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MONSTROUS STRENGTH

Savickas displays his insane strength in front of Shaw
courtesy Jason Breeze





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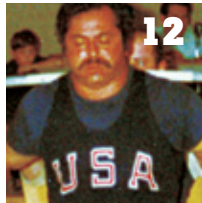


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Zydrunas Savickas and Brian Shaw will compete against each other for the World's Strongest Man title
photo courtesy Jason Breeze



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EDITOR IN CHIEF Mike Lambert
CONTROLLER In Joo Lambert
STATISTICIAN Michael Soong
ART DIRECTOR Kelly Anglin
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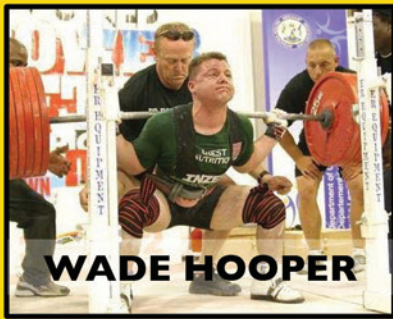
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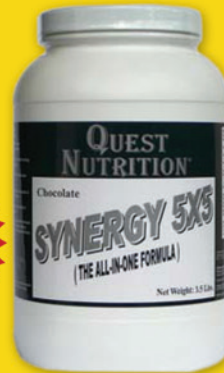
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XTREME POWER TV ON FOX SPORTS NET

It is hard to believe, but the inaugural year of the Xtreme Power TV Ultimate Powerlifter Championship series is halfway to completion. The ground breaking series is broadcast nationally by Xtreme Power TV (XPTV) on Fox Sports Net and other TV outlets into over 60 million homes every month. XPTV is averaging about 10 shows per month and has aired powerlifting over 100 times since the start of last year.

The UPC series roared out of the gates at Eric Talmant's Raw Unity Meet 4 in Tampa, Florida, in February. Coming out of that show, Scott Weech was up front for the full power males, Taylor Stallings led the way for the full power females, Al Davis fronted the pack on bench press, and Richard Hawthorne had a stranglehold on the deadlift.

The UPC series made its second stop when it rolled into Orlando for Kieran Kidder's American Powerlifting Federation show at the Europa Sports Expo. Many lifters showed up to push the leaders of each division in their own quest for the UPC championship belt. After the dust settled and the results from the second show were added to the first, not much had changed with the leaders up front, but several lifters were making a big push onto the heels of those currently in first place. So, after 2 of the 4 full power events the standings in each category are:

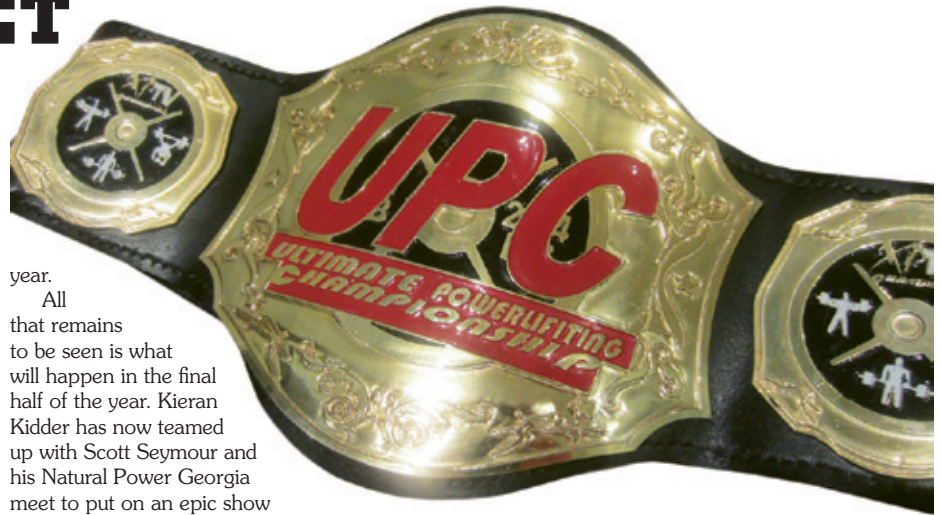
MEN'S FULL POWER: #1 Scott "Superman" Weech 1087 points, #2 Perry "styling" Ellis 1011 points, #3 Tony "The Legend" Conyers 1004 points, #4 James "Showboat" Jacobs 911 points, and #5 Jason McElroy 890 points. As you can see, Ellis and Conyers are making a huge bid to take Scott's lead away.

WOMEN'S FULL POWER: #1 Taylor Stallings 1018 points, #2 Ann Vanderbush 866, #3 Jenn Rotinsinger 865 points, after one show #4 April Mathis 585 points, #5 Iryna Piatrovich 479.229 points. Vanderbush and Rotinsinger are charging hard out of the pack to catch Stallings.

BENCH PRESS ONLY: #1 Al Davis 162.806 points, #2 Jeremy Hoornstra 156.853 points, #3 Phillip Brewer 153.639 points, #4 Greg Doucette 152.237 points, #5 Michael Hummel 137.38425 points. Davis maintains his lead, but as you can see, several lifters are right behind him ready to make the challenge. The bench press only guys wanted a belt for themselves and XPTV answered. Now, it is up to the best benchers to bring their "A" game and prove they deserve it.

DEADLIFT ONLY: #1 Richard Hawthorne 230.291 points, #2 Jared Wilsey 195.719 points, #3 AJ Loreto 180.096 points, #4 Zach Seymour 166.267 points, #5 Doug Phan 164.496 points.

All of the full results from the first and second UPC shows are available for viewing at www.xtremepower.tv. Results from new shows will be added as they happen to allow the fans to follow the race to the championship throughout the



year.

All that remains to be seen is what will happen in the final half of the year. Kieran Kidder has now teamed up with Scott Seymour and his Natural Power Georgia meet to put on an epic show for the ages in the third installment in the full power series on August 19th and 20th. Up for grabs in Atlanta will be \$5000 in prize money at this show and the lifters will be coming out of the wood work to try and move up in the standings as there will only be one full power meet left after Atlanta to decide the champions. To find out more visit www.naturalpowergeorgia.com and www.worldpowerliftingcongress.com.

Then all the excitement moves to Tennessee and the Night of the Living Dead: Andy Bolton Challenge on October 22. There, the first champion of the Ultimate Powerlifting Championship series will be crowned with the deadlift only belt being awarded that night. Andy Bolton will be returning to defend his 2010 title against all comers on coefficient, and has issued the "Andy Bolton Challenge" to anyone who thinks they can beat him for the biggest pull. To get all of the information on this epic showdown visit www.nightofthelivingdeadlift.blogspot.com.

Then the final 3 belts will be awarded in New Orleans on November 12th at the RAW 504 Clash for Cash. For more information on the final show in the series visit www.raw504.com. A year's worth of hard work and competition will all pay off for 3 lifters that night as the men's and women's full power and the bench press only belts will be awarded. All these champion's names will forever be etched in powerlifting lore as the first winners of a powerlifting series championship belt courtesy of XPTV and the UPC series.

As you can see, the UPC series is wide open and it all depends on who shows up at the remaining shows and the lifts they put together at these shows. Being a champion is not about getting lucky on one stage, it is about proving it over and over again throughout the season at different venues, against different lifters, and after traveling half way across the country. The 4 lifters that will earn the rite to wear the UPC championship belt are the ones that have proven over and over again that they have deep inside of them what it takes to be a real champion.

Some very exciting things have already occurred with the series in the first half of the year. First, Fox Sports Net and the other TV affiliates have moved Xtreme Power TV's coverage of the Ultimate Powerlifting Championship series from their airing schedule of once every other month to every month. So, now not only can fans watch the new 2011 shows, but also catch up on previous airings of Xtreme Power TV. Second, geared lifters were given national TV coverage by their participation in the APF show at the Europa. XPTV loves all kinds of powerlifters as long as they bring it on the platform, and it was a treat to see some of the nation's best going all out at that show. Third, all of the remaining XPTV shows in the 2011 series will be available for exclusive live viewing on the Internet authority for powerlifting, Powerlifting Watch at www.powerliftingwatch.com.

Powerlifting's return to TV after too long of a hiatus is being driven by 3 things: the promoters that want to make the venture happen by teaming with Xtreme Power TV and the UPC series to allow their lifters to get the national TV recognition they deserve, the lifters that in turn support the promoters by coming to the meets and putting on spectacular performances, and the sponsors that get behind the endeavors of the promoters and athletes by recognizing the potential for TV advertising to work for them.

XPTV is still relatively new at producing powerlifting for TV and the product improves with each show. Many fans noticed the improved post production edits and computer graphics that make the shows easier to follow by using on-screen charts and numbers, the addition of new and exciting hosts and camera angles, as well as the continuing evolution of how best to package the awesome sport of powerlifting for the casual viewer. XPTV is already the #1 powerlifting show on television, but we are pulling out all the stops to ensure that the over 1 million people who tune in each month to view this exciting sport have their minds blown when they are exposed to the most powerful sport on earth.

» Alex Campbell, Xtreme Power TV



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

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A FRESH LOOK AT SETS & REPS

as told to Powerlifting USA by Doug Daniels

Your set and rep selection is a cornerstone of your training, but I firmly believe most lifters use schemes that do not produce the best possible results. This month, I will take a fresh look at some of the most popular set and rep schemes to show how they can be easily enhanced to result in superior lifting progress.

To best illustrate my thoughts, I will break down a few of the most popular set/rep schemes, like the 5 sets of 5 reps, and "add weight while you cut reps." Each of these schemes can be made more efficient and, hopefully, more result producing.

I will begin with the "5 sets of 5 reps" scheme. One version of a 5 x 5 routine is to keep the same weight for 5 sets (warm-up not included): 225 x 5, 225 x 5, 225 x 5, 225 x 5, 225 x 5.

Another version of the 5 x 5 involves an increase of the weight on each succeeding set, using the heaviest weight on the last or fifth set: 185 x 5, 200 x 5, 215 x 5, 230 x 5, 245 x 5.

If a lifter trains hard on either of these versions, he certainly can improve his strength level. On the other hand, if we take a fresh look at the faults of these schemes, the same lifter can easily realize better results with essentially minor changes.

In the first 5 x 5 version, where the same weight was used for all five sets, if a lifter succeeded with the fifth set with 225 pounds, what good were the first four sets? Those first four sets really provided little challenge or benefit to the lifter. In the case of the second 5 x 5 version, the last and heaviest set was the most beneficial. The four previous sets only tired the lifter out and decreased the amount he would be capable of on the fifth and final set. These two versions are arguably a waste of time and energy. Fortunately, the solution is incredibly simple!

A much more efficient 5 x 5 version for the same lifter could look like this: 200 x 5, 225 x 5, 255 x 5, 240 x 5, 225 x 5.

Under this more efficient version a lifter would max out weight-wise on the third set with 255 pounds and then as his strength level decreases; he would drop the weight on each of the succeeding sets while maintaining a very high level of intensity. This freshened 5 x 5 workout now becomes much more intense and result producing. More weight is also lifted with the new scenario over the original, inefficient versions.

Adequate warm-up is still needed and the examples provide that without expending valuable strength and energy needed later on the heavy work sets. Some lifters may require an additional set or two of increasing sets perhaps adding a set of 135 for 8 reps. It is key to not waste your time and energy performing unnecessary low intensity, marginally effective sets and reps. Save your strength and energy for the sets that count. These are the sets that result in size and strength gains. It's like passing up the salad bar and heading for the all-you-can-eat crab legs on a seafood buffet.

Now let's turn to a typical add weight and cut rep each set scheme: 185 x 12, 205 x 10, 225 x 8, 245 x 6, 265 x 3, 285 x 2, 305 x 1. My same principle applies here also. Too many light warm-up and intermediate sets and reps result in the lifter being able to lift less on the critical top sets.

A better add weight while cut reps scheme for the same lifter would look like this: 185 x 12, 225 x 6, 255 x 2, 285 x 1, 315 x 1, 295 x 3, 265 x 5. Again, the results are a substantially higher amount of weight lifted over the workout. Just like in my 5 x 5 versions, the down sets in my example allow the lifter to maintain training intensity as his strength and energy level decreases. A real plus is the same lifter would now be capable of a five-percent higher top set! That may not sound like much, but this can really add up over a few months. My rule of thumb is to decrease the weight by five-percent on each succeeding set after the top set. This may require some minor adjustments for each individual, but this is a good number to start with.

An extra bonus is improved exercise performance. Typically, as a lifter becomes fatigued, exercise performance or form tends to suffer. Increasing your poundage while fatigued greatly increases chances for injury. By



Gordon Santee has done lots of sets and reps in his long career as a lifter, but sometimes a little repair work is in order. He recently had an "arthroscopic debridement" procedure on his right shoulder, which involves a small incision and insertion of a mini-camera to survey the damage. In Gordon's case, they began an "open biceps tenodesis of the right shoulder," and once inside they found a ruptured bicep tendon, as expected, as well as some cartilage and bone damage. According to Gordon, "The team at Kerlan Jobe are truly professionals and they went to work to 'make things right.' Once you are under the anesthesia and nerve block, another 1/2 hour of housekeeping is worth it." Gordon can hardly wait until September, when he plans to be back on the platform, shooting for some new world records. (G. Santee photo)

performing the heavier sets sooner and then decreasing the weights as you fatigue, intensity and exercise form remain at a high level. This is a win-win scenario.

This fresh look can also be applied to other set/rep schemes like the 3 x 10, 4 x 8, 6 x 6, etc. The weights you can use on my system may not be exactly in proportion to my examples and may require a little modification and experimentation on your part.

I firmly believe if you compare your current practices to my suggestions, you can immediately make your workouts more result producing and safer without changing your selection of exercises or any other training methods.

Several years ago I had the chance to train a pretty good bench at my gym. By applying this principle I took him from a max of 405 x 3 to 415 x 6 in one workout! No kidding! As they say in small print on infomercials 'these results are atypical,' but it is possible. You soon may be wondering why you have not tried this before. ☺



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STRONG LEGS

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



George Frenn, of the original Westside Barbell Club, squatting at a competition in Los Angeles, perhaps 40+ years ago (Tony Frenn photo)

It was late 1969, and the Culver City, CA, Westside boys were writing an article called *Conditioned Legs Break Record Squats*. Well, it's as true today as it was back then. Here at the Columbus Westside Barbell, we have held world records at 181, 220, 242, 275, 308, and SHW in the squat or total. Westside has a variety of leg exercises that we choose from. Everyone knows we box squat all the time, but what do we do to supplement leg strength or to complement our hip strength?

First, belt squats. Westside lifters started doing belt squats in 1975. I personally realized in the early 1970s that my quads were somewhat smaller than before I started doing box squats. Of course, I Olympic lifted first and used a close stance with a raised heel, but box squatting with a wide stance while pushing the knees out to the sides placed most of the work on the hips and glutes. It was at this point that I started to belt squat, including standing on a ramp and not locking out the legs to keep tension on the quads. Westside lifters would belt squat after box squatting or on max effort day after a good morning or a deadlift of some type. Today, we use several variations of the belt squat. Variations include belt squatting on a box, belt squatting without a box, walking on the belt squat platform until failure, walking forward where the cable is behind you, bent over like deadlifting (this is an unreal glute developer), and walking

backward with tension on the front of the legs. We also do a lot of calf work in the belt squat machine.

Next up is the calf ham/glute bench. You must have incredibly strong hamstrings for squatting, deadlifting and, of course, running. The reps can be very high, up to 60, for conditioning or 2-6 for strength with weight. Our glute/ham bench is 34 inches wide, so we can hit the entire hamstring. Raising the foot plate will make it much harder, for added development. For the advanced, use one leg at a time.

Band leg curls are frequently done to thicken the ligaments and tendons. Ten- or 20-pound ankle weights for up to 200 reps will also thicken the soft tissue to prevent injuries. Kinetic energy can be increased by thickening the ligaments and tendons, which will help reversal strength. Switching specialty bars on max effort day will cause added growth and strength development by causing extra stimulation by not allowing you to master the bar. Front squats, the Safety Squat bar, a 14-inch cambered bar, and even the Zercher harness will make it possible for new physical development due to learning a new task. Using bands and chains to create accommodation to cause max tension throughout the entire range of motion can do amazing things to one's muscle. Westside was the first to introduce chains, then bands to barbells, and now every commercial has a football player

doing something with chains or bands attached to the bar.

Next up is the Plyo Swing. Ours is much like the one shown in the *Science and Practice of Strength Training* by Vlad Zatsiorsky. We attach bands to the machine first to accommodate resistance and second to increase kinetic energy, causing an overspeed eccentric phase. We also do lots of leg pressing with light weight for high reps, up to 75, or low reps with very heavy weight. It's important to do one leg at a time to eliminate a bilateral deficit, which almost everyone possesses.

This brings us to power walking with a weight sled. About 1994, I was wondering why the Finns were so good at deadlifting. Of course they were very athletic, but was that the only reason? I doubt it. My good friend Eskil Thomasson from Sweden was staying here with us. He was going back to Sweden for a visit before moving to Westside for 10 years. When he went to Finland, he asked why they were all great deadlifters. To his surprise they had no idea. Some were lumberjacks and would pull the logs out to the road for the tractor to pick them up. They used several ways to pull the logs. One way was to pull them backwards; some would walk forward; some would pull over the shoulder. All and all, the key was heavy manual labor, but it added up to a lot of log pulling. On hearing this, I started pulling a tire at first and

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GOIN' BACK TO CALI

as told to Powerlifting USA by Ned Low



Dave Fisher with his Powerhouse Gym members



Brian Meek



Liz and Joe doing a Belly Toss BP



Chuck LaMantia



Joe DiMarco



Liz Freel

Power Scene has traveled to lots of spots in the good old USA—the Northeast (New York, New Jersey, Pennsylvania), the South (Georgia, Mississippi, Texas), the Midwest (Ohio), the Northwest (Washington State), the West (Arizona, Nevada)—but it's always nice to have lots of action to cover here in California.

Rancho Cucamonga hosted the USPA California State Championships, with meet director (and USPA president) Steve Denison putting on a terrific two-day meet. Filiberto Toledano, at 275, hit 595/429/600. Brian Meek, at 275 Masters, popped 551/374/485. Scott Hoekstra, also at 275, nailed a 677 bench.

Announcing the meet was long-time star announcer Chuck LaMantia, who has been at the mic for PL contests for decades, and pumping iron for even longer. Since his school days in Pennsylvania, Chuck has been involved as a lifter, referee, host of *Powerlifter Video Magazine*, meet director, and at many major PL events as the announcer. The 1990s Greatest Bench in America—Chuck was flown to Texas to announce. The Superlifting contests of the last few years in Dallas and Vegas—Chuck was brought in to announce. Meets all over California—Chuck has announced. The AAU, USPF, APF, USAPL, WPF, USPA, World Police and Fire Games, Special Olympics—Chuck has announced. He's also posted PRs of 550/400/575, and now that he's had his hip surgery, Chuck is slimming down and aiming to compete at about 200 lb., once he's had full recovery. In the meantime, Chuck—who's always busy—is putting on the Mid Cities Bench Press Championship, August 20th, in Norwalk, CA. For entry forms, or more info, check out the USPA website, www.uspla.org.

Also at the Cal State Chamionships were USPA champion Liz Freel and her coach, Joe

DiMarco, to cheer on some of their fellow lifters.

Power Scene headed down the freeway a few weeks later to visit Liz and Joe for a Friday afternoon workout, at a relatively new gym here in the LA area, Dave Fisher's Powerhouse Gym in Torrance. Dave was a big-time bodybuilder and has opened a great gym, with lots of squat racks, benches, lifting platforms, and assistance equipment for the serious lifter. If you're anywhere near the Torrance area, check it out.

In the gym, Joe and Liz were at one of the squat racks. Joe has been lifting since the 1940s back in Minnesota, was a major part of California's Westside Barbell Club, and competed against the legendary Pat Casey. After stopping out for 38 years, Joe got back into competition five years ago, and now that he's hitting 80, he's got a whole new set of age group records to go after, and that's what he'll be aiming for in Vegas, at a July AAU meet.

Liz is training for USPA Nationals, and has PRs of 473/341/501, for a 1315 total, in the 165 class. She's in the gym five days a week, and looking to blast a 1440 total for a new world record. Liz was doing some heavy squat training, hitting 405 for 4 sets, then doing box squats with 515, and afterwards she and Joe demonstrated their Belly Toss exercise.

Training at the other squat rack were Davon Brazil, who's recovering from knee surgery, and has a 717 DL at 220, and Steven Bush, who only started in powerlifting a couple of years ago, but has already hit a 350 BP and 480 DL, at 245 in the 60–64 age group. He's also aiming at the AAU meet in July in Vegas.

We wish all the lifters at Dave Fisher's Powerhouse Gym a very successful summer of lifting, and that's what we wish for all you readers, too. 'Til next time, see you on video. «



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THE MIRACULOUS HEALING PROPERTIES OF OIL OF OREGANO: AN IN-DEPTH INTERVIEW WITH ROGER BAIRD PT. 3

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

Alright, here we go again with the third installment of this powerful series. This month Roger will be touching on many of the therapeutic benefits that oil of oregano offers. He will cover a wide range of different ailments that I am sure many of you reading this either suffer from or have someone in your immediate family who does. Many of you may not know this, but the main reason why I contacted Roger for this very valuable interview is the fact that I also use his Wild Oil of Oregano. It has helped me tremendously for a few different conditions that I have dealt with over the years and I found it so valuable to my health that I wanted you—my readers—to be able to take advantage of it as well. Remember, I only bring you the latest and most scientific information available as well as the real world proof that we all respect most. Roger has some really interesting topics with this issue, so put your feet up, grab yourself a protein drink, and read more about how this super oil can help you in so many different ways! Enough from me, now let's get back to the interview.



Creator of Wild Oil of Oregano, Roger Baird

What about different digestive issues? Can it help with other conditions that are commonly seen today?

Oregano oil is recommended for many stomach and digestive problems. Oregano oil will defeat bacteria such as *heliobacter pylori* which live in the stomach and are responsible for stomach ulcers. This is why oregano oil is also successful in getting rid of stomach ulcers. Contrary to popular belief, ulcers are not a result of too much stomach acid, so avoid the use and harmful effects of antacids. Swallow 3–5 drops of oregano oil in vegetable juice, consomme or water 3 times daily. The bacteria will take time to defeat so continue this regimen for as long as it takes to get better. Follow up with maintenance dosages of 3 drops 3 times daily.

French physician Jean Valnet states in his book, *The Practice of Aromatherapy*, that oregano oil, taken internally, stimulates the production of bile. Bile is the digestive juice that helps the stomach break down proteins and other foods.

The backing up of stomach acids into the esophagus and throat have created a huge industry around “acid reflux.” This condition is not a result of too much acid, so taking antacids will not cure a disease that does not exist. Rather, it is caused by the stomach acids escaping from the stomach by way of a sphincter muscles called the lower esophageal sphincter

(LES). Common causes of the typical symptoms attributed to acid reflux are eating too much, eating too quickly, eating too many fatty or processed foods, excess coffee, nicotine and alcohol consumption, not chewing properly, etc. You can see that most of the causes have to do with general abuse of the stomach.

To solve this condition, cut out the bad guys just mentioned; eat whole foods, eat smaller portions at one sitting, use sea salt instead of processed table salt, include fermented foods in your diet as well as fresh fruits and vegetables for the enzymes that help digestion.

Oregano oil can help relieve symptoms and also will help the stomach produce more bile to properly digest food. Take 3–4 drops prior to eating or with your meal. If symptoms appear after eating, take 3–4 drops of oregano oil.

If you use proton pump inhibitors (PPIs) for treating acid reflux, you are playing with fire. Dr. Mercola, well known physician and proponent of drug free therapy, notes that PPIs are highly addictive. PPIs reduce stomach acid, making your condition worse. Stomach acid helps prevent bacterial infection. Side effects of PPIs include pneumonia, bone loss, hip fractures and harmful intestinal infection by *Clostridium difficile*. If you are on PPIs, do not stop taking them suddenly or your condition may worsen drastically. Gradually wean yourself off them by reducing dosages slowly over time.

What about stomach bloating? I know many lifters complain of this since they are constantly eating large quantities of food to help keep their weight and strength up?

Oregano oil is well known to help relieve gas. If bloating is caused by poor food combining, I would advise readers to look into basic food combining protocols. For instance, fruit should always be eaten on an empty stomach at least 15 minutes prior to eating other food groups. Mixing sweets and proteins is also a recipe for disaster as they use different digestive juices. Although it's best to eat each group separately, veggies and proteins can be mixed and carbs and veggies can be mixed without adverse gastronomic consequences.

Eating large meals can also cause bloating. Cut down the size of your meal and eat more frequently. Be sure to include fresh fruits and vegetables in your diet to increase enzymes which help digestion. Bloating can also be a result of candida infection.

Oregano oil is effective in helping the production of bile for breaking down proteins in the digestive tract. It is also effective against candida. Oregano has been used for thousands of years as a remedy for gas and bloating.

Take a drop or two before, during or after your meal. If you experience acid reflux, take the oregano oil with the meal. You will find

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MIGUEL RUELAN

as told to *Powerlifting USA* by Jim Douglas of Powerbuilders Gym

Miguel is a 165-pound powerlifter who, over the years, has developed into a bench specialist, with a PR of 501 pounds. Miguel has a best competition squat of 507 pounds and deadlift of 562 pounds. He has been the Michigan USAPL state chairman for four years. He is a doctor of chiropractic practicing in Flushing, Michigan, outside of Flint. He is forty-two years old and powerlifting is a large part of his life.

Miguel, first I would like to thank you for all that you do for Michigan powerlifting. Two of my best friends have been state chairmen, so I know a little about the effort and sacrifices—it is quite a commitment. My good friend, lifter, former state chairman and hall of famer Mario Torrez recommended you for an interview, and I am glad that he did. Tell us a little about your family and your life.

I have a wonderful wife Heather, and two children: Diego who is 8 and Dallas who is 5. My wife is a personal trainer at the YMCA and a National Figure competitor. I get great support from my wife and family. I grew up in New Jersey and then attended Palmer Chiropractic College in Iowa. I met my wife in Iowa and we chose Michigan to live in because it is half way in between Iowa and New Jersey.

That seems to be lucky for those of us in Michigan. Tell us a little about how your lifting career began.

I began at 132 pounds at age 15 in high school; after a couple of years I became pretty good at all three lifts. After graduating at 16, I won three consecutive New Jersey state powerlifting titles. I then backed off of the competitive lifting for a while during chiropractic school.

Where do you train now?

Mostly at home. I have a 1,500 square foot training space and tons of weight and equipment. Sometimes I train at the YMCA and sometimes we travel to other gyms.

Do you have regular training partners?

Yes, I have the same training partners that I have had for over ten years. We coach and motivate each other. On Saturdays or Sundays we also get together with guys from Indiana, Ohio, Illinois, and other areas of Michigan for coaching sessions. Marvin Coleman, Horace Lane, Bruce Edwards and I have been together for over ten years; they are all very accomplished lifters and have helped me a lot.

Besides these training partners, who else has influenced your lifting?

Early in my career in New Jersey Ray Benemerito was a big influence. As a bencher, Mike Hara has been another big influence.



Miguel Ruelan at a recent bodybuilding competition (Miguel Ruelan photos)

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TIM BRUNER INTERVIEW

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

This month we will be interviewing one of the most colorful and controversial powerlifting personalities of the last two decades: the infamous Tim “The Peoples Champion” Bruner. Bruner, who hails from the great state of Texas, has competed on a national level from the 132 class to his present 242 weight class and has been competing on the platform for over four decades now. For all of you who troll the powerlifting message boards, the Big Evil is sure you have heard of the legendary Tim Bruner and his powerlifting message board exploits. Tim will call it like he sees it and will never hold back his opinion—no matter who he is talking to. One thing you can say about him, though, is that he loves the sport of powerlifting and has some definite ideas on what we can do to improve our sport and keep growing for future generations to come. Whether you love him or hate him, you have to respect the fact that he has been one of the most talked about personalities on the powerlifting Internet scene since its beginning in the late 1990s. The Big Evil and The Peoples Champ have not always seen eye to eye on a lot of subjects, but the mutual respect of two former enemies—now friends—brings an exciting twist to this interview. Hold on to your seats because The Peoples Champ has now entered Big Evil’s Lair:

Tim, welcome to Big Evil’s Lair. I’d first like to say it’s great to sit down with you and give you a chance to speak your mind to the powerlifting world.

Thanks, Big E. You know that we go back a long way and it is a pleasure to be here on Big Evil’s Lair.

Alright then, let’s get started. Tell us about your humble beginnings. Of course, like there is anything humble about you.

Well, as a child I grew up in South East Asia and also Australia. I was kicked out of the Catholic boarding school I attended there for being “The Peoples Champ” and speaking my mind and, of course, saying what I want, which didn’t go over too well with them. After that I finished school in the States and later earned my Bachelors degree in Business Management and Finance. I am now officially retired, so I have more time for powerlifting and playing with my beautiful dog which is a rare breed called a Thai Ma.

You have been raising hell in the sport of powerlifting for some time. Tell us how and when you got started in the sport.

Well, as a child I dabbled with the Sears plastic weights, as a lot of us did back then, and even as a child I realized that the deadlift was my strong point. I did my first meet in 1976 at the age of 17 and competed in the 132s. Since then, I have moved through all the classes up

to the 275s and have totaled Elite in the 198s, 220s, 242s and 275s.

That’s a pretty impressive resume of lifting, my friend. I now want to get to some controversial topics. Here’s a good one: you readers might or might not know this, but Tim and I did not see eye to eye when we first met, to put it mildly. Let me set the stage here... Tim was an avid supporter of the late great Anthony Clark. Anthony and I battled it out for the biggest bench press of all time throughout the 1990s. The feud had pushed us to new heights as we raced to be the first to bench press 800. You were a very loyal friend to Anthony, not just publicly, but behind the scenes as well. Even though Anthony and my feud put us in different corners, I have always respected your loyalty to him through thick or thin.

Well, Anthony was a great lifter and, more than that, he was a very humble and outstanding man on and off the platform. I can remember on www.GoHeavy.com where the topic of THE GREATEST BENCH PRESS IN AMERICA meet hosted by John Inzer came up. I remember someone posted that Jamie Harris was going to wipe the floor up with Anthony at that meet and I responded back in typical “Peoples Champ” fashion that Jamie Harris isn’t @#\$\$ and that Anthony will destroy him by 50 pounds at the meet! The next thing I know, Jamie Harris is e-mailing me telling me that he is going to fly out to my next meet in Vegas and stomp me into the ground. Thus, our friendship was born.

I remember it like it was yesterday, old friend. Where does the time go? Speaking of time, much has changed in our sport in the last 15 years or so. I know you have some concerns you want to address about powerlifting today and where it’s headed. Don’t be shy and let it rip. What’s on your mind?

Well, to start with, you have to remember I was very fortunate to have seen a lot of the legends from the past compete in person. Guys like Mike Bridges, James Cash, Gene Bell, Walter Thomas, John Gamble, Inaba and the list goes on. I grew up in powerlifting the same time these guys were in their prime and I can tell you these guys actually looked like they could lift some awesome weights! They were super muscular and looked like super heroes. I think a lot of the lifters of today look fat and don’t look like they can lift the weight they can lift. The impressive physiques are not there anymore compared to the champions of the past.

I have never really thought about that, to tell you the truth. In my opinion, it’s always been about pushing big numbers. Although impressive physiques were always a part of pushing big weights, the name of the game is num-



A ripped Tim Bruner at John Inzer’s Deadlift in the World competition, held in Longview, Texas, in 1989



Tim holds Anthony Clark’s massive arm aloft in victory after the showdown with Jamie Harris at the 1995 Greatest Bench Press in America competition, another promotion by John Inzer

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ED RUSS

as told to *Powerlifting USA* by Ben Tatar of *Critical Bench*

The presence of Ed Russ is too much to need an introduction, and so is his insane squatting ability. In this exclusive interview, we go one-on-one with super heavyweight powerlifting monster, Ed Russ!

Ed, welcome to *Powerlifting USA*. Tell our readers about yourself.

My name is Ed Russ. I am an Assistant Strength and Conditioning Coach at Mill Creek High School in Georgia, and I am now the distributor for the House Of Pain clothing line here in the state of Georgia with my good friend Matt Williams.

I am also a powerlifter who has been ranked in the top 100 in the world in the super heavyweight class for the squat lift. My best squat was done at the 2003 APF Senior Nationals held in Los Angeles, California. I managed to squat 1,008 pounds. This is also the event where I took a nasty dump with 1,052 pounds.

I moved from Long Island, New York, down to Buford, Georgia. It has been a great move for me and my family. Since then I have been out of competing for a while, taking time to help my sons get through their high school football careers and on to their college careers.

I started competing in powerlifting in 2000 after playing minor league football for ten years. I did my first meet in March of 2000 at the New York State Open. I came in first place. My second meet was also held in New York. It was the 2001 Iron Island Classic. I also took first place in that meet in the super heavyweight class. This is also where I qualified for my first APF Senior Nationals, which was held at York Barbell where I placed 8th. Then it was off to Las Vegas where I won first place in the Las Vegas Open. That qualified me for the 2003 APF Senior Nationals. I placed fourth after taking the dump, as I said, with the 1,052-pound attempt.

Ed, what was it like when you lost the 1,052 pounds? What did it feel like? Also, what motivated you to make such a heroic comeback?

When I dumped the 1,052 it happened so fast that I really felt nothing except for a little scratch on my head where the bar hit me. While laying there, all I could think about was all of the blood and sweat I had put into this meet. I hit 1,035 in training, so it was not a big jump in weight, and I smoked the 1,008 so felt really good going into the 1,052.

However, when I was lying on the ground I had two ladies standing over me, plus 10 to 15 other people. Spotters were saying that "I was knocked out, but breathing." As I was moving my arms, my wife Janice said, "Move back, he needs to breathe." Then I heard them say that they wanted to cut my canvas squat suit off. Now, I was not sponsored at that time. We all know how much those suits cost, but at that



Ed Russ dodging a 1,052 lb. "bullet" at the 2003 APF Senior Nationals

time they thought it was the best way to get it off. By that time I was pissed and not to sound cavalier about it, but I reckoned back to my football days where a famous line came to my mind, "are you injured or are you hurt?" So, I got up and walked off the platform.

Now as for an heroic comeback, thank you—I am flattered, but honestly I worked too f***ing hard in the gym to get my goal of squatting 1,000-plus pounds for it not to count. At

that time, if you did not finish the meet your attempts did not count. I wasn't going to back out of the meet now. So I said to my wife, "I am staying and finishing the meet." In the deadlift, we lifted with the Ivanko kilo plates so the 45-pound-plus plates looked more like two 95-pound plates, which was funny. I even asked Kidder if the weight was right (laughs). If I remember, I took fourth place.

As for toughness, that comes down to how

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POWERLIFTING MEETS

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 topic is contests. What do you look for when you are picking out contests to compete in?

BOB GAYNOR: The criteria has changed dramatically in the last 30 years. You picked a contest that suited your needs. There were novice contests and class level contests, so you found one that appealed to you. At one time it was a state or regional meet (there was one per year), and then hopefully qualify for a national championship. During that time you went to the contest, wherever it was. Today with all the federations, the contests come to you. Wait long enough and a national meet will come to your neighborhood. Today my criteria is location and meet director—what else matters???

JON SMOKER: After doing about 300 meets, I look for ones I think will be fun. So sometimes it can be small meets where there's a lot of camaraderie and spirit, and sometimes it can be bigger meets if I've got a shot at making some Master records. I don't like really big meets where the announcer just gives the lifter's name and weight amount with no background information. It feels very anonymous, like running in a big marathon and the audience quickly loses interest, and the meet just feels flat, like all the energy has been sucked out of the room. It just becomes a grind and I usually don't lift very well. And I really don't like meets where the promoter is only in it for the money because one way or another the lifter will get shafted; either from a poor venue, crappy equipment, bad spotters, disorganization, inconsistent judging, crummy awards or all of the above. I've been around long enough that I usually pick up on meets like that through the grapevine, and I avoid them like the plague they are. Of course, meets that are well run, are pro lifter, where I know a lot of people are the best. Then it's a powerlifting party, and meets like that have been, and will continue to be, some of the best, most memorable times of my life. And they make me think all over again, thank God I'm a powerlifter.

AL SIEGEL: Over the years I looked for location and federation, and lifted in a lot of federations. At 65, I went to five different federations to break or set American records. Now at 73, and after recovering from some serious health issues, I still lift in a few federations with loca-

tion and timing being my criteria. Being in the trophy business for over thirty years, I must say that awards are also a consideration.

RYAN CELLI: Back in the day, it was all about starting the year off with a state level meet to qualify for Nationals, with the hopes of qualifying for Worlds. Things have changed since the early '90s. There are so many federations and divisions nowadays. World and national level meets are not as competitive as they used to be. I hope this will change someday soon, as the level of competition plays a big factor for me when it comes to choosing which meets I will compete in. Competition brings out the best in everyone. Whether or not the entry levels increase at the national and world competitions, I will still look for which meet has the best and most competition, best cash awards, best venue, best meet director, best equipment, and which meet is most likely to get the most media coverage.

AL CASLOW: Typically, level of competition is the biggest driving force behind my motivation to enter a meet. Next would be convenience. Convenience doesn't necessarily mean length of travel, but it takes into account who that I know will be there? Where? Days? Because competing in multi-ply is almost and darn near impossible to do alone. Especially on meet day, having supportive folks who not only know you, but work with you, is critical. The way powerlifting is these days, convenience just takes priority over the level of meet.

SIoux-Z HARTWIG-GARY: My primary goal is to win USAPL Nationals and compete at the IPF Worlds. Accordingly, I'll compete whenever and wherever USAPL Nationals are held. Beyond that, it's really about the dates and locations that "fit" into my training schedule. The awards actually have nothing to do with my selection process.

WADE JOHNSON: For me, it's about the consistency of the equipment on the platform. If I know what I'm getting come meet day, I can prepare for it. There are always things to adjust to, but if the gear is steady and I know what I'm using, I'm much more comfortable and prepared come meet day.

RICKY DALE CRAIN: For 30–40 years, my



Ryan Celli chooses to lift at meets with the best and most competition

priorities for picking meets were quite different than what they are nowadays. Since we had fewer federations, fewer meets and fewer divisions, it made competition much more prevalent, and we looked forward to the meets more. Since there were only full meets, up until the '90s almost no bench press and deadlift only meets, we planned our schedule out better. I never went to a meet for the awards, because

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

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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as told to Powerlifting USA by Team MuscleTech

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And these are just some of the reasons whey protein will forever be included in the stacks of lifters and hard-training athletes looking to improve their performance. However, not all protein formulas are created equal—especially when you're talking about a premium whey protein formula like Nitro-Tech® Hardcore Pro Series®.

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“...Nitro-Tech Hardcore Pro Series contains all the great qualities of whey protein PLUS an added ingredient to help you build more muscle.”

shown through a documented scientific study to build MORE muscle and strength than whey protein alone, Nitro-Tech Hardcore Pro Series was created specifically for the hard trainer trying to pack on serious muscle. In one six-week study on 36 subjects with at least three years of weight-training experience, subjects using the core ingredients in Nitro-Tech Hardcore Pro Series packed on an incredible 73 percent

“...the whey protein delivers 11 grams of leucine and 13 grams of additional branched chain amino acids (BCAAs) per daily dose.”

delicious flavors is absolutely mouth-watering. Why? Because we at Team MuscleTech are hard-training athletes. We are invested in our industry, and our perpetual goal is to create supplements we ourselves love to take. So, if you really want to enhance your muscle and strength-building results, stop using an ordinary whey protein supplement and step up to Nitro-Tech Hardcore Pro Series—a whey protein formula with scientifically studied key ingredients. <<

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RESULTS

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BENCH	MALE				
MALE	Raw				
SHW	165 lbs.				
Open	Junior				
M. Zawilinski 623	K. Whittier 468				
Raw	181 lbs.				
Open	Open				
181 lbs.	B. Righter 364				
Master I	Master III				
P. Hubbard 215	B. Righter 364				
DEADLIFT	BP			DL	TOT
Push Pull	MALE				
MALE	148 lbs.				
PARA	Raw				
B. Reynolds 259	375	634			
Raw	275 lbs.				
Teen II	J. Previte 309 463 772				
Powerlifting	SQ	BP	DL	TOT	
MALE	165 lbs.				
Teen II	S. Nappa 265 154 — 419				
Raw	148 lbs.				
Open	K. Walford 276 187 424 887				
Master I	N. Hubbard 226 143 281 650				
MALE	132 lbs.				
Open	MacPherson 325 204 331 860				
Teen II	MacPherson 325 204 331 860				
MALE	148 lbs.				
Master I	J. Hadad 226 380 386 992				
Open	S. Ritucci 380 303 430 1113				
J. Hadad 226	380	386	992		
MALE	165 lbs.				
Open	E. Cordeiro 452 276 457 1185				
J. Cassaro 441	259	380	1080		
Teen III	J. Cassaro 441 259 380 1080				
MALE	181 lbs.				
Master II	R. Metivier 452 287 485 1224				
Open	A. Poland 513 364 535 1411				
R. Metivier 452	287	485	1224		
Teen II	N. Adams 270 176 375 821				
MALE	198 lbs.				
Junior	J. Nappa 606 386 601 1593				
Master III	K. Conroy 364 309 408 1080				
Open	J. Nappa 606 386 601 1593				
C. Burman 452	314	502	1268		
MALE	220 lbs.				
Junior	T. Smith 413 353 441 1207				
Master I	F. Juszyński 452 314 529 1295				
MALE	242 lbs.				
Teen I	F. Girolamo 435 287 408 1130				
MALE	275 lbs.				
Open	G. Marston 502 375 535 1411				
SHW	Open				
M. Zawilinski 705	623	502	1830		
Teen I	R. Gobbi 502 237 540 1279				
Teen II	M. Cerullo 276 171 347 794				

Raw	148 lbs.			
Teen II	R. Pino 231 220 430 882			
MALE	165 lbs.			
Raw	T. Crocker 353 226 402 981			
Master III	A. Reynolds 309 215 380 904			
Submaster	E. Cordeiro 452 276 457 1185			
MALE	181 lbs.			
Junior	A. Musto 353 — 502 854			
Teen I	J. Anastasi 314 231 347 893			
MALE	198 lbs.			
Junior	N. Lee 463 358 463 1284			
Master II	J. Burke 276 243 353 871			
Open	F. Costas 380 309 502 1190			
Teen II	J. Bryant 270 220 336 827			
Teen III	S. Roth 314 243 435 992			
MALE	220 lbs.			
Submaster	J. Boulet 358 265 480 1102			
Master III	Teen I			
D. Benvie —	149	408	557	
MALE	242 lbs.			
Junior	J. Bornstein 397 281 529 1207			
Master III	T. Kerrigan 303 265 353 920			
Open	A. Poggie 502 265 584 1350			
Master II	J. Bornstein 397 281 529 1207			
MALE	275 lbs.			
Master II	C. Cocci 353 248 413 1014			

als, using his 440 lbs. squat at 164 lbs. bodyweight as an anchor. At the end of the day, 23-year-old Joe Nappa walked away the big winner, earning the title of Male Best Lifter. Joe destroyed the competition in the 198 lbs. Men's open class, with lifts of 606 lbs. in the squat, a 385 lb. bench and 601 in the squat. Kimberly Walford of New Jersey had an impressive 424 lb. deadlift to complete her performance as the Female Best Lifter. Weighing only 138 lbs, Kimberly totaled 887 raw with power to spare. New England USAPL would like to thank our sponsor Maximum Human Performance for their generosity. Winners of the men's open division went home with MHP prize packs containing an array of supplements and accessories. All contestants received MHP sample packs just for entering. » results courtesy Steve Downs; story courtesy Joe Cassaro



Mike Zawilinski returned to full PL with a bang – 623 BP, 705 SQ, 502 DL



Steven Ritucci with a good-looking pull of 430 pounds



Judah Boulet squatted 358 pounds (Steve Downs photos)

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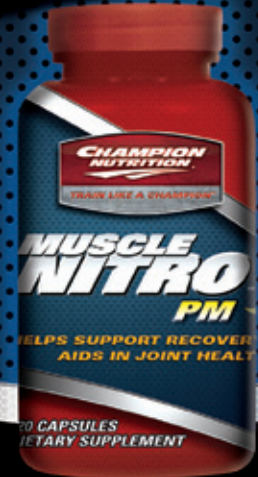
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QUESTIONS ANSWERED

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

DEAR MAURO: A Canadian friend has recommended a Canadian product for post workout recovery and also some other products from the same company. To me, I don't see anything there that is not covered in your products that I take. In fact, the recovery product seems anemic compared to the Max-PTN that you have me on.

Can you see any new magic or mystery here? Hope you are well.

Jake

JAKE: I don't like to put down other companies products. But in fairness to you, I have to say that yes, there's no magic or mystery in the formulations.

In fact, because they're Canadian products, which have strict government limitations on what can be used and how much (see the URLs below that will give you some examples of some ingredients that can't be used in Canadian supplements), they're vastly inferior to what I offer in my products. Also, Health Canada mandates that Canadian products have to classify the ingredients in them as medicinal—strange choice of words for nutritional supplement ingredients.

► <http://webprod.hc-sc.gc.ca/nhpid-bdipns/ingredReq.do?id=5188&lang=eng>

NEWS FLASH!

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

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Dr. Mauro Di Pasquale

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- <http://webprod.hc-sc.gc.ca/nhpid-bdipns/ingredReq.do?id=4639&lang=eng>

As such, comparing Max-PTN with this recovery product is like comparing children's chewable vitamins to my MVM. Max-PTN is a combo of three supplements meant to be used after training in order to maximize the anabolic and fat burning effects of exercise, and to facilitate recover, for many hours after training. By the way, if you look up the Max-PTN updated info on my new site, www.MauroMD.com, you'll find the second half of the information is an article that you'll find useful, titled *Post Exercise Nutrition for Maximizing the Anabolic Effects of Exercise*. In this article, I outline what you should do after training in order to increase protein synthesis and keep you in an anabolic and fat burning state for at least 24 hours after training.

My views on post training nutrition have caused considerable controversy since my views on the ideal post training nutrition protocol are very different from the general consensus

of using carbohydrates alone or a combination of carbohydrates and protein after training. However, lifters and other athletes who have tried it find it works much better for them as far as body composition and performance than the carbs or protein carbs combination that they were using.

Getting back to Canadian supplements, the bottom line is that they generally suck, which is why I manufacture all of my products in the U.S. where I can use the ingredients I want in the quantities I find most effective. This is also the reason why many nutritional supplement stores in Canada usually carry U.S. products "under the counter" to sell to people who know the difference and want more effective supplements.

Best regards,
Mauro

DEAR MAURO: This may be a strange request, but I crack my knuckles all the time; more of a habit than anything else except at times it does kind of unstuck a joint that feels better after I crack it.

My question is: will my knuckle cracking affect my grip so that it may affect my deadlift? Also, will it cause arthritis later on? One more thing, what happens when you crack your knuckles? I've heard that it's just some gas in the joint that gets moved around?

Norm

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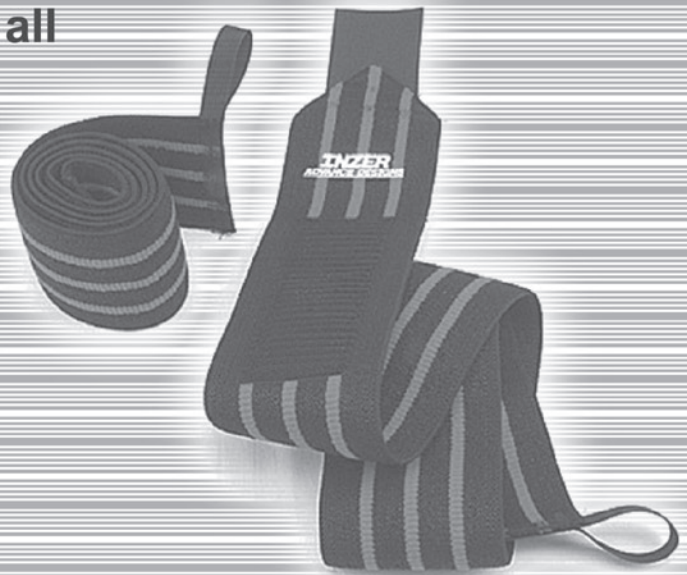


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as told to *Powerlifting USA* by Judd Biasiotto, Ph.D. » drjudd2@aol.com

"I would prefer even to fail with honor than to win by cheating."
— Sophocles

Well, Barry Bonds was finally convicted... kind of...sort of. The former San Francisco Giants star is guilty of obstructing justice, but there was no conviction on his lying to the United States grand jury about his steroid and HGH use. Of course, Bonds had long been convicted in the court of public opinion when it came to his use of illegal drugs to enhance his performance. How could he not be guilty of using performance enhancing drugs when he openly admitted to such when he told the grand jury that he used undetectable steroids known as "the cream" and "the clear," which he received from personal trainer Greg Anderson? According to government attorneys, BALCO founder Victor Conte identified the designer steroid THG as "the clear." A testosterone-based ointment was identified as "the cream." Bonds mentioned, however, that although he took the drugs, he didn't know they were steroids. Rather, he thought the substances were the nutritional supplement flaxseed oil and a pain-relieving balm that players were using for arthritis, a contention that few rational human beings would find hard to believe.

Even more preposterous, Bonds maintained that "the cream" and "the clear" did nothing to aid his rise as one of the game's greatest home-run hitters. Let me get this straight in my head. Prior to using these drugs, the most home runs he ever hit was 46. After using the drugs, he hit 73 dingers. Think about it: that is 27 more home runs than he ever hit in his career. His average home run total prior to 1998 was 32.54 homers a year. If they would have pitched to him in 2001, he probably could have hit 80 or even 90 homers instead of 73. Heck, a hundred homers might have been possible had they pitched to him. He was just that dominant.

Bonds is probably right; the steroids didn't aid his home-run production. They were responsible for it. Like I said, you would be hard pressed to find any rational human being who didn't believe Bonds knew he was taking steroids.

Okay, so Bonds is guilty of obstructing justice. It took the government almost eight years and a reported 11 million dollars to prove the aforementioned. I am sure they will spend another 11 million to prove Roger Clements was lying, too. My best guess is that when they finish with Clements you will be able to clump him with Bonds and the other hundred or so ballplayers that were caught taking illegal performance enhancing drugs.

Interestingly, though, no one seems to care if these guys used drugs or not. In fact, ESPN's Sports Nation did an investigation which revealed that 81 percent of the people surveyed didn't care if the aforementioned players took drugs to enhance their performance. Let me take a guess as to why so many people are disinterested or dispassionate about these athletes cheating. First of all, I think that most people realize that these guys are not going to be punished by professional baseball for their indiscretion. Every one of these guys still have their records, their MVP plaques, their Cy Young Awards and their statistics, even though it has been established that they cheated to achieve these things. If baseball is going to turn a blind eye to these guys defrauding the game, why would anyone be surprised that the average fan would not care? More significantly, though, most people are not directly affected by these guys cheating. If they were directly affected, I think you would see a different side. For instance, most people would probably care less about others cheating on their income tax, but if money were taken directly out of their savings to make up for the money lost by people cheating on their income tax, you would hear people screaming from the roof tops. Along these lines, I would venture to say that if Sports Nation would survey individuals who were directly affected by the cheating going on in baseball, drug free players, coaches and baseball purists, I would venture to say that 81 percent would be in favor of harsh punishments for guys like Bonds and Clements. That is rather evident by the fact that Hall of Fame voters are overwhelmingly ignoring athletes who they believe have used steroids to enhance their performance.

This brings up another point. Why would baseball punish the athletes who achieved their records fairly and reward athletes with records and awards that were won dishonestly? Bud Selig, whose job it is to protect the integrity of the game, has come up with a number of lame excuses for not revoking records that were produced by cheating. The lamest excuse of all is that he doesn't know who else might have been cheating ... maybe everyone was cheating. That is like saying everyone cheats on their income tax or everyone speeds, so let's not punish anyone who is caught for those violations because everyone does it. Well, let me tell you, not everyone cheats on their income taxes and not everyone speeds and not everyone who is playing major league baseball cheats. Again, that type of mentality punishes the people who are doing what is right and rewards the people who are doing what is wrong. Just because

Judd Biasiotto



every single cheater has not been caught and punished does not mean that we should let the ones who have been caught off the hook. As John Eliot points out, "It doesn't matter if we catch all the bad guys. It matters that we hold ourselves - for our children to see - to a higher standard of health, performance, and pursuit of excellence." Amen!

Another excuse used by baseball administrators is that steroids were not banned by baseball until after the 2003 season. Consequently, athletes that were using these drugs prior to that season were not doing anything wrong. It might be true that steroids were not specifically banned by professional baseball, but they did have a policy in place when I was in the sport as early as 1971. Bowie Kuhn, the commissioner of baseball, issued a statement that players "must comply with federal and state drug laws." At the time, the rule was orchestrated to cut down on amphetamine, marijuana and cocaine use by players. Although there was no agreement upon punishment for violating this rule, the rule allowed for the suspension of players who used any illegal substance. Do I need to say that possession or use of anabolic steroids without a prescription is illegal in the United States?

In 1991, Commissioner Fay Vincent issued another policy banning the use of illegal drugs in baseball. The commissioner's policy said, and I am quoting here, "the possession, sale, or use of any illegal drug or controlled substance by



Participants in the 2011 APC Hawg Farm Open in Ft. Branch, Indiana
(Larry Hoover photo)

APC HAWG FARM OPEN

MAR 26 2011 » Ft. Branch, TN

Powerlifting SQ BP DL TOT

MALE

148 lbs.

Master (46) BP

T. Morrison 165

165 lbs.

Submaster (38)

L. Hoover 135 125 255 515

MALE

68 lbs.

(Age 9)

La. Hoover 75 75 135 285

114 lbs.

Teen (13) Raw

Lo. Hoover 145 125 255 525

165 lbs.

Teen(14) Raw

J. Page 205 190 300 695

Junior

P. Smith 475 365 525 1365

198 lbs.

Open

J. Ellison 425 340 405 1170

Open Raw

D. Demars 265 185 405 855

220 lbs.

Teen (17)

K. Christy 425 255 425 1085

Junior (20)

R. Wenz 600 415 550 1565

Open Raw

L. Hoover 610 370 620 1600

Master (40) Raw

L. Hoover 610 370 620 1600

242 lbs.

Open

J. Bickett 405 315 405 1125

Teen (14) Raw

J. Evans 250 150 310 710

Submaster (37) Raw

J. Fuhrer 425 300 600 1375

275 lbs.

Master (40)

S. Breen 775 585 640 2000

Master (54)

J. Hughare — 310 530 840

» courtesy Larry Hoover

FORD'S GYM BACKYARD BP/DL

MAY 21 2011 » Madison, WI

BENCH 165 lbs.

FEMALE S. Holley 155

Masters 181 lbs.

S. DeForest 150 L. VanBuskirk 255

M. Sweet 70 198 lbs.

Open K. Peterson 190

114 lbs.

Castonguay 90 K. Peterson 190

123 lbs.

J. Hedging 145 MALE

Teen

J. Nova 300 114 lbs.

K. Humbach 240 Castonguay 190

Nate Karst 170 123 lbs.

Master J. Hedging 285

R. Norman 585 148 lbs.

J. Geiger 505 J. Sahy 400

H. Ferguson 300 181 lbs.

T. Nagai 355 L. VanBuskirk 300

S. Hammond 385 Teen

B. Tupper 355 K. Humbach 455

E. Arnold 220 N. Hubert 425

E. Ratzmann 325 Masters

Open T. Glembin 600

123 lbs.

N. Karst 170 A. Williams 520

148 lbs.

Constantineau 300 J. Geiger 550

165 lbs.

T. Jensen 230 E. Ratzmann 605

D. Straight 185 B. Tupper 460

181 lbs.

S. Grade 530 A. Williams 520

S. Grade 350 T. Strandlie 500

C. Richards 285 F. Sanchez 450

J. Hinze 245 198 lbs.

198 lbs.

R. Norman 585 A. Hedging 545

A. Hedging 335 A. Leibfried 495

C. McIntyre 330 220 lbs.

T. Sackett 315 A. Henderson 625

220 lbs.

S. Coogan 505

A. Henderson 395 L. Davis 375

G. Koch 290 242 lbs.

R. Hanson 555

J. Hyler 455 R. Truesdell 425

SHW 275 lbs.

J. Ray 540 B. Luedtke 700

DEADLIFT

B. Voltz 585

FEMALE C. Bird 555

Masters M. Sweet 170 Z. Oglum 540

Open A. Oglum 530

Bench Press Best Lifter Women: Lisa Van

Buskirk, Bench Press Best Lifter Men: Robert

Norman, Deadlift Best Lifter Women:

Jennifer Sahy, Deadlift Best Lifter Men:

Brendan Luedtke.

» courtesy Ford Sheridan

IBPA MID AMERICA BP/DL

FEB 26 2011 » Olathe, KS

BENCH K. Weyant 135*

FEMALE Master II

104 lbs. & Under 132 lbs.

J. Mielke 115* T. Kern 135*

A. Manly 75 Master II

123 lbs.

A. Kunkel 85* A. Hart 85*

132 lbs.

J. Burns 100* Master II

165 lbs.

Open C. Solma 120*

Master I D. Morris 100* Novice II

165 lbs.

Master I C. Curtis 205*

148 lbs. MALE

Teen

104 lbs.

Teen I

J. Fields 120*

A. Manly 115

148 lbs.

SHW

Submasters III

J. Quinn 245*

B. Manly 225

165 lbs.

Teen I

Q. Mack 145*

Teen II

C. Leroy 265*

198 lbs.

SHW

Master I

Teen I

Hollingshead 315*

181 lbs.

Teen II

T. Hampton 350*

220 lbs.

SHW

Master I

Teen II

T. Solma 230*

A. Bloom 195

148 lbs.

Master I

R. Mack 165*

165 lbs.

Master II

J. Arnold 285*

180 lbs.

Novice I

J. Fields 245*

198 lbs.

Novice I

B. Brennan 280*

Master I

D. Fields 275*

Master IV

B. Manske 100

165 lbs.

Master IV

M. Frank 150*

Novice I

S. Perry 300

198 lbs.

Novice II

Z. Paulson 225*

Master II

B. Mielke —

220 lbs.

Novice I

M. Petelin 350*

Master II

B. Bunn 225*

Novice II

P. Donelan 295*

230 lbs.

J. Wagner 260*

242 lbs.

Master I

P. Walden 280*

J. Riederer —

275 lbs.

Submasters

J. Krentz 315*

Novice II

E. Bashaw 230*

SHW

Submasters III

K. Reynolds 420*

Novice II

242 lbs.

T. McGilbray 405*

Submaster II

SHW

Master I

Teen I

M. Green 425*

Hollingshead 315*

198 lbs.

MALE

104 lbs. & Under

J. Mielke 215*

Submasters

A. Manly 100

123 lbs.

A. Kunkel 205*

132 lbs.

J. Burns 250*

165 lbs.

Master I

D. Morris 155*

148 lbs.

Novice I

K. Weyant 175*

Master II

J. Fields 245*

132 lbs.

Novice II

T. Kern 125

165 lbs.

Master I

A. Hart —

198 lbs.

Master I

D. Fields 275*

Novice II

B. Manske 100

165 lbs.

MALE

104 lbs. & Under

J. Fields 205*

104 lbs.

M. Mielke 160

148 lbs.

M. Mielke 260*

165 lbs.

Q. Mack 405*

181 lbs.

Teen II

M. Petelin 350*

Master II

B. Bunn 225*

Novice II

P. Donelan 295*

230 lbs.

Hollingshead 500*

260*

210 lbs.

Master II

C. Leroy 450*

SHW

Master I

T. Solma 375*

180 lbs.

Novice I

J. Fields 375*

198 lbs.

Novice I

B. Brennan 500*

Novice II

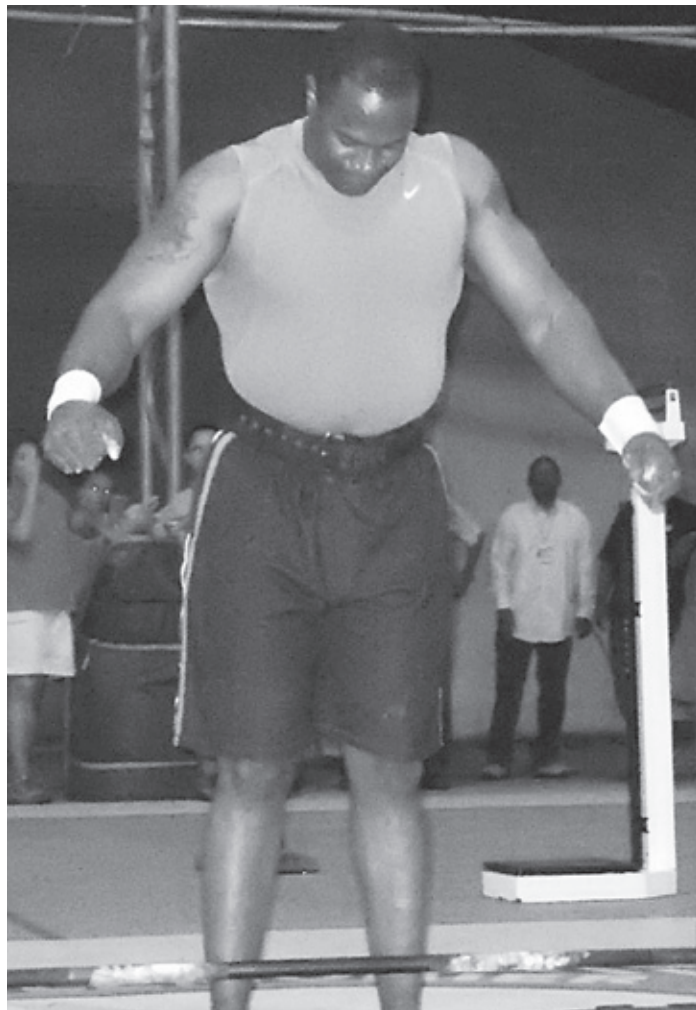
B. Fox 405*

Master IV

B. Manske 150

230 lbs.

RESULTS



Master Sergeant (MSG) Jamal Bowers (Army) hitting a 550 deadlift at 228 lb. at the Camp Lemonnier Deadlift Meet (CPT Jacob Gunter photo)

CAMP LEMONNIER DL NOVA RAW POWERLIFTING

MAR 8 2011 » Lemonnier, DJI

DEADLIFT	Unit	Lift
FEMALE		
N. Brugato*	Socce	225
A. Johnson	FIRE	185
MALE		
J. Gunter*	Socce	585
J. Bowers*	Socce	550
P. Usher	LSA	465
E. Neal	EMF	450
S. Scatterry	LSA	400
G. McGreight*	Eco 2/137	450
E. Mikityug	7th ncoa	385
R. Harris	J6	415
G. McCullah*	2-137	435
G. Saculla	EMF	365
C. Jones	N6	340
B. Dayman	Socce	340
W. Nelson!	60th ERS	315
R. Ward!	60th ERS	315

*=Army, !=Air Force. The Combined Joint Task Force, Horn of Africa, held a DL meet at Camp Lemonnier, Republic of Djibouti, Africa. Meet directors were Jacob Gunter and Steven Renner. American PL Federation rules were used at this outdoor meet. This meet by service members for service members let the men and women blow some steam off in this minor combat zone as we push through the days.

» courtesy Jacob S. Gunter

APR 10 2011 » Centreville, VA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
<i>(15-16)</i>				
K. Botting	125*	65*	155*	345*
132 lbs.				
<i>(17-18)</i>				
D. Titone	185*	100*	240*	525*
<i>(30-34)</i>				
R. Botting	125*	105*	185*	415*
148 lbs.				
<i>(30-34)</i>				
S. Stoddard	225*	100*	240*	565*
165 lbs.				
<i>(35-39)</i>				
A. Snowden	305*	140/*	315*	760*
MALE				
165 lbs.				
<i>(45-49)</i>				
T. Botting	410*	285	495*	1190*
<i>(17-18)</i>				
D. Salmon	275*	205*	425*	905*
<i>(10-11)</i>				
V. James	115*	85*	160*	370*
181 lbs.				
<i>(17-18)</i>				
R. Gutowski	—	315*	350*	665*
198 lbs.				
<i>(35-39)</i>				

M. Snowden	410*	320	500*	1230*	<i>Open Middlewt.</i>			
198 lbs.								
<i>(25-29)</i>								
J. Williams	435*	295*	455*	1185*	424	363	622	1409
<i>(17-18)</i>								
D. Barcklow	415*	255	435*	1105*	468	303	501	1272
A. Gosnell	425*	—	450*	875*	407	325	523	1255
220 lbs.								
<i>(20-24)</i>								
B. Howell	335	255	455	1045	402	286	484	1173
<i>(15-16)</i>								
A. Jones	385*	—	425*	810*	407	215	528	1151
275 lbs.								
<i>(35-39)</i>								
T. Hadden	410*	330	430	1170*	<i>Wasyloski 429 281 650 1360</i>			
SHW								
<i>(45-49)</i>								
J. James	355*	290*	490	1135	<i>Open Lightwt.</i>			

*=NOVA Raw records. Meet Director: John James. This was a god meet with a good turnout. A group of lifters from Paul VI High School came and did very well. Daniella Titone and Sasha Stoddard lifted in their first meet and set NOVA raw records. Thank you to Carl Seeker for the trophies and Mike Lambert of Powerlifting USA.

» courtesy John James

TWIN PORTS RAW OPEN

MAY 14 2011 » Duluth, MN

BENCH	165 lbs.	281			
FEMALE					
<i>Raw</i>					
165 lbs.					
C. Trucano	193	198 lbs.	242		
181 lbs.					
K. Gabrielson	193	220 lbs.	341		
MALE					
<i>Teen/Junior</i>					
148 lbs.					
B. Johnson	259	220 lbs.	336		
181 lbs.					
C. Schissel	121	275+ lbs.	473		
<i>Master</i>					
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
114 lbs.					
Shuttleworth	209	160	242	611	
J. Beer	171	—	242	413	
123 lbs.					
A. Powell	220	99	297	617	
132 lbs.					
A. Matthews	215	143	259	617	
148 lbs.					
J. Drenth	215	138	281	633	
165 lbs.					
T. Wobschall	143	127	215	484	
198+ lbs.					
J. Wheeler	242	154	308	705	
MALE					
<i>Teen/Junior</i>					
165 lbs.					
Chanthavong	275	204	402	881	
198 lbs.					
B. Houghton	314	—	424	738	
220 lbs.					
B. Hanson	424	402	551	1376	
<i>Master</i>					
165 lbs.					
W. Kish	308	319	396	1024	
B. Sainati	231	171	358	760	
181 lbs.					
C. Martinson	352	253	424	1029	
S. Reid	358	215	440	1013	
198 lbs.					
J. Ford	407	325	523	1255	
G. Grahn	352	253	418	1024	
275 lbs.					
J. Campbell	506	391	468	1365	
<i>Open Heavywt.</i>					
242 lbs.					
R. Trettin	595	451	617	1663	
275+ lbs.					
B. Madvig	705	479	694	1877	

AAU RAW NATIONALS

MAY 7 2011 » Rockland, MA

BENCH		E. Wright	369
FEMALE			
123 lbs.			
<i>Junior (20-23)</i>			
E. Fleming	132*	DEADLIFT	
<i>Law/Fire/Military</i>			
123 lbs.			
<i>Junior (20-23)</i>			
E. Fleming	132*	FEMALE	
<i>Open</i>			
E. Fleming	132*	MALE	
165 lbs.			
<i>Life/Master (45-49)</i>			
G. Stoehr	176	Master (45-49)	
G. Stoehr	176	Open	
181 lbs.			
<i>Junior (20-23)</i>			
S. Hartman	336	Master (55-59)	
220 lbs.			
<i>Master (50-54)</i>			
B. Sessa	352	308 lbs.	
<i>Teen (18-19)</i>			
J. Roesler	506	J. Roesler 506	
Push Pull			
		BP	DL
FEMALE			
165 lbs.			
<i>Lifetime/Master (45-49)</i>			
M. Barth	110	264	374
MALE			
165 lbs.			
<i>Lifetime/Master (45-49)</i>			
G. Stoehr	176	435	611
181 lbs.			
<i>Master (45-49)</i>			
G. Stoehr	176	435	611
181 lbs.			
<i>Lifetime/Master (65-69)</i>			
D. Parsons	253	380	634
198 lbs.			
<i>Junior (20-23)</i>			
K. Carr	286	462	749
Open			
L. Cohen	380	606	985
220 lbs.			
<i>Lifetime/Master (55-59)</i>			
B. Eisenman	182	319	501
Open			
B. Hunt	330	622	952
308 lbs.			
<i>Teen (18-19)</i>			
J. Roesler	171	506	677
Powerlifting			
		SQ	BP
FEMALE			
105 lbs.			
<i>Open</i>			
S. Hunt	160	72	182
<i>Youth (10-11)</i>			
S. Hunt	160	72	182
123 lbs.			
<i>Open</i>			
K. Cole	193	99	270
Submaster (35-39)			
K. Cole	193	99	270
132 lbs.			
<i>Junior (20-23)</i>			
McLaughlin	198	121	264
165 lbs.			

<i>Lifetime/Master (45-49)</i>				
M. Barth	171	110	264	545
MALE				
97 lbs.				
<i>Teen (12-13)</i>				
P. Del Gallo	154	99	198	451
132 lbs.				
<i>Master (60-64)</i>				
R. Del Gallo	237*	193*	303*	732*
<i>Teen (16-17)</i>				
R. Onderdonk	xxx	143	xxx	143
148 lbs.				
<i>Submaster (35-39)</i>				
S. Hoff	292	204	385	881
<i>Teen (16-17)</i>				
D. Del Gallo	319	187	369	875
165 lbs.				
<i>Lifetime/Master (45-49)</i>				
G. Stoehr	352	176	435	963
<i>Lifetime/Master (50-54)</i>				
B. Herbst	303	259	402	963
<i>Master (40-44)</i>				
E. Carroll	270	253	341	864
<i>Master (45-49)</i>				
L. Vega	358	242	413	1013
G. Stoehr	352	176	435	963
<i>Master (50-54)</i>				
B. Herbst	303	259	402	963
<i>Open</i>				
L. Vega	358	242	413	1013
G. Stoehr	352	176	435	963
X. Lin	325	198	418	941
181 lbs.				
<i>Lifetime/Master (65-69)</i>				
D. Parsons	302*	253*	381*	936*
<i>Master (50-54)</i>				
S. Bunker	303	204	380	886
<i>Open</i>				
F. Wu	451	286	628	1365
S. Wang	451	336	551	1338
<i>Teen (16-17)</i>				
L. Shea	171	143	308	622
198 lbs.				
<i>Master (40-44)</i>				
S. Pagan	484	380	512	1376
<i>Master (45-49)</i>				
M. Tanis	325	248	407	980
<i>Open</i>				
L. Cohen	517	380	606	1503
S. Pagan	484	380	512	1376
L. Shentu	358	220	440	1018
<i>Submaster (35-39)</i>				
C. Winters	429	270	523	1222
<i>Teen (18-19)</i>				
M. Santana	385	242	435	1062
220 lbs.				
<i>Lifetime/Master (60-64)</i>				
D. Mansfield	451	231	531	1213
4th-DL-539*				
<i>Master (60-64)</i>				
D. Mansfield	451	231	531	1213
4th-DL-539*				
<i>Open</i>				
M. Mavilia	413	369	435	1217
<i>Teen (18-19)</i>				
D. Velez	402	215	484	1101
242 lbs.				
<i>Lifetime/Master (50-54)</i>				
D. Brennick	363	303	402	1068
275 lbs.				
<i>Lifetime/Master (60-64)</i>				
R. Cross	275	303	358	936
<i>Master (60-64)</i>				
L. Minicucci	242	292	330	864
<i>Submaster (35-39)</i>				
D. Wall	528	275	528	1332
308 lbs.				
<i>Junior (20-23)</i>				
M. Glass	584	352	622	1558
<i>Open</i>				
M. Glass	584	352	622	1558
<i>Teen (18-19)</i>				
J. Roesler	374	171	506*	545
308+ lbs.				
<i>Open</i>				
J. Warren	732	462	716	1910*

*=American Records. Teams: 1st Place - MIT Power, 2nd Place - Big Iron Powerlifting. Best Lifter Female: Karen Cole. Best Lifter Male: Justin Warren. Best Lifter Master Male: Dave Mansfield. An enthusiastic audience watched some serious competition at the AAU Raw Nationals, held at the Holiday Inn. Sixty-six divisions were contested including Bench only, Deadlift only, Push Pull and Full Power competitions. Elizabeth Fleming, once again put some good bench numbers up as did junior Steve Hartman and master lifters Eric Wright, Greg Stoehr, Bill Sessa and Ray Cross. It seems that Ray has returned to serious competition after taking a little time off the past few years, as this is his second meet so far this year. In the deadlift competition we saw first time lifter Nikki Carroll pull nearly double body weight. She now says she'll be back for the New England Championships on July 23rd. Looks as if Nikki plans to be a serious contender in the submasters. Old friend Jonathan Roesler pulled a very respectable 230 kilos, as did Masters Greg Stoehr and Tom Hennessy. In addition to these lifters we saw Michelle Barth, Kevin Carr, Barry Eisenman, David Parsons, Lauren Cohen and Bob Hunt in the push pull. Barry Eisenman has competed twice this year. Welcome back to the platform, Barry. The Full Power was very competitive with seven teens and one junior going at it in the men's division. Peter and Dan Del Gallo came in from PA with their Dad to lift some good numbers. Jim Onderdonk brought in his crew from New Jersey: Ryan Onderdonk, Miguel Santana and Damien Velez. Nice work guys! We had six women competitors as well, with Karen Cole barely edging out Kellyanne McLaughlin for Best Female Lifter. Little Sarah Hunt, 10 years old at 48 kilos totaled 187.5 kilos. Way to go Sarah! Michele Barth totaled 247.5 kilos in the 75s and Sarah Hunt totaled 187.5 kilos to place first at 48 kilos. The Submasters had three very competent lifters on the platform in Steve Hoff, Chad Winters and Dennis Wall. Dennis had a personal best squat. Congratulations! Chad and Dennis both represent BIG IRON Powerlifting out of ClubEx in East Bridgewater, Mass. In the Masters Big Iron was represented by Eddie Carroll, Luis Vega, Ray Cross, Mike Tanis and Dave Mansfield. Sam Pagan from Center City Gym placed first in the M1 and second in the Open with fellow Center City lifter Mark Mavilia first in the Open. Master lifter Richard DelGallo with his boys cheering him on set four American Records in the M5 60 kilo division. Dave Mansfield, with the entire Big Iron Team screaming pulled 245 kilos for a new American M5 deadlift record in the 100 kilo division. With that kind of support, couldn't miss. Thanks guys! Old friend Bob Herbst came in from New York for the meet and totaled 437.5 kilos. Always ready to lift hard and help out wherever needed. Thanks Bob. Steve Bunker totaled 402.5 at 82 kilos in the M3. Greg Stohr and Louis Minicucci rounded out the Masters. In the AAU Lifetime Masters we saw Greg, Bob, Dennis Brennick, Ray Cross and Dave Parsons out of Florida put up some nice numbers. Dave Parsons set a few records as well. At this meet all lifters were placed in the Open in addition to any other division entered. You can find the Open placing on the spread sheet below. We had 10 lifters registered in the open. Justin Warren, well known Strongman and Highland Games competitor from Connecticut, came up to give the bar a ride, and what a ride with 332.5, 210 and 325 with an American record 867.5 kilo total in the 140+ division. Lauren Cohen another well-known Strongman competitor out of Harvard University placed first in the 90 kilo with an impressive 682.5 kilo total! Both of these guys are outstanding multi-sport competitors and a couple of real gentlemen as well. As mentioned, Sam Pagan placed second on the open with a 625 kilo total with Longfei Shentu third with a 462.5. In the 75s, Luis Vega at 460, Greg Stohr at 437.5 and Xiao Lin at 427.5 kilos. In the 82 kilo division, teammates from MIT Powerlifting, Frank Wu and Sheng Wang, fought it out for first and second. Frank continues to amaze with his deadlift, pulling 285 kilos at less than 82 body weight. Frank is pulling three-times his body weight with perfect technique. Definitely worth the price of admission. Best Male Lifter award went to Justin Warren, Best Lifter Male Master to Dave Mansfield and to Karen Cole Best Female Lifter. The MIT Powerlifting Team narrowly beat out the Big Iron Team for first place. Congratulations to both teams for making it a close call. The table was run to near perfection by the team of Ramona Mansfield Expeditor, Rich and Ali DeLeon on Computer. Excellent new meet program, Rich! Thanks Gabby for your help on the program and our Face Book communications. Announcers were Bill Coleman and Steve Brown, great job guys! Suzie Seiminski handled the door and clean up. Steve Steinmetz' photos can be found on baystateathletic.com. Officials for the meet were Larry Larsen (Head referee), Rick Comito, Dennis Brennick, Jimmy Tracey, Dan Driscoll, Mark Sieminski, Rich DeLeon, Dave Mansfield along with our elite Platform Manager Eric Arnold and his crew of Spotters and Loaders from Bay State Athletic Club. Meet Directors Mark Sieminski, Dave Mansfield and Rich DeLeon would like to thank all of our competitors; platform and table help the very enthusiastic spectators at the meet.

» courtesy Dave Mansfield and Rich DeLeon

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Acetyl L-Carnitine, 100gm	7.90
CLA, 750mg, 100 gelcaps	8.95
Creatine Mono. 99+%, Micronized, 1kg	14.75
Arginine base powder, 300gm	12.00
Arginine AKG, 150 gm	9.00
Citrulline, 100gm	11.50
Lipoic Acid Powder, 50 grams	9.00
Whey Protein 90% instant isolate, 24oz	19.75
Tribulus Ext. 45% 100gm	7.50
Long Jack 100-1, 20gm	37.50
Yohimbe, 8% Yohimbine! 40 gm	7.75
Glutamine 300gm/1kg	9.90/27.95

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RESULTS

WNPf UPSTATE NEW YORK

MAY 28 2011 » Rochester, NY

BENCH	(55-59)			
FEMALE	R. Bigrow	365*		
<i>Raw</i>	275 lbs.			
148 lbs.	(50-54)			
(20-23)	R. Satta	380*		
L. Goodridge	155*			
MALE	Unlimited			
<i>Raw</i>	220 lbs.			
(45-49)	D. Sterling!	425		
165 lbs.	(13-16)			
(20-23)	J. Belin	250		
198 lbs.	<i>Raw</i>			
<i>Open</i>	220 lbs.			
B. Moroni	305			
(35-39)	<i>Lifetime</i>			
M. Akerley	380			
220 lbs.	P. Ray	450*		
(45-49)	SHW			
M. Shanley	300			
275 lbs.	<i>Lifetime</i>			
(45-49)	T. McCue	720*		
L. Mitchell Jr!	430*			
<i>Single-Ply</i>	DEADLIFT			
(50-54)	FEMALE			
148 lbs.	<i>Raw</i>			
(50-54)	SHW			
P. Difrancisco	300*			
165 lbs.	(40-44)			
<i>Open</i>	L. Cook	270		
A. Hall	325*			
(70-74)	MALE			
C. Wuest	205*			
242 lbs.	242 lbs.			
	(55-59)			
	R. Bigrow	465		
BENCH for Reps	POWER CURL			
FEMALE	242 lbs.			
<i>Lifetime</i>	(13-16)			
D. Musser	75	64*		
Ironman	BP	DL	TOT	
FEMALE				
<i>Raw</i>				
123 lbs.				
(40-44)				
S. Gifford	90*	235*	325	
165 lbs.				
<i>Lifetime</i>				
D. Musser!	200	315*	515	
MALE				
<i>Raw</i>				
181 lbs.				
(20-23)				
K. Suffoletto	220	375*	595	
242 lbs.				
(13-16)				
J. Newcomb	255	325	580	
Powerlifting	SQ	BP	DL	TOT

FEMALE	<i>Raw</i>						
123 lbs.	(45-49)	S. Peters	105*	70*	205*	380*	
<i>Lifetime</i>							
148 lbs.	(40-44)	C. Brown!	260*	140	295*	695*	
(45-49)		J. Servey	155*	100*	300*	555*	
B. Wadsworth	155*	110*	230*	495*			
165 lbs.	(20-23)	Joannou-CAN	215*	100*	265*	580*	
<i>Raw</i>							
220 lbs.	<i>Open</i>	Walker-WV	295*	155*	395*	845*	
<i>Lifetime</i>							
J. Debarbieri	395	255	455	1105			
(50-54)		J. Stallworth	385*	275*	445	1105*	
181 lbs.	<i>Open</i>						
<i>Open</i>		A. Rosario!	455*	335*	585*	1375*	
A. Rosario!	455*	335*	585*	1375*			
V. Mirochnik	300	210	380	890			
<i>Police/Fire</i>		A. Johnson	405*	365*	510*	1280*	
198 lbs.	<i>Open</i>						
<i>Open</i>		J. Colenzo	430*	245*	525*	1200*	
J. Colenzo	430*	245*	525*	1200*			
220 lbs.	<i>Open</i>						
<i>Open</i>		L. Murphy Jr	335*	285*	340*	960*	
L. Murphy Jr	335*	285*	340*	960*			
242 lbs.	<i>Open</i>	MacNicol-CAN	500	320	600	1420	
<i>Open</i>							
MacNicol-CAN	500	320	600	1420			
(20-23)		B. Bodeker	440	405*	645*	1490*	
275 lbs.	<i>Open</i>						
<i>Open</i>		P. Knutsen	500	285	600*	1385	
P. Knutsen	500	285	600*	1385			
<i>Lifetime</i>		M. Scala	420	335	525	1280	
M. Scala	420	335	525	1280			
<i>Single-Ply</i>							
181 lbs.	<i>Open</i>	D. Bellanca!	575*	430*	550*	1555*	
<i>Open</i>							
D. Bellanca!	575*	430*	550*	1555*			
(35-39)		N. Wescot	580*	355	535*	1470*	
198 lbs.	<i>Open</i>						
<i>Open</i>		J. Constantin	505*	350*	540*	1395*	
J. Constantin	505*	350*	540*	1395*			
(35-39)							
220 lbs.	<i>Open</i>	K. Dean	600*	460*	590*	1650*	
<i>Open</i>							
K. Dean	600*	460*	590*	1650*			

*=State Records. !=Best Lifters. The WNPf returned to Wayne Central High School again for this year's Upstate New York

meet Which was again a great meet with several returning lifters as well as several new comers. In the women's raw powerlifting Sandy Peters lifting in her first meet set all new state records in the 123 lbs. masters class. In the 148 lbs. class new comer Courtney Brown set new records and took home best lifter competing in her first meet. Master lifter Jen Servey returned again this year and set all new state records in the 40-44 age division as did newcomer Bethany Wadsworth lifting in her first meet. Christine Joannou came over from Canada again this year to set all new records competing in the 165 lbs. junior class. In the men's raw powerlifting Jeffrey Walker and John DeBarbieri turned in strong totals in the open and lifetime divisions with Walker setting all new West Virginia state records. Master lifter John Stallworth returned and improved his own records from last year setting two new records. In the 181 lbs. class Adam Rosario and Vladimir Mirochnik battled it out in the open division with Rosario taking the win with all new state records. Adam also turned in the total that gave him best raw lifter. Andrew Johnson set all new state records in his first meet winning the police/fire division. In the 198 lbs. class Jason Colenzo put together a strong total setting all new state records in the open division and so did Larry Murphy Jr. in the 220 lbs. open division. In the 242 lbs. classes Canadian lifter Alastair MacNicol turned in a strong total winning the open division as did Brandon Bodecker in the junior division with Bodecker setting new state records. In the 275 lbs. class returning lifters Mike Scala and Pete Knutsen turned in fine totals winning the open and lifetime divisions with Knutsen setting a new state record in the deadlift. In the single-ply divisions David Bellanca set all new state records in the 181 lbs. open class and also took home best lifter equipped. In the 198 lbs. class strong totals were turned in by Nate Wescot and John Constantin winning the submasters and masters 45-49 divisions with both setting new state records. 220 lbs. submaster Kirk Dean put up some strong lifts and set all new state records competing in his first meet. In the ironman divisions master female lifter Sherry Gifford set new state records winning the 40-44 divisions and 165 lbs. lifetime lifter Denise Musser set a new record in the bench and also took home best lifter female bench press. Denise also took home a first in the bench for reps breaking her own record from last year pushing up 75 reps. In the mens divisions Kevin Suffoletto set a new state record in the deadlift winning the 181 lbs. junior division and teen lifter Joe newcomb turned in a fine total in the 242 lbs. class. Joe also took home a first in the powercurl setting a new state record. In the bench press events female Linda Goodridge set a new state record in the 148 lbs. junior raw division. In the mens raw divisions Teen Josh Belin tie a state record in the 165 lbs. class. In the 198 lbs. class Brian Moroni and Matt Akerley pushed up strong lifts winning the open and submasters divisions. Master lifters Mike Shanley and James Mitchell Jr turned in strong lifts winning the 220 lbs. and 275 lbs. classes with James taking home best lifter for the third year in a row in the raw bench. In the single ply division master lifter Phil Difrancisco set a new state record in the 148 lbs. 50-54 division as did Chuck Wuest in the 220

lbs. 70-74 division, both turning in strong lifts. 165 lbs. lifter Andrew Hall set a new state record with a strong lift in the open division as did Ray Bigrow in the 242 lbs. masters division. Ray also took home a first in the deadlift only event. Master Ron Satta set a new state record in the 275 lbs. masters 50-54 division and Darrell Sterling took home best lifter in the equipped division with a strong lift in the 220 lbs. unlimited division. In the squat only events Patrick ray and Thomas McCue both set new state records in 220 lbs. and Shw lifetime divisions with some strong squats with McCue hitting 720lbs. In the deadlift only events female Laura Cook pulled a strong lift winning the masters division competing in her first meet. Once again thanks to my staff, who as always does a great job and, all the lifters and spectators who came together to make this another great meet. Thanks to the staff at Wayne Central High School who are a great help. It is always a great experience coming to Rochester and a great place to hold an event.
» courtesy Ron DeAmicis

USPA PATRIOT GAMES CHALLENGE

MAY 21 2011 » Santa Maria, CA

BENCH	308+ lbs.		
FEMALE	<i>Master (40-44)</i>		
<i>Raw</i>	R. Lopez	—	
148 lbs.	<i>Open</i>		
<i>Master (40-44) Raw</i>	R. Lopez	—	
McCanslish	105		
<i>Single-Ply</i>	275 lbs.		
198 lbs.	<i>Master (50-54)</i>		
<i>Master (45-49)</i>	D. Smith	—	
N. I'Anson	281		
MALE	308+ lbs.		
<i>Open</i>			
<i>Raw</i>	C. Tawzer	419	
242 lbs.	DEADLIFT		
<i>Master (65-69)</i>	FEMALE		
D. Smith III	402		
275 lbs.	<i>Single-Ply</i>		
<i>Master (40-44)</i>	198 lbs.		
G. Witcher	434		
<i>Open</i>	<i>Master (45-49)</i>		
G. Witcher	434		
<i>Single-Ply</i>	MALE		
181 lbs.	<i>Raw</i>		
<i>Junior (16-17)</i>	181 lbs.		
A. Fuentes	331		
<i>Open</i>	<i>Junior (20-23)</i>		
D. Aldrich	413		
275 lbs.	C. Rothstein	364	
<i>Master (50-54)</i>	<i>Open</i>		
D. Smith	—		
<i>Master (55-59)</i>	F Gallagher	535	
K. Tawzer	419		
<i>Open</i>	<i>Single-Ply</i>		
R. Magni	—		
308 lbs.	<i>Master (70-74)</i>		
<i>Master (55-59)</i>	R. Taylor	459	
A. Aerts	485		
<i>Open</i>	242 lbs.		
A. Aerts	485		
Push Pull	<i>Junior (20-23)</i>		
FEMALE	C. Martinez	474	
<i>Single-Ply</i>	<i>Master (45-49)</i>		
198 lbs.	W. Coffman	413	
<i>Master (45-49)</i>	BP		
N. I'Anson	281	375	656
MALE			
<i>Raw</i>			
181 lbs.			
<i>Open</i>			
J. Mendoza	265	457	722
<i>Single-Ply</i>			
275 lbs.			
<i>Master (45-49)</i>			
E. Maxwell	314	452	766
<i>Open</i>			

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Powerlifting FEMALE	SQ	BP	DL	TOT
E. Maxwell	314	452	766	
Raw				
97 lbs.				
<i>Open</i>				
A. Bareng	105	61	176	342
132 lbs.				
<i>Junior</i>				
N. Stevens	149	99	220	468
		4th-DL-231		
<i>Open</i>				
Z. Cebuano	220	111	265	596
		4th-DL-265		
148 lbs.				
<i>Master (50-54)</i>				
L. Castellanos	127	99	259	485
MALE				
<i>Raw</i>				
132 lbs.				
<i>Open</i>				
J. Bareng	342	254	402	998
148 lbs.				
<i>Junior (20-23)</i>				
S. Velasco	292	198	314	805
165 lbs.				
<i>Junior (18-19)</i>				
R. Stevens	220	226	303	750
181 lbs.				
<i>Open</i>				
L. Smith	408	336	441	1185
198 lbs.				
<i>Junior (18-19)</i>				
Z. Justice	309	215	402	926
<i>Open</i>				
M. Russell	452	314	535	1301
D. Sanchez	320	364	419	1102
J. Zarling	248	231	364	843
J. Mendoza	—	—	—	—
242 lbs.				
<i>Open</i>				
T. Masigat	419	—	—	419
308 lbs.				
<i>Junior (18-19)</i>				
J. Mass	540	331	639	1510
<i>Open</i>				
J. Mass	540	331	639	1510
<i>Single-Ply</i>				
275 lbs.				
<i>Open</i>				
D. Douglas	452	683	656	1791

Powerlifting Best Lifter Raw Women:
Zandra Cebuano. Powerlifting Best Lifter Junior Men Raw: Joe Mass. Powerlifting Best Lifter Open Men Raw: Michael Russell. Bench Press Best Lifter Open Men Single Ply: David Aldrich. Bench Press Best Lifter Master Men Single Ply: Alan Aerts. Team 1st Place: Marine Corps Team. Team 2nd Place: Team C.O.P.S. Meet Director & Promoter: Steve Denison & Ken Tawzer. Thanks to the Santa Maria Athletic Club for hosting the contest. Meet Announcers: Kevin Meskew & Lisa Wheeler. Meet Scorekeeper: Shannon Stewart. Master Score sheet: Lisa Wheeler. Thanks to all our Referees: Alan Aerts, International, Kevin Meskew, International, Lisa Wheeler, National, Bonnie Aerts, State, Ron Moormeister, State, John Deluca, State. Thanks to our spotters & loaders: Andy Hartman, Charley Lord, Chris Spence, Braden Peterson, Cale Park. Thanks to our Sponsors: Santa Maria Athletic Club, Outlaw Sports Nutrition, COPS Gym. Little Britches Deadlift: Erin Maxwell (age 9) 126 lbs., Joshua Witcher (age 9) 104 lbs., Jackson Stewart (age 11) 165 lbs., Britain Coffman (age 11) 132 lbs., Robert Ramos/Scott Williams Memorial Bench Press: Derrick Sanchez, Daniel Smith III, David Douglas, LaGarian Smith, Juan Mendoza. The winner was David Douglas with 683 lbs. bench.
» courtesy Steve Denison

WNPf WESTERN PA MAY 14 2011 » Beaver Falls, PA

DEADLIFT	Lifetime	SQ	BP	DL	TOT
242 lbs.	R. Gregory (35-39)				520*
<i>Open</i>					
D. Fryberger	545				520*
<i>Raw</i>					
165 lbs.					
<i>Lifetime</i>					
M. Hart (35-39)	615*				525*
<i>Open</i>					
Mike Hart	615*				530
181 lbs.					
Powerlifting FEMALE					
<i>Raw</i>					
132 lbs.					
<i>Lifetime</i>					
J. Rutherford (17-19)	145	85	190	420	
<i>Open</i>					
J. Rutherford (40-44)	145	85	190	420	
<i>Open</i>					
J. Rutherford (40-44)	145	85	190	420	
<i>Single-Ply</i>					
148 lbs.					
<i>(50-54)</i>					
R. Patterson	250*	145*	290*	685*	
MALE					
<i>Raw</i>					
165 lbs.					
<i>Lifetime</i>					
M. Hart (17-19)	415	490	615*	1320	
<i>Open</i>					
B. Didiano (20-23)	425	300	500*	1225	
198 lbs.					
<i>(20-23)</i>					
M. Lyden (20-23)	405	335	575	1315	
220 lbs.					
<i>(20-23)</i>					
B. Ericsson (20-23)	500	340	545	1385	
<i>Open</i>					
J. Lyrus!	700	450	650	1800	
B. Lindsey (40-44)	400	315	500	1215	
<i>Open</i>					
G. Oliver	510	355	605*	1470*	
275 lbs.					
<i>Open</i>					
R. Mankevich	505	355	565	1425	
<i>Lifetime</i>					
J. Leonard	575	460*	615	1650	
<i>Police/Fire</i>					
J. Causer	515*	355*	525*	1395*	
SHW					
<i>Open</i>					
D. Manuel	605	400	605	1610	
<i>Single-Ply</i>					
220 lbs.					
<i>Lifetime</i>					
C. Donati Jr (35-39)	520*	385*	505	1410*	
<i>Open</i>					
C. Donati Jr	520*	385*	505*	1410*	

*=State Records. !=Best Lifters. Back to Black Hawk High School we went for this years Western Pennsylvania meet. In womens powerlifting Jamie Rutherford turned in a strong total winning three divisions in the 132-pound raw class and Ramona Patterson set all new state records winning the 148-pound masters single-ply division. In the mens raw powerlifting Mike Hart returned this year and took home another first in both powerlifting and deadlift only with a new state record in the deadlift. Teen Brendon Didiano also set a new state record in the deadlift in the 181-pound teen division. Matt Lyden and Bryan Ericsson both had strong days winning the 198-pound and 220-pound junior divisions. In the 242-pound class John Lyrus and Bill Lindsey competed in the junior division with Lyrus turning in a super total winning the division and best

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lifter. In the 242-pound masters division Greg Oliver set new state records in the deadlift and total. In the 275-pound classes strong totals were turned in by John Leonard and Ray Mankevich in the open and lifetime divisions and Josh Causer set all new state records in the police/fire division. SHW Demar Manuel also put up some strong numbers in the open division. In the equipped classes Carl Donati Jr returned winning two divisions setting new state records in both. In the deadlift only classes 181-pound lifter Robert Gregory took home two first with new state records as did Dustin Leonard in the 198-pound class. Marcus Wilson and Duane Fryberger both did strong pulls in the 242-pound division. Though the number of lifters was low the quality of lifting was high which made for another great meet. Thanks to all the lifters and spectators, Black Hawk High school and of course my crew.
» courtesy Ron DeAmicis

APA FAIR HAVEN WINTER CLASSIC FEB 11 2011 » Fair Haven, VT

BENCH FEMALE	C. Ploof#	315	DEADLIFT	MALE	SQ	BP	DL	TOT
<i>Unlimited Gear</i>								
T. Jones	310							
MALE								
242 lbs.								
<i>Submaster (33-39)</i>								
D. Lung	345							
275 lbs.								
<i>Master (55-59)</i>								
D. Hayward	240							
<i>Raw</i>								
198 lbs.								
<i>Master (40-44)</i>								
Push Pull								
FEMALE								
<i>Raw</i>								
220 lbs.								
<i>Master (40-44)</i>								
D. McNolty	185!	345!	530					
<i>Unlimited Gear</i>								
105 lbs.								
<i>Master (45-49)</i>								
R. Edson#	105	245	350					
MALE								
220 lbs.								
<i>Master (45-49)</i>								
J. Rescott	280	405	685					
<i>Raw</i>								
132 lbs.								
<i>Open</i>								
D. Blake	165	310	475					
165 lbs.								
<i>Teen (13-15)</i>								
M. Cavanah	225	345	570					
<i>Unlimited Gear</i>								
181 lbs.								
<i>Open</i>								
A. Jones	360	480	840					
198 lbs.								
<i>Submaster (33-39)</i>								
J. Matta#	570	525	1095					
275 lbs.								
<i>Open</i>								
R. Hayward	525	580	1105					
Full Power	SQ	BP	DL	TOT				
FEMALE								
<i>Raw</i>								
123 lbs.								
<i>Teen (18-19) NT</i>								
L. Hoar#	190!	95!	220	505				
	4th-DL-230!		TOT-5154!					
MALE								
<i>Raw</i>								
105 lbs.								
<i>Youth (12 & Under)</i>								
C. Parker	140!	85!	200!	425!				
148 lbs.								
<i>Teen (16-17)</i>								
C. Parker	210	155	305	670				
165 lbs.								
<i>Junior (20-23)</i>								
C. Taugas	300	250	405	955				
181 lbs.								
<i>Teen (16-17)</i>								
S. Johnson	340	250	405	995				
198 lbs.								
<i>Submaster (33-39)</i>								
R. Gilman	390	305	400	1095				
220 lbs.								
<i>Open</i>								
J. Young#	470	365	600	1435				
275 lbs.								
<i>Open</i>								
J. Carl	455	430	565	1450				
<i>Unlimited Gear</i>								
181 lbs.								
<i>Submaster (33-39)</i>								
B. Lemieux	520	360	570	1450				
220 lbs.								
<i>Open</i>								
P. Bowlinger#	630	430	580	1640				

!=World Records. *=State Records. #=Best Lifters. NT=Not Tested. Venue: Fair Haven Fitness. Thank you to our spotters loaders and judges. Thank you to www.lhigh.com, memor events, Anderson Powerlifting, www.Lifting Large.com and Skyline for sponsoring the event. Thank you very much to Meghan Matta who runs our events!
» courtesy James Matta

MEN'S 114 LB. (52 KG.) WEIGHT DIVISION » SQUAT



Bobby Sanders won at the 1986 APF National Championships

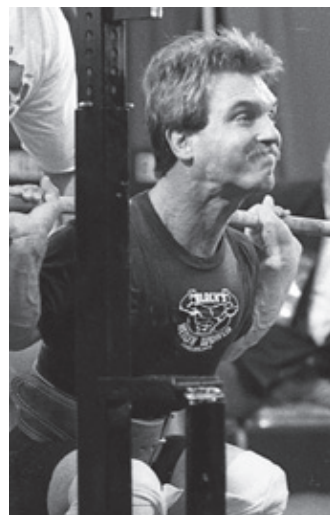
Squat	X-Bwt	Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 535.7 (243.0)	4.67X	Joe Cunha/59 10/17/81 (243.0 kg.) (San Luis Obispo, California) (USPF/IPF)
2. 507.1 (230.0)	*4.42X	Chuck Dunbar/57 11/7/80 (230.0 kg. @ 51.2 kg.) (Arlington, Texas) (USPF/IPF)
3. 501.6 (227.5)	4.38X	Jim Caldwell 11/22/87 (227.5 kg.) (Dayton, Ohio) (APF/WPC)
4. 501.6 (227.5)	4.38X	Mike Nelson 5/28/88 (227.5 kg.) (Kansas City, Missouri) (USPF)
5. 501.6 (227.5)	*4.64X	Mike Booker/81 11/3/00 (227.5 kg. @ 108.0 lb., without a squat suit) (Mesquite, Nevada) (AAU)
6. 457.5 (207.5)	3.99X	Henry Garcia/64 7/1/92 (207.5 kg.) (Raleigh, North Carolina) (USPF/IPF)
7. 457.5 (207.5)	*3.99X	Ernesto Milian/47 5/15/05 (207.5 kg. @ 52.0 kg.) (Round Rock, Texas) (APF)
8. 455.0 (206.4)	3.97X	Viet Tran/76 3/28/92 (455.0 lb.) (Omaha, Nebraska) (NSM)
9. 451.9 (205.0)	3.94X	Phil Hile/67-05 4/8/95 (205.0 kg.) (South Charleston, West Virginia) (USPF)
10. 450.0 (204.1)	*3.95X	Jaime Salgado 3/10/09 (450.0 lb. @ 113.8 lb.) (Abilene, Texas) (THSPA)
11. 450.0 (204.1)	*3.93X	Frankie Garza 3/27/10 (450.0 lb. @ 114.4 lb.) (Abilene, Texas) (THSPA)
12. 447.5 (203.0)	*3.93X	Erwin Gainer/66 7/18/03 (203.0 kg. @ 51.6 kg.) (Rapid City, South Dakota) (USAPL/IPF)
13. 446.4 (202.5)	3.89X	Keith Borque/63 7/10/93 (202.5 kg.) (Wilkes-Barre, Pennsylvania) (ADFFPA)
14. 445.0 (201.8)	*4.01X	Rudy Garay/93 3/27/10 (445.0 lb. @ 111.0 lb.) (Abilene, Texas) (THSPA)
15. 440.9 (200.0)	3.85X	John Redding/43 4/19/80 (200.0 kg.) (Auburn, Alabama) (USPF/IPF)
16. 440.9 (200.0)	3.85X	Loren Chapin 4/30/88 (200.0 kg.) (Berlin, New Hampshire) (USPF)
17. 440.9 (200.0)	*3.98X	Chris Sonnier/88 4/13/07 (200.0 kg. @ 50.2 kg.) (Monroe, Louisiana) (AAPF/AWPC)
18. 440.0 (199.6)	*3.88X	Eric Torres/92 3/14/09 (440.0 lb. @ 113.4 lb.) (Weslaco, Texas) (THSPA)
19. 435.4 (197.5)	3.80X	Bobby Adams 2/17/88 (197.5 kg.) (El Tora, California) (USPF)
20. 435.4 (197.5)	3.80X	Doan Nguyen/64 7/10/93 (197.5 kg.) (Wilkes-Barre, Pennsylvania) (ADFFPA)
21. 435.4 (197.5)	3.80X	Greg Young 8/8/93 (197.5 kg.) (Arlington, Texas) (USPF)
22. 435.4 (197.5)	*3.80X	Rob Leon/66 8/1/04 (197.5 kg. @ 52.0 kg.) (Lincolnwood, Illinois) (AAPF/AWPC)
23. 435.0 (197.3)	3.79X	Mike Ellis 2/21/81 (435.0 lb.) (Redmond, Washington) (USPF)
24. 435.0 (197.3)	3.79X	Sammy Brant 11/14/98 (435.0 lb.) (Somerset, Pennsylvania) (FCI)
25. 430.0 (195.0)	*3.85X	Rickey Ramsey 8/22/70 (430.0 lb. @ 111.75 lb., without a squat suit.) (New Orleans, Louisiana) (AAU)
26. 430.0 (195.0)	*3.79X	Luis Guerrero 3/23/07 (430.0 lb. @ 113.6 lb.) (Houston, Texas) (THSPA)
27. 429.9 (195.0)	3.75X	Gerald Snyder 1/19/85 (195.0 kg.) (State College, Pennsylvania) (USPF)
28. 425.0 (192.8)	3.71X	Doug Heath/55 9/19/81 (425.0 lb.) (Canton, Ohio) (USPF)
29. 425.0 (192.8)	3.71X	Doug McDonald 12/7/86 (425.0 lb.) (Andover, New Jersey) (ADFFPA)
30. 425.0 (192.8)	3.71X	Bret Kimberlin 9/29/90 (425.0 lb.) (Memphis, Tennessee) (FCI)
31. 424.4 (192.5)	3.70X	Bobby Sanders 6/28/86 (192.5 kg.) (Dayton, Ohio) (APF/WPC)
32. 424.4 (192.5)	3.70X	Mark Hartman/73 7/28/90 (192.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
33. 420.0 (190.5)	*3.67X	T. Hunt 3/22/03 (420.0 lb. @ 114.4 lb.) (Fort Worth, Texas) (THSPA)
34. 418.9 (190.0)	3.65X	D. Moore 12/19/87 (190.0 kg.) (Kansas City, Missouri) (USPF)
35. 418.9 (190.0)	3.65X	M. Moran 4/20/91 (190.0 kg.) (Dallas, Texas) (NASA)
36. 418.9 (190.0)	3.65X	Jeremy Scruggs/83 7/14/01 (190.0 kg.) (Fort Worth, Texas) (INSAA)
37. 415.0 (188.2)	*3.62X	Gary Zeolla/61 9/2/06 (415.0 lb. @ 114.5 lb.) (South Park, Pennsylvania) (APF)
38. 415.0 (188.2)	*3.65X	Taylor Nowlin 3/13/10 (415.0 lb. @ 113.8 lb.) (Ponder, Texas) (THSPA)
39. 413.4 (187.5)	*3.72X	Kevin Clemens/58 8/13/88 (187.5 kg. @ 50.4 kg.) (Saint Louis, Missouri) (ADFFPA)
40. 413.4 (187.5)	3.61X	Thoung Nguyen 4/12/97 (187.5 kg.) (Austin, Texas) (USPF)
41. 410.0 (186.0)	3.58X	D. Williams 2/20/88 (410.0 lb.) (Huntingdon, Pennsylvania) (FCI)
42. 410.0 (186.0)	3.58X	Kelvin Palmer 1995 (410.0 lb.) (Texas State Championships) (THSPA)
43. 407.9 (185.0)	3.56X	Haykong Kim 3/1/86 (185.0 kg.) (Salt Lake City, Utah) (USPF)
44. 407.9 (185.0)	3.56X	Jim Morgan 7/14/89 (185.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
45. 405.0 (183.7)	3.53X	Norb Paterniti 3/27/82 (405.0 lb.) (Erie, Pennsylvania) (USPF)
46. 405.0 (183.7)	*3.57X	Robbie Nieto 3/23/07 (405.0 lb. @ 113.4 lb.) (Houston, Texas) (THSPA)
47. 402.3 (182.5)	3.51X	Gary Hunnicutt/57 10/29/83 (182.5 kg.) (Oakland, California) (USPF)
48. 402.3 (182.5)	3.51X	Joe Catalfamo/63 6/9/84 (182.5 kg.) (Troy, Alabama) (ADFFPA)
49. 402.3 (182.5)	3.51X	Dave Osborn 5/20/89 (182.5 kg.) (Chicago, Illinois) (ADFFPA)
50. 402.3 (182.5)	3.51X	Clarence Fielder 2/16/90 (182.5 kg.) (Fort Indian Gap, Pennsylvania) (USPF)

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

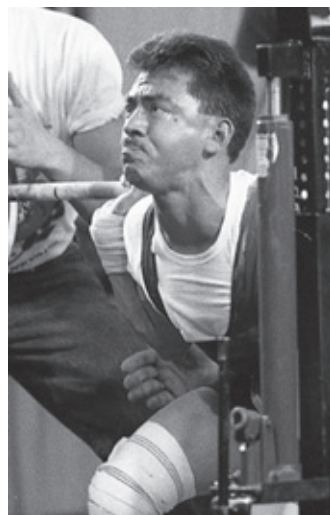
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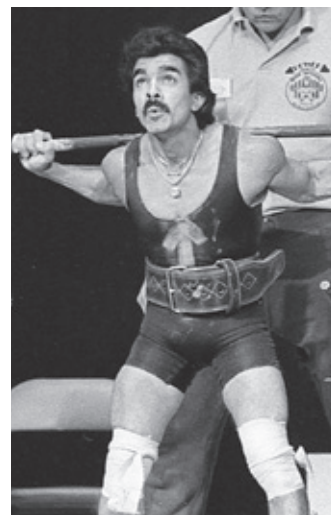
Doan Nguyen at the 1992 ADFFPA National Championships



Chuck Dunbar was hard to beat on the national platform



Henry Garcia was a major factor in military competition



Joe Catalfamo at the 1986 ADFFPA National Championships

WOMEN'S 114 LB. (52 KG.) WEIGHT DIVISION » SQUAT

Squat	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	518.1 (235.0)	*4.52X Margaret Kirkland/63 12/5/09 (235.0 @ 52.0 kg.) (Jacksonville, Florida) (APF)
2.	451.9 (205.0)	*3.94X Kim Sommers/65 7/4/98 (205.0 kg. @ 52.0 kg.) (Northbrook, Illinois) (APF/WPC)
3.	415.0 (188.2)	*3.71X Shannon Parrish/62 4/12/03 (415.0 lb. @ 112.0 lb.) (Bangor, Pennsylvania) (IPA)
4.	413.4 (187.5)	*3.63X Ashley Awalt/83 3/7/09 (187.5 kg. @ 51.7 kg.) (Columbus, Ohio) (USAPL/IPF)
5.	407.9 (185.0)	3.56X Mary Ryan-Jeffrey/60 11/21/87 (185.0 kg.) (Dayton, Ohio) (APF/WPC)
6.	391.3 (177.5)	*3.45X Michelle Van Dusen/93 3/27/11 (177.5 kg. @ 51.5 kg.) (Corpus Christi, Texas) (USAPL)
7.	380.3 (172.5)	*3.33X Suzanne "Sioux-Z" Hartwig-Gary/68 5/22/10 (172.5 kg. @ 51.85 kg.) (Cleveland, OH) (USAPL/IPF)
8.	369.3 (167.5)	*3.24X Jennifer Maile/84 7/16/05 (167.5 kg. @ 51.7 kg.) (Duisburg, Germany) (USAPL/IPF)
9.	365.0 (165.6)	3.18X Diana Bona 12/15/84 (365.0 lb.) (Burlington, Vermont) (USPF)
10.	365.0 (165.6)	*3.19X Natalie Carr-Harrington/83 4/12/08 (365.0 lb. @ 114.25 lb.) (Columbus, Ohio) (IPA)
11.	365.0 (165.6)	*3.21X Elaine "Scraps" Kunkle-Grimwood/70 12/5/09 (365.0 lb. @ 113.8 lb.) (Boyertown, PA) (IPA)
12.	363.8 (165.0)	*3.22X Diana Rowell/57 1/28/84 (165.0 kg. @ 51.2 kg.) (Austin, Texas) (USPF/IPF)
13.	363.8 (165.0)	3.17X Doris Simmons/52 10/27/95 (165.0 kg.) (Columbus, Ohio) (APF/WPC)
14.	363.8 (165.0)	3.17X Valeri Tyree/73 7/24/99 (165.0 kg.) (Dallas, Texas) (USPF)
15.	363.8 (165.0)	*3.22X Amber Denmon/86 4/15/07 (165.0 kg. @ 51.2 kg.) (Monroe, Louisiana) (AAPF/AWPC)
16.	358.3 (162.5)	3.13X Cheryl Finley 11/4/90 (162.5 kg.) (San Francisco, California) (USPF)
17.	358.3 (162.5)	3.13X Carrie Boudreau/67 3/16/91 (162.5 kg.) (Portland, Maine) (USPF)
18.	358.3 (162.5)	*3.17X Yueh-Chun Chang/70 4/26/97 (162.5 kg. @ 112.98 lb.) (Lincoln, Nebraska) (USAPL)
19.	352.7 (160.0)	*3.11X Beth Fisher-Street/65 6/26/96 (160.0 kg. @ 51.5 kg.) (Kitchener, Canada) (USPF/IPF)
20.	352.7 (160.0)	3.08X Kate Washburn 10/29/95 (160.0 kg.) (Lewiston, Maine) (USPF)
21.	352.7 (160.0)	3.08X Cyrena Gibson/61 11/6/97 (160.0 kg.) (Blackpool, England) (APF/WPC)
22.	350.0 (158.8)	3.05X Tracy Jo Beard 5/9/87 (350.0 lb.) (Saint Petersburg, Florida) (APF/WPC)
23.	347.2 (157.5)	*3.06X Ren Yamashita/89 1/29/11 (157.5 kg. @ 113.4 lb.) (Los Angeles, California) (USPA)
24.	345.0 (156.5)	3.01X Jacqueline Davis-Manzo/61 7/6/96 (345.0 lb.) (New York, New York) (IPA)
25.	341.7 (155.0)	*3.01X Tammy Shepard 5/21/83 (155.0 kg. @ 51.5 kg.) (Cambridge, Massachusetts) (USPF/ADFPA)
26.	341.7 (155.0)	2.98X Lori Shope-Fisher 7/23/89 (155.0 kg.) (Columbus, Ohio) (APF/WPC)
27.	341.7 (155.0)	*3.07X Donna McKinney/56 4/20/96 (155.0 kg. @ ~50.5 kg.) (Wilkes-Barre, Pennsylvania) (ADFPA)
28.	341.7 (155.0)	2.98X Lynne Fuller-Barlow/59 10/28/00 (155.0 kg.) (Turner, Maine) (APF)
29.	341.7 (155.0)	*2.98X Caitlin Miller/90 9/8/05 (155.0 kg. @ 51.96 kg.) (Fort Wayne, Indiana) (USAPL/IPF)
30.	340.0 (154.2)	*2.97X Jean Forgatsch-Fry/86 8/21/09 (340.0 lb. @ 114.5 lb.) (Sharonville, Ohio) (SPF)
31.	340.0 (154.2)	*2.99X Jayna Vande Voort/89 3/7/08 (340.0 lb. @ 113.7 lb.) (Wilwaukee, Wisconsin) (USAPL)
32.	336.2 (152.5)	2.93X Lesa Lemaster 4/7/84 (152.5 kg.) (Lake Saint Louis, Missouri) (USPF)
33.	336.2 (152.5)	2.93X Leah Marietta/85 4/16/05 (152.5 kg.) (Baton Rouge, Louisiana) (USAPL)
34.	336.2 (152.5)	*3.03X Maegan Fontenot/92 5/3/08 (152.5 kg. @ 50.3 kg.) (Baton Rouge, Louisiana) (APF/WPC)
35.	335.0 (152.0)	*2.94X Rebekah Mayfield 6/29/96 (335.0 lb. @ 114.0 lb.) (Valley, Alabama) (USPF)
36.	335.0 (152.0)	*2.95X Jennie Hollier/80 11/15/03 (335.0 lb. @ 113.5 lb.) (Thibodaux, Louisiana) (USAPL)
37.	331.5 (150.4)	2.89X Gayla Crain/60 6/14/80 (150.35 kg.) (Duncan, Oklahoma) (USPF)
38.	330.7 (150.0)	2.88X Luanne Thornton 3/1/86 (150.0 kg.) (El Dorado, Arkansas) (USPF)
39.	330.7 (150.0)	2.88X Tina Di Salvo 6/21/86 (150.0 kg.) (Swartz Creek, Michigan) (USPF)
40.	330.7 (150.0)	2.88X Shirley Gutierrez 11/19/88 (150.0 kg.) (San Jose, California) (USPF)
41.	330.7 (150.0)	*2.88X Codi Grubbs/83 4/12/03 (150.0 kg. @ 52.0 kg.) (Saint Louis, Missouri) (USAPL)
42.	330.7 (150.0)	*2.90X Katie Van Dusen/88 6/15/06 (150.0 kg. @ 51.8 kg.) (Dorado, Puerto Rico) (USAPL/IPF)
43.	330.7 (150.0)	*2.92X Megan Williams/88 6/21/08 (150.0 kg. @ 51.3 kg.) (Nemah, Wisconsin) (USAPL)
44.	330.7 (150.0)	*2.96X Alexa Schillinger/91 9/3/08 (150.0 kg. @ 50.76 kg.) (Potchefstroom, South Africa) (USAPL/IPF)
45.	330.7 (150.0)	*3.04X Linda Barnes/49 4/26/09 (150.0 kg. @ 49.4 kg.) (Dubuque, Iowa) (LUPA)
46.	330.7 (150.0)	*2.97X Kati Durham/93 3/27/10 (150.0 kg. @ 50.55 kg.) (Wisconsin Dells, Wisconsin) (USAPL)
47.	330.0 (149.7)	2.88X Robin Miller 6/11/88 (330.0 lb.) (Akron, Ohio) (APF)
48.	325.2 (147.5)	2.84X M. Canisbog 10/4/87 (147.5 kg.) (Austin, Texas) (USPF)
49.	325.2 (147.5)	2.84X Sherri "Renee" Burns 11/14/89 (147.5 kg.) (Sydney, Nova Scotia, Canada) (USPF/IPF)
50.	325.2 (147.5)	2.84X Lee Denmon/63 12/14/91 (147.5 kg.) (Beaumont, Texas) (NASA)

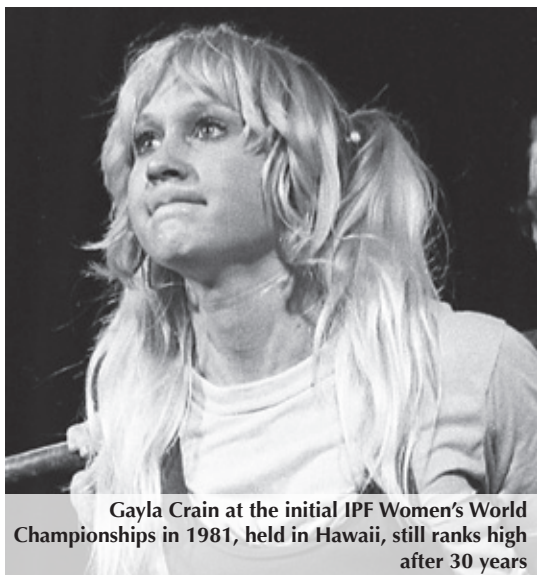
Listing compiled by Michael Soong » 70 King James Court, Savannah, Georgia 31419 » 912.920.2051 » soongm@comcast.net



Sheree Burns – big factor in USPF National competition in the 1980s



Jennifer Maile is not just another one lift wonder



Gayla Crain at the initial IPF Women's World Championships in 1981, held in Hawaii, still ranks high after 30 years



Margaret Kirkland, DDS – is she the strongest dentist in the world?

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



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

- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.

- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

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

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



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.

- The combination of several new contours built into the pattern complement the already super RageX system.

- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.

- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.

- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.

- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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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



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

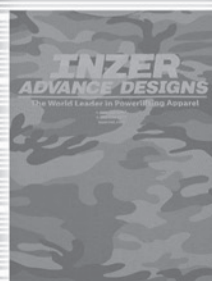
\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



Warm Up Pullover Crewneck

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

\$14.95



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



Jersey Knit Short

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

\$12.95



Beanies

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

\$10.00



Hoodie

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

\$19.50



Gym Bag

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

\$25.00



Suit Slippers

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

\$19.95



Fitting Gloves

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

\$4.95



Stickum Spray

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

\$5.95



Gym Chalk

Essential for workouts and competitions, magnesium carbonate block chalk.

\$10.00



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



Meshback Lifting Gloves

Quality, standard leather workout gloves. Power-Surge.

\$4.95



Power-Surge Red Line Wrist Wraps

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

\$12.50



Power-Surge Red Line Knee Wraps

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

\$16.50



Form-Foam™ Lifting Gloves

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

\$12.95



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.

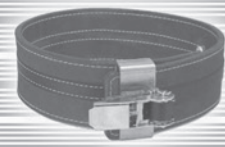
\$70.00



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.

\$70.00



PR Belt

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

\$140.00



Forever Lever Belt 10MM

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

\$60.00

Forever 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.

\$42.00



The Pillar

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

\$115.00



Standard Blast Shirt

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

\$38.00



High Performance HD Blast

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

\$77.00



Heavy Duty Erector Shirt

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

\$55.00



Heavy Duty Groove Briefs

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

\$26.00

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RESULTS

USPA SW REGIONAL MAY 7 2011 » Peoria, AZ

BENCH		M. Stanford		—
DEADLIFT				
Raw				
148 lbs.				
<i>Junior (20-23)</i>				
J. Stam	176			
165 lbs.				
<i>Open</i>				
C. Frank	176			
MALE				
Raw				
181 lbs.				
<i>Open</i>				
D. Thurman	353			
220 lbs.				
<i>Open</i>				
R. South	397			
242 lbs.				
<i>Master (60-64)</i>				
A. Manso	276			
275 lbs.				
<i>Single-Ply</i>				
181 lbs.				
<i>Master (70-74)</i>				
J. Lopez	281			
198 lbs.				
<i>Master (70-74)</i>				
J. Homer Sr.	347			
220 lbs.				
<i>Master (45-49)</i>				
D. Davis	—			
242 lbs.				
<i>Master (45-49)</i>				
J. Homer Jr.	474			
275 lbs.				
<i>Master (60-64)</i>				
W. Jones	358			
181 lbs.				
<i>Multi-Ply</i>				
181 lbs.				
<i>Junior (18-19)</i>				
C. Price	303			
275 lbs.				
<i>Master (50-54)</i>				
Push Pull				
FEMALE				
Raw				
148 lbs.				
<i>Junior (20-23)</i>				
J. Stam	176	342	518	
MALE				
Raw				
220 lbs.				
<i>Master (50-54)</i>				
R. Cheatham	314	402	717	
308+ lbs.				
<i>Master</i>				
M. Bowden	705	612	1317	
Powerlifting				
FEMALE				
Raw				
148 lbs.				
<i>Junior</i>				
J. Stam	287	176	342	805
<i>Open</i>				
J. Stam	287	176	342	805
198 lbs.				
<i>Open</i>				
K. Coleman	309	138	364	810
<i>Single-Ply</i>				
181 lbs.				
<i>Master (40-44)</i>				
Z. Helmick	187	99	226	513
MALE				
Raw				
148 lbs.				
<i>Master (50-54)</i>				
K. Branding	243	127	276	645
181 lbs.				
<i>Open</i>				
D. Thurman	364	353	452	1168
220 lbs.				
<i>Master (50-54)</i>				
B. Lacey	502	303	581	1386

<i>Open</i>				
R. South	452	397	551	1400
B. Lacey	502	303	581	1386
D. Adamson	441	336	562	1339
242 lbs.				
<i>Master (40-44)</i>				
J. Griffin	502	369	535	1405
<i>Open</i>				
F. Nezdoba	645	353	535	1532
275 lbs.				
<i>Master (65-69)</i>				
P. Quigley	358	270	485	1113
308 lbs.				
<i>Junior</i>				
K. Kjelby	551	364	623	1538
<i>Single-Ply</i>				
<i>Junior (16-17)</i>				
T. Johnson	485	231	485	1202
198 lbs.				
<i>Open</i>				
M. Early	540	463	507	1510
J. Reyes	612	353	546	1510
220 lbs.				
<i>Master (45-49)</i>				
J. Wiesman	584	391	551	1527
<i>Open</i>				
B. O'Brien	584	502	656	1742
242 lbs.				
<i>Master (40-44)</i>				
K. Mitchell	805	502	711	2017
<i>Open</i>				
K. Mitchell	805	502	711	2017
275 lbs.				
<i>Master (50-54)</i>				
J. Dentice	457	391	573	1522
Powerlifting Best Lifter Raw Women: Kristen Coleman.				
Powerlifting Best Lifter Open Raw Men: Frank Nezdoba.				
Powerlifting Best Lifter Master Raw Men: Bob Lacey.				
Powerlifting Best Lifter Open Men Single-Ply: Keith Mitchell.				
Powerlifting Best Lifter Master Men Single-Ply: Keith Mitchell.				
Bench Press Best Lifter Raw Women: Jennifer Stam.				
Bench Press Best Lifter Master Men Single-Ply: Jerry Homer Sr.				
Deadlift Best Lifter Junior Men Raw: Alex Desoto.				
Deadlift Best Lifter Open Men Raw: Joel Meyer.				
Team Awards: 1st Place - Die Hard Gym, 2nd Place - Heavy Metal Gym. Meet Director & Promoter: Tim Sparkes & Tracy Garcia. Meet Scorekeeper: Steve Denison and Tracy Garcia. Bar Loading Program: Malinda Gustafson. Master Score Sheet: Tracy Garcia. Thanks to All Our Referees: Alan Aerts, International, Steve Denison, International, Tim Sparks, State, Mark Stanford, State, Tracy Garcia, State, Charles Seigh, State, John Skelton, State. Thanks to Our Spotters & Loaders: Bryan Thompson, Myron Sawyer, Adam Hayes, Sean Collins. Thanks to Our Sponsors: Steve & Shelley Denison, Alan & Bonnie Aerts, Special Thanks to Boom Athletics Design, and David Moreno for Taking Pictures.				
» <i>courtesy Alan Aerts</i>				

IBPA NW WISCONSIN BENCH PRESS

MAR 26 2011 » Menomonie, WI

BENCH		H. Solma	210*
FEMALE			
<i>Teen I</i>			
104 lbs.			
SHW			
T. Solma	240*	104-123 lbs.	115*
<i>Teen II</i>			
275 lbs.			
J. Rohrig	385*	104-123 lbs.	70*
<i>Submaster</i>			
123-132 lbs.			
A. Kunkel	85*	MALE	
<i>Master (45-49)</i>			
242 lbs.			
Q. Mack	145*		

<i>Teen II</i>		181 lbs.	
SHW		Heiderscheidt	220*
J. Johnson	—	H. Olson	—
<i>Teen II Raw</i>		242 lbs.	
165 lbs.		A. Hudson	—
T. Gardner	300*	C. Mertz	210*
<i>Novice I</i>			
132-148 lbs.			
R. Plucker	100*	K. Reynolds	405*
T. Hansen	—	L. Leohner	315
<i>Submaster Raw</i>			
146 lbs.			
S. Cameron	245*	M. Baranuk	325
148-165 lbs.			
J. Hall	100*	<i>Submaster II</i>	
165 lbs.			
B. Talmage	275*	J. Riederer	170
<i>Master I (40-44)</i>			
198 lbs.			
Nowobielski	285*	P. Walden	300*
SHW			
C. McElroy	—	<i>Master I Raw</i>	
<i>Novice I Raw</i>			
165 lbs.			
C. Groehler	230*	<i>Master II</i>	
198 lbs.			
M. Lohmann	350*	E. Hunt	—
B. Rohrig	395*	J. Johnson	—
<i>Novice II</i>			
198 lbs.			
J. Olson	375*	M. Buxrude	335*
<i>Submaster</i>			
R. Raether	—	B. Mielke	—
198 lbs.			
C. Swenstad	170*	<i>Master III</i>	
SHW			
B. Voltz	—	M. Walden	215*
<i>Submaster I</i>			
* = State Records. Venue: Anytime Fitness.			
Head Judge: Brent Mielke. Left Judge: Pat Walden. Right Judge: Mike Walden			
» <i>courtesy Brent Mielke</i>			

APA 3RD LION HEART SUNSHINE STATE

MAY 14 2011 » Clearwater, FL

Push Pull	BP	DL	TOT
FEMALE			
A. Liquori	250	—	534
<i>Submaster</i>			
J. Hientt	160	255!	320
<i>Teen (16-17)</i>			
K. Smith	110*	200!*	122
MALE			
M. Moore	440	—	620
<i>(35-39)</i>			
A. Diaz	300	—	489
<i>(40-44)</i>			
L. Betts	405*	485*	210
J. Crowell	525!	—	179
M. Guerra	345!	—	170
<i>(50-54)</i>			
D. Duncan	235	430	883
J. Zmyewski	510	—	806
G. Boldisan	425!	—	240
<i>(65-69)</i>			
C. Corey	300!	—	174
<i>(70-74)</i>			
L. Barry	360!	—	220
R. Nussear	190!	—	154
<i>Junior (20-23)</i>			
J. Pereira	295	390	838
E. Risi	315	500*	545
J. Gonzales	275*	445!*	140
R. Harper	280!	—	130
<i>Teen (13-15)</i>			
T. Gowan	145	300	572
M. Berube	235*	375!*	225
<i>Teen (16-17)</i>			
J. Mendoza	175	—	306
! = World Records. * = State Records. Best Lifter Bench: Joe Zmyewski. Best Lifter Deadlift: John Crowell. Best Lifter Push Pull: Juan Gonzales. The APA's 3rd annual			

Lion Heart Sunshine State Raw was held at Lion Heart Gym.
» *courtesy Stephen Byer*

ADAU EMMANUEL RAW POWER

FEB 9 2011 » Johnstown, PA

BENCH		S. Contakos	276
FEMALE			
148 lbs.			
<i>Open</i>			
D. Dorn	675		
C. Contakos	485		
J. Sandburg	425		
<i>Teen</i>			
M. Mash	500		
K. Weaver	335		
C. McGunigals	270		
E. Lose	250		
<i>Master</i>			
D. Lee	70		
165 lbs.			
<i>Open</i>			
C. Miller	300		
<i>Youth</i>			
B. Bytheway	120		
181 lbs.			
<i>Teen</i>			
P. Zalar	530		
D. Thompson	425		
J. McClure	365		
<i>Open</i>			
D. Chew	515		
D. Sturges	435		
242 lbs.			
<i>Teen</i>			
R. Miller	535		
L. Cramer	320		
275 lbs.			
<i>Junior</i>			
S. Dandgel	460		
<i>Open</i>			
H. Hall	300		
B. Lauder	290		
<i>Master</i>			
A. Siegel	290		
319 lbs.			
<i>Open</i>			
J. Lee	570		
SQUAT			
FEMALE			
148 lbs.			
<i>Teen</i>			
S. Koleno	110		
MALE			
148 lbs.			
<i>Youth</i>			
H. Conaway	215		
<i>Junior</i>			
J. Lee	370		
S. Dangel	315		
<i>Master</i>			
J. Abcardi	330		
<i>Teen</i>			
H. Hal	180		
319 lbs.			
<i>Master</i>			
J. Lee	355		
DEADLIFT			
FEMALE			
148 lbs.			
<i>Open</i>			
D. Chew	475		
D. Sturges	330		
<i>Teen</i>			
D. Thompson	365		
P. Zalar	350		
J. McClure	235		
K. Mellott	140		
<i>Master</i>			
D. Amoroso	300		
242 lbs.			
<i>Teen</i>			
L. Cramer	305		
275 lbs.			
<i>Junior</i>			
S. Dangel	400		
<i>Master</i>			
J. Alicardi	—		

Outstanding BP Award: Curtis Miller. Outstanding DL Award: Darren Dorn. Outstanding SQ Award: Chris Contakos. Derek Chew, Phil Zalar, Michael Mash and Jack Lee passed the drug tests performed by Redwood Toxicology Lab of Santa Rosa, CA.

» courtesy S. Contakos


**ASHTABULA YMCA BP
OCT 2 2010 » Ashtabula, OH**

BENCH	198 lbs.	
Teen	R. Jarvis	465
(By Formula)	F. White	395
J. Reeves	315	F. Dufour* 380
J. Anderson*	350	220 Lbs.
T. Dufour*	275	R. Sardella* 390
T. Cole*	165	J. Kelly 365
S. Gregori	115	242 lbs.
Masters	T. Lewitzke	435
(By Formula)	J. Anderson*	350
R. Manes*	335	H. Jackson 350
J. Kelly	475	275 lbs.
M. Miller	475	M. Bennett 455
J. Keeling	450	S. Sardella* 425
S. Ross*	445	N. Firtha 315
165 lbs.	308 lbs.	
Hernandez*	325	C. Manes* 575
S. Gregori	275	J. Keeling 450
T. Dufour*	275	S. Ross* 445
181 Lbs.	SHW	
T. Murat	445	J. Wilson 345
R. Manes*	335	L. Anderson* 315
J. Wiley*	315	

*=YMCA Members. Outstanding Lifter: Chris Manes. Most Weight Benched: Chris Manes. Most Improved: James Anderson 2009-230/2010-350. Teams: 1st-Ashtabula Bench Press, 43 pts., 2nd-Headhunter Barbell, 37 pts. This year we had 38 lifters in the event. This year's contest was one of the best since the late eighties events. We had 38 lifters competing for 35 different awards. One of the high lights of this year was James Anderson performance in the Teenage Class. James benched 350 lbs. to take second place, but with that lift he walked away with the Most Improved Award. In 2009 he benched 230 lbs. and this year benched 350. Excellent job! Two other outstanding performances were turned in by John Kelly and Tyler Murat of Wadsworth, Ohio. John came back from not competing in 2009 because of a shoulder injury to push up 475 lbs. in the master's division and Tyler powered up 445 in the 181 lb. class to take first place. Ashtabula's own Ryan Sardella improved from last year effort of 370 lbs. to a new personal best of 390 lbs. in the 220 lb. class to finish first again. This year the lifter's were treated to over \$3,000.00 in give-away's from Titan Support System, Inzer Advance Design, Elite Fitness Systems, Mueller Sports Medicine and Versa Power Gripps. Like in the past, the contestants and the audience were provided with free food and drink. There were five sponsor plaque awards given out this year, they are as follows: Titan Support Systems, Inzer Advance Design, Elite Fitness Systems, Joslin/Landis Insurance and Jump Stretch. The owner and founder of Jump Stretch, Dick Hartzell was on band to receive their award. I cannot say enough about our sponsors especially Dr. William Seeds. Once again Dr. Seeds has gone above and beyond to help us out with our event. Like I've said in the past, "we could not do this without his support". Thank you again Dr. Seeds. The Most Weight Benched and the Outstanding Lifter Awards went to Chris Manes of Ashtabula, Ohio. The Team Award went to the Ashtabula, Bench Press Team, just edging out Headhunter Barbell by the score of 43 to 37.

» courtesy Lonnie Anderson

RON FERNANDO



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Ron Fernando's *The Shield of Goliath* is being sold through *Powerlifting USA's* online shop as a courtesy to Rosie Fernando, who helped make Ron's book a reality after his unexpected passing last December. All proceeds of the sale of *The Shield of Goliath* go directly to the Fernando family.

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RESULTS

APF/AAPF ELITE/ HECKMAN BENEFIT MAR 19 2011 » Apple Valley, MN

BENCH		275 lbs.			
MALE		R. Goldstone!	705		
AAPF		Subs			
Open		SHW			
220 lbs.		Grauerholz	650		
N. Bratsch		562			
APF		Raw			
Open		SHW			
242 lbs.		Open			
D. Hanson		—			
Full Power		SQ	BP	DL	TOT
AAPF		97 lbs.			
Open		D. Hickman			
114 lbs.		248	—	—	248
Open		Shuttleworth			
123 lbs.		308	226	242	776
Open		V. Lundie			
148 lbs.		242	160	237	639
Master III		Damminga!			
165 lbs.		424	215	407	1046
Teen I		B. Lewis			
Raw		308	215	303	826
114 lbs.		Guest			
C. Lewis		—	83	204	286
165 lbs.		Open			
181 lbs.		385	253	484	1123
Teen II		D. Nelson			
198 lbs.		330	198	407	936
Junior		H. May			
358		231	391	980	
L. Groscklags		407	259	501	1167
220 lbs.		Guest			
R. Stoner		—	—	600	600
Open		K. McDaniel			
435		325	622	1382	
242 lbs.		Master I			
B. Graupman		501	248	551	1299
Push Pull		M. Hamilton			
347		617	963		
B. Hamilton		—	176	275	451
275 lbs.		Open			
D. Nalepka		501	336	528	1365
308 lbs.		Subs			
J. Ragalie		374	286	539	1200
APF		97 lbs.			
Open		D. Hickman			
132 lbs.		248	—	—	248
Open		D. Burdette			
148 lbs.		—	—	407	407
Master III		Damminga!			
181 lbs.		424	215	407	1046
Teen II		C. May			
198 lbs.		385	237	402	1024
Push Pull		J. Nguyen			
495		517	1013		
Open		J. Adkins			
749		578	672	1998	
B. Tittle		677	440	639	1756
220 lbs.		Junior			
I. Bowling		705	462	600	1767

Open		P. Balyeat	666	551	578	1795
C. Stanley		242 lbs.	Open			
D. Warren		809	545	650	2004	
T. Kemper		661	528	633	1822	
J. Ehler		1035	132	705	1872	
Master III		E. May				
275 lbs.		528	325	451	1305	
P. Stave		—	661	—	661	
Open		B. Durham				
A. Carlquist		—	—	—	—	
308 lbs.		Master II				
G. Damminga		842	—	—	842	
Open		M. Johnson!				
1002		551	776	2329		
R. Goldstone		562	705	573	1839	
SHW		Junior				
N. Boll		903	600	600	2103	
Open		C. Bjork				
Raw		165 lbs.				
Open		P. Bosko				
330		176	385	892		
Subs		P. Bosko				
330		176	385	892		
198 lbs.		Teen II				
Vorderbrugge		303	242	358	903	
Open		D. Hansen				
402		292	672	1365		
Master		Vorderbrugge				
424		264	468	1156		
242 lbs.		Master III				
M. Dempsey		402	363	517	1283	
275 lbs.		Master I				
D. Douglas		—	407	622	1029	
Master II		T. Lomen				
490		435	622	1547		
SHW		Open				
Damminga!		754	440	804	1998	
I=Best Lifters.		» courtesy Scott Nutter				

APA BATTLE OF THE IRON BARBARIANS DEC 4 2010 » McAllen, TX

BENCH		Master (40-49)			
FEMALE		G. Garza	—		
UNL		(18-19)			
220 lbs.		C. Flores	400	Submaster	
Raw		J. Fraga			
105 lbs.		242 lbs.			
Open		A. Cadena			
175		175			
MALE		Open			
165 lbs.		R. Castro			
485					
Push Pull		BP	DL	TOT	
181 lbs.		Master (50-59)			
E. Flores		80	135	215	
MALE		220 lbs.			
Master (50-59)		M. Flores			
340		480	820		
Powerlifting		SQ	BP	DL	TOT
FEMALE		105 lbs.			
Teen (16-17)		L. Cardoza			
190		95	210	495	
Teen (18-19)		A. Rocha			
275		130	285	680	

148 lbs.		Teen (13-15)			
N. Barrera		225	90	215	530
Raw		97 lbs.			
Teen (16-17)		F. Sanchez			
155		70	195	420	
UNL		Open			
S. Gonzalez		360	200	345	905
MALE		148 lbs.			
Open		M. Marquez			
475		385	455	1315	
181 lbs.		Teen (13-15)			
A. Guerra		500	240	450	1190
A. Solis		375	245	375	995
E. Canales		375	250	365	990
198 lbs.		Open			
R. Ayala		630	440	575	645
Submaster		R. Ayala			
630		440	575	1645	
242 lbs.		Teen (13-15)			
J. Rubalcava		500	275	450	1225
275 lbs.		Teen (16-17)			
J. Sanchez		475	265	425	1165
Unlimited		308 lbs.			
Junior		S. Cornell*			
700		530	500	1730	
Raw		198 lbs.			
R. Ochoa		480	320	510	1290
Open		A. Dixon			
455		260	480	1195	
220 lbs.		Open			
D. Adamson		470	320	560	1350
242 lbs.		Teen (13-15)			
A. Hussain		350	230	500	1080
275 lbs.		Junior			
M. Torres		450	300	420	1170
308 lbs.		Open			
J. Veliz		600	350	580	1530
» courtesy APA/WPA					

WEIGHTLIFTING UNLIMITED 21ST BP APR 2 2011 » Winchester, VA

BENCH		J. Self			
400		Open			
T. Burgess		380			
Master (40-49)		T. Burgess			
380					
MALE		165 lbs.			
B. Rouzer		275			
165 lbs.		Novice Raw			
S. Winfrey		330			
High School		J. Vanmeter			
200		305			
L. Adams		200			
Teen		L. Adams			
200					
Master (50-59)		L. Brown			
275					
181 lbs.		Teen Raw			
D. Thornton		275			
Open Raw		J. Swain			
350					
198 lbs.		Novice Raw			
M. Keplinger		415			
Brinkmeier		375			
Submaster Raw		M. Keplinger			
415					
Master (40-49) Raw		J. Rovey			
420					

Master (40-49) Raw S. Kuzma 480
J. Adams 315 **275+ lbs.**
Master (50-59) Raw Open Raw
R. Barley 405 D. Riggleman 365
Master (60+) Raw Novice Raw
C. Winfrey 295 J. Neal 365
Open Open
R. Robinson 640 T. Abbott 385
S. Keene 500 J. Deangelo —
Master (40-49) B. Youngers —
(50-59) R. Robinson 640 B. Carmack 370
Master (40-49) Raw
Best Lifters: Kerry Self, Matt Keplinger, Tony Burgess, Randy Robinson and Scott Kuzma. Some highlights of the meet were Kerry Self, the only female lifter, hit an easy 125 pound bench weighing 125 pounds. Brian Rouzer with a PR of 275 pounds in the 148 pound class, Jeremy Swain lifted a nice 350 pound raw bench in the 181 pound class. John Self benched 420 pounds raw in the master 40-49/198 class. Matt Keplinger benched 415 pounds raw in the 198 pound submaster class. This was Matt's first meet. In the assisted 198 pound class, Tony Burgess did 380 pounds very easy. Gary allen benched an awesome 450 pound raw "close grip" bench in the 40-49/220 class. Randy Robinson hit 640 pounds to win the 242 pound master 40-49 class while Sean Keene did a PR 500 pound assisted bench in the 242 class. WE would like to thank all of the members who helped with the meet. Also, thanks to Carl Seeker for running the head table and his awesome awards. Thanks to the judges Pete Cropp, Walk Cook and Randy Brooks. Weightlifting Unlimited is one of the oldest powerlifting gyms in the country opening in the mid-seventies and still going strong not making money just lifters! A special thanks goes out to all the sponsors. We had about 20 this year and that is awesome. Thank you *Powerlifting USA* magazine.
» courtesy Weightlifting Unlimited

SUFFOLK SPECIAL OLYMPICS MAY 21 2011 » Suffolk, VA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
148 lbs.				
Junior				
J. Thacker	132	88	193	413
198 lbs.				
Senior				
C. Burke	—	182	149	330
K. Martin	72	66	176	314
MALE				
132 lbs.				
Senior				
D. Taylor	—	44	77	121
148 lbs.				
Senior				
T. Baker	160	105	160	424
181 lbs.				
Master				
T. Woolfolk	176	88	226	490
Junior				
A. Hines	—	105	171	275
220 lbs.				
Senior				
J. Harden	154	204	319	677
242 lbs.				
Senior				
D. Inman	99	149	209	457
275 lbs.				
Senior				
B. Williams	204	198	314	716
» courtesy Rob Kelly				



SAVICKAS VS. SHAW IN THE CLASH OF THE TITANS

CLASH OF THE TITANS

SAVICKAS VS. SHAW AT THE WORLD'S STRONGEST MAN

as told to Powerlifting USA by Steve Downs, C.S.C.S. » Jason Breeze photos

In ancient Greek mythology, the Titans were a powerful race of deities who ruled the world during the legendary Golden Age. These descendants of Gaia and Uranus were eventually overthrown in the Clash of the Titans, where the younger gods led by Zeus took control of the heavens.

While the Greek gods may have faded into obscurity, the Titans of modern days are alive and well in the form of strongmen. These monstrous men with superhuman power beyond imagination still battle for world supremacy each year when they compete for the title of the World's Strongest Man.

In the modern Clash of the Titans, the two stalwarts of strength battling for domination of the world are Zydrunas "Big Z" Savickas and Brian "The Mammoth" Shaw. As a Titan of the "old school" sovereignty, Zydrunas is the most decorated strongman in history. He has ruled the sport for the past two years, including consecutive World's Strongest Man titles. Representing the upstart new breed of strongman is Shaw, a 6-foot-8 giant who lost the 2010 WSM on a tie-breaker, but then avenged his loss by defeating six-time Arnold Strongman Classic champ Big Z at the 2011 Arnold.

As the 2011 WSM looms on the horizon, the competition is shaping up to be a repeat of the 2010 event in South Africa—a two-man battle between Zydrunas and the Mammoth.

In the few months since the Arnold Strongman, Zydrunas and Shaw have both been on a collision course. The Lithuanian legend crushed all comers with victories at the MHP World Log Lift Championships, FIBO Strongman and Ice-man Challenge, plus set three Guinness World Records (car carry, farmer's walk and plane pull). Zydrunas believes the Arnold loss was an anomaly and he's ready to defend his WSM title.

But Shaw is not intimidated in the least. The Mammoth finished 2010 by capturing the WSM Super Series title for a second consecutive time. He also won the Giants Live strongman contest in the UK immediately after the Arnold. And although he hasn't competed since March, in training he has hoisted the heaviest stone in history (a monstrous 558 pounds!). Obviously, both men are at the top of their game as they prepare to do battle for the world title in September.

"Zydrunas has brought strongman to a new level of excellence," Shaw said following his Arnold victory. "He clearly is the greatest strength athlete ever."

"Brian has made me work harder than ever," countered Big Z. "He represents the future of the sport."

This is not a story of mutual admiration, however. It is instead a tale of the laser focus, explosive power and incredible strength train-

ing required by these two highly competitive athletes in a quest to push their bodies to the absolute limit of strength and performance.

For Zydrunas, the most celebrated strength athlete in history, lifting increasingly heavy poundages and objects is more than just a hobby. The Lithuanian resident operates Savickas Sport Club in Vilniaus rajonas, where he ably preaches what he practices. The 6-foot-3, 380 pounder holds a bachelor's degree and teaching certification in physical education from the Lithuanian Academy of Physical Education.

In addition to the three Guinness marks he set earlier this year, Zydrunas holds nearly 50 world records in various strength events. He also owns over 30 strongman titles, including the two World's Strongest Man, six Arnold Strongman and two Strongman Super Series victories.

Inside the gym, Zydrunas' workouts are legendary. Aside from pulling a 22,000-pound plane or carrying 330 pounds in each hand in competition, the 36-year-old has squatted 880 for three reps, has deadlifted 946 and bench presses 629 pounds.

"I train both traditional and strongman lifts every day," he says. "I do squats and other leg exercises on Monday, and then Tuesday I'll do log lift, stones and overhead dumbbell presses. Wednesday is only for cardio, and then Thursday I'll pull deadlifts along with pull-ups, curls and crunches. Fridays are for benching and triceps, plus some cardio and abs. On Saturdays when I'm not competing, I do super yoke lift, farmer's walk and tire flip. Sundays are for rest."

A longtime MHP supplement user, Zydrunas relies on a host of products to keep his strength at superhuman levels. "I drink Up Your MASS when I wake up, and then take Activite and A-Bomb with breakfast. Before my workouts I take TRAC Extreme-NO with NO-Bomb and drink Dark Matter afterward. In the evening I take Probiotic protein, Glutamine-SR and A-Bomb, then before bedtime I finish the day with Secretagogue-One and Cyclin."

Halfway around the world, in Windsor, CO, Shaw is building mind boggling power at ShawStrength gym. He also is a full-time strongman competitor and coach. The 6-foot-8, 435 pound Mammoth hits the weights four days a week, starting off with legs on Monday. He'll do safety bar squats up to 900 pounds, good mornings with up to 395 and Iso Hammer Strength single leg presses of 475 pounds for 8-12 reps. Tuesdays are reserved for press training, including military press, incline dumbbell press (with 170-pound dumbbells for 8-12 reps) and close grips with 475.

Following a day off on Wednesday, the Fort Lupton native performs a variety of deadlifts and upper back work on Thursday. His deads





SHAW

SAVICKAS

SAVICKAS & SHAW »

are legendary, with training sets in the 700–900 pound range. “One of my goals is to be the tallest man to ever pull 1,000 pounds,” he says, “because I’ve been told over and over that tall guys aren’t good deadlifters!” He also does seated cable rows of up to 500 pounds (for 8–12 reps) and frame shrugs of 20 reps using 600 pounds. Friday is another rest day.

On Saturdays, when he is not competing, the former college scholarship basketball player does various event-specific training for whatever contest is coming next. This might include log presses up to 325 pounds for reps, farmer’s walk of 350–400 pounds for up to 130 feet and Atlas stone lifts up to 500 pounds.

“My best lifts include a 946-pound standard deadlift, an axle clean and press of 451 pounds and the heaviest Atlas stone ever lifted, 558 pounds,” Shaw says matter-of-factly.

“My diet consists of 8 meals a day, including three MHP Up Your MASS shakes,” the 29-year-old continues. “I eat lots of protein via ground beef, turkey and eggs, plus plenty of carbs to keep my weight up. In addition to the Up Your MASS, I rely on Activite multi-vitamin, Releve joint formula, A-Bomb and T-Bomb. I’ll use Dark Matter after every workout and Cyclin right before bed. I believe that the addition of MHP supplements over the past two years has helped me get to the level I am, and will help

me to win the World’s Strongest Man!”

That is, of course, unless Zydrunas has anything to say about it. One thing’s for sure, the 2011 edition of the WSM is shaping up to be the fiercest head-to-head competition the event has ever seen. In their last three meetings, Big Z has two victories and Brian has one. And if their current level of training intensity and penchant for record breaking is any indication, this will truly be an epic Clash of the Titans for the ages!

For more information on Zydrunas Savickas and Brian Shaw, as well as any of the MHP products they use, log on to MHPSTRONG.com. «





TEN PROVEN TACTICS FOR ACCELERATING

FAT LOSS, MUSCLE GROWTH,

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

KNOCKING OUT COMMON NUTRITION MISCONCEPTIONS!

You work so hard in the gym, busting your butt to break a new personal record or squeeze out some more reps. Never missing sessions and sacrificing so much to get stronger. *Spending hours deciding on the next phase of training, but sticking with the same old nutrition plan from the '90s?* Nutrition is an underutilized tool for improving performance and body composition for strength athletes. Strength athletes put the body under tremendous stress and must use a customized nutrition approach to their advantage to support proper recovery. *As a strength athlete you do not have dreams of going up on stage in a Speedo, but you care about how you look. Everyone does whether they admit it or not.* However, this is not up to debate—if you are in a weight class sport—the larger your muscle engine while fitting into your weight class, the better your performance will be!

Now do you have to count every gram of food and give up some of your favorite foods forever? *No. The right plan should be intense, allowing you to reach specific goals in a short period of time. After reaching fat loss goals, in particular, it is much easier to maintain the lower level of body fat than it was to get there.* Have you ever wondered why certain nutrition “rules” become accepted as fact? Considering all of the misconceptions out there, do not be afraid to question everything. Do not believe everything you hear and do not be afraid to make strategic changes in search of faster progress. Now focus on the word “strategic”—as in the opposite of random, which is the way most trainees go about making changes.

CARBOHYDRATES ARE NOT THE ONLY SOURCE OF ENERGY FOR EXERCISE PERFORMANCE

During weight training or any form of exercise, the body will use a combination of energy sources as fuel including carbohydrates, dietary fats and even protein. Endurance athletes will use a higher percentage of energy from carbohydrate sources during endurance exercise compared to those who are strength training. *The media has led many people to believe they must have an abundance of carbohydrates to support performance, and as a result this macronutrient is often over-consumed, resulting in excess body fat accumulation and poor energy.* A trainee with

a large amount of muscle mass is unlikely to burn more than 50–75 grams of stored carbs in an hour of heavy weight training. As a result, the argument made for using sugar based sports drinks around training is not productive since these substances provide an excess of materials that are easily converted into stored fat. *Amino Loading with 100% MR and Muscle Synthesis around training and between meals provides a carb/sugar free source of high impact energy while also supporting rapid body fat loss, muscle growth and accelerated rates of recovery.*

CHANGE THE MIX OF FUEL SOURCES

The body is an amazing machine and adapts very well to using a combination of fuel sources, making the right ratios of dietary fats, protein and carbohydrate consumption very important. *Following a nutrition program change, it can take the body a couple weeks to optimize fuel source utilization, but once it does, energy levels can go through the roof.* 100% MR and Muscle Synthesis are a powerful alternative energy source that help with the transition to a lower carb nutrition plan without a loss of energy. Customizing these ratios is one of the first steps we take with new clients to support their specific goals. The process of making the right changes must include a review of the existing diet to identify stale elements just like a training routine review. *The body not only adapts quickly to training methods, but also nutrition plans making consistent change very important for improving body composition and performance.* Regarding training, there is always a specialized exercise out there that can help boost a max single rep. The hard part is finding it! The same holds true for nutrition, as the correct changes will support a huge change in lean muscle mass, fat loss, recovery and performance.

LOOK OUT FOR FOOD ALLERGIES: DO YOU NEED A GAS MASK?

Dr. Serrano noticed a terrible trend amongst patients over the years who consumed the same foods over and over. *Eating the same things daily allowed for easy nutrition record keeping and preparation. These people have GAS! Not the normal GAS, but chemical weapon type of gas that the defense department should use during conflicts.* Entering the patient rooms was terrible, especially in a confined space. Beyond wanting to help patients, Dr.

Serrano wanted to save his own consciousness from any more of these attacks. After reviewing research, consulting gastroenterologists and studying patient charts, he realized two common traits amongst these patients. They were all consuming dairy protein shakes daily and the food sources in the diets very rarely changed.

Eating the same things over and over will drive problematic food allergies. Common protein sources such as eggs, whey, casein, dairy and peanuts can be the worst offenders. *Consider when was the last time you gave up a food source for a period of time that you were accustomed to eating daily—perhaps never.* The situation is different from that kid you knew in school who was so badly allergic to peanuts that he inflated like a balloon. The symptoms are not always so obvious; they can sneak up on you over time. The most common signs are poor digestion, stomach upset, bloating, gas, runny nose, joint pains and rashes. *Allergies to dairy based protein shakes can be built very quickly since they are highly concentrated.* Encountering any of the signs above after drinking a shake or eating specific foods is a clear indication that you are wasting your money since utilization of the nutrients will be very poor.

ROTATE YOUR FOOD CHOICES TO BOOST PERFORMANCE

We found that consuming foods that set off allergies caused huge drops in performance and even asthma like symptoms for some clients. Addressing this problem is one of the quickest ways to elevate performance and improve body composition for elite athletes who have a very small margin of error between winning and losing. In some cases a blood test is needed to reveal the full scope of the allergens and these results can be used to create a meal plan free of problems.

Be sure to rotate protein sources frequently by introducing new types of foods and cooking methods. Switch up your protein shakes often and if that does not bring relief within a couple weeks, drop all dairy shakes for a month or two. *A great alternative to dairy based proteins is the Get Lean Protein which includes a combination of easily digestible proteins and special fiber to help boost utilization rates.* Get Lean is more than just a great tasting protein powder as the Colostrum and Glycine within make it a very powerful tool for improving body composition, recovery and

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RECOVERY & PERFORMANCE

THAT YOU NEVER THOUGHT OF!

performance.

An important step with all of our consultation clients is to eliminate the most common food allergy sources for a period of time and then re-introduce them in a strategic manner after the body has had a break for 4 to 6 weeks. The problem may not be the food itself, but just over-consumption. There are certain situations where allergies are so bad that some foods must be avoided forever. Analyzing the current diet and the timing of symptoms is very important for identifying the food items causing the biggest problems. *The body is able to make the greatest rates of improvement when the fewest digestive and metabolic distractions are present.*

ELIMINATE THE CAUSES OF STUBBORN BODY FAT ACCUMULATION AND GET RID OF IT FOREVER!

Two powerful sources for rapid body fat storage are sugar and trans fats. *Unfortunately, these two ingredients are often combined*

together in tasty packaged goods; delivering a double whammy to your mid section, love handles and buttocks. While sugar is very easily converted into stored fat, trans fats screw up the fat cell function making it very difficult to get rid of accumulated body fat. Keep in mind that trans fats were designed to extend shelf life, and as a result they stick around in the fat cells indefinitely unless they are forced out. *Damaging the fat cell function by introducing these foreign items makes them constantly want to store fat and drive hunger.* Throw in the hormonal consequences to making bad food choices such as elevated insulin and it is easy for the body to build up body fat very quickly.

BURN STUBBORN FAT AND PREVENT IT FROM EVER COMING BACK!

Solutions: If you are going to eat chocolate, cakes, cookies, etc. periodically that is okay, but make sure they are an organic variety. Avoid fried foods like the plague as they are an enemy to any physique, specifically by expanding the

capacity to store ugly body fat. *Be sure to consume Alpha Omega M 3 daily as the unique combination of ingredients Dr. Serrano assembled helps fat cells to purge out stored junk including trans fats to restore optimal fat burning functions.* We cannot get rid of fat cells once they are created. However, collectively shrinking down their size is how we lose body fat. *Satisfying the cells with the correct ratios of ingredients within the Alpha Omega make fat cells less likely to store body fat in the future even when the diet is less than perfect.* Use a higher dosage on days when you are consuming more sugar than usual as this will help to prevent body fat accumulation through several pathways. «

Email Scott@infinityfitness.com or call (614) 868-7521 to discuss your situation and goals 7 days per week. Ask for the "Fat Cell Cleansing" and "Belly Fat Slashing" 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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#109

We heard some pretty strong dinosaurs roaring last month at Big Al's Dino Gym in Kansas. From guns and cabers, to coffins and strongmen, Big Al had it all! For this month, I promised to feature a gym owned by a famous lifter. I can tell you one thing for sure, this gym owner is way prettier than Big Al. Hold that thought for a moment.

THINKING INSIDE or OUTSIDE of THE BOX? We've had a few new employees at HOUSE OF PAIN, and some were eager to change the world. They had clearly been schooled to 'think outside the box,' and they have several new (and often crazy) ideas every day. Instead of working, they stand still and talk about new and different things we could do. It is easy to think of bold and impractical ideas if you ignore financial and market realities—brand new employees seldom know enough to suggest strategic changes. Our new employees had a LOT of suggestions on ways to reinvent the HOP wheel. Some of these new employees had so many new ideas, that they had a hard time learning to do their basic jobs at HOP, so they have been fired. The remaining HOP employees have been instructed to THINK INSIDE THE BOX, until you have mastered the basic box.

Many lifters get so caught up in revolutionary new ideas about training, that they overlook the basic fundamentals of heavy lifting. I was excited to meet Matt Gary because he seems to understand the importance of lifting fundamentals. Matt hangs out with a few stone-cold-lunatics—his Olympic lifters squat almost every day—but as far as I can tell, he still has a good grasp on the basics. Matt and his wife have a really cool gym in MD, called Supreme Sports Performance & Training, Inc. It turns out that Matt is pretty strong, and I think most of you will know his wife (she is very strong). We'll get to his wife in a minute, but here is how our Q & A session began.

Hey, Matt. Your gym looks pretty cool, and I see that we've read some of the same books. I like the SSPT focus on fundamentals, and I've been long-impressed by your wife's lifting prowess. I just have a few Q's about you and the gym:

What are your PRs? What federations have you competed in?

Thanks Rick! My PRs are: SQ: 584 lb. (265 kg.); BP: 385 lb. (175 kg.); DL: 639 lb. (290 kg.).

All of my lifting was done at 220 pounds (100 kg.). I competed in the USPF back in the mid-1990s, and the USAPL ever since.

SSPT: SUPREME SPORTS PERFORMANCE & TRAINING

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

Congrats on those numbers. I wish I could DL 639! I'm glad to hear that you are such an accomplished lifter. What are your wife's PRs? In what federations?

Geared PRs (at 114 lb./52 kg.):

- SQ: 380 lb. (172.5 kg.) Masters World Record (MWR!)
- BP: 226 lb. (102.5 kg.) MWR!
- DL: 369 lb. (167.5 kg.)
- TOT: 964.5 lb. (437.5 kg.) MWR!

Raw PRs (at 114 lb.; some from the 2011 Arnold Classic):

- SQ: 308 lb. (140 kg.)
- BP: 176 lb. (80 kg.)
- DL: 330 lb. (150 kg.)
- TOT: 815 lb. (370 kg.)

All of her lifts performed in the USAPL and/or IPF. She is a 15-time national champion (ADFPA, USPF, USAPL)—see end of article update on #16. She is a 2-time IPF world champion (Open worlds in 2003, Masters worlds in 2009). She has competed in two IWGA World Games (2001 in Japan, 2009 in Taiwan). (Readers: who is this female gym-owner? RB)

Matt, I wonder if the PL USA readers recognize your wife yet? I know the numbers will be obvious to anyone familiar with the USAPL 114s. Speaking of lesser known SSPT Trainers, I saw that Manuel is also listed as a trainer at Supreme Sport. What can you tell me about his lifting (or his PRs)?

Manuel PRs at 85 kg. bodyweight:

- Snatch: 120 kg.
- Clean and Jerk: 145 kg.
- Squat: 200 kg.
- Front Squat: 175 kg.

Manuel is an Olympic lifter, so his training consists of the snatch, clean and jerk, back squat and front squat. He typically does one assistance lift after that for either aesthetic purposes or to get stronger in a certain position of his lifts. His classical lifts are almost always singles while his squats are singles or doubles. (Wait, what? His squats are all singles or doubles? That's crazy talk! RB)

We are fortunate to have Manuel at SSPT. He's a true student of the game and an expert coach. His thoroughness and attention to detail are unmatched. Manuel has also trained with and been coached by the legendary Bulgarian WL coach, Ivan Abadjiev.

From Manuel: I love to teach, so I take a teaching approach to coaching by explaining how to do something and why it's being done in this particular way. Additionally, I'll



Multi-time USA World Team head coach Matt Gary espouses intense raw training to serve as the foundation for building strength (SSPT photos)

let athletes know of various myths and why they are invalid, or make them aware of other approaches that may be valid. As the athlete progresses or does something correct, I'll ask them for feedback and for them to describe what they felt (and I explain why they feel that way). This allows an athlete to walk away feeling sure of their program, and more aware of their progress.

Matt, please name one or two powerlifters who have trained at SSPT, and tell us something about them or a personal story.

My wife, Sioux-z (Hartwig-Gary), is the highest profile powerlifter we have had train at SSPT. Captain Kirk Karwoski has been recently training with us once per week. Dave Ricks and Ellen Stein (my pupil) have stopped by and trained with us. Tony Harris is a regular visitor when his military duties bring him out this way. Masters World OL Champion, Masters World PL Champion, and Women's PL Hall of Fame member Linda Jo Belsito trains with us occasionally.

What crazy injuries have strongmen suffered

through at your gym? Seriously, can you tell me anything interesting about these wild men?

Fortunately, there haven't been any major injuries to the guys at SSPT who train for strongman other than torn up hands, back strains, hamstring pulls, and other typical heavy lifting injuries. Torn biceps from tire flipping and blown out knees from carrying the yoke have been reported, but have never happened at our facility. Those have occurred off-site and we're thankful for that.

No gym owner needs more lawsuits or injuries on their insurance. Hah! I read your (online) article on powerlifting meet attempt selection, and it so closely mirrored my thoughts that I thought I was reading an old article I had written. Well written; I agree 100%. Thank you!

Your article on periodization was also good, although perhaps less practical. But esoteric articles allow room for introspection! You are obviously capable of making interesting and poignant statements. What would you like to



say in the article?

Though, in person, I'm rather introverted and tend to be a man of few words, there's a lot I'd like to say, actually.

Unfortunately, the fitness industry is trendy. American society is saturated with gyms and it's all about the next, best, coolest, newest thing. Supreme Sports Performance & Training, Inc. (SSPT) was founded on the belief that people want substance over aesthetics. Most trainees want to achieve performance-related results and true strength (fitness) rather than merely the appearance of strength.

They want to obtain results without all the distractions and fluff. So we went back to basics and equipped SSPT with the right tools—the stuff that works. Free weights and lots of them! We are minimalists at heart. The fact remains that if you want to get strong and change your body, you have to lift heavy weights. Period. *(THINKING INSIDE THE BOX! I love it! Preach it brother! RB)*

In addition to our top-shelf equipment (DHS, Eleiko, EliteFTS, ER, Ivanko, Werksan), our coaching staff is unparalleled in this geographic region. Our coaches are experts in free weights, including all forms of strength training, Olympic lifting (weightlifting), and powerlifting. All of our coaches actually squat.

The squat has been, is, and always will be the king of all strength training exercises. By far, the most popular strength movement at SSPT is the back squat. On any given day, you can come train here and see most of the gym squatting. Squatting is like water to us. It's our lifeblood and an absolute necessity. Every single athlete, general population trainee, or lifter

that comes through these doors is expected to squat. If they don't know how, they'll be taught. If they're not physically able to perform a traditional back squat with a barbell, we'll quickly find a way they can perform some version of a loaded squat. I don't know of one person at SSPT that only squats once per week and we have some of our OL that squat up to six times weekly. *(Whoa; six times a week? RB)*

Squatting is a skill and if you want to get good at a skill, it must be practiced (trained) often. The only way skill acquisition can take place is by training that skill as frequently as possible. Obviously, there are a myriad of variables that factor into one's individual training frequency. But suffice it to say, frequency can be regulated rather easily by manipulating volume and intensity. The squats drive everything else; master the squat, and the other lifts will follow.

Master what is inside the box, before you think outside the box. Got it. You've obviously spent some time studying and thinking about these things. Which of the training books (listed on your gym website) is your favorite? Why?

Frankly, the texts listed on the website are my short list. I like them all, but for different reasons.

Starting Strength as well as *Practical Programming for Strength Training* by Mark Rippeoe and Lon Kilgore, are both excellent texts for novices. These two books provide beginners with a starting point and a basic understanding of how to set up their training schedule.

For coaches and experts... wow, that's a tough one to narrow down. *Science and Practice of Strength Training* by Vladimir M.

Zatsiorsky; *Secrets of Russian Sports Fitness and Training* by Dr. Michael Yessis, Ph.D.; *Periodization: Theory and Methodology of Training*, 4th edition by Tudor O. Bompa, Ph.D.; *Supertraining* by Dr. Mel Siff and Yuri Verkoshansky. These four are all superb reference texts for advanced lifters. No coach would be able to sit down, read it all the way through, and digest it. I frequently refer back to them a chapter or a piece at a time. Also, *The Weightlifting Encyclopedia* by Arthur Drechsler—this is the most comprehensive text I've ever seen on Olympic weightlifting.

As you can see, I have an affinity for the Russians. Most of their methodology is light-years beyond that of the western world. While they have fewer resources, they continually produce the finest strength athletes in the world. On the surface, their training might appear quite complex, but when you boil it all down, it's rather simple. If you want to get good at something, practice (train) it very often.

Obviously, Sioux-Z is a beast and if I were writing the article, I'd feature the facility and her. My numbers aren't all that impressive; I'm much more proud of my coaching exploits and those I've helped achieve. Sorry if I don't have any better stories or anecdotes. I know we seem pretty boring and straight-laced, but this stuff isn't that complicated. Train hard and train consistently. Good things usually follow.

Matt, first of all, no one who squats six times a week is boring. You may call this basic, but I call it crazy. Even if it is basic, basic isn't always bad. Because I naturally gravitate towards the extremes, I often overlook good



Sioux-z Hartwig-Gary was inducted into the USAPL Women's Hall of Fame at this year's USAPL Women's Nationals, where she won her 16th national title

things that are mainstream or basic. Much like the guys we fired at HOP, I often forget to look INSIDE the box. There is nothing boring about the results from SSPT, and although you are correct that Sioux-Z is a beast, your numbers are also quite credible! It has been a refreshing change to hear about a basic gym, with hardcore results!

UPDATE: As further icing on the cake, after the above info was gathered, Sioux-Z won her 16th national title and was also inducted into the USAPL Women's Powerlifting Hall of Fame!

**Supreme Sports Performance
& Training, Inc. (SSPT)
12054 Parklawn Drive
Rockville, MD 20852-1802**

**Matt Gary and Sioux-Z Hartwig-Gary:
301.231.SSPT (7778)
www.SupremeSportsPT.com**

Readers, if you live in Maryland, you know you are in a pretty small state. Gang up for power! You gotta support the hardcore gyms in your home state! Plug the Rockville address in your GPS and go squat a few days in a row with the Olympic Lifters! Then tell me how it went. I'm squatting tomorrow morning, but nothing could make me SQ several days in a row!

Next month, we'll get an update on a bear of a lifter who is overcoming some difficult health issues. And of course, we'll visit another gym!

Where do you train? Let me know at rick@houseofpain.com. ☪



RESULTS

SPF CA STATE

MAY 15 2011 » Sacramento, CA

BENCH		J. Laija		650
FEMALE		SHW		
SHW		T. Shull		722
Raw		Single-Ply		
S. Comstock		198 lbs.		
MALE		R. Spencer		375
Multi-Ply		SHW		
242 lbs.		D. Schultz		—
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Single-Ply				
165 lbs.				
J. Watts	303	243	386	931
B. Anolin	298	204	369	871
T. Getty	292	187	281	761
SHW				
M. Pera	325	209	402	937
Light Raw				
165 lbs.				
N. Sariah	303	132	413	849
C. Dimitruk	237	121	259	617
MALE				
Multi-Ply				
198 lbs.				
G. Buffington	777	513	573	1863
R. Slota	243	237	276	755
242 lbs.				
J. Burdick	716	540	744	2001
D. Bafus	722	452	601	1775
Heavy Raw				
SHW				
S. Efferding	854	606	766	2227
D. Speed	535	441	650	1626
B. Cikana	623	386	612	1620
B. Alex	612	435	557	1604
Midwt. Raw				
242 lbs.				
Zundelevich	502	441	612	1554
K. Eaton	551	364	601	1516
C. Garner	457	331	601	1389
A. Corlett	496	298	551	1345
A. Avalos Jr.	441	265	623	1328
B. Barber	358	265	441	1064

J. Nunes	336	292	408	1036
D. Green	678	413	—	1091
Light Raw				
198 lbs.				
H. Richmond	502	353	606	1461
M. Dimitruk	430	248	457	1135
» courtesy Cara Westin				

PAP MEMORIAL DAY

MAY 28 2011 » Bluefield, WV

BENCH		S. Bowling		350
FEMALE		D. Cox		350
123 lbs.		Open		
K. White	120	M. Obenchain	315	
148 lbs.		Submaster		
A. Presley	125	C. Clark	335	
MALE		275 lbs.		
148 lbs.		Masters		
Teen		H. Moore		355
Open		B. Stephens		405
K. Stapleton	160	M. Horton	450	
165 lbs.		Submaster		
McReynolds	325	D. Stinson	325	
181 lbs.		Teen		
I. Gibson	170	J. Proffitt	230	
Junior		308 lbs.		
J. Palmer	320	A. Gebhardt	—	
A. Horton	275	220 lbs.		
Teen		D. Taylor		507
J. Shrewsbury	280	369		485
J. Williams	235	485		1361
220 lbs.		Raw		
Masters		105 lbs.		
J. Johnson	355	Youth		
Submaster		E. Fasnacht		132
Picklesimer	315	148 lbs.		115
242 lbs.		Teen		181
Church		148 lbs.		429
R. Ramsey	340	Teen		
Masters		K. Keller		148
S. Steele	535	110		314
Open		573		573
Junior		165 lbs.		
J. Palmer	505	Masters		
Open		M. Cagliola		424
Open		D. Beatty		286
Open		203		440
Open		931		931

220 lbs.		B. Staten		550
Open		Open		
Picklesimer	535	B. Stephens		500
242 lbs.		Submaster		
Masters		M. Horton		570
K. Spencer	750	D. Stinson		425
Open		308 lbs.		
Teen		D. Farmer		495
Submaster		SHW		
C. Clark	565	Submaster		
275 lbs.		K. Clark		525
Church		Total Pounds Lifted by All: 13,930.		
Total Pounds Lifted by All: 13,930.		» courtesy Donnie from Pure Athletic Power		

USAPL GARAGE INK QUALIFIER

MAY 28 2011 » Brogue, PA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Raw				
148 lbs.				
Open				
P. Maizels	297	121	308	727
MALE				
148 lbs.				
A. Kang	462	55	462	980
181 lbs.				
A. Gebhardt	—	—	501	501
220 lbs.				
D. Taylor	507	369	485	1361
Raw				
105 lbs.				
Youth				
E. Fasnacht	132	115	181	429
148 lbs.				
Teen				
K. Keller	148	110	314	573
165 lbs.				
Masters				
M. Cagliola	424	341	490	1255
D. Beatty	286	203	440	931

Masters		B. Garman		170
220 lbs.		181		308
Teen		661		
A. Carter		330		242
242 lbs.		440		1012
Junior		B. Boulden		501
B. Boulden		314		132
Open		947		
H. Derr		440		303
407		1150		
Teen		P. Hubbard		402
275 lbs.		242		396
Masters		1040		
B. Dayhoff		402		242
Open		501		1145
S. Yard		639		440
700		1779		
R. Gill		534		402
1492		556		1492
Venue: Vision Fitness.				
» courtesy Niko Hulslander				

SPRING TUNE-UP

MAY 29 2011 » Wyoming, MI

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Masters				
181 lbs.				
L. Boshoven	505	250	500	1255
MALE				
Teen Raw				
181 lbs.				
S. King	455	200	430	1085
Junior Raw				
198 lbs.				
J. Handrinos	—	325	500	825
Master Raw				
181 lbs.				
J. Smoker	—	280	—	280
220 lbs.				
M. King	435	225	560	1220
T. Sheehan	—	360	—	360
308 lbs.				
R. Handrinos	—	500	—	500
Master				



Some of the Orlando Barbell Team who helped make yet another one of our meets a success. From left to right: Dale Lance, Brian Tincher, Greg Godwin, John Land, Daniel Tinajero, Greg Norris, Trinity, the inquisitive Brett Brown, Brian Schwab, Toby Cobaugh, Sam Wahnish, John Hallman, Joe Rawlings, Jo Jordan, Nelson Cuadras, Dave Luce, and Felicia Cobaugh. Some of the people who helped who are missing from the picture are: Elizabeth Lessmann, Linda Dietz, Melanie Flesh, Mitch McMahon, Rich Gregg, Ronnie Paras, Steve Wahl, and Tom Walyus. (Brian Schwab photo)

220 lbs.
T. Sheehan 615 360 415 1390
Stephen King had a great raw meet with personal records across the board. Mike King was very close with a third attempt raw 590-pound deadlift. Randy and John Handrinis both lifted very strong raw as did Jon Smoker and Tim Sheehan on bench. Tim Sheehan very nearly completed a 705-pound squat before putting a couple ribs out and racking it. Lynne Boshoven used this meet as a warm-up after recovering from a groin pull. Thank you to all who participated and thanks to Jon Smoker for our beautiful awards.
» *courtesy Lynne Boshoven*

**APF/AAPF FLORIDA/
ORLANDO BARBELL**
FEB 19 2011 » Orlando, FL

BENCH		MALE			
APF		165 lbs.			
MALE		Masters (40-44)			
275 lbs.		P. O'Grady 455			
J. Hoskinson 770		242 lbs.			
DEADLIFT		Masters (45-49)			
APF		J. Sevior 505			
Push Pull		BP	DL	TOT	
APF		FEMALE			
Raw		148 lbs.			
Open Raw		C. Hoskinson 165 300 465			
MALE		148 lbs.			
Submasters		S. O'Grady 325 450 775			
198 lbs.		Junior			
M. Graham 500 565 1065		308 lbs.			
Open		V. Urbank 500 840 1340			
Raw		198 lbs.			
Open Raw		J. Grayauskie 280 485 765			
AAPF		MALE			
198 lbs.		Teen (16-17)			
S. Goldstein 400 600 1000		Raw			
SHW		Open Raw			
D. Reeves 320 430 750		Powerlifting			
SQ	BP	DL	TOT		
FEMALE		APF			
123 lbs.		Junior			
S. Bodenbender 320 130 235 685		148 lbs.			
Masters (50-54)		M. Quinn 180 130 225 535			
181 lbs.		Open			
A. Vanderbush 500 205 250 955		Raw			
132 lbs.		Open			
A. Garcia 205 135 250 590		AAPF			
Raw		165 lbs.			
Open		C. Matsumura 240 140 340 720			
MALE		APF			
165 lbs.		Open			
R. Fiol 460 365 425 1250		198 lbs.			
Open		G. Zinkan 550 405 455 1410			
Submasters		B. Alapa 650 405 565 1620			
220 lbs.		Open			
A. Driggers 905 135 700 1740		242 lbs.			
Masters (40-44)		R. Lawrence 700 560 540 1800			
Open		G. Naspinski 825 565 630 2020			
S. Knowles 800 405 550 1755		Submasters			
S. Knowles 800 405 550 1755		I. Hanley 575 440 575 1590			
275 lbs.		Masters (50-54)			
L. Grant 725 505 575 1805		Open			
B. Underwood 605 450 575 1630		308 lbs.			
Masters (50-54)		H. Rivera 775 450 550 1775			
Raw		123 lbs.			
Teen (18-19)		T. Reales 255 135 300 690			
148 lbs.		Masters (50-54)			
F. Reales 320 205 345 870		165 lbs.			
Masters (60-64)		A. Annunziato 325 255 475 1055			
181 lbs.		Open			
L. Rotondi 340 265 455 1060		198 lbs.			
Open		J. Grayauskie 375 280 485 1140			
Teen (13-15)		D. Masters 340 225 425 990			
220 lbs.		Masters (40-44)			
G. Prince 615 370 615 1600		Masters (50-54)			
B. Beekley 470 300 530 1300		Teen (13-15)			
R. Chambers 285 200 340 825		AAPF			
198 lbs.		Open			
B. Alapa 650 405 565 1620		Raw			
165 lbs.		Teen (16-17)			
E. Slabaugh 300 225 360 885		181 lbs.			
M-AAT3		A. Ritter 545 — — 545			
Teen (13-15)		J. Sundey 370 230 415 1015			
198 lbs.		Teen (13-15)			
D. Masters 340 225 425 990		220 lbs.			
Teen (16-17)		K. Thurn 400 265 425 1090			
Teen (18-19)		J. Lauther 400 260 565 1225			
Master I		K. Price 650 — — 650			
Open		C. Smith — 810 725 1535			
Teen (16-17)		J. Graham 350 275 450 1075			
275 lbs.		Masters (40-44)			
T. Burns 520 320 525 1365		Open			
G. Staruk — — — —		SHW			
Masters (45-50)		B. Moore 700 550 780 2030			

When people ask me what it takes to run a meet, I always say that the most important aspect is people. People who are willing to work hard just to support Powerlifting and our gym. I'm thankful to have such a group at Orlando Barbell. Thanks again everyone. Thank you also to Al Reiss for his continued help in sponsoring our events and to Elite for providing the giveaways. Thank you to Tom Bodenbender of Tampa Barbell for always being a big help in bringing his monolift and other equipment. Thanks to OBB's own John Land for providing us with his monolift as well. Thanks to Tommy Fannon and Greg Jurkowski for judging. Congratulations and thank you to all of the competitors as well. We normally hold our events at the Universal Studios DoubleTree Hotel where we had the meet prep down to a science, but they more than doubled the prices on us. This time we had to find a new venue which was the UCF Holiday Inn. Everything actually worked out great. It's much closer to our gym so moving the equipment was much more convenient. We had more people helping than ever before so everything ran even smoother than usual. We even had some of the Tilted Kilt girls stop by to promote the after party. We had 46 competitors and over 100 spectators. Here are some of the highlights: Newcomer to TBB, Gabe Naspinski won best lifter going 825-565-630 for 2020 in the Open 242s. The toughest competitor award definitely goes to Ann Vanderbush who squatted a huge 500, had a knee injury on her next attempt, but still went on to finish the meet with a 205 bench, and 250 deadlift for a 955 total at 181 and best lifter. I hope it wasn't too severe and that she's healing up well. Best Male Raw Lifter went to big Beau Moore who went 700-550-780 for 2030 at SHW. Best Female Raw Lifter went to Carol Matsumura who went 240-140-340 for a 720 total at a bodyweight of 151. Best Male Bench only went to Jim Hoskinson who put up 770 after dropping to 275. Best Male Deadlift only went to one of our loyal competitors, Pat O'Grady who pulled 455 at 160 bwt. Best Male Ironman went to massive Vince Urbank who benched 500 raw and pulled 840 with a hook grip at a bodyweight of 298. Best Female Ironman went to Cori Hoskinson who benched 165 and pulled 300 raw in her first meet. Elite's own Adam Driggers took a grand for a ride but didn't quite have it. He went on to finish the day with a hard fought 700 PR pull. Most importantly, I treated him with courtesy and respect. New Elite Team member, Clint Smith, wasn't able to get a squat in but hit a big PR 810 bench and went on to pull 725. I'll try to get all of the meet results posted in the next couple days and will post pictures over the next few weeks. Thanks again everyone!
» *courtesy Brian J. Schwab*

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RESULTS



Rhea Fowler focuses on her deadlift (CPU photos)

CPU NATIONALS

APR 7 2011 » Charlottetown, PEI

Powerlifting

FEMALE

94 lbs.

Sub-Junior R. MacPhee 154 77 198 429

104 lbs.

Master I O. Michaud 187 77 275 539

Open

J. Bainbridge 242 166 319 728

114 lbs.

Master I J. Major 253 154 303 710

L. Schuler 242 165 242 650

Master II

J. Sandu 248 138 330 716

S. Thomson 226 165 259 650

G. Bartel 132 94 209 435

Open

T. Boyle 319 171 308 798

A. Facendi 286 183 292 761

126 lbs.

Junior S. Porzuczek 275 121 314 710

A. Wriaht 204 105 260 568

Master I

H. Ayles 341 187 374 903

T. Allen 215 132 303 650

H. Wright 215 105 237 556

Master II

J. Warne 259 149 253 661

Open

M. Rafferty 314 176 352 842

S. Pellerin 308 176 308 793

M. Bryanton 286 176 286 749

S. Simmons 204 83 264 551

Sub-Junior

E. Ayles 154 83 237 473

138 lbs.

Junior J. Payne 293 94 231 618

Master I

J. Watkin 308 165 336 809

Master II

R. Heaslip 319 187 352 859

J. Lessard 259 149 259 666

Master III

C. Brady 209 138 209 556

Open

M. Kaczor 336 193 358 886

S. Szuch 330 165 347 842

N. Dunn 231 132 286 650

Sub-Junior

N. Leslie 198 94 264 556

158 lbs.

Master I K. Dennis 352 215 308 875

L. Niah 325 — — 325

Open

S. Leighton 424 270 374 1068

D. Miranda 264 160 341 765

C. Bradley 182 132 330 644

Sub-Junior

R. Chapman 209 117 275 601

185 lbs.

Junior R. Fowler 495 308 407 1211

E. Quinn 275 171 358 804

Master II

U. Kruaer 352 165 363 881

Master III

S. Haywood 209 160 242 611

185+ lbs.

Master III M. Lupton 220 — — 220

Open

P. Windrum 330 171 330 831

MALE

130 lbs

Open S. Earl 396 231 446 1073

Sub-Junior

McCormack 297 154 319 771

C. Ford 231 143 308 683

145 lbs.

Junior

S. Price 523 242 451 1217

C. Balaberda 584 297 286 1167

Master II

R. Talon 407 292 418 1118

Open

J. Rheame 551 402 528 1481

Sub-Junior

J. Smith 407 220 501 1129

163 lbs.

Junior J. Miller 606 451 606 1663

T. Granville 539 358 501 1398

Van Schyndel 479 341 435 1255

Master I

L. Noppers 534 330 473 1338

J. McKittrick 418 303 462 1184

D. Francis 413 325 435 1173

F. Cazes 385 242 440 1068

Master II

F. Nadeau 462 374 440 1277

W. Urban 473 270 495 1239

Master III

G. Moore 440 308 440 1189

Open

J. Stephen 539 325 584 1448

A. Bainbridge 479 336 622 1437

M. Ford 501 286 528 1316

Sub-Junior

S. Penney 473 325 490 1288

B. Williamson 484 220 528 1233

183 lbs.

Junior B. MacDonald 600 369 639 1607

J. Wood 517 341 622 1481

T. Pocsik 446 286 539 1272

B. Whitworth 473 319 446 1239

J. MacDonald 380 237 501 1118

C. Sinclair 385 303 424 1112

Master I

J. Becker 617 413 650 1679

H. Leuna 562 380 573 1514

S. D'Angelo 506 347 551 1404

A. Bryant 517 385 473 1376

Master II

J. Marentette 539 385 573 1497

G. Cormier 556 385 551 1492

S. Goss 418 275 451 1145

B. Hindley 551 — — 551

Master III

R. Delaney 451 308 567 1327

Master IV

L. Lam 325 198 418 941

Open

T. Kean 639 440 595 1674

C. Grandy 589 429 567 1585

E. Dunn 617 363 606 1585

B. Antoniow 473 468 440 1382

Sub-Junior

J. Gallant 495 226 534 1255

S. Gasparo 429 303 457 1189

MacDonald 451 248 451 1151

T. Campbell 446 275 429 1151

K. Rice 402 226 506 1134

W. John 352 259 451 1062

N. McQuarrie 314 204 402 919

A. Fitzpatrick 270 171 479 919

205 lbs.

Junior

R. Rowsell 650 462 617 1729

A. Burden 606 314 617 1536

K. Cudmore 600 380 551 1530

K. Fischer 562 418 534 1514

J. Stewart 628 165 661 1453

S. Martin 473 369 446 1288

J. Nolan 468 319 451 1239

K. Huaet 440 292 501 1233

R. Truchon 429 341 418 1189

Master I

J. Butt 644 517 639 1800

D. Walters 644 534 606 1784

P. Gidney 556 391 633 1580

B. McGowan 462 374 528 1365

G. Platsko 435 374 528 1338

Master II

C. Dallaire 589 336 639 1563

J. Fraser 484 352 506 1343

D. Cormier 562 330 330 1222

C. Robb 462 220 391 1073

Master III

F. Williams 446 237 501 1184

L. Greenidae 462 — — 462

Master IV

J. Taylor 402 270 402 1073

Open

P. McDonald 661 396 611 1668

A. Zittle 644 473 528 1646

B. Ward 573 402 628 1602

J. Lachance 539 402 611 1552

J. Lovell 600 352 600 1552

M. Mackay 556 369 584 1508

J. Mosher 506 418 551 1475

J. Jamison 573 330 551 1453

B. Summers

— — — —

Sub-Junior

M. Rice 528 248 501 1277

C. Wallace 473 259 539 1272

J. Atwood 385 286 495 1167

231 lbs.

Junior

MacDonald 705 534 738 1976

L. Fontaine 528 440 573 1541

J. Lundgren 501 319 495 1316

Master I

S. McKenzie 705 468 650 1822

J. Oliveira 666 451 595 1712

D. Miller 578 391 562 1530

Master II

S. Chomitz 517 440 539 1497

P. Francis 512 369 523 1404

B. Rock 451 457 495 1404

L. LeBlanc 501 275 479 1255

Master III

P. Hartwick 655 347 501 1503

M. Koprnicky 440 352 451 1244

Open

J. MacDonald 727 512 694 1932

J. Richard 650 528 694 1872

L. Tetreault 606 391 551 1547

P. Vickery	584	—	—	584
<i>Sub-Junior</i>				
D. Benoit	545	319	490	1354
T. Ramsay	517	303	523	1343
McCormack	473	220	534	1228
264 lbs.				
<i>Junior</i>				
A. Cameron	699	484	578	1762
N. Conway	528	352	600	1481
<i>Master I</i>				
M. Giffin	628	512	606	1745
S. Campbell	622	418	633	1674
B. George	650	385	628	1663
<i>Master II</i>				
R. Strona	595	462	683	1740
<i>Open</i>				
S. Maastrale	683	528	683	1894
J. Bartlett	672	429	639	1740
R. Stinn	385	512	639	1536
<i>Sub-Junior</i>				
M. Dehmel	501	204	424	1129
264+ lbs.				
<i>Junior</i>				
C. Farquhar	539	402	562	1503
<i>Master I</i>				
A. Block	688	534	694	1916
F. Rousseau	716	539	628	1883
<i>Master II</i>				
K. Suutari	584	495	661	1740
B. Hawwood	595	391	517	1503
M. Knott	484	440	385	1310
<i>Open</i>				
R. Fowler	716	534	650	1899
C. Samms	705	551	606	1861
A. Mardell	—	—	—	—
<i>Sub-Junior</i>				
MacDonald	352	352	484	1189

» courtesy CPU



John MacDonald musters all of his strength for a big squat

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Participants in the USPF Region 7 Championships in Tombstone, Arizona (Danni Eldridge photo)

USPF ARIZONA REGION 7

MAR 26 2011 » Tombstone, AZ

BENCH	<i>Open</i>			
FEMALE	148 lbs.			
<i>Junior (20-23)</i>	J. Stam	178		324
148 lbs.	198 lbs.			
<i>Open</i>	J. Stam	176		328
148 lbs.	MALE			
<i>Open</i>	<i>Submasters (35-39)</i>			
198 lbs.	198 lbs.			
N. Grasse	J. Honeycutt	—	289	
<i>Master (40-44)</i>	<i>Masters (40-44)</i>			
165 lbs.	220 lbs.			
R. Chavez	T. Sparkes	188	408	
<i>Masters (55-59)</i>	275 lbs.			
181 lbs.	R. Garcia	226	512	
J. Allen	<i>Masters (55-59)</i>			
220 lbs.	B. Sands	210	356	
B. Sands	<i>Open</i>			
<i>Masters (75-79)</i>	198 lbs.			
Gourley, Jr.	N. Grasse	409	259	
DEADLIFT	220 lbs.			
<i>Submasters (35-39)</i>	T. Sparkes	269	396	
148 lbs.	242 lbs.			
T. Garcia	R. Schleder		359	
Powerlifting	SQ			
FEMALE	BP			
<i>Junior (20-23)</i>	DL			
148 lbs.	TOT			
J. Stam	—	171	314	484
<i>Open</i>				
148 lbs.				
V. Yarbrough	303	182	330	815
J. Stam	—	171	314	484
198 lbs.				
K. Coleman	—	—	336	336
MALE				
<i>Junior (20-23)</i>				
123 lbs.				
C. Stirling	149	83	204	435
132 lbs.				
L. Gneck	143	99	226	468
148 lbs.				
K. Haymore	231	149	253	633
<i>Open</i>				
198 lbs.				

P. Thomas	534	248	606	1387
220 lbs.				
G. Pantila	534	358	534	1426
<i>Junior</i>				
T. Gneck	198	165	264	628
181 lbs.				
C. Pierce	440	275	435	1151
<i>Junior (18-19)</i>				
148 lbs.				
S. Lewis	—	220	286	506
<i>Masters (50-54)</i>				
165 lbs.				
M. Jones	314	204	336	853
220 lbs.				
M. Davis	303	209	402	914
<i>Masters (55-59)</i>				
220 lbs.				
B. Sands	424	270	457	1151
<i>Masters (70-74)</i>				
165 lbs.				
D. Judd	220	121	308	650

EXILE BARBELL'S "NO BS" BP

MAR 20 2011 » Celina, OH

BENCH	242 lbs.			
KIDS	275 lbs.			
<i>Raw</i>				
<i>(10-12)</i>	H. McNelly	—	500	
114 lbs.	D. Rodriguez	85	405	
Z. Palmer	<i>Raw</i>			
FEMALE	165 lbs.			
<i>Open</i>	<i>Teen (13-14)</i>			
132 lbs.	D. Wolfe	—	145	
C. Schaeffer	<i>Open</i>			
<i>Raw</i>	S. Snyder	—	240	
<i>Teen (15-16)</i>	220 lbs.			
123 lbs.	<i>Open</i>			
A. Martinez	C. Fugate	110	260	
MALE	<i>Masters (60-69)</i>			
<i>Open</i>	J. McNeill	—	275	
181 lbs.	242 lbs.			
J. Harder	<i>Teen (15-16)</i>			
465	T. McNelly	335	235	
J. Moyer	<i>Open</i>			
198 lbs.	R. Palmer	380	275	
Z. Hofstetter				

Venue: Musclehead's Gym. This was the Exile Barbell Associations first meet and it was a big success. The concept behind these meets is to keep the cost low so we

can keep the entry fee low. We follow Big meet rules and offer a Small meet entry fee for a sanctioned contest. There are no prizes, placings, medals, trophies, etc. just lots of really good camaraderie with every-

one pushing each other to hit contest PR's in a sanctioned event. Thanks to all that helped with the set up and tearing down. See you all again in two months. » courtesy Mike Wolfe

GORILLA
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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.
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- 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

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RESULTS

NASA OK STATE

APR 23 2011 » OKC, OK

BENCH		R. Cook	327		
MALE		198 lbs.			
198 lbs.		Teen			
Junior		D. Holden	303		
220 lbs.		275 lbs.			
Master III		G. Knight	363		
J. Parsons		429			
Raw		D. Holden	336		
114 lbs.		PS BENCH			
Open		SHW			
D. Mitchell		Int	88		
148 lbs.		S. Mitchell	402		
Junior		Novice			
J. McGovran		S. Mitchell	402		
Open		PS CURL			
J. McGovran		Int	259		
Pure		S. Mitchell	171		
J. McGovran		Novice	259		
181 lbs.		S. Mitchell	171		
Submaster I					
Push Pull		BP	DL	TOT	
FEMALE					
132 lbs.					
Int					
A. Bryant		154	264	418	
MALE					
181 lbs.					
Novice					
A. Hughes		363	506	870	
Submaster I					
R. Cook		327	440	767	
220 lbs.					
Junior					
R. Kretlow		352	578	930	
275 lbs.					
High School					
D. Doll		226	314	539	
Master II					
D. Scott		347	628	974	
Powerlifting		SQ	BP	DL	TOT
FEMALE					
Raw					
105 lbs.					
Youth					
M. Ellerbe		121	66	165	352
123 lbs.					
Master I					
J. Bennett		182	105	231	517
132 lbs.					
Submaster I					
I. Rocha		237	105	253	595
181 lbs.					
Teen					
D. Jimenez		204	154	286	644
MALE					
181 lbs.					
High School					
C. Donaldson		209	182	402	793
220 lbs.					
Junior					
R. Rheudasil		622	380	600	1602
Raw					
114 lbs.					
Youth					
D. Mitchell		154	88	193	435
148 lbs.					
Novice					
B. Coffman		336	259	446	1040
165 lbs.					
Novice					
Z. Mincey		407	308	484	1200
Open					
J. Lugo		374	231	440	1046
Teen					
J. Christain		440	303	410	1153
181 lbs.					
Junior					
Pendergrass		407	336	402	1145
Novice					
L. Boler		391	259	429	1079
Pure					
B. Kutlesa		462	275	528	1266

198 lbs.					
Junior					
B. Mondine		501	325	501	1327
C. Shackelford		413	319	429	1162
M. Young		330	187	495	1013
Master II					
P. Campbell		292	264	369	925
Novice					
J. Rutledge		479	308	484	1272
Pure					
L. Summers		633	374	633	1640
J. Ellerbe		584	341	534	1459
Submaster II					
J. Rutledge		479	308	484	1272
Submaster Pure					
J. Rutledge		479	308	484	1272
Teen					
Schoonmaker		396	264	484	1145
220 lbs.					
Int					
R. Cooper		462	270	584	1316
Master Pure					
C. Truoccolo		562	369	484	1415
Open					
X. Ye		495	330	551	1376
242 lbs.					
Int					
F. Renfrow		512	363	517	1393
Master I					
B. Boyd		512	369	551	1431
Open					
B. Boyd		512	369	551	1431
Police/Fire/Military					
B. Boyd		512	369	551	1431
Pure					
P. Green		699	402	628	1729
275 lbs.					
Open					
J. Dunn		699	347	683	1729
Submaster I					
J. House		551	358	539	1448
Submaster II					
J. Dunn		699	347	683	1729
Submaster Pure					
J. House		551	358	539	1448
D. McCarrell		429	325	528	1283
Power Sports		CR	BP	DL	TOT
FEMALE					
181 lbs.					
High School					
D. Jimenez		77	154	281	512
Junior					
D. Jimenez		77	154	286	517
Teen					
D. Jimenez		77	154	286	517
MALE					
114 lbs.					
Teen					
D. Mitchell		50	88	193	330
132 lbs.					
High School					
J. Frick		99	138	165	402
198 lbs.					
Open					
J. Ellerbe		176	341	534	1051
242 lbs.					
Master Pure					
J. Linder		154	275	330	760
308 lbs.					
Master I					
R. Linder		215	402	501	1118
» courtesy Rich Peters					

NASA MO STATE

FEB 12 2011 » Joplin, MO

BENCH					
MALE					
275 lbs.					
Int					
W. Smith		231			
Master Pure					
W. Smith		231			
Novice					
R. McCord		352			
275 lbs.					
Submaster II					
D. Ridlen		484			

PS CURL					
MALE					
242 lbs.					
Push Pull					
FEMALE					
198 lbs.					
Novice					
K. Anderson		94	198	292	
Powerlifting		SQ	BP	DL	TOT
MALE					
275 lbs.					
Master I					
R. McKinzie		567	484	523	1574
Raw					
114 lbs.					
Youth					
D. Mitchell		138	83	160	380
Youth					
S. Correia		77	72	127	275
123 lbs.					
High School					
D. Taylor		336	176	319	831
148 lbs.					
High School					
T. Hixson		341	226	352	919
Pure					
M. McCord		380	264	501	1145
165 lbs.					
High School					
M. Boonyahiti		363	237	413	1013
Teen					
B. Freitas		352	209	391	952
198 lbs.					
High School					
M. Hoover		341	231	468	1040
Novice					
B. Blackman		424	297	501	1222
Pure					
B. Blackman		424	297	501	1222
220 lbs.					
Master I					
K. Sanders		325	237	418	980
275 lbs.					
High School					
Zimmerman		341	220	363	925
Master I					
K. Hixson		545	363	451	1360
Submaster II					
D. Ridlen		556	484	512	1552
Submaster II					
C. Ott		600	363	567	1530
Power Sports		CR	BP	DL	TOT
FEMALE					
148 lbs.					
Police/Fire					
C. Sumner		66	143	182	391
Submaster I					
C. Sumner		66	143	182	391
165 lbs.					
Master I					
L. Anderson		77	121	248	446
Master Pure					
L. Anderson		77	121	248	446
198 lbs.					
High School					
K. Anderson		66	94	198	358
MALE					
114 lbs.					
Youth					
D. Mitchell		50	83	160	292
132 lbs.					
Junior					
C. Anderson		110	149	347	606
Teen					
C. Anderson		110	149	347	606
148 lbs.					
High School					
C. Anderson		121	187	314	622
Novice					
E. Ffritas		83	121	204	407
Teen					
C. Anderson		121	187	314	622
Teen					
J. Riley		55	99	143	297
165 lbs.					
Master I					

Master Pure					
J. Winpiger		143			
B. Anderson	143	253	402	798	
Master Pure					
B. Anderson	143	253	402	798	
Teen					
B. Freitas	110	209	391	710	
198 lbs.					
Novice					
N. Freitas	83	121	220	424	
» courtesy Rich Peters					

EAPF/AAPF WASHINGTON STATE

APR 30 2011 » Aberdeen, WA

Powerlifting		SQ	BP	DL	TOT
AAPF Raw					
Teen (13-15)					
123 lbs.					
S. Downen	132	127	243	501	
132 lbs.					
K. Mills	198	171	309	677	
148 lbs.					
A. Tureman	—	72	160	231	
220 lbs.					
J. Massoth	331	220	408	958	
Teen (16-17)					
114 lbs.					
S. Aparece	116	77	132	325	

198 lbs.
A. Belen — 375 — 375

242 lbs.
S. Genengels — 424 — 424

APF Gear

181 lbs.

Submaster

A. Taylor 314 138 369 821
Z. Bryson 529 352 485 1366

Open

181 lbs.

D. Unson 705 342 457 1504

275 lbs.

C. Springer 601 402 551 1554

Masters (40-44)

198 lbs.

D. Emeott 544 358 528 1430

Masters (45-49)

275 lbs.

Christensen 750 540 590 1879

308 lbs.

R. West 601 430 463 1493

Masters (50-54)

220 lbs.

M. Straley 661 413 535 1609

APF Raw

Open

132 lbs.

W. O'Leary 149 116 231 495

198 lbs.

VanVolkinbur 452 331 518 1300

242 lbs.

C. Henry — 386 — 386

Masters (40-44)

181 lbs.

G. Hays 342 314 435 1091

Masters (45-49)

220 lbs.

P. Richtmyer 485 353 524 1361

Despite the economy and four plus a dollar

a gallon gas we had a respectable turnout

this year for the 12th Annual Washington

State Open. We had about 60 full power

lifters and bench pressers and deadlifters,

plus 25 Olympic lifters. It was great to see

someone squat 800 lbs. on one platform

and have someone snatching 300 lbs. on

the other. It's actually surprising that the

two worlds of lifting haven't collided more

often. Powerlifters are now training for

more speed, which Olympic lifters special-

ize in and Olympic lifters are always look-

ing for ways to become stronger. We have

certainly learned a lot from each other over

the last few years since we have combined

the two events and have all become better

lifters from it. After the lifting we had a 100

dollar log lift challenge for reps and though

the log only weighed 185 lbs. it was really

awkward to handle and press overhead for

reps. Strongmen Ben Seath and Chris

Henry took the honors. I like throwing in

money for fun challenge in the day's events

because not only is it a crowd pleaser but it

gives the lifters a chance to win some cash

for the day. We handed out swords and

monster sculptures for awards purchased

from Sir Charles Venturella. The best lifters

of the day were Darriel Unson, Bill Car-

penther and Alisha McGothin who had an

incredible 501 lb. squat for the day. Dave

Rief and Ashly Perkavich took the honors

on the Olympic side. Both are competing at

the Olympic trials for the 2012 games. The

meet ran on schedule with no mis-loads,

which was nice. I would really like to

thank the Washington School for the blind,

Snohomish High School and Montesano

High School for bringing kids to the meet.

We brought about 40 new members into

the APF powerlifting organization. After the

meet we had about 100 pounds of prime

rib and pork tenderloin waiting for us down

at the gym so we all ate till we pigged

ourselves into the next weight class and

had a killer time. I would like to thank our

sponsors Jaknut Apparel, Starbucks, The City of Aberdeen and Iron Gladiators. Our staff once again is doing an excellent job with the massive undertaking of assembling and disassembling this monster. We still order cinnamon rolls for Gus just in case!

» courtesy EAPF/AAPF

KINROSS CORRECTIONAL

JUN 11 2011 » Kincheloe, MI

Push Pull

Raw

123 lbs.

Boyer 185 370 575

148 lbs.

Winea 205 405 610

165 lbs.

Campbell 225 415 685

Levin 255 430 885

Sherwood 205 405 610

181 lbs.

Tello 275 405 680

198 lbs.

Worden 295 605* 900

Simmons 205 415 660

Pickerin 325 550 875

Hinton 265 505 770

220 lbs.

Rasom 290 530 820

Stokes 275 405 680

Majeski 325 525 850

242 lbs.

Sheahan 345 450 795

Debardaloban 225 350 575

*=Institutional Records. Mr. Hinton won the strict curl at 145 lbs. We had a total of 15 lifters and all finished, no outside lifters attended this meet. We expect several for the August full meet. We had one record in the 198 division, Mike Worden, pull a deadlift of 605. I want to than all who helped with this event: ?? Recreation Director, our judges, Chief, Green, Ned Light Al, Big ?? Clark, ??, Lum, Big Rob Green, Short Dogg and the entire crew from ? to break down, and please let us not forget our last president, Frank ?? And our current President, Jimmy Belanger. We have a great team here and love the support of Powerlifting USA, and everybody interested in lifting with us in August contact Bernie Solomon at (906) 495-2282 x4305. We hope to hear from you.

» courtesy Kinross Correctional Facility

SCI MAHANAY BAR BENDERS

JUN 4 2011 » Frackville, PA

Push Pull

148 lbs.

Phum 255 300 555

165 lbs.

Allen 305 510 815

Jobs 255 555 810

Chhoeum 310 500 810

Woodard 275 450 725

Valdez 250 475 725

Kirk 265 430 695

181 lbs.

Byrd 325 560 885

Crespo 360 — 360

198 lbs.

Harding 320 590 910

Mouzon 325 550 875

Cole 365 500 865

Salgado 310 550 860

Causer 320 500 820

Jamison 300 505 805

Kirpkin 285 460 745

Frazier 290 — 290

220 lbs.



At the Girls Inc. meet, youth lifter, Samantha Wahl (8 years old), receives her award from Meet Director Emily Mwaja (John Jones photo)

Burgos 375 600 975 **105 lbs.**

Webster 345 560 905 L. Thao 90 180 270

Ibrahm 360 505 865 **123 lbs.**

Gentry 300 520 835 N. Allen 95 180 275

Maehant 260 460 720 **132 lbs.**

242 lbs. T. Ezell 120 275 395

Eddy 380 590 970 A. Lucey 90 190 270

Brown 385 585 970 **148 lbs.**

McGregor 365 555 920 S. Gard 135 255 390

275 lbs. C. Washington 115 280 395

Bolden 380 635 1015 **181 lbs.**

Osbourne 305 505 810 D. Freeman 85 260 345

McGee 325 480 805 **198 lbs.**

SHW K. Sharp 185 360 545

McFarlane 440 545 985 V. Garrison 90 200 290

» courtesy Jerry Burgess

GIRL'S INC. MIDWEST PUSH PULL

APR 23 2011 » Omaha, NE

BENCH

FEMALE

165 lbs.

L. Jess 150 S. Wahl 85

198 lbs. N. Hirshman 115 E. Mwaja 275

DEADLIFT

Push Pull

FEMALE

Youth

95 lbs.

G. Jobe 50 110 160

90 180 270

95 180 275

120 275 395

90 190 270

135 255 390

115 280 395

85 260 345

185 360 545

90 200 290

Outstanding Lifter Bench: Jenny Hirshman.

Outstanding Lifter Deadlift: Samantha

Wahl. Outstanding Lifter Push Pull: Tomisha

Ezell. Team Champions: Clarida Academy.

Girl's Inc. of Omaha, NE hosted it's first

ever all-female push pull championship.

Kudos to meet director Emily Mwaja for

providing these ladies an opportunity to

showcase their lifting abilities without hav-

ing to share the platform with male lifters.

Thought the turn-out was small, the lifters

were very enthusiastic and the atmosphere

was electric. Lifters ranged in age from eight

to 56, showing that powerlifting is for ladies

of any age. Emily will host this meet again

next year, and based on feedback, this meet

will continue to grow year after year.

» courtesy John Jones

RESULTS

NASA EAST TEXAS STATE

FEB 26 2011 » Tyler, TX

BENCH FEMALE	<i>Master I</i>			
123 lbs.	R. Avila	374		
<i>Junior</i>	308 lbs.			
P. Fabela	<i>Master I</i>			
132	C. Spurrison	407		
<i>Raw</i>	<i>Open</i>			
123 lbs.	C. Spurrison	407		
<i>High School</i>	PS CURL			
A. Gingery	165 lbs.			
99	<i>Teen</i>			
MALE	D. Roberts	105		
<i>Raw</i>	220 lbs.			
165 lbs.	<i>Master I</i>			
<i>Open</i>	R. Avila	154		
I. Gingery	242 lbs.			
116	<i>Int</i>			
198 lbs.	C. Ewell	138		
<i>Junior</i>	308 lbs.			
N. Rhame	<i>Master I</i>			
160	C. Spurrison	248		
<i>Master I</i>	<i>Open</i>			
G. Martin	C. Spurrison	248		
352	PS DEADLIFT			
<i>Teen</i>	220 lbs.			
N. Rhame	<i>Master II</i>			
160	J. Parsons	479		
242 lbs.	BP DL TOT			
<i>Int</i>				
C. Ewell				
275				
PS BENCH				
220 lbs.				
Push Pull				
FEMALE				
123 lbs.				
<i>Junior</i>				
P. Fabela	132	264	396	
<i>Pure</i>				
P. Fabela	132	264	396	
148 lbs.				
<i>Novice</i>				
K. Gingery	77	237	314	
<i>Teen</i>				
K. Gingery	77	237	314	
198+ lbs.				
<i>Junior</i>				
S. Williams	121	231	352	
MALE				
165 lbs.				
<i>High School</i>				
I. Gingery	116	215	330	
198 lbs.				
<i>Junior</i>				
M. Brown	325	440	765	
<i>Police/Fire</i>				
M. Brown	325	440	765	
220 lbs.				
<i>Master I</i>				
R. Wiley	380	517	897	
<i>Novice</i>				
R. Kretlow	325	573	897	
<i>Submaster Pure</i>				
G. Gantt	341	506	848	
242 lbs.				
<i>Open</i>				
R. Johnson	358	650	1007	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
123 lbs.				
<i>Junior</i>				
P. Fabela	248	132	264	644
<i>Open</i>				
P. Fabela	248	132	264	644
165 lbs.				
<i>High School</i>				
B. Simmons	264	110	308	683
<i>Raw</i>				
123 lbs.				
<i>High School</i>				
A. Gingery	116	99	187	402
165 lbs.				
<i>Master Pure</i>				
R. Shepherd	138	110	220	468
SHW				
<i>Open</i>				
S. Wheeler	237	143	303	683

MALE					
181 lbs.					
<i>Open</i>	N. Gutierrez	683	435	606	1723
198 lbs.	<i>Int</i>				
C. Reeve	551	330	534	1415	
220 lbs.	<i>Junior</i>				
R. Rheudasil	611	314	573	1497	
<i>Submaster Pure</i>					
G. Gantt	501	341	506	1349	
<i>Raw</i>					
165 lbs.	<i>Teen</i>				
D. Roberts	264	165	286	716	
220 lbs.	<i>High School</i>				
N. Rhame	303	160	314	776	
<i>Submaster I</i>					
J. Roberts	567	347	534	1448	
Power Sports	CR	BP	DL	TOT	
FEMALE					
123 lbs.					
<i>High School</i>					
A. Gingery	61	99	187	347	
<i>Teen</i>					
A. Gingery	61	99	187	347	
132 lbs.	<i>High School</i>				
K. Ruiz	66	99	226	391	
148 lbs.	<i>Pure</i>				
R. Hedrick	61	118	231	410	
MALE					
148 lbs.	<i>Junior</i>				
S. McGee	121	226	413	760	
<i>Junior</i>					
E. Avila	110	237	374	721	
181 lbs.	<i>Submaster I</i>				
C. Roberts	143	275	440	859	
198 lbs.	<i>Submaster I</i>				
J. Roberts	176	347	534	1057	
220 lbs.	<i>Teen</i>				
J. Brown	149	292	517	958	

» courtesy Rich Peters

NASA COLORADO STATE

MAR 5 2011 » Denver, CO

BENCH FEMALE	242 lbs.			
132 lbs.	<i>Master I</i>			
P. Maynard	479			
<i>Master II</i>	<i>Master Pure</i>			
M. Hetzel	171	P. Maynard	479	
<i>Raw</i>	275 lbs.			
R. Strang	<i>Police/Fire</i>			
380	<i>Raw</i>			
148 lbs.	<i>High School</i>			
J. Heffelfinger	94	J. Saffy	220	
165 lbs.	<i>Master Pure</i>			
A. Whitbread	83	J. Hood	237	
<i>Master III</i>	165 lbs.			
M. Hetzel	61	<i>High School</i>		
198 lbs.	T. Cussins	154		
<i>Master II</i>	<i>Master III</i>			
Solomonson	77	J. Schulz	127	
MALE	<i>Pure</i>			
114 lbs.	B. Schulz	204		
<i>High School</i>	181 lbs.			
Ammerman	154	<i>Master IV</i>		
220 lbs.	M. Hetzel	83		
<i>Master Pure</i>	<i>Novice</i>			
J. Whitbread	473	C. Wood	303	

<i>Submaster II</i>	D. Braford	242		
C. Wood	198 lbs.			
303	PS BENCH FEMALE			
148 lbs.	148 lbs.			
<i>Novice</i>	<i>Master I</i>			
J. Schulz	E. Mileva	88		
<i>Open</i>	MALE			
R. Saffy	220 lbs.			
358	<i>Master I</i>			
<i>Submaster II</i>	M. Cussins	468		
S. Trujillo	220 lbs.			
297	<i>Master II</i>			
220 lbs.	J. Miller	303		
<i>Master II</i>	<i>Master Pure</i>			
M. Cussins	468	PS CURL		
242 lbs.	165 lbs.			
<i>Novice</i>	<i>Master II</i>			
C. Villar	237	198 lbs.		
275 lbs.	<i>Master I</i>			
<i>Master Pure</i>	R. Saffy	182		
M. Llamas	275	4th-186		
DEADLIFT	275 lbs.			
FEMALE	<i>Submaster Pure</i>			
198+ lbs.	C. Porter	171		
<i>Master Pure</i>	BP DL TOT			
Push Pull				
FEMALE				
148 lbs.				
<i>Submaster II</i>				
K. Imus	154	231	385	
MALE				
132 lbs.				
<i>Master III</i>				
R. Trujillo	220	424	644	
165 lbs.				
<i>Junior</i>				
K. McClanahan	193	358	551	
<i>Open</i>				
L. Coxsey	226	457	683	
181 lbs.				
<i>Novice</i>				
G. Tubesing	275	374	650	
220 lbs.				
<i>Master III</i>				
C. Martin	264	396	661	
220 lbs.	<i>Master Pure</i>			
J. Whitbread	473	562	1035	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
132 lbs.				
<i>Master II</i>				
M. Hetzel	292	171	303	765
MALE				
114 lbs.	<i>High School</i>			
Ammerman	242	154	231	628
165 lbs.	<i>Teen</i>			
C. Stecker	237	154	292	683
181 lbs.	<i>Master I</i>			
D. Petersen	446	215	446	1107
<i>Master I</i>	<i>Master Pure</i>			
D. Petersen	446	215	446	1107
<i>Master Pure</i>	<i>Pure</i>			
J. Hokkanen	248	248	407	903
198 lbs.	<i>Police/Fire</i>			
R. Wardlaw	407	352	501	1261
220 lbs.	<i>Master IV</i>			
J. Robinson	325	198	385	908
<i>Raw</i>	148 lbs.			
<i>Open</i>	B. Bateman	413	286	440
413	<i>Submaster I</i>			
165 lbs.	B. Bateman	413	286	440
<i>High School</i>	165 lbs.			
C. Stecker	237	154	292	683
<i>Master II</i>				
K. Kaiser	325	253	391	969
<i>Teen</i>				
C. Stecker	237	154	292	683

198 lbs.				
<i>High School</i>				
D. Hodges	363	231	407	1002
FEMALE				
220 lbs.	<i>High School</i>			
T. Culbertson	424	248	440	1112
<i>Junior</i>				
T. Whitmer	451	275	468	1195
<i>Open</i>				
D. Dean	143	363	143	650
<i>Pure</i>				
T. Whitmer	451	275	468	1195
242 lbs.				
<i>Master I</i>				
D. Anderson	429	264	506	1200
275 lbs.				
<i>Novice</i>				
J. Garza	418	270	418	1107
198 lbs.	L. Luna	264	198	314
<i>Open</i>				
C. Redmond	501	319	562	1382
<i>Pure</i>				
C. Redmond	501	319	562	1382
Power Sports	CR	BP	DL	TOT
85 lbs.				
<i>Youth</i>				
S. McClure	44	77	154	275
148 lbs.				
<i>High School</i>				
J. Hood	110	237	341	688
<i>Master I</i>				
K. Hughes	83	176	305	564
<i>Submaster II</i>				
K. Imus	94	154	231	479
4th-CR-45				
<i>Teen</i>				
C. MacNeilly	121	204	259	

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.

- 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** » IBP NC State Push Pull Championships (Kings Mountain, NC) » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.com
- 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
- 9 JUL** » WABDL National BP/DL Championships (Nashville, TN) at the Preston Hotel » Ken Millrany, 931.308.4224, Gus Rethwisch, 503.901.1622, www.wabdl.org
- 9 JUL** » USAPL Brute Strength Stars & Stripes (Virginia Beach, VA) » Tricia & Gary Emrich, 804.559.1430, www.usapowerlifting.com
- 9 JUL** » USAPL Wisconsin Dells Summer Classic "HS Only" Meet (Wisconsin Dells, WI) » Brian Kenney, W14577 Fairway Ln, Wisconsin Dells, WI 53965, 608.448.9034, www.usapowerlifting.com
- 9 JUL** » ANPPC World Cup PL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
- 9 JUL** » USAPL Brute Strength Stars and Stripes (Norfolk, VA) » Tricia and Gary Emrich, 804.605.5135, vastatechair@usaplvirginia.com, www.usaplvirginia.com
- 9-10 JUL** » NASA Grand Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com
- 9-10 JUL** » ADAU Raw Power National Powerlifting Championships (Open) & Single Lift (SQ/BP/DL) National Championships (Clearfield, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.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@vhepower.com, 304.273.3110, www.nasa-sports.com
- 11 JUL** » NASA Youth Nationals PL/PP/PS Championships (Ravenswood, WV) » Greg Van Hoose, greg@vhepower.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** » IBP Warren County BP & Strict Curl (Warrenton, NC) at Warren County High School » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.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@oklahomaaapowerlifting.com, www.aapowerlifting.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@oklahomaaapowerlifting.com, www.aapowerlifting.org
- 16 JUL** » NASA South Texas Open (Equipped & Unequipped PL/BP/PP/PS) (Alvin, TX) » www.nasa-sports.com
- 16 JUL** » SSA National PL Event (Full Power/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com
- 17 JUL** » APF Texas Fire Fighter Olympics Powerlifting Meet (Round Rock, TX) » Rick Brewer, 972.772.8600, rick@houseofpain.com, www.worldpowerlifting-congress.com

LOUIE SIMMONS' PRESENTS

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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, alaqua-pits@netzero.net
23 JUL » Farmington High School Bragging Rights Push/Pull Fundraiser (Peoria, IL) at Winks Iron Lot » Joe Winkler, 309.643.5615, Doug Peterson, 309.472.0722, www.winksironlot.com
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 Tretiyak, 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
30 JUL » IPA Connecticut State Championships @ Europa Supershow **23 JUL** » APF/AAPF South Carolina Open (Pelion, SC) at American Muscle, Fitness and Strength » Will Millman, shelter223@gmail.com, www.worldpowerliftingcongress.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 Fitness » 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 » ADFPF "Unequipped" Larry Garro Memorial Bench & Deadlift (Rose-dale, MD) at Exile Fitness » 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 » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
0 JUL » WNPf 2nd High School National Championships and 20th International (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 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 Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
30 JUL » SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@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 Gutier-

APF/AAPF/WPC Schedule

17 JUL, APF Texas Fire Fighter Olympics PL Meet
23 JUL, APF/AAPF South Carolina Open
10-14 AUG, AWPC/WPC Eurasian Championship
20 AUG, APF/AAPF Summer Bash
20 AUG, APF/AAPF Texas Challenge
20-21 AUG, APF Ultimate Raw Championships
26-28 AUG, WPC Argentina National Championship
AUG, APF Kalamazoo Carnage Meet
28 AUG, APF Ohio State Meet
1-4 SEP, AWPC Worlds (Equipped & Raw)
3 SEP, WPC OPO Wollongbar Gym Competition
10 SEP, APF Georgia State Meet
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
29 OCT, APF/AAPF Elite Barbell Fall Classic/MN State
OCT, APF Wolverine Open
5 NOV, APF Texas Cup Powerlifting Meet
12 NOV, WPC Swiss Championship
12 NOV, WPC OPO Age Titles
14-19 NOV, WPC World Championships (Equipped & Raw)
3 DEC, APF South Carolina Championships
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
Call 866.389.4744 for more information
or go to our website:
www.worldpowerliftingcongress.com

COMING EVENTS »

rez_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 » Wisconsin State Fair Open BP/DL Competition (WI) » Marvin Worthington, 414.852.8811, mlwkmartin@sbcglobal.net

13 AUG » Northern Virginia Raw PL Meet (Centreville, VA) at Bull Run Regional Park » John James, 703.475.9885, www.northernvirginiarawpower.com

13 AUG » WABDL Minnesota BP/DL Championships (Minneapolis, MN) at the Marriot 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, steve@purepowerlifting.com, PO Box 495, Chinchilla, PA 18410, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com

20 AUG » IBP SC Powerlifting Championships (Taylors, South Carolina) » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.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

20 AUG » SPF Powerstation Pro/Am (Cincinnati, OH) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

20 AUG » WABDL Great Lakes Regional BP/DL Championships (Lansing, MI) at the Causeway Bay Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

20 AUG » USPA Mid Cities Bench Press (Lakewood, CA) » Chuck LaMantia, ckclama@aol.com, www.uspla.org

20 AUG » APF/AAPF Summer Bash (Chatsworth, CA) » Scot Mendelson & Denise Pollock, 818.399.0905, www.worldpowerliftingcongress.com

20 AUG » **IPA Raw National Powerlifting Championships** (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, chaillet@yahoo.com, echaillet@aol.com, www.chailletsprivatefitness.com, www.ipapower.com

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

20 AUG » APF/AAPF Texas Challenge (Houston, TX) » Zach McVey, zachmcvey@hotmail.com, 281.557.2122, www.worldpowerliftingcongress.com

20 AUG » USAPL Alki Beach Classic (Seattle, WA) » Richard Schuller, 360.438.3321, www.usapowerlifting.com

20-21 AUG » APF Ultimate Raw Championships (Atlanta, GA) » Scott Seymour, 678.776.3465, www.worldpowerliftingcongress.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

28 AUG » APF Ohio State Meet (Plainfield, OH) » John Blackstone, blackstonesgym@yahoo.com, 740.502.4964, www.worldpowerliftingcongress.com

AUG » APF Kalamazoo Carnage (Kalamazoo, MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com

1-4 SEP » **AWPC Worlds (Equipped & Raw)** (Idaho Falls, ID) » Mike & Linda Higgins, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com

3 SEP » USAPL Alamo Classic Powerlifting (San Antonio, TX) » Willie Mastin, 210.699.0964, www.usapowerlifting.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@hotmail.com, www.worldpowerliftingcongress.com

3 SEP » NASA 4th Annual Texas State Cookout & Championship (Equipped/Unequipped, PL/BP/PS/PP) (Gilmer, TX) » www.nasa-sports.com

3 SEP » SLP Tennessee State BP/DL Championship (Lexington, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

3 SEP » USPF Muscle Beach West Coast Classic (PL/BP/DL/PP) (Venice, CA) » Joe Wheatley, 818.246.0366, joesmusclebeach@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 » APF Georgia State Meet (Kennesaw, GA) » Jon Grove, iron_mover1@hotmail.com, www.worldpowerliftingcongress.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 & US Armed Forces PL Championships (Lancaster, PA) at the Lancaster AMVETS Post 19 » Gene Rychlak, Jr., 143 Second Ave.,



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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.wppowerlifting.com

16-18 SEP » World Kettlebell Championships (Nanuet, NY) at Premier Fitness » Brian Fahrenfeld, 845.920.0501, brianf@premierfitnessny.com, www.premier-fitnessny.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, 520.457.3955, coldirongym@aol.com, www.azuspf.com

22-25 SEP » WUAP World PL/BP Championships (Atlanta, GA) » L.B. Baker, 770.713.3080, lbaker@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 Turttainen, ano.turtainen@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 & SPCO, info@powerlifting.ch, www.worldpowerliftingcongress.com

30 SEP » **100% RAW Single Lift World Championships (Las Vegas, NV)** » Paul

2011 SLP STATE FAIR BP/DL CHAMPIONSHIPS

30 JUL, SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH)

6 AUG, SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI)

14 AUG, SLP Missouri State Fair BP/DL Championship (Sedalia, MO)

20 AUG, SLP Indiana State Fair Outlaw BP/DL Championship (Indianapolis, IN)

21 AUG, SLP Illinois State Fair BP/DL Championship (Springfield, IL)

27 AUG, SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY)

also included curl BP for reps and 2-man DL competitions

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WWW.SONLIGHTPOWER.COM | SONLIGHTGYM@FRONTIER.COM

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/PP/PS) (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

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

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)

31 JUL, WNPF Drug Free Nationals (Youngstown, OH)

6 AUG, WNPF 3rd US Open Championships (Kissimmee, FL)

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

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

14-15 OCT » IBP Powerlifting Nationals (Greensboro, NC) » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.com

15 OCT » EPF USA Nationals (Full Power/BP/Raw BP/Raw Push Pull) (Moutonborough, NH) at Galaxy Gym » Bill Durant, 603.762.3990, www.elitepowerlifting.com

15 OCT » Bad Boy Bench Press Meet (Raw & Equipped) (Harrisburg, PA) at Max Fitness » Bentz Tozer Jr., 717.512.8643, www.naturalpowerliftingusa.com

15 OCT » NASA KY Regional PL/PP/BP/PS Championships (Morehead, KY) » Greg Van Hoose, greg@vhpower.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 » USAPL Columbia City Classic (Seattle, WA) » Richard Schuller, 360.438.3321, www.usapowerlifting.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 » APF/AAPF Elite Barbell Fall Classic/MN State Meet (Montgomery, MN) » Scott Nutter, biggcat@hotmail.com, 952.215.2588, www.worldpowerliftingcongress.com

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 Enrich, 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, rodgersmadmax@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, wnfp@aol.com, 770.668.4841, www.wnfp.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, alaqua-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 (Township, NJ) at the Oceanside Wellness & Sport » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

5 NOV » APF/AAPF Texas Cup Powerlifting Meet (Waxahachie, TX) » Liz and Randy Nesuda, aptexas@yahoo.com, www.worldpowerliftingcongress.com

5-6 NOV » AAU World PL Championships International Push/Pull & Single Lift Championships (Kissimmee, FL) in Osceola Heritage Park » Judy Wood, 804.559.4624, Jill Meads, 804.730.8810, vapowerlifting@aol.com, www.aapowerlifting.org

5-6 NOV » USAPL Georgia & Southern States (Dalton, GA) » Josh Rohr, strongerbetter@yahoo.com, www.usaplgeorgia.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.aapowerlifting.org

5-6 NOV » NASA Masters & Sub Masters Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com

6 NOV » APA 24th Annual Bay State Open Championships (PL/PP/BP/DL) (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 (Kenner, LA) at the Crowne Plaza » Jake Impastato, jraw504@gmail.com, www.raw504.com

12 NOV » 100% RAW Gobbler Open (Johnson City, NY) » Wayne Claypatch, 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 » USAPL Stars and Stripes BP/DL Championships (Single Lift) (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, PO Box 495, Chinchilla, PA 18410, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com

19 NOV » NASA Kansas Regional (Equipped/Unequipped, PL/BP/PS/PP) (Sarina, 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, chaillet@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 » APF South Carolina Championships (Pelion, SC) » Will Millman, shelter804@gmail.com, www.worldpowerliftingcongress.com

3 DEC » USAPL Southside Winter Classic (Anchorage, AK) » Ron Burnett, 907.345.7996, www.usapowerlifting.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 Adelmann, 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 and Strength

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COMING EVENTS »

Challenge Championships (All wt. classes/divisions, strongman/strongwoman) (Eldersburg, MD) at the Athens Gym » Glenn Murphy Jr., 302.331.8719, Athens Gym, 410.549.3001

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@pikilup.com, www.adaurawpower.com

10 DEC » IBP Carolina Christmas Classic Push Pull (Taylors, SC) » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.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 Turttainen, ano.turtainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com

10 DEC » USPA Ironman PL Championship (Multi-ply only) (Fresno, CA) » Bob Packer, wheelersfitnessfresno@gmail.com, 559.322.6805, 559.760.2970, www.uspla.org

10 DEC » 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 » WNPf 14th Sarge McCray Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

10-11 DEC » APA 32nd West Coast Open PL Championships (Newport, OR)

at the Oceanfront Hallmark Resort » Rick McClung, 541.961.3845, bigbears-gym@hotmail.com, www.themusclestudio.com

10-11 DEC » **USAPL American Open & Police/Fire Nationals** (Bay St. Louis, MS) » Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601.665.7783, www.usapowerlifting.com

11 DEC » 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

28 JAN 2012 » USAPL 10th Annual NE USA Collegiate/High School Championships (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, PO Box 495, Chinchilla, PA 18410, 570.309.6316, www.purepowerlifting.com, 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 » USAPL 30th PL Pennsylvania State Championships (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, PO Box 495, Chinchilla, PA 18410, 570.309.6316, www.purepowerlifting.com, 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@pikilup.com, www.adaurawpower.com

NOV 2012 » WPC World Championships (Equipped & Raw) (USA) » Keiran Kidder, www.worldpowerliftingcongress.com



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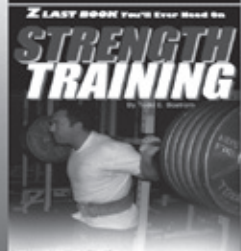
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TOP 100 PHOTOS



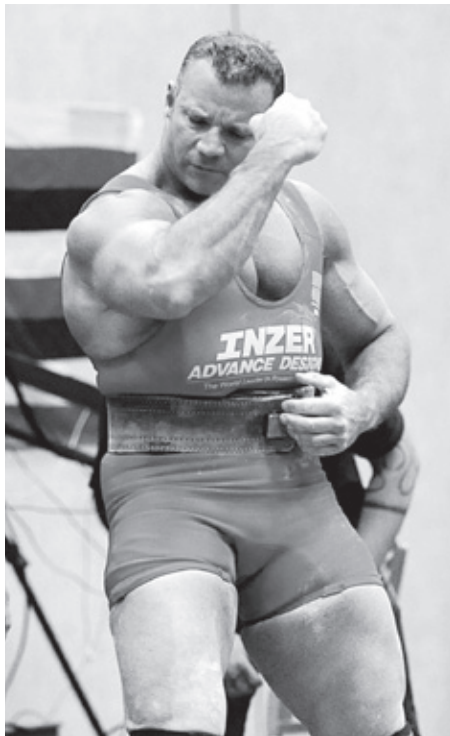
Randy Robinson keeps moving his PR up in the bench press



Ed Macauley – a real favorite at WABDL World competitions



Jake Prazak – very successful in the 242 pound class



Charlie Driscoll still has it, a quarter century after making the cover of PL USA



Dennis Montebault – an elite squatter, and a master lifter to boot!

Will you make the upcoming TOP 100 list for the SHW class? Last time we ranked this class the minimum lifts to make that list were 705 lb. in the squat, 600 lb. in the bench press, 656 lb. in the deadlift, and 1824 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 SHW class will be June 2010 through June 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 bellyflopping at the ol' swimming hole) 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 242 lb./110 kg. USA lifters in results received from APR 2010 through APR 2011

PL USA Top 100 Achievement Awards



SQUAT	
1	1036 Ehler, J./3/19/11
2	1014 Norman, J./5/9/10
3	1000 Johnston, M./7/10/10
4	975 Atef, J./6/6/10
5	975 Akers, C./3/6/11
6	960 Church, S./8/20/10
7	960 Benson, J./3/6/11
8	940 Szudarek, M./3/6/11
9	930 Smith, C./8/20/10
10	925 Cook, J./6/6/10
11	909 Holman, C./6/6/10
12	900 Taylor, M./3/6/11
13	881 Pierce, R./4/16/11
14	875 Christie, M./6/10/10
15	875 Randal, J./8/20/10
16	875 Edwards, L./1/28/11
17	865 Hakola, P./3/6/11
18	859 Kroeger, Z./6/6/10
19	840 Tooley, J./6/10/10
20	832 Atef, J./7/18/10
21	830 Pillado, J./9/11/10
22	825 Ditillo, A./1/29/11
23	825 Naspinski, G./2/19/11
24	821 Martin, M./8/7/10
25	820 Shackelford, J./8/20/10
26	815 Maupin, P./6/10/10
27	815 Betzinger, J./6/20/10
28	815 Gale, T./10/16/10
29	810 Fields, B./11/4/10
30	810 Warren, D./3/19/11
31	805 Montembault, D./10/23/10
32	804 Cote, S./5/15/10
33	800 Turner, P./4/25/10
34	800 Brinkley, J./11/6/10
35	800 Knowles, S./2/19/11
36	800 Peed, S./3/6/11
37	793 Douglas, J./6/20/10
38	782 Roberts, P./8/7/10
39	782 Mitchell, K./9/25/10
40	782 Krogman, J./11/7/10
41	780 McCloskey, A./7/24/10
42	780 Mullins, T./1/29/11
43	777 Thiele, J./3/12/11
44	775 Cooke, V./11/21/10
45	771 Pappillion, C./6/19/10
46	770 Wells, D./2/26/11
47	765 Hires, A./6/10/10
48	765 Botticelli, M./8/7/10
49	760 Mistric, L./5/9/10
50	760 Burdick, J./5/23/10
51	760 Chirico, T./4/16/11
52	755 Brandon, M./6/13/10
53	755 Arnold, S./10/23/10
54	755 Parke, K./1/29/11
55	750 Flynn, P./4/17/10
56	750 Winter, E./4/18/10
57	750 Goldman, M./10/23/10
58	750 Famiano, A./11/6/10
59	749 Pirkig, G./5/23/10
60	749 Tomlin, S./4/16/11
61	745 Dibble, J./10/23/10
62	744 Kalter, M./6/20/10
63	744 Werner, T./1/8/11
64	740 Ferris, M./6/10/10
65	740 Dixon, R./8/7/10
66	738 Ramsey, K./4/1/11
67	733 Meyers, T./4/3/10
68	730 Barth, D./11/14/10
69	727 Prusha, J./4/3/10
70	727 Johnson, P./8/1/10
71	725 Oliksyczc, J./5/1/10
72	725 Diel, S./10/23/10
73	725 Baughman, K./11/21/10
74	725 Land, T./3/6/11
75	722 Schultz, P./7/31/10
76	720 Williams, C./8/7/10
77	715 Trusnovec, C./6/12/10
78	710 Melodini, E./7/10/10
79	710 McLeod, D./7/24/10
80	710 Salmon, E./1/15/11
81	705 Gerfers, T./4/18/10
82	705 Awad, N./5/22/10
83	705 Trionfante, C./7/10/10
84	705 Strevel, B./8/20/10
85	705 Jenkins, K./8/21/10
86	700 Whitfield, E./6/10/10
87	700 Kiblin, G./8/7/10
88	700 Sloan, C./8/20/10
89	700 Lawrence, R./2/19/11
90	700 Kuenzel, W./4/9/11
91	699 Crisler, A./5/22/10
92	699 Wilke, T./7/10/10
93	699 Green, P./4/23/11
94	695 Smith, C./4/17/10
95	694 Medford, C./10/23/10
96	690 Shannon, B./5/1/10
97	688 Rectenwald, E./5/9/10
98	688 Smiley, D./6/19/10
99	688 Schamburg, M./6/20/10
100	685 Burgin, T./6/10/10

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853	Prazak, J./7/31/10
805	Timbs, H./6/10/10
785	Smith, C./8/20/10
750	Cooke, V./11/21/10
744	Cook, J./6/6/10
738	Burder, J./7/31/10
733	Hunter, J./11/18/10
730	Dizenzo, V./6/27/10
730	Gale, T./11/14/10
725	Poole, D./11/14/10
706	Reneau, D./9/25/10
705	Paley, A./6/27/10
705	Hoffman, B./7/10/10
705	Millrany, K./3/6/11
705	Armstrong, D./3/19/11
700	Benson, J./3/6/11
694	Schmidt, T./1/24/11
690	Parrish, K./8/15/10
690	Hakola, P./3/6/11
677	Patrick, J./6/6/10
675	Randal, J./8/20/10
655	Mecham, S./6/19/10
650	Maupin, P./6/10/10
650	Edwards, L./8/20/10
645	Christie, M./6/10/10
645	Loudermilk, K./10/9/10
644	Taylor, M./5/9/10
644	Pappillion, C./6/19/10
644	Atef, J./7/18/10
640	Baughman, K./11/21/10
640	Robinson, R./4/2/11
639	Thomas, P./4/10/10
639	Garcia, O./6/6/10
639	Mayer, K./8/31/10
635	Shackelford, J./8/20/10
634	Golgano, J./11/18/10
633	Pirkig, G./5/23/10
633	Stewart, B./8/31/10
630	Smolinski, J./1/15/11
630	Ditillo, A./1/29/11
628	Diel, S./6/6/10
625	J. Prilla, L./12/4/10
622	Rectenwald, E./5/9/10
617	Asbury, C./8/31/10
615	Pernu, T./4/17/10
611	Haarsma, L./5/30/10
611	Laija, J./9/25/10
610	Tooley, J./6/10/10
610	Criss, J./2/27/11
607	Chaaban, J./6/26/10
606	Brandon, M./6/13/10
600	Powers, R./4/18/10
600	Naspinski, G./5/1/10
600	Barth, D./5/8/10
600	Begue, J./5/22/10
600	Gulledge, D./6/10
600	McCloskey, A./7/24/10
600	Famiano, A./11/6/10
600	Goldsworthy, D./2/26/11
600	Gibson, J./3/11
589	Kroeger, Z./6/6/10
589	Epolito, D./2/19/11
585	Pillado, J./4/25/10
585	Luciano, S./12/11/10
585	Murray, G./2/19/11
584	Hoonstra, J./1/23/11
584	Abfalter, P./3/19/11
580	Hawk, B./6/27/10
580	Arnold, S./10/23/10
578	Walker, D./4/10/10
578	McKenzie Sr., J./4/24/10
578	Prusha, J./9/25/10
578	Warren, D./4/17/11
573	Murphy, J./4/10/10
573	Favata, T./7/25/10
573	Bishop, J./11/18/10
570	Hemenway, L./11/20/10
570	Reed, A./12/4/10
567	Brubaker, B./6/12/10
564	Garza, T./11/18/10
562	Pamplin, G./4/3/10
562	Bartolometti, T./6/6/10
562	Botticelli, M./2/19/11
560	Bluck, R./12/10
560	Lawrence, R./2/19/11
556	McMullin, C./7/24/10
556	Colquit, J./8/21/10
555	Winter, E./4/18/10
555	Korbel, E./6/27/10
555	James, T./4/16/11
551	Gushterov, V./6/20/10
551	Lawson, J./7/31/10
551	Ochoa, M./7/31/10
551	Carter, T./11/18/10
551	Macaulay, J./11/18/10
551	Wakakuwa, T./11/18/10
550	Smith, C./4/17/10
550	McMaster, R./4/17/10
550	Trouman, S./7/24/10
550	Fields, B./11/14/10

DEADLIFT	
815	McQueen, D./9/25/10
815	Green, O./10/23/10
805	Land, T./3/6/11
800	Cass, B./4/10/10
775	Dellafave, C./11/21/10
771	Holmes, C./7/31/10
766	Patrick, J./6/6/10
766	Driscoll, C./11/19/10
760	Hakola, P./3/6/11
755	Fitz, J./11/6/10
755	Smith, C./8/20/10
755	Eucker, B./3/5/11
750	Johnston, M./7/10/10
750	Edwards, L./8/20/10
749	Hedlesky, M./10/23/10
745	Nugent, T./8/21/10
733	Krogman, J./6/20/10
730	Baty, W./11/13/10
730	Domingoes, F./1/15/11
730	Maupin, P./2/19/11
727	Gushterov, V./6/20/10
727	Kalter, M./6/20/10
725	Cooper, S./5/15/10
725	Pillado, J./9/11/10
722	Burdick, J./5/23/10
722	Pappillion, C./6/19/10
720	Spencer, K./1/11/11
716	Kroeger, Z./6/6/10
715	Beech, W./2/19/11
710	Roberts, P./8/7/10
706	Trionfante, C./7/10/10
705	Norman, J./5/9/10
705	Wendler, J./7/10/10
705	Jacobs, J./10/2/10
705	Sheffield, A./10/23/10
705	McJoy, M./10/23/10
705	Chocnowski, T./11/13/10
705	Hickson, C./1/11
705	Ehler, J./3/19/11
700	Hires, A./6/10/10
700	Whitfield, E./6/10/10
700	Brinkley, J./11/6/10
700	Riston, D./2/27/11
700	Fellure, T./3/11
699	Mitchell, K./9/25/10
699	Scott, D./10/16/10
688	Bianchi, A./4/3/10
685	Harper, R./2/19/11
685	Ade, J./3/12/11
685	Dawd, N./5/22/10
683	Douglas, J./6/20/10
680	Ferris, M./6/10/10
680	McLeod, D./7/24/10
680	Faulkner, W./12/4/10
680	Walling, R./3/12/11
680	Jurenas, M./4/9/11
678	Davis, B./6/19/10
677	Betzinger, J./6/20/10
677	Wild, M./9/25/10
677	Mancini, J.R./12/11/10
677	Pluhacek, S./2/20/11
677	Telesco, C./2/26/11
675	Rozek, R./6/5/10
675	Mill, M./7/11/10
675	Enix, M./1/15/11
675	Brunner, J./1/30/11
672	Martinez, F./5/15/10
672	Favata, T./7/25/10
672	Brandon, M./6/13/10
672	Smiley, D./6/19/10
672	Gibson, J./3/11
672	Maranto, P./4/16/11
670	McCloskey, A./7/24/10
666	Will, K./4/18/10
665	Christie, E./11/14/10
665	Rectenwald, E./1/23/11
661	Meyers, T./4/3/10
661	Taylor, M./5/9/10
661	Andrews, P./6/19/10
661	Lynch, M.P./6/20/10
661	Middleton, B./8/10
661	Koons, R./11/20/10
661	Tronske, M./12/11/10
661	Lilliebridge Jr./1/11
661	Thiele, J./3/12/11
661	Grimm, A./3/19/11
660	Shannon, B./5/1/10
660	Tooley, J./6/10/10
660	Phillipson, K./6/20/10
660	Newman, P./8/7/10
660	Cooke, V./11/21/10
660	Szudarek, M./3/6/11
657	L'Huilier, E./11/18/10
655	Edalgo, C./4/10/10
655	Christie, M./6/10/10
655	Ciellli, J./6/13/10
655	Autrey, B./10/23/10
655	Wheeler, J./12/4/10
650	Barbuto IV, B./5/29/10
650	Gulledge, K./6/10

TOTAL	
2470	Smith, C./8/20/10
2418	Patrick, J./6/6/10
2315	Hakola, P./3/6/11
2300	Benson, J./3/6/11
2270	Edwards, L./8/20/10
2265	Norman, J./5/9/10
2200	Johnston, M./7/10/10
2185	Cooke, V./11/21/10
2175	Christie, M./6/10/10
2175	Taylor, M./3/6/11
2170	Maupin, P./6/10/10
2165	Kroeger, Z./6/6/10
2150	Randal, J./8/20/10
2145	Pillado, J./4/25/10
2145	Church, S./8/20/10
2138	Pappillion, C./6/19/10
2115	Gale, T./10/16/10
2110	Tooley, J./6/10/10
2105	Shackelford, J./8/20/10
2100	Szudarek, M./3/6/11
2088	Atef, J./7/18/10
2061	Ehler, J./6/6/10
2055	Ditillo, A./1/29/11
2050	McCloskey, A./7/24/10
2044	Krogman, J./6/20/10
2033	Brandon, M./6/13/10
2028	Burdick, J./5/23/10
2020	Naspinski, G./2/19/11
2017	Mitchell, K./9/25/10
2011	Douglas, J./6/20/10
2006	Warren, D./3/19/11
2000	Fields, B./11/14/10
1995	Martin, M./8/7/10
1990	Peed, S./3/6/11
1980	Brinkley, J./11/6/10
1973	Betzinger, J./6/20/10
1965	Baughman, K./11/21/10
1962	Rectenwald, E./5/9/10
1956	Garcia, O./6/6/10
1951	Gushterov, V./6/20/10
1950	Eucker, B./3/27/11
1945	Thiele, J./3/12/11
1940	Pirkig, G./5/23/10
1935	Land, T./3/6/11
1930	Hires, A./6/10/10
1915	Arnold, S./10/23/10
1912	Kalter, M./6/20/10
1910	Prusha, J./4/3/10
1901	Werner, T./1/8/11
1901	Chirico, T./4/16/11
1900	Turner, P./4/25/10
1900	Barth, D./5/8/10
1900	McLeod, D./7/24/10
1900	Diel, S./10/23/10
1900	Famiano, A./11/6/10
1895	Wells, D./2/26/11
1890	Smiley, D./6/19/10
1890	Parke, K./1/29/11
1885	Smith, C./4/17/10
1885	Winter, E./4/18/10
1884	Mancini, J.R./12/11/10
1879	Trionfante, C./7/10/10
1875	Ferris, M./6/10/10
1867	Tomlin, S./4/16/11
1862	Ramsey, K./4/1/11
1857	Meyers, T./4/3/10
1855	Infante, A./4/25/10
1855	Dibble, J./10/23/10
1852	Holmes, C./3/12/11
1850	Botticelli, M./8/7/10
1850	Goldman, M./10/23/10
1846	Jones, S./1/11
1829	Schamburg, M./6/20/10
1824	Kemper, T./3/19/11
1818	Crisler, A./5/22/10
1818	Tronske, M./1/23/11
1815	Salmon, E./1/15/11
1807	Keanu, A./4/10
1807	Awad, N./5/22/10
1807	Johnson, P./8/1/10
1800	Strevel, B./8/20/10
1800	Lawrence, R./2/19/11
1800	Kuenzel, W./4/9/11
1796	Will, K./4/18/10
1785	Shannon, B./5/1/10
1785	Williams, C./8/7/10
1775	Burgin, T./6/10/10
1775	Dixon, R./8/7/10
1768	Gerfers, T./4

RESULTS

PRPA RAW504 INVITATIONAL

MAY 14 2011 » Harahan, LA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
MWT				
V. Gale	250	125	310	685
HWT				
M. Fuller	250	135	225	610
R. Weller	205	110	195	
MALE				
<i>Teen</i>				
J. Watson	475	275	525	1275
Vodanovich	275	200	335	810
A. Angolia	520	340	500	1360
S. Adams	210	155	300	665
J. Dufrene	250	225	375	850
B. Marchal	195	110	235	540
M. Villere	405	205	405	1015
<i>Masters (40-49)</i>				
J. Bennett	450	425	450	1325
<i>Open</i>				
132 lbs.				
B. Lowrance	300	255	365	920
165 lbs.				
J. Daigre	485	340	555	1380
R. Gonzales	370	260	440	1070
W. Prather	370	240	440	1050
181 lbs.				
C. Peterson	480	335	515	1330
J. Watson	475	275	525	1275
B. Welch	365	295	445	1105
220 lbs.				
N. Davis	600	345	605	1550
J. Landre	475	320	535	1330
J. Cleveland	430	270	500	1200
242 lbs.				
P. Maranto	605	405	600	1610
S. Vinet	405	355	460	1220
275 lbs.				
C. Garrido	585	335	650	1570
SHW				
J. Daigle	450	335	485	1270

» courtesy Jake Impastato, Jr.

NASA KANSAS STATE

MAR 26 2011 » Salina, KS

BENCH	SQ	BP	DL	TOT
<i>Raw</i>				
148 lbs.				
<i>High School</i>				
J. Kugler	215			
198 lbs.				
<i>Master II</i>				
T. Slocum	347			
<i>Submaster Pure</i>				
Coleman Sr.	374			
242 lbs.				
<i>Master I</i>				
Push Pull				
		BP	DL	TOT
MALE				
198 lbs.				
<i>Int</i>				
Keosybounh		303	451	754
242 lbs.				
<i>Master II</i>				
B. Fanska		352	440	793
Powerlifting				
	SQ	BP	DL	TOT
MALE				
165 lbs.				
<i>High School</i>				
Hutchinson	286	171	330	787
220 lbs.				
<i>Master III</i>				
J. Curtis Jr.	402	248	451	1101
308 lbs.				
<i>Master I</i>				
T. Williams	721	501	727	1949
<i>Raw</i>				
148 lbs.				
<i>High School</i>				

I. Reyes	198	149	275	622
165 lbs.				
<i>High School</i>				
R. Everett	297	231	385	914
181 lbs.				
<i>High School</i>				
P. La	424	308	479	1211
Pure				
P. La	424	308	479	1211
198 lbs.				
<i>Int</i>				
Keosyboun	528	303	451	1283
<i>Master I</i>				
M. Miller	385	215	402	1002
<i>Master III</i>				
S. Landes	292	171	418	881
<i>Teen</i>				
R. Orona	407	281	506	1195
220 lbs.				
<i>Int</i>				
J. Potter	341	220	396	958
242 lbs.				
<i>Nov</i>				
J. Landes	413	264	573	1250
275 lbs.				
Pure				
T. Meyers	721	468	677	1866
<i>Submaster Pure</i>				
T. Meyers	721	468	677	1866
308 lbs.				
<i>Novice</i>				
L. Russell	512	363	551	1426
<i>Open</i>				
B. Epperson	407	363	589	1360
SHW				
<i>Open</i>				
J. Conner	501	424	809	1734
Power Sports				
	CR	BP	DL	TOT
MALE				
123 lbs.				
<i>Teen</i>				
T. Kennedy	77	127	275	479
<i>Open</i>				
J. Hunn	165	330	429	925
181 lbs.				
<i>Junior</i>				
T. Cookson	165	275	551	991
<i>Master III</i>				
D. Jenning	121	242	242	606
220 lbs.				
<i>Int</i>				
C. Gould	160	286	413	859
275 lbs.				
<i>High School</i>				
S. Arneson	132	286	501	919
308 lbs.				
<i>Master I</i>				
E. Koon	215	435	617	1266

» courtesy Rich Peters

ADAU RAW POWER PA STATE

MAY 28 2011 » Monroeville, PA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
181 lbs.				
<i>Open</i>				
J. Baird	264	176	303	744
MALE				
132 lbs.				
<i>Open Youth</i>				
V. Wooding!	236	126	275	639
148 lbs.				
<i>Open Master</i>				
L. Lantz	336	154	369	859
165 lbs.				
<i>Open</i>				
R. Campbell	418	225	512	1157
D. Hill	314	225	380	920
<i>Open Teen</i>				
B. Didiano	402	297	512	1212
<i>Open Master</i>				

R. Hutchison!	325	198	424	947
181 lbs.				
<i>Open</i>				
S. Contreras	402	270	529	1201
J. Mangone	275	325	407	1008
C. Graft	303	231	440	975
<i>Open Junior</i>				
M. Fox	341	286	418	1047
<i>Open Master</i>				
B. Bayer	490	220	540	1251
220 lbs.				
<i>Open</i>				
L. Creatura!	551	363	600	1515
T. Macdonald	473	325	589	1388
D. Chew	507	319	529	1353
<i>Open Master</i>				
D. Amoroso	330	192	440	964
220 lbs.				
<i>Open</i>				
D. Sturges	330	242	435	1008
275 lbs.				
<i>Open</i>				
S. Dangel	352	—	—	352
<i>Open Master</i>				
D. Raybuck	562	358	600	1521
319 lbs.				
<i>Open</i>				
B. Chew	523	435	584	1543
<i>Open Master</i>				
D. Minot	639	440	600	1681
!=Out of State competitors. Official results with Rich Campbell, Brendan Didiano, Bradley Chew and Rich Hutchison passing the in-meet tests and Gerald Woods passing the out-of-meet test performed by Redwood Toxicology Laboratory of Santa Rosa CA.				

» courtesy Big Al Siegel

NASA TOM MANNO WESTERN STATES

MAY 7 2011 » Mesa, AZ

BENCH	SQ	BP	DL	TOT
FEMALE				
148 lbs.				
<i>Master I</i>				
D. Manno	193			
<i>Raw</i>				
123 lbs.				
<i>Int</i>				
L. Bickel	110			
132 lbs.				
<i>Int</i>				
K. Houston	127			
<i>Master III</i>				
H. Ozer	83			
Pure				
K. Houston	127			
148 lbs.				
<i>Master III</i>				
E. Walters	61			
181 lbs.				
<i>Master II</i>				
D. Burns	88			
198 lbs.				
<i>Submaster I</i>				
M. Zunign	132			
MALE				
181 lbs.				
<i>Master II</i>				
M. Yates	369			
<i>Submaster Pure</i>				
M. Yates	369			
Pure				
M. Yates	369			
F. Millan	352			
198 lbs.				
<i>Master II</i>				
M. Einstein	457			
220 lbs.				
<i>Master III</i>				
G. Clock	402			
Push Pull				
	BP	DL	TOT	

FEMALE				
114 lbs.				
<i>Master I</i>				
A. Donahue	99	248	347	
132 lbs.				
<i>Master III</i>				
H. Ozer	83	187	270	
148 lbs.				
<i>Master III</i>				
E. Walters	61	132	193	
<i>Master Pure</i>				
D. Manno	193	259	451	
<i>Open</i>				
D. Manno	193	259	451	
181 lbs.				
<i>Master II</i>				
D. Burns	88	193	281	
198 lbs.				
<i>Submaster I</i>				
M. Zunign	132	250	382	
MALE				
123 lbs.				
<i>Submaster I</i>				
V. Voeun	237	330	567	
181 lbs.				
<i>Master II</i>				
J. Pratt	231	385	617	
<i>Master III</i>				
G. Donahue	209	336	545	
<i>Submaster Pure</i>				
F. Millan	352	402	754	
198 lbs.				
<i>Master II</i>				
M. Einstein	457	451	908	
220 lbs.				
<i>Master III</i>				
G. Clock	402	473	875	
<i>Novice</i>				
B. Lind	325	402	727	
242 lbs.				
<i>Submaster II</i>				
K. Hammond	473	551	1024	
275 lbs.				
<i>Master IV</i>				
G. Lawrence	231	396	628	
Powerlifting				
	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
<i>Submaster I</i>				
D. Carmickle	220	132	220	573
<i>Raw</i>				
132 lbs.				
<i>Master III</i>				
Hope Ozer	132	83	187	402
165 lbs.				
<i>Master II</i>				
R. Rader	154	72	182	407
181 lbs.				
<i>Master II</i>				
M. Burke	160	94	187	440
181 lbs.				
<i>Master II</i>				
D. Burns	138	88	193	418
MALE				
148 lbs.				
<i>Master IV</i>				
L. Janhunen	149	160	231	539
181 lbs.				
<i>Master III</i>				
V. Kindred	374	310	479	1164
198 lbs.				
<i>Master IV</i>				
P. Jezyk	369	110	380	859
198 lbs.				
<i>Master I</i>				
D. Legarreta	523	347	528	1398
<i>Master II</i>				
M. Einstein	451	457	451	1360
<i>Master III</i>				
F. Millan Jr.	226	99	440	765
220 lbs.				
<i>Master II</i>				

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then sleds, very heavy at times, around 450 pounds for 100 feet for three or four trips. Using 225 pounds for six trips of 60 yards works great for powerlifters, sprinters, and football players. It is done three times a week, weather permitting. The heaviest pulling is on Monday. For strength development, reduce the load about one-third on Wednesday for strength endurance, and on Friday use a 45-pound plate or two for a warm-up or restoration. Sled power-walking will build all the muscles in the lower body while increasing your conditioning at the same time. Don't forget, you can work your upper body as well by using a second strap. You can do any movement you want, such as curls, upright rows, triceps extensions, pec work—you name it. Kids of 10 years old and up can use a sled. For a more intense workout, add ankle weights, weight vests, or both for added resistance. For extra hamstring work, walk with the straps between your legs and lower them to knee level. Walk with as large a step as possible, or they can be done like pull-throughs. Just switch styles as often as you like to keep new stimulation of the lower or upper body. One of my favorite exercises is good mornings with the sled. Use a neck harness attached to the sled strap, walk backwards slowly, bend over, and methodically stand erect, then walk backwards with tension at all times. This will blow up the back like nothing else. Note: you don't need very heavy weight for this to be effective.

Phil Harrington has broken several world records in the squat. His best is 905 pounds in the 181-pound class, before Mike Cartinian raised it to 930 pounds lifting for Big Iron. Phil set a goal to break Tony Fratto's raw 749-pound record at 198, set in 1972, and in March 2011, Phil did 755 pounds. He was concentrating on jumping exercises of all types and not doing a lot of squatting. Here is a list of jumping exercises Phil used to break the raw squat record. First, to prepare himself for jumping, he started by doing presses with a barbell and dumbbells while sitting on the floor. They are used to condition all muscles involved in jumping. First while on his knees, he did several repetitions of jumping to his feet. Next, Phil added a barbell on his back while jumping to his feet. Then he did the following over several weeks. First, he held a bar on his thighs while kneeling and jumped to a power clean. Next, from a kneeling position with the bar on his thighs, he jumped into a power snatch. After mastering the mentioned movements, he held a bar on his thighs and jumped into a split clean and then split snatch. After this, he set records in the kneeling squat up onto a box or from a kneeling position into a long jump. These jumps build explosive power. For strength, jump onto boxes with ankle weights or a weight vest. Hold dumbbells and jump onto boxes for record heights with a certain amount of weight or combinations of weight. Switch the resistance often and do 10–30 jumps per workout. Two or three jump workouts a week works well. About once every month try a body weight jump record. This may look like a sports workout, but it will serve to condition a lifter as well as making his legs very explosive.

This is just a small sample of workouts you can do. Don't overdo it. You must raise your GPP to recover from your high-volume or high-intensity workout. Phil proved it works, and Laura Phelps is experimenting with jumps as well. Do easy jumping as a warm-up or come back to the gym later for a more intense workout and watch your squats and pulls go up. «

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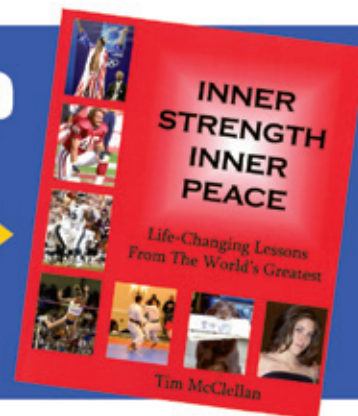
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oregano oil quickly relieves discomfort.

Some of my readers complain of gum and teeth problems? Would this help those who may suffer from some form of gum disease?

Wild Oil of Oregano has shown remarkable results for people suffering from gum disease and infected teeth. I have received some glowing testimonials from people reversing deep gum pockets and even resolving issues like hypersensitive teeth. My wife is one such case. She had severe problems for years and the dental visits were frequent and costly. After using oregano oil daily, her condition cleared up.

Researchers in Italy discovered that oregano oil was able to penetrate the biofilm and eradicate the bacteria that cause gum disease and tooth decay. Biofilm is the plaque that the dentist scrapes off your teeth when you go for a cleaning. This biofilm is created by bacteria to act as a protective device. The bacteria colonize under this protective shield and are thus very difficult to eradicate. Regular application of oregano oil solves this problem.

Use the oregano oil as you would a mouth wash. Put a few drops under the tongue, wait to salivate a bit and then swish it around in your mouth. If gums are in poor shape, apply the oil with finger or cotton swab directly to the gum surfaces. You may also use a drop on your toothbrush. Do this at least twice a day. You will be amazed at the improvement in your gums over the next few months.

If toothache strikes and you can't get to a dentist quickly, put oregano oil on the infected tooth. It quickly kills bacteria and kills the pain. Keep on making regular applications of oregano oil until you can get to the dentist. This simple procedure can save you a lot of pain.

Wow, Roger, that is some amazing information right there. I was not aware that it could used for tooth pain and infection as well. It seems like for almost any condition oil of oregano has some type of application. What about its effects on viruses like the common flu?

Oregano oil has shown in lab testing to be effective at destroying both RNA and DNA viruses. Many people rely on oregano oil to get them through the cold and flu season unscathed.

In this case, prevention is definitely better than a cure. Take 3 drops 3 times daily during the cold and flu season to keep your immune system strong. At the first sign of a symptom, immediately start taking a couple of drops every hour throughout the day. Drink plenty of water. This should knock out a flu or cold bug before it gets a foothold. You will wake up the following day feeling fine.

Should the cold or flu have already settled in, oregano oil will help you recover more quickly and will reduce your chances of getting pneumonia or other secondary bacterial infections. Take 3 drops under the tongue 3–5 times daily. Drink plenty of water.

Roger, I couldn't have said it any better myself. This past winter there have been some really

bad colds and flu going around Toronto and they seem to have hit almost everyone I know. I had two close friends come down with pneumonia as well. I usually get sick every winter, but this year I loaded myself down with the Wild Oil of Oregano from your company anytime I felt like something was coming on. Within a day or so I felt perfectly fine and didn't get sick once. This just doesn't happen with me to go a whole season without one occurrence. You see, I meet with at least 12 different clients or more per day for nutritional counseling, and with all these different people coming in daily the amount of germs I am in contact with is tremendous. It's always one of my clients that seems to get me sick, but this year I didn't get taken down with a flu or cold once. To be honest, this year was one where more people were sick than in the last several. It was a really bad year for this and if you ask anyone living in the GTA about what I am saying, they will back it up for sure. The proof was in the pudding here and seeing the results for myself was the real world results that most are looking for. Are there any side effects that lifters should watch out for when deciding to use Wild Oil of Oregano?

There are some precautions which apply when using oregano oil. These are not side effects as one would experience from pharmaceutical drugs. If one is taking a high blood pressure medication, be aware that oregano oil acts as a blood thinner. If taken along with a prescription blood thinner, blood pressure may drop to an unsafe level. Oregano oil can also interfere with the uptake of iron. If you are taking iron supplements, take them 4 hours apart from oregano oil.

When first taking oregano oil, take small dosages such as 2–3 drops. Wait and see how your body reacts. If your body has an infection, the oregano oil will kill the pathogens and that can cause toxins to be released into the bloodstream. These toxins may cause a "healing crisis" or Herxheimer reaction. Symptoms such as fatigue, headache or flu like symptoms may appear. This can be prevented by drinking water throughout the day. Water will help flush these toxins from your body before they can have an effect.

For women, oregano oil should not be taken when pregnant, trying to get pregnant or during breastfeeding.

Always follow recommended dosages. Avoid getting oregano oil in the eyes, ears or sensitive skin areas such as genitals. Pure oregano oil is caustic and needs to be diluted with an edible oil such as olive oil in order to make it safe for internal and topical use. All dosages recommended here are based on the mixture we use at Hedd Wyn Essentials for our Wild Oil of Oregano. It consists of a dilution of 1 part Oregano essential oil to 4 parts olive oil.

Are there any people that should not use it?

People having allergies to the mint family should proceed with caution. Test a small area of skin, such as the inner elbow, by placing a drop of oregano on it. Cover with a bandage and wait

24 hours. If there is redness on the skin, avoid usage as an allergy is indicated.

Mothers that are breastfeeding may want to avoid oregano oil use internally. External use should be fine. Blocked milk ducts can be successfully cleared by topical application of oregano oil to the affected area.

Infants and small children can benefit from a drop or two being applied to the soles of the feet, or by inhalation of the vapors. Internal use is not recommended for infants and small children under 6 years.

Are there any drug interactions you may be aware of?

There are no known contradictions with drugs other than blood pressure medication. We advise people taking multiple medications to not take oregano oil, just to err on the side of caution. Pharmaceutical medications can take a great toll on the liver and kidneys.

I push my readers to always drink plenty of clean water. Why is it so important for people taking Wild Oil of Oregano to drink plenty of water?

Water flushes toxins from the body. When oregano oil kills pathogens and parasites, toxins are released into the blood. These toxins can cause discomfort. Symptoms such as headache, fatigue and flu like symptoms can result. This is called a Herxheimer reaction or a "healing crisis." Water helps prevent this by flushing out toxins through the normal channels.

You mentioned clean water and this is of utmost importance. Tap water often contains fluoride and chlorine, both are toxic and carcinogenic, as well as many other chemical pollutants. As a result, it is best to drink pure spring water. Much of the bottled water is tap water that has been treated with reverse osmosis filtering. This is far from optimum as it is acidic and will not hydrate the body as well as spring water which contains natural minerals and is more alkaline.

One condition I have had lifters write in about is dandruff problems. What is your take on that and what can be done?

Dandruff is often caused by fungal infection. This is easy to treat with oregano oil. Add 5–10 drops to as much shampoo as you are using to wash. After lathering, let it sit on the scalp for a few minutes. Rinse out. At night before bed, rub a few drops directly into the scalp. Wash out in the morning, if necessary. Repeat until the dandruff has cleared up. Oregano oil has been traditionally used for thinning hair. Perhaps the reason for this is that fungal infection on the scalp can be detrimental to healthy hair growth.

I am big on antioxidant protection, especially for lifters who train intensely and increase their free radical damage from these sessions. Can you tell us a little bit about the antioxidant properties of Wild Oil of Oregano?

Oregano oil has been used since the 1950s as a food preservative due to its ability to stop oxidation and spoilage in fats and other foods. Some



Wild Oil of Oregano goes through an extraction process to become a highly concentrated essential oil with many health benefits

of the potent antioxidants that oregano oil contains are rosmarinic acid, hydroxycinnamic acid, labiatic acid and p-hydroxyhydrocaffeic acid. These antioxidants work the same on cells in the human body as they do in food. A few drops of oregano oil provide the same antioxidant protection as much larger servings of antioxidant rich foods.

Why is this so important for a competitive strength athlete?

I'm sure most of your readers know that hard exercise contributes to the production of free radicals in the body. Free radicals damage healthy cells that they come in contact with. This results in disease, premature aging and tissue damage. Antioxidants fight free radicals by attaching themselves to the free radical molecules. This prevents the free radicals from attaching themselves to healthy cells. Antioxidants are mostly found in fresh fruits, vegetables and nuts as well as herbs such as oregano and garlic.

Due to the rigorous training that competitive strength athletes undergo, their need for taking large quantities of antioxidants is critical in order to offset free radical damage to cells.

A few drops of oregano oil packs a powerful antioxidant punch. Take a few drops prior to, or after, a workout when it may be inconvenient to eat fresh foods.

Many people claim that they feel increased

energy from this can you explain?

Free radicals are contributing factors in cancer, heart disease, premature aging, slow metabolism and decreased energy levels. Oregano oil protects the cells from free radical damage. People will experience the effect of this protection as increased energy.

Another popular thing is an increase in libido? Is this true or just an old wife's tale? Can you expand?

Energy is energy. If the body is exhausted, libido is low. When healthy, the body is full of energy which can be used for any purpose. Oregano oil works on a multitude of levels by enhancing immunity, decreasing the count of pathogens and parasites, aiding in digestion and absorption of nutrients, cleansing internal organs, increasing oxygen levels in the blood, increasing its antioxidant activity against free radicals and more. This all adds up to improved health, energy and vigor. As a result, libido is boosted.

Many lifters train very hard and this increases Cortisol production which is known to reduce immune response. I get tons of emails that constantly complain of lifters getting a cold or flu especially during the end of their training cycle before a competition when their bodies are under the most stress. Can this help them out?

Oregano oil will certainly help to counteract the negative effects of Cortisol. I would definitely recommend using it for this purpose. Take a

few drops prior to working out.

For coffee drinkers and energy drink freaks, note that eliminating caffeine from the diet is the single most effective method of reducing cortisol levels and increasing DHEA levels.

It's also good to remember that not leaving enough recovery time between workouts for muscle tissue to rebuild is counterproductive. Working out every day is pretty much a recipe for wearing out the immune system. Not only that, but strength will decrease if muscles are not given enough time to rebuild completely between workouts. That can take 3 days or more.

I want to spend some time talking about parasites. They come in all forms, shapes and sizes. Can you go in depth in relation to such bad boys as lice and scabies?

Scabies and lice are both nasty insects that live on or bury into the skin and are difficult to deal with. They are usually treated with toxic insecticidal chemicals. Infection results from physical contact with people who are infected. Oregano oil is very effective against both scabies and lice.

Scabies are particularly painful because they crawl under the skin and are not easy to get rid of. Topical application of oregano oil is highly effective. If infection is in the genital region or other sensitive skin areas, it is necessary to further dilute the Oregano oil in more olive oil to avoid an uncomfortable heat sensation.

I have supplied missionaries in China with oregano oil to treat whole villages infected with

POWER NUTRITION »

scabies. Even after diluting the oil five times with more olive oil, they were able to successfully eradicate the epidemic.

Head lice are mostly a problem with children who can pick them up at school or when playing with friends. Often heads will end up being shaved as lice are so difficult to get rid of. Part of this difficulty relates to reinfection from the same playmates or from lice eggs that get deposited all over the house on bedding, floors and furniture. Meticulous house cleaning and regular washing of bedding and clothing using borax and hot water in the wash is necessary until after the infection is eradicated.

To treat head lice, mix oregano oil with shampoo and wash hair thoroughly. Before bed apply oregano oil liberally to hair and scalp. Dilute further with olive oil for young children or if scalp skin is sensitive. The added olive oil also acts as a lice deterrent. Similar treatment is recommended for body or genital lice. Continue applications at least twice daily until lice are eradicated.

What about internal parasites you find water borne like Cryptosporidium and Giardia? Can you explain to the readers what these are and how oil of oregano can have a potent effect at battling them?

Cryptosporidium and Giardia are water borne, microscopic protozoan parasites. Giardia is found in water contaminated by human, beaver, muskrat and dog feces. Cryptosporidium are found mostly in human and cattle feces. Chlorine added to water supplies is often not able to destroy the cysts that cause infection.

Symptoms of infection are upset stomach and diarrhea and could include vomiting, chills, headache, and fever. Once in the body the cysts hatch and more cysts are created. The cysts are particularly resistant and do not respond to drug treatment. For most people, infection is not life threatening, but the illness can last a long time and be extremely unpleasant and debilitating. For immune compromised people, such as cancer or AIDS patients, these infections could be life threatening.

Immediate treatment is necessary once infected. Giardia infection, in particular, can have serious consequences if left untreated. Crohn's disease, colitis, skin diseases like eczema, fibromyalgia, hepatitis, asthma, ulcers and more can be the result.

Beware of drinking water in the wild from lakes or streams as it could be contaminated. Boil water for at least one minute before drinking. If you have oregano oil, put a drop or two in a glass of water and agitate before drinking.

Both of these organisms are hard to kill. They hide inside the intestinal wall and even in the liver in the case of Giardia. Due to the ability of oregano oil to pass through tissue, it is able to kill the organism over time. Treatment is likely to be prolonged. In Mexico where Giardia infection is common, they found oregano oil was 90% effective, making it a more effective treatment than Flagyl, the drug of choice.

Take 3 drops 3 times daily under the tongue. Also put 3 drops in vegetable juice or water and

take 3 times daily on an empty stomach. To make this treatment more effective, take an empty capsule and add cayenne pepper, raw garlic and 5 drops of oregano oil. Swallow it half an hour before breakfast.

Human trial studies on oregano oil are relatively rare because it is a natural product and cannot be patented. As a result, no one is going to be able to have exclusivity on the product and make pharmaceutical industry profits such as the 224,973-percent mark-up on Prozac or 569,958-percent on Xanax!

However, a small study was made in which oregano oil was tested on fourteen adult patients whose stools tested positive for enteric parasites, *Blastocystis hominis*, *Entamoeba hartmanni* and *Endolimax nana*. After six weeks of treatment, there was a complete disappearance of *Entamoeba hartmanni* in four cases and *Blastocystis hominis* in eight cases. Gastrointestinal symptoms improved in seven of the eleven patients infected with *Blastocystis hominis*. This study was reported in *Phytotherapy Research*. 2000; 14: pp.213-214.

Yes, you are correct. Since natural products can't be patented, "Big Pharma" can't make a several thousand percent mark up on it. This is one of the reasons why so many medical doctors are against natural methods of healing. It's a shame that healing in the United States is mainly based on profits and stock options than actually wanting to heal and help people. It is truly a shame that the medical establishment has reached the level it has with all the unseen things the majority of the public is unaware of. I have also read about its positive effects as an anti-venom? Is this really true? If so, it is truly amazing! Can you expand on the science behind this and give any personal accounts or related stories?

Oregano oil has been used for a couple of thousand years to neutralize poison from venomous bites. I have personally used it successfully on a wasp sting. Other accounts note its effectiveness against bee stings and even a brown spider bite which is particularly toxic. More research has to be done before science understands the mechanism of why oregano oil is effective against venoms of different types.

Many people are allergic to common bee and wasp stings. Applying oregano oil immediately to the site of the sting will neutralize the venom and provide more time to seek immediate medical attention. The same is true in cases of snake bite or spider bites.

Apply oregano oil immediately to the bite and continue this treatment a couple of times an hour or until you get medical attention. Take 2 drops under the tongue every hour until you can get medical attention. Continue to apply oregano oil to the wound several times daily until it has healed. Oregano oil is not a substitute for a targeted anti-venom or medical attention. Many venomous bites can be life threatening. Using oregano oil may provide the extra time needed to get medical attention, but do not rely on it as a complete solution.

Can you explain what Pleomorphism is and its many dangers? Can you explain how Wild Oil of Oregano combats this?

Science fiction fans know all about shape shifting. Pleomorphism is a fancy word for that. What it describes is the ability of microorganisms to change their form and morph into another very different form. The theory of pleomorphism was first advanced by Pierre Bechamp, a contemporary of Louis Pasteur. Pasteur is known for advancing the germ theory of disease, i.e. that microorganisms are the cause of disease.

Bechamp's theory was that the basic unit of microbiological life was a small particle which he named the "microzyma." This seed could change forms to bacteria, fungus, or virus and then return to seed form. The form would depend on the state of the body referred to as the "terrain," particularly the blood.

Although Pasteur recanted and admitted on his deathbed that Bechamp was correct in his theory, the Pasteur model is still embraced to this day by many in the medical field. I tend to agree with Bechamp that "The terrain is everything." What that means is that food, mood, water and exercise all will change the pH of the body and the condition of the blood and cells. These changes will affect the quantities and types of bacteria, viruses and fungi found in the body.

Researcher Royal Rife was able to directly observe pleomorphism in the 1930s. He had built the most powerful light microscope ever invented and was able to observe viruses as well as bacteria and fungi during their life cycles. He did not use dyes which kill microbes as does the electron microscope.

You're probably wondering at this point what difference all this makes and how it relates to oregano oil. Quite simply, oregano oil is effective against all forms of harmful microorganisms whether they be fungi, bacteria or viruses. If you are using an antibiotic to treat bacteria, it will have no effect against viruses or fungi. If the bacterial infection morphs into another form, you are out of luck. Oregano oil does not discriminate between different forms of pathogens. It is effective against them all.

Wow, that is amazing info, Roger. I have heard people that have Hepatitis used this with great success. Can you elaborate on this?

Hepatitis is considered to be an incurable condition. The truth is that with proper diet and a little help from oregano oil, Hepatitis patients can be restored to perfect health with no trace of the virus. We have had a couple of customers who were clinically declared free of Hepatitis C after six months of changing their diets and using oregano oil daily. In both cases, the individuals concerned started with 3 drops 3 times daily and gradually increased to larger dosages over a few weeks to a maximum dose of 6 drops 5 times daily. This was continued for six months.

One of the customers had cirrhosis of the liver. Over the treatment period his liver regenerated completely.

That is fantastic news. What about its effects on diseases like Herpes?

Oregano oil helps to weaken viruses by damaging the viral sheath. Oregano oil has helped people with Herpes by helping to stop outbreaks or reducing the time of infection. Oregano oil also helps to speed healing of the skin from Herpes lesions. Herpes usually breaks out when the immune system is weak.

Take oregano oil regularly to keep the immune system strong. At the first sign of an outbreak, apply oregano oil topically to the area and repeat application several times daily. Take a couple of drops under the tongue every hour throughout the day on the first day.

The Herpes virus hides in the spinal cord. Rub a few drops of oregano oil along the spine daily to weaken the virus.

What about its affects on asthma and other respiratory ailments? I have this condition and I have found that oil of oregano is very helpful. Can you expand on this and why it helps?

The effects of oregano oil on asthma and other upper respiratory complaints can be dramatic. Asthma is another modern disease that has become an epidemic. It can be life threatening and is responsible for a large number of deaths. The primary culprit is the modern diet which consists of too many processed foods which contain many different chemicals. We are also subject to chemical poisoning from chemicals used in carpet, upholstery, cleaning products, dry cleaning, etc.

The first step is to eliminate as many of these chemicals from your environment. That means changing your diet to whole foods that are preferably grown organically so they will be free of pesticides, herbicides and chemical fertilizers. Drugs used to treat asthma will actually worsen the condition over time as they also contain toxic chemicals. All types of infections can initiate an asthmatic condition. Oregano oil consumption will go to the root of the problem in the case of infections.

Food allergies can also be a trigger. Likely suspects are wheat, milk and milk products, peanuts and shellfish. If you have asthma, you will probably be aware of worsening symptoms after eating certain foods. Eliminate them completely from the diet.

Test for allergy to oregano oil before using it to treat asthma. If your symptoms get worse after use, discontinue immediately. Take 3 drops under the tongue. Let it sit and breathe in. The vapors will go into your lungs where they will help clear passages. Rub a few drops on the chest area or inhale vapors directly from the bottle at the first sign of an attack. Take 3 drops 3-5 times daily or as needed. We have had customers report that they were able to stop using their puffers after treatment with oregano oil.

Many lifters suffer from different types of allergies. Can you explain how Wild Oil of Oregano can help?

Much like asthma, allergies are often a result of the buildup of toxins in the body. These toxins come from air, food, water and the

environment outside and inside. Once the body reaches a certain level of toxicity, it becomes hypersensitive. Allergic reactions can occur to a wide range of things such as food, industrial pollutants, chemicals, etc. Mold is a huge trigger for allergies. If you have mold in your home or at the workplace or in your car, you can use oregano oil added to water to get rid of it.

Allergies can manifest on the skin, in the sinuses and upper respiratory tract. Often ear infections can be triggered by allergies. There are too many symptoms to go into depth here. Allergies can be life threatening.

The first step is to remove these triggers as much as possible from our food and our living and work spaces. Before using oregano oil for allergies, do the allergy test by placing a drop of the oil on the inside of your elbow and cover it with a bandage. After 24 hours, inspect the skin and if it is red, it indicates an allergy to the oregano oil. In such a case, do not use the oil.

If allergies affect sinuses and upper respiratory tract, breathe in the vapors of oregano oil. You can put a drop or two on a tissue and put it by the pillow at night or on your desk while working. If you are moving about, put a drop on your upper lip. Take a drop or two under the tongue and breathe in while holding it there. These methods will help clear sinuses and ease breathing. Go slowly with internal dosages. Try one drop at a time and see how you respond over the next couple of hours. If you don't experience a healing crisis, take another drop every 2-3 hours. After getting used to the oil, use as required.

Many lifters have pets, such as dogs, as part of their family. Can animals benefit from using this and what veterinary conditions can it help with?

Dogs can benefit from oregano oil in the same way as their humans. Treatment can be both internal and topical depending on the condition. Oregano oil works well on skin diseases by applying a diluted mixture on the affected area. Parasites are an ongoing problem for our four-legged friends. Add a few drops of oregano oil to a teaspoon of olive oil and mix that in with their food. I have a 15 pound dog and will add 3-5 drops in his food. After dinner he goes on a bit of a rampage as the hot taste perks him up.

We have heard back from many happy customers on how their dogs have recovered from stubborn or chronic conditions with the help of oregano oil. One dog who had become lethargic after a stroke made a good recovery after a few days on oregano oil. The great thing about using oregano oil to treat your dog for any condition is that it will do no harm when administered in low dosages of a few drops.

Can it be used on other animals as well like cats?

The jury is out on treating cats with oregano oil. Cats do not generally tolerate essential oils very well due to the damaging effects they can have on their liver. That being said, I have had people with sick cats see their cats respond well

to a drop of oregano oil mixed in with their food. One cat who had never licked its owner would lick the oregano oil off her arm after she had applied it. All cats mentioned survived the experience with improved health. I would, however, exercise extreme caution in this area. Try homeopathic or other natural remedies first.

I have a couple of my clients who are farmers down in the Southern U.S. What about using it on livestock?

Oregano oil is an excellent treatment for all livestock, including cattle, pigs, chickens, sheep, goats, horses or what have you. Oregano oil works wonders in preventing and clearing up infections and can be used for topical applications for injuries and skin problems. External use prevents wounds from becoming infected and speeds healing. It is a great remedy for fungal infections of the hooves and skin. Oregano oil is also an insect deterrent.

Farmers who are running organic operations or just want a more natural approach to maintaining healthy livestock are using oregano oil in North and South America and Europe. I think this is a trend that will increase a lot in the future. Antibiotics are no longer able to defeat many of the bacteria and most people don't want antibiotic residues in their meat.

For internal purposes, oregano oil is simply added to the feed. For topical use it can be mixed with edible oil and applied directly where needed. Farmers can administer oregano oil themselves so it saves on vet bills.

Wow, that is some good info, Roger. I wish that farmers did use this instead of the mass overuse and abuse of antibiotics that they give their animals. You covered some really good topics today and I want to thank you for sharing such interesting and informative research that I am sure 99% of the readers were completely unaware of.

CONCLUSION

Well, here we have it. Roger really gave us some great information in this issue and touched on a wide variety of different ailments along with specific protocols to help rid these conditions using oil of oregano. As you can see, the uses of this amazing oil are many and that is why I personally use it in my health program. I planned that this series would go for three parts, but I simply couldn't hold back on the fantastic info that I had. So, yes, you can look forward to one last installment of this series next month. So until that time, train hard, eat clean, and give this oil of oregano a shot because I sure am glad that I did and I know you will also enjoy the many benefits it has to offer!

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.wildoil-oregano.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. ☪

MIGUEL RUELAN »

Do you participate in any other sports besides powerlifting?

I have recently been successful at participating in some bodybuilding competitions; I probably will continue that to some degree. I am also a very avid golfer with a 9-handicap.

Tell us a little about your work as a chiropractor and how does that impact and affect you and your lifting career.

My practice is in Flushing, Michigan. I have another chiropractor working there and nine massage therapists that work there. We see about 350 patients a week—it is a busy practice. My chiropractic practice impacts my lifting and my lifting impacts my chiropractic practice. My awareness of health and physiology and neurology and mobility influences my training and helps me to avoid injuries and recover from injuries that I do receive. My experience with heavy training helps me better diagnose and treat my patients.

Tell us about the commitment of being the Michigan USAPL state chairman.

I am trying to make the USAPL in Michigan a lifter-friendly sport for all athletes—beginners and elite lifters, young and old. Nothing against any of the other past state chairmen, but nationally there are so many organizations that it has become a much more competitive market than in the past. I am very much pro powerlifting in Michigan and am good friends and keep in contact with other state chairmen and lifters from other organizations within the state.



Miguel is a successful powerlifter, bodybuilder, and chiropractor...

There are so many rules in powerlifting, especially when you cross different organizational barriers. If you could add or delete any rules, what would they be?

That decision gives me some personal conflict because I enjoy lifting assisted/equipped. I believe raw lifting is the best chance for us to unify.

So do you believe that raw, unassisted lifting is our best chance of becoming an Olympic sport?

Yes, I really do, and I am for the Olympic direction for powerlifting. I believe there is way too much diversification and that needs to diminish for us to unify.

As mostly a bench specialist now, how do you train the other two lifts when preparing for a bench meet?

I still train hard sets of five repetitions in the squat and deadlift, but I don't wear supportive suits. I will wear a belt and sometimes wraps for safety.

Do you utilize any innovative training devices?

Yes, we use board benching and chains and bands to increase and decrease resistance. I do not put on a bench shirt until about six weeks out from the meet.

What training methods do you use?

Most of the time I train four days a week. Heavy squats and light deadlifts are one day. A second day is heavy bench and light bench assistance work. The third day is heavy deadlifts and light squats. and the fourth day is light bench press and heavy bench press assistance work.

Do you vary your training in the off season?

Yes, I perform lifting with more of a direction towards cardiovascular training and conditioning training. I do super sets, or higher repetitions, and lots of core exercises.

Miguel, do you believe in supplementation, and if so, which ones?

Yes, I do. I take a daily multi-vitamin every day along with joint supplements. I also drink 1½ gallons of water each day. Also, I am a firm believer in Glutamine for quicker recovery.

Do you perform better during training or at a meet?

I think everyone performs better in training because you have your best buddies there and you are in your comfort zone and on your own schedule. Competitions will take a little out of a person especially on the mental side.

What is your greatest motivation?

Health—I want to compete well into my sixties and seventies, and remain healthy while I am competing. This also motivates me to be active with my family well into my older years.

What advice do you have for the young lifters or beginners out there?

Set realistic goals, and find a good training partner to make yourself accountable. You have to be accountable to each other to both show up and to put out maximum effort. Also to search out and to listen to those lifters that have more experience; everyone can always learn more from others all the time—I sure do.

What have been some of your biggest challenges?

Motivation at certain times, and also the big numbers of the other lifters. Also, having time between the family life and the powerlifting life, it does become tough as the state chair and a competitor.

What are some of your personal lifting goals? To be competitive into my fifties in the open division. Mike Hara at 51 did a very competitive bench at 165 lb., that is one of my goals.

Name one of your most memorable competitions?

The 2001 USAPL Bench Press Nationals; I was a dark horse. No one knew I was there, especially after missing my first two attempts. There were three big 148 lb. benchers: Joe Mukite, Lance Slaughter, and Peter Wong. I took an unpredicted third attempt to take the lead on the advice

of my three training partners, and made it. That put me ahead and I ended up the national champ.

That was pretty risky decision making.

Yes, but my training partners knew me that well and had all the confidence in my abilities.

What was one of the most memorable competitions that you observed?

The 2009 Men's and Women's World Championships in Luxemburg. I was an assistant coach and our heavyweight needed to place at least 5th or better for the USA team to win. He took 4th and the USA team won its first ever IPF Men's Team World Championship.

Are you preparing for any meets in the near future?

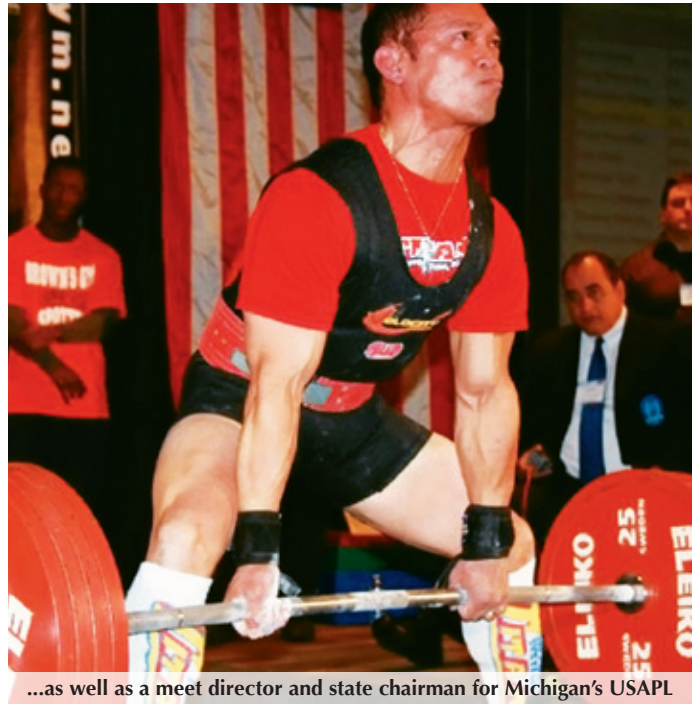
Yes, I am. I will be the meet director as well as lifting at the Michigan Push/Pull Meet in May; competing at the ADFPF Single Lift Worlds on June 25; another full meet in July; the USAPL Bench Press Nationals September 3rd in Florida; and guest lifting at the Michigan State meet in October. And somewhere in between there I am planning on doing another bodybuilding contest as well, probably in August.

That is a very busy lifting schedule, and helping your training partners along the way. How did your trip to Orlando to help your training partners go?

They did really well. Everyone received first place gold, and convincingly too.

Thank you very much Miguel for the interview. I hope this can help to inspire some new lifters and keep some older ones going longer.

I would like to say special thanks to my sponsors: Titan Support System for the best gear around and Flushing Back & Neck Care Center, my



...as well as a meet director and state chairman for Michigan's USAPL

training partners, my beautiful and supportive family, and the blessings from GOD who gives me my strength. ☪

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TIM BRUNER »



Bruner showing off his muscular backside

bers. Well, what do you think the difference is between some of the lifters of today and yesterday on that standpoint? Different training programs?

I think that the term "CHAMPION" is used very loosely today. Back in the day there were only

two or three federations and they all had their top contests every year where the best of the best competed. Only a handful of the top lifters could qualify and lift at these top meets. When the smoke cleared, and the last deadlift was pulled at one of these championships, the whole powerlifting world knew who the best powerlifters in the world were because they competed in and won in those top meets. Also, in these top meets the standards of form were much higher than today's standards and everyone was held to the same standard of judging. Squats had to be a bit below parallel, benches had to be fully locked out. Again, the winners of these meets were the best of the best. Today, if you can't win at a big meet you can just start your own federation and lift under the standards of your training partners by putting them in the judges seat and you can get whatever you want passed. Where is the integrity of that?

I have to agree with some of that. I think society today breeds that attitude—not just in powerlifting, but with anything that is competitive. Everyone wants to be a world champion where, in reality, not everyone can be the best. It takes years and years of hard work to arrive at that level and that might not even get you there if your genetics are not good enough. Now, it seems like if you can't win at that level you can be a champion in your own backyard

by starting your own deal.

Exactly. Here is a good example of what I mean: if little Billy comes home from school and tells his parents, "Mark did ten push-ups today, but I only did seven, so he won the 1st place ribbon." You would think that Billy's parents would say to him to go out there and practice harder so you will do better the next time, but most parents today would call the school and complain to the teacher that Billy should have received a ribbon too for participating. That's the mindset of our sport today. What gets me mad is when a lifter gives excuses for squatting high. Well, why don't you adjust so you can reach proper depth. That's all I'm saying. I'm just about cleaning up the judging standards and all the different watered down federations.

Alright, here's a good question for you. Since you have issues with the loosening of squat judging, give us your take on the evolution of the squat from the era of the first 1000-pound squat up to the present day all time biggest squat.

Well, as I see it, Lee Moran and Dave Waddington were the first guys to squat 1000 pounds officially. Now at that time, which was the early 1980s, they performed their squats with a regular 45-pound Olympic bar; they also walked the weight out. In 2011, the biggest squatters of today use special squat bars which increase the

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stiffness of the loaded bar and, of course, the gear has improved dramatically. The new added variable would be the use of the Monolift. With all these new variables of today you are now seeing the bar raised to an incredible level as you are seeing guys squatting in the mid 1200s—which is truly incredible in my opinion.

With that in mind, do you think the big squatters of yesterday—like the Morans and Waddingtons—given the same advances we now have in our sport and if there was a time machine that would take them from 1981 to present day, could they compete with the lifters of today number-wise?

I think that you have to look at it this way. When those guys were knocking on the door of a 1000-pound squat in 1981 and also when you and Anthony were the only two guys flirting with 800 in the bench press in the 1990s, those lifts at that time were almost unreachable. It took the mindset of a world champion to dare to even try to eclipse those marks. To answer your own question, Big E, did you think you could ever bench press 1000 pounds back in 1995?

To be honest, no. I had that conversation with Anthony and he said the same thing. We both thought that after we left the sport the limit of human performance was being pushed to the limit by us, never to be beaten. How wrong we were.

Exactly. So the thing you have to take into consideration is the most powerful ingredient—the power of belief. The power that says I know I can lift this weight. That is the mindset of champions who have kept eclipsing world records since the beginning of powerlifting history. As you say all the time, Big E, “Believe to Achieve.” So to answer your question, I don’t think you could take a world champion from the past and make him believe he can squat 250 pounds more than a weight that took him a lifetime to achieve. It’s too hard of a mental issue to overcome. Not bad or good, just an observation by the “Peoples Champ” and, as you know,

I know everything, Big E. Here we are today where kids at high school meets are squatting 700 pounds. When Doug Young squatted the same weight back in the day everyone was in disbelief. So it’s all about breaking down those mental barriers.

You, sir, are wise beyond your years. Give us your take on the powerlifting Internet forums. Do you still visit and post frequently?

To tell you the truth, there are not many of the forums you can go on anymore and get valid powerlifting information. When you read a post about how to train your squat then two posts below a kid is on there asking what to do because his girlfriend left him, makes you sort of rub your head. These are the same guys who go on the forums and make negative comments about everything that is right with the sport yet go on a powerlifting forum and ask questions about their infantile love life. It’s hard to believe, isn’t it? These are also the same guys that if you asked them who Ed Coan was, they would draw a blank. They should spend more time learning about the history of our sport and learning where we came from instead of just taking from powerlifting and bashing it.

Yeah, I sort of wondered about that myself. I think there are some good forums out there still though. Well, tell me some good things you see in the sport today.

I think the involvement of teens in powerlifting is a great thing. It teaches discipline and goal setting. It also keeps them out of trouble and off the streets. As adults in powerlifting, we need to educate young lifters. They only know what you teach them. I recently have been to a local meet and watched some of the kids show up ill prepared and not knowing or understanding the rules of the sport. We need to take these young ones and teach them how to do things the right way as they are the future of our sport.

You know, with some of the answers you’re giving me, man, I can’t understand why you would be the most hated man in the sport. You seem to really care about powerlifting.

Well, Big E, let me tell you this. I am the most hated man in powerlifting because I say what other people think and are too afraid to say. On top of that, I believe I am the total package as the ultimate powerlifter. I got the looks, the tan, the height, and I totaled Elite in four different weight classes—what more can you say? I also have the longevity, competing throughout five decades. I am the women’s pet and the men’s regret.

You are one crazy dude, that’s for sure, but I’m proud to call you my friend. Any parting words of advice to the powerlifting world?

Have no heroes. Be a hero to yourself. Thanks, Big E, for letting me come on and express myself.

No problem, pal. You are truly one of a kind. Thanks for being upfront and expressing your real views on the sport. <<

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2X THE POWER – Ed Russ with Tiny Meeker

I was raised by my parents who taught me to work hard and go after all your goals and dreams. Also, becoming a parent myself at 18 years old makes you understand toughness and maturity. If you're sick, hurt or whatever else, it doesn't matter. You have little ones counting on you and you need to be there for them no matter what.

That's epic! Epic story, Ed! Ed, physically you are monstrous! What is your height and weight? How big were you at your biggest?

I am 5-foot-10 and 350 pounds. The heaviest I have been was 372 when I was at the 2003 Seniors, which I feel is just too big for me. I feel good now and I want to maintain around 330-350 pounds.

Tell us the federation you compete in, the meets and what it is all like?

I started out in the APF. It was an awesome experience and I've met some great people in this federation. The fellow lifters are always helpful, even if we are competing against each other. There are many that I call my friends and that I still keep in contact with.

Tell us about your family.

I am married to my high school sweetheart, Janice. We have four children: two girls and two boys. Georgiana, 25, Samantha, 23, Edward, 21, and John, 17. We also have a granddaughter, Ryan, who is 4 months old. I am a very proud dad.

It's great that you can be a powerlifting warrior monster and a great, compassionate, empathetic husband and father. Way to keep balance

in your life. Do you want your kids to be as big and strong as you? Were you always super strong?

I would like my boys to be as strong as me, but not as big. My boys play football and are QBs. Being strong and explosive is important for them to play the game and to succeed. As for always being strong, I would say it took hard work and dedication, but I started with a good foundation.

What is it like working as a strength coach? How do you fire your students up?

First off, I love working with kids. Watching them grow from an infant lifter into a strong adult is what I live for. As a strength coach you are not only a coach, you are a father figure, a friend and a confidant because of the time you get to spend with them. Getting kids fired up takes some work. We usually play some hard rock music. Setting goals and seeing that I am a hard working powerlifter motivates them. I practice what I preach to the kids and that seems to fire them up.

There are not many 5-foot-10, 350-pound solid football coaches who have squatted over 1000 pounds like you, big Ed. I can see how that would motivate your players a lot. What are your top five tips for a bigger squat, bench and deadlift?

Hard work!! Hard Work!! Hard Work!! Hard Work!! Hard Work!! Train smart, get to know your body and if you are a gear guy get used to training in it. And always learn proper technique. To me, training is just like when I played football. Having good practices produced success on the field as well as the platform.

Very wise! Being extremely strong and very monstrous, have you encountered a lot of jealousy? You're one of the biggest powerlifting monsters in the planet. How do most people respond?

I personally have not run into anyone being jealous. I have received only positive feedback. I have many people come up and ask me questions about lifting and tell me how big I am. I take it all as a compliment.

Tell us about your bench and squat routine. How often do you change it up?

I really don't have a set routine. I use some of Louie's Westside principles and a lot of my own principles that I have learned over the years from being a powerlifter and a strength coach. Going to lots of clinics and strength seminars and visiting with other coaches always helps me learn and I feel you should always be open to learning.

What are your favorite assistance exercises for a bigger bench and squat?

For the bench my favorites are face pulls, floor press, lat pull, bent rows, and rear delts, skulls and triceps work. For the squat I like box squats, band squats, chain squats, heavy good mornings, reverse hypers, RDLs, glute ham raises and front squats.

How do you get fired up to lift such insane iron?

Getting ready to lift heavy weight I listen to heavy metal music. I focus on what I am about to do. I take deep breaths as I am about to go under the bar and yell at myself to stay focused.

Tell us about your diet and what supplements do you take?

I eat relatively clean. I eat a lot of grilled chicken and eggs; so I guess a lot of protein. I am a meat and potato type of guy. As for supplements, I have tried a lot, but honestly I feel that MHP products have worked the best for me. I use their UP YOUR MASS, PROBOLIC SR, DARK RAGE and DARK MATTER.

So far in your powerlifting journey, list your favorite, most hardcore, funniest and the moment that has most changed you.

My most hardcore memory was when I dumped 1,052 pounds. Having my suit cut off and then walking off the platform. After everyone thought I was done, I finished the meet and took fourth place.

My funniest moment was when my poor wife got stuck having to wrap some guy's knees. She didn't know him, but I felt bad for him because he had nobody with him, so I asked her to do it.

The moment that changed me was when I got called out in *Powerlifting USA* by a fellow lifter when I had just started out who said I needed to train his way to get my 1,008 squat. Well, guess what? I did it my way and I got it!!!!

I'm going to list five aspects of powerlifting and you tell me why you think they are important. Mind and Heart: comes first because with all the

weight we powerlifters move around we need to be of strong mind and heart and have no fear of the weights.

Training Partner: second because they help motivate you.

Rest: third because you need that to recover.

Diet: what's a diet? I am a super heavyweight.

How do you want to be remembered?

As a good father and husband. As a person who is there when needed and would give you the shirt off his back if you needed it.

What makes big Ed happy?

My family and my kids succeeding in life, being able to do a job that I love, and being big and strong.

Of all the larger than life bodybuilders, strongmen and powerlifters at the 2010 Arnold, I thought you were the biggest monster of them all in person. Speaking of which, what did you think of the Arnold?

I think it is awesome. I love the mixture of people, and all the different genres of athletes that come to compete in their fields. I like getting to see the different things that come out every year.

How do you see the future of powerlifting?

This is a tough question, so I will just leave this

one to the people who think they know better!!! I just want to lift and compete and share fellowship with all the great men and women of our sport.

What are your five favorite things about being a powerlifter?

Being big, strong, powerful, competing and the friendships I have made over the years. I have met strongman competitors and bodybuilders—both women and men. I have developed some great relationships with them.

What is your advice for the younger generation of powerlifting?

My advice would be to develop a good base, foundation and technique before getting into gear. Train smart and eat right. Stay true to yourself and always compete against yourself. Get your numbers; don't sweat the other guys. I have won two meets by getting in my numbers while they bombed out.

That's great motivation. What is your message for the powerlifting world?

Respect each other and the choices we make, where to lift and what fed to do it in!!

Do you like your size more or your strength? What do people respond to more?

I like them both. People see my size first, but

after they see me lift, they enjoy both.

What adversities have you had to overcome?

The only adversity I have had is the passing of my mom. We were very close and my children adored her. It was hard to see her go.

What motto do you live by?

Stay true to yourself.

Well, Ed, you have stayed true to yourself. What an original, hardcore and meaningful journey you have had through powerlifting and life! We at Powerlifting USA and CriticalBench.com know that you have a lot more left in powerlifting and we can't wait to see what you have in store for us next! You have left a mark in the hardcore world of iron sports and you have made the iron world much more interesting. In closing, is there anything else that you would like to say?

First off, I would like to thank my wife, Janice, because without her I wouldn't be able to do what I love to do. My family, including my dad, for all the support they give me. Jon Inzer, for being my first sponsor when I was just starting out and having the best gear around, in my opinion. And to all the training partners I have had over the years, including my most reluctant training partner, my wife, who has always been there for me. And thank you, Ben Tatar, for doing this interview with me. <<

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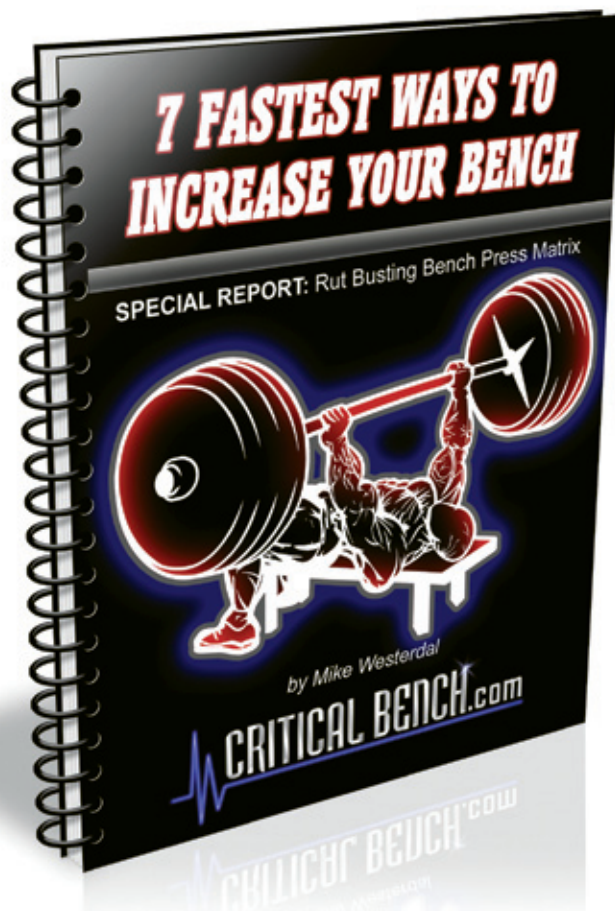
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POWERLIFTING MEETS »

I knew I could win, because I knew I could break records... I went for experience, competition, to see old friends, and for accomplishments, (personal records). My priorities were usually the state meet, a summer national meet of some kind depending on where in my career I was—i.e. National Collegiates, Junior Nationals, Senior Nationals. If I won the Nationals and was “picked” (yes, Toto, there were qualifying totals and wins for the big meets; not everyone got to go) for a world team, that would be my late fall-winter meet. If I did not go to a world meet, then I would pick another big competitive (i.e. YMCA Nationals, etc.) meet to go to; usually three meets a year and perhaps a fourth.

STEVE DENISON: 1. Federation. 2. Level of competition, i.e., local, national, world meet. 3.

Location. 4. Venue. 5. Meet director. 6. Awards.

DAVID RICKS: I look for the type of federation and then the location. Since there are very few cash meets, the location is a big decision because of the travel cost. The other criteria is whether it is a national or a major regional meet with a lot of stature. Training for a meet is a lot of hard work and dedication, and you want that effort to be recognized at a significant meet.

MIKE MCDANIEL: Federation, then timing, then location.

BOB BENEDIX: Location is number one!! The ease of getting there. I am getting too old to drive hours from the airport. I would rather have the meet at the hotel where the weigh in

is being held. Second is competition; nobody wants to lift against themselves (well, some might). Attitude of the meet promoter is almost as important. Who is more important: the lifter or the person putting on the meet? Are there plenty of qualified judges and spotters, and is there enough warm up equipment? These things make a difference if I lift in that meet again!! «

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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NORM: First of all, let me say that I crack my knuckles once or twice a week and have done so for decades. In my case, nothing bad has come of it—no arthritis, no effect on my grip strength. In talking to lifters and other athletes over the years who also cracked their knuckles, I haven't heard that they suffered any problems.

Besides my personal experience and observation, a recent study published just last month looked at the effects of knuckle cracking and hand osteoarthritis. I've copied the citation and abstract below. You can also get the full text of this paper at <http://www.jabfm.org/cgi/content/full/24/2/169>, and the PDF version of the paper at <http://www.jabfm.org/cgi/reprint/24/2/169>.

The first few paragraphs of the full paper states: "Knuckle cracking (KC) is a behavior that involves manipulation of the finger joints that results in an audible crack, and it is often done habitually. Prevalence estimates vary between 25% and 54%, depending on the population studied. The behavior can become habitual because of immediate joint tension release and increased joint range of motion.

During an attempt to crack a knuckle, the joint is manipulated by axial distraction, hyperflexion, hyperextension, or lateral deviation. This lengthens part or all of the joint space and greatly decreases intra-articular pressure, causing gases that have dissolved in the synovial fluid to form microscopic bubbles, which coalesce. When the joint space reaches its maximum distraction (up to 3 times its resting joint space distance), joint fluid rushes into the areas of negative pressure. The larger bubbles suddenly collapse into numerous microscopic bubbles, leading to the characteristic cracking sound. The maneuver leaves the joint space wider than it had been and synovial fluid more widely distributed. The stretching of joint ligaments required to produce the widened joint space also leaves the joint with greater range of motion. It typically takes at least 15 minutes for the joint to be able to be cracked again because of the time required for the microscopic bubbles to fully dissolve into solution and for the joint space to retract back to its resting position."

The paper then addresses the urban legend that KC leads to arthritis of the hand joints. The authors conclude that KC does not seem to be a factor in osteoarthritis of the hands.

So, the bottom line from this study is that a history of habitual knuckle cracking, including the total duration and cumulative exposure to knuckle cracking, is not associated with an increased risk of hand osteoarthritis. And from my own and others experience, it also doesn't seem to affect grip strength.

There is, however, one caveat here. I wouldn't recommend forced cracking of the knuckles in an injured hand as this may increase inflammation and delay healing. So if it hurts to crack the knuckles, then don't until the inflammation dies down and the injury is healed.

Hope this info helps.

Best,

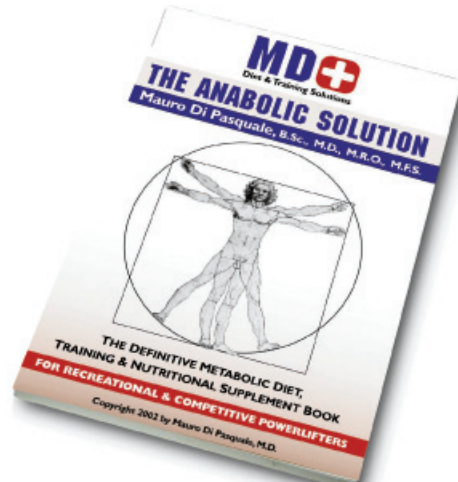
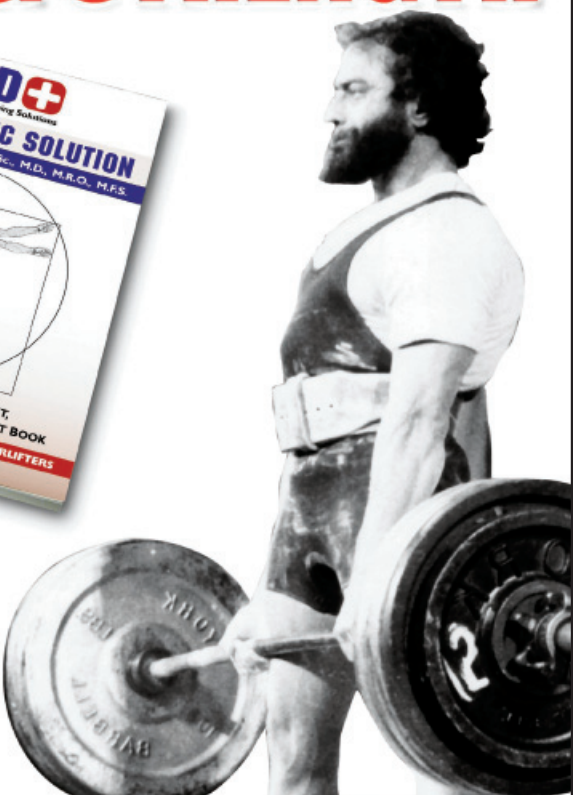
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ABSTRACT ON KNUCKLE CRACKING

J Am Board Fam Med. 2011 Mar-Apr;24(2):169-74.

KNUCKLE CRACKING AND HAND OSTEOARTHRITIS.

Deweber K, Olszewski M, Ortolano R. » Department of Family Medicine, Uniformed Services University of the Health Sciences, Bethesda, MD 20814, USA. kdeweber@usuhs.mil

ABSTRACT—BACKGROUND: Previous studies have not shown a correlation between knuckle cracking (KC) and hand osteoarthritis (OA). However, one study showed an inverse correlation between KC and metacarpophalangeal joint OA. **METHODS:** We conducted a retrospective case-control study among persons aged 50 to 89 years who received a radiograph of the right hand during the last 5 years. Patients had radiographically proven hand OA, and controls did not. Participants indicated frequency, duration, and details of their KC behavior and known risk factors for hand OA. **RESULTS:** The prevalence of KC among 215 respondents (135 patients, 80 controls) was 20%. When examined in aggregate, the prevalence of OA in any joint was similar among those who crack knuckles (18.1%) and those who do not (21.5%; $P = .548$). When examined by joint type, KC was not a risk for OA in that joint. Total past duration (in years) and volume (daily frequency \times years) of KC of each joint type also was not significantly correlated with OA at the respective joint. **CONCLUSIONS:** A history of habitual KC-including the total duration and total cumulative exposure-does not seem to be a risk factor for hand OA.

LEARN FROM THE MISTAKES »

major league players and personnel is strictly prohibited. This prohibition applies to all illegal drugs and controlled substances, including steroids." This policy didn't give Major League Baseball the right to demand that players take mandatory drug tests, but it did demonstrate the league's authority to act on its own to respond to allegations of steroid use. It was not collectively bargained on; it had no defined procedures for testing, enforcement, or punitive response, but it clearly stated that illegal drugs would not be tolerated in baseball and that players could be punished if caught using such drugs.

In fact, baseball's constitution says that the commissioner can investigate "any act" alleged or suspected to be not in the best interests of the national game of baseball. The collective bargaining agreement explicitly recognizes that the baseball commissioner maintains inherent authority to take actions necessary for the preservation of the integrity of, or the maintenance of public confidence in, the game of baseball. By the way, that last line is plagiarized right

from baseball's constitution.

Consequently, baseball had some recourse for punishing athletes who were caught using these drugs. In fact, on the issue of changing the records, Selig told USA Today that he would look into the possibility of reinstating Hank Aaron, a personal friend, as No. 1 on the all-time home run list and attach asterisks or some other note to the records of players involved in steroids use. "Once you start tinkering, you can create more problems," Selig told the paper. "But I'm not dismissing it. I'm concerned. I'd like to get some more evidence." I don't know how much evidence he needs ... the evidence is rather overwhelming. Still, it is quite evident that he has the power to change the records, but he just has not done it. In short, as Representative Henry A. Waxman said, "Baseball had the responsibility to do the right thing and it didn't do it."

Baseball pundits say that records cannot be erased because this will create chaos ... affecting pitchers' statistics, team win/loss records and so forth. That is an absurd excuse. Individu-

al records can be expunged without altering the statistics of others. If they don't take the records away, no one's statistics is going to be changed anyway. So take the records away. My solution may not be perfect, but it sets a good example. The best way to dissuade future cheaters is to show that cheaters who are caught will not keep their records and will be punished significantly ... how about a ban from baseball forever. Think about it, the use of illegal drugs is a premeditated offense. It is not something that happens by accident. Make the penalties for using these drugs harsh enough and I promise you people will stop using them. The way it is now the cost reward benefit of cheating does little to dissuade guys from cheating.

While baseball takes great pride in its history and record breaking achievements, its acceptance of "tarnished records and tainted achievements" has all but made the baseball record book irrelevant. Worse yet, the sport has done a great disservice not only to the clean athletes of the past decade but to the clean players of today and the future. «

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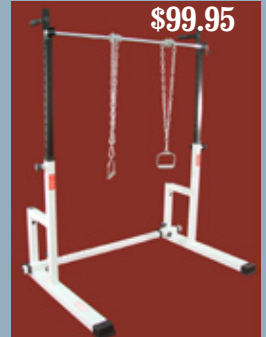
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Triston Howard with a world record squat at the APA Spring NW Championship



Tony Estebo with a state record squat at the APA Spring NW Championship (Rudy Kadlub photos)

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165 lbs.					
Master (60-64)					
A. Levine	292	187	358	838	
Submaster NT					
S. Walton	292	231	320	843	
181 lbs.					
Master (45-49) NT					
R. Aldridge	380	347	452	1179	
Sub/Open					
M. Gaechter	487	314	546	1347	
198 lbs.					
Open					
P. Grennan	424	303	419	1146	
Submaster					
P. Hart	358	270	430	1058	
220 lbs.					
Open NT					
S. Henshaw	452	336	518	1306	
242 lbs.					
Teen (13-14) NT					
T. Howard	463	281	452	1196	
275 lbs.					
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P. Sherman	325	369	546	1240	
SHW					
Submaster NT					
J. DeLeon	540	—	—	540	

49), Philip Sherman (50-54) and Alan Levine (60-64) set Raw state records across the board. Two other Independence, OR athletes, Sam Henshaw and Pat Grennan (first competition meet) entered the record books in the open class at 220 and 198, respectively. Sam set records across the board and Pat in his first ever meet set a new standard for the raw bench. Two other first time lifters, both Submasters, helped fill in the Oregon State book. New dad, Preston Hart at 198 and Steve Walton at 165 set marks for squat, bench, deadlift and total. The most demonstrative performer of the day was Matt Gaechter of Lebanon, OR who rallied the crowd with the only successful fourth lift of the day, a 556# DL for an Oregon State Record. Matt set a World Record in the squat earlier in the day and he kept rolling with strength and enthusiasm. Raw bench only competitors, Adrian Larsen (496) and Reese Blahuta (336), each set Oregon State records in their respective class. Chris Duffin and Larsen conducted a free bench press seminar for competitors during the break before the deadlift competition which was well received by the numerous novice lifters attending. Elite Performance Center was a great venue for this size meet and the owners are committed to host many more meets in the future to promote the sport.

» courtesy Rudy Kadlub

NASA BP NATIONALS MAY 21 2011 » CO

BENCH		Master IV	
FEMALE		J. McDermott	
132 lbs.		303	
Master Pure		D. Petersen	
D. Petersen		253	
Open		J. Kocic	
J. Kocic		369	
148 lbs.		J. McDermott	
303		198 lbs.	
Master II		Master I	
M. Hetzel	193	R. Byars	
Open		506	
M. Hetzel	193	Master III	
Raw		J. Lynn Jr.	
K. Hughes	187	231	
132 lbs.		Master Pure	
Master II		R. Byars	
K. Hughes	187	506	
4th-189		Open	
K. Hughes	187	R. Byars	
148 lbs.		506	
Master I		Pure	
Heffelfinger	94	R. Saffy	
Open		363	
A. Rocha	171	220 lbs.	
Pure		Master I	
A. Rocha	171	M. Cussins	
Submaster I		448	
A. Rocha	171	Master IV	
Submaster Pure		C. Doggett	
A. Rocha	171	237	
165 lbs.		4th-248	
High School		Master Pure	
A. Whitbread	88	J. Whitbread	
Master I		462	
L. McDonald	143	M. Cussins	
198+ lbs.		448	
Pure		242 lbs.	
P. Olson	121	Master I	
MALE		P. Maynard	
114 lbs.		484	
High School		H. Blackmon	
Ammerman	182	418	
Teen		Open	
Ammerman	182	P. Maynard	
148 lbs.		484	
Junior		H. Blackmon	
VanLaningha	369	418	
Open		Pure	
VanLaningha	369	P. Maynard	
181 lbs.		484	
Junior		275 lbs.	
C. Storie	297	Submaster Pure	
Master I		C. Porter	
D. Petersen	253	446	
148 lbs.		Raw	
High School		148 lbs.	
J. Saffy	226	High School	
Master Pure		J. Saffy	
J. Hood	253	226	
165 lbs.		Master Pure	
Junior		J. Hood	
T. Rickett	308	253	
198 lbs.		165 lbs.	
Junior		Master I	
J. Saffy	226	C. Storie	
275 lbs.		297	
Submaster Pure		Master I	
C. Porter	446	D. Petersen	
Raw		253	
148 lbs.		Junior	
High School			
J. Saffy	226		
Master Pure			
J. Hood	253		
165 lbs.			
Junior			
T. Rickett	308		
198 lbs.			
Junior			
J. Saffy	226		

! = World Records. # = American Records. * = OR or WA State Records. NT = Not Tested. Best Lifter: Casey Connor. Venue: Elite Performance Center. This meet was the first APA powerlifting competition held in Oregon since the Lake Oswego meet in 2007 and as predicted by meet director, Rudy Kadlub, the record book was assaulted. Lifters from Oregon and Washington gathered at Elite Performance Center in Portland to set numerous State, American and World records. In fact, every competitor who completed the meet set state or World Record. The meet featured several athletes who made their powerlifting debut. Best Lifter for the day went to junior lifter, Casey Connor from Independence, OR. At 165, Casey opened his day with a World Record squat of 529 lbs. and finished with a 1317 total, an Oregon state record. Washington's Will Rogers had an American and World Record squat of 761 in the 341 standard class. Russell Petty, also from Washington, impressed the crowd with an 800 lb. pull in the deadlift, besting Stan Efferding for a new state record. Most impressive was the effort by 14 year old Triston Howard of Benton City, WA who, in his first ever meet, set Raw World Records in the squat (463), bench (281) and total (1196). At 239 pounds his size and strength belie his age. This young man will be a force in the sport for years to come if he stays with it. Master lifter (45-49) Tony Estebo, of Silverton, OR set a state record in the squat and three other Masters, Russell Aldridge (45-

RESULTS »

T. Garza Master Pure R. Saffy 220 lbs. Master I J. Luna Master II J. Miller Master III Wischkowski Master IV C. Doggett 4th-248 Master Pure M. Cussins 242 lbs. Master II J. Mitts Open D. Dean Pure J. Moody 275 lbs. Master II R. Geller Master Pure M. Llamas Submaster II D. Ridlen C. Porter Push Pull FEMALE 114 lbs. High School M. Ammerman 148 lbs. Master I R. Teaser Submaster Pure A. Rocha 165 lbs. Master I L. McDonald 198+ lbs. Master Pure D. Bradford MALE 165 lbs. High School C. Stecker Open L. Coxsey Teen C. Stecker 181 lbs. Open J. Koci 198 lbs. Police/Fire R. Wardlaw Pure R. Byars 220 lbs. Master I C. McClanahan Master III C. Martin Master Pure J. Whitbread Open P. Pavich 242 lbs. Novice B. Siddique 275 lbs. Open A. Denning Police/Fire A. Denning Submaster II C. Porter Submaster Pure A. Denning Power Sports FEMALE 132 lbs.	363 363 358 303 242 237 448 363 374 325 352 275 501 446 182 116 171 143 116 160 242 160 369 369 506 363 253 462 319 204 551 551 446 551	Tomaszewski Master Pure G. Carlson 4th-277 Pure J. Ehrhardt PS BENCH MALE 165 lbs. Master I T. Rickett Submaster Pure Patton-Gooch 220 lbs. Master I M. Cussins 242 lbs. Master I L. Fossceco Open D. Dean PS CURL MALE 181 lbs. Master Pure D. Petersen Master Pure J. Pisahl — BP DL TOT 418 275 473 303 308 303 448 358 374 374 121 — 435 358 429 413 385 490 688 490 870 886 1024 908 666 980 848 562 1145 1145 996 1145	85 187 305 577 4th-BP-189 DL-310 181 lbs. Master II K. Meyer-Lee MALE 97 lbs. Youth S. McClure 114 lbs. Youth B. Schiers 148 lbs. High School J. Hood 148 lbs. Open J. Allor Youth B. Hoff 165 lbs. Junior T. Cussins Master II G. Flores Submaster Pure Patton-Gooch 181 lbs. Master Pure T. Antill D. Petersen Open D. Wagman Pure J. Hokkanen Teen T. Fossceco 198 lbs. Master I R. Saffy Master III J. Lynn Jr. Teen J. Thomas A. Fossceco 220 lbs. Master II J. Miller 242 lbs. Master II J. Moody Submaster II T. Ruddy 275 lbs. Junior L. Luna Open C. Porter T. Forsyth Pure C. Porter Submaster II D. Ridlen C. Porter SHW Master II M. Mitchell 237 418 578 1233 » courtesy "Big Willie" J.T. Hall	72 127 165 363 44 88 154 286 22 44 99 165 110 237 355 701 121 187 303 611 61 94 176 330 88 143 253 484 105 226 237 567 149 303 440 892 182 325 490 996 121 253 451 826 198 385 528 1112 127 253 374 754 143 204 424 771 182 363 473 1018 138 231 303 672 154 314 424 892 121 165 325 611 154 303 446 903 160 325 380 864 176 — 462 639 105 204 336 644 193 446 551 1189 182 330 468 980 193 446 551 1189 198 501 606 1305 193 446 551 1189 237 418 578 1233	Master I T. McQueen PS CURL 220 lbs. Master I T. McQueen PS DEADLIFT Push Pull 198 lbs. Junior K. Jones Novice K. Jones 220 lbs. High School N. Rhame Pure N. Rhame 308 lbs. Submaster Pure J. Fabela Powerlifting SQ FEMALE 123 lbs. High School E. Guerra MALE 220 lbs. Open C. Reeve 308 lbs. Submaster I J. Fabela Raw 181 lbs. Master II R. Sherwood Pure G. Smith Jr. 275 lbs. Submaster II J. Hernandez SHW Submaster Pure B. Alm Power Sports CR 220 lbs. Master II G. McNeil 242 lbs. Master II J. LeRibeus 308 lbs. Master I D. Shingleton 154 303 528 985 » courtesy Rich Peters	281 281 149 528 528 314 501 815 314 501 815 187 330 517 187 330 517 402 528 930 SQ BP DL TOT 220 105 226 551 600 374 528 1503 600 402 528 1530 429 237 418 1084 352 215 440 1007 495 341 506 1343 650 473 661 1784 CR BP DL TOT 187 303 602 1092 149 308 539 996 154 303 528 985	R. Jennens 275 lbs. Push Pull 181 lbs. Master III K. Berger 220 lbs. Master I R. Kenny Teen J. Johnson 242 lbs. INT M. Johnson Master I M. Stein 275 lbs. INT B. Brunner Powerlifting SQ FEMALE 148 lbs. Submaster Pure B. Iverson MALE Raw 220 lbs. Master I R. Kenny 242 lbs. Open T. Cooper 275 lbs. Junior M. Barba Junior Z. Nye Open Z. Nye Power Sports CR BP DL TOT 127 264 446 837 184 333 380 896 138 264 347 749 132 259 380 771 182 347 556 1084 121 231 352 705 138 237 402 776 182 336 435 952 » courtesy Gary Clock	501 501 264 347 611 231 352 584 303 506 809 341 528 870 237 402 639 — — — 171 110 259 539 308 231 352 892 479 380 501 1360 584 352 551 1486 506 325 517 1349 506 325 517 1349 127 264 446 837 184 333 380 896 138 264 347 749 132 259 380 771 182 347 556 1084 121 231 352 705 138 237 402 776 182 336 435 952	INT B. Brunner BP DL TOT 650 611 611 809 870 639 — — — 539 892 1360 1486 1349 1349 837 896 749 771 1084 705 776 952
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NASA CAN-AM DEC 12 2010 » Minot, ND

BENCH MALE 275 lbs. INT B. Brunner Raw 148 lbs. Military/Police/Fire V. Vuong 165 lbs. Teen J. Roise 181 lbs. Master III K. Berger 198 lbs. Master III L. Tangelin Master I R. Kenny Military/Police/Fire	— — — 231 333 270 259 231	M. Baugh 242 lbs. Submaster Pure M. Greenley PS CURL MALE 148 lbs. Military/Police/Fire V. Vuong 220 lbs. Military/Police/Fire M. Baugh 275 lbs. INT B. Brunner PS DEADLIFT MALE 220 lbs. Master I M. Johnson 242 lbs. INT	275 336 110 160 160 160 501 INT
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NASA OHIO STATE APR 9 2011 » Springfield, OH

BENCH FEMALE 165 lbs. High School A. Fife Open A. Fife MALE 181 lbs. Police/Fire J. Woods Submaster II J. Woods Raw 181 lbs. Master III E. Freeman	149 149 446 446 303	242 lbs. Int S. Benson Master II G. Haggit P. Bhandari 275 lbs. Master II T. Ramey PS DEADLIFT 148 lbs. High School Hutchinson PS CURL 148 lbs. High School	358 380 341 336 297
--	---------------------------------	--	---------------------------------

Hutchinson 198 lbs. Master Pure	88	J. Briner 242 lbs. Pure	149	Teen	J. Schuler	176	105	264	545	J. Harder 181 lbs. Junior	468	363	567	1398	C. Brenneman 275 lbs. Master III	484	363	600	1448	
Hutchinson 220 lbs. Master II	149	S. Avery Submaster Pure	160	High School	R. Allen	193	94	259	545	D. Mancini Master I	314	226	457	996	E. Martin Master Pure	429	319	562	1310	
Push Pull		S. Avery	160	High School	A. Kubl	160	72	220	451	D. Martinez Master I	358	303	440	1101	M. Long Pure	462	286	551	1299	
MALE		BP DL TOT		High School	M. Jennings	154	83	264	501	M. Gillum Master Pure	341	275	374	991	B. Bolyard Submaster Pure	528	341	650	1519	
181 lbs. Master III				High School	E. Ford	237	99	292	628	M. Gillum Police/Fire	341	275	374	991	B. Bolyard 308 lbs. Junior	528	347	650	1525	
E. Freeman Open	303	369	672	High School	181 lbs. High School					D. Martinez 198 lbs. Pure	358	303	440	1101	A. Smith Open	512	—	—	512	
J. Mobley 198 lbs. Submaster Pure	215	303	517	High School	S. Perez	187	77	253	517	D. Mancini High School	314	226	457	996	C. Larson SHW	622	429	622	1674	
A. Inasley 220 lbs. Master Pure	363	584	947	MALE	181 lbs. Police/Fire					S. Robinson Int	226	204	402	831	J. Rogers High School	622	391	517	1530	
J. Rybak 242 lbs. Teen	319	517	837	181 lbs. Police/Fire	J. Woods	402	446	457	1305	D. Hines Master Pure	462	325	512	1299	J. Rogers Junior	622	391	517	1530	
E. Sauvageot 275 lbs. Master III	303	429	732	198 lbs. Int	N. Mason	578	418	600	1596	Hutchinson 220 lbs. High School	341	270	303	914	J. Rogers Teen	622	391	517	1530	
E. Martin 308 lbs. Open	319	562	881	High School	M. Baker	562	347	611	1519	D. Cooper Int	385	253	473	1112	J. Rogers Power Sports	622	391	517	1530	
H. Mobley SHW	369	600	969	High School	M. Taylor	501	352	473	1327	J. Knight Master II	407	303	551	1261	FEMALE 123 lbs. High School					
Int				High School	A. Inasley 275 lbs. Master II	600	363	584	1547	J. Layton Master Pure	270	231	259	760	J. Schuler 148 lbs. Teen	57	105	264	426	
K. Johnson Junior	473	539	1013	High School	W. Erb Raw	578	352	506	1437	J. Rybak Novice	451	319	517	1288	M. Jennings	39	83	264	385	
B. Isaacs Powerlifting	SQ	BP	DL	TOT	148 lbs. High School	R. Patterson	220	171	275	666	M. Stewart Police/Fire	314	198	391	903	MALE 220 lbs. Int				
FEMALE					High School	R. Patterson	220	171	275	666	L. Short 242 lbs. High School	407	281	473	1162	J. Knight 275 lbs. Master III	204	303	551	1057
Raw					High School	R. Patterson	220	171	275	666	D. Wiley Junior	429	264	446	1140	E. Martin	127	319	562	1007
105 lbs. High School					High School	R. Patterson	220	171	275	666	W. Meckes Pure	622	—	584	1206	Master Pure	154	286	551	991
K. Thomas 123 lbs. High School	116	66	204	385	High School	R. Patterson	220	171	275	666	C. Brenneman Submaster Pure	484	363	600	1448	M. Long Submaster II	160	380	391	930
J. Schuler	176	105	264	545	Open										G. Simpson	160	380	391	930	

» courtesy Rich Peters

House of Pain

BIG TRIBAL T

DEFENDER T

INSIDE OUT T

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GG CHER V-NECK T

GG WILMA T

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RESULTS



Spring Flingers – left to right, standing: Glenn Murphy Jr., Andrea Gill, Don Conrad, Dave Heck. Seated: Steve Allia, Don Joy Sr., Mike Hodge. (Glenn Murphy Jr. photo)

SPRING FLING BP MAY 21 2011 » Eldersburg, MD

BENCH FEMALE 165 lbs.	M. Hodge	240
Open	S. Allia	300
A. Gill	125	275 lbs.
MALE 181 lbs.	D. Joy Sr.	285

Masters (40-44)
Venue: Athens Health Club. Andrea Gill benched 125 lbs. in preparation for her June USAPL MD States. Mike Hodges benched a strong 240 at 170 bodyweight. Steve Allia benched 300 in the 198s on a 3-for-3 day. Don Joy, Sr., at age 80, benches pressed 285 weighing in a light 250. Athens Health Club and I will host the 11th annual Pocket Samsons' Christmas BP/DL Fitness Challenge, Saturday, December 3rd. For more information call Athens at 410-549-3001 or Glenn at 302-331-8719. Thank you lifters and Mike Lambert of Powerlifting USA. God Bless ya'll abundantly.
» courtesy Glenn Murphy Jr.

NASA IOWA STATE APR 16 2011 » Des Moines, IA

BENCH MALE 198 lbs.	T. Oetting	308
Master I	P. Poppino	275
D. Hoag	369	275 lbs.
Master II	R. Vraspier	369
J. Hansen	473	308 lbs.
Raw 181 lbs.	Fedotovskikh	336
Submaster I	M. Fehel	336
PS BENCH 198 lbs.	E. Green	198
Junior	D. Church	237
S. Hes	—	—
Submaster Pure	Novice	—

E. Green	198	PS DEADLIFT MALE 220 lbs.	380		
Master IV	248	PS CURL MALE 123 lbs.	473		
J. Ites	105	Master I	94		
PS SQUAT 198 lbs.	94	Novice	94		
High School	391	Master IV	105		
C. Anderson	154	Push Pull FEMALE 198+ lbs.	154	325	479
Submaster I	154	S. Binney	154	325	479
Submaster Pure	204	MALE 165 lbs.	204	308	512
C. Schachtner	204	Junior	204	308	512
C. Schachtner	352	Teen	270	429	699
Master I	270	Open	286	562	848
B. Phillips	325	Pure	325	501	826
Novice	270	K. Norton	325	501	826
J. Meyers	270	Powerlifting	325	501	826
242 lbs.	270	SQ	325	501	826
Open	270	BP	325	501	826
P. Morris	286	DL	325	501	826
Pure	286	TOT	325	501	826
K. Norton	325		325	501	826
Powerlifting	325		325	501	826
FEMALE 132 lbs.	220		220	121	275
Raw	220		220	121	275
Int	220		220	121	275
K. Hagen	220		220	121	275
148 lbs.	193		193	116	231
Novice	193		193	116	231
M. Nelson	193		193	116	231
181 lbs.	237		237	165	264
Int	237		237	165	264
D. Church	237		237	165	264

MALE 220 lbs.	374	308	402	1084
Master III	644	402	644	1690
R. George	435	237	545	1217
242 lbs.	143	105	182	429
Master I	275	182	336	793
D. Connert	154	149	242	545
Master II	275	204	358	837
J. Gazzo	385	275	539	1200
Raw 114 lbs.	303	248	407	958
High School	407	303	534	1244
S. Rice	314	154	308	776
148 lbs.	363	237	495	1095
High School	385	281	495	1162
S. Hastings	363	237	407	1007
S. Kroepel	352	292	429	1073
Novice	385	242	473	1101
M. Pudic	253	215	402	870
Open	308	281	457	1046
K. Keough	501	402	539	1442
165 lbs.	429	380	584	1393
Int	429	385	539	1354
M. Kobliska	352	215	501	1068
Junior	—	—	—	99
K. Hamouche	116	248	462	826
Master II	110	193	407	710
D. Bland	165	264	413	842
181 lbs.	165	264	413	842
Open	138	270	429	837
C. Nour	99	—	—	99
198 lbs.	116	215	385	716
Int	77	165	231	473
B. Vogel	143	286	451	881
Junior	110	193	407	710
M. Beiter	165	264	413	842
Master II	165	264	413	842
S. Goodrich	138	270	429	837
Open	99	237	446	782
D. Gibbs	121	253	473	848
L. Joseph	—	—	—	—
Submaster I	—	—	—	—
J. Symonds	—	—	—	—
220 lbs.	—	—	—	—
Int	—	—	—	—
D. Oswald	—	—	—	—
T. Hoffman	—	—	—	—
W. Price	—	—	—	—
T. Maynard	—	—	—	—

Pure	369	297	451	1118
J. Buns	512	396	589	1497
Submaster II	—	—	—	—
B. Rossie	—	—	—	—
242 lbs.	—	—	—	—
Int	407	347	479	1233
A. Beitz	545	308	573	1426
275 lbs.	589	413	611	1613
Int	473	259	534	1266
B. Bowen	473	259	534	1266
Master II	CR	BP	DL	TOT
W. Hammes	473	259	534	1266
Teen	72	127	264	462
A. Hodzic	72	127	264	462
Power Sports	83	121	231	435
CR	83	121	209	413
BP	83	121	209	413
DL	77	149	253	479
TOT	83	138	182	402
MALE 165 lbs.	88	154	248	490
Master I	77	149	193	418
L. Anderson	110	171	341	622
Master Pure	110	171	341	622
L. Anderson	110	171	341	622
MALE 123 lbs.	127	204	352	683
High School	99	198	187	484
R. Phillips	154	253	374	782
S. Bruders	154	253	374	782
132 lbs.	127	204	352	683
High School	99	160	242	501
C. Stevens	121	237	495	853
A. Grife	149	264	501	914
148 lbs.	116	248	462	826
High School	116	215	385	716
C. Bailey	110	198	275	584
C. Willison	160	336	539	1035
Junior	99	—	—	99
C. Anderson	116	215	385	716
Teen	77	165	231	473
C. Anderson	143	286	451	881
181 lbs.	110	193	407	710
High School	165	264	413	842
C. Anderson	165	264	413	842
Open	138	270	429	837
C. Walsh	99	—	—	99
198 lbs.	116	215	385	716
Int	77	165	231	473
C. Nour	143	286	451	881
220 lbs.	110	193	407	710
High School	165	264	413	842
D. Bowman	165	264	413	842
O. Zhukov	138	270	429	837
Master I	99	237	446	782
M. Bruders	121	253	473	848
Master Pure	—	—	—	—
M. Bruders	—	—	—	—
Novice	—	—	—	—
J. Meyers	—	—	—	—
275 lbs.	—	—	—	—
High School	—	—	—	—
P. Thompson	—	—	—	—
Open	—	—	—	—
T. Dugan	—	—	—	—
121	—	—	—	—
253	—	—	—	—
473	—	—	—	—
848	—	—	—	—
» courtesy Rich Peters				

NASA NM STATE
APR 30 2011 » Gallup, NM

BENCH	S. Patton	308
FEMALE	<i>Master Pure</i>	
123 lbs.	L. Marker	259
<i>Open</i>	<i>Novice</i>	
T. Adelmann	J. Cool	330
MALE	<i>Open</i>	
198 lbs.	J. Cool	330
<i>Open</i>	S. Patton	308
T. Duran	<i>Police/Fire</i>	
336	J. Cool	330
<i>Submaster I</i>		
A. Wolf	198 lbs.	534
220 lbs.	<i>Master IV</i>	
<i>Master II</i>	J. Moskowit	242
M. Butkovich	220 lbs.	297
242 lbs.	<i>Master II</i>	
<i>Master II</i>	M. Butkovich	297
F. Bennett	<i>Submaster II</i>	341
275 lbs.	N. Jawad	286
<i>Police/Fire</i>	275 lbs.	
M. Christian	<i>Novice</i>	—
308 lbs.	A. Rodriguez	319
<i>Submaster I</i>	PS BENCH	
Manzanares	181 lbs.	545
<i>Submaster Pure</i>	<i>Master Pure</i>	
Manzanares	L. Marker	259
<i>Raw</i>	220 lbs.	
165 lbs.	<i>Master II</i>	
<i>Teen</i>	M. Butkovich	297
C. Darnell	PS CURL	171
<i>Teen</i>	181 lbs.	
T. Chee	<i>Master Pure</i>	165
181 lbs.	L. Marker	127
<i>Master I</i>	220 lbs.	
L. Marker	<i>Master II</i>	259
<i>Master II</i>	M. Butkovich	154

PS DEADLIFT	<i>Master II</i>			
181 lbs.	M. Butkovich	451		
<i>Master Pure</i>	275 lbs.			
L. Marker	<i>Master I</i>			
385	M. Adelmann	573		
	<i>4th-407</i>			
220 lbs.	BP			
Push Pull	DL			
123 lbs.	TOT			
<i>Open</i>				
T. Adelmann	253	418	672	
132 lbs.				
<i>Master I</i>	83	253	336	
R. Jones				
<i>Master Pure</i>	83	253	336	
R. Jones				
181 lbs.				
<i>Master IV</i>	105	237	341	
E. Waugh	<i>4th-BP-112</i>			
MALE				
132 lbs.				
<i>Novice</i>	110	226	336	
T. Marker				
<i>Teen</i>	110	226	336	
T. Marker				
165 lbs.				
<i>High School</i>	231	347	578	
A. Esquebil				
181 lbs.				
<i>Master I</i>	292	479	771	
A. Caceres				
<i>Master Pure</i>	292	479	771	
A. Caceres				
<i>Novice</i>	138	539	677	
A. Schendel				
198 lbs.				
<i>High School</i>				

Z. Bustillos	171	303	473		
<i>Open</i>					
T. Duran	336	424	760		
220 lbs.					
<i>High School</i>					
G. DeLaTorre	116	275	391		
<i>Master II</i>					
M. Butkovich	297	451	749		
308 lbs.					
<i>Novice</i>					
A. Manzanares	545	457	1002		
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
<i>Raw</i>					
132 lbs.					
<i>Submaster Pure</i>	182	88	281	551	
J. Burns					
181 lbs.					
<i>Master Pure</i>	187	121	270	578	
J. Hinzman					
<i>Pure</i>	187	121	270	578	
J. Hinzman					
MALE					
181 lbs.					
<i>Novice</i>					
A. Davis	440	248	468	1156	
198 lbs.					
<i>Master II</i>	413	308	479	1200	
E. Duran					
275 lbs.					
<i>Master I</i>	418	369	429	1217	
R. Robinson					
<i>Raw</i>					
105 lbs.					
<i>Youth</i>	149	99	204	451	
A. DeSaluo					
198 lbs.					
<i>Master I</i>					

K. Edwards	440	275	551	1266	
<i>Master Pure</i>					
K. Edwards	440	275	551	1266	
220 lbs.					
<i>Master I</i>					
M. Hunter	292	253	407	952	
<i>Master II</i>					
D. Rino	528	358	539	1426	
242 lbs.					
<i>Open</i>					
D. Reilly	539	336	639	1514	
308 lbs.					
<i>Submaster I</i>					
C. Rhinehart	429	281	484	1195	
Power Sports	CR	BP	DL	TOT	
FEMALE					
181 lbs.					
<i>Master IV</i>					
E. Waugh	66	105	237	407	
<i>Novice</i>					
M. Benarides	72	94	253	418	
<i>Submaster I</i>					
M. Benarides	72	94	253	418	
MALE					
60 lbs.					
<i>Youth</i>					
K. Kahle	17	17	33	66	
181 lbs.					
<i>Master Pure</i>					
L. Marker	126	259	385	770	
198 lbs.					
<i>Master III</i>					
B. Richardson	83	116	176	374	
275 lbs.					
<i>Master I</i>					
R. Robinson	165	369	429	963	

» courtesy Rich Peters

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POWER PHOTO

SHAWN FRANKL

AT THE ROCK SOLID CONTEST IN
SIOUX CITY, IOWA, ON MAY 28,
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