

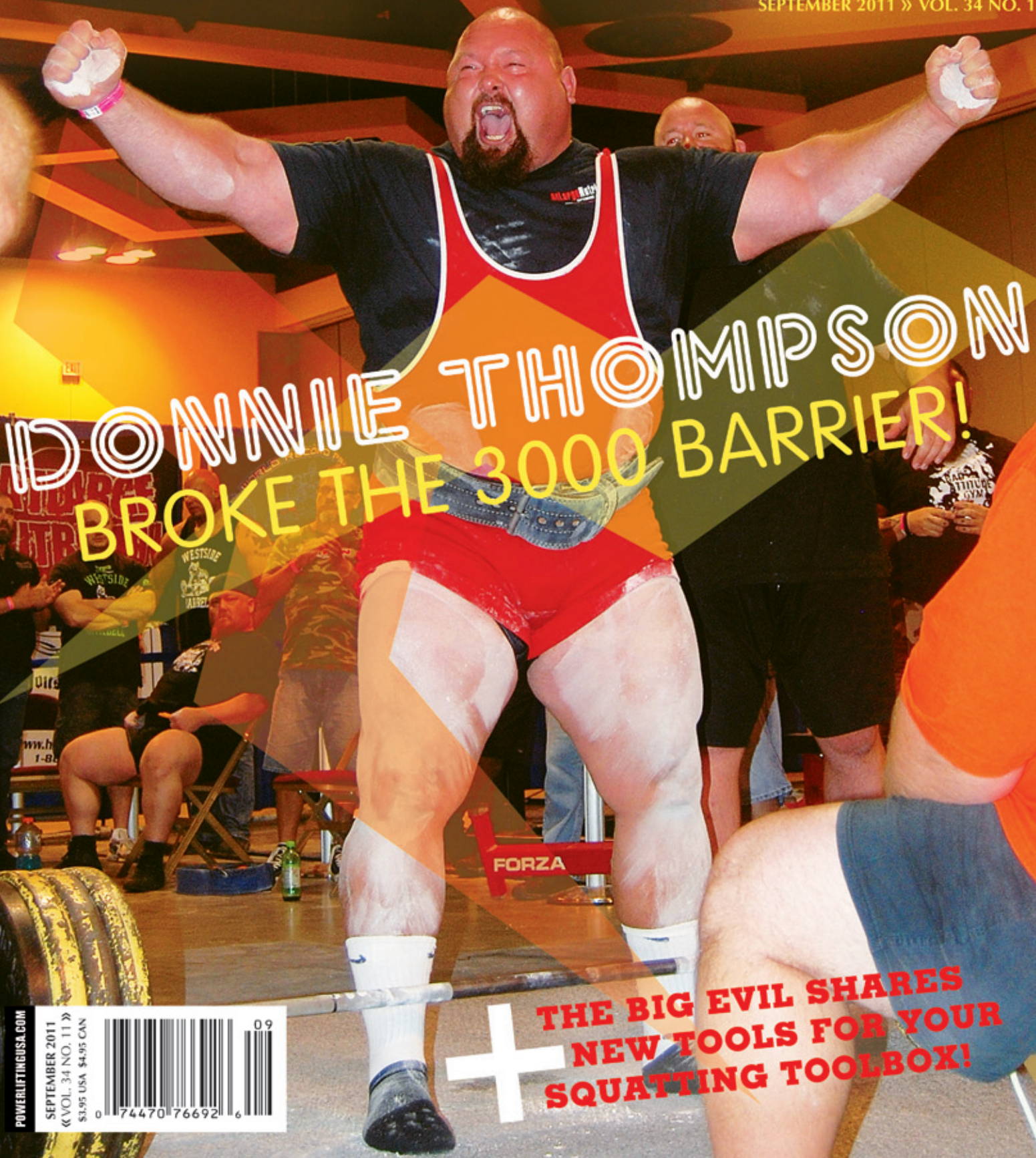
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SHW Donnie Thompson totals an incredible 3000 pounds at this year's Powerstation Pro/Am

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Scott Mendelson of Infinity Fitness brings us more insight into proper nutrition for the competitive athlete

GETTIN' INTO IT!

Donnie Thompson prepares to bench big to achieve his 3000 lb. total goal courtesy Ken Richardson



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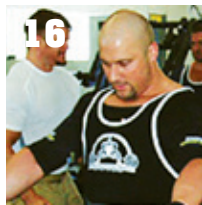
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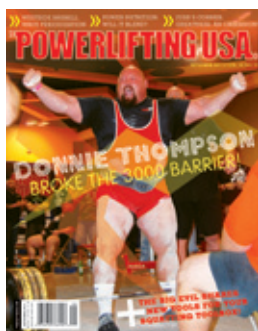
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ON THE COVER

Donnie Thompson is all smiles after a successful deadlift, achieving a new record 3000-pound total!!!
 photos courtesy Ken Richardson



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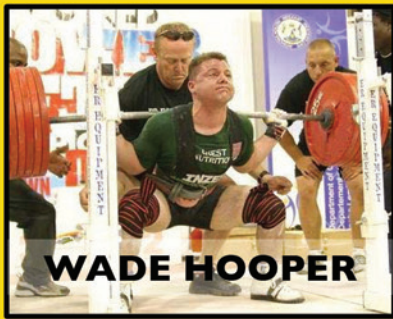
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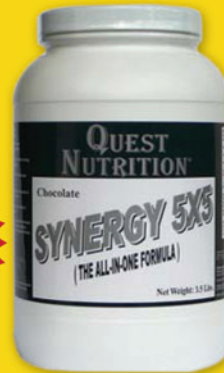


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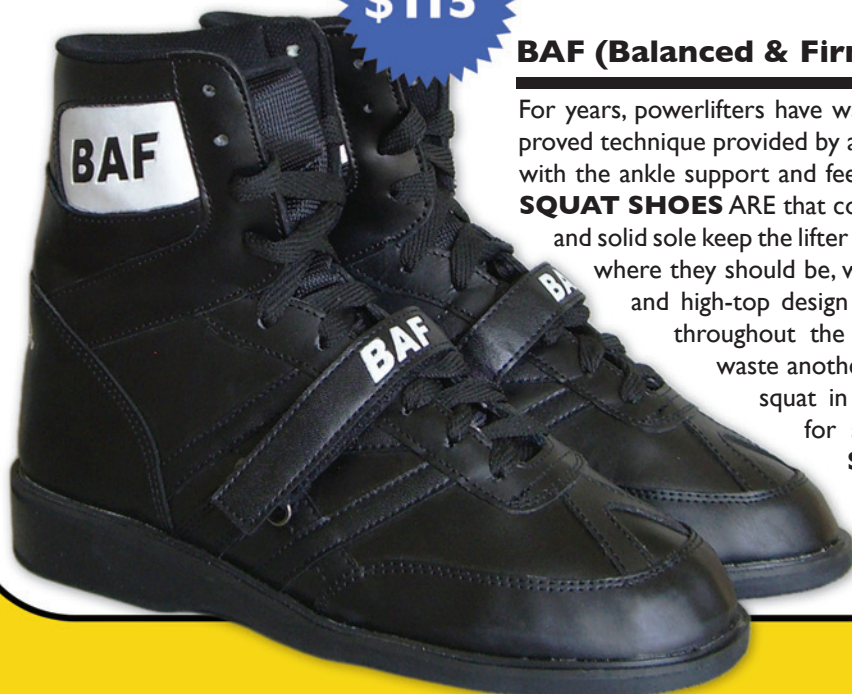


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VLAD ALHAZOV – World Record Full Squat: 1,250 lbs. @ SHW

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WAVE PERIODIZATION

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

In *Powerlifting USA*, there was a discussion of what is the best training system. Everyone had an opinion, and, of course, so do I. I believe it's the Westside system. Westside had 13 men who have totaled over 2,500 pounds, four over 2,700 pounds, and two over 2800 pounds. This is just a taste of what Westside training has done. The common denominator of the success of Westside lifters is pendulum wave periodization.

For explosive or speed strength training, a three-week wave is performed. I am amazed at how many people think Westside trains with light weights—not so. The recommended bar speed is 0.8 m/s. I have mentioned countless times that we train at 50–60% of a contest max for squatting, but also have stated that we train the box squat at parallel. If you were only box squatting, the training percents would be at 75–85% of that box record. I hope this makes it clear. Now back to a contest max.

While training on a box, the barbell weight should be 50–60% and the band tension should be 25% at the top of the lift. Let's analyze with band shrinkage. The weight plus band tension on the first week at 50% for a 1000-pound squatter (which we have had 17) is 600 pounds on the box and 750 pounds at the top of the squat. The second week at 55% would amount to 650 pounds at the box level and 800 pounds at the top of the squat. The third week of the wave, the barbell weight is 600 pounds plus 100 pounds of band tension on the box and 850 pounds at the top of the squat. This means the combination of bar weight plus band tension for weeks 1–3 is as follows:

- **Week 1:** 60–75% at the top
- **Week 2:** 65–80% at the top
- **Week 3:** 70–85% at the top

This wave is intended to develop speed strength. Research on 780 highly qualified weightlifters who were training during the two pre-contest months concluded that 50% of the weights lifted in the snatch and clean/jerk should be at 75–85% of a one-rep max. This research was done by A. D. Ermakov and N. S. Atanasova in 1975. Their results can be found in the book *Managing the Training of the Weightlifters*. This text also states that over 50% of the training was special exercises. Westside uses a much higher percent of special exercises—well over 90%.

For strength speed, or slow strength, where the bar speed is close to 0.6 m/s, the wave must last only two weeks. Longer than this can lead to severe fatigue or injury. Here, one must use more band tension at the top than bar weight. This will slow the lift considerably. Dr. Fred Hatfield said: "No one can lift a heavy weight slow"—and he was right.



Louie Simmons was inspired by Fred Hatfield's (shown squatting) theory of compensatory acceleration training, and took it a step further by adding combinations of resistance methods

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

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MMA SUPERSTAR FABRICIO WERDUM JOINS FORCES WITH MHP!



Vowing that he would never lose another MMA bout to a stronger, more muscular fighter, Fabricio Werdum has turned to MHP to help him build a more powerful body. "I have to get stronger and more muscular to win the Strikeforce and UFC Heavyweight Championships," he said after signing a sponsorship contract with nutritional supplement powerhouse MHP. "I'm excited to join forces with Team MHP!"

Fabricio became connected to MHP through his strength coach and grappling partner Jarrod Bunch, a former NY Giants fullback. When Bunch was playing in the NFL, he used MHP products religiously to maintain muscle mass and explosive power to block for Giants running backs and run over linebackers. So when his friend Fabricio lost to a more muscular Alistair Overeem, Bunch turned to MHP to remedy the 6-foot-4, 250 pounder's lack of strength and muscle mass.

"MHP products helped me tremendously when I played for the Giants," says Bunch, "and I've been using them regularly since 1998. So I knew they could play a huge part in getting Fabricio stronger and helping him fight better. We now have Fabricio on an intense strength training program and he's taking ISOFAST 50 protein, Dark Matter post recovery and a host of other MHP products. He won't lose another bout because he's not strong enough!"

"When I fought against Overeem, I felt he was much stronger than me," adds Werdum. "I know that I have to get stronger to keep fighting at the highest level of the MMA heavyweight ranks."

For more than a decade, MHP has enhanced the strength and muscle mass of athletes in many sports, including football, strongman, powerlifting and boxing. "Based on our experience and proven track record in working with world class athletes, I am confident that MHP supplements will help Fabricio build the muscular power he needs to regain his world title," says MHP President Gerard Dente. "We are happy to have him join Team MHP!"

Watch for more news and other information about MMA star Fabricio Werdum on the www.MHPSTRONG.com website and MHP's Facebook page. «



Jarrod Bunch and Fabricio Werdum (MHP photos)

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



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

Greetings, fellow ironheads, and welcome to another installment of *Big Evil's Lair*. The Big Evil is training for a full meet that will be at the end of the summer. So, I am using every resource that is available to me in the powerlifting world to make my squat and deadlift grow along with my bench press. I have come across three pieces of powerlifting equipment that I have been using in preparation for my meet and I must say they have been very instrumental in my rapid strength gains as of late. As always, what the Big Evil learns, he passes on to his minions. Listen and prosper.

MINI MONO LIFT You might have seen this advertised a few months ago in *PL USA*. This is simply a monolift attachment that fits on any power rack. This is perfect for any small power hole where space and finances are a factor. You also now have the safety of a power rack which you do not have in a typical monolift. There are also two different options in a jack. You can either go with hydraulic or crank jacks. The mini mono lift is very durable as we have been well over 800 pounds in training while using it. The Mini Monolift now gives everyone in the powerlifting world a opportunity to have access to a

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If you hold onto the handles on the rack, and keep the back perpendicular to the floor, with a 90 degree angle in the hips, knees and ankles, you can off-load the lower back, and put the stress on the quads. If you assume a regular squat stance with your handles on the rack handles you can load up with overload

weights. Using this bar is a great way to build the explosive and static strength of the lower back and many have found that this bar is a great way to increase your deadlift. Using the Safety Squat Bar also takes much of the stress off of the elbows and shoulders. This has a huge recovery effect for your bench training. This is of great value for those lifters who are training for bench press only meets or those who are trying to recover from pectoral, shoulder and elbow injuries. With the Safety Squat Bar you will be allowed to train around the injuries and still get in a quality squat workout.

CAMBERED SQUAT BAR The exercise is performed just like a normal squat, but the cambered bar changes your center of gravity and alters the points of stress much like the Safety Squat Bar. The lifter will probably notice more work being done by their lower back and posterior chain, as well as less stress on your upper back and shoulders. The cambered part of the bar is 14 inches, so that means the distance between where the bar sits on your shoulders to where the plates are racked on the bar. With the camber of the bar it makes it very hard to keep the bar from wobbling on the bottom of the

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Many pre-workout concentrates do not disclose the ingredient amounts in their formulas, so **we tested their formulas** and discovered that they're underdosed when it comes to the latest scientific research – and we have the third-party lab tests to back it up.

NeuroCore		COMPETITOR #1	COMPETITOR #2	What You Should Know
Ingredient Amounts Fully Disclosed	YES	NO	NO	<ul style="list-style-type: none"> Unlike the competitors who do not disclose the ingredient amounts in their formulas, NeuroCore™ is different. The doses of its clinically validated and scientifically tested ingredients are fully disclosed so you know exactly what you are getting.
L-Citrulline	3000mg	ZERO	ZERO	<ul style="list-style-type: none"> A recent study published in the <i>British Journal of Pharmacology</i> on nitric oxide metabolism shows that L-citrulline is scientifically superior to arginine for increasing plasma levels of arginine.¹ Other companies may settle for using arginine instead because pure L-citrulline costs significantly more.
Arginine AKG	NO	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	<ul style="list-style-type: none"> A research study in <i>Nutrition</i> showed you need 12 grams of arginine AKG (AAKG) to provide performance-enhancing effects.² A placebo-controlled, crossover design study on subjects with resistance-training experience showed that arginine AKG (AAKG) provided no positive performance effects and may actually be counterproductive in developing muscular endurance. In this study, when subjects took 3.7 grams of arginine AKG 4 hours and 30 minutes before exercise they experienced no performance-enhancement effects and actually performed worse on specific muscular endurance measurements compared to when they used a placebo.³ Our lab tests revealed extremely underdosed amounts of AAKG in competitors' formulas.
Beta-Alanine	3200mg	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	<ul style="list-style-type: none"> Research published in the <i>International Journal of Sport Nutrition and Exercise Metabolism</i> showed that a 3200mg dose of beta-alanine can help enhance the muscle- and strength-building process.⁴ Fact is, our tests show other companies use less than the scientifically studied 3200mg dose. Some companies have used as little as 9mg per serving and hide the amount in a proprietary blend.
Creatine HCl	3000mg	ZERO	ZERO	<ul style="list-style-type: none"> NeuroCore contains creatine hydrochloride (HCl), a unique form of creatine. 3000mg is the minimum concentrated dose shown in research to produce results. The companies that do use this compound have added amounts below the scientifically supported amount.
Geranium Robertianum	YES (Patent Pending)	NO	NO	<ul style="list-style-type: none"> NeuroCore is the first and only pre-workout formula to contain this exclusive, patent-pending and naturally sourced geranium extract.
Geranium Active Dose	STRONGEST	STRONG	MODERATE	<ul style="list-style-type: none"> NeuroCore delivers a greater active dose of geranium than the leading competitors for a powerful boost during your workout.
Caffeine Anhydrous	YES	YES	WEAKER DOSE	<ul style="list-style-type: none"> NeuroCore delivers a potent and effective dose of caffeine that has been scientifically shown to increase energy as published in the <i>Journal of the International Society of Sports Nutrition</i>.⁵
Rhodiola	YES	NO	NO	<ul style="list-style-type: none"> In a double-blind, randomized and placebo-controlled study on 20 subjects, individuals using rhodiola during a stressful period significantly improved physical and mental fitness compared to subjects using a placebo in only 20 days.⁶ In a scientific review article published in the journal <i>Phytotherapy Research</i>, the authors noted that <i>Rhodiola rosea</i> was a superior, more active adaptogen than <i>Schizandra chinensis</i> (found in the formulas of both leading competitors).⁷
Schizandrol	NO	YES	YES	<ul style="list-style-type: none"> The competitors chose to use an inferior and cheaper adaptogen (schizandrol) even when leading research states that <i>Rhodiola rosea</i> is a more active form.⁷ Thus, they chose cost savings over effectiveness.
Vinpocetine	YES	NO	NO	<ul style="list-style-type: none"> Vinpocetine inhibits a cyclic GMP phosphodiesterase; it's believed that this inhibition enhances cyclic GMP levels in vascular smooth muscle.
DMAE	YES	NO	NO	<ul style="list-style-type: none"> DMAE may act to facilitate choline production. Choline is a precursor of acetylcholine.
Fillers, Artificial Colors or Dyes	NO	NO	UNKNOWN	<ul style="list-style-type: none"> NeuroCore is designed as a clean formula, full of powerful, research-supported ingredients.
Taste	SUPERIOR	GOOD	AVERAGE	<ul style="list-style-type: none"> The flavor system behind NeuroCore™ was developed by a world-class flavor house and is second to none. In fact, we did not stop perfecting the flavor system until we blew the competition away in internal head-to-head taste tests. Absolutely NO fillers, aspartame, artificial colors or dyes are used to create the amazing and refreshing taste.

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JON ELICK

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

Jon, welcome to *Powerlifting USA*. Tell us a little bit about yourself.

My name is Jon Elick. I've been involved in bench competitions since 1995. I live in Circleville, OH, and have been a corrections officer there for over 10 years. I've been married to my wife, Renee, for 4 years and have 4 step-children. I was manager of a hardcore gym for about 10 years, but recently decided to open my own gym, called Ironworx Gym. I've competed at 165, 181, 198, and 220. In addition to competing, I've also hosted over 25 meets and still put on a couple every year. I have a small t-shirt line for hardcore lifters called "Darksyde Ironwear" and will hopefully get a website up soon.

Wow, you have taking the powerlifting world by storm! From putting on over 25 meets, to having your own clothing line, and competing in many different weight classes, you have really made your mark in powerlifting. Jon, I'm going to name a bench press milestone, and I'd like you tell me what each experience was like.

135: The dreaded "big plate." I hit this while working out at the YMCA when I was 14. I think everyone in the facility heard me jump off the bench and yell.

225: Pretty respectable for a high school sophomore with no guidance. Another big milestone for me.

315: Hitting this one gives you bragging rights to anyone who'll listen.

This is when I realized I had a particular affinity for benching. I might have weighed 165 at the time. Some of the old-timers at the gym took notice and started training me to compete.

350: Not really that much of a big deal. I had my eyes on the next plate by this time.

405: A major milestone for me. I hit this when I weighed 180. At this point I had the biggest raw bench in my gym, regardless of bodyweight.

450 raw: At this point I was starting to think how well I would fare in the rankings for raw lifting, even though most of my meets were equipped. Hitting 450 made me realize that 500 was possible.

500: My best official raw was 485, but I have just barely missed 500 a handful of times. If I can stay healthy, I guarantee I'll nail this in competition. My first 500 equipped was at 181 in a loose double denim. I was beside myself. It had been a goal of mine for a long time.

600: Damn-near hit this as a 198-er...but finally nailed it at an IPA meet, as a light 220, in a single-ply Katana. Another hurdle jumped...time to move to bigger weights.

700: My best official lift was 665, but I have taken 700 for a number of close rides. This is my current goal in my double-ply gear.



Jon Elick with Titan sponsor Ken Anderson

That's impressive! What a journey you've had! Every milestone had meaning, and what a strong animal monster bench press warrior you have become! How would you compare the shirt and raw game? How does your training and mindset differ between training for a bigger raw bench versus a bigger shirt bench?

The shirt and the raw game are two different animals. You can improve your shirt bench with better technique, better gear, or stronger lockouts in a shorter amount of time. Raw improvements take much more time and patience. I think it's tough to improve your raw and geared bench at the same time. My training differs drastically for the two. When trying to up my raw, I focus a lot more on full-range pectoral movements and getting more recovery time between heavy workouts. For geared training, I work a lot of partial movements and overloads with bands or chains. I also pound my triceps a lot harder.

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

I bench Mondays and Fridays. Monday is a full-range day, where I do either flat bench, reverse bands, decline, or heavy dumbbells. I follow that with some close-grip movement like DB floor-presses or close-grip flat bench. I'll finish up with rear-delt work and some form or

triceps isolation. Fridays is for partial-movement or accommodating resistance. I cycle through either floor presses, board presses, chains, or adding bands under the bench. I'll then work on some front delts, hammer curls, and rolling DB extensions.

For other benchers who want to be more competitive, what would be your top five tips for a raw bencher? What about the shirted bencher?

Raw: Allow for plenty of recovery time, work your minor muscle groups in the shoulder joint, alternate between heavy days and rep days, keep your technique consistent, realize that Rome wasn't built in a day—be patient.

Shirted: Practice as much as possible in your gear, alternate your overload work between boards/bands/chains, have competent training partners to critique your lifts. Pound the hell outta your triceps. Understand that good form will contribute to more PRs than anything else.

What are your 10 favorite assistance exercises for a bigger bench?

DB floor presses, reverse band floor presses, close-grip declines, heavy seated rows, rolling DB extensions, triceps pushdowns with an added mini band, wide-grip inclines, that's about it...most of my other stuff would be considered "primary" exercises.



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#111 THORBECKE'S GYM: HOW MUCH WILL YOU LIFT WHEN YOU ARE OLD?

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



Marty Einstein and Diane Manno: Male and Female Bench Presser of the Year 2010 NASA



Marty Einstein and Fred Millan: Hall of Fame and Master 3 Powerlifter of the Year awards



Rich Peters, President of NASA, presenting the Hall of Fame award to Marty Einstein

Last month, we got the inspiring updates on Rob Kolbear's return to health and heavy lifting. Being huge and strong is always better than being weak and dead. Good friends make it better in either case. Rob has a lot of good friends in MO, and it looks like he'll be fine. Go Rob!

Way back in 2004, I wrote about Thorbecke's Gym in the desert town of Tempe, AZ. It has got to be hot in Tempe, but they are still lifting heavy at Thorbecke's Gym. It's been well over 100 degrees here in TX for almost two months now, and our panties are definitely wet with salty sweat, so I guess we're in the same boat. We're hot, but not too scared to do a little update on Thorbecke's Gym.

We'll start with some new records set by the Thorbecke's Gym team. These are some of the things they've done since I first mentioned them in *PL USA*:

- 2005: Fred Millan and Marty Einstein completed a two man deadlift with 1100 lb. both weighing 200 lb. (*This is great; I always love to see a good 2-person DL team in action! RB*)
- 2007, 2008, 2009: NASA Powerlifter of the Year runner-up, Marty Einstein
- 2008, 2009: NASA World Title Powerlifting, Jay Carlile
- 2009: Fred Millan is the world record holder for 1,210 lb. total at 198 lb., Master 3 Class, 60-69 age
- 2009: Marty Einstein equipped bench press 479.5 lb. at 198 lb., Master 2 Class, 50-59 age
- 2009: NASA Novice Powerlifter of the Year, Fred Milan Jr.
- 2009: NASA Masters Bench Presser of the Year runner-up, Marty Einstein
- 2010: Jay Carlile set world record in the squat; 849 lb. at 275 lb. class
- 2010: NASA World Record 509 lb. squat, Fred Millan; 2010 NASA World Record 470 lb. bench press, Marty Einstein; 2010 NASA World Record 392 lb. squat, Willie Kindred
- 2010: NASA Drug Free Powerlifting Hall of Fame, Marty Einstein
- 2010: NASA Male Bench Presser (Equipped) of the Year, Marty Einstein, Masters 2 Class, 50-59
- 2010: NASA Male Bench Presser of the Year, Marty Einstein, All Classes
- 2010: NASA Male Powerlifter of the Year, Fred Millan, Master 3 Class, 60-69
- 2011: Launch of Thorbecke's Thor Power Gold Nutrition Supplements

▪ Notes: Between 2005 and 2010, Marty Einstein set 30 world records in the bench press. Between 2005 and 2010, Fred Millan set 20 world records in squat, deadlift and total. Einstein's Bench Presser of the Year and Millan's

Powerlifter of the Year titles were given at the NASA Year-End Awards Banquet.

One thing that jumps off the page is that most of these competitive powerlifters are over age 50. Heck, a lot of the Thorbecke's Gym lifters are over age 65! I always tell new lifters that the gains will come as long as they never quit, but I can't tell these veterans from Thorbecke's Gym anything! I asked them for a list of the older lifters:

Eight lifters at Thorbecke's are over 65:

- Fred Millan
- Willie Kindred
- Marty Voit
- Jimmy Martens
- Bob Martens
- Bob Calvan
- Brick Darrow
- Ralph Mottola

Also, Thorbecke's has four lifters in the 50-64 range:

- Marty Einstein
- Walt Sword
- John Bissen
- Pat Harrity

Thorbecke's Gym opened on January 1, 1967. Since that date, it looks like no one has ever left the gym! What has changed at the gym? Well, for one thing, they recently added supplements. Here is what they say about their protein:

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Before you laugh at yet another protein advertisement, remember that these guys were probably lifting heavy before you were born. They were eating liver-pills with old-school milk and egg proteins before you were weaned off your momma's milk. I'm not as young as I feel, so I'm glad to see some guys even older than me still tearing up Jake in the gym! I'm inspired by extremes—I enjoy watching high school lifters, and I love to see older guys lift big. The crew at Thorbecke's Gym is worth watching! If you get lost in the hot AZ desert, you have gotta go train with these guys!

Kudos to the lifters at Thorbecke's Gym! Next month, we'll talk about a gym you've never heard of. Until then, lift big, respect your elders in the weight room, and send me a photo from your gym! Email me at: rick@houseofpain.com ☺



2010 National Master NASA Team Champions (Thorbecke Gym photos)

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STEVEN WEINSTEIN, ISSA-CFT

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WILL IT BLEND?

AN IN DEPTH INTERVIEW WITH BLENDTEC INVENTOR TOM DICKSON PT. 1

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

Hey folks it's the Power Nutrition Guru coming at you with another informative and interesting interview series. I have gotten a lot of questions from readers in regards to what type of blender I use in my personal life and what I recommend to my world champion athletes as well. So, you know me by now, I simply just don't give you a three line answer for any question you ask me and I go above and beyond the call of duty to make sure all my loyal readers from *PL USA* and around the world only get the most thorough and complete answer—no matter what your question may be. For those of you who were asking what type of blender that I use as well as what I recommend to strength athletes, the answer is Blendtec. This is by far the best blender you will ever find on the market. To be honest, it is much more than just a blender and to let you know more about this amazing piece of machinery I decided to contact the creator of the Blendtec series, Tom Dickson. See what I mean, I simply just don't tell you what I like to use and leave it there. I make sure you fully understand why I like this amazing blender and the creative mind behind it. So, I will stop my blabbing and will get to the heart of this interesting interview.

Tom, I would like to welcome you here to *Powerlifting USA* magazine. For the readers who may not be familiar with you and your amazing inventions, can you tell us a little about yourself?

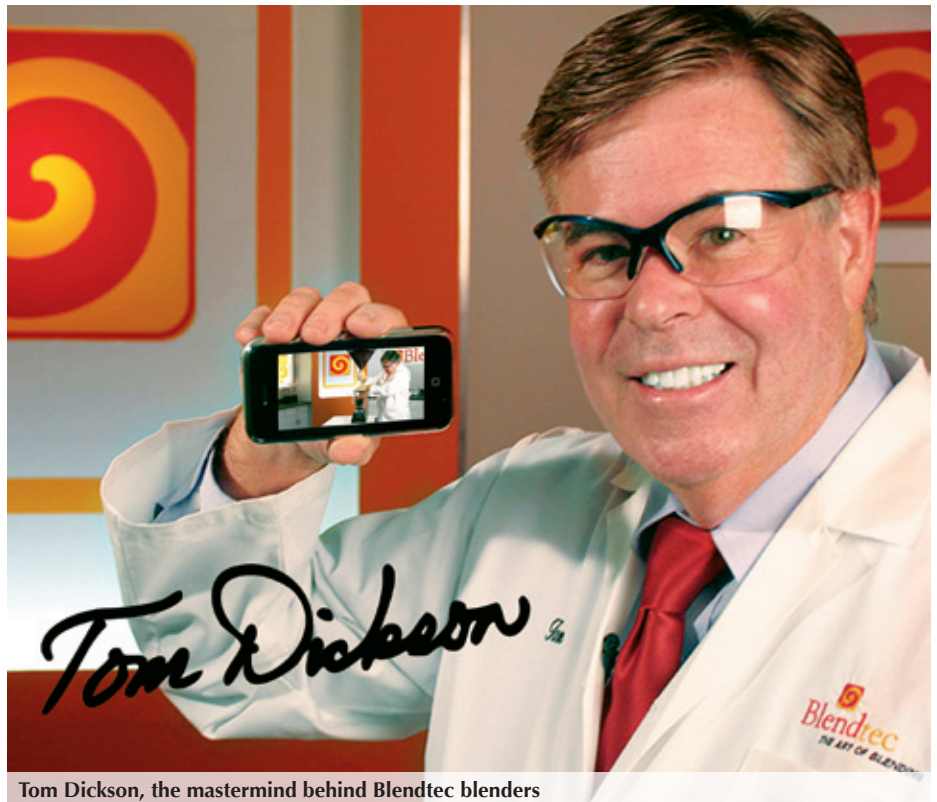
My name is Tom Dickson, Founder and CEO of Blendtec. To some, I am known as the "Will It Blend?" guy on *You Tube*, that blends crazy things in the Blendtec blender, like glow sticks and lighters.

Can you tell us a more about your engineering background?

Yes, I do have an engineering background. I began my career in the pharmaceutical engineering industry.

Is this where it all started?

Actually, it all began one day at home when I was vacuuming up some wheat that I had spilled. I noticed that the wheat kernels were broken into pieces when I emptied the vacuum cleaner bag. Because I am an engineer, my curiosity got the best of me and when all was said and done, I'd invented a stainless steel mill head that that burst grain into flour rather than the conventional stone mill used for centuries throughout the world. I took my invention to



Tom Dickson, the mastermind behind Blendtec blenders

market, which revolutionized the way people milled flour and the rest is history.

Is it true that your idea for the Blendtec blender actually came from your interest in the wheat milling industry? Can you tell us about that?

Well, being an engineer and thinking like one, I am always working on ways to improve everyday tasks and making life smoother. So after the invention of *The Kitchen Mill* that solved the problems of grinding wheat, beans, rice or popcorn and other grains into flour, I thought what kind of machine could make bread from the fresh milled flour? So, I went to work building an all in one kitchen machine that would house a mixing bowl and a blender in one foot of counter space.

Our first *Mix 'n Blend* was called the *Elite*, complete with a mixing bowl that makes 12 pounds of dough and a square blender built on the same machine. To simplify things, I added an "auto knead" button to the mixer that, when

pressed, lets the machine take over to develop the gluten and then shuts the machine off automatically. The machine has not only stainless steel dough hooks, but also two sets of whisks to help with everyday cooking needs. The blender is not a regular blender. Like I said, I invented a square blender with a single blade with winglets; a blender that would crush ice into snow.

Being the inventor of the Blendtec blender, can you tell us how you got involved in such a project?

Certainly. I'd already developed the blender on the *Mix n' Blend* mixer and so when the smoothie craze began in 1995, people were looking for a stand-alone blender. My first thought was to add more power to the motor. With more power came more sizes of blenders and Blendtec's commercial world exploded. Being an engineer—or maybe just being me, I don't know—I began developing blend cycles for individual companies' smoothie recipes. With blend cycles, an operator adds ingredi-

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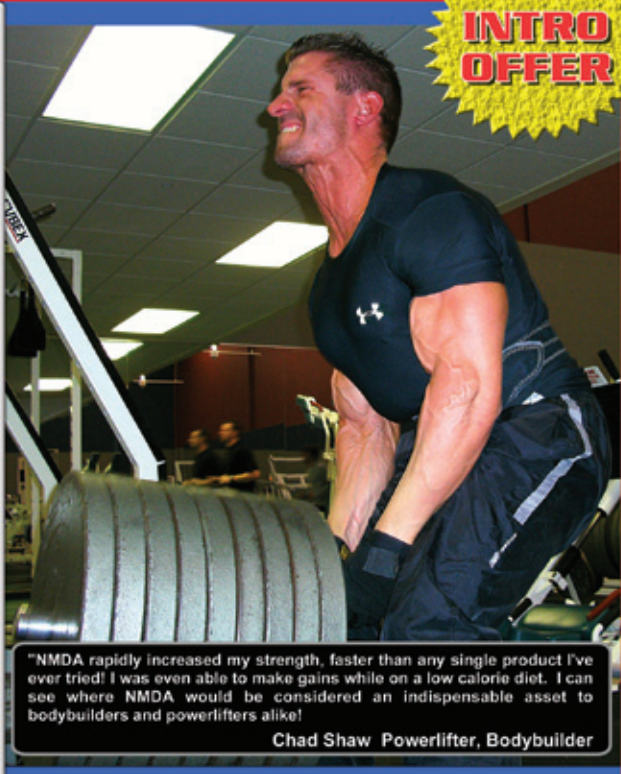
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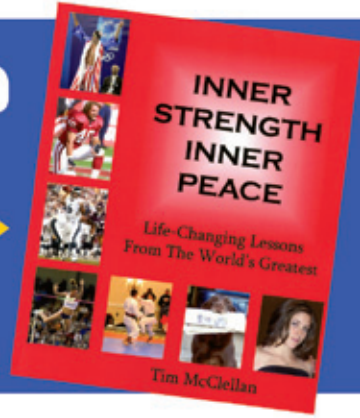
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STEPHANIE VAN DE WEGHE

as told to Powerlifting USA by Bruce Citerman

There is someone special in Sheboygan, Wisconsin: Stephanie Van de Weghe.

Stephanie, tell us a bit about yourself.

I currently live in Sheboygan, Wisconsin, and I have lived here since the early 1970s. I was formerly married to Jan Van de Weghe, a past masters world powerlifting champion. We remain friends to this day. I currently live with my partner, Kelly Martin. We have been together since 2002. She is the 2008 WPC 165 lb. champion. I am employed at Wigwam Mills, Inc. My position is Journeyman Knitter Mechanic, and I have been continuously employed there for 28 years. In June of 2007, I graduated from Fox Valley School of Massage and became nationally certified and licensed later that summer. Currently I practice massage on a part-time basis. Being a massage therapist, you must stay within your scope of schooling in order to help your clients. I am now working to complete certification as a personal trainer. This way I can help my clients correct and strengthen some of the issues that are the cause of their pain.

What is your athletic background?

My athletic background is not all that involved. I was always active when I was younger—riding bikes, softball and hiking. After I graduated high school I took up Tae Kwon Do. I wanted to understand the mystery of martial arts and it was a great experience and helped me tremendously in my self-confidence.

I studied for four years and reached first degree black belt. Once I left the sport I realized my inner strength and perseverance. By that time, I was introduced to the Body Shoppe Fitness Center. Since lifting and building muscle have always been my first love, I dove in head first, did a little bodybuilding, but became bored and wanted to know how much I could lift. Besides, the discipline in dieting was too much. I enjoy eating, so powerlifting became my sport. Oh, and I did have and on again, off again stint with professional wrestling during the '90s. It was a lot of fun, but it's such a shyster business. I spent more money traveling, training, and costumes than I ever made. Besides, it takes its toll on the body.

How did you get into competitive lifting?

To tell you the truth, I had never heard of powerlifting until I met Jan. I asked him if he would be willing to train me and he agreed. At first, I wasn't looking at competing; it was just for fun. Then with some prodding, I got into my first contest. It was the 1984 USPF Wisconsin State Meet held in Rice Lake. I was a light 148-pounder and took second place with a 350 pound squat, 170 pound bench, and 350 pound deadlift, totaling 870 pounds.



Stephanie Van de Weghe squatting 700 lb. at a SPF meet in Tuscola, IL (Van de Weghe photo)

What contests have you lifted in?

There have been numerous contests. Some stand out more than others. I remember my first world championships. It was 1986 with the IPF in Hestra, Sweden. I was very nervous and excited. The main thing I remember is all the bureaucracy and political bull. It wasn't long

after that, that I began lifting in the APF and have ever since.

What are your most memorable moments?

Some memorable moments would be winning my first world championships in 1994 in Columbus, Ohio. I had a 12-something total.



MHP POCKET POWERHOUSE UPDATE PHOTO BY RICK LUGO

MHP powerlifter James "Pocket Powerhouse" Golba won his 5th straight USAPL NJ State powerlifting title on Saturday, July 23rd in Atlantic City. Golba posted a 413-pound squat, 341-pound bench (a personal best lift) and 370-pound deadlift, for a winning 1,124-pound total. The win also marked his 7th state championship overall.

The Bloomfield, NJ, resident trained for the NJ States under the direction of legendary strength coach Joe Carini of Carini's House of Iron in Pine Brook, NJ, which James says helped him tremendously. Golba also credits MHP supplements such as NO-BOMB (pre-workout nitric oxide booster), ISOFAST 50 (whey protein isolate) and Dark Matter (post-workout and recovery) for helping him increase his strength and successfully defend his title.

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BENCH PRESS MEET FIRST TIMER

as told to Powerlifting USA by Danise DiStasi

While I am always willing to take on a challenge, entering a bench press competition was so far beyond my comfort zone, the word “comfort” didn’t seem to exist any longer. My world consists of consulting, training, and coaching business executives and using another kind of bench strength. After being trained by Laura Phelps-Sweatt for a few years, I decided to take on the challenge and entered the July 9th Southern Powerlifting Federation Bench Press Competition.

Over the years I kept in shape by working out, eating well and maintaining a good level of health. As I entered my forties, my routine was no longer working, so I took up lifting weights—baby weights, that is—at your typical health club. While this worked for a long time, I knew I was not pushing myself and my time at the gym was more about socializing.

Quickly heading into my fifties, I began to settle for “stinkin’ thinkin’”: “I’m getting along in years and after all I am slowing down a bit... that’s okay.” However, I knew I had to change that thought. As a leadership trainer, a simple tool we give people is if they can change their thought, they can change their feelings, which results in changing their actions or behavior—or TFA as we affectionately call it.

About that time, Laura and Shane Sweatt moved from Toledo to Cincinnati and opened their own gym. I was very well aware of Laura’s athletic abilities because she’s my niece and I’ve watched her as a young child tumble across mats, twirl on balance beams and kick the daylights out of soccer balls. I’ve seen her squat 700 pounds with supernatural strength. I was not sure if I would fit into her clientele, but she assured me I would. And so I did.

We worked out together and it was as much about her coaching and challenging me to get in better shape and to do it correctly as it was about me challenging her on her business, coaching her on ideas, and asking clarifying questions about her vision.

She coached me to believe I could do more than I thought physically possible. That strength has come in handy as I lift my 37 pound granddaughter over my shoulder to play. I have always been impressed with Laura’s quiet sense of “doing the right thing.” She coaches with a demeanor that I am not sure is normal for the powerlifting world, yet it is incredibly effective. As she announced the upcoming bench competition, I asked if this was something I could do, and her answer was a resounding yes!

So the training began. We would bench every week with more weight and different types of bars. She taught me how to arch my back, squeeze my shoulder blades together, spread the bar, when to press, where to press, when to rack, use my feet—I had no idea so much detail



Danise with coach and niece Laura Phelps-Sweatt at her first meet (Danise Distasi photo)

went into bench pressing. It is more than just being able to lift heavy weights, there is a science to doing it correctly and achieving success.

Finally the day of the competition arrived. I walked into The Sweatt Shop as I had done hundreds of times. But this time, I had a check in my gut as I spanned the room which was packed and I realized this was not like every other time. My coach was busy with all the details involved in putting on this type of competition. Way out of my comfort zone, I was nervous and experiencing social anxiety in full tilt. Teaching leadership training has taught me how to handle social anxiety, so I was desperately working to walk that out.

I did my practice along with everyone else, thankful they were patient as we unloaded the weights to accommodate me. Being the one to lift the lightest on the first attempt, I was the

first one up. Great. I had a little cheering section (family and friends who had to see this first hand) and I positioned myself, just as I practiced with Laura. Shane lifted the heavy 75 pounds off the rack, I held the bar, came down and back up with ease. One mili second into the upward movement of the bar and I realized I did not wait for the judge to say press. Oh how could I have done that? I knew better. I felt like the kid called up to the major league who was so excited he struck out his first time at bat.

I realized then I was experiencing eustress, the good kind of stress, but if it wasn’t controlled and managed, I would slip into distress rapidly. Everyone encouraged and supported me that this was normal. They shared stories of their first meet and how it takes a couple of meets to really be able to get all the details straight. Laura then came alongside to coach

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ASSISTANCE WORK

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 question for our panel concerns assistance work. The question is: how do you pick your assistance work and how do you determine if it is working?

RICKEY DALE CRAIN: I have always dealt with so called supplementary exercises different than most lifters. First, most of them I never really considered supplementary, but a lift—an extension of the actual "BIG 3" themselves. My supplementary work in essence mimicked a similar exercise as close to the real thing, but with the idea to work from a different angle, etc. For example, with the bench press, my "supplementary exercises" would be all different kinds of bench presses—incline bench press, decline bench press, close grip bench, cambered bar bench press, lockout/board bench press, close grip bench press, reverse grip bench press... you get the idea. This also did not put undue stress on ligaments and tendons, which kept injury and tendonitis to a minimum over 40-plus years. The same idea applies to the squat (pause squats—my invention from the early '60s for explosive power—partial squats, walkout squats, box squats, lunges, step-ups, one legged squats, etc.) and deadlift (lockout deadlifts, deadlifts standing on a box, stiff legged deadlifts, conventional and sumo style, one hand deadlifts, etc.). Of course, we always added tons of ab work, both with and without weights, sprints, plyos and speed work.

WADE JOHNSON: I set up my assistance based on what I want to work on during the training cycle. My competition form and lift is the priority and I'll follow it with assistance where I need the most help. For me, if I have a particular issue in the squat, I do my comp squat training and then a squat type of movement that makes a certain body part the primary mover, keeping with a compound or multi-joint movement. After that is when I will use isolation movements for assistance.

MIKE MCDANIEL: I, and the folks I train with, usually compete twice per year. Our meet prep training cycles are typically 17 weeks. Competition frequency and meet timing allow for defined periods to focus on assistance work while continuing to do reduced poundage competition lifts. Then, as we get closer to a meet, favoring competition lifts as we minimize, then eliminate most assistance exercises. We log info—we



Rickey Dale Crain at the 1982 IPF World Championships held at the Olympic Basketball Hall in Munich, Germany

believe it's pertinent on the prep cycle. Once enough info is collected to be meaningful, we use it to determine which exercises contributed positive, which negative and those of no impact, then determine which to include in the next contest prep cycle.

We use assistance exercises to minimize risk of injury, rehab an injury, train around an injury, improve tendon and ligament strength, break boredom, improve neuromuscular relationship, strengthen stabilizing muscle groups, balance development, increase speed, improve cardio conditioning, and as direct contributors to increasing competition lifts. Mostly we deter-

mine effectiveness either through experience of others or by our own trial and error. Our experience is that there is very little near-term measurable strength gain in the squat, bench or deadlift from doing anything other than the squat, bench and deadlift. Assistance work certainly contributes to long term gains though. Assistance exercises we do year round are rotator cuff hypers, reverse hypers, seated calves and abdominals. Depending on goals and timing versus meet date, we do just about every other assistance movement we've seen over the years. Through time to minimize risk of injury though we've gotten away from brain crushers,

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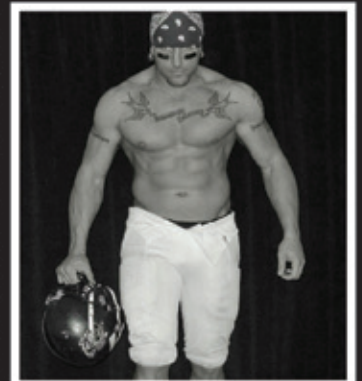
Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once 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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CAFFEINE – 330MG: NeuroCore also delivers a potent and effective dose of caffeine that has been scientifically shown to increase energy as published in the Journal of the International Society of Sports Nutrition.²

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individuals using rhodiola during a stressful period significantly improved physical and mental fitness compared to subjects using a placebo in only 20 days.³ Further to that, the Rhodiola rosea extract in NeuroCore is shown in research to be the most active adaptogen,⁴ which is why it doesn’t make sense that other companies would use schizandrol, a less active adaptogen, in their formulas.

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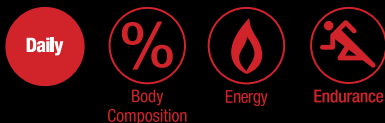
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MEET MISTAKES

as told to Powerlifting USA by Doug Daniels

We put weeks and even months of dedicated effort into training and preparation for a meet. Unfortunately, too many lifters make easily preventable mistakes during the actual meet, which prevents them from getting the results they worked so hard for. There is no way to totally eliminate mistakes, but we should always try to minimize their occurrence. In this month's article, I will list some of the most common ones and suggest a plan to deal with them up front.

Many novice lifters have little confidence they will be successful with their opening contest attempts. I have seen many new lifters take their last warm-up with the same weight they will open with on the platform. This essentially adds up to taking four attempts on that lift. By the time they get to their third attempt on the platform, they've already spent a lot of strength and energy, not to mention how this practice would add up by the time you got to the deadlift. This is equivalent to a runner sprinting the whole race right before it starts, just to make sure he can make it all around the track. Your contest training should be your indication of what you can lift at a meet. If your opener is chosen properly, there will be no doubt, and the sooner this fear is shed, the sooner your lifting will improve.

The opposite example is taking too heavy of an opener, which is being overconfident. This over confidence eliminates more lifters from meets than anything else. An opener is meant to get you in the meet, not win it. For a novice lifter, I would suggest a weight you can comfortably double. Your second attempt should be something you have a high confidence level in getting and have done successfully in training. The third attempt should be the most challenging and possibly a personal record if everything is going well. Taking a too light of a third attempt is not optimal either. Although the lift was successful, you left weight on the platform. Choosing weights for attempts is an art, not a science, and experience can improve this over time. Novices do not have sole ownership of weight selection issues; lifters of all levels of experience can make mistakes when choosing attempts.

Another frequent meet mistake is not knowing the rules of competition. Premature racking of the bar after a squat attempt is a common one. A successful squat will be wiped out by attempting to rack the weight prior the judge's signal. This also holds true for the rack signal after a bench press attempt. Wait for the judge's signal to rack the weight. The down signal for the deadlift requires that you lower the bar under control to the floor. If you let it drop from your hands and have it crash to the platform, you stand a good chance of earning red lights from the judges. Another deadlift no-no is leaning too far back at lockout. Leaning too far back can cause your knees to bend, which can draw a red light from an alert judge. Lockout with your back erect and shoulders slightly back, this is all that's required for a good deadlift.

Rule briefings can be boring to veteran lifters, but everyone should always attend them and pay close attention and ask questions if you need some clarification. Keep the rules of competition in your mind while you're lifting. Practice meet-acceptable attempts in training and they will be second nature at the meet. Seek an experienced lifter for help if you are not sure. Meet rules can vary from organization to organization, keep that in mind.

Nerves and anxiety are high at any competitive event. Waiting to lift can seem like an eternity. That could be why so many lifters are warmed-up and ready to go when the preceding flight of lifters is still on their second attempts. Being warmed up that far in advance isn't a good idea. By the time your turn comes to lift you will be cold, which most likely means a lower lift and makes you more prone to injury. Ideally, you should finish warm-ups about 10-15 minutes before your first attempt. Most meets provide a board or some kind of display so you can check your lifting position in your flight. If you are in the first flight of lifters, your start time is easily determined. Add 1-2 minutes for every lifter in front of you after your flight starts. For the squat, it could take an extra minute or two between attempts due to the more difficult loading required and moving the racks in or out. If you are the next flight, see how long it takes to finish the first attempts of the flight before you. Double that time and that will be close to when your flight will start. From there you can figure out when you will lift. There are sometimes breaks between flights to give the meet staff a breather, which can be brought up in the rules briefing. Here's where

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Top 5 competing for the belt. Who will win in Atlanta and New Orleans?

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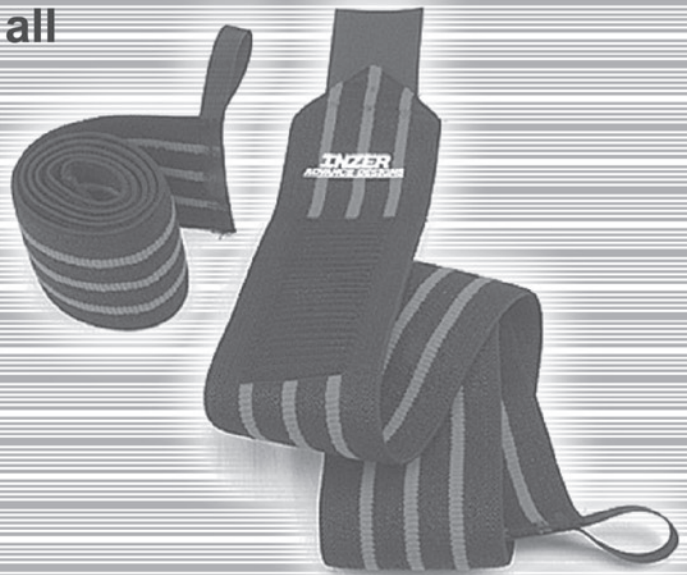


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GREATNESS: AN OBSESSION?

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

"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man."

— George Bernard Shaw

While back I read a blog written by Ben Stein in *Physics Meetings: The Truth about What Happens When Physicists Meet*. He was talking about obsessive compulsive behavior and how it was related to greatness. The idea crossed his mind after reading the book *Obsessive Genius: The Inner World of Marie Curie* that obsession was an essential quality for achieving greatness. He noted that the story of two time Nobel Prize winner Marie Curie was about great triumph over adversity, but it was also an account of how loneliness, depression, and isolation (even from her children) was the price she paid for her greatness. He went on to mention that he didn't know any of the Nobel Prize winners personally and had no idea what they had or had not sacrificed to become leaders and contributors, and although he had great admiration for their accomplishments, he was curious to know if their greatness and the greatness others who excel in their respective fields was possible without obsession.

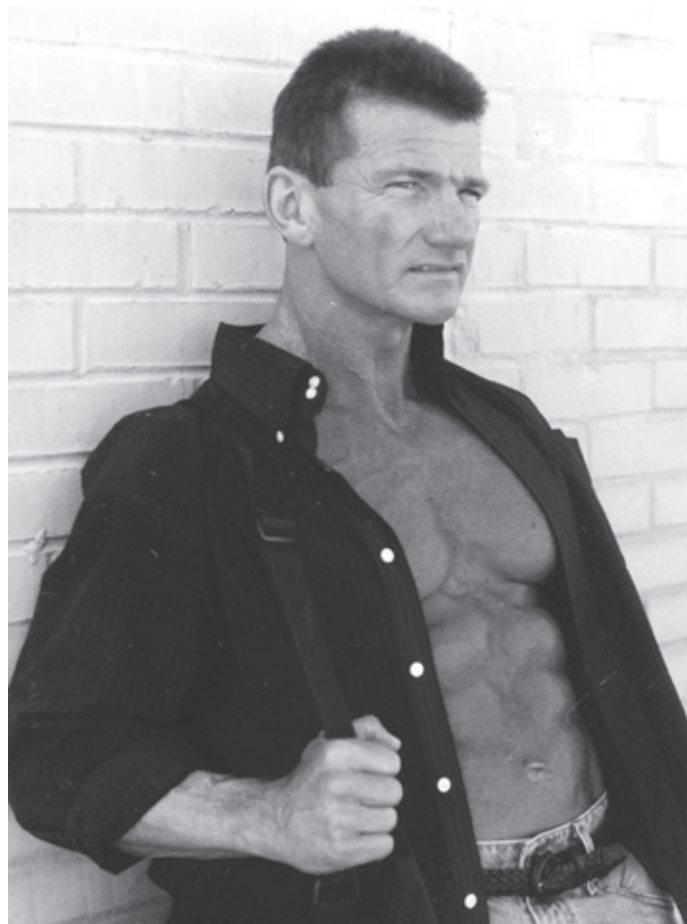
I believe I can cast some light on the aforementioned question at least from an athletic standpoint. First of all, though, let me digress momentarily in order to defend my position. Please don't take this wrong. I am merely trying to establish my credibility for answering this rather intriguing question.

Now, I will tell you straight out I am really a blessed human being because I have had the opportunity to travel to so many places in the world, and through my travels, I have had the opportunity to meet some of the most successful people in the world. At times I was surrounded by some of the best minds and most accomplished people who ever walked the face of the earth. They were heads of major corporations; award-winning writers, editors and scholars; presidents of colleges and universities; great artist's; highly talented actors, dancers and designers; and some of the most accomplished athletes in the world—people who would literally dwarf me with their brilliance and accomplishments. Best yet, I have had extensive life experiences that gave me the opportunity to not only meet these people, but to develop relationships with some of these individuals. For instance, I worked as a sports psychologist with professional and amateur athletes throughout the world since the time I was 17 years old. I also worked with numerous sports teams, including the Kansas City Royals, the Pittsburgh Pirates, and the Cincinnati Reds. In addition, I was head of the research center for the Kansas City Royals Baseball Academy, an institution that was designed to create superhuman athletes. I was also an executive with Micro-Diagnostics Corporation, a conglomerate that was designed to produce scientific instruments, and as an athlete, I had the opportunity to train at just about every Olympic training center in the world for extended periods of time.

With that being said, I would like to attempt to answer Stein's question: Is greatness possible without obsession?

This is not going to be pretty. If there is a common thread that tends to run through world class athletes and elite individuals, especially the "stars of stars," the greatest of the great, it is extreme obsession with their field of endeavor. In fact, obsession just might be the most critical variable required to achieve greatness. Even the most gifted individuals who achieve greatness—guys like Tiger Woods, Michael Jordan, Eddie Coan, and Bill Gates—tend to exhibit passionate career behavior that hinges on total fixation.

Not surprising, at least to me, is the fact that the majority of psychologists believe that for most people to reach an elite level in any field of endeavor, some degree of obsession is required. In fact, in sports, one of the most competitive fields of endeavor, obsession—total obsession—may be the most important aspect of achieving world class status. To be per-



Now for the big question: is Dr. Judd a product of his own obsession?

fectly honest, I have never met a great athlete or an elite entrepreneur for that matter, who wasn't somewhat obsessive. The really great athletes, the one-percenters, are generally totally obsessed with what they are doing. They place a higher priority on their sport than they do on work, family, interpersonal relationships, and even on their own health. In actual fact, many athletes seem quite willing to sacrifice the very essence of life just to achieve athletic greatness. Nothing matters—just the game.

Now, I am sure there are elite athletes who have achieved greatness without total obsession, but I would venture to say that they are the extreme exception rather than the rule. The majority of individuals who have reached an elite level in sports and many times in life were obsessively obsessed with what they were trying to achieve, almost to the point of being psychotic.

As a reference point, the American athlete responds to competition like no other athlete in the world. It's been estimated that the typical athlete in America trains an average of twelve hours a week. Now that's the average athlete. Most elite athletes train at least three times as much. Not only that, but they will train if they are in pain, if they are sick, and even if they are injured. They will do anything to improve their performance—drugs, cheating, lying. It doesn't seem to matter as long as they improve. Believe me, there are numerous elite athletes who practically surrender their entire lives to that single purpose. For many elite athletes, their devo-

QUESTIONS ANSWERED

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

DEAR MAURO: I have both the “Metabolic Diet” and “Anabolic Solution for Powerlifting” books and have been following the shifting of the macronutrients between weekdays and weekends. Right now I’m starting to cut back and entering the cutting phase to minimize body fat and keep muscle so I’m more effective at my bodyweight class. Although I’ve read both books and looked on line, I’m still a bit confused: Just how much protein should I be eating in the various phases, not so much in the mass phase but more so in the cutting phase when I cut back on calories? As I drop the calories in order to lose weight, mostly in body fat, should I cut back on the protein and keep fat intake high or the other way around?

Dan

DAN: Some of the information you’re looking for is in the Metabolic Diet and Anabolic Solution for Powerlifters book you have, and some in the articles on my main site www.MauroMD.com. In the books I don’t go into details on exactly how much protein you need to take in at every stage of the diets although I do give percentages of the macronutrients. My reasoning is that since by following the Metabolic Diet and the nutritional supplement plan as outlined in both books, you won’t have to worry about

protein intake as it will be more than adequate. Since you’re trying to cut back on body fat I’ll assume that your competition is several weeks away and you’re trying to get closer to your weight class limit, shedding the remaining pounds the few days before the competition. As such, you’re likely training heavier and harder. It’s my feeling that intense muscular activity increases protein catabolism (breakdown) and protein use as an energy source. The less protein available, the less muscle you’re going to be able to build. A high protein diet protects the protein in the muscle and the protein that may be turned into muscle by, among other things, providing another energy source for use during exercise.

The body will burn the dietary protein instead of the protein inside the muscle cells if your diet remains high in protein. In fact, studies have shown that the anabolic effects of intense training are increased by a high protein diet. When intensity of effort is at its maximum and stimulates an adaptive, muscle producing response, protein needs accelerate to provide for that increased muscle mass. As a side note it’s also well known that a high protein diet is necessary for anabolic steroids to have full effect.

It’s my belief that once a certain threshold of work intensity is crossed, dietary protein becomes essential in maximizing the anabolic effects of exercise. Exercise performed under that threshold, however, may have little anabolic effect and may not require increased protein. As a result, while serious athletes, as in your case, can benefit from increased protein other athletes who don’t undergo similar, rigorous training may not.

On the average I recommend a minimum of 1 gram of high quality protein per pound of bodyweight every day for any person involved in competitive or recreational sports who want to maximize lean body mass. However, for those athletes heavily involved in strength events such as the Olympic field and sprint events, those in football or hockey, or weightlifters, powerlifters and bodybuilders, I recommend between 1.2 to 1.6 grams of high quality protein per pound of total bodyweight.

That means that if you weigh 200 pounds and want to put on a maximum amount of muscle mass, then you’ll have to take in as much as 320 grams of protein daily. There are several competitive weightlifters, powerlifters and bodybuilders that I know that take in 2 to 3 grams of high quality protein per pound of bodyweight, and some that take even more.

If you’re trying to lose weight and/or body fat as you are now, it’s important to keep your dietary protein levels high. That’s because the body oxidizes more protein to use for energy on a calorie deficient diet than it would in a

diet that has adequate calories. The larger the body muscle mass, the more transamination of amino acids and subsequent formation of mostly either glucose or ketones occurs to fulfill energy needs. Thus for those wishing to lose weight but maintain or even increase lean body mass in specific skeletal muscles, I recommend at least 1.5 grams of high quality protein per pound of bodyweight.

If you’re following my phase shift diets, as you are, then the reduction in calories needed to lose weight should be at the expense of mainly the fats (since carbs are already low). The reason behind this is that you’re already fat adapted and fat is your primary fuel source. So if you don’t supply as much in the diet, your body will use body fat instead, which is what you want to maximize your body composition.

Best regards,
Mauro

DEAR MAURO: I am 32 years old and probably won’t ever compete in a powerlifting competition, but you never know. But I do want to gain as much and strength and lean muscle mass as possible. I am very serious about meeting this goal and am looking for direction. I am looking at “The Metabolic Diet” book and “The Anabolic Solution for Powerlifters” book. Which book do you think will better help me?

Jeff

JEFF: I’d recommend the “Anabolic Solution for Powerlifters” as it’s specifically geared for powerlifters. “The Metabolic Diet” on the other hand, while it contains more information, including dozens of sample meals at the various calorie levels, is geared more for the person who wants to lean out while at the same time maintaining or even gaining some muscle, but not to the level of maximizing strength and/or muscle mass.

On the other hand a lot of powerlifters, whether recreational or competitive, buy both books since the “Metabolic Diet” book has more information on phase shift dieting, and has lots of other information. Just to give you an idea the “Metabolic Diet” book weighs in at over 500 pages while the “Anabolic Solution for Powerlifters” is around 200 pages.

Best,
Mauro

DEAR MAURO: Can diabetics take advantage of the Metabolic Diet? I asked my doctor and he didn’t know enough about your diets to say one way or the other. At this point, I’m on a high carb, low fat diet, but I don’t think it’s the best diet for me since I’m having problems keeping my sugar under control, and

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AHSPLA SUMMER SIZZLE

JUL 23 2011 » Monticello, AR

Powerlifting	SQ	BP	DL	TOT
114 lbs.				
J. Jackson	165*	100*	225*	490*
132 lbs.				
K. Phillely	250*	125*	280*	655*
148 lbs.				
H. Cotton	365*	235*	85*	985*
D. Barnhill	315	205	375	895
C. Tipton	320	175	380	875
N. Deston	265	185	—	450

165 lbs.				
P. Binns	340*	225*	430*	995*
D. Gardner	340	195	4005	940
Glover	285	185	400	870
West	—	245	405	650
L. Weekley	—	155	360	515
181 lbs.				
J. Davis	300	185	450*	935*
C. Rayner	275	225*	410	910
L. Lovette	305*	210	380	695

198 lbs.				
V. Smith	320	175	475*	970*
D. Browder	3320*	215*	370	905
220 lbs.				
K. Jackson	420*	265*	500*	1185*
D. Washington	350	185	405	940
R. Henderson	165	135	255	575
242 lbs.				
J. Inman	350*	215*	405*	970*
J. Hawkins	—	155	330	485

275 lbs.				
C. Masterson	510*	295*	505*	1310*
J. Avery	400	245	500	1145
SHW				
T. Daniels	450*	245	575*	1270*
J. Smith	420	265*	465	1150
D. Darrroughs	415	225	405	1045

The Monticello Billies hosted the inaugural Arkansas High School Powerlifting Association first competition: the Billies Summer Sizzler new powerlifting meet. Two schools, Monticello and Star City competed. The Billies out-pointed Star City 72 to 46. MHS had seven weight class championships and Star City won eight weight classes. Star City's 148 lb. class Harley Cotton won the best lightweight lifter award for lifters in the 114 to 181 lb. classes. So much thanks to the judges: Milton Williams, Johnny McMurray, Abel Reap and Hunter Gilliam. Thanks to Seth Sixner and the UAM guys who did a good job of loading and spotting. Harvey was the lifting platform manager and kept things going smoothly. Mark Tiner did the announcing and kept the meet on the move. » *courtesy Mike Reed*

WABDL MONTANA STATE BP/DL

MAR 19 2011 » Missoula, MT

BENCH	C. Hamp	121
FEMALE	<i>Master (54-60)</i>	
<i>Single-Ply</i>	S. Paintner	77
114 lbs.	MALE	
<i>Teen (14-15)</i>	<i>Double-Ply</i>	
R. Layman	88	
123 lbs.	<i>Master (61-67)</i>	
<i>Teen (14-15)</i>	J. Pablo	—
A. Rothrock	94	
132 lbs.	<i>Submaster (33-39)</i>	
<i>Master (47-53)</i>	K. Coombs	430*
J. Kelly	66	
220 lbs.	<i>Submaster (33-39)</i>	
<i>Submaster</i>	C. Farmer	—
T. Linton	198*	
Raw	<i>Master (54-60)</i>	
132 lbs.	T. Baldwin	—
<i>Law/Fire (40-47)</i>	<i>Single-Ply</i>	
C. Hamp	121	
<i>Master (40-46)</i>	<i>Teen Men (14-15)</i>	
	J. Bozo	117*

123 lbs.	<i>Teen Men (14-15)</i>	
L. Bozo	143	
4th-150*		
<i>Teen Men (16-17)</i>		
J. Bozo	143	
148 lbs.		
<i>Junior (20-25)</i>		
D. Hanson	430	
<i>Open Men</i>		
D. Hanson	430	
<i>Teen (12-13)</i>		
J. Glubrecht	149	

165 lbs.	<i>Master Men (68-74)</i>	
S. Schacher	198*	
181 lbs.	<i>Single-Ply</i>	
105 lbs.	<i>Junior</i>	
A. Stubbs	187	
4th-193*		
<i>Open</i>		
A. Stubbs	187	
4th-193*		
165 lbs.	<i>Open</i>	
J. Clawson	306*	

MALE		
<i>Single-Ply</i>		
165 lbs.	<i>Law/Fire Submaster</i>	
M. LaMont	468*	
<i>Master (61-67)</i>		
L. Forbes	364	
181 lbs.	<i>Class I</i>	
Y. Adachi	513*	
<i>Junior (20-25)</i>		
J. Combs	325*	
<i>Law/Fire Open</i>		
J. Combs	325*	
<i>Law/Fire Submaster</i>		
T. Haynes	—	

198 lbs.	<i>Master (47-53)</i>	
J. Winterrowd	474*	
<i>Master (54-60)</i>		
D. Walker	424	
<i>Submaster (33-39)</i>		
D. Johnson	496	
220 lbs.	<i>Law/Fire (40-47)</i>	
J. Combs	380*	
<i>Master (68-74)</i>		
S. Nummi	380*	
<i>Submaster (33-39)</i>		
J. Pablo	375	
<i>Teen (16-17)</i>		
B. Potts	270*	
308 lbs.	<i>Master (47-53)</i>	
E. Williams	402*	
Super	<i>Master (40-46)</i>	
G. Linton	353*	
Raw	<i>Teen (18-19)</i>	
T. Rodgers	601*	
165 lbs.	<i>Law/Fire (40-47)</i>	
B. Hance	314	
<i>Law/Fire Submaster</i>		
M. LaMont	220*	
181 lbs.	<i>Open</i>	
C. Tewalt	767!*	
308 lbs.	<i>Master (47-53)</i>	
E. Williams	524	

181 lbs.	<i>Master (47-53)</i>	
E. Williams	524	
181 lbs.	<i>Master (47-53)</i>	
E. Williams	524	
181 lbs.	<i>Master (47-53)</i>	
E. Williams	524	

! = World Records. * = State Records. Venue: Ruby's Inn. This was the biggest meet in Montana, in a sanctioned meet with 57 lifters. In the bench press, world record were set by Don Lernerud with 606.2 at 181! He also did 585.1 on a third to break his own world record of 584. Trey Jewett had the record for about five years with 573. Don did 584 in Salt Lake City in 2010. In the deadlift, Curtis Tewalt of Salmon, Idaho, pulled in a 767 world record in open 259 raw, with no deadlift suit. Other notable benches were David Lenius 501.5

in 40-46/181. He was drug tested for the second time and passed. Both Curtis Tewalt and Don Lernerud were tested Don has passed three tests. Trent Rodgers lifted with no bench shirt and set an Idaho record 374.7 bench in 18-19/242. He also set an Idaho record in the deadlift with 600.7. Ed Williams from Idaho set a record in 47-53/308 with 523.5 in the deadlift. Dustin Hanson popped a 429.7 bench weighing only 146. The emcee was James Greene. Lynette Greene was the scorekeeper. Judges were J.D. Scott, Gus Rethwisch and Dave Emondson. Dave Edmondson brought a kilo set, warm-up benches, warm-up weights and staging all the way from Ogden, Utah. He also set everything up. James Greene also brought equipment. The sponsors were Jeff Kvocic of Max Muscle, Brian Welker of Welker's Engineering, Ken Anderson of Anderson Powerlifting, Shawn Madere of GLC Direct, a great joint formula, Mike Lambert of Powerlifting USA, the bible of powerlifting, Jon Doyle of USP Labs, David R. Smith, Coby Washburn, Pete Alaniz of Tian Support Systems, Chet Groskreutz of Ivanko, Grace Cloninger of House of Pain West, Rick Brewer of House of Pain and Keith Lemm of CSS Sports Photography. » *courtesy Gus Rethwisch*

18TH MILLER'S NATURAL BP

JUN 11 2011 » Cumberland, MD

BENCH	G. Allen	445
FEMALE	275 lbs.	
L. Bridges	—	
<i>Teen (14-16) Lt</i>	C. Peters	430
H. Clark	210	
<i>Teen (14-16) Hvy</i>	A. Burgess	380
D. Jolley	320	
W. Wills	275	
Raw	R. Robinson	610
148 lbs.	R. Brooks	400
K. Beckman	255	
165 lbs.	S. Keene	475
T. Johnson	325	
C. Bitner	315	
181 lbs.	<i>Masters (70+)</i>	
C. Roberts	295	
W. Jurbil	280	
J. Broadwater	260	
198 lbs.	<i>Masters (60+)</i>	
J. Hughes	335	
220 lbs.	<i>Masters (40+)</i>	
R. Robinson	610	

BODY REPS

K. Beckman	31	135
J. Hughes	25	190
C. Roberts	23	180
J. Broadwater	18	180

Brian Miller promoted the 18th Annual Miller's Ironhouse Natural Bench Press Competition on June 11th at Allegany High School. This year's event was yet another great success with an excellent display strength and determination. There was no disappointment with the returning lifters who came to defend their titles and those who competed for the very first time. Randy Robinson (Summit Point, VA), had the big lift of the day with 610 pounds to win the open 242 pound class, open masters 40+, and again claimed the open overall best lifter. Local lifter Gary Allen took top honors in the raw 220 class, the raw masters 40+, and he captured the overall best lifter with his impressive 445 pound lift. Fort Hill's D.J. Jolley pressed 320 pounds to win the teen 14-16 heavyweight class as well as the overall teen award. In the body-rep contest, Keith Beckman took first with 31 reps, Jake Hughes second with 25, Charles Roberts third with 23, and Justin Broadwater fourth with 18. All lifters received sculptured awards by Carl Seeker. Andy Pannone was presented an award for

his support to the event every year. Special thanks to Mike Miller, Larry and Josh Darby, Mark Porter, Jeremy Snyder, and Tony Smith for their assistance. Thanks to B&B Meats, Curtis Friedenber, and Energy Health & Fitness and Energy Gym for their support. The meet was dedicated in the memory of Karen Howell who passed away in October from Cancer. Contact Brian Miller at bmillersgym@yahoo.com for information on next year's event. Special thanks to PL USA for publishing the event and the results every year. » *courtesy Brian Miller*


WNPF REGION 1 POWERLIFTING

JAN 23 2011 » Philadelphia, PA


BENCH	Vellucci	620*
165 lbs.	SHW	
<i>(13-16) Raw</i>	<i>Lifetime Raw</i>	
Knight	225	
198 lbs.	Mejias	650
<i>(40-49) Raw</i>	Reps	
Smith	275 lbs.	
<i>Open Raw</i>	<i>Open</i>	
Wood	Negron	18
242 lbs.	SHW	
<i>(50-59) Raw</i>	<i>Lifetime</i>	
Hicks	Mejias	23
<i>Lifetime Raw</i>	<i>Open</i>	
Hicks	Mejias	23
275 lbs.	POWERLIFTING	
<i>Novice Raw</i>	220 lbs.	
Negron	<i>Open</i>	
350	Raphael	155
SHW	SHW	
<i>Lifetime Raw</i>	<i>Open</i>	
Mejias	Mejias	190
<i>Open Raw</i>	SQUAT	
Mejias	275 lbs.	
575	<i>(40-49) Raw</i>	
DEADLIFT	Stock	575
<i>(50-59) Raw</i>		
Powerlifting	SQ	
148 lbs.	BP	
<i>Subs Raw</i>	DL	
Covello	335*	
165 lbs.	230*	
<i>(17-19) Raw</i>	385	
Cordell	305	
<i>Junior Raw</i>	280	
McWilliams	350	
<i>Lifetime Raw</i>	250	
Kleyzit	465	
198 lbs.	270	
<i>(17-19) Raw</i>	480	
Richardson	405	
<i>(17-19) Raw</i>	320	
Fox	300	
<i>(40-49) Raw</i>	355*	
Sadiv	400	
<i>Subs Raw</i>	290	
Rooney	405	
220 lbs.	350	
<i>Junior Raw</i>	520	
Hollinger	450	
275 lbs.	355	
<i>Lifetime Raw</i>	600	
Bush	585	
<i>Spec Olympic</i>	390	
Hill	500*	
	330*	
	500*	
	1330*	

* = WNPF National Records. Best Lifters: Pedro Mejias & Josh Bush. State Challenge Champions: New Jersey, 2nd-Pennsylvania, 3rd-Maryland, 4th-New York, 5th-Delaware. Thanks to all of the lifters that came out in the 6 degree weather to come and put on a show of strength. Thanks to the spectators also that came out to cheer on these guys. We will put this event on every year in January with the hopes of making this a more competitive state championship. Thanks to my staff also, Lance, Dave, Perry, Adrian, Bob, Annette, Moms Ford, Glenda and Lester. » *courtesy WNPF*

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IPA LEXEN XTREME SUMMER SLAM

JUL 9 2011 » Columbus, OH

BENCH	275 lbs.			
AM	Master Open			
181 lbs.	L. Rich	—		
Open	AM Raw			
N. Archele	275 lbs.	350		
198 lbs.	Junior			
Police	B. Carsella	455		
J. Vanscoy	315	Submaster Police		
Submaster	C. Mancino	415		
J. Williams	—	PRO Raw		
242 lbs.	123 lbs.	Open		
Master	V. Ware	465	140	
W. Welcheck	465	Raw		
AM Elite	242 lbs.	Teen		
242 lbs.	V. Kustra	705	405	
Open	BP	DL	TOT	
C. Carson	705			
Push Pull				
AM Raw				
132 lbs.				
Teen	230	350	580	
M. Reeeder				
148 lbs.				
Teen	245	385	630	
L. Dallas				
198 lbs.				
Junior	220	350	570	
K. Yost				
PRO				
242 lbs.				
Open	530	625	1155	
M. Monaghan				
PRO Raw				
275 lbs.				
Open	365	585	950	
P. Cody				

Powerlifting	SQ	BP	DL	TOT
AM	97 lbs.			
Teen	B. Bullock			
175	65	175	415	
114 lbs.	Teen			
S. Welcheck	265	135	200	600
148 lbs.	Teen			
J. Ford	275	175	310	760
181 lbs.	Junior Open			
J. Laskowski	585	395	—	980
220 lbs.	Open			
A. Petroff	465	315	520	1300
220 lbs.	Open			
S. Pomery	635	420	570	1625
275 lbs.	Master Corrections			
B. Miller	765	480	640	1885
550	385	560	1495	
S. Obrian	Police Master			
J. Brown	635	475	550	1660
610	Police Open			
K. Barbeau	AM Raw			
165 lbs.	Teen			
J. Perry	270	160	380	810
181 lbs.	Teen			
Moorehead	440	—	—	440
198 lbs.	Junior			
A. Heilman	385	245	445	1075
405	280	575	1260	
B. Tunquist				

SHW				
Open	450	320	350	1120
D. Wilson				
PRO				
165 lbs.				
Open	670	405	520	1595
J. Murphy				
220 lbs.				
Master				
E. King	— — — —			
Teen Open				
C. Underwood	680	440	540	1660
242 lbs.				
Open	1085	570	755	2410
C. Vogelpohl				
M. Roush	800	675	600	2075
K. Schafer	750	315	575	1640
M. Johnston	— — — —			
275 lbs.				
Master				
Underwood	710	370	600	1680
J. Smith	— — — —			
Master Open				
J. Denton	— — — —			
Submaster Open				
A. Leisure	700	500	600	1800
308 lbs.				
Open	840	520	700	2060
J. Goble				
J. Harris	— — — —			
SHW				
Police Open				
J. Mcnett	— — — —			
PRO Raw				
148 lbs.				
Submaster	225	160	345	730
A. Galassi				
198 lbs.				
Open	760	—	580	1340
P. Harrington				
» courtesy Dan Dague				

USPA MIDWEST WEST PLAINS MAR 12 2011 » West Plains, MO

BENCH	123 lbs.			
MALE	Open			
SHW	S. Wood	285		
Master IV	MALE			
E. Finnell	275 lbs.	420		
Raw	Master I			
220 lbs.	B. Dale	750		
Master I	220 lbs.	Junior		
T. Tuttle	N. Leadbetter	585		
315	242 lbs.	Open		
Master VIII	H. Strange	200		
200	DEADLIFT			
FEMALE	J. Dale	685		
Push Pull	BP	DL	TOT	
FEMALE				
Raw				
148 lbs.				
Teen I	100	255	355	
A. Elderinghoff				
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Raw				
123 lbs.				
Junior	290	225	335	850
B. Rich				
242 lbs.				
Open				
M. Hearing	— — — —			
MALE				
165 lbs.				
Master I	420	320	450	1190
D. Ratcliff				
220 lbs.				
Junior				
J. Erickson	625	370	615	1610
Open				
P. Johnson	425	—	—	425

J. Willis	420	250	430	1100
242 lbs.				
Teen II				
J. Morris	470	—	—	470
275 lbs.				
Master I				
J. Dobranski	500	350	500	1350
Master III				
L. Childers	570	455	—	1025
308 lbs.				
Master I				
J. Ransbottom	820	550	650	2020
SHW				
Junior				
S. Kiddy	575	450	600	1625
Open				
J. Davis	725	485	750	1960
Raw				
220 lbs.				
Junior				
M. Elmore	500	375	525	1400
Open				
T. Meyer	640	385	620	1645
Teen				
J. Daniel	450	285	475	1210
O. Grahl	325	250	425	1000
SHW				
Open				
M. Rich	—	620	510	1130
We would like to thank all the lifters, helpers, judges, family and friends for making this a fantastic meet with some incredible lifting. Special thanks to the USPA state chair Jay Shelton, Christina and Rich McDowell, Bonnie and Alan Arts, Ed and Phyllis Finnell, Clint Lowe, Herb Strange, and all the Irontown USA crew members that helped make this meet happen. We would also like to thank Craig Harrison the owner of the Venue the Firm Health and Fitness Club for his support and allowing us to have meets in his gym. I would like to congratulate the outstanding lifters Single Ply Men Powerlifting Justin Ransbottom Tulsa, OK, Raw Men Powerlifting Jared Davis West Plains, MO, Deadlift Bob Dale Springfield, MO, Masters Powerlifting Dean Ratcliff Springfield Missouri, and saved the best for last Female Powerlifter Raw Becky Rich Rolla, MO. We would like to brag on Becky as with her 850 lb. total at a body weight of 123 lbs. She now has the number one total in the United States according to Powerliftingwatch.com Congratulations Becky, you earned it. State Chair & Meet Director: Jay Shelton.				
» courtesy Rodney Wood				

AAU TEEN NATIONALS PL/BP JUL 16 2011 » Sapulpa, OK

Powerlifting	SQ	BP	DL	TOT
FEMALE				
97 lbs.				
(14-15)				
T. Herron	230	83	227	540
(16-17)				
T. Goedecke	235	90	240	565
105 lbs.				
(14-15)				
M. Armbrister	165	75	180	420
(16-17)				
C. Sharp	130	65	175	370
114 lbs.				
(12-13)				
T. Dunlap	250	80	210	540
(14-15)				
K. Hayes	220	90	225	535
(16-17)				
K. Dozier	250	135	215	600
123 lbs.				
(14-15)				
K. Edwards	170	85	225	480
(16-17)				
M. Doty	150	70	175	395

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



Bobby Adams at the '89 USPF Senior Nationals in Las Vegas, NV

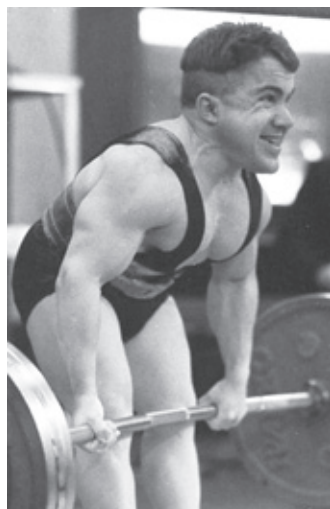


Ervin Gainer is the #1 puller in the United States at 114 lb.

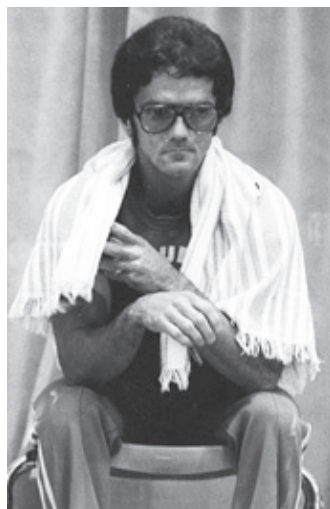
Rank	Deadlift	X-Bwt	Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	518.1 (235.0)	*4.54X	Erwin Gainer/66 7/9/04 (235.0 kg. @ 51.72 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
2.	512.6 (232.5)	4.47X	Brandon Green/72 7/12/97 (232.5 kg.) (Philadelphia, Pennsylvania) (USPF/IPF)
3.	507.1 (230.0)	4.42X	Roger Thompson 7/26/97 (230.0 kg.) (Chicago, Illinois) (USAPL/IPF)
4.	500.0 (226.8)	4.36X	Billy Naquin/89 2008 (500.0 lb.) (LHSPLA Record)
5.	490.5 (222.5)	4.28X	Phil Hile/67-05 7/29/94 (222.5 kg.) (Houston, Texas) (USPF/IPF)
6.	490.5 (222.5)	4.28X	Damarrio "Doc" Holloway/80 4/13/02 (222.5 kg.) (Killeen, Texas) (USAPL)
7.	490.5 (222.5)	*4.31X	Jeremy Scruggs/83 5/31/03 (222.5 kg. @ 51.66 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
8.	485.0 (220.0)	4.23X	John Redding/43 2/17/80 (485.0 lb.) (Nashua, New Hampshire) (USPF)
9.	485.0 (220.0)	4.23X	Miguel Castro/57 6/21/80 (485.0 lb.) (Kenosha, Wisconsin) (USPF)
10.	485.0 (220.0)	4.23X	Viet Tran/76 3/28/92 (485.0 lb.) (Omaha, Nebraska) (NSM)
11.	474.0 (215.0)	*4.20X	Gerald Snyder 3/23/85 (215.0 kg. @ 51.2 kg.) (West Point, New York) (USPF)
12.	468.5 (212.5)	4.09X	Clarence Fielder 7/77/90 (212.5 kg.) (Hollywood, Florida) (USPF)
13.	468.5 (212.5)	4.09X	Doan Nguyen/64 6/6/92 (212.5 kg.) (Fridley, Minnesota) (ADFFPA)
14.	465.0 (210.9)	*4.10X	Ken Snell/59 4/2/00 (465.0 lb. @ 113.5 lb.) (Lakeland, Florida) (USAPL)
15.	465.0 (210.9)	*4.12X	Eric Torres/92 3/28/09 (465.0 lb. @ 113.0 lb.) (Abilene, Texas) (THSPA)
16.	463.0 (210.0)	*4.04X	Ernesto Milian/47 5/15/05 (210.0 kg. @ 52.0 kg.) (Round Rock, Texas) (APF)
17.	460.0 (208.7)	4.01X	Norb Paterniti 3/27/82 (460.0 lb.) (Erie, Pennsylvania) (USPF)
18.	460.0 (208.7)	*4.04X	Anibal Martinez 2/14/09 (460.0 lb. @ 114.0 lb.) (Port Isabel, Texas) (THSPA)
19.	457.5 (207.5)	*4.04X	Doug Heath/55 1/9/82 (207.5 kg. @ 113.25 lb.) (Columbus, Ohio) (USPF/IPF)
20.	455.0 (206.4)	3.97X	Anthony Carver 3/18/95 (455.0 lb.) (Rapid City, South Dakota) (ADFFPA)
21.	451.9 (205.0)	*4.01X	Bobby Sanders 7/11/81 (205.0 kg. @ 51.1 kg.) (Corpus Christi, Texas) (USPF)
22.	451.9 (205.0)	*3.95X	Fred Toins/65 8/1/81 (205.0 kg. @ 51.9 kg.) (North Little Rock, Arkansas) (USPF)
23.	451.9 (205.0)	*3.98X	Chuck Mooney 6/4/83 (205.0 kg. @ 51.5 kg.) (Charlottesville, Virginia) (USPF)
24.	451.9 (205.0)	3.94X	Steve Snyder/62 4/19/98 (205.0 kg.) (Wilkes-Barre, Pennsylvania) (USAPL)
25.	450.0 (204.1)	3.93X	Kelvin Palmer 1994 (450.0 lb.) (Texas State Championships) (THSPA)
26.	446.4 (202.5)	3.89X	Richard Brightwell/65 6/6/87 (202.5 kg.) (Kansas City, Missouri) (USPF)
27.	446.4 (202.5)	3.89X	Bobby Adams 11/5/88 (202.5 kg.) (Houston, Texas) (USPF)
28.	446.4 (202.5)	3.89X	Henry Garcia/64 11/21/91 (202.5 kg.) (Las Vegas, Nevada) (APF/WPC)
29.	446.4 (202.5)	3.89X	Keith Borque/63 6/6/92 (202.5 kg.) (Fridley, Minnesota) (ADFFPA)
30.	443.1 (201.0)	3.87X	Tony Scheldrup/76 5/26/07 (201.0 kg.) (Minneapolis, Minnesota) (WABDL)
31.	440.9 (200.0)	3.85X	Allen Young 8/21/82 (200.0 kg.) (North Little Rock, Arkansas) (USPF)
32.	440.9 (200.0)	*3.86X	Joe Catalfamo/63 3/24/84 (200.0 kg. @ 51.8 kg.) (Villanova, Pennsylvania) (USPF)
33.	440.9 (200.0)	3.85X	Thoung Nguyen 4/12/97 (200.0 kg.) (Austin, Texas) (USPF)
34.	440.9 (200.0)	*3.85X	Rob Leoni/66 8/1/04 (200.0 kg. @ 52.0 kg.) (Lincolnwood, Illinois) (AAPF/AWPC)
35.	440.9 (200.0)	*3.98X	Chris Sonnier/88 4/13/07 (200.0 kg. @ 50.2 kg.) (Monroe, Louisiana) (AAPF/AWPC)
36.	440.0 (199.6)	3.84X	Thomas Kusick/51 6/16/79 (440.0 lb.) (Longmont, Colorado) (AAU)
37.	440.0 (199.6)	*3.89X	Juan "Johnny" Horta 3/13/10 (440.0 lb. @ 113.0 lb.) (Weslaco, Texas) (THSPA)
38.	435.4 (197.5)	*3.87X	Larry Stoudt 6/5/82 (197.5 kg. @ 51.0 kg.) (Portland, Oregon) (USPF)
39.	435.4 (197.5)	3.80X	Roosevelt Thomas 2/17/88 (197.5 kg.) (El Tora, California) (USPF)
40.	435.4 (197.5)	3.80X	Jesse Vera 4/14/90 (197.5 kg.) (Santa Rosa, California) (ADFFPA)
41.	435.4 (197.5)	3.80X	Derek Someda 8/19/95 (197.5 kg.) (Santa Ana, California) (USPF)
42.	435.4 (197.5)	3.80X	William Jackson 10/28/95 (197.5 kg.) (Sussex, England) (ADFFPA/WDFPF)
43.	435.4 (197.5)	3.80X	Alan Whigham/75 8/24/96 (197.5 kg.) (Chicago, Illinois) (ADFFPA/WDFPF)
44.	435.4 (197.5)	*4.03X	George Jackson 6/6/03 (197.5 kg. @ 108.0 lb.) (Houston, Texas) (WABDL)
45.	435.0 (197.3)	3.79X	Mike Ellis 4/4/81 (435.0 lb.) (Prineville, Oregon) (NSM)
46.	435.0 (197.3)	3.79X	R. Morris 3/20/85 (435.0 lb.) (Dwight, Illinois) (FCI)
47.	435.0 (197.3)	3.79X	John Sabella 11/26/88 (435.0 lb.) (Sparta, New Jersey) (ADFFPA)
48.	435.0 (197.3)	3.79X	J. Delacerda 3/12/94 (435.0 lb.) (Beaumont, Texas) (THSPA)
49.	435.0 (197.3)	*3.83X	Robert Barajas 3/13/10 (435.0 lb. @ 113.6 lb.) (Weslaco, Texas) (THSPA)
50.	430.0 (195.0)	3.75X	Ron Jones 4/87 (430.0 lb.) (Dallas, Texas) (THSPA)

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

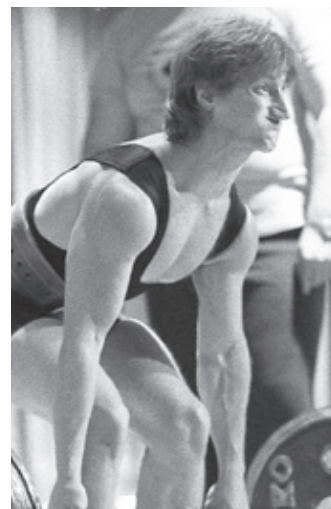
Records accurate as to my knowledge.



Phil Hile (now departed) was an outstanding deadlifter



Norb Paterniti coolly prepping to pull at the '82 Senior Nationals

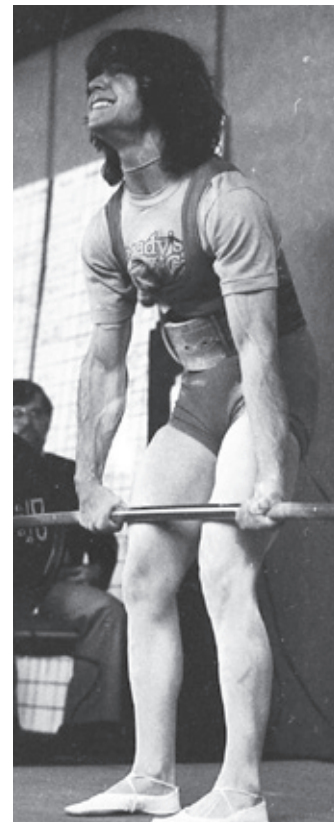


Steve Snyder at the 1989 USAPL Men's Nats in Wilkes-Barre, PA

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

Rank	Deadlift	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	435.4	(197.5) *3.86X	Diana Rowell/57 1/28/84 (197.5 kg. @ 51.2 kg.) (Austin, Texas) (USPF/IPF)
2.	430.0	(195.0) *3.77X	Margaret Kirkland/63 10/13/07 (430.0 lb. @ 114.0 lb.) (Tampa, Florida) (APF)
3.	429.9	(195.0) 3.75X	Valeri Tyree/73 11/16/00 (195.0 kg.) (Reno, Nevada) (WABDL)
4.	413.4	(187.5) *3.62X	Yueh-Chun Chang/70 1/24/98 (187.5 kg. @ 51.8 kg.) (Seattle, Washington) (USAPL/IPF)
5.	407.9	(185.0) 3.56X	Mary Ryan-Jeffrey/60 11/21/87 (185.0 kg.) (Dayton, Ohio) (APF/WPC)
6.	402.3	(182.5) *3.47X	Majik Jones/53 5/11/85 (182.5 kg. @ ~50.5 kg.) (Chicago, Illinois) (ADFPA)
7.	402.3	(182.5) 3.51X	Teresa Mims-DeVultz 4/25/87 (182.5 kg.) (Houston, Texas) (USPF)
8.	402.3	(182.5) 3.51X	Paulette Shepherd 9/24/83 (182.5 kg.) (San Diego, California) (USPF)
9.	402.3	(182.5) *3.57X	Kim Goff/80 3/9/01 (182.5 kg. @ 51.1 kg.) (Alexandria, Louisiana) (USAPL)
10.	402.3	(182.5) *3.51X	Jennifer Maile/84 2/5/05 (182.5 kg. @ 52.0 kg.) (Saint Louis, Missouri) (USAPL/IPF)
11.	400.0	(181.4) 3.49X	Jacqueline Davis-Manzo/61 7/6/96 (400.0 lb.) (New York, New York) (IPA)
12.	396.8	(180.0) 3.46X	Carrie Boudreau/67 3/16/91 (180.0 kg) (Portland, Maine) (USPF)
13.	391.3	(177.5) 3.41X	Sherri "Renee" Burns 11/14/89 (177.5 kg.) (Sydney, Nova Scotia, Canada) (USPF/IPF)
14.	391.3	(177.5) *3.45X	Ashley Awalt/83 11/15/08 (177.5 kg. @ 51.4 kg.) (Austin, Texas) (USAPL)
15.	385.8	(175.0) *3.47X	Michelle Van Dusen/93 3/5/11 (175.0 kg.) (Cleveland, Ohio) (USAPL/IPF)
16.	385.0	(174.6) *3.44X	Shannon Parrish/62 8/8/03 (385.0 lb. @ 50.8 kg.) (Camp Hill, Pennsylvania) (IPA)
17.	380.3	(172.5) 3.32X	Lori Shope-Fisher 7/6/91 (172.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
18.	380.3	(172.5) *3.36X	Juanita Najera/81 1/22/11 (172.5 kg. @ 113.1 lb.) (Oklahoma City, Oklahoma) (NASA)
19.	375.0	(170.1) 3.27X	Betty Lee/63 4/13/97 (375.0 lb.) (Erie, Pennsylvania) (AAU)
20.	374.8	(170.0) *3.32X	Carol Patterson/57 1/29/83 (170.0 kg. @ 51.27 kg.) (Chicago, Illinois) (USPF)
21.	374.8	(170.0) *3.37X	Kristal Henry/63 11/9/91 (170.0 kg. @ ~50.5 kg.) (Bendigo, Australia) (ADFPA/WDFPF)
22.	374.8	(170.0) *3.27X	Caitlin Miller/90 9/8/05 (170.0 kg. @ 51.96 kg.) (Fort Wayne, Indiana) (USAPL/IPF)
23.	370.0	(167.8) 3.23X	Lisa Dellinger 3/31/85 (370.0 lb.) (Zanesville, Ohio) (USPF)
24.	370.0	(167.8) *3.30X	Nancy Belliveau/53 12/14/85 (370.0 lb. @ 50.8 kg.) (Columbus, Ohio) (USPF)
25.	370.0	(167.8) 3.23X	T. Falcone 8/12/00 (370.0 lb.) (Pen Argyl, Pennsylvania) (NSM)
26.	369.3	(167.5) *3.27X	Suzanne "Sioux-Z" Hartwig-Gary/68 5/30/02 (167.5 kg. @ 51.3 kg.) (Riesa, Germany) (USAPL/IPF)
27.	369.3	(167.5) *3.22X	Jayna Vande Voort/89 2/15/08 (167.5 kg. @ 52.0 kg.) (Killeen, Texas) (USAPL/IPF)
28.	365.0	(165.6) 3.18X	Vicky Steenrod/49 12/13/81 (365.0 lb.) (Albuquerque, New Mexico) (USPF)
29.	365.0	(165.6) 3.18X	Beth Fisher-Street/65 11/17/01 (365.0 lb.) (Warwick, Rhode Island) (USAPL)
30.	364.9	(165.5) 3.18X	Gayla Crain/60 6/14/80 (165.5 kg.) (Duncan, Oklahoma) (USPF)
31.	363.8	(165.0) 3.17X	Evangeline Kizer-Kersey/41 12/17/83 (165.0 kg.) (Santa Cruz, California) (USPF)
32.	363.8	(165.0) 3.17X	Cathy Mortenson 7/23/89 (165.0 kg.) (Columbus, Ohio) (APF/WPC)
33.	363.8	(165.0) 3.17X	Renee Catron-Blair/64 2/15/98 (165.0 kg.) (Rapid City, South Dakota) (USAPL)
34.	363.8	(165.0) 3.17X	Heena Patel/72 11/3/07 (165.0 kg.) (Mesa, Arizona) (NASA)
35.	360.0	(163.3) 3.14X	Donna McKinney/56 6/6/98 (360.0 lb.) (Orlando, Florida) (AAU)
36.	360.0	(163.3) 3.14X	Jeanne Ochoa/71 3/8/08 (360.0 lb.) (Bradford, Pennsylvania) (SSA)
37.	358.3	(162.5) *3.17X	Felicia Johnson-Almy/58 1/28/84 (162.5 kg. @ 51.2 kg.) (Austin, Texas) (USPF/IPF)
38.	358.3	(162.5) 3.13X	Lee Denmon/63 12/14/91 (162.5 kg.) (Beaumont, Texas) (NASA)
39.	358.3	(162.5) *3.13X	Kim Sommers/65 7/4/98 (162.5 kg. @ 52.0 kg.) (Northbrook, Illinois) (APF/WPC)
40.	358.3	(162.5) *3.25X	C. Jacobs 6/2/01 (162.5 kg. @ ~50.0 kg.) (Nashville, Tennessee) (NASA)
41.	353.8	(160.5) *3.11X	Carly Nogle/87 1/25/03 (160.5 kg. @ 51.6 kg.) (Killeen, Texas) (USAPL/IPF)
42.	352.7	(160.0) 3.08X	Sonja Bowles 7/14/89 (160.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
43.	352.7	(160.0) *3.24X	Doris Simmons/52 10/12/90 (160.0 kg. @ 109.0 lb.) (Pescara, Italy) (APF/WPC)
44.	352.7	(160.0) 3.08X	Cyrena Gibson/61 11/6/97 (160.0 kg.) (Blackpool, England) (APF/WPC)
45.	352.7	(160.0) 3.08X	Jana Gedde/57 11/5/99 (160.0 kg.) (Portland, Oregon) (WABDL)
46.	350.0	(158.8) 3.05X	Cecil 11/10/84 (350.0 lb.) (Columbus, Ohio) (NSM)
47.	347.2	(157.5) 3.03X	Sheryl Finley 11/4/90 (157.5 kg.) (San Francisco, California) (USPF)
48.	347.2	(157.5) *3.07X	Sally Bowers/49 10/17/00 (157.5 kg. @ 51.3 kg.) (Usti Nad labem, Czechia) (USAPL/IPF)
49.	345.0	(156.5) 3.01X	T. Marsaa 4/27/85 (345.0 lb.) (Anoka, Minnesota) (ADFPA)
50.	345.0	(156.5) 3.01X	Pam Crisp 6/7/86 (345.0 lb.) (Akron, Ohio) (APF)

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



Diana Rowell – still atop the list after many, many decades



Majik Jones had the deadlift as her ace in the hole



Doris Simmons was a very accomplished competitor



Carrie Boudreau left powerlifting for Olympic lifting

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



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

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

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

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

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



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

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

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

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

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

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

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

SEE MORE SELECTION AT INZERNET.COM

INZER **ADVANCE DESIGNS**

The World Leader in Powerlifting Apparel

PHENOM

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



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.
- Since the *Phenom* is made from the *HardCore* material, you will also experience many more performance benefits. The *Phenom* will keep it's memory and will not stretch out. You will be able to use the *Phenom* for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the *Phenom* has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

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



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

ULTIMATE DENIM

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

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INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



Inzer Advance Designs Logo T-Shirts

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

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



Warm Up Pullover Crewneck

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

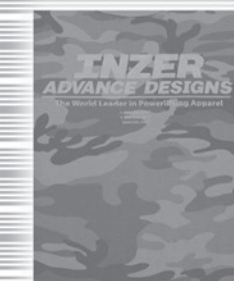
\$14.95



Warm Up Pants

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

\$23.95



Camo T-shirts

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

\$10.00



Tank Tops

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

\$10.00

Hoodie

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

\$19.50



Gym Bag

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

\$25.00



Beanies

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

\$10.00



Jersey Knit Short

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

\$12.95



Suit Slippers

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

\$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



Elbow Sleeves XT

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

\$55.00



Knee Sleeves XT

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

\$55.00



Stickum Spray

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

\$5.95



Gym Chalk

Essential for workouts and competitions, magnesium carbonate block chalk.

\$10.00



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.

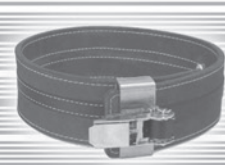
\$70.00



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



Darlene Doddy benching at the AAPF Nationals (Amy Jackson photo)

D. Doddy	413	402	380	1195
198 lbs. (65-69)				
N. Langdon	358	165	363	886
SHW Open				
K. Reske	556	248	457	1261
MALE 198 lbs. Junior				
T. Jakubczak	749	429	650	1828
Teen II				
S. Goldstein	468	429	545	1442
220 lbs. Junior				
J. Taylor	484	314	600	1398
Teen III				
C. Moore	606	363	501	1470
242 lbs. Junior				
J. Suarez	573	385	512	1470
275 lbs. Teen I				
R. Mayle	484	314	440	1239
Raw				
114 lbs. (40-44)				
C. Strand	165	99	209	473
132 lbs. Junior				
E. Simpson	165	132	187	484
Open				
A. Garcia	209	149	264	622
165 lbs. (40-44)				
M. Berg	209	127	242	578
Junior				
K. Leither	292	204	319	815
198 lbs. (65-69)				
J. Sink	99	88	187	374
MALE 165 lbs. (55-59)				
A. Little	600	281	600	1481
(70-74)				
R. Flores	314	176	424	914
181 lbs. (50-54)				
B. Fabiano	523	380	528	1431
M. Larsen	391	176	385	952
(55-59)				
R. Ruettiger	622	418	512	1552
Open				
Bartholomew	551	352	506	1409
198 lbs. Open				
T. Howard	705	402	562	1668
220 lbs. (40-44)				
J. Rebera	782	573	622	1976
Open				
R. Paras	831	661	562	2053
242 lbs. Open				
J. Healy	705	429	661	1795
J. Tomasoski	551	429	534	1514
275 lbs. Open				
D. Garcia	451	501	534	1486
A. Giannosa	—	424	—	424
Raw				
123 lbs. Teen I				
C. Blackmon	171	110	237	517
148 lbs. Junior				
K. Pedersen	341	281	363	985
Open				
Hernandez	385	303	457	1145
K. Pedersen	341	281	363	985
Teen II				
N. Graham	264	193	303	760
165 lbs. Junior				
Teen II				

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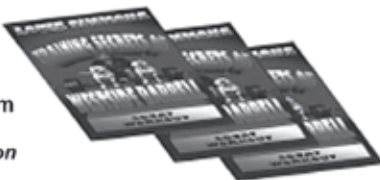


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www.westside-barbell.com

Back view of dog appears on
back of t-shirts



www.westside-barbell.com

3884 Larchmere Drive Grove City, Oh 43123
Phone (614) 801-2060

AAPF RAW+EQUIPPED NATIONALS

APR 1-3 2011 » W. Palm Beach, FL

BENCH	A. Giannosa	424				
FEMALE	Raw					
97 lbs.	148 lbs.					
M. Chatel	73					
198 lbs.	D. Lehman	264				
N. Langdon	128					
Raw	Submaster					
(65-69)	D. Lehman	264				
J. Sink	88					
MALE	(45-49)					
165 lbs.	220 lbs.					
(70-74)	(45-49)					
J. McDermott	303					
181 lbs.	K. Thunberg	385				
(40-44)	Submaster					
M. Elkhanany	506					
Open	R. Ingrisano	358				
M. Elkhanany	506					
198 lbs.	A. Connors	457				
(40-44)	Open					
K. Wentworth	451					
242 lbs.	A. Connors	457				
(40-44)	275 lbs.					
P. Berg	(40-44)					
473	N. Sabatino	402				
(55-59)	SHW					
D. Zenzen	Junior					
303	N. Paxton	325				
(55-59)	Open					
A. Suarez	523					
Open	M. Kaiser	385				
Powerlifting						
FEMALE	SQ					
97 lbs.	BP					
(80-84)	DL					
M. Chatel	TOT					
83	55	160	297			
(50-54)						
T. Bishoff	275	132	303	710		
148 lbs.	Teen III					
Teen III	K. Palmberg	275	204	281	760	
165 lbs.	Junior					
Junior						

M. Galindo	363	259	506	1129	Teen III	S. Ruttenberg	171	105	204	479	
Teen III					165 lbs.						
J. Witt	303	182	347	831	Open	B. Conner	204	77	275	556	
181 lbs.					Open	K. Cary	595	407	429	1431	
(40-44)					MALE						
T. Simpson	253	220	479	952	148 lbs.						
Open					Open	M. Keirn	396	281	336	1013	
D. Raymer	424	314	528	1266	165 lbs.						
L. Rotondi	363	270	418	1051	Raw	N. Ameiss	253	209	341	804	
198 lbs.					Teen II	Hernandez	418	281	473	1173	
(45-49)					Open	N. Ameiss	253	209	341	804	
M. Gross	352	325	517	1195	181 lbs.						
(50-54)					Master III	J. Sorrell	—	501	440	941	
D. Neumann	226	286	479	991	Open	Raw	Zimmerman	—	325	418	743
Junior					Submaster Raw	A. Engreso	501	303	424	1228	
C. Clark	303	237	402	941	Teen III	J. Olivieri	556	380	440	1376	
Open					198 lbs.						
S. Morgan	303	204	374	881	Junior	M. Spagnola	440	308	473	1222	
220 lbs.					Master I	B. Hibbing	600	385	528	1514	
(40-44)					Open	M. Strom	776	578	523	1877	
B. Dilda	501	358	512	1371	Raw	N. Farley	754	—	584	1338	
Junior					Open	A. Fontana	407	308	473	1189	
J. Sonntag	534	341	589	1464	220 lbs.	B. Dennis	303	226	402	930	
Rooshanfekar	451	402	539	1393	Master IV	J. Orr	424	330	363	1118	
Submaster					242 lbs.	Master II	R. Bauer	584	479	—	1063
R. Ingrisano	407	358	584	1349	Open	SHW					
242 lbs.					Junior	M. Neuendorf	804	562	672	2037	
(40-44)					Open	Z. Fowler	—	314	490	804	
A. Connors	468	457	556	1481	Open	K. Caton	831	595	699	2125	
P. Berg	440	319	528	1288	Teen III	M. Nadrchal	710	523	551	1784	
(55-59)					Open	M. Swanson	683	407	617	1707	
M. Shealy	402	303	407	1112	SHW	E. Lewis	—	402	732	1134	
(60-64)					Junior	J. Atef	864	650	622	2136	
L. Bucchioni	336	231	506	1073	Open	B. Summers	622	402	622	1646	
Junior					Open	C. Szorc	606	385	628	1618	
E. Risi	226	352	501	1079	Open	J. Stadtfeld	418	303	479	1200	
Open					Raw	Yi Nikonchuk	551	407	666	1624	
A. Connors	468	457	556	1481	Raw	K. Alvarez	595	369	611	1574	
Rooshanfekar	440	385	617	1442	Teen III	T. Susberry	517	418	600	1536	
275 lbs.					Open	J. Chapman	440	363	501	1305	
(65-69)					Open	G. Foutris	429	242	523	1195	
B. Pleticha	303	226	451	980	Open	Wittenbrook	402	259	523	1184	
Open					Open	Rooshanfekar	—	374	622	996	
M. Hill	374	281	523	1178	Open	T. Cleveringa	363	193	369	925	
308 lbs.					Open	L. Carrazeo	567	429	600	1596	
Open					Open	L. Munson	501	341	501	1343	
S. Doyle	716	440	743	1899	Open						
SHW					Open						
Junior					Open						
A. Ward	655	413	655	1723	Open						
N. Paxton	484	325	501	1310	Open						
Teen III					Open						
M. Kaiser	501	385	551	1437	Open						

APF/AAPF CHICAGO SUMMER BASH 8

JUN 25-26 2011 » Park Forest, IL

BENCH					Raw	Anczerewich	242
165 lbs.					SHW		
Raw					Master III	J. Lucas	523
M. Slaasted	220				Master IV	P. DiMaggio	—
Teen III					Raw	P. Rupright	484
M. Slaasted	220				Open	Z. Butkus	501
Master I					Open	S. Pugh	418
C. Morse	385				Open	R. Pascarella	319
181 lbs.					Open	J. Hogue	303
Teen III					Open	F. Belcastro	248
D. Herrera	303				Open		
198 lbs.					Open		
Master II					Open		
B. O'Connell	380				Open		
Powerlifting	SQ	BP	DL	TOT			
148 lbs.							
Open							
L. Domanski	330	226	303	859			
Submaster Raw							
L. Domanski	330	226	303	859			

PRPA LOUISIANA RAW BP

JUL 23 2011 » Kenner, LA

BENCH					G. Griffin	470
Raw					P. Canal	300
Teen					J. Atkinson	340
R. Taylor	345				C. Smith	215
LWT					HWT	
B. Lowrance	300				J. Bennett	420
J. Keith	335				M. Beadle	375
N. Touchet	260				Washington	500
MWT					C. Bailey	375

M. Taylor 425 M. Beadle 375 K. Maroscher 138 248! 397 782
 N. Bellini 355 N. Touchet 260 Master V
 T. Kohut 237 127 342705
 Masters (40-49) Masters (60-69)
 J. Bennett 420 P. Canal 300
 Open
 R. Salvagni 501* 386* 562 1449*
 Teen II
 A. Record 55 242 248 545
220 lbs.
 Junior
 T. Epperson 441 331 441 1212
242 lbs.
 Master III
 P. Tying 485! 276! 501! 1262!
275 lbs.
 Open
 A. Mason 529! 375! 507 1411!
319 lbs.
 Master I
 J. DeVoy 143 402 143 689
 Open
 M. Slachetka 523! 347 501 1372
SHW
 Master III
 C. Schmitt 402 264 457 1124
 Teen I
 J. Scott 353* 276* 441* 1069*
 !=National Records. *=American Records.
 » courtesy Mike Stagg

ADFPF NATIONALS

JUL 16 2011 » Evansville, IN

Powerlifting	SQ	BP	DL	TOT					
154 lbs.									
Female									
Master I									
L. Mangold	253!	127!	303!	683!					
Raw									
154 lbs.									
Master I									
L. Mangold	226!	121!	276!	623!					
MALE									
198 lbs.									
Master II									
J. Hargett	468*	264!	534*	1267!					
220 lbs.									
Open									
J. Welch	601	402	540	1543					
242 lbs.									
Master IV									
J. Bell	529!	276	485	1289					
Teen III									
T. Scott	501*	331*	463*	1295*					
275 lbs.									
Master VI									
P. Wrenn	441	248	512*	1201					
Raw									
114 lbs.									
Teen I									
G. Knowling	165!	105!	231!	501!					
Teen III									
J. Wrenn	298*	182*	325*	804*					
Teen I									
A. Johnson	204!	132!	303!	639!					
N. Schweizer	154	132	276	562					
A. Folz	160	116	220	496					
148 lbs.									
Teen I									
S. Bassemeir	215*	143!	342*	700*					
Teen II									
A. Stagg	259	160	320	738					
165 lbs.									
Master I									
D. Horner	402!	303!	501!	1207!					
Master I									
M. Stagg	369	281	463	1113					
Open									
S. Terry	325	198	452	975					
P. Bequette	303	264	391	959					
Teen II									
A. Bassemeier	298	187	408	893					
I. Pherigo	320	204	364	887					
N. Hrabley	248	231!	248	727					
181 lbs.									
Junior									
J. Whitley	386!	226!	435	1047!					
Master I									

APF HIGH SCHOOL NATIONALS

APR 8-9 2011 » Alexandria, LA

Powerlifting	SQ	BP	DL	TOT					
97 lbs.									
GIRLS JV									
E. Bird	150	80	200	430					
A. Bueche	115	50	175	340					
105 lbs.									
C. Chenevert	85	65	165	315					
114 lbs.									
T. Riley	160	70	190	420					
123 lbs.									
M. Peebles	230	95	255	580					
C. Briggs	180	70	215	465					
M. McClain	170	80	205	455					
C. Bradley	150	60	205	415					
132 lbs.									
K. Louque	210	95	210	515					
C. Williams	180	75	230	485					
E. Spustek	160	65	185	410					
148 lbs.									
C. Cox	250	95	210	555					
M. Haynes	185	65	205	455					
T. Stephens	125	70	200	395					
M. Breaux	125	75	185	385					
165 lbs.									
Q. Battley	210	95	300	605					
R. Havenar	205	100	280	585					
A. Crockett	215	75	220	510					
M. Guidry	130	75	190	395					
181 lbs.									
A. Fabre	225	105	240	570					
S. Wood	135	95	230	460					
J. McCain	150	80	210	440					
D. Exe	140	90	190	420					
198 lbs.									
D. Reed	200	110	215	525					
UNL									
J. Lee	265	125	345	735					
J. Rannels	305	130	280	715					
B. Baldwin	260	115	275	650					
J. Allement	100	70	180	350					
GIRLS Varsity									

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TOTALS
3000 LB!!!

photos by
Ken Richardson



DONNIE THOMPSON

AT THE POWERSTATION PRO/AM



2011 POWERSTATION PRO/AM RESULTS

POWERLIFTING	SQ	BP	DL	TOT
D. Hoff - 275	1165	945	800	2910
A. Roberts - 308	1130	905	795	2830
M. Cartinian - 181	920	720	660	2300
B. Carroll - 275	1185	770	775	2730
J. Someroja - 242	1010	810	820	2640
D. Thompson - SHW	1265	950	785	3000
J. Anderson - 308	1130	780	845	2755
C. Smith - 220	925	755	770	2450
L. Phelps-Sweatt - 165	745	530	525	1800
H. Thomason - SHW	1190	755	705	2650
C. Duffin - 220	1010	650	700	2360
P. Hakola - 275	940	750	810	2500
D. Tinajero - 220	850	700	700	2250
C. Walker - SHW	1060	725	780	2565
J. Benson - 275	1005	725	600	2330
D. Soppelsa - 308	1055	730	650	2435
C. Chilia - 275	980	630	700	2310
Z. Geeting - 220	875	610	690	2175
S. Church - 242	945	575	700	2220
C. Ewald - 308	900	760	720	2380
D. Wilcox - 198	860	500	625	1985
R. Paras - 220	870	570	560	2000
L. Hackett - 148	550	365	530	1445
A. Weisberger - 148	505	335	470	1310
J. Harbin - 242	625	400	625	1650

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Preparing for battle



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HORMONES + BODY FAT STORAGE LOCATION— LEARN HOW TO TRADE BODY FAT

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

Most of you reading this article right now have dreams of dominating the competition platform with the highest possible total while maximizing quality of life. Others may not compete, but pursue strength goals while striving towards a great looking body. Increasing the size of the muscle engine while lowering body fat levels are the keys to long term success. Based on years of consulting experience most strength athletes hover around 25% body fat which for a 220 pound man is 55 pounds of lard weighing down your dreams. Cutting that body fat percentage in half would allow for an increase of 27.5 pounds of new muscle without moving up in weight class. Yes, with 27.5 pounds of new muscle you will see your totals climb tremendously while sporting a six pack. That is right, a six pack—an accurate body fat percent of 12–13 will yield a six pack if the correct core training routines are used to make the oblique muscles “pop.” This all sounds easy if you put your mind to it! Using the right techniques, you can make progress very quickly. First we must solve the question of why body

fat is stored in certain locations and how to get rid of it for good!

NO NEED FOR SPEEDOS AND TANNING OIL:

I am not saying that strength athletes should strive to look like bodybuilders. Let’s face it, you are not reading this magazine if you want to put on a Speedo with a bunch of tanning oil. However, a body fat percentage in the low teens will allow for maximal strength performance while making you more competitive in any facet of life. Many trainees will not admit it, but they would rather be much leaner as they know it relates to their physical appearance, daily energy and long term health. Carrying around extra body fat is a burden in many ways. Did you know that high body fat levels help to keep estrogen high? This FEMALE dominant hormone should not be high in males unless you want to pick up knitting instead a 600 pound deadlift. High body fat levels support a vicious fat storage cycle that will increase body fat deposition annually based metabolic and hormonal deteriorations. You may feel

okay about your body fat levels now being on the high end, but without action you could end up in obese ranges sooner than you think. The higher the body fat levels, the lower energy will be based on our experience. The same factors that make body fat levels high also zap energy and motivation levels leading to a much lower level of performance.

STUBBORN BELLY AND LOVE HANDLE FAT:

Measuring body fat percentage accurately is becoming a lost art as fewer trainers are applying these caliper testing methods with every year that goes by. I wish I had a penny for every time someone told me they were 7%—which is often a fantasy calculation. When I see the pictures, they reveal a different story and indicate the testing methods were way off. Amongst a wide array of testing techniques, a 7 site caliper test done by an experienced tester is the most accurate way to measure progress. The total percentage score has meaning, but we also focus on the trends of individual sites which reveal a window into the hormonal environ-

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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FOR A BIGGER MUSCLE ENGINE

—BOOSTING STRENGTH AND LOOKING GREAT!

ment. For example, many male trainees can see progress in 5 of the 7 sites, with belly and love handles being the only stubborn areas which can actually increase while other sites go down. Understanding the role of hormones allows us to make strategic nutrition, training, recovery and supplementation changes to accelerate body fat loss and muscle growth quickly.

THE HORMONAL CONNECTION TO BODY FAT STORAGE LOCATION: Dr. Serrano has done tens of thousands of body fat caliper tests over the years, and in some cases a high score measurement of mid section body fat correlates with elevated insulin and cortisol levels based on blood tests. The right techniques need to be put into place to achieve aggressive goals—you must deal with the ultimate cause of the problem or expect no progress! Belly fat storage is not by coincidence as the body has the highest volume of storage receptors in the mid section for men and legs for females. The belly and love handles are full of fat storage receptors that are activated by physical and emotional stress which are both in large supply within the daily lives of a majority of trainees. Throw in some sugar, refined carb sources, toxins, drugs, liver dysfunction, pesticides and you have the perfect storm of body fat storage! The right moves will enable you to slash mid section body fat forever. You must shut of these receptors ASAP and one of the best tools in the arsenal are the 100% MR and Muscle Synthesis around training and between meals. The challenge we face working with clients is determine what techniques to use based on individual client needs. Through years of experience we have this very well figured out!

DEAL WITH THE FACTORS GOVERNING PROGRESS: Dr. Serrano designed Fat Reduce to optimize the hormonal and metabolic environments to slash body fat quickly while protecting hard earned muscle. Not your typical fat burner loaded with stimulants, Fat Reduce works by manipulating the factors that govern progress over an entire 24 hour cycle. The AM formula will help to boost energy, but without jitters as fat burning is ignited behind the scenes. Fat Reduce PM is designed to promote restful sleep by lowering stress levels. Improving sleep duration and quality is one of the easiest ways to boost anabolic hormone levels.

THE RIGHT NUTRITION PLAN FOR YOUR NEEDS: The nutrition plan is of huge importance. Notice we say plan and not random approach. In a high percentage of cases, the right nutrition changes are the missing link to success for strength athletes looking to improve performance and body composition. Most of

the nutrition information in the mainstream media or magazines are geared to “Joe Average” or bodybuilders and not strength athletes. Very few strength athletes have a set plan for nutrition that is appropriate for their goals. Would you go to the gym without a training program? Probably not. Nutrition programming does not need to take over your life in any way. However, having an appropriate plan in place will ensure that your hard work pays off. Contact Scott to discuss in detail seven days per week.

KEEPING FAT STORAGE HORMONES IN CHECK: You have likely seen references to the body’s most anabolic hormone, insulin, when reading articles about post workout nutrition advocating a big surge of insulin. While highly anabolic, insulin also is a potent fat storage hormone that cannot be permitted to run wild. Keeping levels optimized with proper nutrition, supplementation and rest is crucial for improving rates of fat loss and muscle growth. Elevated stress hormones, specifically cortisol cause poor insulin sensitivity resulting in an over secretion of the powerful fat storing hormone insulin every time you eat. Amino Loading with 100% MR and Muscle Synthesis 30 minutes before, during and again immediately after training can help to keep stress hormones in check while forcing the body to use more stored fat as fuel during exercise. The proprietary ratios of ingredients developed by Dr. Serrano, based on years of research, can also support accelerated muscular and neurological recovery crucial to the success of strength athletes who train at the highest levels of intensity. Alpha Omega M 3 can help to optimize insulin levels through several pathways at the right times to push nutrients into hungry muscles instead of fat cells. Alpha Omega M 3 saturates tissues with a precise ratio of essential fats helping the body deal with stress while accelerating the usage of stored fat as fuel.

PROMOTE AN ANABOLIC STATUS AROUND THE CLOCK: Amino Loading with 100% MR and Muscle Synthesis between meals signals the brain a huge amount of food has been consumed and as a result fat burning goes through the roof, but there is nothing to burn except stored fat for a raging metabolism since the 100% MR and Muscle Synthesis have no caloric burden. Dr. Serrano’s research and real patient trials including muscle biopsies, hormonal profiles, body comp testing, performance reviews and more, helped him develop the perfect proprietary ratios of Amino Acids to support your aggressive goals. These tested ratios enable muscles to quickly utilize vital raw materials to keep muscles well supplied with building blocks around the clock while optimiz-

ABOUT INFINITY FITNESS

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



Scott Mendelson of Infinity Fitness

ABOUT SCOTT MENDELSON

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

TRADE BODY FAT FOR BIGGER MUSCLE »

ing the hormonal environment.

ARE LAST MINUTE PLANS TO MAKE WEIGHT KILLING YOUR PERFORMANCE? Did you have to shed weight in a hurry before your last competition? If so, you definitely hurt your performance. You know the feeling of being several pounds overweight with only days left before weigh in. Not only does this require tremendous effort to make weight, but also boosts your stress levels when you should be focusing on breaking records. Elevated stress zaps anabolic hormone levels which is about the worst thing you can do when wanting to maximize performance. Desperation diets to make weight including dehydrating tactics, minimal food intake and last minute exercise are a sure fire way to zap your competition energy levels. Avoid this self destructive situation by losing body fat far in advance of the competition date! Instead of shedding last minute pounds, a future article will discuss how to maximize performance with

specialized nutrition planning for the days leading up to competition.

MAINTAINING LONG TERM SUCCESS: One of the pit falls of poorly designed fat loss programs is the short term nature of results. Many nutrition mistakes such as low caloric intake for an extended period will lead to the loss of both body fat and hard earned muscle which cultivates an environment ripe for re-accumulating body fat. Furthermore, poor nutrition planning also makes training performance and rates of recovery plummet making the whole experience a massive loss of progress. Prioritizing not only maintaining but increasing lean muscle mass over time supports a larger calorie burning engine as each pound of muscle works to burn calories 24/7! Our clients not only lose body fat quickly, but keep it off for good by using the right tactics for their specific needs. Protecting hard earned muscle is a matter of sending the right anabolic signals to the brain.

MEASURING PROGRESS THE RIGHT WAY:

Too many trainees rely on electronic scales and other devices to determine body fat levels that are in no way accurate or even consistent. Having a true measure of body fat percentage is the best way to evaluate progress since scale weight alone does not tell the whole story. Ideally, my clients lose body fat while gaining muscle, which does not show up with a typical scale weight. However, this trade of body fat lost for new muscle represents a great change in body composition. The mirror will demonstrate these changes very quickly which is why taking pictures every 4 to 6 weeks is also a good idea for tracking purposes. «

Email scott@infinityfitness.com or call (614) 868-7521 with your top 5 problems and get a personal response right away proposing proven solutions. Ask for the "Belly Fat Slashing" and "Fat Cell Cleansing" special reports.

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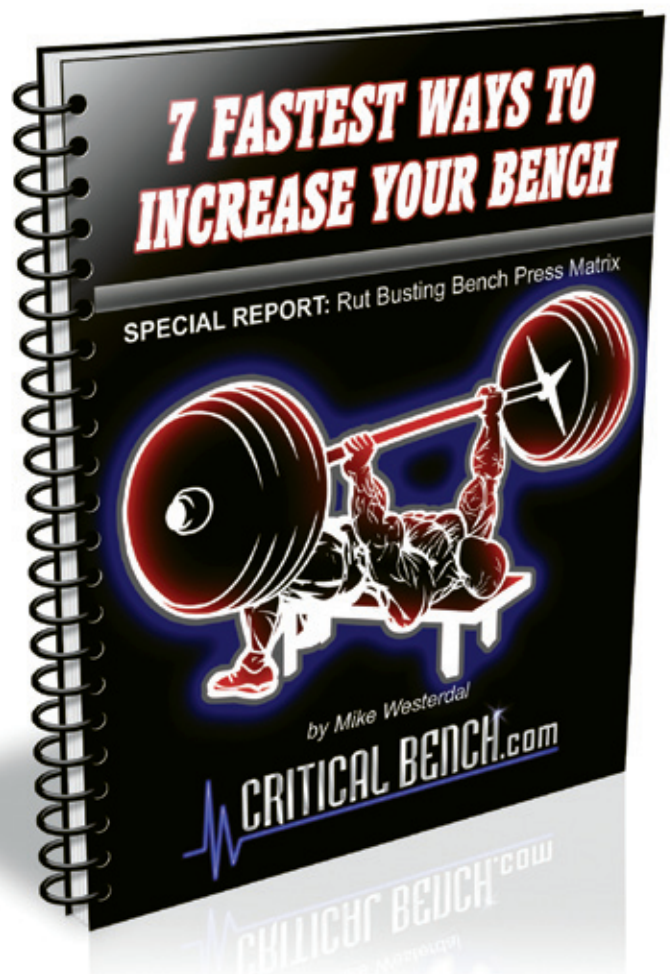
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TX FIRE OLYMPICS POWERLIFTING

JUL 17-22 2011 » Round Rock, TX

BENCH Master (Age 40+)

Open 165 lbs.

(Under age 40) J. Dodge 281

165 lbs. 181 lbs.

R. Hervig 336 M. Nussell 319

181 lbs. A. Ellis 330

L. Juaregui 402 198 lbs.

K. Chitty 457 R. Hogle 374

K. Rodriguez 413 O. Valdez 303

220 lbs. J. Sides 270

S. LeCroy 462 M. Balanciere 264

G. Green 440 220 lbs.

242 lbs. L. Fellers 418

I. Nelson 418 J. Fritz 347

T. Barker 374 J. Hisey 308

275 lbs. R. Brewer 473

D. Giesecke 473 308 lbs.

M. Nohe 424 J. Roy 374

SHW DQ

J. Hnizdo 490 J. Sanders —

J. Burke 435 F. Chapa —

Full Meet SQ BP DL TOT

MALE

Master (Age 40+)

SHW

M. Baum 275 182 380 837

MALE

Open

(Under age 40)

181 lbs.

L. Juaregui 545 402 512 1459

198 lbs.

T. Buchanon 446 336 501 1283

220 lbs.

B. Cook 573 451 551 1574

G. Green 528 440 600 1569

S. LeCroy 473 462 528 1464

C. Jones 424 330 506 1261

Leonguerrerr 402 314 501 1217

242 lbs.

T. Barker 551 374 556 1481

B. Wright 424 352 473 1250

275 lbs.

C. Nelson 407 314 440 1162

D. Giesecke 66 473 143 683

Master (Age 40+)

181 lbs.

M. Nussell 424 319 352 1095

A. Ellis 418 330 479 1228

198 lbs.

L. Tamayo 501 391 490 1382

275 lbs.

A. Figueroa 633 413 501 1547

308 lbs.

J. Roy 650 374 528 1552

Raw

Open

198 lbs.

K. Tarlton 407 264 473 1145

220 lbs.

J. Fritz 429 347 512 1288

242 lbs.

I. Nelson 506 418 600 1525

308 lbs.

J. Burke 440 435 539 1415

DQ

J. Sanders 352 — 512 864

» courtesy Rick Brewer

IBP NE CAROLINA BP

MAR 5 2011 » Warrenton, NC

BENCH R. Cross 130

MALE

Raw

123 lbs. 66 lbs.

Open Youth (6-7)

Barthelemy 80 I. Bright 25

198 lbs. 97 lbs.

Novice Youth (10-11)

T. Hobgood 80 4th-170

4th-85 220 lbs.

123 lbs. Open

Teen (16-17) J. Riggan 415

B. Greenway 165 4th-420

Youth/Teen (12-13) 242 lbs.

S. Matthews 90 Intermediate (24-34)

4th-95 D. Williams 380

132 lbs. Master (60-64)

Youth/Teen (12-13) C. Orr 365

D. Williams 100 Police/Fire/Military

4th-105 P. Davis 330

165 lbs. Submaster (35-39)

Master (40-44) E. Hobgood 315

S. Greenway 315 4th-320

Teen (14-15) 275 lbs.

C. Richardson 125 Junior (20-23)

181 lbs. M. Williams 280

Police/Fire/Military 4th-285

R. Creech 320 Novice

4th-330 R. Wells 350

Teen (14-15) 4th-360

J. Nunnally 120 308 lbs.

Teen (16-17) Junior (20-23)

M. Rose 200 R. Smith 285

198 lbs. 4th-290

Master (55-59) Open

S. Richardson 250 B. Jones 560

Police/Fire/Military

K. Richardson 205 A. Kearney 445

4th-210 Teen (16-17)

Submaster (35-39) J. Williams 275

R. Davis 330 308+ lbs.

Youth/Teen (12-13) Junior (20-23)

N. Vaughan 165 R. Carter Jr. 375

Outstanding Lifters: Brett Greenway, Scott

Greenway, Ben Jones, Robin Cross. TEAMS:

Hercules Powerlifting Team.

» courtesy Keith Payne

USAPL STATE GAMES OF AMERICA

AUG 5-6 2011 » San Diego, CA

BENCH Raw

MALE Masters (60+)

Raw 165 lbs.

Masters (50-59) D. Bultman 259

105 lbs. 181 lbs.

C. Fujisaki 150 J. Wolfe 226

181 lbs. 198 lbs.

S. Jamieson 171 P. Antoine 259

Masters (40-49) M. Kane 253

148 lbs. 242 lbs.

R. Harrison 165 A. Manso 264

Teen (14-19) Masters (50-59)

115 lbs. 220 lbs.

M. Andrews 55 Householder 303

Open 275 lbs.

105 lbs. B. Feeney 308

C. Fujisaki 150 275+ lbs.

198+ lbs. G. Tenove 413

L. Hood 226 Master (40-49)

MALE 181 lbs.

Open F. Rodriguez 358

123 lbs. 275 lbs.

W. Garcia 325 E. Johnson 506

Masters (60+) S. Reardon 253

198 lbs. 275+ lbs.

D. Cumberow 325 L. Sanchez 292

Powerlifting SQ BP DL TOT

MALE

Raw

Masters (50-59)

123 lbs.

P. Stephan 132 77 238 447

181 lbs.

L. Bullock 127 110 198 435

Masters (40-49)

J. Cascadden 176 127 242 545

Teen (14-19)

123 lbs.

M. Worden 132 94 182 407

148 lbs.

A. Ross 198 94 303 595



JC Roy had been gunning for a 650 squat for years, and finally squatted 650 kilos at the Texas Firefighters Olympics (Rick Brewer photo)



Ben Jones benching at the IBP Northeastern Carolina Bench Classic (Keith Payne photo)

RESULTS »

<i>Open</i> 115 lbs.					V. Bayliss	237	231	330	798	J. Hansen	325	215	430	970	242 lbs.				J. Johnson	468
M. Inda	226	132	303	661	198 lbs.					<i>Junior (20-23)</i>					<i>Masters II</i>			<i>Open</i>		
132 lbs.					B. Littlefield	446	363	424	1233	J. Patch	474	309	535	1317	K. Eisenbeis	319			J. Johnson	468
C. Licon	193	—	226	418	R. Gilbert	451	281	479	1211	T. McDonald	—	—	—	—	<i>Open</i>			SHW		
148 lbs.					R. Seitz	380	286	457	1123	J. Winterrowd	601	353	601	1554	B. Faber	429			<i>Masters I</i>	
A. Hale	220	127	281	628	V. Sivetskiy	380	264	374	1018	<i>Open</i>					N. Kaltsounis	347			M. Pink	418
165 lbs.					T. Wattson	286	182	374	842	J. Patch	474	309	535	1317	K. Eisenbeis	319			<i>Open</i>	
L. Pagel	226	160	347	732	220 lbs.					<i>Master (45-49)</i>					275 lbs.				D. Fye	424
198+ lbs.					B. Drakulic	424	292	528	1244	<i>Junior (18-19)</i>					<i>Masters I</i>				M. Pink	418
M. Easley	149	132	220	501	C. Walters	429	341	385	1156	181 lbs.				POWERLIFTING	SQ			BP		
MALE					S. Dugger	358	275	457	1090	<i>Open</i>				RAW				DL		TOT
<i>Youth Guest</i>					L. Propst	380	341	319	1040	<i>Master (45-49)</i>				123 lbs.						
115 lbs.					242 lbs.					<i>Junior (18-19)</i>				<i>Open</i>						
E. Pittman	176	94	237	506	C. Shifflett	611	407	611	1629	C. Andrews	375	265	419	1058	A. Nowak	204	105	253	562	
<i>Master (40-49)</i>					M. Ramirez	534	374	551	1459	<i>Open</i>					132 lbs.					
220 lbs.					B. Marum	495	363	562	1420	K. Coombs	457	386	518	1361	<i>Open</i>					
D. Lewis	385	319	402	1107	E. Anderson	451	314	551	1316	A. Zook	419	353	518	1290	M. Culhane	165	138	275	578	
242 lbs.					K. Hudak	440	286	545	1272	220 lbs.					<i>Open</i>					
S. Landry	672	451	650	1773	J. Gross	451	286	501	1239	<i>Open</i>					R. Tumin	209	110	242	562	
275 lbs.					B. Ziegler	352	363	523	1239	M. Cannon	540	375	562	1477	<i>Open</i>					
J. Weeks	606	380	551	1536	C. Czanstke	418	303	479	1200	<i>Submaster (35-39)</i>					MALE					
<i>Teen (14-19)</i>					D. Cooper	352	286	457	1095	148 lbs.					<i>Open</i>					
115 lbs.					T. Cooper	402	270	418	1090	<i>Open</i>					R. Reeder	336	292	468	1095	
A. Allen	116	77	193	385	M. Correy	336	292	451	1079	J. Winterrowd	601	353	601	1554	165 lbs.					
148 lbs.					275 lbs.					J. Clifford	386	243	540	1168	<i>Open</i>					
G. Allen	242	149	303	694	P. Russell	512	363	562	1437	275 lbs.					<i>Open</i>					
181 lbs.					H. Sun	473	292	528	1294	<i>Open</i>					S. Harrington	501	374	517	1393	
W. Gottsch	—	—	—	—	R. Magni	501	358	308	1167	K. McMillan	584	435	683	1703	181 lbs.					
242 lbs.					B. Greenquist	385	286	440	1112	C. Kawa	375	248	452	1075	<i>Master VI</i>					
N. Loporchio	584	385	584	1552	» <i>courtesy Lance Slaughter</i>					<i>Submaster (35-39)</i>					R. Batko	308	204	506	1018	
<i>Open</i>										K. McMillan	584	435	683	1703	<i>Open</i>					
198 lbs.										308 lbs.					A. Szron	418	248	551	1217	
V. Arulmoli	457	303	462	1222						<i>Open</i>					B. Cowen	402	336	451	1189	
242 lbs.										J. Clifford	502	325	601	1427	R. Batko	308	204	506	1018	
S. Waits	705	468	611	1784						<i>Single-Ply</i>					<i>Raw</i>					
M. Matott	—	—	—	—						220 lbs.					123 lbs.					
275 lbs.										<i>Junior (20-23)</i>					<i>Open</i>					
M. Schellen	705	451	644	1800						J. Gaudette	463	358	540	1362	F. Peraino	193	132	275	600	
<i>Raw</i>										242 lbs.					165 lbs.					
<i>Masters (60+)</i>										<i>Master (50-54)</i>					<i>Open</i>					
148 lbs.										T. Troy	—	—	—	—	J. Hunting	336	242	402	980	
R. Mattieson	187	220	352	760						Powerlifting Best Lifters: Junior Men Raw:					181 lbs.					
165 lbs.										Josh Winterrowd. Open Men Raw: Ken					<i>Masters I</i>					
S. Lemire	176	220	330	727						McMillan. Master Submaster Men Raw: Ken					S. Distel	391	253	429	1073	
198 lbs.										McMillan. Bench Press Best Lifter Open					<i>Open</i>					
R. Strange	363	253	462	1079						Men Raw: Marty Killion. Meet Director					C. Miller	429	297	523	1250	
<i>Masters (50-59)</i>										& Promoter: John King. Meet Announcer:					D. Tumin	435	209	501	1145	
148 lbs.										Steve Denison. Meet Scorekeeper: Lolita					S. Distel	391	253	429	1073	
J. Moylan	259	176	314	749						Sains. Master Score sheet: Steve Denison.					198 lbs.					
198 lbs.										Thanks to All Our Referees: Alan Aerts,					<i>Open</i>					
D. Andrews	308	220	385	914						International, Bernice Fuss, International,					N. Aldo	468	303	484	1255	
<i>Masters (40-49)</i>										Bonnie Aerts, National. Thanks to Our					K. Reifinger	336	330	424	1090	
165 lbs.										Spotters & Loaders: Leroy Fernandez, Jes-					J. Clancy	330	286	440	1057	
C. Landers	264	231	363	859						sica Foley, Cody Morgan, Dave Wolf, Doug					D. Farinelli	347	242	363	952	
H. Arakelian	330	160	308	798						Clayton.					220 lbs.					
181 lbs.										» <i>courtesy Steve Denison</i>					<i>Masters I</i>					
J. Shim	402	253	446	1101										D. Pierle	374	286	473	1134		
198 lbs.														<i>Open</i>						
A. Funtanilla	413	330	446	1189										M. Munson	517	429	539	1486		
J. Couse	418	308	402	1129										J. Caporosso	451	385	501	1338		
220 lbs.														T. Davis	429	325	523	1277		
M. Adlam	336	187	413	936										J. Perusse	358	319	578	1255		
<i>Teen (14-19)</i>														N. Hamp	440	314	457	1211		
123 lbs.														D. Pierle	374	286	473	1134		
T. Mares	264	154	308	727										242 lbs.						
132 lbs.														<i>Open</i>						
Ingebretsen	275	165	402	842										J. Palm	418	374	622	1415		
148 lbs.														K. Krzyzaniak	374	286	424	1084		
K. Martin	330	154	363	848										T. Strong	319	215	429	963		
181 lbs.														275 lbs.						
I. Castillo	—	248	402	650										<i>Junior</i>						
<i>Open</i>														M. Marrero	534	402	551	1486		
132 lbs.														<i>Open</i>						
G. Ariav	171	121	220	512										I. Grice	600	418	672	1690		
148 lbs.														M. Marrero	534	402	551	1486		
R. Peraza	363	187	385	936										M. Bitson	473	330	501	1305		
K. Simpson	275	226	407	908										T. Simmon	402	303	501	1206		
165 lbs.														SHW						
D. Davis	418	319	462	1200										<i>Masters I</i>						
C. Martin	363	215	418	996																

Culhane. Men Best Lifter Bench: Marvin Coleman. Men Best Lifter Full Meet: Isaiah Grice.
» courtesy USAPL

USAPL ROCKY MOUNTAIN STATE
JUL 28 2011 » CO Springs, CO

BENCH	Open			
FEMALE	P. Maynard	462		
123 lbs.	Raw			
Master II	165 lbs.			
J. Harms	Junior			
149	B. Ashbee	292		
Raw	181 lbs.			
148 lbs.	Master I			
Teen I	L. Litwiler	270		
Mossberger	Open			
44	L. Litwiler	270		
MALE	Master II			
198 lbs.	E. Yue	270		
Master I	275 lbs.			
R. Pasko	Master II			
—	R. Geller	402		
Open	275 lbs.			
V. Narolskyy	Master II			
551	R. Geller	402		
242 lbs.	SQ			
Powerlifting	BP			
FEMALE	DL			
115 lbs.	TOT			
Master I				
K. Nelson		209	110	248
209				567
Raw				
105 lbs.				
Master II				
R. Jackson		187	132	204
187				523
115 lbs.				
Junior				
K. Larson		121	83	171
121				374
Master I				
D. Fisler		132	94	187
132				413
123 lbs.				
Junior				

P. Garcia	209	116	253	578
Open				
A. Raty	187	121	303	611
MALE				
148 lbs.				
Master II				
C. Pates	352	204	374	930
181 lbs.				
Master I				
O. Eehn	440	270	451	1162
Master I				
Drebenstedt	341	242	374	958
Master II				
D. Brekke	308	259	473	1040
Master III				
D. Worley	490	143	495	1129
Teen III				
E. Larson	374	314	413	1101
198 lbs.				
Master II				
T. Cencich	391	446	435	1272
Master II				
220 lbs.				
Master II				
M. Moylen	501	330	528	1360
J. Brookshire	402	275	413	1090
Master II				
S. Secrist	—	347	484	831
Open				
A. Raty	528	418	545	1492
275 lbs.				
Master II				
D. Wolf	473	341	528	1343
S. Shadioun	—	330	—	330
Open				
A. Denning	600	534	539	1674
275+ lbs.				
Master III				
H. Heyman	308	165	308	782
Raw				
148 lbs.				
Teen III				

T. Moore	341	303	374	1018
165 lbs.				
Open				
Z. Thompson	391	314	501	1206
Heidenreich	330	193	407	930
181 lbs.				
Open				
J. Raddatz	391	314	457	1162
C. Singleton	347	226	473	1046
T. Prutch	303	281	424	1007
C. Carter	363	220	418	1002
198 lbs.				
Master II				
S. Harms	297	303	358	958
K. Valdez	121	138	237	495
Open				
R. Schwartz	—	308	402	710
220 lbs.				
Open				
J. Freeman	396	286	501	1184
M. Behmer	352	253	402	1007
Teen II				
Z. Parker	204	143	204	551
275 lbs.				
Master I				
M. Skelton	451	396	562	1409
» courtesy Daniel Gaudreau				

148 lbs.				
(40-44)				
W. Devito	187			
Open				
W. Devito	187			
165 lbs.				
(30-34)				
J. Jazwinski	276			
Open				
J. Jazwinski	276			
181 lbs.				
(18-19)				
Z. Renner	237			
(50-54)				
J. Holeyfield	298			
220 lbs.				
(50-54)				
T. Mediville	165			
DEADLIFT				
FEMALE				
114 lbs.				
(20-24)				
E. Cameron*	270			
Push Pull				
BP				
DL				
TOT				
	39	77	116	

100% RAW NATIONALS
AUG 6 2011 » Phoenix, AZ

BENCH	165 lbs.			
FEMALE	(55-59)			
123 lbs.	S. Gillott	99		
(14-15)	Open			
R. Medevielle	83			
(35-39)	MALE			
N. Anderson	132			
Open	132 lbs.			
(14-15)	J. Glickman	—		
N. Anderson	132			

114 lbs.				
(20-24)				
E. Cameron*	127	270	396	
Open				
E. Cameron*	127	270	396	
198 lbs.				
(25-29)				
K. Colman	138	363	501	
Open				
K. Colman	138	363	501	
MALE				
132 lbs.				
(16-17)				
M. Burkeen	215	404	619	

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RING GIRL BOOTY SHORTS
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RESULTS »

(30-34)					
V. Voen	242	352	595		
<i>Open</i>					
M. Burkeen	215	404	619		
V. Voen	242	352	595		
148 lbs.					
(40-44)					
W. Devito	187	303	490		
<i>Open</i>					
W. Devito	187	303	490		
165 lbs.					
(16-17)					
T. LaMaster	171	308	479		
181 lbs.					
(12-13)					
D. Hernandez	165	352	517		
(55-59)					
W. Deloney	314	418	732		
(75-79)					
J. Weissenburger	165	228	393		
	4th-BP-170				
198 lbs.					
(20-24)					
B. Trail	325	517	842		
(25-29)					
G. Richardson	253	435	688		
220 lbs.					
(16-17)					
M. Herbert	132	330	462		
Powerlifting	SQ	BP	DL	TOT	
FEEMALE					
97 lbs.					
(Age 11)					
Medevielle	39	33	72	143	
114 lbs.					
(20-24)					
E. Cameron*	220	127	270	617	
		4th-DL-281			
<i>Open</i>					
E. Cameron*	220	127	270	617	
		4th-DL-281			
132 lbs.					
(16-17)					
K. Foltin	110	77	193	380	
(40-44)					
J. Higgins	231	115	292	637	
		4th-DL-294			
<i>Open</i>					
J. Higgins	231	115	292	637	
		4th-DL-294			
K. Foltin	110	77	193	380	
148 lbs.					
(55-59)					
V. Totten	171	88	—	259	
<i>Open</i>					
V. Totten	171	88	—	259	
165 lbs.					
(55-59)					
S. Gillott	55	99	110	264	
<i>Open</i>					
S. Gillott	55	99	110	264	
181 lbs.					
(25-29)					
K. Coleman	275	138	363	776	
<i>Open</i>					
K. Coleman	275	138	363	776	
MALE					
114 lbs.					
(Age 11)					
DnMedevielle	77	72	143	292	
DvMedevielle	50	55	121	226	
(12-13)					
G. Medevielle	143	94	215	451	
132 lbs.					
(16-17)					
M. Burkeen	264	215	404	883	
<i>Open</i>					
M. Burkeen	264	215	404	883	
148 lbs.					
(16-17)					
T. Medevielle	165	154	314	633	
(20-24)					
S. Foltin*	385	231	451	1068	
D. Kirk	330	193	352	875	
(40-44)					

W. Devito	226	187	303	716	
	4th-SQ-228				
<i>Open</i>					
W. Devito	226	187	303	716	
	4th-SQ-228				
165 lbs.					
(20-24)					
N. Grant	363	275	490	1129	
E. Sanchez	281	198	275	754	
(30-34)					
J. Jazwinski	363	275	457	1095	
(45-49)					
D. Morgan	347	265	429	1042	
(70-74)					
L. Fish	253	193	319	765	
<i>Open</i>					
J. Jazwinski	363	275	457	1095	
E. Sanchez	281	198	275	754	
(12-13)					
181 lbs.					
(12-13)					
D. Hernandez	209	165	352	727	
		4th-DL-358			
(25-29)					
D. Thurman	402	352	462	1217	
(30-34)					
P. Rambeau	407	270	468	1145	
G. Permar	374	264	440	1079	
(55-59)					
W. Deloney	319	314	418	1051	
(70-74)					
P. Jezyk	281	110	352	743	
(75-79)					
Weissenburge	145	165	228	538	
	4th-BP-171				
<i>Open</i>					
P. Jezyk	281	110	352	743	
G. Permar	374	264	440	1079	
W. Deloney	319	314	418	1051	
D. Hernandez	209	165	352	727	
		4th-DL-358			
Weissenburge	145	165	228	538	
	4th-BP-171				
D. Thurman	402	352	462	1217	
198 lbs.					
(16-17)					
W. White	347	204	473	1024	
(20-24)					
V. Kostooovski	402	303	584	1288	
B. Trail	380	325	517	1222	
(25-29)					
P. Thomas II*	473	253	606	1332	
G. Richardson	341	253	435	1029	
(35-39)					
T. Gokey	413	352	534	1299	
<i>Open</i>					
P. Thomas II*	473	253	606	1332	
J. Hall	270	237	435	941	
T. Gokey	413	352	534	1299	
220 lbs.					
(20-24)					
A. Hays	429	253	523	1206	
(40-44)					
T. Sparks	407	275	639	1321	
<i>Open</i>					
A. Hays	429	253	523	1206	
T. Sparks	407	275	639	1321	
242 lbs.					
(30-34)					
R. Schleder	473	341	639	1453	
(35-39)					
J. Morrow	440	385	578	1404	
<i>Open</i>					
R. Schleder	473	341	639	1453	
J. Morrow	440	385	578	1404	
<i>PFM</i>					
R. Schleder	473	341	639	1453	
275 lbs.					
(30-34)					
J. Hammerly	413	—	—	413	
(35-39)					
Shellenberger	551	352	661	1563	
<i>Open</i>					
Shellenberger	551	352	661	1563	
J. Hammerly	413	—	—	413	
308 lbs.					

(14-15)					
A. Desoto	413	209	479	1101	
(16-17)					
Z. Cortez	451	275	451	1178	
(20-24)					
S. Collins	418	352	519	1289	
<i>Open</i>					
Z. Cortez	451	275	451	1178	
S. Collins	418	352	519	1289	
A. Desoto	413	209	479	1101	
*=Drug Tested.					
» courtesy 100% RAW					

WNPF ALL-RAW CHAMPIONS II FEB 19-26 2011 » GA, NJ, OH

BENCH					
123 lbs.					
(40-49)					
S. Sowers	85*				
148 lbs.					
(17-19)					
P. Harris	255				
165 lbs.					
(17-19)					
B. Didiano	295				
<i>Lifetime</i>					
L. Giligashvili#	410*				
C. Paige	395				
<i>Police/Fire/Milt</i>					
L. Iligashvili	410*				
181 lbs.					
(40-49)					
J. Kambo	305				
(50-59)					
J. Moreno	265				
198 lbs.					
(50-59)					
H. Lee	285				
<i>Junior</i>					
A. Gitto	360*				
<i>Subs</i>					
M. Rooney	355				
220 lbs.					
(40-49)					
P. Miller	320				
(50-59)					
A. Hunt	350				
<i>Lifetime</i>					
E. Phair	315				
242 lbs.					
<i>Lifetime</i>					
J. Negron	375				
275 lbs.					
(50-59)					
F. Myers	440				
<i>Lifetime</i>					
K. Robinson	—				
SHW					
<i>Lifetime</i>					
P. Mejias#	560				
<i>Open</i>					
P. Mejias	560				
<i>Subs</i>					
M. Jones	405				
<i>Equipped</i>					
181 lbs.					
(40-49)					
J. Caliguri	400				
242 lbs.					
(40-49)					
G. Haley	460				
DEADLIFT					
165 lbs.					
(17-19)					
B. Didiano	525				
4th-545*					
<i>Junior</i>					
S. Vazquez	460				
<i>Lifetime</i>					
M. Hart#	555				
181 lbs.					
<i>Open</i>					

J. Negron	18*				
275 lbs.					
(50-59)					
F. Myers	20*				
SHW					
<i>Lifetime</i>					
P. Mejias	22*				
<i>Open</i>					
Powerlifting	SQ	BP	DL	TOT	
FEEMALE					
132 lbs.					
(17-19)					
K. Essel	85	65	135	285	
165 lbs.					
<i>Lifetime</i>					
C. Cooper#	260	130	325*	715	
B. Hembree	205	110	300	615	
MALE					
132 lbs.					
(40-49)					
D. Walker	315*	205*	400*	920*	
148 lbs.					
(13-16)					
J. Witanek	265	160	335	760	
	4th-SQ-270*	DL-350*			
(40-49)					
W. McCoy	370	255	455	1080	
<i>Open</i>					
A. Sesay	405*	265	495	1165	
W. McCoy	370	255	455	1080	
G. James	355	220	455	1030	
<i>Subs</i>					
G. James	355*	220	455*	1030*	
G. Covello	340	235*	370	945	
165 lbs.					
(17-19)					
B. Didiano	455	295	525	1275	
		4th-DL-545*			
(17-19)					
E. Hopkins	385	225	390	1000	
(40-49)					
B. Schadt	295	220	335	850	
<i>Lifetime</i>					
N. Maltezos#	600				
Mindiasvili	565				
<i>Police/Fire/Milt</i>					
Mindiasvili	565*				
275 lbs.					
(40-49)					

Mindiashvili	565	310	530	1405	(40-49)	R. Ehrhardt	385	E. Richardson	630	Hashemiyoon	430	4th-G. Hartranft	730			
S. Morris	435	315	455	1205	A. Herbert	140	(60-69)	G. Roberts	570	242 lbs.		5th-M. Francis	720			
275 lbs.					MALE			Open		Open		6th-R. Ambrose	680			
(50-59)					148 lbs.			G. Alvarez	505	Protomastro#	620*	7th-G. Roberts	570			
M. Francis	700	395	760	1855	Submaster SP	B. Rosenfield	260*	242 lbs.		B. Shirley	500	8th-S. Protomastro	600			
Junior					G. Covello	255	SHW	Junior		POWERCURL		9th-B. Stote	615			
J. Henderson	510	—	—	510	181 lbs.			T. Leana	460	FEMALE		Ironmaiden	BP	DL	TOT	
Lifetime					(40-49) SP			Open		148 lbs.		Raw				
M. Francis#	700	395	760*	1855*	W. Lee	—	BENCH REPS	D. Cooper#	725	Open		148 lbs.				
R. Ambrose	700*	385	675	1760	198 lbs.		198 lbs.	Protomastro	600	N. Free	75	Lifetime				
D. Cooper	600	385	735	1720	(40-49) DP		(40-49)	B. Shirley	480	165 lbs.		K. Richins#	100	215	315	
S. Haddaway	565	390	560	1515	H. Patrick#	385	P. Emond	28	275 lbs.	(40-49)		N. Free	100	210	310	
SHW					Lifetime SP		DEADLIFT	Lifetime		A. Herbert	80*	Ironman				
(40-49)					H. Patrick	385	FEMALE	M. Francis	720*	MALE		Raw				
D. Mignot	620	435	560	1615	Open SP		123 lbs.	R. Ambrose	680	181 lbs.		114 lbs.				
Junior					H. Patrick	385	(17-19)	SHW		(50-59)		(11-12)				
D. Willaman	—	—	—	—	Raw		165 lbs.	Junior		B. Rosenfield	135	C. Daniels	95	210	305	
Lifetime					165 lbs.		(17-19)	G. Hartranft	730*	198 lbs.		(11-12)				
D. Mignot	620	435	560	1615	(17-19)		Lifetime	SQUAT		(17-19)		J. Herbert	115*	235	530	
Equipped					C. Cordell	275	C. Cooper#	MALE		(40-49)		181 lbs.				
242 lbs.					(40-49)		MALE	Raw		P. Carr#	155	(40-49)				
(13-16)					C. Livolsi	310	181 lbs.	(50-59)		J. Saavedra	130	M. Bowers	325	505	825	
M. Mullen	385	205	455	1045	(40-49) SP		(50-59)	M. Manzo	450	Open		220 lbs.				
! = Outstanding Lifters of the Tournament.					D. Heimbach	—	(50-59)	198 lbs.		(11-12)		(17-19)				
* = WNPf World Records. Team Champions:					T. Dement	240	(40-49)	SHW		J. Herbert	180*	J. Fusaro#	350	575	925	
Juggernaut Power Team- Brooklyn, NY. Countries Represented: USA, England, Georgia and Canada.					(40-49)		SHW	Open		Open		Lifetime				
» courtesy WNPf					P. Emond	355	(40-49)	B. Stote	615	G. Alvarez	505	D. Hashemiyoon	285	500	785	
					P. Carr	245	Open	Raw		(50-59)		(17-19)				
					Lifetime		198 lbs.	G. Alvarez	505	Open		J. Catani	300	435	735	
					G. Roberts	305	(17-19)	Lifetime		220 lbs.		SHW				
					Open		DEADLIFT CHALLENGE	(Wilks Formula)				(40-49)				
					J. McDaniel#	415	C. Dantzler	240		1st-R. Sadiv	675	\$300	R. Wanner	325	405	730
					G. Alvarez	300	D. Femera	415		2nd-D. Cooper	725	\$200	SP=Single-Ply. Double-Ply.			
					220 lbs.		A. Callaghan	395		3rd-E. Richardson	630	\$100	» courtesy WNPf			
					(50-59)		Lifetime									

WNPf IRONMAN NATIONALS

APR 10 2011 » Bordentown, NJ

BENCH Raw
FEMALE 165 lbs.



RESULTS



Bubba Upchurch doing a strict curl at the IBP Raw Bench Press/Strict Curl



Matthew Wyatt at the IBP Raw Bench Press/Strict Curl (Keith Payne photos)

IBP RAW BP/SC

APR 8 2011 » Greensboro, NC

BENCH	M. Wyatt	340
FEMALE	Submaster (35-39)	
Raw	M. Wyatt	340
114 lbs.	308+ lbs.	
Intermediate (24-34)	Teen (18-19)	
J. Severini	125	P. Goforth 165
Open		
J. Severini	125	STRICT CURL
181 lbs.	Raw	
Master (40-44)	114 lbs.	
P. Evans	100	Intermediate (24-34)
MALE	J. Severini	60
Raw	MALE	
123 lbs.	Raw	
Teen (14-15)	123 lbs.	
D. Dawkins	190	Novice
148 lbs.		D. Dawkins 100
Teen (14-15)		Teen (14-15)
M. Marable	215	D. Dawkins 100
Teen (16-17)		148 lbs.
J. Care	215	Teen (14-15)
Teen (18-19)		M. Marable 115
J. Spikes	185	4th-125
Youth/Teen (12-13)		Novice
M. Shires	90	M. Marable 115
165 lbs.		4th-125
Teen (14-15)		Teen (18-19)
J. Hopper	150	J. Spikes 95
Teen (18-19)		Youth/Teen (12-13)
P. Amodo	150	M. Shires 50
181 lbs.		165 lbs.
Intermediate (24-34)	Teen (14-15)	
J. Watkins	185	J. Hopper 95
Master (50-54)		Teen (18-19)
J. Care	310	P. Amodo 105
Master (50-54)		181 lbs.
B. Upchurch	285	Master (50-54)
Master (65-69)		B. Upchurch 135
J. Shoaf	230	4th-145
198 lbs.		Master (65-69)
Submaster (35-39)	J. Shoaf	100
J. Adams	400	220 lbs.
4th-410		Master (75-79)
220 lbs.		B. Putnam 95
Master (75-79)		242 lbs.
B. Putnam	175	Master (50-54)
242 lbs.		J. Putnam 150
Master (50-54)		4th-160
J. Putnam	350	Master (65-69)
4th-355		K. Bayard 130
Master (65-69)		4th-135
K. Bayard	205	Novice
4th-210		J. Putnam 150
Novice		4th-160
J. Putnam	350	Open
4th-355		J. Putnam 150
Open		4th-160
J. Putnam	350	Teen (16-17)
4th-355		D. McClain 75
Teen (16-17)		4th-80
D. McClain	135	308+ lbs.
275 lbs.		Teen (18-19)
Police/Fire/Military	P. Goforth	75
Outstanding Lifters: January Severini, Jasper Adams, Joey Care, DeAndre Dawkins.		
Teams: Nautilus Phoenix Powerlifting Team-1st Bench. Nautilus Phoenix Powerlifting Team-1st Strict Curl.		

WNPf SARGE McCRAY PL

DEC 11 2010 » Bordentown, NJ

BENCH	(40-49) Raw	
FEMALE	L. Matthews!	120
123 lbs.	165 lbs.	
(40-49) Raw	(40-49) Raw	
S. Sowers	75	A. Herbert 130
148 lbs.	MALE	
(13-16) Raw	148 lbs.	
E. Losey	100	(17-19) Raw

RESULTS »

220 lbs. (60-69) Coleman Lifetime USA	150				
242 lbs. (40-49) Monroe# Powerlifting WNPF USA					
FEMALE 132 lbs. Junior Raw Tolbert	230*	175*	285*	690*	
165 lbs. Open Raw Cohn	175	105	225	505	
SHW (40-49) Raw Butch	230	135	265	630	
MALE 100 lbs. (9-10) Raw Pate	135	65	135	335	
165 lbs. (13-16) Raw Koon	215	165	270	650	
Dale	185	115	250	550	
Open SP Nantamby (40-49) Raw Pollard#	455	265	490	1210	
181 lbs. (17-19) Raw Curtis	—	—	—	—	
198 lbs. Junior Raw Williams	385	—	—	385	
(50-59) Raw Wagner	425	320*	465	1220*	
(50-59) SP Fuller	620*	400*	560*	1580*	
(60-69) Raw Gresham	300	265	350	915*	
220 lbs. Subs Raw Stanley	435	355	475	1265	
275 lbs. (17-19) Raw Henderson	450	365	460	1275	
SHW (17-19) Raw Dibiase	—	—	—	—	
Open Raw Dibiase	—	—	—	—	
Lifetime USA 242 lbs. (60-69) Raw Gonzalez	300	260	415	975	
275 lbs. Open SP Davis#	725*	525	600	1850*	

*=National Records. #=Best Lifters.
SP=Single-Ply.
» courtesy WNPF

NASA MULTI-STATE REGIONAL AUG 6 2011 » WI

BENCH MALE 308 lbs. Powerlifting	SQ	BP	DL	TOT
FEMALE 148 lbs. Master II D. Nagel	176	99	204	479
MALE 275 lbs. Master I R. Walton	402	319	424	1145
Open R. Walton	402	319	424	1145
Raw 132 lbs.				

High School J. Millermon	209	198	292	699
181 lbs. SQUAT High School J. Jasperson	253	220	319	793
Open S. Galanin	396	264	418	1079
220 lbs. Open M. Jasperson	396	341	501	1239
Power Sports CR		BP	DL	TOT
MALE 220 lbs. Master II R. Whitmire	143	369	303	815
		4th-DL-330		
Open P. Schaefer	154	275	551	980
242 lbs. Master II B. O'Dell	121	281	418	820
Quadralifting CR		SQ	BP	DL
MALE 181 lbs. S. Galanin	121	396	242	418
220 lbs. M. Jasperson	143	396	330	501

1ST ANNUAL IBP SPRING FLING PP MAR 19 2011 » Marion, NC

BENCH MALE Raw	Submaster (35-39) S. Batson	340		
123 lbs. Teen (14-15) T. Flynn	200			
Teen (14-15) J. Glickman	175			
181 lbs. Teen (18-19) J. Allen	275			
4th-300 Intermediate (24-34) S. Todd	280			
308+ lbs. Master (40-44) C. Gowan	425			
198 lbs. Push Pull FEMALE Raw		BP	DL	TOT
132 lbs. Master (45-49) N. Newton	110	240	350	
MALE Raw				
148 lbs. Teen (16-17) D. Williams	200	250	450	
165 lbs. Intermediate (24-34) B. Matthews	210	495	705	
	4th-500			
J. Gouge	300	370	670	
Teen (16-17) T. Houpe	250	345	595	
	4th-355			
J. Carswell	165	330	495	
	4th-360			
198 lbs. Teen (18-19) M. Kincaid	290	405	695	
	4th-420			
220 lbs. Master (50-54) F. Beam	240	350	590	
	4th-370			
Teen (14-15) A. Hinson	225	405	630	
242 lbs. Open J. Cravy	330	550	880	
Teen (16-17) S. Edwards	205	325	530	

Outstanding Lifters: Nelda Newton, Marcus Kincaid, Frank Beam, Jason Cravy. Team: Flex Gym.
» courtesy Keith Payne



Jason Gouge benching at the IBP Spring Fling



Nelda Newton pulled 240 at the IBP Spring Fling (Keith Payne photos)

PR BELT

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RESULTS

USPA RED BRICK VIII FEB 19 2011 » Buffalo, NY

BENCH

FEMALE

Raw	Open		
123 lbs.	E. Carter	336*	
Master (35-39)	Master (45-49)		
C. Wu#	D. Cronkhite	281*	
132 lbs.	R. Carnarre	303*	
Master (45-48)	Master (70-74)		
J. Fachko	J. Marshall	176	
Master (50-54)			
C. Tibollo#	R. Gagnon	—	
198+ lbs.	Master (50-54)		
Master (40-44)	I. Brascoupe	—	
A. Lockhart	Master (60-64)		
Single-Ply	A. Kirsch	237	
123 lbs.			
Open	Junior (16-17)		
A. Wilcox	T. Emmick	275!*	
Open Police	I. Ford	253	
A. Wilcox#	Open		
Unsanctioned Raw	E. Carter	369*	
132 lbs.	Submaster		
Master (45-49)	E. Carter	369*	
K. Owens	Master (40-44)		
148 lbs.	A. Lewis	374*	
Open Police	Master (45-49)		
S. Billings#	M. Carr	308*	
165 lbs.	Master (50-54)		
Submaster Police	P. Buchiero	275*	
M. Gee	Master (65-69)		
181 lbs.	M. Scarpello	259*	
K. Zel#	R. Doll	165	
198+ lbs.			
Junior Police	Open		
C. Callaghan	E. Carter	424*	
Open Police	Submaster		
E. Hotaling	E. Carter	424*	
Unsanct. Multi-Ply			
181 lbs.	Junior (13-15)		
Open	N. Phelps	231!*	
R. Miller#	Junior (16-17)		
MALE	D. Garcia#	314!*	
Raw	Master 55-59		
132 lbs.	L. Zarambo	292!*	
Junior (16-17)	Master (60-64)		
Cappeliano	B. Pistrin	281!*	
148 lbs.			
Master (50-54)	Open		
P. Lamancusa	A. Reece#	534!*	
165 lbs.	Submaster		
Junior (16-17)	A. Reece#	534!*	
A. Cody	308+ lbs.		
Junior (18-19)	Junior (20-23)		
D. Lyons#	N. Figura	424!*	
A. Patterson	Open		
Junior (20-23)	J. Hall	451*	
C. Finley	Master (40-44)		

J. Hall	451*	Single-Ply	
132 lbs.		Junior (18-19)	
J. Owens#	226!*	J. Owens#	226!*
165 lbs.		Open Police	
Junior (13-15)		E. Rotella	220
K. Patterson	192!*	Open Military	
220 lbs.		J. Litmer	275
Submaster (35-39)		Master (50-54)	
D. Zahno	—	N. Camarre	—
242 lbs.		(60-64) Police	
Open		P. Sax	159
D. Epolito#	589*	181 lbs.	
M. Botticelli	562	Junior (13-15)	
Master (50-54)		C. Foote	209
R. Michienzi#	413*	A. Castellani	148
(50-54) Police		Junior (16-17)	
R. Michienzi#	413*	B. Thomas	237
Multi-Ply		Junior (18-19)	
220 lbs.		Z. Antone	248
Junior (20-23)		C. Didas	—
C. Sullivan	501!*	(20-23) Police	
Open		N. Locicero	242
K. Herbert	—	Open	
242 lbs.		B. Hickey	352
Open		J. Clyde	297
A. Newman	—	R. Galindo	281
275 lbs.		C. Carlson	270
Open		Master (55-59)	
P. Emmick	—	M. Wohleben	281
Unsanctioned Raw		198 lbs.	
97 lbs.		Junior (16-17)	
Youth (9-10)		R. Bailey	220
S. Kenney	35	Junior (18-19)	
Youth (11-12)		S. Vitello	253
V. Russell Jr	55	Junior (20-23)	
114 lbs.		N. Eckert	303
Youth (9-10)		V. Sokolov	286
A. Maksiak	49	(20-23) Military	
123 lbs.		J. Didas#	319
Junior (13-15)		Open	
Lucas Stover	110	M. Christman	—
132 lbs.		L. Wehling	—
Junior 20-23		Open Military	
Mike Stover	214	L. Wehling	—
(20-23) Military		Open Police	
M. Stover	214	A. Pappas	330
148 lbs.		K. Maluchnik	314
Junior (16-17)		C. Wildt	209
M. Cancilla	198	Submaster	
D. Swanson	165	J. Greene III	363
M. Thomas II	154	Master (40-44) Military	
Junior (20-23)		J. Mitchell	325
M. Del Zoppo	325	Master (65-69)	
P. DePronio	253	A. Gajkowski	226
(40-44) Police		220 lbs.	
P. Tripi	264	Junior (16-17)	
165 lbs.		D. Tripi	181
Junior (18-19)		Junior (20-23)	

I. DeFranco	336	Submaster Police	
J. Kenney	303	Master (40-44) Police	
J. Reynolds	369	Submaster Police	
M. Burke	352	M. Wasik#	468
S. Bax	—	(40-44) Police	
Master (45-49)		P. Magnan	—
R. Schurr Jr	281	(45-49) Police	
(50-54) Police		Dinicolanton	—
McPherson	363	Unsanct. Single-Ply	
242 lbs.		Junior (18-19)	
Junior (16-17)		J. Greene	270
M. Lydie	264	198 lbs.	
Open		Open	
M. Daniels	385	E. Seefeldt	341
E. Seefeldt	341	M. House	474
Submaster Police		Submaster Police	
K. Henderson	297	(40-44) Police	
C. Wilson	314	132 lbs.	
Master (45-49)		Master (40-44)	
E. Seefeldt	341	A. Jackson	319
Master (60-64)		275 lbs.	
S. Hendricks#	330	Master (50-54)	
(75-79) Police		B. Ballentine	253

T. Bowick, Make Botticelli in honor of SPC Blake D. Whipple, Steve Hendricks in honor of SPC Alan N. Dikcis, Colleen Tibolla received two in honor of SGT Jason M. Johnston and SGT Frank J. World, Rae Ann Miller in honor of Gunnery SGT Aaron M. Kenefick, Cindy Wu in honor of PFC Albert R. Jex, Sandi Billings in honor of PFC Dwane A. Covert and Allene Wilcox in honor of PFC Benjamin C. Schuster. In the USPA Raw sanction portion of this years event we start off with Cindy Wu winning the women's 123lb. submaster division with a 40kg. bench press to sei both N.Y. AND American records. Master 45-59 45-49 winner Judy Fachko also sei N.Y. and American records with her 52.5 kg. bench press winning in the 132lb division. Returning superstar master 50-54 division winner Colleen Tibollo continued her winning ways by posting a great 62.5 bench press to win the 132 lb. class for new N.Y. state and American records. Adrienne Lockhart had little trouble setting her N.Y. state and American records of a 80 kg. bench press to win the 198 lb. division in the 40-44 age group. Getting into the men's USPA Raw division we had 132 lb. winner Nick Cappelliane with a N.Y. state record 80 kg. in the junior 16-17 age group. Returning master 50-54 competitor Paul Lamancusa never skips a beat as he again sets another state record with his 117.5 kg. raw press to win the 148 lb. division. In the 165 lb. divisions we had Alec Cody setting both state and American records in the Junior 16-17 age group with a 110 kg. bench press. Good competition was found in the Junior 18-19 raw division with Dave Lyons taking the Gold and a state record 150 kg. bench press. Right behind was Alex Patterson who turned in a fine 127.5 kg. press. Junior 20-23 winner Christopher Finley set a state record with his 117.5 kg. press and appeared to have a little more in the tank. Open winner Edmond Carter comes from a great patriotic family as indicated by his and his returning brothers have shown. Edmond pushed an outstanding raw 152.5 kg. bench press for a new state record. My good friend, all around athlete and another great patriot to our country, Dave Cronkhite cut down to the 165 lb. class but still had an outstanding state record bench press of 127.5 kg. to win the masters 45-49 division. I have to mention that Dave over the years has collected hundreds if not thousands of dollars for our troops plus countless baskets for our basket auction that we also bold at our event. Close friend of Dave's, Ralph Camarre also set a new state record in the master 50-54 age group with an outstanding 137.5 bench press. Tonawanda Barbender John Marshall had an easy time with his state record of 80 kg. to remain undefeated at the Brick. Moving into the 181lb. raw division we had two great competitors who had an off day in Roger Gagnon and Isaac Broascoupe. I'm sure they both will be back to redeem themselves and to continue supporting our troops. Art Kirsch did well in the master 60-65 group with a state record of 107.5 kg. In the 198 lb. divisions we had Tyler Emmick getting both state and American records in the Junior 16-17 age group with a great 125 kg. bench press. Right on his heels was Ian Ford who posted a 115 kg. bench press for second place. Open winner Ernest Carter showed again his stuff with a new state record of 167.5. Ernest also competed and won in the submasters for his second USPA state record. Another

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old time friend and gifted athlete, Al Lewis won the master 40-44 age group with a state record 170 kg. press. Master 45-49 winner, Mike Carr made his state record press look easy as he posted a 140 kg. for his win but I expect him to shatter that at his next competition. Philip Buchiero looked like he had an easy time with his state record 125 kg. bench press to win the 50-54 age group. Mike Scarpello won the 60-69 masters division with a new state record of 117.5 kg. Second to Mike was another good friend and Niagara Powerlifting Club teammate in Robert Doll who posted a 75 kg. bench press. This is far from what Bob is capable of doing and I'm sure he'll be back to prove it. In the popular 220 lb. raw division, I find it hard to believe we only had one competitor and that came from Edward Carter. Edward would have been tough to beat as were his lighter brothers, Edmond and Ernest. Edward competed and took firsts in two divisions, the open and submasters. He set new state records in both with a great 192.5 kg. bench press. Again I have to thank Edmond, Ernest and Edward for your continued support to our troops. The Carters have been at nearly everyone of our eight Red Brick events. They're a great family that apparently loves our country and our troops. In the 242 lb. division we had Nicholas Phelps setting both state and American records with a fine 105 kg. bench press to win the 13-15 age group. In the 16-17 age group we have another great athlete in Daniel Garcia-Cassilles posting a 142.5 kg. bench press for both state and American records. Daniel is coached by another powerlifting great in Niagara Powerlifting Club member, Matthew Rydelek. Lawrence "too tall" Zarambo did well also establishing both state and American records with his 132.5 kg. bench press to win the master 55-59 age group. Bruno Pistrin also set new state and American records with his 127.5 kg. bench press to win the masters 60-64 age group. In the 275 lb. division, we had a fantastic newcomer to the sport. Allah Reese competed in his first Red Brick and did some serious lifting. Competing in both the open and submaster, Allah proved he's for real posting a raw 242.5 bench press for both new New York state and American records. In the 308+ raw division we had Niagara Powerlifting Club member, Nicholas "Niekasaurus" bench pressing a raw 192.5 kg. for both state and American records in the Junior 20-23 age group. Joseph "Gentle giant" Hall looks much younger than his 40-44 age group indicates and his numbers in the bench press is always greater than those half his age. Joe is a great returning individual who always has been near the top as one of the strongest bench pressers at the Brick This year, Joe pushed 205 kg. for a new state record. Going into the single ply division we had Allene "Diesel" Wilcox winning the open and police/open division with a 65 kg. bench press for a new state record in the 123 lb. category. Allene definitely had more in her and will probably be cracking the 200 lb. barrier at her next competition. In the men's single ply division we had junior 18-19 winner Jeff Owens setting both state and American records with a 102.5 kg. press in the 132 lb. age group. Junior 13-15 age group champion, Kyle Patterson set new state and American records with his 76.5 kg. performance in the 165 lb. class. In the 220 Submaster division, we had Dan Zahno with an off day but will return at

Mickey Rats with a point to prove. The 220 single ply open division had some excitement with Tonawanda Barbender Dave Epolito's 267.5 kg. state record bench press edging out team mate Mike Botticelli who posted a 255 kg. press for second. 242 lb. master 50-54 single ply winner was Robert Mechienze who benched a state record 187.5 kg. and also took first in the master/police division. In the men's multi-ply division we had Chris Sullivan setting both state and American records with his fine 227.5 kg. bench press. Roger Gagnon, Issaac Brascoup, Dan Zahno, Kris Herbert, Aaron Newman and Paul Emmick may have had off days for themselves at this years Red Brick but your attempts and support to our troops have not gone unnoticed. Red Brick Bench Press Championships Non-Sanction: The Red Brick non-sanctioned portion of our event is the foundation and important aspect of our cause. Most of these competitors are there mainly to support our troops and don't care if they set a record or even a Pro They are in most cases just as strong and even in some divisions stronger than many sanctioned lifters. In the women's raw division, we start with 132 lb. winner Kathy Owens benching 35 kg. in the master 45-49 age group. Open police winner, Sandi Billings benched an easy 45 kg. in the 148 lb. division. Marsha Gee won the submaster police division with a 50 kg. effort in the 165 lb. weight class. Returning police submaster winner, Kristina Zell improved over last year's event benching 55 kg. in the 181 lb. class. 198 police/junior 20-23 champion Christie Callaghan looked impressive with her 47.5 kg. bench press for her first win. Also in the 198's we had Erin Hotaling benching 52.5 to win the open/police division. In the men's raw divisions we had power house Simeon Kenney benching a great 16 kg. in the 97 Lb. youth 9-10 age group. Another 97 Lb. division competitor Vincent Russell Jr. continues to improve year after year has shown with his fine 25 kg. bench press to win the youth 11-12 age group. First time competitor, Anthony Maksiak trained hard the past couple of months to win the 114 lb. youth 9-10 division and his 22.5 kg. bench press showed the fruits of his labor. This is his first win of many more to come, I'm sure. In the 123 lb. division we had Lucas Stover bench 50 kg. to win the junior 13-15 age group. Next in the 132 Lb. weight class we had returning competitor Mike Stover winning both the junior 20-23 and Military/Junior 20-23 divisions with a 97.5 performance. Good competition in the 148's with Marshall cacilla coming on top with a 90 kg. press in the junior 16-17 age group. Second close behind went to Dean Swanson with a 75 kg. bench press and third, by a whisker, went to Michael Thomas who posted 70 kg. In the junior 20-23 division of the 148's, body builder champion, Michael Del Zoppo bench pressed an incredible raw 147.5 kg. for his win over Philip DePronio who benched a nice 115 kg. for second. Police/Master 40-44 winner Philip Tripi moved down a weight class from last years event but still posted a strong 120 kg. press in the 148's. In the 165 lb. divisions we had Junior 18-19 winner Michael Seaman benching 105 kg. for his first win. Eric Stein won the open division with his 122.5 kg. effort over Daniel De Wolf who posted a close 110 kg. for second and directly behind him was John Henry Bacs with 105 kg. for

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third. Baes moved down a weight class from last years event but still improved his bench. Nice going John Henry. Open/Police winner Eric Rotella benched an even 100 kg. for his first Red Brick win of many more to come. One of our open/military competitors, Jon Litmer showed that he's ~J man of steel with his outstanding 125 kg. bench press. Paul Bax also showed his stuff and that age is not a factor by benching 72.5 kg. to win the police master 60-64 division. In the 181lb. divisions we had junior 13-15 winner Chris Foote benching 95 kg. followed by Anthony Castellani's 67.5 press for second. Brad Thomas won the junior 16-17 division with his 107.5 kg. bench press. Zachary Antone looked like he had more to push with his 112.5 bench press to win the junior 18-19 age group. Great competitor from a great family, Christian Didas had an off day and could have taken a first place award if he made any of his opening attempts. I'm sure he'll redeem himself at next years event with a vengeance. Nick Lecicero won the junior 20-23 police division with his strong 110 kg. bench press. Another returning Red Brick competitor, Brett Hickey walked away from any competition with his 160 kg. bench press but the real competition came from between 2nd and 4th places. Jesse Clyde made a come back statement after not competing for several years. Jesse took second place with 135 kg. following close by was Rancis Galimdo with 127.5 and Christopher Carlson's 122.5 bench presses. Master 55-59 competitor, Michael Wohleben is much stronger than many younger competitors in the 181's and benched 127.5 kg. to show he's a threat. In the 198 divisions we start with junior 16-17 champion, Ricky Bailey III who pushed up a solid 100 kg. for his win. Steve Vitello came back this year to win the junior 18-19 age group title with a 115 kg. press after taking third at last years event. Junior 20-23 winner, Nick Eckert posted a 137.5 kg. press to edge out a win from three time competitor Vladimir Sokalov. Outstanding military award winner Jacob Didas raw benched a great 145 kg. to win the military/junior 2023 division. Co-captain Andrew Pappas of the Niagara Falls Police Bench Press Team, showed why he's a leader. Benching 150 kg. to win the open/police division and helping his team to a first place victory seemed to come easy for him. Right behind him though was 1 threat in Kevin Maluchnik with a 142.5 kg. bench and in third was

Cory Wildt with 95 kg. Submaster champion James Green III proved to be top dog in the 198 posting an 165 kg. bench press. Military/Master 40-44 winner Joe Mitchell had a good day with his 147.5 kg. effort. Master 65-59 winner Andrew Gajkowski benched 102.5 kg. for his 4th out five Red Brick wins. In the 220 division weight divisions, Dominik Tripi benched 82.5 in his first Red Brick competition giving him first place in the junior 16-17 age group. Junior 20-23 age group winner, Ignatius DeFranco was strong in his 152.5 kg. bench press for his first win. Jason Kenney improved 28 lbs from two years ago, benching 137.5 kg. to win the police/Submaster division. The other co-captain of the Niagara Falls Pollee Bench Press Team, Jay Reynolds appears to be unbeatable as he wins again in time police/master 40-44 age group with a 167.5 kg. press. Right behind Jay, in second place was Michael Burke who posted a close 160 kg. press. Master 45-49 champion, Robert Schurr Jr. had an easy time with his 127.5 kg. press and appeared to have some left in him. Mark McPherson always does well at our Red Brick event and proving he's as strong as kids half his age. Mark competed this year in the police/master 50-54 division and had a great 165 kg. raw bench press. In the 242 Lb. division we had Mark Lydie bench pressing 120 kg. to win the junior 16-17 age group title. Open class winner, Matthew Daniels, 175 kg. press, edged out a win over Eric Seefeldt who took second with a 155 kg. press. Eric also competed in and took first place in the master 45-49 division and showed the youngster that he's the competition. Police/Submaster winner, Kevin Henderson did well in winning with his 135 kg. bench press. Chris Wilson, captain of the Niagara County Sheriff's Correctional Bench Press Team, posted a 142.5 kg. bench press to win the police/master 40-44 bench title. There are a great many patriotic competitors that I consider a friend and I have to put Chris Wilson up there with the best of them. Chris and his Niagara County Sheriff Dept Correctional Bench Press Team are responsible for raising over \$10,000 of the \$65,420 raised so far for our troops and their families. Like several others that have helped our cause, Chris is a devoted patriot and a friend that a friend would like to have. Most of his drive is in honor of Andrew Hoelzl who was a member of the Sheriff's Dept and also of the Air Force Reserves. Steve Hendricks competed in the masters 60-64 division and not only won with an outstanding 150 kg. press but also

RESULTS »

won one of our outstanding lifter award in honor of SPC Alan N. Dikcis. Super-master 75-79 competitor. John "the Judge" Teixeira not only won his age group with a 60 kg. bench press but also raised several hundred dollars for this years event. In the 275 lb. divisions we had Submaster winner Tredell Feaster pounding out a strong 150 kg. bench press. Police/Submaster winner, Mike Wasik, a member of the Lockport City Police Dept came and shook the floor with his 212.5 raw bench press. This amount was also good enough for him to receive our outstanding bench press award in honor of PFC Albert R. Jex who also was from the city of Lockport. Returning big man, Anthony Dinicolantonio won the police/master 45-49 division with his 147.5 kg. bench press. Into the men's single-ply division we had Jaron Greene competing in the 181 lb. class and impressing everyone with his 122.5 kg. bench press to win the junior 18-19 age group. Niagara Powerlifting Club member, Matthew House won the 198 open division with the heaviest bench press in the non-sanction portion at 215 kg. and is now knocking on the 500 Lb. door. Local football great, Joe Moore won the 220 lb. police/submaster crown with a 160 kg. bench press. Joe was a big factor in helping his Buffalo Law Dawgs Bench Press Team to two Red Brick Police Team Trophies and this year to a second place team award. At 132 lbs, Andre Jackson is tough to beat. Andre competed in the master 40-44 age group and pushed up a nice 145 kg. bench press. In the 275 Lb. single ply, we had Bob Ballentine competing in the master 50-54 age group and winning with a 115 kg. press. Last and by no means least we had Rae-Ann Miller competing in the multi-ply division. Rae-Ann won the women's 181 lb. open division with a 140 kg. press. This is a far cry from what she is capable of achieving and watch out for her at her next competition. I should also mention that she is a member of the Niagara Powerlifting Club and trained and coached by her husband Jeff "the vanilla gorilla" Miller. Congratulations to our open team champions, the Tonawanda Barbenders, second place to the Lockport Powerlifters and third to Potter's Jim. In the police division, Congratulations to the Niagara Falls Police Dept Bench Press team, second to the Buffalo Law Dawgs and third to the Niagara County Sheriff Deputy Correctional Bench Press Team. In the high school division, congratulations goes to Niagara Wheatfield High School Bench Press Team with second place to Grand Island High School Bench Press Team. Thank you to Victoria Spanbauer who every year has come to our event to sing both our national anthem and the Canadian anthem for our friends to the north. Finally I have to thank the 20 other volunteers that helped but this event together and into the success that it is. Without them there would be no Red Brick and each and everyone is important to it's success. Those individuals are my wife Cathy, to my dear friends, Bob and June Petrie, Samuel Petrie, Mark, Jeanie and Katie Watson, Matt and Karen Schimpf, Greg Hoplight, Dan Gregory, Pat Dick, Dan and Stacy Zahno, Nick Figura, Bob Britton, Tom Delormeire, Mark Becht, Tom Schmidt and especially to Steve Denison and the USPA. I'm sure there were a few others that I may have missed and I thank you all. "We're Here for Them Because They Are There for us" See you all again at Red Brick IX, February 19, 2012.

» courtesy Dennis Brochey

APA VERMONT PUSH PULL

JUL 23 2011 » VT

BENCH				
FEMALE				
114 lbs.				
Master (50-54) Std				
R. Edson	115			
148 lbs.				
Master (40-44) Std				
T. Howard	250			
198 lbs.				
Master (40-44) Raw				
S. Lacy	145 !			
MALE				
Push Pull				
FEMALE				
220 lbs.				
Master (40-44) Std				
D. McNolty	220	350!	570	
SHW				
Master (50-54) Std				
T. Jones	330 !	400 !	730	
MALE				
198 lbs.				
Submaster (33-39) Raw				
R. Gilman	295	410	705	
		4th-DL-425		
198 lbs.				
Junior (20-23) Raw				
J. Beshaw	390	570	960	
220 lbs.				
Master (45-49) Std				
J. Rescott	260	390	650	
		4th-DL-410		
275 lbs.				
(13-15) UL				
Z. Gibson	300	400	700	
		4th-BP-315*	DL-415*	
308 lbs.				
Master (40-44) UL				
B. Gibson	420	430	850	

! = World Records. * = American Records.
 Best Lifter Female Bench Press: Tammy Howard. Best Lifter Male Bench Press: Charlie Ploof. Best Lifter Deadlift: Andy Jones. Best Lifter Powerlifting Female: Tina Jones. Best Lifter Powerlifting Male: Joey Beshaw.
 » courtesy James Matta

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JUL 9 2011 » Wisconsin Dells, WI

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Varsity				
97 lbs.				
S. Rattunde	205	90	245	540
S. Alexander	135	60	205	400
S. Rattunde	150	60	160	370
105 lbs.				
K. Kettlewell	180	85	210	475
M. Erickson	130	70	185	385
114 lbs.				
S. Hernandez	300	110	300	710
M. Peterson	205	120	240	565
A. Braumel	205	90	215	510
123 lbs.				
D. Beil	300	120	265	685
Kutchenriter	275	130	240	645
Houseworth	250	115	240	605
132 lbs.				
A. Herried	240	105	250	595
148 lbs.				
M. Vandaver	315	200	260	775
C. Kolodzik	255	115	260	630
M. Emery	260	115	240	615
D. Sebold	245	120	230	595
N. Amundson	235	120	235	590
165 lbs.				
L. Winters	265	95	300	660
T. Houy	290	95	245	630

A. Ward	265	115	250	630					
C. Kiesling	240	110	235	585					
181 lbs.									
T. Podboy	260	135	330	725					
H. Thums	295	125	275	695					
E. Rice	195	105	260	560					
198 lbs.									
M. Knight	255	—	265	520					
198+ lbs.									
D. Steffen	205	115	225	545					
MALE									
114 lbs.									
T. Schilling	310	155	320	785					
A. Seebrock	185	90	185	460					
132 lbs.									
N. Stemo	420	160	370	950					
K. Golz	185	115	195	495					
148 lbs.									
A. Trinidad	475	240	425	1140					
J. Steinhorst	405	200	405	1010					
C. Adamczyk	415	200	375	990					
M. Jasurda	290	150	405	845					
J. Fabar	235	200	275	710					
165 lbs.									
J. Dunbar	410	165	430	1005					
J. Hill	290	140	320	750					
181 lbs.									
A. Eigner	415	215	465	1095					
S. Gelanin	420	255	405	1080					
C. Happel	—	250	405	655					
R. Kallas	205	90	200	495					
220 lbs.									
D. Ambroch	440	230	410	1080					
275 lbs.									
Christensen	350	205	385	940					
275+ lbs.									
A. Askow	660	370	530	1560					
Skormaroske	520	270	460	1250					

» courtesy Brian Kenney

NASA 4TH OF JULY SPECTACULAR

JUL 2 2011 » Salina, KS

BENCH				
MALE				
123 lbs.				
Raw				
J. Kugler	116			
High School				
B. Simonsson	138			
148 lbs.				
High School				
J. Kugler	231			
PS CURL				
Push Pull				
MALE				
165 lbs.				
Novice				
M. Mann	226	391	617	
308 lbs.				
Master Pure				
C. Riley	286	435	721	
SHW				
Submaster I				
S. Tully	380	628	1007	
Powerlifting				
FEMALE				
Raw				
181 lbs.				
High School				
J. Baker	182	94	204	479
SHW				
High School				
A. Riley	385	154	347	886
Junior				
A. Riley	385	154	347	886
Teen				
A. Riley	385	154	347	886
MALE				
165 lbs.				
Teen				
N. Libby	275	154	347	776
220 lbs.				
Master IV				

USPA RAW NATIONAL POWERLIFTING

JUL 1-2 2011 » Ft. St. Lucie, FL

DEADLIFT				
MALE				
181 lbs.				
Master (60-64)				
L. Russell	567			
Open				
L. Russell	567			
198 lbs.				
Powerlifting				
FEMALE				
97 lbs.				
Junior (18-19)				
N. Berry	143	94	231	468
105 lbs.				
Open				
A. Shumaker	209	198	303	711
132 lbs.				
Master (55-59)				
E. Stein	320	160	358	838
Open				
E. Stein	320	160	358	838
K. Diaz	171	116	265	551
Submaster (35-39)				
J. Carter	198	116	314	628
198 lbs.				
Master (60-64)				
N. Coppola	248	127	292	667
198+ lbs.				
Open				
M. O'Rourke	386	248	435	1069
MALE				
148 lbs.				
Open				
D. Carpenter	397	259	524	1179
165 lbs.				
Master (45-49)				

T. O'Brien 181 lbs. Junior (16-17)	435	292	496	1224	Teen II	345	265	385	1220
I. Nasser Open	452	314	507	1273	C. Rush	340	—	365	705
J. Zona 198 lbs. Master (50-54)	430	287	485	1202	C. Carlson	390	265	465	1175
J. Costas Master (65-69)	303	226	402	931	R. Troxler 181 lbs. Open	375	265	450	1200
B. Gaynor Open	402	331	650	1383	K. Morgan	260	295	460	880
M. Levine	540	353	584	1477	B. Reist Teen III	345	220	345	910
M. King 220 lbs. Open	408	364	507	1279	N. Robertson	250	190	380	820
Montgomery	502	391	606	1499	J. Noble 198 lbs. Junior	450	320	450	1145
J. Godfrey 242 lbs. Master (45-49)	408	325	518	1251	V. Garver	425	270	510	790
B. Knowlton Open	435	375	557	1367	Cunningham	405	285	485	1370
B. Autrey 308+ lbs. Open	601	375	672	1648	L. Bayless Open	450	275	475	1370
D. Garber	551	463	606	1620	Keosybounheu	315	235	330	1595
Raw National PL Best Lifters: Open Women-April Shumaker, Master Women-Ellen Stein, Open Men-Ben Autrey, Master Men-Bob Gaynor. Raw National DL Best Lifters: Open Men-Jared Wilsey, Master Men-Larry Russell. Meet Director & Promoter: Brian and Jeanna Burritt. Thanks to our score table help. Meet Announcer: Spero T. and Brian Burritt, Meet Scorekeeper: Ginny Casey, Master Score sheet: Jason Shook. Thanks to all our Referees: Bob Gaynor-International, Jack Stevens-National, J.D. Gaynor-National, Bill Shumaker-National, Ellen Stein-State, Jeanna Burritt-State. Thanks to our spotters/loaders: Samson Gym. » courtesy Steve Denison					J. Hendrix 220 lbs. Master III	290	205	350	845
					B. Johnson Open	385	285	475	1145
					I. Hartsook	270	170	350	790
					C. Gadt 242 lbs. Open	490	330	550	1370
					J. Madden	450	350	570	1370
					D. Capps SHW Open	650	425	520	1595
					A. Wilczak » courtesy Wayne David Herl				

**APF GULF COAST
MAY 20 2011 » FL**

BENCH	Open				
FEMALE	J. Land	628			
Open	220 lbs.				
A. Mathis	391				
Teen	D. Broverman	314			
A. Chatelain	353				
165 lbs.	Open				
Junior	G. Alvarado	546			
D. Doddy	402				
DEADLIFT					
MALE	275 lbs.				
Teen	D. Martin	331			
D. Martin	331				
181 lbs.	G. Jurkowski	733			
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
Teen	A. Chatelain	661	353	430	1444
132 lbs.	Teen				
J. Pons	127	61	160	347	
148 lbs.	Open				
S. Schwanke	474	298	430	1202	
198 lbs.	Open				
Underwood	231	182	231	645	
MALE					
148 lbs.	Master III				
D. Whitney	485	204	457	1146	
165 lbs.	Open				
B. Schwab	—	584	—	584	
Teen					
B. Szulis	601	358	546	1505	
181 lbs.	Master I				
B. Tincher	810	540	634	1984	
Teen					
J. Garcia	452	265	480	1196	
198 lbs.	Junior				

**USAPL SUNFLOWER
STATE GAMES**

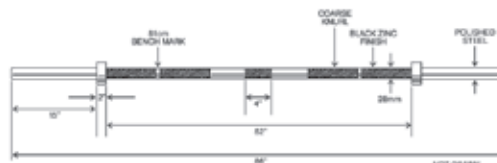
JUL 9 2011 » Topeka, KS

BENCH	T. Rodman	265		
MALE	242 lbs.			
Raw	Master IV			
198 lbs.	J. Stadler	220		
Teen III				
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Raw				
114 lbs.				
Teen II				
M. Lee	185	95	255	535
HW				
Open				
A. Martell	250	145	285	1035
MALE				
198 lbs.				
Master II				
L. Newton	350	280	405	1420
Master II				
K. Carroll	350	250	400	995
220 lbs.				
Open				
J. Howe	—	—	—	—
Teen II				
M. Hewitt	515	315	550	1120
Raw				
123 lbs.				
Teen III				
Mi. Fox	360	270	405	1090
132 lbs.				
Teen III				
Ma. Fox	335	235	345	1015
148 lbs.				
Teen II				
J. Kugler	250	240	325	910
165 lbs.				
Open				
V. Perryman	515	300	605	820

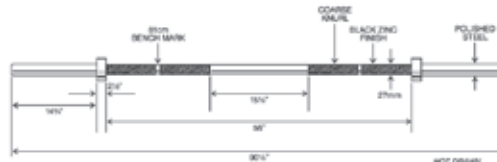
J. Poole	722	529	562	1813	L. Grant	149	496	584	1229
Master II					Open				
G. Godwin	661	397	562	1620	L. Estevez	904	683	656	2243
220 lbs.					G. Stark	717	507	634	1857
Open					308 lbs.				
J. Morris	722	513	590	1824	Master I				
D. Jenkins	705	430	507	1642	T. Mahoney	623	397	639	1659
M. Schwanke	—	645	777	1422	Open				
242 lbs.					N. Moretto	838	485	656	1979
Master I					Teen				
R. Schmidt	—	—	—	—	J. Estevez	650	557	562	1769
Master II					SHW				
G. Poucher	568	386	601	1554	Open				
Open					M. Hammer	—	424	—	424
B. Carroll	1064	739	705	2508	Open Raw				
275 lbs.					B. Tutko	761	529	650	1940
Master II									

» courtesy Amy Jackson

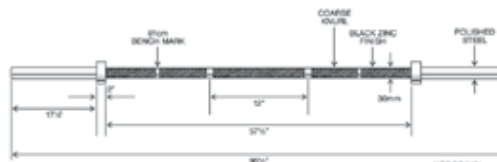
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COMING EVENTS

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

1-4 SEP » **AWPC Worlds (Equipped & Raw)** (Idaho Falls, ID) » Mike & Linda Higgins, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com
3 SEP » APA Southern Regional Championships (PL/BP/DL/PP/Overhead Press/Curl) (Fulton, MS) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
3 SEP » USAPL Alamo Classic Powerlifting (San Antonio, TX) » Willie Mastin, 210.699.0964, www.usapowerlifting.com
3 SEP » USPA Southern California Championship (Long Beach, CA) at Metroflex Gym » Steve Denison, 661.333.9800, steve@uspla.org, www.uspla.org
3 SEP » WPC OPO Wollongbar Gym Competition (Australia) » Ron Birch, rbirch@hotmail.net.au, www.worldpowerliftingcongress.com
3 SEP » NASA 4th Annual Texas State Cookout & Championship (Equipped/Unequipped, PL/BP/PS/PP) (Gilmer, TX) » www.nasa-sports.com
3 SEP » SLP Tennessee State BP/DL Championship (Lexington, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, 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
3-4 SEP » **USAPL BP Nationals** (Orlando, FL) » Rob Keller, 964.790.2241, www.usapowerlifting.com
10 SEP » WABDL GLC Direct "Last Chance to Qualify" (Kingwood, TX) at Monster Gym » Tiny Meeker, 832.423.7662, pmtiny705@aol.com, www.wabdl.org
10 SEP » USAPL Retro Raw (Columbia, MO) » Bill Duncan, 440.474.1071, www.usapowerlifting.com
10 SEP » APF/AAPF Georgia State PL/BP Meet (Hiram, GA) » Jon Grove, iron_mover1@hotmail.com, www.northgeorgiabarbells.com
10 SEP » APF Georgia State Meet (Kennesaw, GA) » Jon Grove, iron_mover1@hotmail.com, www.worldpowerliftingcongress.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., 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, 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 Tshontikidisi, 220 Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
11 SEP » **WNPf Can-Am National Championships** (Rochester, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
11 SEP » WPF UK Open Championships (PL/BP/DL) (Morrison, Swansea, Wales) at the Old Barn Inn & Restaurant » Ken Williams, +07970 625946, www.wfpowerlifting.com
16 SEP » King of the Beach IV BP/DL Contest (Pensacola Beach, FL) at Bamboo Willie's » Chip Holston, 850.304.9097, www.chips24hrhealth.com
16-18 SEP » World Kettlebell Championships (Nanuet, NY) at Premier Fitness » Brian Fahrenfeld, 845.920.0501, brianf@premierfitnessny.com, www.premierfitnessny.com
16-18 SEP » **SPF/WBPLA World Championship (Knoxville, TN)** » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

17 SEP » APC Hawg Farm Open (Princeton, IN) » Larry Hoover, 812.753.3929, www.americanpowerliftingcommittee.com
17 SEP » **100% RAW Eastern National Championships** (Scarborough, Ontario) » Barry McEvoy, bamcevoy@rogers.com, www.rawpowerlifting.com
17 SEP » Python Power League's Power-Mania (BP/DL/BP reps/PC/Pose Down) (Snellville, GA) » Tee "Skinny Man" Meyers, 706.513.7515, pythongym@aol.com
17 SEP » UPA Minnesota Powerman (Princeton, MN) » Jeff Adkins, barbell101@gmail.com, www.upapower.com
17 SEP » UPA Indiana State Powerlifting Championship (Wheatfield, IN) » Bryan Hoffman, powerlifter600@hotmail.com, www.upapower.com
17 SEP » Elite PL King of the Bench BP/Raw BP (Keene, NH) » Bill, 603.762.3990, www.elitepowerlifting.com
17 SEP » NASA Tennessee Regional (Equipped & Unequipped PL/BP/PP/PS) (Counts, TN) » www.nasa-sports.com
17 SEP » SLP Bodyworks Gym Open BP/DL Classic (Dry Ridge, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
19-21 SEP » WPC Argentina PL/BP Championships (Cordoba, Argentina) » Leonardo Cavaglia, powerlifting76@hotmail.com, www.worldpowerliftingcongress.com
22-25 SEP » WUAP World PL/BP Championships (Atlanta, GA) » L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com
24 SEP » NASA New Mexico Regional (Roswell, NM) at Best Western Sally Port Inn » Rich Peters, sqbpdl@aol.com, 405.527.8513, www.nasa-sports.com
24 SEP » APA River Rat Classic (McAllen, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.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.usbf.net/strengthsports.htm, www.adfpf.org
24 SEP » **USPC Power Curl Open Nationals (Hagerstown, MD)** at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net
24 SEP » APF/AAPF EPC Summer Heat (Portland, OR) at the Elite Performance Center » Chris Duffin, 971.404.3046, www.worldpowerliftingcongress.com
24 SEP » WPC Finnish BP Championships (Hyvinkaa, Finland) » Ano & Minna Turtiainen, ano.turtiainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com
24 SEP » ADFPF "Unequipped" Maryland BP Open (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net
24 SEP » **USPC Power Curl Open Nationals** (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net
24 SEP » **WNPf 23rd Lifetime National Championships** (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
24 SEP » **SLP National PL Championship** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
24 SEP » APA Lion Heart State Push Pull Meet (Clearwater, FL) at Lion Heart Gym » Stephen Byer, lionheartgym@tampabay.rr.com, 727.743.1515, www.apa-wpa.com
24 SEP » UPA Great Lakes Full Power & Bench (Mentor, OH) » Ty Phillips, gorillapitps@gmail.com, www.upapower.com
25 SEP » 100% RAW Supreme Fitness Challenge V (Brattleboro, VT) » Brett Kernoff, vt_chair@rawpowerlifting.com, www.rawpowerlifting.com
26 SEP - 2 OCT » **AWPC/WPC World Cup** (Raw & Equipped) (Ekaterinburg, Russia) » Dmitriy Chertushkin, wpc@wpc-wpo.ru, www.worldpowerliftingcongress.com
29 SEP » WPC Swiss German Push/Pull Championship (Dietikon, Switzerland) » Bachmann Philipp & SPCO, info@powerlifting.ch, www.worldpowerliftingcongress.com
1 OCT » USAPL Roadrunner Iron Wars (San Antonio, TX) » Wes Zunker, 210.317.8245, www.usapowerlifting.com
30 SEP » **100% RAW Single Lift World Championships (Las Vegas, NV)** » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com
1 OCT » WNPf Palmetto Championships (BP/DL/PC/Ironman) (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
1 OCT » USPA Texas State Championship (Victoria, TX) at Pure Fitness Gym » Chris Pappillion & Steve Denison, steve@uspla.org, www.uspla.org
1 OCT » SLP Tennessee State BP/DL Championship (Lexington, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
1 OCT » Ashtabula Bench Press Championships (Ashtabula, OH) at 263 Prospect Road (Rt. 20) » Lonnie Anderson, 440.964.3013, anderson1142@yahoo.com

1 OCT » NASA East Texas Regional (Equipped/Unequipped, PL/BP/PS/PP) (Tyler, TX) » www.nasa-sports.com
2 OCT » APA Green Mountain Fall Classic (PL/PP/BP/DL) (Fair Haven, VT) at Fair Haven Fitness » Jamie, capejam@hotmail.com, 802.265.3470, www.apa-wpa.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.aupowerlifting.org
8 OCT » IPA Lexen Xtreme Fall Classic at the Xtreme Sports Fest (Full Power/BP/PP) (Columbus, OH) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
8 OCT » **NPA Drug Free Nationals BP/DL (Freeport, IL)** at Fitness Lifestyles » Duane, 815.233.2292, duanefit4life@aol.com
8 OCT » NASA Iowa Regional (Equipped & Unequipped PL/BP/PP/PS) (Des Moines, IA) » www.nasa-sports.com
8 OCT » SLP Indiana State Open BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
8 OCT » RAW United Tony Conyers Extravaganza (Raw/Single-Ply) (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 220 W. Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
8 OCT » APF Louisiana & Mississippi Open PL/BP/DL (Baton Rouge, LA) » Garry Frank, bulldogbr@bellsouth.net, www.worldpowerliftingcongress.com
8-9 OCT » **APA Nationals (PL/PP/BP/DL)** (New Kensington, PA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
9 OCT » USPA San Jose Open PL Championship (Full PL, Raw & Single-ply) (Santa Clara, CA) at Wild Iron Gym » Marcus Wild, marcus@wildirongym.com, 408.613.5716, www.uspla.org
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 » SSA Asylum Power (PL/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com
15-16 OCT » **NASA Unequipped Nationals & The Ultimate 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
15 OCT » APF/AAPF Monster BP Championships (Men/Women's Open Teen, Masters, Raw) (Sheboygan, WI) at Body Shoppe Fitness Center » Jan Van de Weghe, 920.458.9977, jvandedweghe@att.net, www.worldpowerliftingcongress.com
15 OCT » USAPL Florida Collegiate/University State Open BP/PL Championships (Tallahassee, FL) » Robert Keller, 954.790.2249, www.usapowerlifting.com
15-16 OCT » USAPL FL Collegiate & Southeastern USA Regional (Tallahassee, FL) » Robert Keller, 954.790.2249, www.usapowerlifting.com
16 OCT » USAPL Southeastern USA Regional Championships (Tallahassee, FL) » Robert Keller, 954.790.2249, www.usapowerlifting.com
20-22 OCT » WPC Swiss German Push/Pull Championship (Dietikon, Switzerland) » Bachmann Philipp & SPCO, info@powerlifting.ch, www.worldpowerliftingcongress.com
22 OCT » USAPL Panhandle Power Games (Lubbock, TX) » Wes Zunker, 210.317.8245, www.usapowerlifting.com
22 OCT » USPA Central States BP/DL Fall Classic (BP/DL/PP, Raw/Single-ply/Multi-ply) (Blue Springs, MO) at Fitness 7 » Herb Strange, 650.796.8311, pierrepointgrp@msn.com, www.uspla.org
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, rrcrain@allegiance.tv
22 OCT » ADAU Raw Power 29th Annual Central PA Open PL Championships (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214,

al@pikitung.com, www.adaurawpower.com
22 OCT » USPA Central California Open (Raw/Single-ply) (San Luis Obispo, CA) » Steve Denison, steve@uspla.org, www.uspla.org
22 OCT » NASA Ohio Regional (Equipped & Unequipped, PL/BP/PS/PP) (Springfield, OH) » www.nasa-sports.com
22 OCT » **ANPPC National Powerlifting Championship** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
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
27 OCT » WPA Ukraine Cup (PL/BP) (Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
28 OCT » 100% RAW East Coast Single Lift Championships (Orlando, FL) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com
29 OCT » NASA Nebraska Regional (Omaha, NE) » Job Hou-seye, aandz.insurance@sbcglobal.net, www.nasa-sports.com
29 OCT » NASA Georgia Regional (Cartersville, GA) at Gold's Gym » Charles

APF/AAPF/WPC Schedule

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
26 SEP - 2 OCT, AWPC/WPC World Cup
8 OCT, APF Louisiana & Mississippi Open
15 OCT, APF/AAPF Monster BP 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
3 DEC, APF Southeast Texas Challenge
3 DEC, APF South Carolina Championships
10 DEC, APF/AAPF Alabama State Meet
10 DEC, WPC Metal Gym Christmas BP/DL
11 DEC, APF/AAPF Illinois Raw Power Challenge
17 DEC, WPC Israel Open BP/PP
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 »

Nixon, crslinxn@gmail.com, Rich Peters, sqbpd@aol.com, 405.527.8513, www.nasa-sports.com
29 OCT » USAPL Hudson Natural Open (New Richmond, WI) » Shawn Cain, 715.246.3560, www.usapowerlifting.com
29 OCT » U.S. Raw Single Lift Championship (Wrist wraps & belt allowed) (BP/DL/Strict Curl/Bdywt. BP for Reps) (Runnemed, NJ) at the Runnemed Inn » Rob Marcellino, 856.340.5721, Shauna Marcellino, 856.340.2207, www.home.comcast.net/~marcellino
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 Virginia State Meet (Mechanicsville, VA) at Atlee High School » Tricia Emrich, 804.503.8012, www.usaplvirginia.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 » SPF South Carolina State Championship PL/PP/BP/DL (N. Myrtle Beach, SC) at the North Myrtle Beach Aquatic and Fitness Center » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
29 OCT » 7th Annual Westminster Family Center Open Bench Press (Westminster, MD) at 11 Longwell Ave. » Scott Bixler, 443.789.9452
29 OCT » **SLP Open Northern Grand National BP/DL/Curl Championship** (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
29 OCT » APF/AAPF Rise of the DL, Beast of the BP (Northbrook, IL) » Erv & Lea-Ann Domanski, elbell6@hotmail.com, www.worldpowerliftingcongress.com
29 OCT » APF/AAPF Southern States (Orlando, FL) » Brian Schwab, light-weightpower@aol.com, www.worldpowerliftingcongress.com
OCT » APA Mountain Region Championships (PL/PP/BP/DL) (Mountain Home, AR) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.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 » NASA Michigan Regional (Royal Oak, MI) » Job Hou-seye, aandz.insurance@sbcglobal.net, www.nasa-sports.com
5 NOV » USAPL The West Cary Barbell Fall Festival of Power: PL Edition (Cary, NC) » Tom Simon, 919.943.6274, www.usapowerlifting.com
5 NOV » USAPL West Cary Barbell Fall Festival of Power (Cary, NC) » Tom Simon, 919.943.6274, tsimon@westcarybarbell.com, www.carolinapowerlifting.com, www.usapowerlifting.com
5 NOV » APA Ironfest Challenge (PL/Strongman) (Defuniak Springs, FL) » Bobby Myers, 850.974.2880, alaqua-pits@netzero.net, www.apa-wpa.com
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 Oselola 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, strongerisbetter@yahoo.com, www.usapgeorgia.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 » USPA 1st Annual Samson's Gym Fall Classic (PL/BP/DL/PP, Raw & Single-ply) (Port St. Lucie, FL) » Brian Burrirt, bburrirt@scvl.com, 812.204.2886, www.uspla.org
6 NOV » 100% RAW Old School Iron Wars IV (Burlington, VT) » Bret Kernoff, vt_chair@rawpowerlifting.com, www.rawpowerlifting.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 Wisconsin State (WI) » Job Hou-seye, aandz.insurance@sbcglobal.net, www.nasa-sports.com
12 NOV » APA Derby Cup Championships (PL/BP/DL) (Louisville, KY) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
12 NOV » USAPL Longhorn Open (Austin, TX) » Kim Beckwith, 512.560.2522, www.usapowerlifting.com
12 NOV » USPA Ironman PL Championship (Multi-ply only) (Fresno, CA) » Bob Packer, wheelersfitnessfresno@gmail.com, 559.322.6805, 559.760.2970, www.uspla.org
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

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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

18-19 NOV » UPA Power Weekend (Dubuque, IA) » Bill Carpenter, bcarpenter@upapower.com, www.upapower.com

19 NOV » USPA New York State PL Championship (Niagara Falls, NY) at the Quality Inn » Dennis Brochey, cdbrochey@roadrunner.com, 716.200.3533, www.niagrapowerliftingclub.org, www.uspla.org

19 NOV » Omaha Open (Omaha, NE) at the Sorensen Rec. Center » Keith Mandulca, 402.444.5596

19 NOV » APA West Coast "All Raw" PL Championships (Sacramento, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

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) (Salina, KS) » www.nasa-sports.com

19 NOV » **USA RAW BP Federation World Championship** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

19 NOV » USAPL Ohio State BP/PL Championships (Arnold qualifier) (Bedford Heights, OH) » Ed King, 440.439.5464, www.usapowerlifting.com

19-20 NOV » **WNPf 4th Lifetime World Cup & WNPf USA vs. The World Cup** (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

19-20 NOV » **IPA National Powerlifting Championships** (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.chailletsprivatefitness.com, www.ipapower.com

20 NOV » SLP Meat Heads Open BP/DL/Curl Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

20 NOV » SLP Michigan State BP/DL Championship (Saranac, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

30 NOV - 4 DEC » **USPA IPL World Powerlifting Championship** (PL/BP/DL, Raw & Single-ply) (Las Vegas, NV) at the Golden Nugget » Steve Denison, steve@uspla.org, www.uspla.org

30 NOV - 5 DEC » **Global Powerlifting Alliance World PL/BP Championships** (Atlanta, GA) » L.B. Baker, 770.713.3080, www.globalpowerliftingalliance.com

NOV » APA Florida State Championships (PL/BP/DL/PP) (Arcadia, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

3 DEC » APF Southeast Texas Challenge (Orange, TX) » Mike Denmon, 409.548.3971, www.worldpowerliftingcongress.com

3 DEC » NASA High Desert Holiday Classic (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, www.nasa-sports.com

3 DEC » NASA North Dakota Can-Am (Minot, ND) » Gary Clock, ndwliifter@yahoo.com, www.nasa-sports.com

3 DEC » 24th Annual Elkhart Bench Classic (Elkhart, IN) » Jon Smoker, jrc-smoker@hotmail.com

3 DEC » APA Battle of the Iron Barbarians (PL/BP/DL/PP) (McAllen, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

3 DEC » APA Fair Haven Fitness Winter Power Wars (Fair Haven, VT) at Fair Haven Fitness » Jamie, capejam@hotmail.com, 802.265.3470, www.apa-wpa.com

3 DEC » APF/AAPF 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 Adelman, mike@liftinglarge.com, 505.891.1237, www.liftinglarge.com

UPCOMING SLP COMPETITIONS

3 SEP, SLP Florida State BP/DL (Kissimmee, FL)

10 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN)

17 SEP, SLP Bodyworks Gym Open Classic (Dry Ridge, KY)

24 SEP, SLP National Powerlifting Championship (Tuscola, IL)

Son Light Power

122 W. Sale St., Tuscola, IL 61953

217.253.5429

www.sonlightpower.com sonlightgym@frontier.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 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@pikitung.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 Turtiainen, ano.turtiainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com

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

10 DEC » APA Apollon Winter Iron Bash (PL/BP/DL/PP) (Edison, NJ) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

10-11 DEC » APA 32nd Annual West Coast Open (Raw & Equipped) (Newport, OR) at Big Bears Gym » Rick McClung, 541.961.3845, bigbearsgym@hotmail.com, www.apa-wpa.com

10-11 DEC » APA 32nd West Coast Open PL Championships (Newport, OR) at the Oceanfront Hallmark Resort » Rick McClung, 541.961.3845, bigbearsgym@hotmail.com, www.themusclestudio.com

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

11 DEC » APA New England Winter Iron Bash (BP/DL/PP) (Wallingford, CT) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com


11 DEC » USAPL MA and RI Open BP/PL Championships (Johnson, RI) » Eric Cordeiro, 617.797.6597, www.usapowerlifting.com

11 DEC » APF/AAPF Illinois Raw Power Challenge (Chicago, IL) » Eric & Jackie Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.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.com

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

10 SEP, WNPF 4th Jake the Hammer Classic (Fitzgerald, GA)

11 SEP, WNPF Can-Am National Championships (Rochester, NY)

24 SEP, WNPF 23rd Lifetime Nationals (Bordentown, NJ)

1 OCT, WNPF Palmetto Championships (Greenville, SC)

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

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

17 DEC » **WNPF Ironman Nationals** & Florida BP/DL/PC Classic (Orlando, FL)

» Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

17 DEC » NASA Illinois Christmas Regional (Flora, IL) » www.nasa-sports.com

18 DEC » APA Big Iron Classic (BP/DL/PP) (Fulton, MS) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.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 Invitational (Aberdeen, WA) » Don Bell, 360.532.8339, flex@techline.com, www.worldpowerliftingcongress.com

7 JAN 2012 » USPA Steve Goggins Classic (Victoria, TX) at Pure Fitness Gym » Chris Pappillion & Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org

7 JAN 2012 » PRPA Louisiana State Raw PL Championships (Open Masters, Teen, Women PL/BP/DL) (New Orleans, LA) » Jake Impastato, jraw504@gmail.com, www.raw504.com

14 JAN 2012 » USPA Camp Pendleton Open (Raw/Single-ply) (Camp Pendleton, CA) » Steve Denison, steve@uspla.org, www.uspla.org

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

28 JAN 2012 » USPA Maine State PL/BP Championship (Bangor, ME) at Silo Barbell » Paul Dosen, pdosen03@aol.com, 207.951.3507, www.uspla.org

28 JAN 2012 » 100% RAW Potomac Open Single Lifts (BP/DL/Strict Curl) (Woodbridge, VA) at Powerhouse Gym » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com

28 JAN 2012 » USPA American Powerlifting Cup (Invitational) (Los Angeles, CA) at the LA Convention Center - Fit Expo » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org

29 JAN 2012 » USPA LA Fit Expo BP/DL Invitational (Los Angeles, CA) at the LA Convention Center - Fit Expo » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org

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

8-11 MAR 2012 » WPA Ukraine Open Championships (PL/BP) (Kovel City, West Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

17 MAR 2012 » **100% RAW Ironman Nationals** and U.S. Open Single Lifts (BP/DL/Strict Curl) (Zion Crossroads, VA) at Best Western » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com

17 MAR 2012 » USAPL Tennessee State Meet (Maryville, TN) » Chip Hultquist, 865.681.6248, www.usapowerlifting.com

23-25 MAR 2012 » **USAPL High School Nationals** (Wisconsin Dells, WI) » Brian Kenney, W14577 Fairway Ln, Wisconsin Dells, WI 53965, 608.448.9034, www.usapowerlifting.com

20-21 APR 2012 » UPA Power Weekend (Dubuque, IA) » Bill Carpenter, bcarpenter@upapower.com, www.upapower.com

APR 2012 » **WPA Equipped World Championships** (Pittsburgh, PA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.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

24-27 MAY 2012 » **WPA Raw World Championships (PL/BP)** (Lutsck City, Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

2 JUN 2012 » PRPA 2nd Annual RAW504 Invitational (Open Masters, Teen, Women PL/BP/DL) (New Orleans, LA) » Jake Impastato, jraw504@gmail.com, www.raw504.com

9 JUN 2012 » 100% RAW American Challenge (PL/BP/DL/Strict Curl) (Zion Crossroads, VA) at Best Western » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com

28 JUL 2012 » 100% RAW Eastern USA Open Single Lift (BP/DL/Strict Curl) (Woodbridge, VA) at Powerhouse Gym » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com

21 JUN 2012 » WPC CanAm Bench Press Championships (Romulus, MI) at the Detroit Metro Marriott » Joe Smolinski, canamborderwar@yahoo.com, www.michiganapf.com/canamborderwar.htm

25-26 AUG 2012 » **USAPL National BP Championships (Palm Springs, CA)** » Lance Slaught, lanceoslaughter@yahoo.com, 310.995.0047, www.usapl-ca.org

AUG/SEP 2012 » AWPC World Championships (Equipped & Raw) (Ukraine) » Vitaliy Bobchenko, www.worldpowerliftingcongress.com

3 NOV 2012 » ADAU Raw Power 30th Annual Central PA Open PL Championships (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com

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

8 DEC 2012 » 100% RAW Virginia State and Christmas Classic Single Lifts (BP/DL/Strict Curl) (Zion Crossroads, VA) at Best Western » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com

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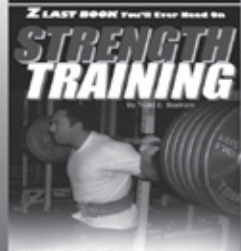
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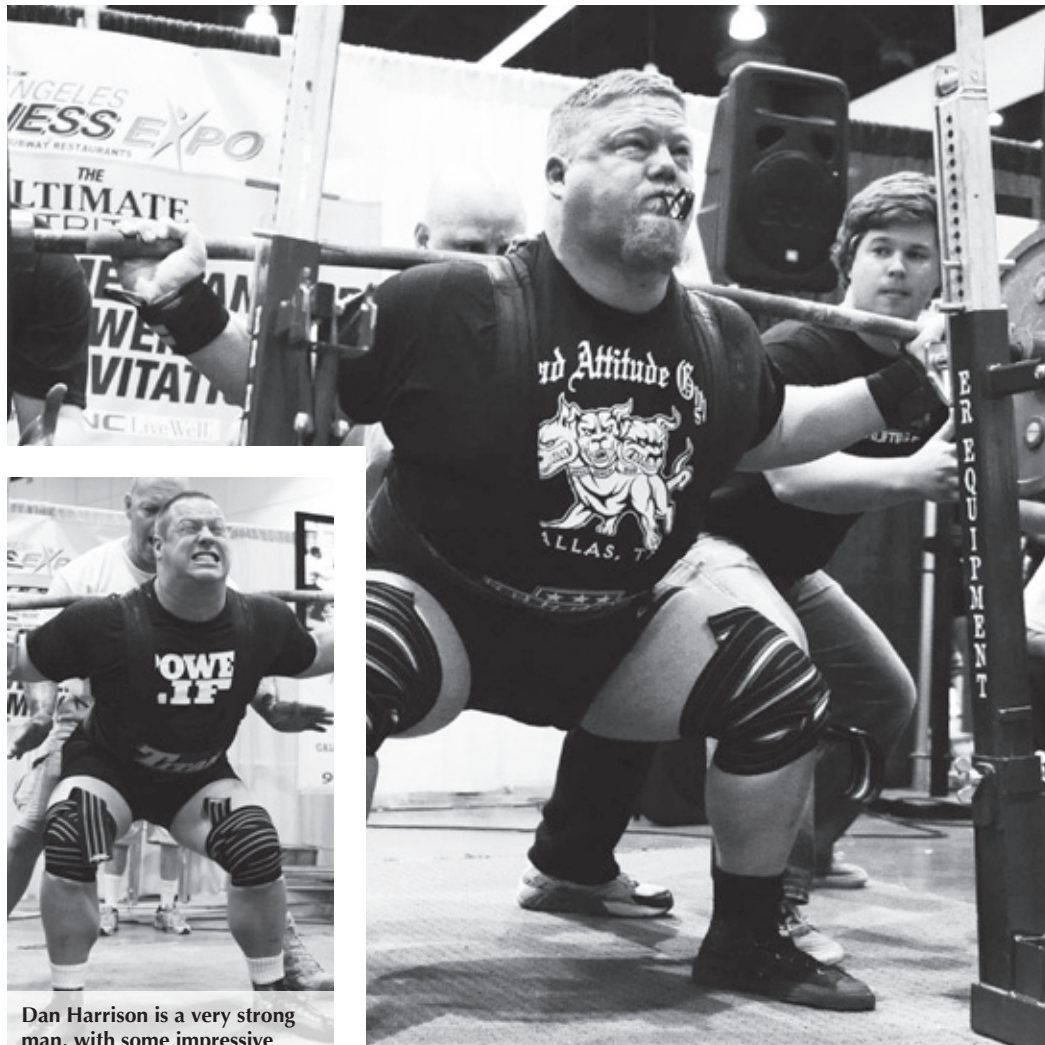
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TOP 100 PHOTOS



Lance Karamel is one thickly structured human being, even for a Superheavy



Henry Thomason comes from a state with a heritage for great SHWs



Scot Mendelson leads the list in the bench press this time around



Dan Harrison is a very strong man, with some impressive official powerlifting lifts



Arthur Tupuola is another in a long line of Big Man Benchers from the island of Hawaii



John Bernor is making his presence known again in national competition



Jim Mersberg has been a TOP 100 factor for the SHW class for decades

Will you make the upcoming TOP 100 list for the 123 class? Last time we ranked this class the minimum lifts to make that list were 335 lb. in the squat, 200 lb. in the bench press, 360 lb. in the deadlift, and 875 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 123 class will be August 2010 through August 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 different, like your high school yearbook photo) 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 SHW/125+ kg, USA lifters in results received from JUN 2010 through JUN 2011

PL USA Top 100 Achievement Awards



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

NEXT MONTH » TOP 114

OUR POLICY: If your lift is missing from an upcoming TOP 100/20 ranking, and it is our fault, we will issue you a free certificate documenting your achievement as well as a correction in a future issue. If you find errors in our articles, TOP 100/20 weight class rankings or the competition results we publish, let us know at PL USA Errors Department, Post Office Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

SQUAT

- 1 1260 Thompson, D..5/11
- 2 1196 Wenning, M..4/17/11
- 3 1165 Thomason, H..8/20/10
- 4 1140 Roberts, A.J..3/6/11
- 5 1115 Childress, P..8/20/10
- 6 1115 Bonognone, T..6/17/11
- 7 1086 Janek, C..9/11/10
- 8 1085 Hammock..3/6/11
- 9 1050 Anderson, J..8/20/10
- 10 1040 Johnson, W..2/12/11
- 11 1035 Hoff, D..6/17/11
- 12 1020 McNett, J..3/5/11
- 13 1015 Walker, C..10/30/10
- 14 1008 Theriot, G..6/6/10
- 15 1005 Morrow, J..7/24/10
- 16 1000 Wilkerson, R..3/6/11
- 17 975 Karabel, L..9/25/10
- 18 975 Conley, J..6/26/11
- 19 959 Metcalf, S..9/11/10
- 20 955 Pope, D..3/6/11
- 21 953 Shull, T..11/6/10
- 22 950 Schwab, D..3/5/11
- 23 950 Ewald, C..3/6/11
- 24 950 Kottwitz, J..6/17/11
- 25 947 Petrino, A..5/7/11
- 26 940 Bernor, J..6/12/10
- 27 920 Vaziri, B..6/11/11
- 28 920 Porter, C..6/17/11
- 29 910 Lilly, B..3/6/11
- 30 905 Lahourcade, R..8/20/10
- 31 905 Pettilo, R..4/19/11
- 32 903 Sumner, B..6/20/10
- 33 903 Hoskinson, J..9/25/10
- 34 903 Boll, N..3/19/11
- 35 903 Damminga, G..6/6/10
- 36 900 Young, N..6/6/10
- 37 900 Vale, A..8/20/10
- 38 900 Luczky, J..3/6/11
- 39 900 Brown, D..3/6/11
- 40 881 Caruso, M..6/12/10
- 41 876 Randal, J..3/20/11
- 42 870 Carpenter, B..4/30/11
- 43 870 Turley, D..5/15/11
- 44 865 Smith, C..3/6/11
- 45 865 Basher, J..4/30/11
- 46 865 Atef, J..6/26/11
- 47 859 Cappellino, J..4/1/11
- 48 854 Gonzales, A..4/1/11
- 49 854 Efferding, S..5/11
- 50 850 Harvey, N..8/7/10
- 51 850 Beatty, M..3/6/11
- 52 848 Gillingham, B..11/13/10
- 53 843 Harrison, D..9/5/10
- 54 837 Moretto, N..5/28/11
- 55 832 Cikana, B..1/11
- 56 832 Caton, K..6/26/11
- 57 830 Hollis, D..6/26/11
- 58 825 Byrd, J..4/19/11
- 59 821 Hinton, A..6/11/11
- 60 820 Drummond, J..10/30/10
- 61 820 Phelps, D..2/26/11
- 62 820 Ransbottom, J..3/12/11
- 63 810 Minnaugh, B..8/20/10
- 64 805 Davis, J..12/10
- 65 804 Shadid, K..8/14/10
- 66 804 Malchow, K..9/11/10
- 67 804 Gaudreau, D..5/11/11
- 68 804 Johnson, D..4/9/11
- 69 804 Cartwright, S..6/5/11
- 70 804 Neuendorf, M..6/26/11
- 71 800 Ufford, K..6/10
- 72 800 Stote, B..7/24/10
- 73 800 Jaskulski, E..8/7/10
- 74 800 Rivera, H..10/30/10
- 75 800 Lindemuth, C..11/6/10
- 76 800 Corticchia, N..11/14/10
- 77 800 Peshek, J..2/20/11
- 78 800 Seath, B..2/26/11
- 79 788 Ross, M..6/20/10
- 80 785 Hamilton, S..4/9/11
- 81 777 Speno, R..2/19/11
- 82 775 Flores, J..7/24/10
- 83 775 Milnes, K..10/30/10
- 84 775 Underwood, G..11/21/10
- 85 775 Aracri, P..3/6/11
- 86 771 Moore, B..1/11
- 87 771 Cole, C..3/19/11
- 88 770 Davis..4/30/11
- 89 766 LeBlanc, A..6/20/10
- 90 761 Rogers, W..5/7/11
- 91 760 Gholson, A..5/11/11
- 92 760 Anderson, P..5/1/11
- 93 760 Tutko, B..5/28/11
- 94 755 Weston, B..10/23/10
- 95 755 Bower, T..11/13/10
- 96 750 Rhodes, M..7/24/10
- 97 750 Smith, J..11/13/10
- 98 749 Christus, J..6/20/10
- 99 749 Forestier, C..6/26/10
- 100 749 Butcher, T..6/26/10

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- 992 Mendelson, S..8/21/10
- 915 Hoff, D..6/17/11
- 900 Kennelly, R..2/26/11
- 900 Roberts, A.J..6/17/11
- 881 Cartwright, B..6/26/10
- 865 Harrison, T..7/10/10
- 840 Crawford, J..7/17/10
- 840 McCray, R..3/6/11
- 825 Williams, J..6/6/10
- 800 Hammock..3/6/11
- 800 Ewald, C..3/6/11
- 782 Ewing, J..6/11/11
- 780 Lilly, B..3/6/11
- 777 Womack, M..11/25/11
- 775 Timbs, H..3/26/11
- 771 Hoskinson, J..6/6/10
- 765 Scherza, C..3/26/11
- 765 Smith, J..6/17/11
- 761 Meeker..11/18/10
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- 750 Wenning, M..12/11/10
- 749 Bogart, J..8/1/10
- 740 Janek, C..6/6/10
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- 730 Dowling, B..6/11/11
- 727 Randal, J..3/20/11
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- 725 Conley, J..6/26/11
- 722 Shull, T..5/11
- 720 Walker, C..10/30/10
- 716 Gillespie..11/8/10
- 715 Thomason, H..6/6/10
- 715 White, M..12/4/10
- 705 Theriot, G..6/6/10
- 705 Lewis, D..6/12/10
- 705 Braner, B..8/22/10
- 705 Cole, C..3/19/11
- 705 Goldstone, R..3/19/11
- 705 Forstner, D..3/19/11
- 705 Cappellino, J..4/1/11
- 705 Bowden, M..5/7/11
- 700 Harvey, N..8/7/10
- 700 Lahourcade, R..8/20/10
- 700 Linidemuth, C..11/6/10
- 700 Shield, A..11/13/10
- 700 Johnson, W..2/12/11
- 700 Bosnyak..6/26/11
- 688 Hulslander, N..2/19/11
- 685 Anderson, J..8/20/10
- 680 Leonhardt, J..6/26/10
- 677 Leo, J..4/23/11
- 675 Morrow, J..7/24/10
- 675 Ellis, B..10/2/10
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- 670 Jarausch, S..12/4/10
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- 650 Davis, A..11/6/10
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- 650 Ammerman, J..1/29/11
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- 650 Vaziri, B..6/11/11
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- 622 Wilson, L..3/19/11
- 622 Zawilinski, M..5/14/11
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- 617 Schultz..11/18/10
- 617 Mersberg..11/18/10
- 617 Frey, K..3/4/11
- 615 Ernst, B..6/27/10
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- 615 Beatty, M..3/6/11
- 615 Brown, D..3/6/11
- 612 Dennison..11/8/10
- 610 Schwabenbauer, W..6/27/10

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- 881 Gillingham, B..11/13/10
- 830 Anderton, A..2/26/11
- 825 Kovacs, D..6/27/10
- 825 Walker, C..10/30/10
- 820 Moore, B..6/20/10
- 815 Anderson, J..8/20/10
- 815 Conner, J..10/2/10
- 815 Roberts, A.J..3/6/11
- 810 Schwab, D..3/5/11
- 804 McGettigan, P..3/5/11
- 804 Cartwright, S..6/5/11
- 800 Janek, C..6/6/10
- 785 Smith, C..3/6/11
- 782 Willis, B..9/25/10
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- 775 Vick, J..6/6/10
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- 760 Wenning, M..6/6/10
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- 750 Lahourcade, R..8/20/10
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- 750 Davis, J..3/12/11
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- 749 Theriot, G..6/6/10
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- 738 Gouchterov, E..10/16/10
- 738 Shull, T..11/6/10
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- 735 Felton, J..7/18/10
- 735 Pettilo, R..4/19/11
- 733 Lewis, E..6/26/11
- 730 Bernor, J..6/12/10
- 730 Hartranft, G..4/10/11
- 727 Caruso, M..6/12/10
- 727 Cappellino, J..6/20/10
- 727 Forestier, C..6/26/10
- 727 Edgell, D..12/10
- 727 Cole, C..3/19/11
- 727 Williams, T..3/26/11
- 725 Ewald, C..3/6/11
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- 722 Houser, M..9/25/10
- 716 Millner, M..10/23/10
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- 715 Hamilton, S..4/9/11
- 710 Stote, B..7/24/10
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- 705 Hubbard, R..1/11
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- 705 Schultz, M..6/17/11
- 700 Drummond, J..10/30/10
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- 700 Harris, C..12/3/10
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- 699 Caton, K..6/26/11
- 694 Madvig, B..5/14/11
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- 688 Will, M..3/20/11
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- 675 Bower, T..6/6/10
- 675 Brooks, S..6/26/10
- 675 Morrow, J..7/24/10
- 675 Bush, J..6/4/11
- 675 Hollis, D..6/26/11
- 672 Hoskinson, J..9/25/10
- 672 Rousell, O..12/11/10
- 672 Held, N..4/1/11

TOTAL

- 2825 Roberts, A.J..3/6/11
- 2735 Hoff, D..6/17/11
- 2660 Hammock..3/6/11
- 2620 Childress, P..8/20/10
- 2606 Janek, C..9/11/10
- 2595 Wenning, M..12/11/10
- 2560 Walker, C..10/30/10
- 2550 Anderson, J..8/20/10
- 2500 Thomason, H..8/20/10
- 2475 Ewald, C..3/6/11
- 2468 Theriot, G..6/6/10
- 2403 Shull, T..11/6/10
- 2400 Bernor, J..6/12/10
- 2400 Johnson, W..2/12/11
- 2400 Conley, J..6/26/11
- 2390 McNett, J..3/5/11
- 2390 Lilly, B..3/6/11
- 2369 Karabel, L..9/25/10
- 2360 Schwab, D..3/5/11
- 2350 Morrow, J..7/24/10
- 2355 Lahourcade, R..8/20/10
- 2336 Petrino, A..5/7/11
- 2319 Gillingham, B..11/13/10
- 2292 Cappellino, J..4/1/11
- 2281 Hoskinson, J..9/25/10
- 2266 Efferding, S..5/11
- 2265 Pope, D..3/6/11
- 2260 Harvey, N..8/7/10
- 2245 Porter, C..6/17/11
- 2245 Kottwitz, J..6/17/11
- 2220 Vaziri, B..6/11/11
- 2210 Wilkerson, R..3/6/11
- 2204 Cole, C..3/19/11
- 2200 Lindemuth, C..11/6/10
- 2199 Randal, J..3/20/11
- 2180 Hollis, D..6/26/11
- 2170 Byrd, J..6/17/11
- 2165 Cikana, B..1/11
- 2165 Smith, C..3/6/11
- 2160 Moore, B..1/11
- 2160 Pettilo, R..4/19/11
- 2155 Hamilton, S..4/9/11
- 2154 Caruso, M..6/12/10
- 2138 Atef, J..6/26/11
- 2135 Luczky, J..3/6/11
- 2127 Caton, K..6/26/11
- 2125 Kovacs, D..6/27/10
- 2125 Beatty, M..3/6/11
- 2120 Brown, D..3/6/11
- 2116 Damminga, G..6/11/11
- 2110 Rhodes, M..7/24/10
- 2110 Turley, D..5/15/11
- 2105 Young, N..6/6/10
- 2105 Sumner, B..6/20/10
- 2105 Boll, N..3/19/11
- 2100 Jaskulski, E..8/7/10
- 2083 Carpenter, B..4/30/11
- 2083 Gaudreau, D..5/11/11
- 2075 Davis, J..12/10
- 2066 Hinton, A..6/11/11
- 2060 Vale, A..8/20/10
- 2045 Stote, B..7/24/10
- 2039 Neuendorf, M..6/26/11
- 2035 Ufford, K..6/10
- 2020 Ransbottom, J..3/12/11
- 2006 Shell, J..3/19/11
- 2006 Gonzales, A..4/1/11
- 2000 Flores, J..7/24/10
- 2000 Shield, A..11/13/10
- 1995 Vick, J..6/6/10
- 1984 Ross, M..6/20/10
- 1978 Gholson, A..5/1/11
- 1978 Moretto, N..5/28/11
- 1967 Harrison, D..9/5/10
- 1962 Forestier, C..6/26/10
- 1956 Butcher, T..6/26/10
- 1956 Wild, M..3/20/11
- 1951 Williams, T..3/26/11
- 1945 Anderson, P..5/1/11
- 1940 Minnaugh, B..8/20/10
- 1940 Drummond, J..10/30/10
- 1940 Tutko, B..5/28/11
- 1935 Bower, T..11/13/10
- 1930 Schultz, M..6/17/11
- 1925 Phelps, D..2/26/11
- 1923 Malchow, K..9/11/10
- 1918 Christus, J..6/20/10
- 1918 Kahle, R..1/23/11
- 1915 Dillard, T..6/17/11
- 1912 Warren, J..5/7/11
- 1907 Frey, K..3/4/11
- 1905 Seath, B..2/26/11
- 1901 LeBlanc, A..6/20/10
- 1901 Doyle, S..4/3/11
- 1901 Nichols, B..5/1/11
- 1895 Hilliard, P..11/21/10
- 1890 Lilliebridge..7/31/10
- 1885 Rivera, H..10/30/10
- 1885 Underwood, G..11/21/10
- 1879 Madvig, B..5/14/11

RESULTS



An intense scene at the APF Senior Nationals (Amy Jackson photos)



Rebecca Gorshe – 523 SQ



Deb Damminga – 446 DL



Rachel Nutter preparing for her bench press

APF SR NATIONALS JUN 11 2011 » WI

BENCH		242 lbs.				
FEMALE		Tomaszkiewicz	727			
Open		T. Pernu	611			
198 lbs.		R. Lawrence	562			
R. Gorshe	407	R. Howell Sr	—			
SHW		275 lbs.				
R. Nutter	440	B. McCord	523			
MALE		A. Giannosa	413			
Open		308 lbs.				
181 lbs.		J. Foltz	567			
N. Marinis	—	R. Rutherford	473			
220 lbs.		C. Radke	473			
S. Saluzzi	473	T. Nelson	—			
F. Woodson Jr	—	SHW				
T. Frein	—	J. Ewing	782			
Powerlifting		SQ	BP	DL	TOT	
FEMALE		Open				
105 lbs.		D. Hickman	275	165	270	710
132 lbs.		L. Nesuda	303	215	325	842
148 lbs.		D. Damminga	462	253	446	1162
165 lbs.		T. Martin	407	253	407	1068
181 lbs.		VandeWeghe	573	407	462	1442
K. Ford	611	259	446	1316		
198 lbs.		R. Gorshe	523	407	490	1420
MALE		Open				
148 lbs.		M. Tejero	688	402	551	1640
165 lbs.		L. Coronado	545	391	468	1404
181 lbs.		L. Ruiz Jr	539	363	435	1338
E. Domanski	—	—	—	—	—	
198 lbs.		J. Adkins	776	611	661	2048
S. Kuderick	749	462	506	1718		
B. Hibbing	606	352	551	1508		
220 lbs.		C. Stanley	782	617	650	2048
P. Balyeat	—	—	—	—	—	
242 lbs.		D. Warren	743	600	644	1987
C. Akers	1002	—	—	1002		
R. Lawrence	—	562	—	562		
275 lbs.		A. Carlquist	1024	738	754	2516
M. Johnson	1035	650	804	2488		
P. Arroyo	908	672	628	2208		
B. Saunders	705	562	622	1888		
308 lbs.		G. Damminga	903	539	672	2114
G. Theriot	—	—	—	—	—	
SHW		B. Vaziri	919	650	650	2219
A. Hinton	820	501	743	2064		
J. Ewing	—	—	—	—	—	

Best Lifters: Stanley Tomaszkiwicz, Anthony Carlquist, Rachel Nutter, Jeff Adkins, Stephanie Van de Weghe. On June 11th and 12th, the Wisconsin chapter of the APF teamed up with At Large Nutrition and House of Pain to present 2011 APF Senior Nationals. Hosted by the 8,000 square foot Prairie Athletic Club in Sun Prairie, Wisconsin, the meet was smooth and successful, with lots of big lifts and broken records. The Minnesota and Illinois chapters of the APF were especially well represented, with Wisconsin and Michigan lifters showing up as well. Lifters from Louisiana, Georgia, Texas, and North Dakota made the trip, too. Day 1 started off with the national anthem, accompanied by the color guard of the local American Legion. After this patriotic introduction, the women lifters started to smash weights. Debbie Damminga totaled 1163 and her smiles were as

big as her lifts. Stephanie van de Weghe and Krista Ford, both lifting in the 181 lb. weight class, posted huge totals as they battled each other. Krista totaled an impressive 1317 lbs, while Stephanie took home the Best Lifter award by posting a monstrous 1444. Not to be outdone, Rebecca Gorshe totaled 1422 in the 198 lb class, including a 407 bench to obliterate a record that had stood for decades. Rachel Nutter got her own record by benching 441, winning Best Lifter in the women's bench press. The lightweight men also lifted on day 1, with impressive results. Bama Hibbing and Scott Kuderick put up big numbers in the 198 class, with 1510 and 1720 totals, respectively. But Jeff Adkins was even more dominant, posting the best squat, bench and deadlift of all the lightweights. He finished with an outstanding 2050 total at 198 lbs to take home the Best Lifter award for lightweights. Fortunately for anyone who felt sore on day 1, Kurt Stein, D.C. of Madison's own Dynamic Chiropractic performed complimentary adjustments in the warmup area. Day 2 featured the men's heavyweights. The spotters were flawless, but they were sweating heavily by the end of the day, catching 1000+ lbs easily on several occasions. Anthony Carlquist made a 1025 squat look easy, and Marshall Johnson followed up by hitting 1036. Corey Akers also squatted 1003, but couldn't finish the meet because of an injury. Cody Stanley lifted big, totaling 2050 in the 220 lb. class, and Adam Hinton totaled 2066 as a SHW, despite benching and deadlifting completely raw. But the big storyline of day 2 was the duel between Marshall Johnson and Anthony Carlquist in the 275 lb class. They went toe-to-toe all day, with Marshall narrowly outlifting Anthony in the squat and deadlift. But Anthony's 739 lb bench gave him enough of an edge to narrowly out-total Marshall, 2519 to 2491. It was an incredible battle and both of them put on a great show, with Anthony taking home the Best Lifter award. Hopefully these two continue to push each other to greatness. Both days were quick and smooth, with a great warmup space and plenty of equipment. Eric Stone and Dick Zenzen brought equipment, and so did Scott Nutter, who was a great DJ, too! Brad and Rob brought a ton of steel for the warmup area. Jackie Stone did a great job announcing, as usual, and Amy Jackson worked the computers. Perhaps the biggest thanks should go to the spotters. Luke, Chris, Matt, Terry, Jason, Ernie, Ryan, Jason, and Jay caught big missed weights time after time. Oh yeah, and to make sure the powerlifters had enough to eat, the Cannery Grill provided an all-you-can eat pasta buffet on Saturday night! Overall, it was a great weekend. Ed and Joani Taber, Wisconsin APF/AAPF state chairs, were honored to have hosted such a great event and look forward to future meets.

» courtesy Amy Jackson

WNPF LIFETIME USA JUL 17 2011 » Atlanta, GA

BENCH		Porter	
148 lbs.		(50-59) Raw	
Open Raw		Hunt	380*
181 lbs.		Paige	350
Junior Raw		(60-69) Raw	
Satcher		Coleman	
198 lbs.		300	
(40-49) Raw		242 lbs.	
Mcgregor		(40-49) Raw	
345		Monroe	
220 lbs.		415	
Open Raw		Koon	
Porter		290	
380		Junior Raw	
Soria		Silverstein	
380		325	
Subs Raw		275 lbs.	
Porter		(40-49) Raw	
420		Murphy#	
380		470	
Subs Raw		Redwine	
420		385	

(50-59) SP		(17-19) Raw			
Simpson	400	Curtis	335		
SHW		198 lbs.			
Junior Raw		Williams	470		
Lee	415*	(50-59)			
Lifetime USA		Meyers#	725		
198 lbs.		SHW			
(40-49)		(17-19) Raw			
Knight	465*	Dibiase	650*		
220 lbs.		Lifetime USA			
(60-69) Raw		220 lbs.			
Dudley	305*	Open Raw			
242 lbs.		Braden	560*		
(40-49) Raw		POWERCURL			
Moore	430	198 lbs.			
Monroe	415	(50-59)			
BENCH REPS		Swanson	160*		
165 lbs.		220 lbs.			
Open		(60-69)			
Nantamby	26*	Coleman	150		
198 lbs.		Lifetime USA			
(40-49)		242 lbs.			
McGregor	29	(40-49)			
DEADLIFT		Monroe#	235		
FEMALE		Open			
181 lbs.		Monroe	235		
(40-49) Raw		SQUAT			
Thompson	195*	242 lbs.			
MALE		Junior Raw			
181 lbs.		Silverstein	450		
(50-59) Raw					
McCaragher	475				
Powerlifting					
WNPF USA					
FEMALE					
132 lbs.					
Junior Raw					
Tolbert	230*	175*	285*	690*	
165 lbs.					
Open Raw					
Cohn	175	105	225	505	
SHW					
(40-49) Raw					
Butch	230	135	265	630	
MALE					
100 lbs.					
(9-10) Raw					
Pate	135	65	135	335	
165 lbs.					
(13-16) Raw					
Koon	215	165	270	650	
Dale	185	115	250	550	
Open SP					
Nantamby	—	—	—	—	
(40-49) Raw					
Pollard#	455	265	490	1210	
181 lbs.					
(17-19) Raw					
Curtis	—	—	—	—	
198 lbs.					
Junior Raw					
Williams	385	—	—	385	
(50-59) Raw					
Wagner	425	320*	465	1220*	
(50-59) SP					
Fuller	620*	400*	560*	1580*	
(60-69) Raw					
Gresham	300	265	350	915*	
220 lbs.					
Subs Raw					
Stanley	435	355	475	1265	
275 lbs.					
(17-19) Raw					
Henderson	450	365	460	1275	
SHW					
(17-19) Raw					
Dibiase	—	—	—	—	
Open Raw					
Dibiase	—	—	—	—	
Lifetime USA					
242 lbs.					
(60-69) Raw					
Gonzalez	300	260	415	975	
275 lbs.					
Open SP					
Davis#	725*	525	600	1850*	



682.2 POUNDS – ANOTHER RECORD FOR KRISTA FORD!

Powerlifting training is used worldwide for many sports—squats for basketball players to increase vertical leaps, football linemen are described by their bench press, strong back and grip from deadlifting are key to champion wrestlers. Power is imperative in most all sports. Powerlifting training is the key to that power. Powerlifters can be found in many different competitions.

One Atlanta based Delta Airlines employee took her powerlifting trained body to the narrow, twisting, icy tracks of the dangerous high speed sport of bobsled racing. Krista Ford became the only African American woman in history on USA's Women's Bobsled Team. As member of the U.S. Women's Bobsled team, Krista earned a gold medal and two silver medals. These were added to her collection of powerlifting gold medals. Because of her sports dedication and devotion to social causes, Krista Ford was named by the Women's Sports Foundation as an "African-American Sports Heroine."

In June of 2011, with the icy slopes behind her, Krista Ford set off to Wisconsin for the 2011 APF National powerlifting championships. Krista added another gold medal to her collection and set an APF World record. At a body weight of 181 pounds, Krista performed a world record squat of 682.2 pounds. Krista Ford's sports accomplishments keep growing. In her own words, "Time only makes me better"—and stronger too.

*=National Records. #=Best Lifters.
SP=Single-Ply.
» courtesy WNPF

NATIONAL NPA MEET APR 23 2011 »

Powerlifting	SQ	BP	DL	TOT
Open				
181 lbs.				
M. Jacobs	405	300	425	1130
R. Meyers	400	310	405	1115
198 lbs.				
C. Thomas	550	400	520	1470
220 lbs.				
Burlingame	845	405	660	1910
R. Allen	640	440	600	1680
242 lbs.				

J. Rhyner 700 450 600 1750
Masters
220 lbs.
Burlingame 845 405 660 1910
The N.P.A. Drug Free National Bench Press & Deadlift Championships will be held September 10, 2011 in Freeport, IL. Thanks Mike for the great magazine!
» courtesy Duane Burlingame

USPA CENTRAL ME JUN 18 2011 » Bangor, ME

BENCH	308 lbs.		
MALE	Master (55-59)		
Single-Ply	M. Socoby	440	
Push Pull	BP	DL	TOT
MALE			

Single-Ply
198 lbs.
Open
D. Jackson 225 352 578
242 lbs.
Master (40-44)
D. Palmer 303 451 755
Multi-Ply
181 lbs.
Open
D. Cyr 529 584 1113
Meet Director: Rob Meulenberg. Thanks to the Silo Barbell Club. Master Score Sheet: Rob Meulenberg. Thanks to our referees: Rob Meulenberg, National, Louie Morrison, State, and Paul Doesn, State. Thanks to our spotters and loaders: Josh Gottlieb, Jeff Melmet, Jason Godin.
» courtesy USPA

WAVE PERIODIZATION »

World records are lifted slower than training weights, but the ratio in a monthly plan should be roughly 80 lifts at 0.8 m/s and 12 lifts at less than 0.6 m/s, or much slower on max effort day.

A.J. Roberts recently ran a two-week strength speed wave and made on the first week 385 pounds of bar weight plus 700 pounds of band tension. The second week A.J. made 425 pounds of bar weight plus 700 pounds of band tension. The second week combination adds up to 1,125 pounds at the top of the squat. A.J. also has a record on the box with the opposite combination of weights and band tension. A bar weight of 690 pounds and a band tension of 440 pounds is his best. This adds up to 1,130 pounds. At the following contest A.J. made an 1,140-pound squat, which is a 40-pound increase officially.

I have talked about two waves that are used on speed day workouts, or Friday, for the squat. All special strengths are trained. This is important for proper restoration for the next extreme workout on Monday, or max effort day. The Friday workout must be high volume with moderate intensity, whereas Monday, or max effort day, is high intensity and low volume. The speed workout plan for speed strength is to return to 50% of a one-rep max and also to change the bar or stance or the amount of band tension or change to chain weight for accommodation. The chains will not add to an increase in kinetic energy because they will not help force your eccentric phase, as bands do, aiding in stored reversal energy. The key to strength increase is to move the same percentage of a one-rep max at a different speed. The speed waves must be used with accommodation to help reduce bar deceleration.

Dr. Fred Hatfield opened my eyes in the early 1980s with his theory of compensatory acceleration training (CAT). Dr. Hatfield's method called upon the athlete to increase muscle tension by trying to move the load as fast as possible throughout the lift. I like to think Westside took it a step further with combinations of resistance methods (CRM). This system is discussed in *Supertraining* by Mel Siff. Dr. Siff was fascinated

by our use of this method while visiting Westside Barbell in 2000. The special strength waves are repeated throughout the year—year in and year out—to maintain a fast rate of force development by changing the amount of band tension or chain weight or by combining both chains and bands. It is also advisable to use two strength bands. Place one over the bar and the other over the plates to cause an abrupt loading effect. It can be effective to place a band over different size plates as well. Every three weeks we know how fast our lifters are on speed day, and every 7 days how strong they are, not like a conventional cycle, which only lets one know his current strength level close to a meet, when it could be too late.

The meet training is two methods that intersect with each other: the circa-max phase plus the delayed transformation phase. Five weeks out from a meet, we will de-load some of the volume on Friday, or speed day, for two weeks. Three weeks out we use a circa-max phase the first week. For example our 1,160-, 1,150-, and 1,140-pound squatters work up to 690–720 pounds of bar weight plus 440 pounds of band tension on a box. Two weeks out they drop down to 510 bar weight plus 440 pounds of band tension for 1 rep. During week three they wear their Inzer Predator and Leviathan suits with the straps down and no knee wraps. Two weeks out, the 510 pounds of bar weight plus 440 pounds of band tension is done for 1 rep with just Predators. One week out the heavyweight lifters will do only special exercises, such as the Reverse Hyper machine, glute/ham raises, and pulling a weight sled. The lightweights will work up to 330 pounds of bar weight plus 140 pounds of band tension with no gear on a parallel box, plus light special exercises due to making weight. This is how we use wave periodization.

There are many plans to follow, such as the models that Dr. Tudor Bompa prescribed and Medvedev's 1964 wave-like scheme, which I modified. Dr. Verkhoshansky, whom I admired greatly, used a longer block style system with long-term delayed transformation. This last style I found somewhat less predictable, but you must have a plan or you plan to fail.

To the wave style by Medvedev, I added the pendulum approach by Arosiev and others to form my Westside system. Vasily Alexeyev, a very famous Olympic lifter, used the same system that I discovered in 1983. Dr. Mel Siff related this to me when he visited Westside and asked how I came up with this model. I told him that after three weeks of training with the same exercises, I did not get any stronger, nor did I get any faster, and would see a detraining effect on the fourth week. So I started the three-week pendulum wave system. Dr. Siff reflected that Alexeyev said the same thing. That was good enough for me.

A 1,100+ squatter's three-week wave would look like this for the final wave for speed strength before a major reduction in training volume for a deloading phase for two weeks:

- **Week 1:** 600 x 2 reps, 8 sets, plus 250 pounds of band tension at the top; total volume = 13,600.
- **Week 2:** 650 x 2 reps, 8 sets, plus 250 pounds of band tension at the top; total volume = 14,400.
- **Week 3:** 700 x 2 reps, 8 sets, plus 250 pounds of band tension at the top; total volume = 15,200.

This is the amount of volume on speed day that an 1,100-pound squatter must be able to handle to not only make such a squat on meet day, but also endure the training for the bench press and deadlift to succeed as well. There are many reasons why we have so many large totals and individual lifts, and it's not by lifting light weights. As Dr. Squat once said, "If light weights make you strong, then why not just train with light weights?" Of course they don't, and Westside knows that. If you've never been to Westside, you have no idea of what goes on inside the walls, but hopefully you will research us and reach your true potential. «

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JON ELICK »



That is some valuable information right there! Readers take note. Tell us about the Ironworx Gym that you own?

Ironworx Gym is hardcore in every sense of the word. I wanted to create an atmosphere where anyone would be comfortable coming to lift there. I don't tolerate bullshit. You either respect the other members or go somewhere else. We all have goals, but we don't all have to have the same ones. We have a good blend of powerlifters, bodybuilders, and guys/girls who just want to work out. We let the chalk fly, rattle the chains hanging off the bar, drag the sled in the alley. We have every piece of equipment you could possibly need to get the job done. It's open 24/7 via a door code so you can lift whenever you want.

Wow, gyms like that are rare. That's great. What kind of people are welcomed to train at Ironworx?

Anyone can join as long as they choose to be dedicated. There's nothing that pisses me off more than someone who joins and quits after a month or two. As far as training partners are concerned, I look for those who express an interest in what my crew and I are doing, someone I see at the gym consistently, and someone who is willing to be coached.

Tell us about the federation you compete in, the meets and what they are like.

I have competed in numerous feds over the years: UPA, APF, NASA, IPA, USPF, and SLP. I will go to just about any multi-ply fed to compete. For single-ply, I prefer the USPF. I like the rules and they keep a lot of the favoritism and politics out of it. There's nothing that compares to meet day...all the training gets funneled into a few brief moments on the platform.

As a strong, successful bench presser, have you encountered a lot of jealousy? How do people respond to you being so much stronger than the average person? What are your thoughts when it comes to the jealousy?

Jealousy is for the insecure. Those who can't lift what you do always have an excuse for

why they aren't on your level or why you are successful. I've never been jealous of those who outlift me. I just wonder what I can improve to up my game. People usually respond with awe, but most people can't comprehend what a 600 or 700 pound bench feels like, so it's kind of pointless to even mention it.

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

I don't really. I visualize and focus on the lift in my mind. I make my mind fire a shot of adrenaline right before I get on the bench.

What are your future goals?

At 37 years old and recovering from numerous lifting-related surgeries, my main goal is to just keep competing. However, I would like to drop to 198 again and hit 600 in a single-ply. I'm gonna knock off 650 in a single-ply and 700 in my double at 220.

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

My diet is not as clean as it should be, but I do eat plenty of dead animals, fruits, and veggies. I try to keep it basic. I don't do much cake, candy, ice-cream, chips, etc. However, I don't shy away from an occasional pizza or indulge in Rooster's Wings, though. Supplement-wise, I like AtLarge Nutrition Nitrean, Con-Cret, Optimum Amino2222, and a good multi.

Jon, let's go back down memory lane for a minute. So far in your powerlifting journey, list your favorite, most hardcore, funniest moment and the moment that has changed you the most.

My favorite moment was the first lift of my first meet. I've been hooked ever since. *The most hardcore moment* was when I missed 640 and 650, then came back to hit a PR 665 on my final attempt. *The funniest moment* was watching Mike Wolfe get a guy fired up by smacking him in the head. Hit him so hard, he fell off the bench and was too stunned to get back up. *A moment that had a major impact on me* was a

meet where I had missed my first two attempts and was feeling bummed. Jay Fry, who I had known for a long time, came over to me and said, "You got this one, you're a professional." I hit the lift, but more importantly, it was nice to have a lifter who was better than me consider me a "professional," too.

Those are some big moments. From your first meet—which sky-rocketed your bench press journey into personal record setting superstardom—to later in your bench press journey missing 640, and then hitting 665. You're an adversity killer! I love your story involving Mike Wolfe; everyone has a Mike Wolfe story. Being called a professional, by a long time world record champion like Jay Fry must have been awesome. I guess there is one thing that remains with hardcore powerlifters, they all have great stories. So, Jon, say a bench presser has not been as fortunate with his bench press journey as you have. He comes up to you and says, "I haven't gotten stronger in years. I need help! I feel like I have reached my potential and I'm just not into it." What do you say to get them going again?

I'd first want to evaluate their routine, form, gear, etc. to see if I could make any improvements. I'd then ask them to re-evaluate their goals. Maybe pick a different weight-class or switch gear-plys. Sometimes all you need is a change of direction to stoke the fires again.

Awesome. I'm going to list five aspects of powerlifting. Please rank in order of importance and explain why: Diet, Genetics, Mind/Heart, Training Partners, and Rest.

1. Mind/Heart. If you don't have the dedication and desire, you'll always be limited. Powerlifting is all-or-nothing. I don't know any "recreational powerlifters."

2. Training Partners. I don't know anyone who can do what we do by themselves.

3. Rest. This gets more important the older you get. Sometimes backing off is the best thing you can do.

4. Diet. Feed the machine. We brutalize our

bodies and refilling the tank is crucial.

5. Genetics. Get the above 4 aspects right and genetics aren't as much of a factor. My folks are short and have small frames. I was lucky enough to be a few inches taller than my dad, but had to work hard to pack on the muscle that I didn't inherit.

Jon, how do you want to be remembered?

I want to be remembered for putting on great meets, for always helping others improve their lifting, and for being a worthy competitor.

That you have done. What makes you happy?

Having the most understanding wife in the world, seeing my crew have success and knowing I helped get them there, nailing a PR.

It looks like you have a great support team. After your success with the Powerlifting Iron World, you attended the Arnold to work with MuscleDog. What did you think of the Arnold? What did you do with MuscleDog?

The Arnold needs to improve the powerlifting exposure; bring back the monsters. I can go to

any local meet and see 500 pound benches and 700 pound squats. I represented *Muscledog.com* at the Arnold this year. They are a great company who will be coming out with a cutting-edge supplement line very soon. They have an extensive online forum that caters to lifters and fitness enthusiasts of all kinds. You can get free advice from professionals regarding diet, routines, physiology, or anything else related to lifting.

I agree. The Arnold should take notes and bring back more powerlifting monsters. How do you see the future of powerlifting?

Bleak. It's too fractured because of the 30-plus federations. Too many "national" or "world" champs, judging inconsistencies, and crazy gear.

You are so right. There are 1,800 different possible divisions in powerlifting. However, the younger generation is powerlifting's future, and if their lifting gets on the fast track to a bigger bench press early, (much like yours has,) that can start a strong matrix that evolves the powerlifting future forever. So, Jon, what

is your advice for the younger generation of powerlifting?

Get a good foundation under the guidance of an accomplished lifter. Compete raw your first couple years. Keep your ego in check as you improve. Enjoy the friendships you'll make through powerlifting

Great advice, Jon! What a powerlifting journey you have had. You have left your mark in the powerlifting world, and we all wish you the best ahead. Is there anything else you would like to say in closing?

I'd like to thank Ken Anderson, who sponsors me with Titan gear; APT Pro Gear, who also sponsors me and provides the best wraps in the world; and my final sponsor *Muscledog.com*. I'd like to thank my wife, who puts up with my obsession and helps at the meets I host. A big shout-out to Wade Butcher and the crew at Butch's Barbell for all your help, and Scott, Dustin, Chris, and the rest of my Ironworx Gym team. Thanks to *Powerlifting USA* for covering the sport we all love, and Critical Bench for allowing me to have my 15 minutes! See you all on the platform. «

IPA LEXEN XTREME OPEN

GROVE CITY, OHIO - OCTOBER 6, 2007



JON ELICK
665 LBS. BENCH PRESS

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ents to the blender and pushes one button, in seconds the smoothie blends, the machine automatically shuts off and the operator then pours the smoothie into a cup. Blend cycles give consistency. In fact, here is a little bit of history: *Blendtec* was the first blender used in Jamba Juice and many other smoothie shops throughout the world.

Can you tell us the history behind this magnificent blender series?

Yes, the first commercial blender was just the beginning of our technology. I learned a lot about smoothies, iced coffee, power drinks, milk shakes and green smoothies—which I have every morning. From all that I learned, I took it to the lab with our team of engineers and we created solutions to the challenges others were having. We made the first sound enclosure in the industry. We developed not only a 13 amp but also a 15, 18 and 20 amp machine. We developed special blades for individual customers. We were the first company to print other people's logos on blender jars. We developed cycles for individual drinks.

And from all that we learned and developed we have shared that with our loyal customers on the residential side. We introduced the (13 amp/1560 watts) *Total Blender* with the same technology used in smoothie shops.

How have today's different models evolved since your first prototype?

We are still building prototypes because we are always innovating! We constantly try to make life smoother! We have just come out with a commercial blender that is basically a smoothie shop in a box. It is a self serve machine where YOU make your own smoothie. You place a cup on the turntable, select up to four flavors and press start. The turntable turns your cup to the inside of the machine where the built in blender and icemaker blends YOUR smoothie just the way you asked. The machine pours it into the cup spins the turntable around to you and you go pay for the smoothie. As you walk away from the machine the blender jar is already cleaning itself and is ready for the next customer to make a custom smoothie. Plus I added a TV screen so people can sell ads or inform customers of sales in their store.

Wow, that is really out of this world! What were some of the problems you encountered on the way while working to design the world's most powerful blender?

In the beginning and even now, I tested and re-tested everything that we were designing. We want our products to solve the needs of our customers and also have the quality to last. For years I have blended non-edible food to test the durability of whatever we make.

I am sure many of you have seen Tom's wild videos on *You Tube* where he blends all kinds of things up. For those of you that have not seen the "Will it Blend?" videos before, Tom, can you tell the readers about some of the different things you have actually blended with your

powerful blender?

Like I said, I have been testing our machines for years. I use to use wooden blocks or sand to see how fine I could blend it. We filmed our first "Will It Blend?" using marbles. Because marbles are made of glass I opened the lid after the marbles were blended and said, "Don't breathe this." Now 106 videos later where we have blended items from glow sticks, hockey pucks, lighters and the iPhone, people wait for me to say, "Don't breathe this."

Wow, that is crazy! The fact that your blender turned an iPhone to dust before my eyes totally blew my mind. Heck, you even disintegrated an iPad as well in the blender to mere rubble. I am sure a lot of Apple fans out there cringed to see that happen. What gave you the idea to try and blend such unconventional electronic gadgets, and even magnets?

Curiosity! I was the kind of kid that wanted to know how things worked. Testing things is part of me, and the fact that I like to have fun!

Another thing that I found out that really blew my mind is that the blender that you use in these crazy videos is actually your entry model *The Total Blender*. Can you tell the readers about the different models you have in the series as well as some specs for all the techie's out there?

Absolutely! The blender I use in our "Will It Blend?" series is our home blender. *The Total Blender* is a 13-amp machine.

Microprocessor Control: Enhances ease of use by allowing for pre-programmed blend cycles. Monitors the condition of the blender and adjusts power to provide constant speed control with varying loads. Detects unsafe conditions like overtemp and blockages that protects the motor by shutting it down.

Solid State 40A Triac Motor Control: This is the component that actually provides voltage to the motor. The component is rated much higher than it is likely to see in normal use. We do this to protect the electronics under extreme loads. To the customer, this results in higher reliability.

Filtering Components: On board filtering of power cleans up incoming power and prevents the blender from causing electrical interference with other appliances. This is pretty standard.

Pre-programmed Blend Cycles: These are customized blend cycles that shut off automatically when complete. This makes it easy to use, and is an immediate success with all types of recipes. Plus it allows multi-tasking in the kitchen, which I am sure many women will surely love.

Display Timer: This provides a sense of freedom for the user because it allows them to know how long they can leave the machine. It also allows counting of blend cycles, which can be a justification for purchase. It makes a lot of people say, "See how many times I've used my blender!" It also provides diagnostic information, which can be helpful for solving blender problems over the phone, and in house.

This is because the electronics track the temperature of the motor components. It will shut off the blender if the motor temperatures exceed allowable limits, which is very important since it protects the blender and increases reliability.

Inductor: This component senses the speed of the motor and adjusts the blend speed electronically. It allows the motor to run at consistent speeds with varying loads. It protects the motor by shutting the motor down if blockages are sensed.

ETL Certified: This provides assurance to the end user that the blender has been tested against nationally recognized safety standards, and that it is safe to use.

3 Foot Power Cord with a Velcro cord Wrap: The cord length is sized so that you can position it where you want it on the counter. Any excess cord can be managed with the integral Velcro cord wrap.

Deluxe Power Switch: This allows the user to shut off all power to the motor, eliminating parasitic power consumption. Plus, who doesn't love a good power switch.

Commercial Grade Motor: This bad boy has 1560 watts of power, which makes it the most powerful motor available for home blenders. Allows for an aggressive blade that blends quickly without the need for a plunger. Allows for heavy blender use without overheating. The motor is air cooled with a 7 bladed steel fan. Fan blades are unevenly sized and spaced which allows for heavy use without overheating. Unevenly sized and spaced blades allows for quieter operation by eliminating resonance effects found in most common fan blades.

Long life hard Carbon Brushes: Motor brushes wear down over time. Having hard carbon brushes allows us very long life so that your blender keeps going and going.

Carbon Steel Sealed Ball Bearings: This allows the motor shaft to rotate with very little friction. This reduces the noise and increases the motor life when compared with the bushings found in most home blenders.

Socket is precision machined from 440 stainless steel, hardened to 55-60 Rc, which makes it as hard as a ball bearing. It is also heat shrunk onto a precision ground motor shaft. This connects our socket directly to the motor with a high precision shrink fit. The result is finely balanced motor assembly, which is critical at our motor speeds. We end up with lower vibration, reduced noise, and increased reliability. The socket never needs to be replaced, resulting in low maintenance for the end user.

Sling Ring: This increases reliability by keeping water out of the motor.

Now do you want me to talk about the technical parts of the jar? (Kidding!) As you can see, we pay attention to every detail.

Tom you have an entire site just dedicated to just your "Will it Blend?" video series. Can you tell the readers where they can take a look at it online to see some really interesting videos?

Yes, you can go to www.willitblend.com or on *You Tube* type in "Will it Blend" and all of the

106 videos are there.

You seem to have two sections to this site: one for “Try this at home” and also the “Don’t try this at home.” I really liked that and found that quite funny. You also have some really good recipes online. Tom, you can for sure know that at the end of the interview I will be bugging you for a slew of your top recipes. Is that cool? Can you give us some of your favorites?

My wife does most of the blending at home, but I make a great green smoothie. She makes bread dough and hot soup. I make ice cream using spinach! You can go to www.blendtec.com and sign up for our recipe of the week. We are always coming up with more recipes! We have a nutritionist and a trainer at Blendtec so they keep us on track.

Can you tell us about the recipe book you wrote that accompanies each model?

We are about to go to print with our new recipe book. Each recipe we put in the book we have tested and tasted. You should have smelled the office when Liz was cooking! We have recipes from fondue to pizza dough and drinks to desserts. There are over 200 recipes in the book.

Is it really true that your series of videos has gotten over 65 million hits?

Most all the videos have had over a million views, so we are up there. The crazy thing is that people recognize me on the street. They are very kind.

What if one of the readers has a good idea? Is it possible for them to star in one of the videos as well?

We have had contests where we blend what others have asked us to blend. Ken Block came and blended his car. He is the only one that has been on a video where he did the actual blending instead of me. We did have a German company come over and test things we have blended to see if our “Will it Blend?” videos were real. They tested it and from their testing I learned by slow motion cameras they used that I have been at greater risk than I realized, especially when I blended the lighters. Basically, I was in a fireball, but didn’t know it until long after the blend happened.

I know you even have a clothing line. Tom, you have to send me one of those “Will it Blend?” t-shirts. Any new ventures on the horizon with new products for the kitchen or outside?

Okay, I will. Yes, we are always coming up with new things. Keep your eyes on Blendtec this summer. We are always trying to make life smoother.

Now, Tom, one of the videos in the “Try at Home” section that I really liked is the one you did with the guacamole. My readers know well that I am a big fan of avocados for all the nutritional benefits they offer. What I liked is that you took the whole avocado—I think you actually put at least four in there with the skin and pit whole at one time—and the Blendtec turned the whole thing into guacamole in mere seconds. Now that’s a blender! What other tough foods that regular blenders can’t really breakdown smoothly has the Blendtec gotten the job done with mere ease?

Kale is a fibrous green and the Blendtec blends it so you can drink it through a straw—no chunks or pieces. Like you said, we blend avocado pits too!

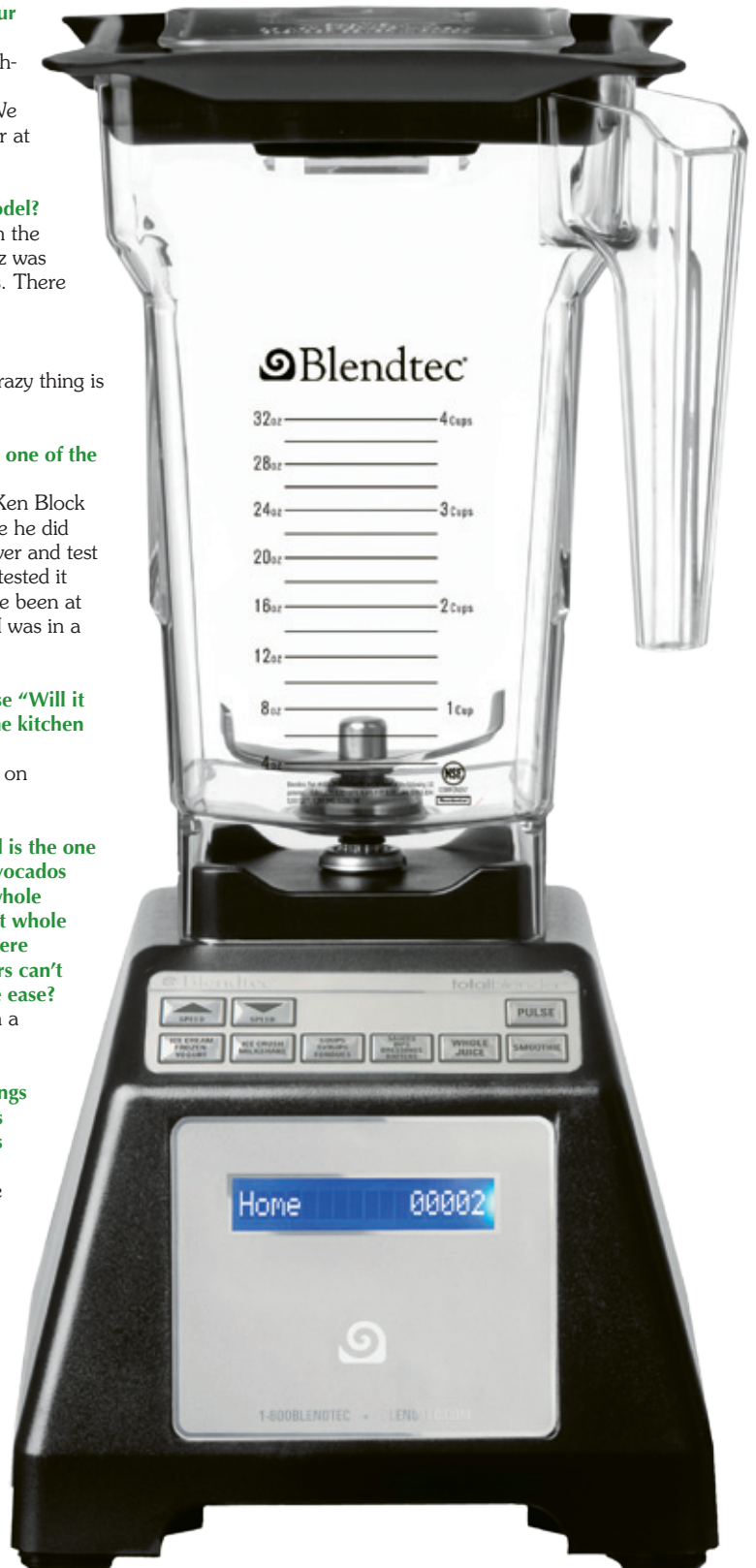
One problem I have had with other blenders is the fact that many times things like kale or celery do not get properly broken down and leave green chunks in my smoothie. Why is this happening with somewhat soft foods and is this something to worry about with a Blendtec?

No, you don’t have to worry about anything like that with the Blendtec. One of the reasons why is the design of the blade and the micro processing that our technology allows. Other blenders can overheat because they don’t have motor strength to take on dense fruits and vegetables. Remember, we started out testing frozen bananas and strawberries—that is like blending rocks.

Another major problem I ran into with even some of the better blenders I have used in the past is the fact that I have to blend my smoothie into like four parts. What I mean by this is the fact that I need to blend my greens first, then once that is done then the fruit, then my ground flax and protein powder, and on and on. This is simply because if I put all the ingredients in there at once it will not blend. Why does this happen? Can you tell us a little about how the Blendtec handles such a problem with ease?

It happens because you aren’t using the right tool for the job. That’s what

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we do is build machines to DO what you expect. There is a science to loading a jar and that will help to make the blend, blend easier. You start with liquids or softer textured foods, add medium dense foods next and end with hard foods or ice. This allows the blade to easily turn and start blending, rather than fighting through the frozen tundra first. If you add hard things before you add the soft or liquids, you have a greater chance to build a pocket of air down by the blade, which is called cavitation. Then you have to burst the pocket before anything can touch the blade and blend.

Well, Tom, I am not sure if you know a lot of the big names in powerlifting and strongman, but one you will for sure remember. Derrick Poundstone, who is America's Strongest Man, is very popular for some of the things he does with his blender. He actually takes one full pound of cooked chicken and blends it into a milkshake and drinks it. What do you think of that?

That is called a protein shake! The great thing about making protein shakes is that you can get a lot of good protein into your system in a short amount of time. And because it is blended, the cell structure is opened and available to be absorbed more quickly in the stomach. Using the blender is a great way to get in your protein or greens or both!

Some people might say that a blender is a blender. Can you explain to the readers how and what prevailing features a Blendtec blender has to leave all others in the dust?

In answer to that question, perhaps I should quote the Director of Sales and Marketing from our leading competitor who said—referring to our Wild Side jar—that “it blends twice as much, twice as fast.”

The Blendtec features that I think leave other blenders in the dust are:

- The power of the motor, that allows tough foods to be blended to the cellular level.
- The designs of the blade, that doesn't require stir sticks and bring commercial quality to the home.
- The function of blend cycles, that shuts the machine off automatically.
- The unique design of each jar, that allows you to blend hot soups or make ice cream.
- The ease of cleaning both the base and the jar, that takes seconds to wipe clean with a damp cloth. The jar is known to be the most sanitary jar on the commercial market (NSF approved). That same technology is provided for home users as well.
- The touch pad is a smooth easy to clean surface that eliminates protruding knobs or groves to clean.
- The complete unit is only 15 inches high,

which provides ample clearance for it to slide under cabinets and remain on your counter where it becomes a tool in your kitchen and part of your everyday lifestyle.

CONCLUSION

Well, here you have it, the first part of this super interesting series I did with Tom Dickson, CEO of Blendtec. Being a strength athlete, one of the most important pieces of kitchen accessories you will use more than anything else will be your blender. Since the large majority of lifters that I know and work with drink 2–4 protein shakes and smoothies per day on top of their other 3–4 meals, it goes without saying that having a top quality blender that performs with precision is of great importance. I am sure many of you have used a cheap blender in the past, but take my word, once you have used a real high-powered machine like a Blendtec you will wonder how you survived using what you did.

In the next part of the series, Tom is going to cover some new ground. He will talk about some of the engineering genius that went behind the creation of this masterpiece along with some of the many other culinary inventions that Tom has designed. Of course, I could not forget to bug Tom for some of his favorite recipes that all of you can enjoy. So until next month train hard, eat clean, and start using a Power Blender that truly gets the job done! ☪

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With their Sword Awards from the WABDL California State meet: (L-R) Betty Hansen, Jim Presley, and Peach Presley (Peach Presley photo)



Chino Davila is a WABDL World Champion, and he got a new WABDL World Record 519 at 165 at the California State Championships (Esperanza Check Cashing photo)

WABDL CA BP/DL MAR 12 2011 » Chico, CA

BENCH FEMALE		MALE	
<i>Double-Ply</i>		<i>Double-Ply</i>	
148 lbs.		148 lbs.	
Junior (20-25)		Junior (20-25)	
S. Johnson 231		S. Johnson 231	
B. Hansen 148!*		4th-237*	
<i>Single-Ply</i>		<i>Single-Ply</i>	
105 lbs.		308 lbs.	
Master (47-53)		Master (47-53)	
P. Robinson 150		J. Presley 551!*	
4th-154!*		J. Presley 551*	
114 lbs.		<i>Single-Ply</i>	
Master (40-46)		105 lbs.	
A. Vallejo 154*		Junior (20-25)	
132 lbs.		J. Hulliger 209!*	
Teen (14-15)		123 lbs.	
A. Pecktol 126*		Open	
Teen (16-17)		J. Presley 551*	
M. Miles 99		<i>Single-Ply</i>	
148 lbs.		105 lbs.	
Master (47-53)		Junior (20-25)	
B. Anolin —		J. Hulliger 209!*	
Master (54-60)		123 lbs.	
P. Presley 203!*		Teen (14-15)	
Open		C. Watts 209	
B. Anolin —		4th-221!*	
P. Presley 203		148 lbs.	
165 lbs.		Master (61-67)	
Open		C. Tennant 192	
Junior		Master (68-74)	
L. Vaterlaus 165		S. Morabito 159	
181 lbs.		Teen (18-19)	
Open		B. Presto 231	
L. Barlow 154		165 lbs.	
Submaster (33-39)		Open	
L. Barlow 154		A. Davila 490	
Super		4th-519!*	
Master (54-60)		Teen (14-15)	
S. Vaterlaus 214!*		G. Sigler 137	
Raw		Teen (16-17)	
105 lbs.		A. Witt 314	
Master (47-53)		4th-336*	
H. Johnson 77*		181 lbs.	
114 lbs.		Master (40-46)	
Master (54-60)		K. Daniels 507	
R. Dunbar 66		Master (47-53)	
123 lbs.		M. Aguirre 392*	
Master (61-67)		Master (54-60)	
R. Pierce 82		B. Murphy 231*	
Master (85-89)		Master (61-67)	
D. Ward 45*		J. Mautner 236	
148 lbs.		Master (68-74)	
Master (54-60)		L. Joiner 214	
L. Flannery 132		Teen (16-17)	
Master (61-67)		J. Cartledge 292*	
D. Cole 82		198 lbs.	
181 lbs.		Class I	
Master (40-46)		A. Miluso 187	
C. Cooper 110		S. Pena 462*	
Master (68-74)		B. Watts 380	
B. Meraz 77		A. Miluso 187	
198 lbs.		Open	
Master (54-60)		R. Lopez —	
C. Manhart 115		Submaster (33-39)	
		R. Lopez —	
		Teen (16-17)	
		R. Gutierrez 380	
		4th-402!*	
		Raw	
		181 lbs.	
		Master (68-74)	
		R. Ford 137	
		198 lbs.	
		Junior (20-25)	
		A. Kauer 259	
		Master (68-74)	
		D. Baker 110	
		Master (75-79)	
		D. Maloney 187	
		Master (80-84)	
		G. Choi 121	
		DEADLIFT	
		Female	
		Single-Ply	
		114 lbs.	
		Master (40-46)	
		A. Vallejo 242	
		123 lbs.	
		Master (61-67)	
		R. Pierce 143	
		4th-154*	
		132 lbs.	
		Master (54-60)	
		S. Rowland 154	
		4th-165*	
		Master (85-89)	
		D. Ward 57	
		4th-60!*	
		Teen (14-15)	
		A. Pecktol 286	
		Teen (16-17)	
		M. Milesi 248	
		148 lbs.	
		Master (47-53)	
		D. Baker 154	
		Master (75-79)	
		D. Maloney 347*	
		Master (80-84)	
		G. Choi 145	
		4th-148*	
		Submaster (33-39)	
		H. Singh 424	
		Teen (16-17)	
		T. Cartwright 326!*	
		181 lbs.	
		Law/Fire Open	
		J. Thompson 304!*	
		Master (68-74)	
		B. Meraz 143	
		Open	
		B. Anolin 381	
		J. Thompson 304	
		198 lbs.	
		Master (54-60)	
		C. Manhart 303	
		Open	
		M. Pera 336	
		Submaster	
		M. Pera 336	
		MALE	
		Single-Ply	
		105 lbs.	
		Junior (20-25)	
		J. Hulliger 275	
		4th-303!*	
		148 lbs.	

Junior (20-25)	D. Gardner 451	Colby Ballinger did a world record 557.6 in 16-17/242. The last world record of the day in the dead was Nicole Cartwright with 326.1 in teen 16-17/165. Other notable deadlifts included Zach Clark who popped a 611.7 at age 50 in law/fire. Zach has been battling cancer off and on for six years. Robert Exam pulled 639.2 in 40-46/242. Richard Cirigliano pulled 540 in 54-60/165 at age 55 and Beverly Andin pulled a state record 381.3 weighing 145.2. In the bench press world records were set by Jerel Hulliger with 209.2 at 105. Tracy Lundin pushed 639.2 in law/fire 40-47/308. Tracy has broken numerous law/fire world records in double and single-ply. This one was in single-ply. Jim Presley set a world record 551 in 47-53/308. He's had a bad shoulder for the last 18 months or he would be doing 700 by now, at age 58. His sister Betty Hansen also got a world record 148.7 in 47-53/132 in double-ply and believe it or not his wife Peach Presley also got a world record 203.7 in 54-60/148. Pamela Robinson, who was coached by Mike Dayton and Sherry Ablett, punched out a big 154.2 weighing only 102.6. Sue Vaterlaus got a world record 214.7 in super 54-60 age group. In open 165, Adolfo Davila hit a huge world record 519.1 at 160.4 lbs. In teen 14-15/123 Clayton Watts got a world record 221.3 and in teen 16-17 super, Raymond Gutierrez elevated a world record 402.2. Other notable benches were James Hunter with 677.7 in 40-46/242, Martin Aguirre 392.3 in 47-53/181 for a Nevada record, Robert Urrea, who is an M.D., did 275.5 in 68-74/220. Alexandra Vallejo set a California record 154.2 in 40-46/114. Ray Perez got 600.7 at 242 in both open and submaster and Austin Witt set a Nevada record 336 in 16-17/165. The judges were Jim Sheffield, Jody Woods, Shawna Sheffield, Juan Laija. Big Jim has benched 677. His wife benched 231 and Juan Laija has benched 534. Jim Presley also did some judging and his best is 611.7. Sam Pecktol also judged and he has benched 551 and deadlifted 727. Mike Johnson and Jim Presley and his crew were responsible for setting up the main platform and warm-up room and for bringing all the warm-up weights and benches. The gym in Willows also contributed equipment. Larry Hansen sold tickets and snacks. Gus Rethwisch and Jody Woods were the emcees and Jody Woods brought the kilo set and a bench. The sponsors were Brian Welker of Competitive Edge Gym, Shawn Madere of GLC 2000, Ken Anderson of Anderson Powerlifting, Pete Alaniz of Titan Support Systems, Mike Lambert of Powerlifting USA, David R. Smith, Coby Washburn, Grace Cloninger of Hop West, Jon Doyle of USP Labs, Keith Lemm of CSS Sports, Chet Gorskreutz of Ivanko, Neal Spruce and Odd Haugen of Dot Fit.
Master (61-67)	C. Tennant 363	
Master (68-74)	S. Morabito 330*	
Master (54-60)	R. Cirigliano 540	
Open	R. Cirigliano 540	
Teen (14-15)	G. Sigler 297	
Teen (16-17)	A. Witt 413	
4th-429*	J. Miguel 451	
4th-435*	Z. Clark 611	
R. Ford 187	Z. Clark 611	
Submaster (33-39)	A. Pina 523	
A. Pina 523	R. Exum 639	
198 lbs.	S. Gaytan 485	
Class I	Open	
K. Herzik 518	N. Exum 639	
S. Pena 473!*	Teen (16-17)	
Junior (20-25)	C. Ballinger 557!*	
A. Kauer 440	259 lbs.	
Master (40-46)	Law/Fire (56)	
A. Tortorelli 562	R. Exum 485	
Master (68-74)	4th-501!*	
D. Baker 154	308 lbs.	
Master (75-79)	Teen (16-17)	
D. Maloney 347*	W. Bronaugh 451*	
Master (80-84)	Super	
G. Choi 145	Disabled	
4th-148*	A. Miluso 181	
Submaster (33-39)	Master (61-67)	
H. Singh 424	A. Miluso 181	
Teen (16-17)		

STEPHANIE VAN DE WEGHE »

Competing in South Africa, breaking the 165 pound bench record with 375 pounds, winning Champion of Champions in Graz, Austria, and also winning the Yodeling contest they had at the post meet banquet. And my last world's win in 1999 in Calgary. The totals I do not remember. I'm sure there were some world records in there. I just concentrated on lifting the weight. You will have to ask my coach, Jan Van de Weghe, about the numbers as that was his job. Finally, I competed at a meet run by Darryl Latch on October 23, 2010, in Tuscola, Illinois. I had my best day ever going 9 for 9 with a 700 pound squat, 400 pound bench, and 500 pound deadlift, weighing 1751 pounds.

What is your training program?

Leading up to a contest, 16–12 weeks out, Saturdays turn into the heavy day. I work all three lifts on that day. We alternate from max day to 80% day with most assistance work during the week. Equipment is mainly used on the weekends but may use knee wraps during the week as we near the contest.

A heavy Saturday starts at 4:00 a.m. then we hit the road by 5:00 a.m. We travel three hours from Sheboygan to Aurora, Illinois, to train with Ernie Frantz and his team. We start at 9:00 a.m. and finish up around 2:00 p.m. It definitely works on your stamina.

During the week though, it is really nothing special. Mostly a bunch of power bodybuilding with the primary exercise being bench press plus assistance work, or squat and/or deadlift with the assistance work. Most of my workouts are dictated by how I feel. Reps may range from doing heavy 2–5 reps, to a good working set with 10–15 reps. Nothing is written in stone.

What supplements do you take?

My supplements include a ground flax by Natural Ovens; a micronized Creatine, BCAA's, L-glutamine, and Shock Therapy for pre-workout from Nutrition Express. I also incorporate Torch Afterburn for post workouts.

Why do you lift in the APF?

I compete in the APF because it's an organization built by lifters, for the lifters. There has always been great camaraderie, even in highly contested classes. I have competed in the ADFPA, USPF, and IPF in the past. However, being a lifter, I feel organizations need to be represented by lifters, for the lifters, and minimize any type of bureaucracy and or political wrangling that does nothing to support lifters as a whole.

What are your future lifting plans?

At this point, I'm looking at the APF Worlds for

2011. After that, I don't know. We'll see how I feel. I'll be 50 years old by then. I can cheerlead though.

What have you noticed since your return to powerlifting?

It is sad to see that whenever a group feels things aren't going their way, they form another organization so they can get their squats passed. I have tell you, I miss Herb Glossbrenner. He may have been a bit sharp in his commentary, but he kept the organizations honest. Also, I do not see myself competing overseas again. The anti-American sentiment is too great of an underlying issue. We, as an American team, just seem to be individuals competing at the same venue and not as a group; not as the American team we once were and need to be again. I'm just glad I had the opportunity to compete in the 1990s, a great time for American lifters. We came together as a team. I am in hopes that we Americans will once again come together as a team, and represent this sport and this country fearlessly and proudly.

My hat goes off to Ernie Frantz for establishing the APF and all the groundwork he laid. He is the one that really brought powerlifting up in popularity and got the sport to grow. I love him dearly and appreciate everything he has done for me and for the sport. I would also like to thank Bill Goldman for coaching me. «

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WABDL WORLD CUP APR 2 2011 » Wisconsin Dells, WI

BENCH	T. Coduto	475
FEMALE	P. Sabala	386
97 lbs.	Master (40-46)	
Master (61-67)	R. Norman	580
M. LeBien	62	4th-584!*
4th-66	T. Coduto	475*
123 lbs.	Master (54-60)	
Master (47-53)	R. Dexter	402*
S. Sanford	176	Master (61-67)
148 lbs.	D. Swift	503
Master (40-46)	4th-518!*	
P. Harris	132	Open
165 lbs.	R. Norman	580
Junior	4th-584*	
S. Holley	116*	Derengowski
Master (47-53)	238	Teen (18-19)
L. Staplin	238	J. Kolski
Submaster		Teen (14-15)
L. Pipp	144*	Hollingshed
181 lbs.		309*
Master (40-46)		Class I
B. Hermann	237	J. Hooks
198 lbs.		419
Master (47-53)		P. Gandy
K. Campbell	425	353
Open		E. Pipp
K. Campbell	425*	342
220 lbs.		Burlingame
Master (54-60)		331
M. Schalles	105	Elite Open
		R. Marrama
		683
		Junior (20-25)
		J. Pflum
		364
		Junior (20-25)
		314
		Master (47-53)
		J. McCubbin
		419
		Open
		J. McCubbin
		419
		181 lbs.
		Master (40-46)
		B. Hermann
		325
		4th-330*
		198 lbs.
		Master (47-53)
		K. Campbell
		485!*
		Open
		K. Campbell
		485*
		220 lbs.
		Master (54-60)
		M. Schalles
		303
		4th-341!*
		MALE
		Single-Ply
		132 lbs.
		Teen (12-13)
		N. Balk
		231
		4th-242*
		148 lbs.
		Class I
		Constantinea
		463*
		Master (54-60)
		C. Wong
		424
		Open
		R. Snelling
		579*
		Teen (12-13)
		A. Waldorf
		255
		4th-259*
		Junior (20-25)
		D. Pasholko
		419*
		Law/Fire Open
		A. Brown
		—
		Master (54-60)
		R. L'Huillier
		513*
		Master (61-67)
		L. Pokora
		502
		Open
		R. L'Huillier
		513
		P. Mercado
		474
		Submaster (33-39)
		P. Mercado
		474*
		B. Ekebom
		453*
		275 lbs.
		Master (47-53)
		G. Gulseth
		—
		308 lbs.
		Law/Fire Open
		A. Waskelis
		—
		Master (40-46)

G. Powell	546
Master (54-60)	
K. Simplot	503
4th-518*	
R. Ryan	728!*
Master (61-67)	
D. Schlottman	369*
Open	
G. Powell	546
Master (68-74)	
E. Angstrom	319
SUPER	
Open	
D. Forstner	—
Submaster (33-39)	
D. Forstner	—
DEADLIFT	
FEMALE	
Single-Ply	
118 lbs.	
Open	
J. Sahy	386*
123 lbs.	
Open	
C. Anderson	320*
132 lbs.	
Teen (16-17)	
H. Bos	198
148 lbs.	
Master (40-46)	
J. Sahy	385*
P. Harris	276
4th-292*	
Master (47-53)	
J. McCubbin	419
Open	
J. McCubbin	419
181 lbs.	
Master (40-46)	
B. Hermann	325
4th-330*	
198 lbs.	
Master (47-53)	
K. Campbell	485!*
Open	
K. Campbell	485*
220 lbs.	
Master (54-60)	
M. Schalles	303
4th-341!*	
MALE	
Single-Ply	
132 lbs.	
Teen (12-13)	
N. Balk	231
4th-242*	
148 lbs.	
Class I	
Constantinea	463*
Master (54-60)	
C. Wong	424
Open	
R. Snelling	579*
Teen (12-13)	
A. Waldorf	255
4th-259*	
Junior (20-25)	
D. Pasholko	419*
Law/Fire Open	
A. Brown	—
Master (54-60)	
R. L'Huillier	513*
Master (61-67)	
L. Pokora	502
Open	
R. L'Huillier	513
P. Mercado	474
Submaster (33-39)	
P. Mercado	474*
B. Ekebom	453*
275 lbs.	
Master (47-53)	
G. Gulseth	—
308 lbs.	
Law/Fire Open	
A. Waskelis	—
Master (40-46)	



Karen Campbell set a new world record at the Wisconsin Dells meet
(Charles Venturella photo)

181 lbs.
Class I
C. Bos 507
N. Conder 502
M. Guillen 480
T. Johander 375
Junior (20-25)
N. Conder 502
Law/Fire Submaster
T. Voss 491*
Master (40-46)
C. Bos 507
Master (47-53)
D. Felton 513
Master (54-60)
G. Kleyn 601*
Master (68-74)
E. Angstrom 391
Master (75-79)
R. Ringewold 446!*Open
G. Kleyn 601
Submaster (33-39)
T. Voss 491
Teen (16-17)
D. Balk 485*
Teen (18-19)
R. Quinn 474*
N. Hubert 408***198 lbs.**
Master (47-53)
S. Hubert 573*
Master (54-60)
R. Dexter 402*
Master (61-67)
B. Hochstein 580*
Open
S. Hubert 573*
B. Hochstein 580
Teen (14-15)
Hollingshed 518*
Teen (18-19)
J. Kolski 518
4th-524*
220 lbs.
Class I
P. Gandy 507
Junior (20-25)
Z. Beghln 551
C. Fluck 430
Master (47-53)
M. Edlstein 645
Burlingame 601
Master (54-60)
R. Waldorf 463
Master (61-67)
A. Williamson 457
Open
J. Stuber 634
B. Williams 634
Burlingame 601
Teen (18-19)
P. Rubish 667!***242 lbs.**
Law/Fire (40-47)
A. Bianchi 702!*Master (40-46)
A. Bianchi 702*
Master (47-53)
M. Frizzell 574*
Master (54-60)
S. Coogan 502
Open
J. Lickfelt 658*
Submaster (33-39)
M. Taylor 502
259 lbs.
Junior (20-25)
D. Pasholko 661*
Law/Fire Open
A. Brown 573
Master (54-60)
R. L'Huillier 661!*Open
N. Lepine 677
R. L'Huillier 661
Teen (18-19)
D. Balk 579*
275 lbs.
Master (68-75)
F. Peterson 601!*Class I
G. Powell 551
Law/Fire Open
A. Waskelis 540*
Master (40-46)
G. Powell 551
Master (54-60)
K. Simplot 584
4th-606*
Open
J. Eddy —
SUPER
Master (61-67)
J. Sretka 568
Open
D. Forstner 634
Submaster (33-39)
D. Forstner 634
Master (54-60)
!*=World Records. *=State Records. #=National Records. Venue: Chula Vista Resort.
There were 116 lifters at this event, the biggest non-high school event ever in Wisconsin. World records in the deadlift were set by Fred Peterson, raw at age 70 with 600.7 in the 275 lb. class, Ron Ringewold 446.2 at age 77 in 75-79, Karen Campbell 485, in 47-53/198, Marjorie Schalles 314 in 54-60/220, Pete Rubish 666.7 in 18-19/220, Al Bianchi 701.9 in law/fire 40-47/242, and Ron L'Huillier 661.2 in 54-60/259. All of these lifts were truly world class. Fred Peterson is from Massachusetts, Ron Ringewold is from Michigan, Karen Campbell is from Maine, Marjorie Schalles is from Minnesota, Pete Rubish is from Wisconsin and Al Bianchi is from Massachusetts. In the bench press, world records were set by Robert Norman 40-46/198 with 584, Roger Ryan 54-60/308 with an amazing 727.5 in a single-ply shirt. Robert Norman also did his 584 in a single-ply shirt. Dan Swift put up 502.6 in 61-67/198. Karen Campbell rammed up 425.3 in 47-53/198. Other notable lists in the deadlift were Dan Pasholk 661.2 weighing 246.8 in junior 259, Dave Constantineau 462.7 in class 1/148 for a Wisconsin record, Mitch Edelstein 644.7 in 47-53/220, Ryan Snelling 578.5 at 148 and a near miss at a world record 618.3 and Jane McCubbin with 418.7 at 139.8 at age 53. In the bench press, Kerry Simplot got 518 in 54-60/308 for a Wisconsin record, Leonard Pokora got 501.5 in 61-67/259, Rob Gologano of Maine got a 705.2 in open 242, Rick Marara of Massachusetts got 683.2 at 220. He's the world record holder in single-ply with 711. Guy Powell got 545.5 in open 308. Tony Coduto of Illinois got 474.8 for an Illinois record in class 1/198 and John Peterson hit a 391 bench for a record in master 40-46, and Ron L'Huillier got a 512 bench for a Michigan record in 54-60/259. Ron is the WABDL web master and the WABDL web site is the best in powerlifting because of him. The judges were Brent Biddle, Kris Boehoner, Bob Vivier, Dave Constantineau, Gary Gulseth and Dennis Johnson. The emcee was Gus Rethwisch and the score keepers were Sarah Biddle and Rebecca Whelan. Dennis Johnson, Gary Gulseth and Dave Constantineau brought weights. Spotters and loaders were Jeff Hooks and Josh LeClair. The sponsors were Brian Welker of Welker's Engineering, Shawn Madere of GLC Direct, Coby Washburn and David R. Smith, Ken Anderson of Anderson Powerlifting, Pete Alaniz of Titan Support Systems, Jon Doyle of USP Labs, Rick Brewer of House of Pain, Grace Cloninger of House of Pain West, Mike Lambert of Powerlifting USA magazine, the bible of powerlifting, Keith Lemm of CSS Sports Photography, Chet Groskreutz of Ivanko Barbell, Neal Spruce and Odd Haugen of Dot Fit Nutrition. The Chula Vista Resort is a 770 room resort with a great sports bar, great buffet, a world class steak house, the biggest indoor water park in the world and an 18-hole golf course. The ballroom is 12,000 square feet and the rooms are world class.
» courtesy Gus Rethwisch

BENCH PRESS MEET FIRST TIMER »

her overzealous aunt to control the anxiety and get back on track.

My second attempt went as it should. As the bar was lowered Shane knew to coach me to wait for the press and I did. YES! I accomplished that attempt.

The third attempt would be 90 pounds and not the goal I was hoping for which was 100 pounds. I really wanted to go for it, but Laura in her wisdom knew I probably would not make that. Rather than discourage me, she encouraged me to keep going and that I was doing really well and we'll go for 90 pounds.

In between my attempts were some extremely talented people who were lifting a lot of weight. My 90 pounds seemed almost silly, a mockery of sorts. Again my name was called, and my third attempt was under way. And of course, I over compensated. I lowered the bar too slowly and struggled to get it back up.

Gone was my glory to lift 90 pounds, much less 100. I had to swallow the loss and be glad I actually competed. Every person who lifted that day had at one point stepped out of his or her

comfort zone to enter the world of powerlifting. My impression of such a world was changed that day and I had a new sense of respect for the lifters.

Monday following the competition I went to the gym, ready to get back at it and bench whatever I could that day. Laura and I chatted about the meet, how it went, the different folks who competed. She put weights on and off the bar, and I lifted. She shared about one couple in attendance and their ability to lift even though they do not have leg strength due to being physically disabled. She was amazed more people did not know about them and she loaded the bar as I lifted. When I finished she looked at me and said, "That's your 90 pounds, Aunt Nise. Good job!" «

Danise DiStasi grew up in Cincinnati, Ohio. She graduated from Xavier University and spent 27 years in the medical industry. She has held several positions, including Nuclear Product Specialist, Corporate Account Manager and Vice President of Sales and Marketing.

She left the medical industry in 2000 and joined The Ken Blanchard Companies in sales and leadership training. While at The Ken Blanchard Companies, Danise was a trainer, coach and facilitator with Lead Like Jesus, a business ministry co-founded by Ken Blanchard and Phil Hodges.

Danise currently conducts leadership training for FSH Consulting Group, consults in sales and marketing, and provides executive coaching. She published her first book, *Steppin' Out of My Skin*, in 2005. Her second book, *The Hike*, co-authored with Ford Taylor, was released in 2010. She has written several articles for the Cincinnati Business Courier on integrity, leadership and humility. Her mission is to write and speak in such a way that it spurs people on in their quest to seek personal transformation.

Danise lives in Cincinnati so she can be close to her daughter and son-in-law, Marisa and Matt, and her precious granddaughter, Evi Isabella. Danise enjoys writing, spending time with her wonderful Italian family and following the Cincinnati Reds!

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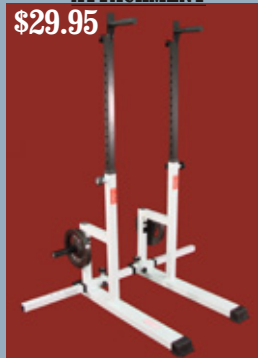
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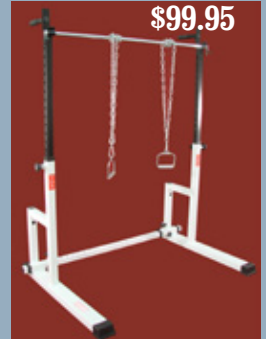


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Participants at the Lifetime Fitness Bench Press Classic, held on June 11th, 2011 in Chanhassen, Minnesota (Trent Hedtke photo)

5TH LIFETIME FITNESS BP CLASSIC JUN 25 2011 » Chanhassen, MN

BENCH FEMALE		<i>Teen (17-19)</i>	
<i>Raw</i>		<i>Junior</i>	
123 lbs.		165 lbs.	
T. Sommer	121*	J. Eastman	275!*
		J. Bellard	264
<i>Open</i>		<i>Open</i>	
123 lbs.		165 lbs.	
T. Sommer	121	W. Jones	292
165 lbs.		S. Larson	248
B. Ringstrom	187!*	181 lbs.	
<i>Subs (34-39)</i>		D. Oelike	270
148 lbs.		A. Rolfsrud	248
K. Latzke	121!*	275 lbs.	
<i>Masters (40-46)</i>		A. Fiedler	573!*
165 lbs.		A. Johnson	391
K. Rettig	132!*	SHW	
<i>Masters (47-53)</i>		B. Braner	551!*
148 lbs.		<i>Masters (40-46)</i>	
J. Meyer	121!*	181 lbs.	
BENCH MALE		Stanchfield	352!*
220 lbs.		198 lbs.	
B. Petty	364	E. Maki	375
T. Petty	—	220 lbs.	
242 lbs.		T. Chipman	292
C. Henry	—	SHW	
<i>Master (54-60)</i>		M. Stiel	369
198 lbs.		<i>Masters (47-53)</i>	
T. Peterson	446!	220 lbs.	
<i>Masters (40-46)</i>		S. Teska	314
220 lbs.		242 lbs.	
T. Huhn	287	D. Schrupp	352*
<i>Masters (47-53)</i>		J. May	254
220 lbs.		<i>Masters (54-60)</i>	
J. Tyler	402	242 lbs.	
S. Kivisto	452	L. Luffey	264!*
<i>Raw</i>		275 lbs.	
242 lbs.		G. Peterson	375
<i>Teen (13-16)</i>		275 lbs.	
SHW		<i>Masters (68-74)</i>	
C. Stuckey III	181!*	198 lbs.	
		R. Wolf	253!*

*=MRPF Records. != LTF Records. Best Raw Bench: Andy Fiedler 573.2 Best Equipped Bench: Tom "Rambo" Peterson 446.4. The 5th Annual Life Time Fitness Bench Classic couldn't have happened without the support of General Manager Jason Turner and Life Time Fitness. I would also like to thank Mark Laylin, Ed Hanegraaf, Jen Ryan and Chad Henry. Over 100 spectators were on hand to witness some incredible raw and equipped benchers. We had a total of 35 lifters in the raw and equipped categories. Even though this was the smallest group to ever compete in the LTF Bench Classic we had 14 new MRPF (Minnesota Raw Power Federation) records, and another 13 LTF Bench Classic records were broken. A recap

of the day's raw lifting: Ladies' raw division: In the women's open junior division Tina Sommer came back strong after missing her first attempt to set a new MRPF record of 121.3 lbs. in the 123 lbs. class. In the 165 lbs. open class long time competitor and Life Time Fitness trainer Britt Ringstrom broke her own MRPF record w a press of 187.4 lbs. In the submaster division Kaya Latzke was strong, setting a new MRPF record of 121.3 lbs. in the 148 lbs. class. In the masters I division Kari Rettig had her sights set on breaking her own record. She succeeded increasing it to 132.3 lbs. in the 165 lbs. class. The last lady lifter of the day was Jill Meyer in the masters II, 148 lbs. class, who set a new MRPF record with a press of 121.3 lbs. Men's raw division: In the teen I SHW class 16 yr. old Charles (Trey) Stuckey III was lifting in his 2nd classic. He went 3 for 4 and added on to his own record with a press of 181.9 lbs. In the teen 2 division Mitch Ross was pumped to put up a big number. He was one of only two lifters who went 4 for 4 on the day. At only 178 pounds and 18 years old he was able to press an incredible 330.7 lbs. for a new MRPF record. In the men's junior division Jared Eastman in the 165 lbs. class in his first competition used excellent form to set his new MRPF record of 275.6 lbs. Taking second was Jeremiah Bellard who missed on his second attempt, but increased the weight and hit a nice 264.6 lbs. In his first competition Cole Larson in the 181 lbs. class missed breaking the LTF record twice and settled for a press of 275.6 lbs. The open men's division had the greatest number of lifters with eight competitors. In the 165 lbs. class Wayne Jones spent lots of hours on the treadmill and sauna to get down to 165 pounds. In the 181 lbs. class Life Time Fitness Trainer Daniel Oelike lifting in his first completion ended up going 3 for 4 and taking first with a press of 270.. lbs. 2nd place went to Aaron Rolfsrud with a press of 248 lbs. In the 275 pound class we had three very large men. Andy Fiedler, former Mr. Minnesota and world record holder in the equipped bench press came in at ripped 258 pounds. Easily pressing his opener of 540.1 lbs. he moved on to 573.2 lbs. and smoked it. Andy then took a crack at our first 600 pound raw bencher in the MRPF. The weight proved to be too much and he missed his groove. 573.2 lbs. was still good for the largest ever MRPF lift and a MRPF record. Andy also won the award for Best Overall Raw lifter. The Johnson brothers, Aaron and Anthony, had a tough battle beating Andy's lift, so they settled on who was the strongest family member this weekend. Aaron hit his opener of 374.8 and

Anthony missed it. In the end that missed first attempt seemed to change the momentum. Aaron took 2nd with a press of 391.3 lbs. and Anthony took 3rd with a press of 374.8 lbs. Great match-up that hopefully we'll see again next year. The last lifter in the open class was big Brandon Braner. Owner and operator of the Press Gym in Minnesota I can't believe he finds time to train to be a competitive bencher. Being a 700 plus equipped bencher his 551.2 lbs. raw opener wasn't a surprise. Missing at 562.2 lbs. he passed on his 3rd attempt and settled for breaking his own MRPF with a press of 551.2 lbs. In the multiple masters divisions we had some incredible lifts. Four new MRPF records and three new LTF records were broken. In the master I division was Mike Stanchfield, who in the 181's has dominated his weight class the last 5 years at the Classic. He had another MRPF record setting performance with a press of 352.7 lbs. In the 198's Eric Maki took a shot at the bench record but came up a little short on a 3 for 4 day with a press of 374.8 lbs. In the 220's Tom Chipman took first with a press of 292.1 lbs. In the masters II division Scott Teska was a late entry due to an injury, but took the title in the 220's with a press of 314.2 lbs. In the 242's Dave Schrupp missed his first attempt, but came back and finished strong with a new MRPF record of 352.7 lbs. to take first. Joe May took second in the contest. He was the previous record holder, but seemed to have an off day only hitting his opener of 253.5 lbs. Joe will come back stronger next year to try and take back that title again. In the masters III division Leon Luffey was close to making 220's but decided to go after the 242 record. It was a good decision as he would set a new MRPF record with a press of 264.4 lbs. In the 275's Greg Peterson was sand bagging again. Greg could easily fit in on a bodybuilding stage as on a bench press platform. He was the only other lifter to hit all four attempts, but his by far were the easiest. He finished with a press of 374.8 lbs. I will try and convince him to put more weight on next year. Master V lifter Rich Wolf in the 198's was our oldest competitor at the age of 69. Leaving some in the tank passing on his fourth attempt he did set a new MRPF with a press of 253.5 lbs. In the equipped or shirted portion of the contest we had only seven lifters. In the open division twin brothers Bob and Tom Petty battled in the 220's. Bob would only make his 3rd attempt of 363.8 lbs, but that was good for first as Tom seem to have issues with the groove of the shirt and missed all three of his attempts. In the 242's Chad Henry, Life Time Fitness trainer, strong-

man and competitive bencher also had shirt issues as he missed on all three attempts. I've seen what he can do and it wasn't reflected on this day. In the master I division Tim Huhn lifted in a blast shirt and the 198's managed only to get his first attempt of 286.6 lbs. Tim will need to look into getting a tighter shirt as I don't think he was getting much from it. In the master 2 198's John Tyler, another of my training partners had a huge day. It was officially his first contest hitting over 400 pounds. All his hard work and training paid off with a press of 402.3 lbs. In the 242's Scott Kivisto lifting in a shirt that was way too big for him still finished with a nice press of 451.9 lbs. SHW Tom "Rambo" Peterson lifted in the open and master III division had a great day, finishing first in both Divisions and setting a new masters III LTF equipped record. He also won the award for Best Overall Equipped lifter with a press of 446.4 lbs. I'd really like to thank my helpers and sponsors. Without them this contest wouldn't happen each year. Most of my judges, loaders and spotters were competitors who took this contest off to help me. First off I'd like to thank my wife, Jen Hedtke, and Kris Christians for helping with the numbers at the main table and taking all the great photos. Joey Zorn again did another great job as my Head Judge. Thanks to Justin Schweigart, Fran Huston, Doug Dunbar, Dennis Strand, Ben Jensen, Scott Kivisto and Terry Schrupp. Sponsors I would like to especially thank are Ken Anderson from Anderson Powerlifting and Titan Powerlifting (www.andersonpowerlifting.com), Mike Lambert of Powerlifting USA supplied us with the best powerlifting magazine out there. Alan P. Thomas at APT (www.ProWristStraps.com), Brandon Bohland and Debbie Lucas at 5-Hour Energy Drink supplied us drinks for all the lifters to try (www.fivehour.com); ABB, Sir Charles Venturella provided the cool sculptured Bench Press awards, John Tyler at Pepsi, Rick & Lois at Floyd's Bar in Victoria. I'd also like to thank Mike Stanchfield for the use of the bar, collar and kilo plates, Mike Johnson at Dakota Awards for supplying the personalized name plates (Mike@Dakotaawards.com), Scott Nutter from Elite Barbell Gym in Montgomery, MN, for the use of his mats and again I'd especially like to thank Jason Turner, Mark Laylin and Life Time Fitness in Chanhassen for the use of the great facility. Thanks again to all the people and places I mentioned above. Tentative date for the 6th Annual Life Time Fitness Bench Classic is in the Fall of 2012.

» courtesy Trent Hedtke

ASSISTANCE EXERCISES »

snatches, clean and jerk and behind the neck presses.

SIoux-Z HARTWIG-GARY: My husband and I sit down and discuss the results of my previous competition. During that assessment, we are planning the next training block and determining where my lifts need work. Often times, they can be fixed with more technique work. That's always the first place to start. Beyond that, we'll look to see how and where I may have missed a lift and what exercises might be available to us that can remedy that. For example, because I deadlift with a sumo stance I'm typically slow off the floor. If I can break it from the floor, I almost always lock it out. So if I miss a lift, it's either because my start position was off, which means I simply need more technique work (practice) at setting up the deadlift. However, if the video reveals that I was in an optimal start position, then we know I'm just weak and need more strength at the start so we might choose deficit deadlifts. Deficit deadlifts are safer for sumo deadlifters if you just deadlift using 35 pound plates. It accomplishes the same thing as standing on a box of plates and you don't risk pulling a groin because of your feet sliding off the plates. It's tough to measure the effectiveness of an assistance exercise because there are so many other variables at play. But assuming that most things stay the same and we simply add one main assistance move, if my lifts increase at the next meet, we may be able to point to that movement as the reason. My success is always measured by what I produce on the platform.

For basic muscle balance, injury prevention and overall strength, we almost always use weighted pull-ups, rows, overhead presses and heavy abdominal work. Those are staples. I will occasionally hit some direct posterior chain work like glute ham raises and reverse hypers, but I don't dwell on them or let them take away from my normal training volume in the competition lifts. If and when I ever do any direct arm work it's always at the end of a workout as a finisher. Some biceps and triceps help keep my elbows healthy and guns a blazin! Ha ha.

BOB BENEDIX: The chain is only as strong as the weakest link! Your workouts should be geared to your weakest body part! The bench is CHEST, SHOULDERS, TRICEPS on the push and back and biceps on the negative! If you stick in the middle, add more shoulder work. On the bottom, more pauses to increase the pec...triceps can never be too strong. My problem was always the negative, and hammer curls helped that. Your lifts should guide your assistance work!! The lower back and abs can never be too strong! So train them!! If you can rack pull 800 and can't get 600 off the floor, stop rack pulling and pull off mats!

KEN WHEELER: Basically accessory work took on an entirely different meaning back in 1993 when I watched my first WSB training tape. After 20 years of powerlifting I realized that I was doing a whole lot of stuff wrong or at least not maximizing my training the way I should have been. So I totally revamped my approach to

training and that included paying more attention to accessory work and why I was doing it.

In the old days, when dinosaurs roamed the earth, we did accessory work, but seriously, very few of us actually paid attention to "why" we did what we did. Usually it was because "so and so" did it, he was strong, so I guess I'll do it too. Nothing wrong with blind imitation, necessarily, and it worked to a degree, but eventually knowing why you are doing a special exercise or accessory greatly improves the results of doing it more.

Thankfully, now I have a better understanding of the application of accessory work, so whatever the area is that I need to work on, I usually will pick 3-6 accessory movements to go along with my max effort, and dynamic effort work and rotate them throughout the cycle. Typically I'll switch up exercises every one to two weeks. It can be very random as to what exercises I finally choose, but many times "pain" is a decisive factor. Depending on what joint hurts the least will determine, many times, what accessory movement I do. Pin presses, for example, usually kill my shoulders or AC joints, so I'm limited on some range of motion. Every experienced lifter knows that sometimes you have to work around a problem area to help strengthen the problem area before you can work the problem area directly (okay, did that make sense?).

I usually will do accessories in a wave similar to dynamic work, doing from heavier to lighter weights. As my percentages go up for speed work, I cut my accessory weight back and increase the reps. As the percentages go back down. I bring up the weight on accessories. Every few weeks, according to how I feel, I will cut back on all accessories just to let my (old) body rest a bit.

An important wrap up on this subject: as most experienced lifters will tell you, when it comes to accessories in particular, what worked this cycle might not be the ticket for the next one because our bodies are constantly in a state of flux. We get older, change weight classes (get fat or phat), get injured, life changes for a myriad of reasons, and our bodies respond accordingly. So, accessories should be constantly changing according to our immediate needs or goals. Bottom line, if your total is going up, you're doing the right things; if it's not, you need to re-evaluate...which is exactly what I need to do for the next meet!

MIKE TUCHSCHERER: I choose assistance exercises for myself and the athletes I coach based on their weaknesses. I do this a little differently than a lot of people, though, as I start out with a very specific movement and modify it to target a particular weakness. A lot of people say stuff like, "Oh, you have weak hamstrings." The human body doesn't really work like that. Strength is built and displayed in movement patterns and it responds a lot better if it's trained the same way. Here's an example of what I mean. If you get stuck in the bottom of a squat, think about movements, not muscles. It's not that a muscle is weak, it's simply that the bottom position is weak. So we start with a specific exercise (the

squat itself), and just change it to target the bottom position. So you might do pause squats, pin squats, box squats, wide or narrow stance squats (depending on your competition stance), etc. That way you develop the squat in the movement pattern that it needs. Same goes for bench and deadlift.

STEVE DENISON: I choose my assistance exercises based on what's available in the gym and what I feel are my weaknesses. I determine the effectiveness by my performance on a max effort day. Sometimes I do the same assistance work for long periods of time and then change it up. I usually stay with what works and base everything on the results I'm getting.

RYAN CELLI: Assistance exercises are just that—exercises that assist the three main lifts. Assistance exercises can focus on individual muscles or may be a variation of one of the three main lifts. Essentially, they are exercises that are used to increase your squat, bench and deadlift.

When we see a lift fail at a certain point, we can then focus on exercises that will strengthen that part of the lift. An example would be failing near the top end of a bench press. This would tell us the triceps need to be strengthened. We would then work on tricep exercises, such as close grip board presses, tricep push-downs, etc. to strengthen the triceps. Choosing which ones to do highly depends on the individual and any injuries the lifter may have. Everyone is different and may respond differently to each one.

When I train I'm always rotating assistance exercises to keep things fresh and expose weaknesses. If you pay close attention, you may find that when one assistance exercise is very strong, so is one of your main lifts. Those exercises then always become part of pre meet training cycles.

MATTHEW GARY: Technique is king in powerlifting. Master your technique in the competition lifts, and personal records (PR) follow. Lifts are typically missed due to breakdowns in technique because you haven't been doing enough reverse band deadliftng. Squatting, bench pressing and deadlifting are all skills that need to be practiced often. The best way to master a specific skill is to practice that exact skill as often as possible. The notion of practicing a skill once weekly and expecting large improvements is silly. High frequency training can be accommodated by almost anyone so long as volume and intensity are carefully regulated.

The most effective movements are almost always full range of motion exercises that most closely resemble the competition lift itself. Consequently, we first employ additional volume in the competition lifts as assistance. Technical improvements in the competition lifts themselves often fix the problem. Beyond that, if there's still a glaring issue, we choose assistance exercises based upon our specific weaknesses in each lift, at that specific point in time. Weaknesses or lagging muscle groups may change over time and so may our assistance moves. However, we have some staple movements



Ryan Celli bench pressing at the 2010 Fit Expo event held at the Los Angeles Convention Center

that are always in the rotation, namely pull-ups (the upper body squat), heavy abdominal work, standing overhead presses and Romanian deadlifts (RDL) for our conventional deadlifters.

At SSPT we're not drinking the Westside kool-aid. Westside promotes hitting PRs in an almost infinite amount of lifts. We don't want to be good at board pressing, box squatting, deadlifts with bands, glute ham raises, etc. because they're not what are contested at powerlifting competitions. At contests, nobody cares about your best squat to a foam box using a cambered bar with chains, bands and kettlebells hanging

off the ends. At the end of the day, the lifters on the medal stand are the ones strongest in the powerlifts. So we strive to be the very best we can be at squatting, bench pressing and deadlifting on the platform—where it matters most. Do we occasionally use some of those modalities? Yes, sparingly.

A powerlifting plan comprised primarily of assistance movements is a dead-end and a recipe for disaster. Case in point, we've got novice lifters who come to us so brainwashed by the bands, chains, accommodating resistance this, safety squat bar that, yet they can't even squat

below parallel with 135! It's laughable. They immediately want to know how to add all that stuff into the mix. My stock reply is, "Learn how to do the competition lifts first, then do them some more. You don't need assistance exercises when you're as weak as a kitten. You're trying to become a powerlifter, not a sideshow at the circus. Get stronger first and then we might add some weak point specific assistance movements down the line."

The assistance exercises we like best are as follows:

- *Specific:* squats with different stances/bar

ASSISTANCE EXERCISES »

placement, pause squat, front squat, close grip bench press, bench press with extra-long pauses, an occasional board press, rack lockouts, deadlifting with the opposite stance, RDL, deficit deadlift, deadlift to knees, halting deadlift, deadlift from blocks (rather than the rack).

• *Non-specific:* pull-ups, rows (bent-over, chest supported, Pendlay), standing overhead press, heavy abdominal work (weighted sit-ups, leg raises, pull down abs), posterior chain moves (45 degree back raise, GHR, kettlebell swings, reverse hyper).

An assistance exercise is effective when it helps strengthen a lagging muscle group, decreases the risk of potential injury by creating more muscle balance, or corrects a technical flaw. However, it's difficult to point to a new PR on the platform and say assuredly, "That PR was achieved because of one specific assistance exercise." On average we can immediately add 10kg to most lifter's squats and deadlifts just by changing the set up and starting position (5kg for bench). No assistance exercise in the world can do that.

JON SMOKER: Assistance exercises basically fall into two categories: those that are partial movements of the lifts themselves and those that are not the "Big 3." When it comes to the first, nobody does it better than the Russians. When I studied over there, it was amazing how much they had broken down the Olympic lifts into partials. One exercise was just the part of the snatch where the shoulders turn over, and that was it. Here we've done a pretty good job of that with the powerlifts. We do floor presses with the bench press, and break the lift down every 2 inches or so with board presses. Just about everyone does partials in the deadlift with the ever popular pulling from the knees in the rack and elevated

deadlifts where one is pulling off the edge of a bench or standing on boards or a platform. For whatever reason, the squat doesn't get broken down as much. Box squats from below parallel and 1/2 squats from a rack or off a box are about it. And here's a freebie: one of the killer exercises I learned while in Moscow was performed thusly, start with a weight you can handle off the rack pins at just below parallel, for about 6 reps. Go to failure and then have 2 spotters help you back up to the standing position and set the pins for about a 2/3 squat. Again go to failure and then have the spotters help you back up and then set the pins for a 1/3 squat and again go to failure. It's very, very effective and I've dubbed it the Russian cage squats for the appropriate sadistic connotation.

The second category is roughly analogous to bodybuilding whereas the lifter is trying to affect the development of particular muscles because more muscle fiber means bigger lifts—always. Think not? What about Ed Coan and his finger exercise. How does the lightest guy to pull 900 grab you? What about neck muscles? Ever notice the neck muscles bulging when someone is pulling a big deadlift? I think you get the picture.

There is no muscle that can be enlarged and/or strengthened which will NOT help a lifter increase at least one of the powerlifts, and perhaps all three if the lifter is an expert technician.

Then there are exercises that sort of fall between the two categories like dumbbell benches or one-legged squats. Or lifts done with bands and chains. And, of course, all three powerlifts can be performed with higher repetitions and as overloads, and should be. The benefits of higher reps are manifold and can't be covered in full within an article of this size. And when I was younger and my skeletal structure could take it, I always did overloads in all three lifts because they not only aided each of the individual lifts, but they effected very profoundly my overall strength and size. For one thing, they always made my appetite go crazy.

How does one judge the effectiveness of assistance work? If a lifter trains them hard and smartly, they cannot help but increase the individual lifts. Apart from doing them wrong where a lifter gets hurt or over trains them, one can't go wrong here. It's science and logic at work with the lifter being the beneficiary.

BOB GAYNOR: When I started training in the '60s, almost everyone did an overall body workout. You practiced the "big 3," but did a lot of other exercises as well. I think this was the evolution of assistance work. As my powerlifting career progressed, I continued to do the additional or assistance exercises. I have, except for a short period, been an unequipped lifter.

I feel the best thing an unequipped lifter can do is full range of motion movement. Based on this, I don't rely too heavily on assistance work. For an equipped lifter I feel assistance or partial movements are much more important. Larry Pacifico said years ago, "If you want a big bench press, then bench press."

I have always included certain movement in my training: leg curls, calf raises, upper back movements, close grip benches. The older you get, direct shoulder work is a recipe for disaster. You must consider age in choosing exercises

I do things that I consider assistance work, but others may not. In the squat I vary foot placement and placement of the bar on the back. I also use different rep schemes at different times. In the bench I do like close grip benches, and just recently have added a seated vertical bench press for high reps. I also vary the rep scheme, and do some tricep work. I have been deadlifting for 45 years and have trained with and competed against some of the best pullers of all time. I use deficits and I use bands from the floor. Aside from that, I don't feel there is anything that can replace consistent hard work in the deadlift.

Living near York, PA, for many years, I was fortunate to see some of the best foreign lifters train. For the most part they trained very heavy and did full range of movement exercises. I am not saying don't try assistance work, just don't neglect your hard work on the "Big 3." «

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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« MEET MISTAKES

all that grade school math finally becomes useful. Space your warm-ups throughout this time span for best results and aim to take your last warm-up 10–15 minutes before your first attempt. Keep tabs on the flight's second and third attempts for any surprises. This is just an estimate and not written in stone. Be ready to slow down or speed up taking your warm-ups. Have your warm-up weight progression determined in advance. Be sure to try that progression in a training session a week or so prior to the meet.

The flip side is being in the warm-up room while your name is being called to take your attempt on the platform. You'll see lifters move like Olympic sprinter Usain Bolt, rushing to the platform to take that attempt as the seconds tick down. In a situation like this, your best choice is to pass on this attempt and regroup for your next one. The odds are good your haste will result in a missed lift or worse yet, an injury. Take the same weight for your second attempt and keep calm, all is not lost yet. It's critical to keep track of where you are in the meet. If you have a helper or buddy at the meet have him help you keep tabs on your position so you are not involved in a frantic rush to the platform.

Having the right equipment or gear at the meet is also important. Make a checklist of everything you need to bring and verify you have it all packed and ready to go. Do not forget a backup squat suit or bench shirt to use in case of a tear. Pack a spare chalk block for your private use. Keep it in a plastic container and hidden from other lifters.

Making mistakes can be a great way to learn, but not something you want to make a habit of. I have learned an awful lot from my mistakes and still do today. I cannot conclude without addressing the new distraction of the last few years: cell phones. I strongly suggest leaving your cell phone in your car during the meet. Concentration and focus are critical at a meet, and cell calls, texting and making all those bird calls on your phone take away from the task at hand. If you have helpers, ask they put away their phones also when you are in the warm-up room and not touch them until you are done lifting. I hope this article sparked a little thought and will prevent some future meet bloopers. If you do make a

meet mistake, learn from it and move on. Lifters of all levels of experience make mistakes—no one is immune. Don't let all your training and preparation go to waste because of a preventable mistake at the meet. «

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GREATNESS: AN OBSESSION? »

tion to sports actually goes beyond the border of obsession. As indicated, there is considerable research in sports psychology that demonstrates that elite athletes often develop obsessive-compulsive behavior in an attempt to achieve their goals.

I know that may sound crazy to you, but I'm afraid my observation is pretty accurate. Let's be honest, athletes are, at best, different—especially the great ones. I mean, think about it. How many people do you know would push their bodies to the brink of exhaustion each and every day, abstain from social and physical pleasures such as sex, alcohol, and social communication? How many people do you know who would sacrifice job opportunities, financial security, home, marriage, even children, perhaps ingest large quantities of illegal and dangerous drugs, ignore and endure pain from serious injuries, work long hours perfecting a simple skill that is ridiculously repetitious, and gain or lose a couple of hundred pounds each year? For that matter, how many people do you know that would spend forty to sixty hours a week working on their hobby? Yet, all this is done for a chance to participate in an event that might, if the athlete is good enough, bring him a few moments of glory.

Bobby Fisher, the greatest chess player of all time, is a prime example of the type of guy I'm talking about. For all of his greatness, Bobby Fisher studied harder than any player who ever lived. He woke up every morning thinking about chess, he went to bed thinking about it, he dreamed about it. Why? Because it wasn't enough to be just great, Fisher had to be the greatest—the best chess player who ever walked the face of the earth. He was totally committed to that one dream. Totally committed to excellence, totally committed to greatness. It wasn't enough for him to just play chess at a "masters" level; Fisher wanted to win—he had to win, he had to be a champion. He was intrinsically driven to be the very best of the best; totally committed to excellence, totally obsessed with greatness.

Michael Jordan was another guy cut from this same fabric. Without question, he is the greatest player on earth, or anywhere else for that matter, but no one trained harder than Jordan. No one! Jordan couldn't stand

mediocrity. He was totally driven to excel, and he would do whatever it took to obtain that goal. He never gave less than his very best. That's why he was the best. That's why he is JORDAN!

Perhaps Larry Bird summed it up best in his autobiography when he was talking about his obsession to win. He said: "As a kid, I always thought I was behind and I needed that extra hour of work to catch up. Jim Jones once told me, 'No matter how many shots you take, somewhere there's a kid out there taking one more. If you dribble a million times a day, someone is dribbling a million and one.' Whenever I'd get ready to call it a day, I'd think, 'No. Somebody else is still working. Somebody, somewhere, is playing that extra ten or fifteen minutes and he's going to beat me someday.' I'd practice some more and then I'd think, 'Maybe that guy is practicing his free throws now.' So, I'd go to the line and practice my free throws and that would take another hour. I don't know if I worked more than anybody else did, but I sure worked enough. I still wonder if somebody, somewhere, was practicing more than me. Maybe Michael Jordan."

So, back to the subject of Stein's question: is greatness possible without obsession? In general, NO! The question now becomes: do you really want to achieve greatness at such a high price? And why? And exactly for whom? And even if you are willing to dedicate your entire life to a single purpose, there is no real guarantee that you will achieve greatness. Many athletes, businessmen, entertainers and entrepreneurs have found no treasure at the end of their rainbow. Still, it goes without saying that we live longer, healthier and better lives if we have passion in our life. A lifetime spent pursuing our passion, even if the outcome is fruitless, is better than a lifetime spent without a reason for living. True greatness in any field of endeavor requires obsession, dedication, and sacrifice. Still, in order to win, you have to play the game, and if it is a game you want to win, obsession is a powerful weapon in your arsenal. However, obsession might best be treated as a powerful yet addictive drug that can lead you to greatness, but at the same time lead the way to ruin and destruction. «

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Pulling heavy at the EPF Summer Slam 3 Lift event (EPF photo)

EPF SUMMER SLAM 3 JUL 16 2011 » Peabody, MA

REPS for \$	MALE			
M. Lovell 32	Masters (40-45)			
S. Salsgiver 26	Open			
K. Conroy 20	198 lbs.			
CURLS	A. Ramirez 450			
220 lbs.	M. Lovell 440			
M. Salsgiver 172	220 lbs.			
165 lbs.	S. Green 370			
Teen (19)	Master (50-55)			
C. McClean 100	198 lbs.			
DEADLIFT	F. Quirk 373			
165 lbs.	Masters (60-65)			
Teen (19)	198 lbs.			
C. McClean 320	K. Conroy 350*			
(Age 5)	Masters (40-45) Raw			
S. Salsgiver 35	198 lbs.			
BENCH	M. Lovell 375*			
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Raw				
Open Junior				
SHW				
G. Tortilano 130*	95*	300*	525	
114 lbs.				
Open				
J. Moulton 150*	115*	—	265	
148 lbs.				
Open				
K. Clark 160	85	317*	562	
165 lbs.				
Open				
L. Sheehan 150*	120*	240*	510	
MALE				
181 lbs.				
Open Junior				
T. Ambrogio 405*	315	495*	1215	
D. Klems 405	250	405	1060	
220 lbs.				
M. Salsgiver —	345	600*	945	
Raw				
123 lbs.				
S. Salsgiver 205*	210*	320*	735	

WNPF TEEN/ MASTER/AMERICAN MAR 30 2011 » Philadelphia, PA

BENCH	165 lbs.		
FEMALE	(40-49)		
181 lbs.	Rawn	265	
(40-49) Raw	(60-69)	255	
Sizer 190*	McClelland		
MALE	242 lbs.		
Raw	(50-59)		

Hicks Lifetime	325	Raw	181 lbs.		
Hicks (60-69)	325	Dennison#	565		
275 lbs.	Smith#	405	Overbeck	385*	
(40-49)	Lifetime	405	275 lbs.		
Smith	Smith	405	(50-59)		
(60-49)	(20-23)	320	Cristy	405	
SHW	Nye	320	SHW		
(20-23)	DEADLIFT	320	(20-23)		
220 lbs.	Powerlifting	320	Nye	500	
Marroccoli	SQ	315	BP	DL	TOT
(17-19)	315	185	305	805	
Taylor#	470	285	465	1220	
Raw	Raw	240	135	205	580
148 lbs.	Hutchinson	275	165	335	775
(13-16)	(17-19)	181 lbs.			
Gerald	360	285	305	950	
Ciarlante	315	185	275	775	
(60-69) SP	Kiser#	405*	265*	345	1015
275 lbs.	(13-16) Raw	Totoro	135	305	465
#=Best Lifters. Team Champs: St. Augustine Prep. Great meet although small in numbers. Thanks to Emanuel Sanfillippo a former WNPF champion for bringing in his kids in from New Jersey to compete. All of these kids did great and they will be back in July for the high school nationals in Bordentown, NJ, Jim Kiser came from Virginia to set a some national records and he won his first WNPF best lifter award. Ronnie Smith from MD also won his first best lifter award in the bench press and Ray Dennison from PA took home the best lifter award honors with a 565 deadlift at 176 lbs. The oldest competitor Lew Overbeck at 75 years old set a national record in the 181 class. Jeff "The Ironman" Hicks hit a 325 bench, Jeff has done at least one contest with the WNPF every year since 1991. Andrew Nye always improving every year did a 320 raw bench and 500 deadlift in the junior SHW class. Gail Sizer set a new national record in the 181 class with a 190 raw bench and she did it quite easy. Scott Morantz another new comer to the WNPF also did very well with a 775 total. Thanks to the WNPF staff for another fine event. Bob Derisi, Eric Leblanc, Annette Schneidmill, Dee, Perry and Eric Richardson, Jamie Cooper and Moms Ford.					



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ASK THE DOCTOR »

I'm holding a lot of body fat even though I try and stick to my training on a regular basis—twice a week, usually about one and a half to two hours at a time, and mostly the three lifts with a few bodybuilding exercises.

Lenny

LENNY: Diabetics have been and still are almost universally put on a high complex carbohydrate, low fat diet. Why? Because it's generally felt that this type of diet was necessary for controlling the diabetes and that it reduced the cardiovascular risk factors especially in overweight type 2 (non insulin using) diabetics.

In the past few years several studies have pointed out the low carb diet is less than ideal and that a diet higher in fat and protein and lower in carbs is the best diet for diabetics. For example, in a recent study the use of a monosaturated fatty acid enriched low calorie diet resulted in a lessening of cardiovascular risk factors compared to diabetics who were put on a low calorie, low fat diet.

For more information on the current status of low carb for health and for those with metabolic diseases such as diabetes have a look at the paper by Hite et al published in June of 2011. FYI, I've copied the citation and abstract from PubMed below.

But to answer your question, I've always recommended that both insulin dependent (type 1) and non-insulin dependent (type 2) diabetics take advantage of The Metabolic Diet to manage their glucose levels, improve their health, and lose weight and body fat as needed.

Type 2 diabetes, by far the most common, affects more than 90% of the almost fifteen million North Americans afflicted with diabetes. It goes hand in hand with obesity and is associated with insufficient insulin output and some degree of insulin resistance. Often weight loss and a proper diet is all that's needed to keep it under control. The Metabolic Diet, since it both decreases body weight and increases insulin sensitivity, is an excellent diet and lifestyle management plan for type 2 diabetics, and it's also useful for the smaller number of insulin dependent or type 2 diabetics.

The effect of The Metabolic Diet on insulin requirements in type 1 diabetics and on the use of medications in type 2 diabetics is variable. Although many diabetics find that their insulin or medication requirements may be lower, it may not be depending on the type of diet that was followed before embarking on The Metabolic Diet.

If the diabetic followed the usual dietary guidelines recommended for diabetics, that is a diet that is high in carbohydrates (45 to 50 percent of calories), low in fat (< 30 percent of calories), and low in cholesterol (< 300 mg), then medication or insulin levels may go down during the low carb phase of the diet. If the diabetic disregarded the dietary guidelines and ate a diet higher in protein and fat and lower in carbohydrates, then the medication needed may not change appreciably.

Exercise is also important and you're on the right track since regular physical activity helps

transport glucose into muscle cells without the presence of insulin, but we also see an increase in insulin sensitivity secondary to exercise. The overall effect of exercise is to decrease the need for insulin and diabetic drugs needed to control the diabetes.

However, diabetics should be ready to adjust their meals, their insulin intake, or both to prevent hypoglycemia during, immediately after, or even 6 to 12 hours after exercise. In fact, when you follow my phase shift diets, and/or use any of my supplement line it's important to carefully watch what's happening and to make adjustments in whatever medications you're using for your diabetes.

Many diabetics have asked me just why they even need insulin or medications that imitate the action of insulin or stimulate insulin secretion if they hardly consume any carbs. The answer is that although the low carb portion of the diet allows the burning of fat for energy, there is still a need for insulin.

First of all the body will produce a certain amount of glucose from gluconeogenesis (see above) and the body needs insulin to properly use this glucose. Even more important, however, is that some stages of fatty acid oxidation require insulin. Although the initial steps of fatty acid oxidation do not require insulin, the final steps do especially the oxidization of ketone substrates into carbon dioxide and water.

Without insulin ketoacidosis would occur. This occurs because when there is a lack of dietary glucose, the body increases the use of fats for energy. It oxidizes fat to ketones without insulin but can't go any further unless insulin is present. If insulin is absent or reduced, the ketones build up and cause ketoacidosis, a potentially dangerous and sometimes fatal condition.

Most diabetics who have gone on the diet find that their blood glucose levels may go up if

they overdo the carbs on the weekends. Weekdays are not usually a problem.

If a problem surfaces on weekends, then lower glycemic carbs should be used as the main source of carbs. Because different carbohydrates are digested at different rates and have different effects on glucose levels, glycemic indices have been developed for use in helping a diabetic in maintaining control of their blood sugar. Several studies have shown that low glycemic index foods produce low blood glucose and insulin responses and improve blood glucose control in Type 1 and Type 2 diabetic patients.

Both type 1 (insulin dependant) and type 2 (non insulin dependant) diabetics should monitor themselves very closely whenever they change diets or their exercise level. So it goes without saying that they should do so in the initial stages of The Metabolic Diet. With the availability of self-monitoring, I often recommend that diabetics check their glucose levels at various stages of the diet until they become familiar with the effects of the diet and exercise on their systems.

As well, serum cholesterol (total, HDL, and LDL) should also be checked while on this diet. If you're a diabetic and you're using the diet to lose body fat and firm up, you should find that these values should improve compared to your normal values. That is total and LDL levels should go down and HDL levels should go up.

I've had several diabetic powerlifters on my diet and found that as they lost weight, mostly body fat, and got stronger. Also the amount of insulin or oral agents that they used dropped significantly. Some type 2 diabetics who were on oral agents were able to control their diabetes with diet and exercise alone.

Good luck while on the diet and let me know how you do. If you have any other questions don't hesitate to email me.

Best,

Mauro «

ABSTRACT ON LOW-CARBOHYDRATE DIETS

Nutr Clin Pract. 2011 Jun;26(3):300-8.

LOW-CARBOHYDRATE DIET REVIEW: SHIFTING THE PARADIGM.

Hite AH, Berkowitz VG, Berkowitz K. » Valerie Goldstein-Berkowitz, 7 West 51st Street, New York, NY 10019; Valerie@centerforbalancedhealth.com.

ABSTRACT—What does a clinician need to know about low-carbohydrate (LC) diets?

This review examines and compares the safety and the effectiveness of a LC approach as an alternative to a low-fat (LF), high-carbohydrate diet, the current standard for weight loss and/or chronic disease prevention. In short-term and long-term comparison studies, ad libitum and isocaloric therapeutic diets with varying degrees of carbohydrate restriction perform as well as or better than comparable LF diets with regard to weight loss, lipid levels, glucose and insulin response, blood pressure, and other important cardiovascular risk markers in both normal subjects and those with metabolic and other health-related disorders. The metabolic, hormonal, and appetite signaling effects of carbohydrate reduction suggest an underlying scientific basis for considering it as an alternative approach to LF, high-carbohydrate recommendations in addressing overweight/obesity and chronic disease in America. It is time to embrace LC diets as a viable option to aid in reversing diabetes mellitus, risk factors for heart disease, and the epidemic of obesity.

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