, R..7/18/10
- 35 765 Enes, J..7/10
- 36 760 Tylutki, N..6/20/10
- 37 760 Garcia, C..8/7/10
- 38 760 Gruezek, N..3/5/11
- 39 760 Soileau, K..3/27/10
- 40 750 DellaFave, C..3/27/10
- 41 750 Sutton, P..11/13/10
- 42 750 DelPreore, C..3/5/11
- 43 750 Helber, P..3/6/11
- 44 745 Korenke, A..11/6/10
- 45 740 Sengos, P..7/10/10
- 46 740 Carnaghi, T..7/10/10
- 47 740 Cazowski, R..7/10/10
- 48 740 Hailey, S..10/16/10
- 49 738 Waits, S..6/20/10
- 50 735 Kauf, D..10/30/10
- 51 727 Brady, S..4/18/10
- 52 727 Warren, D..7/31/10
- 53 725 Steel, M..6/10/10
- 54 725 Pourro, N..10/16/10
- 55 725 Maxson, S..4/10/10
- 56 715 Dean, K..8/7/10
- 57 705 Ross, J..9/11/10
- 58 705 Vickery, C..11/6/10
- 59 705 Byrd, S..1/23/11
- 60 705 Bowling, L..3/19/11
- 61 700 Barker, D..5/1/10
- 62 700 Roberts, R..8/7/10
- 63 700 Blough, C..9/11/10
- 64 700 Shirley, D..2/26/11
- 65 700 Griffin, A..3/6/11
- 66 700 Hinojosa, X..3/11
- 67 694 Solis, A..12/10/10
- 68 690 Schulz, K..6/10/10
- 69 690 Trionfante, C..11/13/10
- 70 685 Ruiz, V..3/10
- 71 685 Terman, M..3/6/11
- 72 683 Baggett, D..6/19/10
- 73 677 Lee, W..6/5/10
- 74 677 Wood, R..11/6/10
- 75 677 Nadrechal, K..3/5/11
- 76 675 Gary, R..4/18/10
- 77 675 Ellis, J..4/18/10
- 78 675 Zoccoli..5/10
- 79 675 Howell, J..6/27/10
- 80 672 LaPlante, N..4/18/10
- 81 672 Jaimes, L..4/18/10
- 82 672 Schraub, J..6/12/10
- 83 672 Gack, K..6/20/10
- 84 672 Pratt, M..6/20/10
- 85 672 Powell, S..8/14/10
- 86 672 Dankemeyer, T..9/25/10
- 87 672 Hamilton, J..1/23/11
- 88 670 Underwood, C..7/10/10
- 89 666 Westleigh, J..5/15/10
- 90 665 Montgomery, J..3/10
- 91 665 Bailey, M..6/27/10
- 92 665 Lopez, L..3/11
- 93 661 Kling, A..3/12/11
- 94 660 Bramblitt, D..3/10
- 95 660 Holder, W..5/15/10
- 96 660 DelSignore, M..6/19/10
- 97 660 Costilla, A..3/11
- 98 655 Michie, R..3/19/10
- 99 655 Zenzen, Z..7/17/10
- 100 650 Meyer, T..3/6/10

BENCH PRESS

- 875 Frankl, S..8/20/10
- 810 Kolb, J..3/11
- 805 Coker, J..11/6/10
- 740 Herbert, K..5/1/10
- 725 Hensley, T..1/15/11
- 700 Johnston, J..6/27/10
- 672 Akers, C..6/6/10
- 670 Tinajero, D..8/20/10
- 660 Millirany, K..6/10/10
- 660 Smothers, M..8/22/10
- 660 Pacifico, J..3/6/11
- 650 Rakowsky, J..4/17/10
- 650 Brown, J..11/13/10
- 645 Soule, J..3/6/11
- 635 Willis, D..5/1/10
- 633 Stottlemire, J..9/11/10
- 630 Lowe, D..1/29/11
- 628 Baggett, G..6/6/10
- 628 DeCaires, E..3/19/11
- 625 Jester, J..8/20/10
- 625 Geeting, Z..8/20/10
- 625 Baughman, K..9/11/10
- 622 Anderson, T..8/31/10
- 620 Gale, T..5/15/10
- 617 Strom, M..3/19/10
- 611 Elick, J..9/11/10
- 610 Luke, T..5/1/10
- 610 Schulz, K..6/10/10
- 606 Woodson, F..5/9/10
- 606 Brizendine, B..9/25/10
- 606 Burritt, B..1/27/11
- 600 Burdette, J..4/3/10
- 600 Skinner, J..6/10/10
- 600 Norman, R..7/24/10
- 600 Dotson, A..12/10
- 585 Hoplight, C..8/7/10
- 585 Dworek, C..10/23/10
- 585 Edmondson..11/18/10
- 585 Gruezek, N..3/5/11
- 580 Bowen, A..8/10
- 578 Clayton, C..5/8/10
- 578 Pigeon, T..3/20/11
- 575 Cropp, P..9/11/10
- 573 Baldwin, T..3/6/10
- 573 Iron, J..3/20/10
- 573 Powell, G..10/2/10
- 573 Shabazz..11/18/10
- 570 Augie..3/5/11
- 570 McClosky, A..3/6/11
- 565 Pourro, N..6/12/10
- 565 Epolito, D..8/7/10
- 565 Hill, M..8/20/10
- 562 Nelson, J..3/6/10
- 560 Shirley, D..11/20/10
- 560 Rogers, J..11/20/10
- 556 Saunders, M..12/10/10
- 553 Cussins, M..1/11
- 552 Cook, S..5/22/10
- 551 Soto, A..3/27/10
- 551 Ogurek, M..5/15/10
- 551 Fountain, S..9/10
- 551 Houston..11/18/10
- 550 Hebert, D..6/12/10
- 550 Stafford, J..6/12/10
- 550 Hare, J..8/20/10
- 545 Muhammad, C..6/26/10
- 543 Beavers, W..3/20/10
- 540 Perez, R..3/20/10
- 540 Berriman, N..7/17/10
- 540 Ferrantelli, M..8/31/10
- 540 Turco, C..8/31/10
- 535 Watson, J..9/18/10
- 535 Miller, P..10/16/10
- 534 Strout, J..3/20/10
- 534 Haggett, D..6/19/10
- 534 Dedrick, S..10/23/10
- 530 DellaFave, C..3/27/10
- 530 Jones, J..4/18/10
- 530 Ryan, L..11/6/10
- 529 Noblit, J..3/13/10
- 529 Wood, R..11/6/10
- 525 Nichols, B..4/10/10
- 525 Pugh, R..5/10
- 525 Bauer, G..5/1/10
- 525 Hailey, S..10/16/10
- 525 Cuthbert, B..12/11/10
- 525 DelPreore, C..3/5/11
- 523 DeAlva, L..6/19/10
- 523 Zenzen, Z..7/17/10
- 523 Warren, D..7/31/10
- 518 Tylutki, N..6/20/10
- 512 Gonzalez, D..4/3/10
- 507 Hanz, A..6/6/10
- 507 Connell Jr., R..6/19/10
- 507 Adams..11/18/10
- 507 LeClair, M..3/5/11
- 505 Will, C..4/24/10
- 505 Bailey, M..6/27/10
- 505 Butia, G..6/27/10
- 505 Holloway, B..7/24/10

DEADLIFT

- 810 Cass, B..9/25/10
- 780 Frankl, S..8/20/10
- 735 Geeting, Z..3/6/11
- 733 Jones, D..10/23/10
- 727 Soileau, K..3/27/10
- 727 Tylutki, N..6/20/10
- 727 Bostick, J..9/25/10
- 727 Green, D..1/23/11
- 720 DellaFave, C..3/27/10
- 720 Hichri, Z..6/20/10
- 717 Brazil, J..6/19/10
- 716 Haggett, D..6/19/10
- 716 Nolan, M..8/1/10
- 716 Rice, B..11/18/10
- 710 Lilliebridge, E..7/31/10
- 705 Korenke, A..6/5/10
- 700 Payne..3/27/10
- 700 Tinajero, D..8/20/10
- 700 Bowen, A..8/10
- 700 Driggers, A..2/19/11
- 700 Miller, Z..3/6/11
- 700 Kolb, J..3/11
- 699 Hamilton, J..1/23/11
- 695 Pacifico, J..3/6/11
- 694 Powell, S..8/14/10
- 690 Green, S..5/15/10
- 685 Brady, S..4/18/10
- 685 Bishop, M..6/20/10
- 685 Cox, T..3/6/11
- 683 Clayton, C..5/8/10
- 683 Maxson, S..9/11/10
- 683 Bennett, M..10/23/10
- 683 Fisher, K..11/18/10
- 680 Holder, W..6/27/10
- 680 Skinner, J..6/10/10
- 680 Wasniewski, C..7/24/10
- 680 Trionfante, C..11/13/10
- 680 Coppola, S..12/11/10
- 680 McClosky, A..3/6/11
- 680 Soule, J..3/6/11
- 672 Ofloha, R..3/21/10
- 672 Williams, B..5/15/10
- 672 Solis, A..12/10/10
- 670 Augie..3/5/11
- 667 Edelstein, M..8/7/10
- 666 Shane, B..9/3/10
- 665 Kauf, D..10/30/10
- 661 Ross, M..5/15/10
- 661 Silva, D..6/26/10
- 661 Thompson, C..6/26/10
- 661 Snyder, W..7/17/10
- 661 Pippa, M..11/6/10
- 661 Lemarie..11/18/10
- 660 Ironfield, M..6/12/10
- 660 Burlingame, D..8/7/10
- 660 Blough, C..9/11/10
- 660 Garcia, O..10/30/10
- 660 Rozeck, R..11/14/10
- 660 Yarguin, S..12/11/10
- 660 Bishop, B..3/6/11
- 655 Enes, J..7/10
- 655 Ancira, S..10/23/10
- 655 Trent, J..11/20/10
- 650 McNeish, K..3/10
- 650 Francis, R..3/10
- 650 Williams..5/10
- 650 Woods, J..6/26/10
- 650 Moore..7/3/10
- 650 Suplewski, M..8/7/10
- 650 Johnson, G..11/6/10
- 650 O'Brien, B..12/11/10
- 650 Sengos, P..12/10
- 650 Byrd, S..1/23/11
- 650 Boulianne, J..1/23/11
- 650 Pessell, G..1/27/11
- 650 Stills, R..3/7/11
- 650 Sparkes, T..3/26/11
- 650 Tremblay, J..2/26/11
- 645 Mayers, D..4/10/10
- 644 Baggett, G..6/6/10
- 644 Warren, D..7/31/10
- 644 Rijos, C..10/23/10
- 644 Grissinger, G..2/26/11
- 640 Carr, A..3/27/10
- 640 Howell, J..6/27/10
- 640 Ridings, B..9/1/10
- 640 Dorn, D..11/13/10
- 640 DelPreore, C..3/5/11
- 640 Schoenebeck, N..3/12/11
- 639 Vinopal, M..7/31/10
- 639 Calia, V..1/27/11
- 635 Lyrus, J..7/18/10
- 635 Ross, J..9/11/10
- 633 Beall, H..7/31/10
- 633 Jardine, B..12/4/10
- 633 Lewis, H..1/11
- 630 Padgett..4/10/10
- 630 Garvey, R..4/18/10
- 630 Wallis, P..8/10
- 630 Castillo, R..3/11

TOTAL

- 2715 Frankl, S..8/20/10
- 2410 Kolb, J..3/11
- 2315 Skinner, J..6/10/10
- 2300 Pacifico, J..3/6/11
- 2237 Baggett, G..6/6/10
- 2231 Akers, C..6/6/10
- 2210 Tinajero, D..8/20/10
- 2185 Soule, J..3/6/11
- 2132 Clayton, C..5/8/10
- 2080 Bowen, A..8/10
- 2080 Augie..3/5/11
- 2080 McClosky, A..3/6/11
- 2075 Jester, J..8/20/10
- 2045 Gale, T..5/15/10
- 2039 Jones, D..10/23/10
- 2030 Geeting, Z..3/6/11
- 2020 Brown, J..3/27/10
- 2006 Tylutki, N..6/20/10
- 2005 Hill, M..8/20/10
- 2000 DellaFave, C..3/27/10
- 2000 Hare, J..8/20/10
- 1973 Strom, M..3/19/10
- 1967 Pigeon, T..3/20/11
- 1951 Soileau, K..3/27/10
- 1950 Nichols, B..4/10/10
- 1940 Harrington, P..8/20/10
- 1940 Jones, J..10/23/10
- 1934 Haggett, D..6/19/10
- 1915 Williams..5/10
- 1915 DelPreore, C..3/5/11
- 1910 Burlingame, D..8/7/10
- 1900 Schulz, K..6/10/10
- 1895 Gruezek, N..3/5/11
- 1894 Warren, D..7/31/10
- 1890 Korenke, A..6/5/10
- 1885 Rakowsky, J..4/17/10
- 1884 Brady, S..4/18/10
- 1875 Enes, J..7/10
- 1875 Helber, P..3/6/11
- 1860 Maxson, S..4/10/10
- 1855 Kauf, D..10/30/10
- 1855 Pardue, R..11/13/10
- 1846 Hamilton, J..1/23/11
- 1840 Powell, S..8/14/10
- 1830 Blough, C..9/11/10
- 1825 Pourro, N..10/16/10
- 1825 Steel, M..1/29/11
- 1825 Hill, B..3/12/11
- 1824 Braitz, D..6/19/10
- 1818 Waits, S..6/20/10
- 1800 Sengos, P..7/10/10
- 1800 Trionfante, C..11/13/10
- 1785 Solis, A..12/10/10
- 1785 Byrd, S..1/23/11
- 1780 Shirley, D..11/20/10
- 1775 Ross, J..9/11/10
- 1775 Hailey, S..10/16/10
- 1775 Sutton, P..11/13/10
- 1770 Holder, W..6/27/10
- 1768 Shane, B..9/3/10
- 1768 Wood, R..11/6/10
- 1768 Bowling, L..3/19/11
- 1763 Lee, W..6/5/10
- 1757 Dankemeyer, T..9/25/10
- 1746 Rogers, T..11/6/10
- 1745 Hichri, Z..11/6/10
- 1740 Driggers, A..2/19/11
- 1735 Gonzalez, D..4/3/10
- 1735 Page, C..6/10/10
- 1735 Green, D..1/23/11
- 1730 Roberts, R..8/7/10
- 1725 Dean, K..8/7/10
- 1725 Gack, K..9/30/10
- 1724 Vickery, C..11/6/10
- 1720 Barker, D..5/1/10
- 1720 Halliwell, P..1/29/11
- 1720 Workman, D..2/12/11
- 1713 Pratt, M..6/20/10
- 1708 Ofloha, R..3/21/10
- 1708 Calia, V..5/30/10
- 1708 Dugan, M..6/5/10
- 1708 Kling, A..3/12/11
- 1705 Carnaghi, T..7/10/10
- 1705 Miller, P..10/16/10
- 1705 Miller, Z..3/6/11
- 1705 Hinojosa, X..3/11
- 1703 Smith, C..7/16/10
- 1703 Zenzen, Z..7/17/10
- 1703 Odenwald, A..11/6/10
- 1700 Lyrus, J..7/18/10
- 1700 Griffin, A..3/6/11
- 1697 Hauss, A..6/6/10
- 1692 Pessell, G..1/27/11
- 1690 Cox, T..3/6/11
- 1685 Bishop, M..6/20/10
- 1685 Bishop, B..3/6/11
- 1681 Boulianne, J..1/23/11
- 1675 Lilliebridge, E..3/27/10
- 1675 Brunk, R..6/5/10
- 1675 Weinberg, A..6/19/10

RESULTS



Dwon Johnson, Champion of Champions and winner of the Dick Reno award at the APC Georgia State Championships
(L. B. Baker photo)

220 lbs. (20-23) E. Garner	501	281	468	1250
Open J. Zamudio	374	281	457	1112
242 lbs. (60-64) M. Tyson	352	242	413	1007
275 lbs. (20-23) C. Allen	606	369	606	1580
(35-39) Open B. Scarbrough	600	380	628	1607
308 lbs. (40-44) R. Paden	573	451	578	1602
308+ lbs. Open D. Johnson	804	429	705	1938

Bench press best lifter women: Dana Tripp.
Bench press best lifter men: Dylon Wagoner.
Powerlifter best lifter teenage men: Chandler Paden. Powerlifter best lifter open men: Dwon Johnson. Powerlifter best lifter master men: Mark Driggers. Team Champions bench press: Georgia Irondawgs. Team Champions powerlifting: Georgia Irondawgs. Champion of Champions and winner of the Dick Reno Memorial Award: Dwon Johnson.
» courtesy L.B. Baker

AAU OK STATE MAY 7 2011 » OK

BENCH MALE		DEADLIFT MALE			
Raw		242 lbs.			
Open		Masters (55-59)			
		E. Trimble 480*			
M. Waters	325				
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
(12-13)					
181 lbs.					
K. Russell	300	170	280	750	
198 lbs.					
L. Saucata	270	115	225	610	
(14-15)					
105 lbs.					
M. Armbrister	150	75	180	405	
114 lbs.					
K. Hayes	215	85	215	515	
123 lbs.					
K. Edwards	185	95	215	495	
165 lbs.					
K. Pair	285	120	250	655	
(16-17)					
97 lbs.					
C. Sharp	135	65	165	365	
105 lbs.					
T. Goedecke	215	95	225	535	
114 lbs.					
K. Dozier	205	130	230	565	
132 lbs.					
H. Bird	305!*	170!	280	755	
(18-19)					
165 lbs.					
E. Nally	305*	122!*	275#	702	
Raw (6-7) 66 lbs.					
A. Mitchell	75!	50!	115	240	
MALE					
(10-11)					
88 lbs.					
A. Cooley	205!	100	195	500	
(12-13)					
77 lbs.					
G. Hamm	242!*	85!*	200	527	
105 lbs.					
S. Palmer	135	100	200	435	
(14-15)					
114 lbs.					
T. Boling	150	80	200	430	
Open					
K. Parsons	200	90	265	555	
(16-17)					
114 lbs.					
L. Baird	145	75	155	375	

123 lbs. J. Fetterolf	210	110	210	530
B. Cobb	205	125	175	505
132 lbs. T. Pruitt	275*	135	185	595
148 lbs. R. Carper	291*	200!	335	826
J. Fisher	240	125*	220	585
R. Bailey	210	120	xxx	330
165 lbs. T. Walker	416!*	165	370	951
181 lbs. J. Roden	190	115	135	440
275 lbs. D. Salazar	310	171!	304!	749
(14-15) 97 lbs.				
T. Herron	220!*	95	220	535
114 lbs. P. Valdez	280	146!	275	690
132 lbs. J. Fletcher	350*	170	340	860
148 lbs. C. Miller	415!*	150	375	940
J. Dunn	325	140	290	755
165 lbs. A. Gilmore	335	140	300	775
D. Swan	330	120	315	765
181 lbs. L. Thompson	450*	235	425	1110
P. Isbell	325	110	215	650
198 lbs. A. Morris	350	140	365	855
220 lbs. B. Mckey	496!*	210	405	1111
D. Santiago	440	230	405	1075
275 lbs. J. Evans	452*	120	270	842
(16-17) 165 lbs.				
B. Fleetwood	340	150	330	820
198 lbs. D. Kimblern	420	235	405	1060
220 lbs. S. Kelsey	500	250	460	1210
242 lbs. G. Pierce	440	260	425	1125
C. Rhodes	435	320	xxx	755
(18-19) 181 lbs.				
Q. Knapp	505	230	505	1240
Masters (50-54) 198 lbs.				
K. Calkins	400	240	420	1060
165 lbs. E. Boyd	420	250	440	1110
275 lbs. E. Clark	600	405	580	1585
Raw (12-13) 114 lbs.				
D. Mitchell	170	95	205	470

!=American Records. *=State Records.
#=Collegiate Records. Women's High/Middle School Outstanding Lifter: Haley Bird. Women's High/Middle School Outstanding Squat: Haley Bird. Women's High/Middle School Outstanding Bench Press: Haley Bird. Women's High/Middle School Outstanding Deadlift: Haley Bird. Girls (14-15) Team: 1st Kansas, OK. Girls (16-17) Team: 1st-Kansas, OK. Men's High/middle School Outstanding Lifter: Quincy Knapp. Men's High/middle School Outstanding Squat: Quincy Knapp. Men's High/middle School Outstanding Bench Press: Robert Carper. Men's High/middle School Outstanding Deadlift: Quincy Knapp. Men's Open Raw Outstanding Bench: Matt Waters. Men's Outstanding Equipped Open Powerlifter: Emsy Clark. Men's Masters Best Deadlift Equipped: Eldon Trimble. Men's High/Middle School Teams: 1st-Granbury, TX. 2nd-Kid Strength, OK.
» courtesy Danny Berry

USAPL NAVY MEET FEB 26 2011 » Annapolis, MD

BENCH		R. Ingram		385	
165 lbs.		J. Williams		330	
J. Snyder		275 lbs.			
181 lbs.		H. Sturman		352	
Santomartino		Santomartino		292	
220 lbs.					
Powerlifting		SQ	BP	DL	TOT
MALE					
105 lbs.					
Open					
B. Artis	138	105	209	451	
132 lbs.					
Open					
A. Wang	198	77	231	506	
148 lbs.					
Open					
M. Sheck	220	110	248	578	
Open Raw					
E. Awowale	259	138	352	749	
Open Raw					
A. Smith	237	138	292	666	
Open Raw					
D. Kazmaier	198	110	286	595	
Open Raw					
E. Grenier	193	110	215	517	
165 lbs.					
Master VI Raw					
M. Serre	154	88	253	495	
Open					
E. Pedicini	198	110	286	595	
Open Raw					
S. Powell	226	121	270	617	
181 lbs.					
Master IV					
S. Washington	143	127	226	495	
Open Raw					
T. Isaacs	231	143	297	672	
198 lbs.					
Open Raw					
B. Farmer	—	—	—	—	
MALE					
132 lbs.					
Open					
J. Schamber	281	204	308	793	
148 lbs.					
Master I					
T. Kingure	336	242	402	980	
Open					
B. Pham	341	193	407	941	
Open					
J. Fejfar	308	198	402	908	
M. Gruver	253	193	292	738	
Open Master II Raw					
J. Di Paula	110	94	204	407	
Open Raw					
I. Kelly	352	352	424	1129	
Open raw					
R. Bromwell	330	242	369	941	
165 lbs.					
Open					
C. Martinez	424	281	407	1112	
C. Ramos	402	226	407	1035	
A. Burkholder	341	259	407	1007	
Open Raw					
M. Fury	402	275	457	1134	
A. Hohenstein	193	204	330	727	
181 lbs.					
Open					
J. Happy	396	308	451	1156	
T. Luchansky	374	237	407	1018	
A. Magness	374	253	336	963	
Open Raw					
D. Willis	429	303	440	1173	
W. Mennell	374	237	479	1090	
K. Moran	226	193	314	732	
198 lbs.					
Master I Raw					
M. Grizzard	286	204	385	875	
Open					
T. Berry	462	297	539	1299	
J. Marks	380	226	380	985	
Greenawalt	402	308	—	710	
Open Raw					

J. Poplawski	396	264	501	1162
C. Bennett	248	242	369	859
220 lbs.				
<i>Junior</i>				
M. Ramos	363	385	457	1206
D. Garner	429	248	501	1178
<i>Open</i>				
C. Freudenberger	506	336	435	1277
B. Montgomery	495	292	451	1239
D. Morrison	336	215	385	936
<i>Open Raw</i>				
T. Venuto	396	231	501	1129
T. Thompson	358	275	385	1018
T. Morere	242	187	330	760
242 lbs.				
<i>Junior</i>				
C. Hozey	424	402	479	1305
<i>Master VII Raw</i>				
R. Rood	286	259	347	892
<i>Open</i>				
M. Cameron	451	253	1173	1877
<i>Open Raw</i>				
J. Galloway	539	363	611	1514
D. Jones	495	286	545	1327
B. Woodard	347	248	402	996
242 lbs.				
<i>Open Raw</i>				
M. Jones	573	391	633	1596
<i>Open Master I Raw</i>				
K. Barrett	402	440	562	1404
275 lbs.				
<i>Master II</i>				
K. Bucy	451	336	429	1217
<i>Master VI</i>				
F. Hayes	451	341	523	1316
<i>Open Raw</i>				
T. Roper	539	446	600	1585
E. Harum	501	314	573	1387
SHW				
<i>Open</i>				
B. McGaw	556	380	451	1387
<i>Open Raw</i>				
H. Herd	154	275	314	743
<i>Open Raw</i>				
T. Herd	83	127	226	435
<i>Junior Raw</i>				
Dustin Renner	551	413	622	1585

» courtesy Barb Born

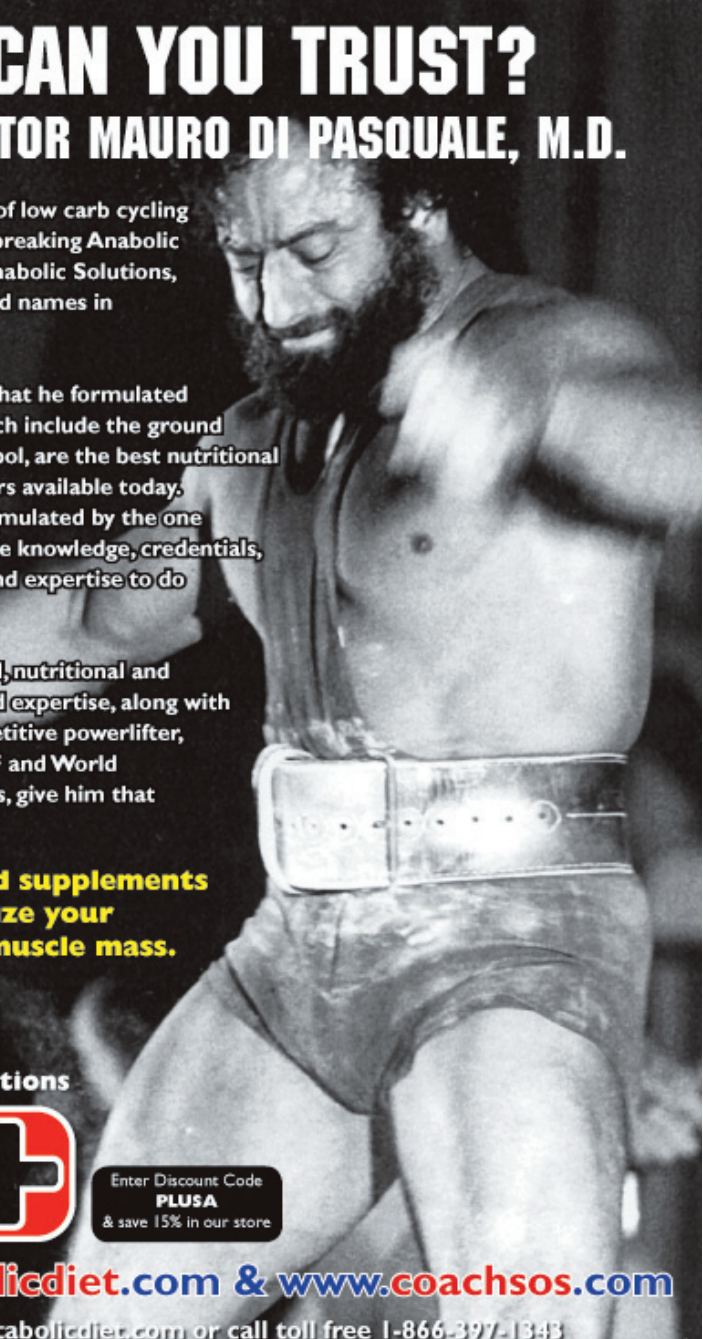
PUERTO RICO JUNIOR NATIONALS

APR 30 2011 » Puerto Rico

Powerlifting	SQ	BP	DL	TOT
FEMALE				
95 lbs.				
<i>Junior</i>				
Lopez	220	94	231	545
Alverio	77	55	110	242
126 lbs.				
<i>Junior</i>				
Tapia	281	149	319	749
<i>Open</i>				
Gonzalez	187	116	226	528
139 lbs.				
<i>Junior</i>				
Menard	220	77	198	495
159 lbs.				
<i>Junior</i>				
Burgos	358	176	352	886
Cancel	143	77	176	396
Marte	121	66	165	352
Roman	—	—	—	—
185 lbs.				
<i>Junior</i>				
Cortez	297	143	325	765
Cepeda	220	110	330	661
MALE				
117 lbs.				
<i>Junior</i>				
K. Melendez	220	220	308	749
J. Melendez	154	110	242	506
Pereira	110	99	220	429
130 lbs.				
<i>Junior</i>				

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Flores	418	248	429	1095	Moreira	380	292	374	1046	Mendez	462	462	484	1409
Escobales	220	198	352	771	DeLeon	374	242	429	1046	Velez	440	341	501	1283
Serrano	248	187	286	721	Blas	—	—	—	—	264+ lbs.				
Ramos	187	121	242	551	205 lbs.					<i>Junior</i>				
145 lbs.					Adams	407	374	551	1332					
<i>Junior</i>					DeLeon	402	308	407	1118					
Sanabria	341	242	440	1024	Jaifal	402	264	407	1073					
Lopez	303	220	440	963	Rosado	253	193	451	897					
Serrano	275	231	374	881	Gonzalez	308	198	385	892					
163 lbs.					Ramos	231	—	—	231					
<i>Junior</i>					231 lbs.									
Laboy	407	281	545	1233	<i>Junior</i>									
Cardona	407	336	440	1184	Moreira	413	325	512	1250					
Rodriguez	347	220	446	1013	Rosa	407	325	462	1195					
Pagan	281	182	418	881	Cartagena	319	242	440	1002					
Gonzalez	264	182	352	798	Cardona	286	171	308	765					
Santiago	154	132	308	595	Rodriguez	—	—	—	—					
183 lbs.					264 lbs.									
<i>Junior</i>					<i>Junior</i>									

» courtesy Sergio Centeno, Puerto Rico Powerlifting Federation, Federacion Puertorrique a de Alzadas Libres

TOP FIVE PT. 3: DEADLIFT »



Jean Forgatsch putting her Westside training to good use



Dave "Neutron" Hoff continues to set records

Fourth Week

- ▶ When needed, do not do a barbell exercise, but do high-rep exercises for the upper back, lower back, abs, and hamstrings, or just take it very easy with an active rest workout consisting of walking with a light sled or perhaps walking with a weight vest and ankle weights. Depending on your level of fitness, walk for a half mile up to two miles.
- ▶ Remember, this workout is for restoration, so do not overdo it. I personally get more muscle stimulation in a directed area, meaning lower back or hamstrings or even my abs. This is done to suit my personality, which is also probably much like most readers.
- ▶ At least do flexibility or mobility work. Also roll on foam rollers or a lacrosse ball. Go to www.ampedwarmup.com or Kelly Starrett at www.sanfranciscocrossfit.com. Kelly is knowledgeable in this field.

Fifth Week

- ▶ Ultra-wide stiff-leg sumo to a max single
- ▶ Leg press, close stance or wide stance
- ▶ Heavy shrugs. We use a strongman wheel barrow known as a Wheel Farrow.
- ▶ Lat pull-downs
- ▶ Reverse Hyper machine and abs for at least 4 sets each

Sixth Week

- ▶ Bent-leg, bent-back good mornings
- ▶ Heavy sled work for 8 trips of 100 feet. Stay on heels.
- ▶ Chest-supported rows
- ▶ Low-pulley rows
- ▶ Glute/ham raises
- ▶ Reverse Hyper machine and abs for at least 4 sets each

Seventh Week

- Front squat to a max single. Work down doing reps at two or three weights. There are two varieties to use, a close stance on a low box or a wide stance much like your sumo deadlift stance. This teaches body mechanics for both the squat and deadlift.
- 45-degree back raises with as heavy a weight as possible for 5 reps
- Low-pulley rows
- Close grip lat pull-downs
- Reverse Hyper machine and straight leg sit-ups for at least 4 sets each

Eighth Week

- ▶ Heavy sled walking, meaning 4 to 6 plates or more. Walk 60 yards and make no less than 6 trips and no more than 10. During the week the heavy sled work was done on Monday, or max effort day. On Wednesday

drop weight from five plates to three plates for example. On Friday, drop the weight again from three plates to one 45-pound plate or 70 pounds for a warm-up for speed squatting day.

- ▶ After the max effort sled day, do lat pull-downs
- ▶ Glute/ham raises
- ▶ Reverse Hyper machine and abs for at least 4 sets each

Ninth Week

- ▶ Rack pulls with a conventional stance with two band tensions, one with 250 pounds at the top with monster mini-bands and the second with light bands, which provide 350 pounds at the top. For example, my deadlift is around 700 pounds. My best with 250 pounds of band tension is 515 pounds. My best with 350 pounds of band tension is 415. Both are estimated to be 765 pounds at lockout, the same as my current pin 3 record. The plates are 6 inches off the floor.
- ▶ After rack pulls, do belt squats or leg press. Reverse Hyper machine and ab work must follow, at least 4 sets each. Rack pulls with bands are very stressful, and the special exercises must be held to a minimum.

Tenth Week

- ▶ Do concentric good mornings or squat. Crawl under the bar, relax, then lift concentrically. This is a tester, while some other special exercises are builders. Paul Anderson performed a lot of squatting and pressing with no eccentric actions.
- ▶ To follow-up, you must do either sled pulling or belt squatting or leg pressing. Then do direct low-back work with back raises or the Reverse Hyper machine, and add some lat work and heavy abs and you're done.

These workouts can be done in any sequence. There are countless other workouts to do. You will find which ones work best for you. Do these workouts work?

As I started this three-part series, our average top five squat was 1,143 pounds; now it is 1,151 pounds plus a sixth 1,100-plus squat of 1,115 at 266 pounds. Our bench top five average was 851 pounds, now it is 861 pounds. Westside's Dave "Neutron" Hoff made a 2,805-pound world record in the 275-pound weight class. A.J. Roberts made a 2,825 world record in the 308-pound weight class. The average top five total was 2,690 and is now 2,725 pounds.

Yes, it works; there is much more to the Westside system. On March 5, 2011, two former Westside members made historic world records. Phil Harrington made a 755 raw squat at 198 pounds, breaking Tony Fratto's record of 749 in 1972, and Chuck Vogelpohl made an 1,180-pound squat in the 275 pound weight class, 24 years after winning his first national championship. Congratulations to all. «

PHILIPPI SPORTS NUTRITION LAUNCHES STIMULANT-FREE SUPPLEMENTS TO GIVE ELITE ATHLETES AN EDGE WITHOUT RISKING HEALTH OR COMPETITIVE CAREERS

Las Vegas, NV—Philippi Sports Nutrition (PSN) announces the immediate launch of the PSN Elite Performance Series, the next generation of supplementation for elite athletes that is specifically formulated to boost power, energy and recovery without stimulants and without banned substances that can light up drug tests.

"I wanted to design supplements that were better than anything on the market," says Mark Philippi, Director of the Philippi Sports Institute (PSI), winner of ESPN'S America's Strongest Man, and a world drug-free powerlifting champion. "PSN supplements are filled with substantial amounts of ingredients that are proven to increase strength, endurance and energy. All of our elite athletes at PSI take them to maximize their workouts."

These supplements have been tested at the Philippi Sports Institute in Las Vegas, Nevada, where NFL, MLB, NBA, NHL, MMA, Olympic and collegiate athletes come to power up their game with intense, ironman workouts.

Named one of the top ten gyms in America by *Men's Health* magazine, this premier training center uses advanced strength and conditioning

methods from around the world and state-of-the-art nutrition testing to produce measurable leaps in power, endurance, flexibility and recovery time.

"Fifty-percent of training is the workout and the other fifty-percent is the nutrition we put into our bodies," explains Mark Philippi. "Supplements are important in workouts because you're always trying to maximize recovery so the athlete can come back and work harder the next day. If they're not recovering from their workouts, ultimately they can break down and get injured."

The problem is most supplements that claim to build muscle or boost energy actually just supply a jolt of caffeine, a sugar rush, or other stimulants. This over-stimulation leaves athletes nervous and jittery. Taking those supplements exhausts the adrenal glands, which makes it harder to recover from workouts, leading to decreased performance and burnout.

"We're very concerned with workout recovery and better performance from our athletes," says Mark Philippi. "It's why PSN products were designed to relieve exercise-induced inflamma-

tion, boost immune system function and provide overall energy during workouts."

Searching for the ultimate pre-workout supplement, Philippi created Power Shot, the most powerful igniter of strength, endurance and muscle mass on the market today. It is driven by Kre-Alkalyln™, the only pH-correct form of creatine that drives more of the nutrient to the muscle with no bloating or cramping.

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POWER NUTRITION »

He considered oregano oil closest to being the ideal antibacterial. Dr. Belaniche summed up, "Among the most active oils, oregano is the 'best of the best.' The essential oil of oregano has always provided me with amazing results in treating infectious diseases. Besides oregano oil's bactericidal action, it also prevents spasms, convulsions and nervous disorders."

Infection continues to be one of the largest causes of death in North America. The CDC estimates deaths from MRSA may be as many as 19,000 yearly. This is more than AIDS, emphysema or Parkinson's disease. MRSA is only one infection. Food poisoning and water and airborne infections account for hundreds of thousands of cases a year. You can protect yourself from the dangers of these infectious bugs by simply using a few drops of Wild Oil of Oregano. You will be building a stronger immune system and improving overall health.

To list all the studies proving oregano oil's efficacy against the common bacteria and their antibiotic resistant mutant forms such as MRSA would take several pages. Following are a small sampling:

Researchers at the Department of Food Science at the University of Tennessee reported that among various plant oils, oil of oregano exhibited the greatest antibacterial action against common pathogenic germs such as staph, E. coli and listeria. [Journal Food Protection, Volume 64, July 2001]

British researchers reported oregano oil had antibacterial activity against 25 different bacteria. [Journal Applied Microbiology, Volume 88, February 2000]

Antonia, Nostro et al. Effects of oregano, carvacrol and thymol on Staphylococcus aureus and Staphylococcus epidermidis biofilms. Journal of Medical Microbiology 56 (2007).

Why do you feel oil of oregano in the long run is much better to use when you get sick than going to the doctor and picking up a prescription for some antibiotics?

First of all, antibiotics are only useful against bacteria. They are not meant to treat viruses such as colds or flu or fungal infections such as candida albicans. Unfortunately, the over-prescribing of antibiotics for every minor complaint has made them pretty well useless as the bacteria have adapted to them and the antibiotics no longer work against these new mutant forms of bacteria. Because of this dangerous situation, doctors in many areas have been instructed to cut back on handing out antibiotics to patients, except in the most serious of cases. Pharmaceutical companies are finding it very difficult to come up with new antibiotics that work against the new superbugs.

Pharmaceutical antibiotics are also very hard on the immune system. Antibiotic means literally "against life." That is exactly what they do. They destroy the good along with the bad. Beneficial bacteria in the gut that are necessary for

digestion and absorption of nutrients are killed by pharmaceutical antibiotics. This gives an opportunity for the fungus, candida, to quickly grow out of control in the gut and spread throughout the body and into the bloodstream. Candida infection has been linked to over 300 diseases, some of which are life threatening. Candida infection is rarely diagnosed by the mainstream medical community so it can go undetected for a long time, during which time a lot of damage can be done.

Oregano oil has proven to be effective against disease causing bacteria including mutant strains. Bacteria cannot build up a resistance to the action of oregano oil. Oregano oil does little or no harm to beneficial bacteria in the body. Oregano oil helps the immune system which is your first line of defence against disease. Most importantly, when used as directed, oregano oil will not cause harm. Oregano oil works on so many levels that it is effective for an amazing number of conditions. It doesn't require a trip to the doctor and it is less expensive than drugs.

Can you explain how it is used as an immune stimulant and what this entails?

Unlike echinacea, oregano oil does not "stimulate" the immune system. This is good news for people with autoimmune disorders such as rheumatoid arthritis, multiple sclerosis, lupus, etc. Oregano oil works as an immune modulator. I liken this to stockpiling ammunition. When the situation arises, the ammunition is there and ready for use.

Oregano oil kills many pathogens and parasites which are a drain on the immune system. By keeping these invaders' numbers to a minimum, the immune system can work on more useful projects and build the body up.

Everybody is different so there is no "one size fits all" protocol for using oregano oil. It is extremely potent and should be treated with respect. More is not better. Start with 2-3 drops under the tongue, let it sit for 20 seconds or more and then swallow. See how you feel. If you want more you can take another couple of similar dosages 3-4 hours apart. Typically, 3 drops 3 times daily should help considerably to keep your immune system strong.

Oregano essential oil in its pure form is caustic and will burn skin. Therefore to make it safe for human consumption, it is generally diluted with an edible vegetable oil such as olive oil. Different manufacturers use different ratios. We have found that 1 part oregano essential oil to 4 parts olive oil works best for most people and can be used straight from the bottle. Any dosages recommended here are based on this formula.

Now how would this differ from echinacea?

Echinacea literally kicks the immune system into overdrive so people with autoimmune disorders cannot use it. When taking echinacea you must 'cycle' on it; that is, take it for 10-14 days and then stop for the same amount of time before resuming. Oregano oil does not require cycling.

You can take it as often as you like. It does not adversely affect people with autoimmune diseases. However, as with anything, it is a good idea to take a rest every once in awhile.

I have heard some great reviews about it in relation to combating fungus such as nasty toe nail fungus that just doesn't want to go away. Can you give us some insight on this?

It's true that there are a huge number of success stories about using oregano oil to treat toenail fungus. Oregano oil is one of the most powerful anti-fungals known. It has proven itself in studies for its ability to obliterate such fungi as candida albicans and the fungi that causes Athlete's Foot and toenail fungus. Public pools and gyms often harbor these fungi in locker rooms and shower areas.

Treating fungal infection requires a commitment to better hygiene and eliminating sugars and refined flour products from the diet as well as treatment with oregano oil. Wash the affected area at least twice a day and dry thoroughly. Apply oregano oil with a cotton swab or your finger to the affected nail and surrounding skin. Put on clean cotton or light wool socks. Wear footwear that is not too tight or go with sandals or barefoot. Take 3 drops of oregano oil 3 times daily under the tongue. Drink lots of water to help flush out toxins that occur when oregano oil kills fungi and other pathogens. Be prepared to continue treatment for 3-5 months in the case of nail fungus. Athlete's Foot will usually clear up within a few days.

As a preventative, carry a bottle of oregano oil with you to the gym and after a workout rub a drop or two of the oil around and between your toes. An ounce of prevention is worth a pound of cure.

Now going back about 20 years ago, I was competing at my first world championships competition and I remember one older gentleman in the warm up room with this condition on his lower leg. I remember asking my handler what that was and he said that he was a Vietnam vet and he had a case of "Jungle Rot" on his leg. Can you explain a little about his?

Jungle Rot is another fungal disease brought on by high humidity and poor hygiene. Many soldiers who went to Vietnam experienced this disease and had a difficult time treating it. It's also called "boot rot." Many say the Army doctors had no cure. To my knowledge, I have not had any clients use oregano oil for this affliction, but I would certainly give it a try. There are many testimonials from various people on blogs who say that oregano oil cured their jungle rot. Oregano oil has proven itself effective against some of the most vicious fungi. If I were going to be exposed to jungle conditions for any length of time, I would use oregano oil as a preventative by rubbing a few drops onto my feet.

What makes it so strong against topical fungal infections?

Plants, like people, are prone to fungal infections. Plants have survived over millennia by

building up their immune systems to produce chemicals that defeat microorganisms, certain insects and other pests that threaten their existence. The practice of herbalism was built up through the observation of plants and their interaction with the natural world.

If we call this ability on the part of the plant to adapt to its environment “intelligence,” then the oregano plant is a genius. What works for the oregano plant to help its survival also happens to work for us. Think of the oregano plant as a complex factory producing hundreds, if not thousands, of complex phytochemicals. So far we have only been able to identify a fraction of these compounds. The plant kingdom is way ahead of us in some respects.

Again, carvacrol and thymol play their part as anti-fungals along with the synergistic effect of other anti-fungal esters found in oregano oil. In lab testing using different fungal strains such as candida albicans, oregano oil was found to rapidly inhibit fungal growth. Fungi play a part in many diseases and some of the symptoms related to fungal infection include: thrush, nail fungus, eczema, psoriasis, dandruff, seborrhea, vaginal yeast, pruritis, chronic fatigue, allergies, bloating, gas, intestinal upset and inflammation, and much more. Many conditions caused by fungal infection can become life threatening. It is wise to treat fungal infections at the first sign of symptoms. Candida infection can spread and enter the bloodstream. Once in the bloodstream it is transported to vital organs where it can get a foothold and cause severe problems. Oregano oil is one of the most powerful anti-fungals known. Unlike prescription anti-fungals, oregano oil will not harm the liver when used as directed.

I have also read that it has many different anti-septic qualities as well. Can you go a little more in depth on this?

Oregano oil is one of the most powerful anti-septics known to man. We have mentioned the important role of carvacrol and thymol in this regard. It is important to note that oregano oil is much more powerful against infectious agents such as bacteria, fungi, viruses and parasites than carvacrol or thymol alone. Most of the pathogens responsible for common infections are easily defeated by oregano oil.

Fortunately, pathogens cannot build up a resistance to oregano oil. Oregano oil will not produce mutant strains of bacteria as happens with antibiotics. Common bacteria that oregano is effective against include escherichia coli, klebsiella pneumoniae, salmonella enterica, and staphylococcus aureus as well as the mutant form MRSA.

In a study published in 1996 in Medical Sciences Research, Y.M. Siddiqui et. al. tested oregano oil against RNA and DNA viruses, including the virus responsible for shingles and herpes type 1 and 2. Observation through an electron microscope showed that the outer protective membrane of the viruses disintegrated after exposure to the oil of oregano.

In a study at the University of Salonika in

Greece, a dilution of 1 part oregano oil to 4000 parts of septic water was demonstrated to sterilize the water of bacterial and viral pathogens.

You can make a great antibacterial soap by adding oregano oil to liquid soap. This will be a superior alternative to the nasty chemicals found in typical antibacterial hand soaps.

Wow. I really like the thought of adding the oil of oregano to the hand soap. That really is a great idea and never thought of doing that. What other skin conditions have you seen treated with it? Can it help with eczema and psoriasis?

We briefly touched on this subject and I would like to elaborate. The skin is our largest organ. It is also an organ of elimination, as your readers know. When we see problems in the skin, such as adult acne, psoriasis or eczema, we are observing the body hard at work trying to eliminate internal toxins. Often these toxins are candida related and often there may be bacterial infection as well.

Diet plays a huge role here. Sugar and refined flour products should be eliminated along with dairy products. Essential fatty acids, are necessary to reverse symptoms, particularly Omega 3s (hempseed oil, hemp seeds, walnuts, pumpkin seeds, Brazil nuts, sesame seeds, avocados, kale, spinach, purslane, mustard greens, collards, etc., wheat germ oil, salmon, mackerel, sardines, anchovies, albacore tuna) and Omega 6s (hempseed oil, hemp seeds, grapeseed oil, pumpkin seeds, pine nuts, pistachio nuts, raw sunflower seeds, olive oil, olives, borage oil, evening primrose oil, black currant seed oil, chestnut oil, chicken). Be sure to supplement with zinc, magnesium and folic acid along with riboflavin and pyridoxine to help metabolize the fatty acids.

Apply the oil topically twice daily to affected areas. Take 3 drops under the tongue 3 times daily or add to juice or water. The anti-inflammatory action of oregano oil will help to stop itching and scaling and reduce any swelling. Oregano oil will defeat the fungal and bacterial components of these infections.

We have a large number of very satisfied customers who have used our Wild Oil of Oregano to treat these conditions.

Wow, that list of foods sounds like my refrigerator and kitchen cabinets. Diet will play a huge role in the healing process—I couldn't agree more. How would this work with an internal problem like candida? Can you explain to the readers what candida is and how Wild Oil of Oregano can help eliminate it?

Candida albicans is a fungus that is found in the gut. Under normal conditions it is held in check by friendly bacteria and poses no threat. Unfortunately, we are not living under normal conditions. As a result, candida infection has become rampant. The overuse of antibiotics is chiefly responsible for this epidemic. Antibiotics destroy the friendly bacteria in the gut, but do not harm the candida because candida is a fungus and is not affected by antibiotics. When these friendly



Wild Oil of Oregano creator, Roger Baird

bacteria are killed by the antibiotic, the candida now finds a ripe terrain available to dominate.

A diet rich in sugar and refined flour products is the diet of choice for candida. This is a big reason why candida infection has reached epidemic proportions. Once candida has established a strong foothold, it can infect blood and organs. At that point it can manifest life threatening diseases, so it must be treated at the first sign of symptoms.

Laboratory testing has shown oregano oil to be effective against candida. When treating candida infection it is necessary to start with low doses of oregano oil, such as 2 drops twice daily. When oregano oil kills the candida it releases toxins into the blood. These toxins can accumulate and cause symptoms like headache, flu like symptoms and fatigue. This is known as a healing crisis. Drink lots of pure water throughout the day to flush out toxins. After a few days, if no symptoms occur, add a drop every day until you are doing 3–6 drops up to 5 times daily. Listen to your body and stay with a dosage that you feel is working well for you. If symptoms of a healing crisis occur, cut back on the oregano oil and drink more water. Resume taking oregano oil when symptoms have cleared up.

Candida infections require persistence to overcome, especially when they are long standing. Expect to continue treatment for several months. When you are sure the worst of the infection is gone, stay on a maintenance dosage of 3 drops 3 times daily.

Some people have candida problems that are reoccurring. Can you explain why this is?

There can be multiple reasons for this. The most likely is treatment with antibiotics. Antibiotics destroy the immune system. They kill all the good flora in the gut which allows candida to literally mushroom out of control and establish a very tenacious grip in the intestines.

The other most likely reason is diet. The

next page »

POWER NUTRITION »

North American diet, which is rapidly spreading worldwide, is very high in sugar and refined flour products such as white bread, donuts, cakes, pastries, chips, etc. These are the favorite foods of candida. Candida thrives on sugars and refined flour. People with even a minor candida infection must eliminate these foods from their diet in order to successfully defeat it. Often people with intense sugar cravings and carb cravings are receiving signals from the candida to hurry up and deliver their favorite food! These cravings are often a good indication that you have candida.

A few other factors contributing to candida infection are chemotherapy, radiation, birth control pills, cortisone, alcohol and drug abuse and antacids. Stress and negative emotions can also play a significant role. Diet drinks containing aspartame, neotame or similar artificial sweeteners are well known to produce carb cravings, besides having serious side effects. If you need a sugar substitute while defeating candida, use Stevia or Xylitol which are both plant based natural products without dangerous side effects.

Now I am sure that all of you reading this have one time or another had a bad case of food poisoning. Roger can you explain how Wild Oil of Oregano can help with this condition?
Oregano has been known as an antidote for

food poisoning for thousands of years. The reason for this is that oregano kills the bacteria that cause food poisoning such as salmonella, E. coli, and aspergillus parasiticus. Research has shown that the production of the deadly poison aflatoxin from aspergillus is stopped by oregano oil. Water borne parasites such as giardia and cryptosporidium can cause discomfort and even death. Oregano oil pulverizes both these parasites. It is also effective against viruses that may cause intestinal distress.

When eating away from home or drinking from an unknown water source, follow up with a few drops of oregano oil. Usually this will be enough to prevent an infection.

If you suspect food poisoning and have symptoms like upset stomach or diarrhea, take 3 drops 3 times daily and avoid solid foods. Continue until the condition clears up.

Wow, that was very interesting, Roger, and I am sure just about everyone reading this has suffered from food poisoning at one time or another. I remember getting a bad case of food poisoning when I ate out the day before one of the national championships that I competed in. It was a disaster, to say the least. My whole team ate at the same place and it left everyone running for the bathroom. Believe me, it wasn't a pretty sight. I wish now that I would have known about this powerful oil way back then.

I'm sorry, Roger, but I am going to have to reel this one in today so that I can let the readers digest all that they have read. Let's touch base again so you can educate us even more about this very powerful oil.

CONCLUSION

Well, there you have it. I have gotten a lot of response in regards to this series and the overwhelming amount of emails that I have received were from people that never even heard of this amazing oil before. I try my best to help bring you the most cutting edge information to not only help you in your quest for a bigger total, but also to help keep you healthy on all fronts. In the next and final installment, Roger is going to bring some very interesting information once again, so stay tuned to find out even more great tidbits next month.

Until next month, eat clean, train hard, and give the oregano oil a try. I am sure you will be just as pleased as I have in my personal journey with it.

If you have any questions please feel free to email me, or if you would like to find out more about Roger's Wild Oil of Oregano you can check out his website at: www.wildoilforegano.com; or email him at: wildoregano@gmail.com. You can also reach him by phone toll free in North America at: 1.866.335.3061 or 1.250.335.3061 «

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M. Ruelan	441			
181 lbs. Open	B. Faber	391		
J. Fargo	—			
198 lbs. Junior	J. Verlinde	374		
T. Zintsmaster	352			
Raw	J. Phillips	363		
165 lbs. Master III	R. Bradford	523		
Push Pull (Qualifying Totals)	BP	DL	TOT	
FEMALE Raw				
123 lbs. Master IV				
J. Boman	88*	204*	292*	
148 lbs.				

Teen III				
A. Nowak	105*	248*	352*	
MALE 148 lbs. Master I				
R. Reeder	286*	441*	727*	
165 lbs. Master I				
M. Ruelan	441*	535*	946*	
Open				
M. Ruelan	441*	535*	946*	
198 lbs. Open				
L. Hanifen	—	—	—	
220 lbs. Open				
W. Cowen	303*	402*	705*	
242 lbs. Master II				
P. Douglas	325	529*	859*	
Raw				
198 lbs. Master I				
T. Roche	358*	512*	870*	
Open				
T. Roche	358*	512*	870*	
K. Reinfinger	325	396	735	
220 lbs. Master I				

D. Piele	265*	446*	711*			
Master II						
B. Birchmeier	259*	424	783			
Open						
D. Capone	336	562*	898*			
J. Caporosso	358*	479	837			
242 lbs. Teen II						
T. Hogan	292*	501*	793*			
Powerlifting SQ						
(Qualifying Totals)	BP	DL	TOT			
FEMALE Raw						
123 lbs. Master IV						
J. Boman	110	88	204	402		
148 lbs. Teen III						
A. Nowak	176	105	248	528		
MALE 198 lbs. Open						
L. Hanifen	573	—	—	573		
Raw						
220 lbs. Master I						
D. Piele	391	265	446	1102		
Master II						
B. Birchmeier	352	259	424	1035		

*=State Records. Venue: Powerhouse Gym. Female Best Lifter Push Pull Meet: Angela Nowak. Male Best Raw Bench: Reggie Bradford. Male Best Equipped Bench: Miguel Ruelan. Male Best Lifter Push Pull meet: Miguel Ruelan.
» courtesy Barb Born

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BENCH		D. Bullard	280
FEMALE		H. Meehan	275
130+ lbs.		220+ lbs.	
A. Butler	140	B. Marsh	315
A. Seamans	75	S. Rohrbacher	295
MALE		Masters (40-45)	
148 lbs.		220 lbs.	
S. Zerbe	265	G. Ferrell	400
S. Louden	255	K. Perry	350
M. Hynes	230	R. Wright	275
160-190 lbs.		Masters (46+)	
C. Bennett	295	275 lbs.	
C. Glass	275	S. Feemster	380
M. Tolbot	225	B. Holliday	405
190-220 lbs.		S. Burke	325
M. Bulzomi	355		

» courtesy George Ferrell



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MAXIMIZING YOUR ARCH »

HURDLER STRETCH: This is a very simple stretch where you will sit on the floor with one leg extended straight out in front of you and the other leg "hurdled" behind you with the inside of your knee and ankle touching the floor. The first part of the stretch has you reaching forward trying to touch your toes with your fingers while you are keeping your leg straight. This really stretches out the hamstrings. After you hold that for a ten count, lie back on the floor as your other leg is hurdled behind you and try to lay your back flat on the floor while you are keeping your knee flat to the floor as well. As you will see, at first it will be hard to keep your knee down while you try to lay back. Take your time and breathe and relax. Little by little your ability to stretch and relax will increase. This part will stretch your quads, hip flexors and your hamstrings. Now switch legs and repeat the same thing on the other side. The Big Evil says to hold each position for a ten count, then release. Your training partner can be



The Big Evil during his days as the "King of the Bench"

a big help in lightly pushing you in these stretch positions and helping you keep your form. It would be wise to let your spotter lightly start to stretch you and as you get to your limit stretching point make them aware of it and tread lightly on the limits of the stretch. When you hold the stretch, concentrate on the breathing—it will help alleviate the anxiety and discomfort of the stretch.

THE BIG EVIL LOWER BACK STRETCH: Everyone has an exercise named after them, so the hell with it. Now I have one too! Start by lying on your back. Now have your spotter stand at the top of your head. (No, not on your head, you big oaf!) Now bring your legs over your head and have your spotter hold your ankles and try to get your toes to touch the ground. **WARNING!** You need to be very careful in this position and you need to make cues with your spotter to signal when you have stretched far enough and then hold the stretch. This stretch is very uncomfortable and causes a lot of anxiety because you are in a very vulnerable position with your legs over your head. Remember to breathe and relax and really concentrate on the stretch. This stretch concentrates on the lower back (erector muscles) and believe it or not stretches out your neck also.

TORSO TWIST: This stretch has you again lying on your back. Take your right leg and rotate your lower body as you try and touch your right leg to your left extended hand. This is pretty much a torso stretch which will stretch your erectors along with your abdominal and oblique muscles. Now switch and stretch your other side the same way. Again, have your spotter lightly push down as you stretch, being careful not to over stretch you. The Big Evil says by now you should be good and warm and flexible. The last exercise we are going to do is done right on the bench itself. Let's get to it.

PRACTICING YOUR ARCH: Let's start with an empty bar so we can concentrate on form. The Big Evil says to lie on the bench and get your

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grip placement first. This is very important, and remember, once you grab hold of the bar do not let it go until your lift is completed. Now squeeze your lat, trap and rear delt muscles together; now walk your butt up the bench and try to place it as close as you can to your lat muscles. The distance between your butt and lats will improve in time as your flexibility increases. The Big Evil says now to tuck your legs on the side of the bench with the inside of your thighs running up the outside end of the bench pad. Now take a deep lung full of air and hold it, then bring the bar down right under your rib cage, through this whole motion staying tight. After some practice you will become better at arching and you will be able to hold the arch tighter and deeper. Remember, practice, practice, practice! With your new stretching ability you will already see the value of stretching right before you bench press. Eventually, after you feel comfortable, you can start adding weight progressively at your comfort level. Remember, the Big Evil says form is the most important factor before adding weight on the bar.

SOME OTHER POINTS ABOUT ARCHING: A few things we need to consider here. The Big Evil has heard from some lifters that arching is trickery to help cheat to increase your bench press, when in fact it's flexibility and using everything to your advantage inside the rules to win. So there! The Big Evil said it, so now it is so. Let's talk about bench height first because it plays an important role when building your arch. One nice thing about benches today is that it seems the Forza bench is an awesome bench that is used universally in gyms and, more importantly, meets across the world. The measure of a Forza bench from the top of the pad to the floor is 17.5 inches, which is a higher bench, but well within the boundaries of being officially accepted in all federations. This way when you use a Forza bench there are no surprises on meet day. If you can afford one, pick one up on their site at www.forzastrength.com. The Big Evil will tell you a higher bench is what you want for a big bench press!

Back in the day when the Big Evil was on top, there was no consistent bench out there that was being used in big meets. The benches could range from 3 to 4 inches difference in height which can spell disaster on meet day. Thank goodness for modern day progression. The lower the bench is, the tighter and more flexible your arch will have to be. It is always good to be prepared for whatever unexpected road block comes up on meet day. The Big Evil says to build your arch and watch your bench press numbers go through the roof. Until next month, God bless, and *Believe to Achieve!* «

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THE BEST TRAINING METHOD »

starting out in the sport is to find a training system and apply its principles with great effort and see what you get out of it. Then tweak it to make more improvements or try a different training system on your next training cycle and evaluate the results. If lifters apply some effort they will see results in just about any program.

I personally follow a 4 week wave program and other times I generally follow a program of hitting lots of fives and triples training raw most of the time then getting into gear 4–5 weeks out from a meet and hitting more doubles and singles up to a meet. I'm almost 50 and I'm still hitting decent numbers on the platform when I get a chance to compete—which is not too often.

RYAN CELLI: I believe THE best training system is one the lifter designs him or herself through trial and error. This way, you have a customized training system built for you that fits your lifestyle, genetics, work schedule, etc.

Unfortunately, going this route requires years of experimenting, reading, studying, competing, and following others' proven systems. In the end, you will have tried many methods and will know which parts of which systems worked best for you.

BOB BENEDIX: As a bodybuilder, I would train 5 days a week, training legs twice a week, splitting the upper body into a push/pull system. Tris/back/traps/bis/legs... One leg day, light leg presses, heavy squats and deadlifts. If powerlifting, 8 weeks before a meet swap to 4 days a week of training; legs stay the same and upper body goes to 2 days a week. Warm-up for the bench followed by bench, then all accessories!! As you get older, it's harder to recuperate, but you have to train the body parts twice a week. A muscle will atrophy faster than it grows!

JOHN SMOKER: When it comes to Olympic lifting, it would be the Eastern bloc or Soviet system. With bodybuilding, it would be Weider's (he was quite revered in Russia when I was there in '86, by the way; I guess they figured anyone who knew that much about building quality muscle could also help a lifter get stronger, and rightly so). So what's happened in powerlifting is essentially a combination of the two, probably best exemplified in the Westside system. The problem—and I've seen this in many lifters who end up overtraining with these methods—is that these programs were designed for lifters in their twenties who've amped up their hormonal activity. In the case of the Soviets, which I saw first hand, their recuperation methods aren't available here. Some people suspected the Soviets were so good at Olympic lifting because they had "secret" steroids. Rubbish. Hormonal activity is hormonal activity, no matter how it's achieved. What they had that lifters here don't, because of the time and money involved, was round the clock massages. There were 64 different techniques: morning massage, pre-workout massage, post workout massage, evening massage and so on. It was probably the major reason the lifters could be close to or at 95–100% of their one rep max, day after day.

I've always been puzzled by the use of 60% training in the Westside system and the claim that this part of Eastern bloc routines because I never saw anything like that in the days that I spent at the Soviet training center. Because the lifters were young, on steroids and getting massages all day long, they had no need to train at 60%. So when an older lifter (past 25–30) tries these routines without massages, it's just too much. I know lifters who've tried the physical preparation, pre-peaking Soviet routines for example, and they end up getting sore, and staying sore, and it's not because of the volume involved—that can be adapted to—it's because of the frequency of the training sessions. What to do? Rest. Lifters here need to be more intuitive about their lifting. It's not that hard; if a lifter feels some residual soreness from the previous workout and they're scheduled to lift again today, they need to take an extra day or two until fully recovered. There also need to be lighter workouts employed at 60–80%.

One of the other Zen-like insights that Dr. Verkoshanski emphasized is that the body quickly adapts to new training modules, and that's why a lifter must constantly figure out new ways to "trick" the body with different things it must again adapt to. In this respect, following the Weider lead, Westside is a leader when it comes to different innovation exercises and approaches to training. I've seen some people opine that all a lifter needs to do is train the 3 powerlifts with a lot of intensity to reach their potential. Unless a lifter is unusually gifted, this is an approach for losers because it's scientifically ignorant. In all of the powerlifts there are primary and secondary muscles involved. The secondary must be worked separately. The parts will make the sum greater. But thinking of Verkoshanski's insight again, even the primary muscles must be trained with various approaches or they will adapt and any future gains will come minimally, if at all.

Finally, it is true, there is no substitute for intensity. Another reason for the success of Westside is the intensity of the training sessions conducted there. The Soviets were highly motivated because failure meant a drab life in one of the countless apartment buildings that dotted the urban landscape. And I've seen some amazing prison lifters over the years, even with primitive equipment and routines, because powerlifting was all they had to live for. They could make the world go away briefly in the intensity of their workouts. Inevitably, once they got out and were surrounded by all the "diversions" life has to offer, their lifting quickly went to pot.

WADE JOHNSON: More than a type, I always say that the routine or method you'll stick with and be consistent with will be the best way to go. Too many times, lifters tend to get focused on a method versus consistent training. I see lifters numerous times shift and change training at a whim versus giving anything enough time to possibly work or have enough time to decide it doesn't. After that, it really comes down to finding something that works for you individually and that you believe in.

SPERO TSHONTIKIDIS: While I am by no

stretch of the imagination an elite lifter, I have found the Sheiko routine designed by Dave Bates to be extremely effective. Since I began training under Dave's guidance just under a year ago, my total has consistently increased. In addition, I feel much stronger despite injuries from my deployment that had hindered my training. Dave just sent me a "new and improved" routine that I look forward to following in preparation for the 2011 Armed Forces Championships at MacDill AFB over the 9/11 weekend.

MATT GARY: This is a loaded question because the answer lies within the word "best." Everyone can agree that if there were only one way to train, we would all be doing it. Suffice it to say, there is more than one way to get stronger, faster, last longer, jump higher, etc. Whatever your pursuit, it's likely there are a myriad of ways to accomplish it. Having said that, there are better ways to train than others and what's "best" for one may not be very good for another.

For the sake of this conversation and the forum in which it's taking place, I'll refer to training for the purpose of strength acquisition and more specifically, powerlifting. As powerlifting exemplifies the pursuit of one-rep max (1RM) strength in the squat, bench press and deadlift, there are definitely better ways to go about achieving it.

The two primary ingredients of an effective training program are consistency and effort. The principal objective in any physical endeavor is sport-specific skill acquisition. Skill acquisition precedes technical mastery, which ultimately leads to enhanced performance, personal bests, and in some cases even winning. Swimmers aren't going to practice high diving. They may both involve the use of a swimming pool, but they are very divergent activities. Basketball players needing to improve their free throw percentage need not spend their time shooting three-pointers. While the two shots may resemble one another, they are, in fact, quite different. Similarly, a violinist wouldn't waste precious time and energy practicing on the harp. The pursuit of 1RM strength in the powerlifts should be no different. Far too often, training methodology is focused more on the assistance moves than the competitive lifts themselves. This is an egregious mistake. Yes, a chain is only as strong as it's weakest link, but most lifts are missed due to breakdowns in technique. Technical mishaps occur due to individual weaknesses, but more often than not these failures are born out of a lack of proficiency, which, in turn, comes from a lack of practice. Powerlifters can do all the board presses, box squats, and deadlifts with bands they want, but until we start competing with those tools on the platform, the bulk of one's training should focus on the squat, bench press and deadlift, as they are contested in competition. That doesn't mean you shouldn't occasionally use an assistance exercise to focus on a specific weak point or muscle group. But all the glute ham raises in the world won't take your squat from 500 to 600 pounds. I suggest that a trainee use those modalities, but not at the expense of acquiring skill in the competition

lifts.

It all starts with technique. Technical mastery is best achieved through repetitious practice. This speaks to the first ingredient: consistency. A colleague of mine likened physical training to the practice of habits of concert pianists. Do you think a world-class concert pianist only practices once per week? Of course you don't. In all likelihood, they practice daily. That doesn't mean they have to play an entire sonata every time they sit down in front of the keys, but we can rest assured they are probably playing at least a few notes. As powerlifters, we should follow suit. We'd be foolish to think that most of us can achieve technical mastery and procure incredible strength by merely training the competitive lifts once per week. We'd be equally fatuous to believe we can train at maximum intensity every day. Obviously, the limiting factor in a powerlifter's quest is recovery ability. Accordingly, the ability to train the powerlifts frequently lies within the manipulation of training variables, the most important being intensity, volume and rest intervals. When the variables are properly adjusted based on an individual's age, physical abilities and/or limitations and sporting level, then an environment may be created whereby effective training occurs frequently. Frequent and perfect practice increases the probability of enhanced performance. Ultimately, this environment is germane to the individual, but has the capability to become his or her best training system.

At Supreme Sports Performance & Training, Inc. (SSPT), most of our powerlifters squat, bench press, and do some form of deadlifting at least twice per week. A few assistance moves are added, but the vast majority of our total training volume comes from the performance of the competition lifts. We currently have Olympic lifters squatting, snatching, and cleaning up to 18 times weekly with an average of 14-15 sessions. So, before anyone assumes it's impossible, think again. We've proven that it can be done and may be done very well without the assistance of anabolics.

The second ingredient is effort. Most people simply don't train hard enough. There is no substitute for effort. In fact, in many training programs, it's less about the "what" and more about "how" the plan is administered. You can be following a deficient training plan, but if you're working your tail off, the probability of success increases. Conversely, the best training program executed with little toil can prove ineffective. When the trainee combines consistency (frequently doing the right things: squat, bench press, deadlift) and effort (hard work), they yield the highest results. You reap what you sow.

Unfortunately, most of our limitations are self-imposed. Our minds impede our progress. By merely letting go of assumptions, perceived boundaries, misconceptions, and myth, the body can achieve so much more than we can imagine ourselves actually doing. Much, if not more, of the fatigue associated with heavy strength training is systemic fatigue and comes from the emotional and psychological strain we place upon ourselves. If one doesn't often get too psyched up for heavy lifts, they can

train more frequently and not be as fatigued. Aside from technical mastery, one of the other primary benefits of frequent training is improved mental capacity and the ability to approach heavier loads with a more relative calm. Ultimately, it's about performing our specific tasks, uncommonly well. Once an athlete achieves that state in the shortest amount of time, they know they have found their best training system.

BOB GAYNOR: I have been doing this for about 45 years. During that period I have known many lifters who searched for the perfect program. Many did not get the most out of their careers because I don't feel the perfect program exists. Just because lifter "A" follows a certain program and has gotten great results from it does not mean lifter "B" will.

I have had many lifters ask me for a program. I can reply with: "This is what I am doing now, this is what I have done in the past." I will also ask a lot of questions: age, years of training, current program, diet, supplementation, are you chemically enhanced, etc. All of these are very important pieces of information that would be needed to design a program. Even with this, it is still tough. How does the lifter respond, how do they recover? Do they have physical limits or injuries that require special consideration? A coach or trainer has to be with the lifter to determine these things. A program is a lot more than sets and reps.

I was fortunate to live near York, PA, in the late '60s through the early '80s. Many of the top foreign lifters trained there. The one consistent factor was each rep was watched by the coach. Also, many other factors—massage, rest, diet, medical supervision—were just as important as the training program.

There is no "best system." The system that is working for you is the best system at the time. A year from now it may not be the best system.

Other factors must also be considered. The age of the lifter: a 25-year-old and a 50-year-old probably should not follow the same program. Even two 25-year-olds may not be able to follow the same program. Their recovery time and the type of job they have (physical/non physical) would be factors that must be considered.

PEDS must also be considered. The amount of work and recovery time will vary based on whether a lifter is enhanced or not.

I think the individual lifter, as they gain exposure, can find the system that works best for them. The key factor is being honest with yourself: "Am I putting 100% into my training?"

I have always felt low reps and heavy weights worked best for most lifters. Except for some off-season conditioning, I don't see much value for high reps. Find what works best for you. **THERE IS NO BEST SYSTEM!** ☺

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

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RAY NOBILE »



Ray's wife, Marion, is also a competitive strength athlete

squat. The man was not in top condition and should not have been selected. However this made me more determined and I went all out for the Worlds in 1978.

After winning the British with a record performance, I was selected for the worlds in Turku, Finland. I was up against the legendary Larry Pacifico. I went 9 for 9 for a European record for squat (342.5 kg.) and total (875 kg.) and was placed second. I was elated with my performance and also to prove to the selectors that I should have been in the team the previous year!

How did you progress over the years?

I went on to win the World Cup of Powerlifting in 1980 and was also European Champion in this year also, where I set new European records in the squat, deadlift and total (885 kg.). After 1980 I retired, but came back in 1983 to win the British 110 kg. class. I declined my selection for the Worlds as I had too many other commitments outside of powerlifting. I next lifted in 1984 in the Scotland vs. England International. I broke the European squat with 372.5 kg. (821 lb.) and totalled 920 kg. was a new total record. I was weighing a light 103 kg. The selectors were all over me again and practically begging me to compete at the Worlds, but again I declined due to work and family commitments. I agreed to compete in the Europeans early the following year, but by then I had lost my enthusiasm and my heart wasn't in it. I placed 2nd with a total of 860 kg. I then retired from powerlifting and opened my own gym with a fellow firefighter who worked opposite shifts from me. This meant I could continue my career in the fire service and also run my own gym. It did, however, give me a working week of up to 100 hours!!

You were part of the very successful British powerlifting squad. When did you qualify for the national team of GB?
1977

What are your memories on the British top lifters at that time?

Andy Kerr: a complex person, but also a good lifter and very consistent and very knowledgeable. Eddy Pengelly: a very determined and eccentric lifter. Steve Zetolofsky: a jovial giant with a kids mentality. Steve Alexander: a stuck up university graduate; I didn't like him! He once suggested that lifters should pay their own way to the worlds. Tony Stevens: a great lifter and a really nice person. Ron Collins: a fantastic lifter and a man with a very modest personality. Peter Fiore: probably one of the most articulate and knowledgeable powerlifters ever. Tony Fitton: I liked the early Fitton, but as I started to surpass him at the British, he always blamed me for keeping him out of the British Team. He was not well liked by the officials as he was always very outspoken. I like people

who state their opinions, but, unfortunately, his were not constructive.

I could go on and on here but I am sure you wouldn't have the space in your magazine! I would also like to mention Bill West, Eamon Toal, Narendra Bhairo. In fact Peter Fiore and Bill West were the two guys responsible for my 9 for 9 at the Worlds with their great coaching.

Can you briefly describe why the British team was so successful in the '70s and '80s?

I think the reason the British team was successful in the '70s and '80s was due to the squad training. We all met at a gym in Birmingham every second Saturday, trained together and swapped knowledge about training techniques.

Was there any monetary support at that time for traveling, nutrition, equipment, etc.?

As a member of the British team I got my expenses paid to and from squad training sessions and also airfare and hotel paid for representing Britain at international competitions. I also got a very small pittance from the British Sports Foundation, which was a foundation set up by the government to help athletes who represented the country.

The only time I ever earned money was when I competed in Britain's Strongest Man in 1979, which was televised. I won about 900 GBP, but, unfortunately, the money was paid directly to BAWLA and not me as I was considered an amateur and the rules then would not allow you to accept prize money! Vic Mercer, who was then head of the British Team, appealed on my behalf and after much to-ing and fro-ing, they awarded me 300 GBP. So, in affect, they kept 600 GBP from me. At that time I certainly needed the money as the wages for a fireman in those days were pretty poor and my wife didn't work as we had a young son.

You also competed in the most successful meets in powerlifting history in front of very large crowds. Are there any special memories you can share with us?

My special memories of the big competitions was watching and meeting and talking with guys like Pacifico, Kazmaier, Bridges, Anello, Di Pasquale, Walter Thomas, and John Kuc.

Is there a special anecdote you can share with us about one of those guys?

Larry and I were being interviewed by an American TV channel whilst competing at the worlds in Finland in 1978. I was asked if I would beat Larry. I replied that he was my idol and that I considered it an honor to be on the same stage as him. I lifted 9 for 9 and created 2 European records, squat and total. This gave me the silver medal with Larry winning the gold. When asked by Terry Todd how I felt, I said that 'I was elated doing so well in my first world championships and lifting against a legend such as Larry.' The following year whilst visiting Larry in one of his gyms in Ohio, he showed me the *Sports Illustrated* article, which was framed on the wall. We had a good laugh as I never said what was printed. I put it down to Terry Todd using journalistic license to make a more interesting story.

What titles have you won over the last 30 plus years?

In bodybuilding:

- NABBA: 1967 and 1970 Junior Mr. Scotland; 1987 Mr. Scotland.
- WABBA: 1990 Mr. Europe Masters.
- WPGF: 1998 World Champion Bodybuilding Open (World Police and Fire Games); 1996 Powerlifting Champion (world) 90 kg. class, 87 kg. actual bodyweight – 310 kg. squat, 190 kg. bench press, 300 kg. deadlift, 800 kg. total. This contest was held under IPF rules with IPF judges; 1997 Bench Press Champion (world) 100 kg. class, 99 kg. bodyweight – 215 kg. bench, which was a world record for the WPGF.
- 3 times Scotland's Strongest Man: 1981, 1982 and 1983.
- In 1979, I held the world record in telephone book tearing, tearing 16 in 60 seconds. This was a televised event with Oscar State being the referee.
- IPF: 1980 World Cup Champion; 1980 European Champion; British Champion in 1977, 1978, 1979 and 1983.
- I am also a qualified BAWLA Powerlifting Referee and BAWLA Powerlifting Coach (so is my wife), and NABBA bodybuilding judge.

What are your best lifts in competition?

My best lifts are a 372.5 kg. squat, 230 kg. bench, 335 kg. deadlift, and 920 kg. total.

These lifts were all done in documented powerlifting competitions. I never talk of my gym lifts, as in my opinion, they do not count. I did, however, squat 400 kg. by accident!!! I had traveled to another gym in Scotland for a training session. Some lifters present at this session were European Champions Dave Caldwell and Mike Duffy. I asked for 350 kg. to be loaded and as a practical joke they loaded the bar to 400 kg. I squatted the weight and replaced the bar and there was complete silence in the gym. Caldwell and Duffy were standing with their jaws open. They were amazed, but I can tell you so was I when I found out what weight they had put on the bar!! This was done with an old original Spanjian super suit. I remember Vince Anello telling a similar story when he deadlifted 390 kg. thinking the bar was at 340 kg.

What's your opinion about the current situation in powerlifting in Britain?

I don't know much about the powerlifting situation in Britain as I am not interested anymore, but I think powerlifting worldwide has lost its way—too many associations and too many differing rules. I would like to see a return to one association, like the IPF for the Worlds.

But you have heard of Britain's Andy Bolton who eclipsed the 1000 lb. deadlift barrier?

Yes, I have heard of him and also Magnus Magnusson's son who is also up there too. Great lifting, and I always have great respect for guys who can continue to break records.

Ray, would you please give us a training overview of your past powerlifting training?

I trained very instinctive with no real method

to my training. I never kept any logs or wrote anything down. I would go maximum lifts every training session as long as my instincts told me I could. For example, on squatting days I would warm up, load the bar and keep adding weight until I got to my near maximum and if I felt good I would keep going until the lift was right on my limit. If I didn't feel strong that day though, I would still go heavy, but not to my limit. I never had heavy or light days planned, but I would squat twice a week, bench press three times per week and deadlift once a week. Very little bodybuilding movements employed as I was too exhausted after doing all this! I would then go home, eat and then sleep. Perhaps if I had had a more methodical training method, I may have gone on to have better lifts.

How do you train at present?

Strictly bodybuilding. No heavy squats or deadlifts as this only aggravates my lower back. I train six days a week with my wife, Marion, on a superset system. For example, chest and shoulder day would be something like this: bench press 4 sets, 10, 8, 6, 10 reps supersets with bent over dumbbell raises with the same set and rep structure. Flat flies supersets with dumbbell side raises, sets and reps as above. Fronts raises with dumbbells supersets with dips with again the same sets and reps as above. This system is repeated for all body parts during the week.

Has your nutrition changed over the years?

When I was powerlifting, I never knew about nutrition. I was always a big eater. I used to drink 10 pints of milk a day and eat big meals of stew and potatoes, etc. Also lots of eggs and pork. So I suppose I was getting loads of protein, fats, and carbs. Now I eat super clean—lots of salads, steak, chicken, eggs, protein powders, creatine, branch chain aminos, fish oil, olive oil and I make my own peanut butter using raw peanuts and extra virgin olive oil. I rotate my diet monthly. One month zero carbs, high fat, high protein. One month high carbs, high protein, low fat. I weigh 85 kg. and feel great. I will be 60 in April this year, but I feel like 30. I am also told that I look 40 by people who do not know me. However, I can no longer deadlift or squat due to a bad lower back injury and I don't have to lift heavy to aggravate it. I do still train moderately heavy on all other movements.

You now live in Bulgaria. Why did you move to Eastern Europe?

I moved to Bulgaria to provide a better standard of living for myself, my wife and my daughter. I sold my house and gym and retired from the fire service and invested in property in Bulgaria. I now have a standard of living here that I could not have had in Scotland. I am very fortunate to have a house with a swimming pool, huge BBQ and eating area, a large garden with grapevines, fruit trees, and fig trees. We also live right next to miles of open land with a forest and trails that go for miles and you can walk for hours and never see another soul. The only thing you will see is the fabulous wildlife—deer, boar, eagles, storks, tortoises, snakes, etc. I am also very

fortunate that I do not have to work. However, we are kept busy with training and looking after our four dogs: two beagles, one bull terrier and a bulgarian dog which we rescued from the streets. My wife also has horses, but I am not so keen on them!!

In the past Bulgaria was famous for its weightlifting team. How is the situation there today for strength athletes and in general?

Under communist rule, Bulgaria used to have 30 sports schools out of which 1,800 kids were selected for weightlifting. Out of this, there was a squad of 60 lifters given special treatment. This included financial and medical help. They had their own doctors to supply them with various "medicines." Also, the coaches were given houses or apartments, cars, etc. by the government. They had the best of equipment. After the collapse of communism, this all ended. Coaches and doctors lost their houses and cars, and were basically sacked. Now there is no government backing and no support for the lifters. Bodybuilding, however, is huge here amongst the younger generation. There are also a lot of wrestling competitions.

Your wife is also a very successful strength athlete. Would you please tell us a bit about her career?

My wife, Marion, won Britain's Strongest Woman in 2003. She also won the Bulgarian National Bodybuilding Championships in 2006. She beat the previous champion who had won the title five years in a row. Unfortunately, because she is not a Bulgarian citizen, she could not compete in the European Championships for Bulgaria. She also competed in powerlifting, winning the Scottish Championships in 2000 and 2001. She is my training partner and trains six days a week along with me and World Bodybuilding Champion for 2009, Hritso Hristomir.

What are your goals for the next years?

To stay healthy and to continue to train and keep in shape.

What are your hobbies besides active sports?

My hobbies include kayaking and cooking—love Italian and Indian cooking. I also like political history, and am an avid reader—I am currently reading [The Diary of Samuel Pepys 1660–1669](#). I enjoy reading the classics such as Trollope, Dickens, etc. and about the old-time gangsters, and mafia. I also enjoy reading anything related to iron game history, old-time strongmen and bodybuilders. I am a member of Joe Roark's Iron History website which is a great source of everything related to the weights game. A very well run site with many knowledgeable members. I also enjoy walking my dogs and spending time with them playing in the vast countryside we are surrounded by.

Thank you very much, Ray, for the opportunity to do this interview. Is there anything you would like to mention at the end?

I would like to say thank you for the interview; it has brought back many memories from my career over the years. ☺

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Amy Rogers, Josh Wunder, Michelle Wunder, Steve Rogers, Debbie Shaw, Elmer Shaw, Lori Miller, and Rich Miller at the Michelle Rogers AAU New York State Meet (Steve Rogers photos)

AAU MICHELLE ROGERS/NY STATE

FEB 12 2011 » Clyde, NY

FEMALE		MALE		FEMALE		MALE	
Raw	220 lbs.	Raw	220 lbs.	Raw	123 lbs.	Raw	181 lbs.
T. McIlroy	150	D. Herbst	350	E. Hoad	90	N. Loughlin	90
M. Acarisi	310	M. Hancock	425	N. Loughlin	90	D. Musser	205*
S. Rogers	500	S. Rogers	500	D. Musser	205*	H. Knickerbocker	120!*
P. Murray	200*	P. Murray	200*	H. Knickerbocker	120!*	D. Wickham	125
M. Smith	85	M. Smith	85	D. Wickham	125	V. Peterson	260
C. Ruff	265	C. Ruff	265	V. Peterson	260	S. Zona	290*
J. Christner	260	J. Christner	260	S. Zona	290*	P. Fraccola	325
Ironman		Ironman		P. Fraccola	325	M. Secord	205
FEMALE		FEMALE		M. Secord	205	242 lbs.	
Raw	123 lbs.	Raw	123 lbs.	F. Salamone	330	242 lbs.	
E. Hoad	90	E. Hoad	90	F. Salamone	330	242 lbs.	
N. Loughlin	90	N. Loughlin	90			242 lbs.	
D. Musser	205*	D. Musser	205*			242 lbs.	
H. Knickerbocker	120!*	H. Knickerbocker	120!*			242 lbs.	
D. Wickham	125	D. Wickham	125			242 lbs.	
MALE		MALE				242 lbs.	
Raw	181 lbs.	Raw	181 lbs.			242 lbs.	
V. Peterson	260	V. Peterson	260			242 lbs.	
S. Zona	290*	S. Zona	290*			242 lbs.	
P. Fraccola	325	P. Fraccola	325			242 lbs.	
M. Secord	205	M. Secord	205			242 lbs.	
F. Salamone	330	F. Salamone	330			242 lbs.	
275 lbs.		275 lbs.				275 lbs.	
M. Harrison	500	M. Harrison	500			275 lbs.	
Raw	114 lbs.	Raw	114 lbs.			275 lbs.	
D. Shaw	105*	D. Shaw	105*			275 lbs.	
C. Scala	135	C. Scala	135			275 lbs.	
R. Petralia	375*	R. Petralia	375*			275 lbs.	
T. Gates	240*	T. Gates	240*			275 lbs.	
J. Sykes	390	J. Sykes	390			275 lbs.	
R. Diliberto	630	R. Diliberto	630			275 lbs.	
T. Waite	215	T. Waite	215			275 lbs.	
C. Vincelli	350	C. Vincelli	350			275 lbs.	
J. Hopkins	565	J. Hopkins	565			275 lbs.	
A. Kerxhalli	325	A. Kerxhalli	325			275 lbs.	
J. Newcomb	515	J. Newcomb	515			275 lbs.	
J. Brown	300	J. Brown	300			275 lbs.	
C. Mineo	535	C. Mineo	535			275 lbs.	
P. Ray	400!*	P. Ray	400!*			275 lbs.	
A. Schuler	600!*	A. Schuler	600!*			275 lbs.	
V. Davis	840	V. Davis	840			275 lbs.	
M. Scala	330	M. Scala	330			275 lbs.	
BP		BP				275 lbs.	
DL		DL				275 lbs.	
TOT		TOT				275 lbs.	
						275 lbs.	

*=State Records. !=American Records.
L=Lifetime. E=Equipped. The Michelle Rogers AAU NYS Championships were held at Donselaars Party house in Clyde NY. It was amazing the out pouring of love an admiration showed to Michelle and myself that day to honor a wonderful woman who is missed so much by everyone. I would like to congratulate all the lifters who set American and state records. I would like to commend two lifters who mean a lot to me: Mark Harrison who got his first 500# bench press in a super Katana shirt, you have worked hard Mark and glad to see you get your first. Jeremy Brown with his first 600# deadlift you have amazed me since you were 13 and still do today. But today was all about the love of Michelle Rogers the first lady of AAU NYS Powerlifting

everyone there had love and emotion for you that day. It was amazing to see the emotion during the slide show it was great. I love and miss Michelle and Molly so much it still breaks my heart your not here. And I will say that it was the most emotional lift I ever had. After missing my first two attempts, I prayed to God to give Michelle to me one more time. My wife's family was there as well as my sister. I took the platform one more time and asked my Phenom bench shirt to not let me down. This is for my wife and as the press signal was called I started up with the 500# lift and it went and kept climbing and I got stuck for a second. My mind said. "Michelle I need you" and the bar moved again and I locked out that 500 lbs. bench press. The whole place erupted into a frenzy. My family all hugged me, all the lifters hugged me and everyone was crying. My wife was there one more time for me and I will always remember that day. It does not change she is gone but what a tribute to the love of my life of 25 years. Michelle, you did so much work for these meets and all the people who helped that day know just what you did. I will keep them going but man it is hard on me I will do it as long as I can. I will love Michelle and Molly until I am with them again. You are in my heart forever. I want to thank Donselaars

for everything you do for us. Scott, Rich and Barb I love you guys you know what you mean to me. My crew Rich Molisani, Terry Stafford, Jason Stafford, Pete Hurdaka, Tony Stewart, Patrick Murray and Brett Wells. I love you guys and could not do this without you. My spotters Brett Wells and Pete Hurd as well as Jason Stafford who is also a referee. Just a great job spotting you are the best. Dennis Brochey who came from Buffalo just to help out and be part of this thank you. To RL and Tammany Murray I could not have done this without you I love you guys and will be grateful forever. Tam you did a fabulous job at head table. Dave and Ciara Kingwater you were great help at the table throughout the meet. I Love you guys too. My officials Tom Kristoff Rich Molisani and Terry Stafford great job and you mean the world to me. Finally Kristy Wells and Joan Weed thanks for the help at the t-shirt table also Rebecca and Catherine Murray thanks for taking care of the door. To my family Rich and Lori Miller Elmer, Debbie Shaw, Amy Rogers, Diane Dersch, and Josh and Michelle Wunder. I love you guys you are my family and always will be. Michelle you did a great job with video and camera. Until April 9th for the Don Reinhoudt meet. Live and lift, life is short.

» courtesy Steve Rogers



Steve Rogers benching 500 lb. for his late wife Michelle

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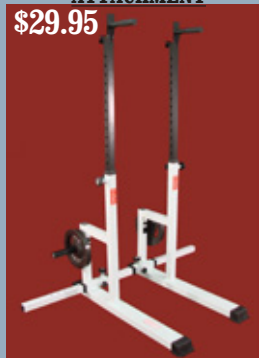
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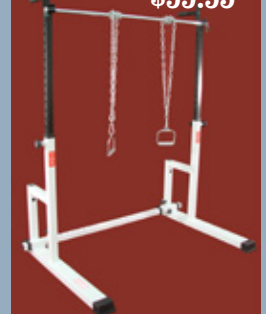


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NASA KENTUCKY STATE

MAY 14 2011 » Morehead, KY

BENCH		Master Pure			
Raw		B. Bowen 336			
198 lbs.		SHW			
Master III		Int			
M. Shuffett	281	T. Taylor 325			
308 lbs.		BP	DL	TOT	
Push Pull					
220 lbs.					
High School Pure					
B. Belcher	297	402	699		
Powerlifting	SQ	BP	DL	TOT	
132 lbs.					
Junior High					
W. VanHoose	154	99	198	451	
Novice					
W. VanHoose	154	99	198	451	
Open					
W. VanHoose	154	99	198	451	
Pure					
W. VanHoose	154	99	198	451	
242 lbs.					
Novice					
E. Scott	385	275	490	1151	
Raw					
132 lbs.					
Youth					
S. Hou-Seye	151	72	165	388	
165 lbs.					
High School Pure					
C. McDaniel	473	275	451	1200	
Teen					
C. McDaniel	473	275	451	1200	
181 lbs.					
High School Pure					
C. Davis	314	187	352	853	
242 lbs.					
High School Pure					
A. Cobb	369	264	457	1090	
Teen					
A. Cobb	369	264	457	1090	
275 lbs.					
Pure					
C. Shannon	451	303	539	1294	
Power Sports	CR	BP	DL	TOT	
148 lbs.					
High School Pure					
Z. Spencer	88	165	248	501	
Master II					
M. Evans	110	226	451	787	
Open					
M. Evans	110	226	451	787	
165 lbs.					
High School Pure					
C. McDaniel	121	275	451	848	
181 lbs.					
High School Pure					
D. Charles	127	242	374	743	
220 lbs.					
High School Pure					
B. Belcher	116	297	402	815	
242 lbs.					
High School Pure					
A. Cobb	132	264	457	853	
275 lbs.					
High School Pure					
J. Spencer	121	270	325	716	
Master I					
J. Trent	160	286	325	771	
R. Boyd	121	209	325	655	
Teen					
M. Helton	94	160	292	545	
SHW					
Junior					
J. Spencer	165	330	501	996	
The 2011 Nasa Ky State Championship was held at the fabulous Morehead Conference Center in Morehead, KY. Morehead Conference Center is a three time winner of Convention South Reader's Choice Award, four time winner for Meeting Professionals to Watch, first time winner of Convention South Top Event award for the Hillary Clinton					

Campaign Rally, received the Morehead State University Center for Regional Engagement Award presented to a community business and received the Morehead-Rowan County Chamber of Commerce Business Beautification Award. The meet had 19 lifters from KY, WI and WV. The highest coefficient in the powersports was Mark Evans (KY). Mark coefficient was 5.5112 and totaled 788 lbs. in the curl, bench press and deadlift for a total. The highest coefficient in the unequipped powerlifting was Chase McDaniel (KY). Chase coefficient was 7.5597 and totaled 1201 in the squat, bench press and deadlift for a total. Chase won a \$600 NASA Championship belt at the 2011 NASA High School National Championship in OK. The highest coefficient in the equipped powerlifting was Edward Scott (KY). Edward coefficient was 5.9621 and totaled 1151 lbs. in the squat, bench press and deadlift for a total. The highest coefficient in the unequipped bench press was Mel Shuffett (KY). Mel coefficient was 1.6237 and bench press 281 lbs. Team Integrity won the Team best trophy award. Thank you to all the staff that helped make this meet possible and the Ky community for supporting this meet. The next NASA KY meet is Oct 15, 2011 and May 19, 2012 at Morehead Conference Ctr in Morehead, KY. Check out www.nasa-sports.com or www.vhepower.com for more upcoming NASA meets. God Bless!

» courtesy J.T. Hall

USPA SANTA BARBARA

APR 30 2011 » Santa Barbara, CA

BENCH		Master (55-59)	
FEMALE		K. Tawzer 325	
Raw		Submaster (35-39)	
148 lbs.		R. Costa 650	
Master (45-49)		308 lbs.	
R. Harrison	160	Master (50-54)	
4th-161		A. Aerts 480	
MALE		4th-485	
Raw		A. Aerts 414	
148 lbs.		4th-425	
Junior (13-15)		Open	
S. Romero	138	A. Aerts 480	
165 lbs.		4th-485	
Junior (16-17)		A. Aerts 414	
A. Ramirez	—	4th-425	
181 lbs.		308+ lbs.	
Junior (13-15)		Junior (16-17)	
Hernandez	176	L. Dedrick 402	
Master (40-44)		DEADLIFT	
T. Christy	408	FEMALE	
Open		Raw	
T. Christy	408	148 lbs.	
C. Katsapis	325	Open	
198 lbs.		A. Pearson 231	
Master (60-64)		MALE	
J. Sanchez	154	Raw	
Open		165 lbs.	
J. Santos	402	Junior (16-17)	
220 lbs.		C. Chard 331	
Master (45-49)		181 lbs.	
S. Dedrick	513	Junior (18-19)	
Open		J. Milligan 551	
S. Dedrick	513	Junior (16-17)	
242 lbs.		A. Sasala 358	
Master (40-44)		I. Hernandez —	
D. Reneau	—	198 lbs.	
Master (45-49)		Open	
R. Ross	420	J. Kelske 562	
C. Dedrick	364	4th-585	
Master (65-69)		Junior (16-17)	
D. Smith III	375	J. Sanchez 402	
P. Rose	193	Junior (16-17)	
Open		A. Macias 375	
D. Reneau	—	220 lbs.	
275 lbs.		Open	
Junior (16-17)		D. Padilla 446	
P. Torres	331	Master (40-44)	

RESULTS



Jessica Scofield at the IPA New Jersey State Championships
(Gene Rychlak Jr. photo)

IPA 3RD NJ STATE JAN 11 2011 » Newark, NJ

BENCH		Raw	
165 lbs.	123 lbs.	AM	AM Teen (18-19)
AM	AM Teen (18-19)	AM Open	AM Open
Teen (18-19)	T. Barrett 165	AM Junior	AM Junior
D. Saunders 400!	4th-170!	AM Open	AM Open
220 lbs.	132 lbs.	AM Open	AM Open
AM	AM Teen (16-17)	AM Open	AM Open
Open	Childress Jr. 205!	AM Open	AM Open
N. Martire —	165 lbs.	AM Open	AM Open
Pro	AM Master (40-44)	AM Open	AM Open
Submaster	C. Livolsi 310!	AM Open	AM Open
B. Holloway 470	AM Teen (16-17)	AM Open	AM Open
275 lbs.	B. Tufaro 255*	AM Open	AM Open
AM	198 lbs.	AM Open	AM Open
Master (55-59)	Pro Junior	AM Open	AM Open
W. Foster 330*	C. Geers 445!	AM Open	AM Open
SHW	242 lbs.	AM Open	AM Open
Pro Submaster	AM Master (55-59)	AM Open	AM Open
J. Ammerman 650*	J. Maguire 275	AM Open	AM Open

C. Fave 750*	AM Open	AM Open	AM Open
308 lbs.	AM Open	AM Open	AM Open
AM Open	AM Open	AM Open	AM Open
E. Hubbard 750!	AM Open	AM Open	AM Open
165 lbs.	AM Open	AM Open	AM Open
AM Junior	AM Open	AM Open	AM Open
D. Murphy 505!	AM Open	AM Open	AM Open
181 lbs.	AM Open	AM Open	AM Open
AM Submaster	AM Open	AM Open	AM Open
J. Graham 405*	AM Open	AM Open	AM Open
275 lbs.	AM Open	AM Open	AM Open
AM Master (55-59)	AM Open	AM Open	AM Open
J. St. Victor 565	AM Open	AM Open	AM Open
4th-590!	AM Open	AM Open	AM Open
W. Foster 550	AM Open	AM Open	AM Open
BP DL TOT	AM Open	AM Open	AM Open
265* 370* 635*	AM Open	AM Open	AM Open



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Pro	H. Skiba 735*	470*	500*	1705*
Master (45-49)	AM Open	AM Open	AM Open	AM Open
D. Odar 265!	B. Dewig 530*	300	600*	1430*
MALE	308 lbs.	Pro Open	J. Flores 740*	525
198 lbs.	AM Open	M. Rhodes 600	455	745*
AM Junior	AM Open	SHW	AM Open	AM Open
N. Blundi 450*	AM Open	K. Luca 625	450	550
AM Open	Raw	148 lbs.	AM Junior	AM Junior
M. Valero 390	285*	515	800	220 lbs.
Raw	AM Junior	J. Wood 305*	550	855
165 lbs.	AM Junior	J. McAdoo 250	420	670*
AM Open	Pro Open	D. Saez 430*	560*	990*
J. Montero 220 lbs.	Full Power	SQ	BP	DL
AM Junior	242 lbs.	TOT	FEMALE	123 lbs.
J. Wood 305*	AM Teen (16-17)	V. Breuer 245*	120*	260*
242 lbs.	165 lbs.	AM Teen (16-17)	245*	120*
AM Junior	Pro Open	J. Scofield 415*	215*	450*
J. McAdoo 250	Raw	123 lbs.	AM Open	N. Kariya 235!
Pro Open	AM Open	132 lbs.	AM Master (65-69)	H. White 155!
D. Saez 430*	N. Kariya 235!	148 lbs.	AM Master (65-69)	H. White 155!
Full Power	AM Master (65-69)	AM Open	K. Victor 165*	125*
SQ	H. White 155!	125!	190!	470!
BP	AM Open	K. Victor 165*	125*	200
DL	148 lbs.	AM Open	E. Velardi 200*	130*
TOT	AM Open	E. Velardi 200*	130*	300*
FEMALE	MALE	114 lbs.	AM Teen (14-15)	D. Fitzgerald 285*
123 lbs.	114 lbs.	AM Teen (14-15)	D. Fitzgerald 285*	165*
AM Teen (16-17)	AM Teen (14-15)	D. Fitzgerald 285*	165*	305*
V. Breuer 245*	AM Teen (14-15)	A. Baletto 230*	160*	285*
165 lbs.	AM Teen (16-17)	T. Applegate 310*	200*	415*
Pro Open	AM Teen (16-17)	T. Applegate 310*	200*	415*
J. Scofield 415*	AM Teen (18-19)	M. Murphy 285*	220*	410*
Raw	AM Teen (18-19)	M. Murphy 285*	220*	410*
123 lbs.	AM Teen (18-19)	M. Murphy 285*	220*	410*
AM Open	AM Teen (18-19)	M. Murphy 285*	220*	410*
N. Kariya 235!	AM Teen (16-17)	N. Gonzales 365*	260*	455*
132 lbs.	AM Teen (16-17)	N. Gonzales 365*	260*	455*
AM Master (65-69)	AM Teen (16-17)	K. Malchevski 345	215	410
H. White 155!	AM Teen (16-17)	K. Malchevski 345	215	410
148 lbs.	AM Teen (16-17)	C. Carter 450*	325	440*
AM Open	AM Teen (16-17)	C. Carter 450*	325	440*
K. Victor 165*	AM Teen (16-17)	C. Carter 450*	325	440*
AM Open	AM Teen (16-17)	C. Carter 450*	325	440*
E. Velardi 200*	AM Teen (16-17)	C. Carter 450*	325	440*
MALE	AM Teen (16-17)	C. Carter 450*	325	440*
114 lbs.	AM Teen (16-17)	C. Carter 450*	325	440*
AM Teen (14-15)	AM Teen (16-17)	C. Carter 450*	325	440*
D. Fitzgerald 285*	AM Teen (16-17)	C. Carter 450*	325	440*
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D. Fitzgerald 285*	AM Teen (16-17)	C. Carter 450*	325	440*
165*				

continued support of the lifters this will turn into a two day event, an amazing testament to what Skiba started only a few years ago with the Power Challenge.
 » courtesy Gene Rychlak, Jr.

VT REC. SPORTS BP
FEB 19 2011 » VT

BENCH			
FEMALE			
Overall Open		A. Patel	335
		198+ lbs.	
C. Martin	135	J. Duncan	505
Open		M. Wright	425
122 lbs.		C. Wegner	345
		Open	
T. Braaten	85	148 lbs.	
A. Zanko	80	S. Wilson	300
B. Hichs	75	W. Ho	260
122-140 lbs.		A. Bowers	250
M. Allen	140	148-165 lbs.	
E. Newcomb	110	O. Egekwu	275
140+ lbs.		G. Tolson	275
S. Pack	190	J. Einhaus	265
K. Neville	110	165-181 lbs.	
M. Shelton	110	C. Oliver	375
MALE		L. Highsman	365
Overall Raw		D. Christian	355
S. Brady	420	181-198 lbs.	
Overall Open		L. Dyles	385
A. Shields	650	A. Patel	335
Raw		N. Wallace	285
165 lbs.		198-220 lbs.	
R. Tyree	325	S. Brady	420
S. Wilson	300	B. Snider	330
O. Egekwu	275	J. Frazier	285
165-198 lbs.		220+ lbs.	
L. Dyles	385	J. Crowder	620
L. Highsman	365	C. Wegner	345

» courtesy James Crowder



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RESULTS

19TH SENIOR OLYMPICS PL

MAY 15 2011 » Arcadia, CA

BENCH FEMALE (65-69)	Heavyweight R. Connelly 200! S. Bush 340!
Lightweight S. Sneider 70!	Middleweight B. Weinstock 170!
Middleweight A. Connelly 92!	Mid-Hvywght P. Antoine 255! G. Hixon 185* J. Sanchez 150b
Light Hvywght L. Jones 125! (80-84)	Heavyweight D. Conner 300! J. Kholos 165*
Lightweight R. Saenz 70! L. Martin 65!	SHW E. Stanley 170!
MALE (50-54)	Light Hvywght D. Parker 115!
Heavyweight A. Harvey 435! (55-59)	Heavyweight H. Sneider 215! (85-89)
Heavyweight L. McClung 300! (60-64)	Heavyweight J. DiMarco 255!#
Lightweight E. Rose 160!	

! = Gold Medals. * = Silver Medals. # = Bronze Medals. = World Records. Best Lifter Women's Division: Ruth Saenz. Best Lifter for Men: Joel DiMarco. The 19th Annual Senior Olympics Powerlifting & Championships for the Bench Press Pasadena Senior Games Championships was held at Sneider's Family Fitness. Senior Powerlifters Inspire! Harry and Sarah Sneider hosted the 19th Annual Pasadena Senior Games Powerlifting Championship in Arcadia. Twenty enthusiastic seniors ages 50 to 82 lifted more than barbells off their chests! Many have struggled with health issues like Louise Jones who overcame breast cancer. She lifted 125 lbs. at age 67. She credited weight lifting plus cardio exercise for helping her recover from this very debilitating disease. She made the comment to an audience of about 90 people that weightlifting combined with good nutrition plus a strong spiritual life gave her victory over cancer. Louise is now a national champion in powerlifting. She will also represent Pasadena in the National Senior Games in Houston in basketball this sum-

mer. Other inspiring performances were two 82 year old women, Ruth Saenz and Louise Martin who battled for the gold medal and have come through life's challenges in a positive way by working out and attempting new exciting experiences in their lives. As Ruth said, "One of her goals on her bucket list is to win the gold medal in this lifetime, which she did with a magnificent 70 lb. lift!" Westside Barbell Club legend Joel DiMarco lifted a world record 255 lbs. at age 81. Joel in his youth lifted mighty big poundage's with world champion powerlifters and bodybuilders in Santa Monica. The most weight lifted was by Andrew Harvey who grew up in South Pasadena. He put up 435 lbs. Anyone that's interested in the Senior Games which will continue thru June 12 can contact Cynthia Rosedale at CynthiaR@pasadenaseniorgames.org. The Sneider's are professional fitness trainers and coaches who have been working in their Arcadia fitness studio since 1977. Contact them at 626-355-8964 or harrysneider@earthlink.net.

» courtesy Harry Sneider

ADAU BRAGGING RIGHTS

MAR 11 2011 » Sicklerville, NJ

BENCH 114 lbs. Open	G. Dudash 375 319 lbs. R. D'Antonio 365
123 lbs. Youth	DEADLIFT 114 lbs. Open
D. Lee 70	Marcellino 220
132 lbs. Youth	Open
C. Buchman 70	D. Lee 130*
148 lbs. Open	Open
M. Kuhns 330	M. Kuhns 350
181 lbs. Open	Open
G. Lesniak 265	M. Lesniak 475
M. Scotto 235	181 lbs. Open
220 lbs. Open	M. Scotto 405
T. MacDonald 340	Master
Master	A. Petridis 370
D. Kuhns 275	220 lbs. Open
M. Barcelone 360	T. MacDonald 610
242 lbs. Open	Master
G. Davis 335	D. Kuhns 475
275 lbs. Open	242 lbs. Open
R. Bothwell 455*	G. Davis 585*
Open Junior	275 lbs. Submaster
J. Lee 375	B. Muretta 4+65
Submaster	Master
B. Muretta 385	G. Dudash 470

Bragging Rights moved to a new venue and had new lifters and a few new records. The event was moved to the much larger Anytime Fitness in Sicklerville, NJ to accommodate what was expected to be a much larger group of athletes because of the addition of the deadlift to the meet. Although the number of athletes never materialized, the high quality remained the same. There were two youth lifters on the roster. Davis Lee added a few more records to his resume with a 70 lb. bench and a 130 lb. deadlift in the youth 123 lb. 8-9 year old group. He missed two attempts at a 70 lb. deadlift but that number will fall soon. In the 132 lbs. Youth 12-13 year old group Chris Buchman put up an easy opener at 70 lbs.. Chris then tried 90 lbs. on his second and third attempts but missed them both. Robert Marcellino went solo in the 114 class and got in a bench of 170 and a 220 lbs. deadlift. Former IPF 132 lbs. world champ Mike Kuhns was on hand, today competing in the 148 class. Fresh off his win at Raw Unity, Mike blew up a 330 lbs. bench and missed a 4th attempt at 350. Mike's 330 was enough to earn the best bench award. Kuhns also had a nice 350 lbs. deadlift to complete his day. In the 165 lbs. class Mark Lesniak was also solo and went 3 for 3 in the deadlift, finishing with a 475 lbs. lift. The 181 class had three competitors. Mario Scotto competed in both the bench and deadlift open. Scotto was second in the bench with a 235 lbs. third attempt and took first in the deadlift with a 405 lbs. tug. Competing in his first meet ever Greg Lesniak took first in the 181 lbs. bench with a lift of 265 lbs. in the masters 60-64 group Art Petridis won the deadlift with a nice state record 370 lbs. The 220 class had three lifters, with Don Kuhns and Terry MacDonald competing in both events and Mike Barcelone going bench only. Don was first in the Masters 55-59 as he went 3 for 3 and finished with a 275 bench. After finally breaking the 500 lb. barrier in the deadlift at last years nationals, the elder Kuhns made an attempt to get deeper into the 500's today. Unfortunately he had to settle for his second lift of 475 as he was unsuccessful at 510 lbs. Barcelone was also



Harry Sneider with the Senior Men's Powerlifters at the Sr. Olympic competition (Harry Sneider photos)



Harry and Sarah Sneider with the Senior Women's Powerlifters at the Sr. Olympics competition

FRED ARCHAMBAULT



Fred Archambault set a new high masters total by formula when he competed in the 2007 USAPL National Masters, with a total of 970, and a formula total of 702.25. Two weeks later at the USAPL New England championships, his total was 1000 lb. He was 85 years old when he totaled 420 kilos in the 2008 IPF World Masters Championships. This would have been a world record if the IPF recognized masters lifters in their 80s. A few days short of his 87th birthday, Fred set a WABDL world record in the deadlift with 352 lb. Back in 2005, Herb Glossbrenner wrote Fred a glowingly positive letter about his achievements, which he concluded with the phrase "YOU ARE THE MAN!"

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American Powerlifting Federation Raw Nationals & Single Ply Nationals Deadlift and Bench Press
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Show 4 Ultimate Raw Powerlifting Championships
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