

» GARY MEKULY TRIBUTE: WHAT GREAT TRAINERS REALLY DO

» POWER FORUM: SUPPLEMENTS

» JUDD'S CORNER: THINGS I'VE LEARNED...

# "POWERLIFTING USA"

OCTOBER 2011 » VOL. 34 NO. 12



## BRENT WOODS!

At only 21, this emerging star shows how deadlifts are done at the 2011 Olympia meet



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at the 2011 Olympia

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### Matt Vinopal – Madison, WI



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

#### Training Tips:

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

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

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### SUPER LIFTING

(Above) USPA President and Olympia PL Super Show meet director, Steve Denison, poses with wife Shelley Denison and Peter Thorne and (below) David Douglas of the USMC putting up a good looking bench courtesy Inzer Advanced Designs





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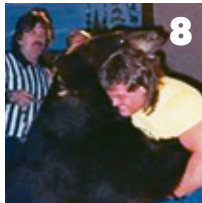
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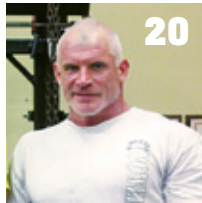




# MUSCLE MENU



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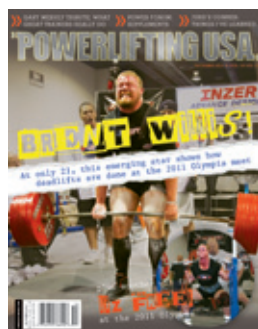


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21 year old Brent Willis makes record lifts at the 2011 Olympia Powerlifting Super Show  
photos courtesy Inzer Advanced Designs



## 'POWERLIFTING USA.

"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...this is their magazine."

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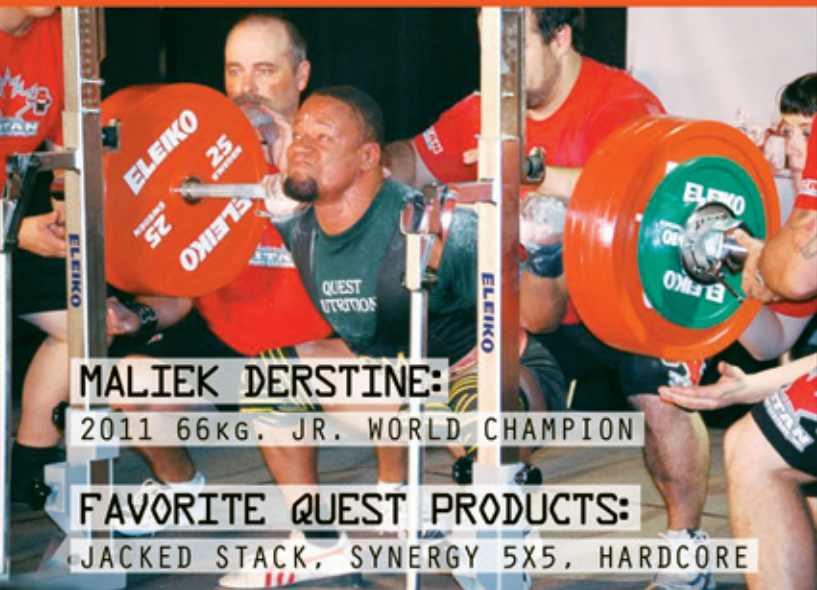
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Other TEAM MHP Athletes: **VLAD ALHAZOV** – World Record Squat: 1,250 lbs. @ SHW. **RYAN KENNELLY** – Greatest Bench Ever: World Record 1,075 lbs. @ 308 lbs. **BRIAN SIDERS** – IPF World Record Total: 2,601 lbs. @ SHW, USAPL Record Total: 2,650 lbs.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

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# SQUAT

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

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## PHILLIP WYLIE

as told to Powerlifting USA by Ben Tatar of Critical Bench

Phillip Wylie has a very colorful past. He has been shot, wrestled a 750-pound black bear, has totaled in the elite class and competed at one of powerlifting's biggest stages, the 2011 Arnold! He is definitely someone that we should all watch.

### Phillip, welcome to Powerlifting USA. Tell the readers about yourself!

My name is Phillip "Rockman" Wylie, I am a 46 year old drug free, elite, raw powerlifter from Carrollton, Texas. I work as an Information Security Consultant for a Fortune 100 company and specialize in application security. I started working out in 1980 and I competed in powerlifting from 1984 to 1988 and returned to competition in November 2003. I changed my focus from equipped powerlifting to raw in May 2008 due to losing interest in geared powerlifting.

### Phillip, what federation do you compete in and what are your best lifts?

I have competed in several different feds over the years, but when I switched from competing in multi-ply gear to raw, I started competing exclusively in NASA and USAPL. The IPF is holding their first raw powerlifting world championships in 2012 and it is my goal to compete there one day.

#### Best Raw Lifts:

- USAPL (260.1 lb. bwt) - 573 lb. SQ - 407 lb. BP - 672 lb. - 1620 lb. TOT
- NASA (243.9 lb. bwt) - 551 lb. SQ - 402 lb. - 705 lb. DL (with deadlift bar) - 1658 lb. TOT

#### Best Equipped Lifts:

- APF/AAPF (242 lb. bwt) - 848 lb. SQ - 523 lb. BP - 711 lb. DL
- WABDL (242 lb. bwt) - 722 lb. DL (DL only)

### What are your short term and long term goals?

My short term goals are to squat 600 pounds, bench press 418 pounds, deadlift 711 pounds, and total 1700-plus pounds. I hope to accomplish those goals in December at the 2011 USAPL Holiday Classic. My long term goals are to win in the open division at USAPL Raw Nationals, win the open division at the USAPL/NAPF Raw Challenge at the Arnold and compete in the IPF Raw World Championship.

### Tell us about your powerlifting routine and some of your thoughts on how one can get the most out of their training.

I follow a modified Sheiko template with a few modifications of my own. Days that I feel strong, I reverse the set and rep scheme, I switch from 5 sets of 3 reps to 3 sets of 5 reps. The other days I just follow the normal set and rep scheme. Mondays I squat and bench, Wednesdays I bench and deadlift, and Fridays I squat and bench. Tuesdays and Thursdays I do accessory exercises, one day I will do some type



Phillip Wylie benching at the 2011 USAPL Raw Challenge meet

of overhead press and both days I do chin-ups or pull-ups.

I made another tweak to my program during my last two weeks of training for the Arnold. I switched to squatting heavier and only squatting once a week. The Arnold was my third training cycle using this program and the heavier squatting the last two weeks of training made a difference. Two weeks out from the meet I go up to a weight that would be my last warm-up at the meet for 3 to 5 reps and in my last week I work up to my meet opener for 3 reps. The deadlift portion of the routine is totally different from the original template. I do three weeks of deficit deadlifts, I deload on the fourth week, and then I switch to regular deadlifts for the remainder of the training cycle and work up to a top set of 5 reps. The weight used the first week is 70% of your 1 rep max and the weight the last week is between 77% to 80%. Training for the Arnold I worked up to 495 pounds for 5 reps and deadlifted 672 pounds at the meet.

To get the most out of a program, start a training log if you don't already have one. Keep it updated and detailed. It's also a good idea to

track your body weight in your log. Also keep a separate page for your PRs (personal records), so it's consolidated and easy to find. You can also take this a step further and keep a training log online in a blog, or on a message board. This makes it easier to get advice and feedback. Video your lifts, especially if you train alone and don't have someone there to coach and critique your form. Be consistent and don't miss workouts. It's okay to take scheduled breaks after a meet, but missing workouts too often will hinder your progress. Find someone or a group of other lifters to train with. Even if you can't train with someone consistently, find someone you can train with periodically. Training with others is a good motivator. Work hard to improve your technique. Pick exercises to address your weaknesses.

### Your routine looks great. Powerlifters, take notes. Give us 10 tips for a bigger squat, bench press and deadlift.

**1. Strive for perfect technique:** One way to improve in this area is to use the competition lifts in training. Practice the way you play by





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

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## SUPPLEMENTS

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.

**T**his month's question pertains to supplements. Do they work, what do you use and do you recommend them to others?

**RYAN CELLI:** I use supplements for basically 3 reasons: to support heart health, joint health, and for nutritional support to aid recovery. I use Barlean's brand Flax seed oil and Fish oil for essential fatty acids, which help prevent heart disease and reduce inflammation. I also use Osteo BiFlex for added joint support.

The majority of my supplementation comes from AtLarge Nutrition's supplements. I use most of their products to help me meet my daily nutrient requirements, so I can optimize recovery between training sessions. I believe their products are superior in quality to the other brands on the market, plus this company gives back to our sport. Their ETS (Extreme Training Support), works great for speeding up recovery, reducing DOMS (delayed onset muscle soreness), and doubles as a meal replacement as well as a great post workout drink. Their BCAAs shorten recovery time and increase endurance, and Results works great for strength, endurance and for adding lean muscle mass. I eat their Novus protein bars when I'm in need of a quick source of protein.

Another unique supplement I use is oxygen. They now make canned portable oxygen to be used as an endurance, strength and recovery tool. It helps you recover faster, gives you explosive strength and mental clarity without side effects. For more information go to [www.oxygen4energy.com/bigiron](http://www.oxygen4energy.com/bigiron).

Please don't forget, supplements are just that—supplements. They are added to your diet as a way to add to what you're already eating. They do not replace real food!

**BOB GAYNOR:** Supplements have always been somewhat controversial. Some say they are necessary, others say they are useless. Supplements have changed dramatically over the years. In the late '60s I used, or tried to use, the Hoffman (York) products. The protein powders were awful; it was like drinking wet cement. Many used desiccated liver products, but taking 30 or 40 pills a day was tough.

Over the years, the taste and variety of the products have improved. The question of their effectiveness is still there. One thing to keep in mind, very few companies make their products. Most companies have a major manufacturer make them and apply their labels. The question of the quality of the raw material is really the key. Do some research before you buy. If you have been a long term reader of *Powerlifting USA*, you will have seen products come and go. They are touted as the greatest thing since sliced bread, but two years later they no longer exist.

I believe in a sensible program using quality products. I take 2 or 3 protein drinks per day. I use a lot of the basic vitamins and minerals, with high doses of Vitamin C. I also include Vitamin D, Folic Acid, Chromium Picolinate, CoQ10, potassium, etc. Do your research and use some common sense, and you should benefit from a supplementation program.

**BRAD GILLINGHAM:** I have been fortunate to be sponsored by GNC Pro Performance the past 11 years. I am a big believer in taking supplements, and I feel GNC Pro Performance is the supplement industry leader in providing high quality safe supplements at an affordable price. As a drug free lifter, I am very concerned about trying to improve my performance in the same manner. I start my day with GNC Mega Men Sport Vitamins along



**Bob Gaynor showing off one of his worst powerlifting injuries: tearing his lat from the bone!**

with 60 grams of GNC Wheyabolic Extreme 60 to help meet my protein needs. I am a big believer in Creatine and it's strength and recovery benefits. I start taking GNC Pro Performance Creatine 12 weeks out from a competition. Prior to my workouts I take GNC Rapid Drive, Pre-Workout Amino Complex and I have found that sipping on GNC Rapid Drive BCAA 5000 during my workout is helpful to maintain energy. I consume 4-6 grams of GNC Pro Performance HMB throughout the day for energy and recovery. HMB has been a very valuable addition to my supplement regiment in recent years. As an aging athlete I am concerned about the joint relief, and the long term health benefits that I get from taking GNC Tri-Flex, GNC CoQ-10, and GNC Triple Strength Fish Oil. I am still able to maintain my strength and make small gains in my lifting at age 45. I



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

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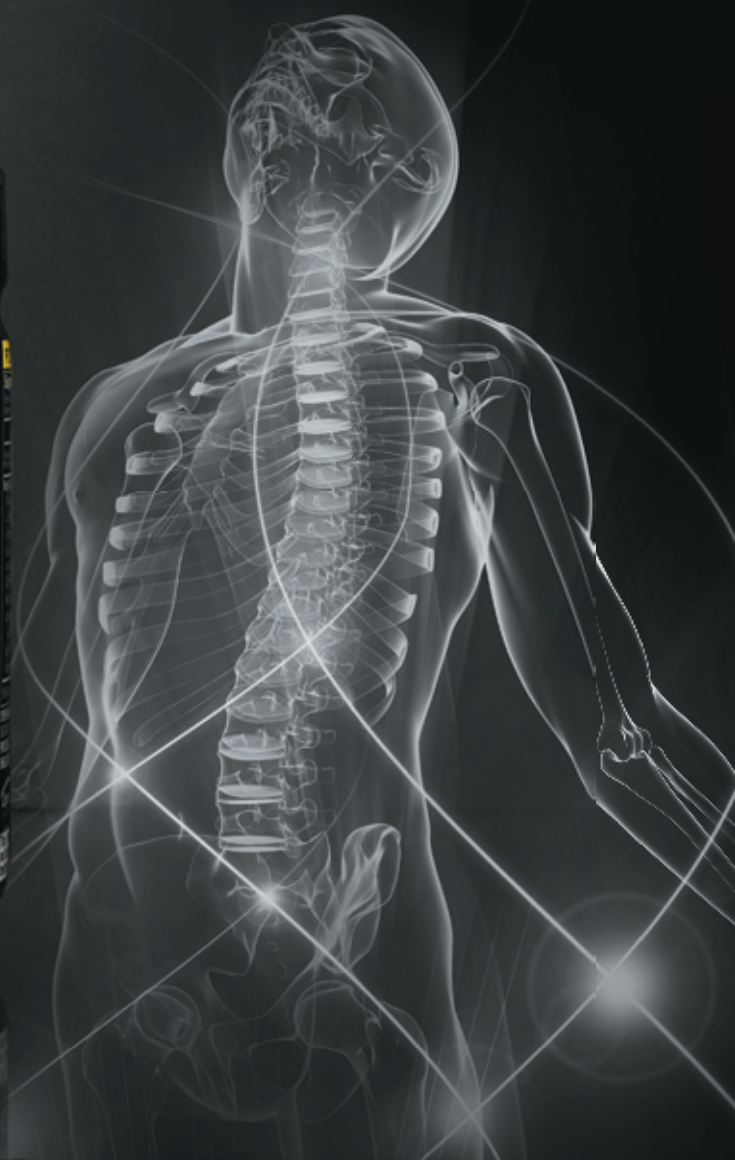


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#### References:

- 1 Schwedhelm et al., 2007. Pharmacokinetic and pharmacodynamic properties of oral L-citrulline and L-arginine: impact on nitric oxide metabolism. *Br J Clin Pharmacol*. 65(1):51-9.
- 2 Campbell et al., 2006. Pharmacokinetics, safety and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men. *Nutrition*. Sep;22(9):872-81.
- 3 Greer et al., 2011. Acute arginine supplementation fails to improve muscle endurance or affect blood pressure response to resistance training. *J Strength Cond Res*. July;25(7):1789-94.
- 4 Hoffman et al., 2006. Effect of creatine and beta-alanine supplementation on performance and endocrine responses in strength/power athletes. *Int J Sport Nutr Exerc Metabol*. 16:430-46.
- 5 Goldstein et al., 2010. International society of sports nutrition position stand: caffeine and performance. *J Int Soc Sports Nutr*. 7(1):5.
- 6 Spasov et al., 2000. A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of *Rhodiola rosea* SHR-5 extract on the fatigue of students caused by stress during an examination period with repeated low-dose regimen. *Phytomedicine*. 7(2):85-9.
- 7 Panossian et al., 2005. Stimulating effect of adaptogens: an overview with particular reference to their efficacy following single dose administration. *Phytother Res*. 19(10):319-38.



# THE FACTS DON'T LIE

## WE CHALLENGE YOU TO COMPARE.

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	<b>YES</b>	NO	NO	<ul style="list-style-type: none"> <li>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.</li> </ul>
L-Citrulline	<b>3000mg</b>	ZERO	ZERO	<ul style="list-style-type: none"> <li>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.<sup>1</sup></li> <li>Other companies may settle for using arginine instead because pure L-citrulline costs significantly more.</li> </ul>
Arginine AKG	<b>NO</b>	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	<ul style="list-style-type: none"> <li>A research study in <i>Nutrition</i> showed you need 12 grams of arginine AKG (AAKG) to provide performance-enhancing effects.<sup>2</sup></li> <li>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 at 4 hours and at 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.<sup>3</sup></li> <li>Our lab tests revealed extremely underdosed amounts of AAKG in competitors' formulas.</li> </ul>
Beta-Alanine	<b>3200mg</b>	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	<ul style="list-style-type: none"> <li>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.<sup>4</sup> Fact is, our tests show other companies use less than the scientifically studied 3200mg dose. Some companies have used as little as 9mg per caplet and hide the amount in a proprietary blend.</li> </ul>
Creatine HCl	<b>3000mg</b>	ZERO	ZERO	<ul style="list-style-type: none"> <li>NeuroCore supplies 3000mg of creatine hydrochloride (HCl), a unique and potent form of creatine.</li> <li>Sports nutrition researchers agree that 3000mg of creatine is the minimum amount a supplement needs to deliver daily to enhance muscle growth. Be wary of any supplement company that claims to deliver results with less – their claims simply aren't backed by science.</li> </ul>
Geranium Robertianum	<b>YES (Patent Pending)</b>	NO	NO	<ul style="list-style-type: none"> <li>NeuroCore is the first and only pre-workout formula to contain this exclusive, patent-pending and naturally sourced geranium extract.</li> </ul>
Geranium Active Dose	<b>STRONGEST</b>	STRONG	MODERATE	<ul style="list-style-type: none"> <li>NeuroCore delivers a greater active dose of geranium than the leading competitors for a powerful boost during your workout.</li> </ul>
Caffeine Anhydrous	<b>YES</b>	YES	WEAKER DOSE	<ul style="list-style-type: none"> <li>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>.<sup>5</sup></li> </ul>
Rhodiola	<b>YES</b>	NO	NO	<ul style="list-style-type: none"> <li>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.<sup>6</sup></li> <li>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).<sup>7</sup></li> </ul>
Schizandrol	<b>NO</b>	YES	YES	<ul style="list-style-type: none"> <li>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.<sup>7</sup> Thus, they chose cost savings over effectiveness.</li> </ul>
Vinpocetine	<b>YES</b>	NO	NO	<ul style="list-style-type: none"> <li>Vinpocetine inhibits a cyclic GMP phosphodiesterase; it's believed that this inhibition enhances cyclic GMP levels in vascular smooth muscle.</li> </ul>
DMAE	<b>YES</b>	NO	NO	<ul style="list-style-type: none"> <li>DMAE may act to facilitate choline production. Choline is a precursor of acetylcholine.</li> </ul>
Taste	<b>SUPERIOR</b>	GOOD	AVERAGE	<ul style="list-style-type: none"> <li>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 or aspartame are used to create the amazing and refreshing taste.</li> </ul>



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## BOOST YOUR RECOVERY WITH VITAL SAUNA

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

Greetings, fellow iron heads, and welcome to *Big Evil's Lair*. This month, the Big Evil is going to discuss the benefits of infrared sauna therapy and how it aids in muscle recovery. As the Big Evil tells you every month, the ability to recover from heavy workouts in a timely fashion is a vital key in your success as a strength athlete and the infrared sauna is one of those keys. *That's great, Big Evil, but how does the infrared sauna aid in my recovery in scientific terms?* As always, the Big Evil has the answers you seek. Here are some key points in how infrared sauna therapy will aid in your power lifting performance. Listen up, my minions, and prosper:

**DETOXIFICATION** Saunas induce perspiration, which helps in ridding the body of toxins. The heat of a sauna has been shown to speed up the disposal of by-products that are produced during ultra heavy power sessions. During these sessions, the body may break down tissue protein to use for energy. This increases the body's level of nitrogen. Nitrogen is usually removed from the body by the kidneys, then expelled in the urine. With the help of infrared sauna therapy, nitrogen is also released through the skin (via sweat), so the use of a sauna can help speed up muscle recovery by assisting the kidneys with ridding the body of Nitrogen. Also, our bodies are exposed to large quantities of numerous toxins on a daily basis. The poisons from toxins can cause immune symptom problems such as chronic pain syndromes, chronic fatigue, migraines, heart disease and cancer. Body detoxification through sweat in a sauna will aid in ridding your body of these toxins.

**PAIN RELIEF** It has been proven that heat reduces pain sensation by direct action on both free-nerve endings in tissue and on peripheral nerves. The heat of an infrared sauna penetrates deep into the muscle tissue and alleviates symptoms such as muscle soreness, back pain, strains and joint stiffness which are all common symptoms of heavy power training.

**BODY FLEXIBILITY** This is a very important topic when it comes to injury prevention. Muscle flexibility is an important part of increasing the strength of a muscle also. Studies show that tissues heated to 130 degrees and then stretched have exhibited an elastic elongation that persists long after the stretch is removed. Infrared sauna therapy is a great option for power lifters looking to warm up muscles for range of motion and increase flexibility to help prevent injury.

**WEIGHT LOSS/MAKING WEIGHT** Fat becomes

water-soluble at a temperature of about 100 degrees Fahrenheit before it begins to dissolve and enter the bloodstream to be removed from the body. Infrared sauna therapy will increase the peripheral blood flow and remove fat through sweat. Weight loss is one of the greatest benefits of sauna therapy. A single sauna session will burn as much as 300-600 calories. Which of course will benefit in quick weight loss when you need to drop weight to make weight for your weight class.

**CARDIOVASCULAR HEALTH** Medical research confirms that the use of an infrared sauna provides cardiovascular conditioning as the body works to cool itself and involves substantial increases in heart rate, cardiac output and metabolic, while diastolic blood pressure drops, for improved power lifting performance as well as overall cardiovascular fitness.

These are very valid reasons to incorporate infrared sauna therapy into your training. *I agree, Big Evil, but I don't have access to an infrared sauna where I live,* you say. Yes, I can see how that can be an issue. Well, what if the Big Evil told you that there is a very affordable way to have access to a sauna in your own home or training studio? On top of the that, this sauna has added features that other saunas do not, as this sauna was created with the power athlete in mind. The Big Evil, as you know, is always looking for new ways to unlock the secrets of ultimate powerlifting performance and I have found one right here.

The Big Evil introduces to you Vital Saunas. Find them on the web at [www.vitalsaunas.com](http://www.vitalsaunas.com) or contact them at 1.800.749.0297 and tell them the Big Evil sent you. This company makes the best saunas on the market today with the athlete in mind. The Big Evil has done extensive research in the subject of infrared sauna use for recovery for power training. The above paragraphs of this article state the basics of sauna use. Vital Saunas takes the basics a lot further with these added features:

**VITAL RAYS® FAR INFRARED CARBON TECH** Vital Rays® carbon heaters are superiorly engineered with the advanced Japanese technology. They are thin, wireless, light weight, safe, non-toxic, energy-efficient and highly effective heaters that produce very low EMF. Vital Saunas heating panels cover a 689 in<sup>2</sup> surface area per large heater. They are vastly wider and provide a broader more even far infrared heat distribution area which far exceeds other carbon heaters. This spreads the far infrared heat evenly around the peak human output level of 9.4 microns to give users a more beneficial



For more from the Big Evil, check out [WWW.BIGEVILSLAIR.COM](http://WWW.BIGEVILSLAIR.COM)

therapeutic sauna session. The energy output of the Vital Rays heater is so closely tuned to your body's own radiant energy that you will absorb close to 93% of the far infrared that reaches your skin.

**MAGNETIC FLUX THERAPY SYSTEM** Magnetic therapy is widely known for its healing power as well as its power of speeding muscle recovery. Vital Saunas' Elite and Premier line of infrared saunas are enhanced with the Magnetic Flux Therapy System to increase the healing power of their saunas! They strategically embedded bi-polar magnets in the bench, floor, and backrest to give you the ultimate magnetic therapy healing experience to maximize your recovery!

Along with a whole lot of other options such as chromo therapy lighting, Oxygen ionizer, tempered glass doors and a CD/MP3 player, Vital Saunas gives the hardcore powerlifter everything they need and then some in aiding in their recovery between heavy power sessions. Again, check them out on the web at [www.vitalsaunas.com](http://www.vitalsaunas.com) or give them a call at 1.800.749.0297. The Big Evil will tell you that these saunas are very affordable and come in different sizes to fit the budget of most powerlifters. Give them a call today and let Vital Saunas enhance your recovery and help you become the powerlifting monster you strive to be. The Big Evil says it, so it is so. Until next month, God bless, adios and BELIEVE TO ACHIEVE. «



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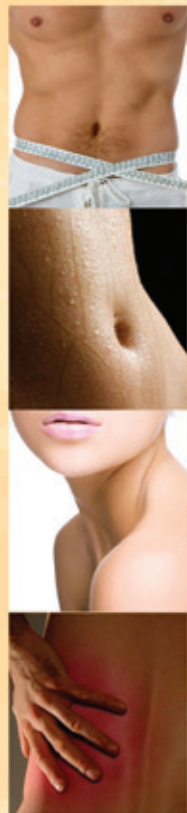
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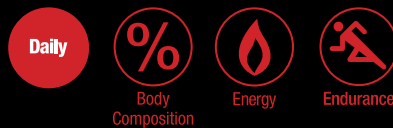
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## # 112 ULTIMATE ATHLETICS

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



(L-R) Eddie Korbel, Crazy Jim Howell, 155 lb. fighter Don Carlo Claus, Ultimate Athletics Owner Ryan Ciotoli, and heavyweight fighter Pat Bennett (Ultimate Athletics photos)



Crazy Jim Howell (far left) with MMA fighter Christian Moorecraft and Kevin Nelson

Last month, we met some really strong older lifters at Thorbecke's Gym, and that should've told me something about respecting my elders. But my healthy respect of older tough guys grew to new heights when a 60 year old man tried to kill me with a 2-bladed axe this week. True story—he almost killed me with his axe.

Let me explain. A huge pecan tree had fallen on some power lines, and he was chopping up the tree with an axe. (Where was his chainsaw?) He was lean and fit, but he was almost 60 years old. I couldn't just let him do all of the work, so I offered to help. He gladly handed me the axe and sat down. I chopped wood as a kid, and it isn't hard, so I went to work chopping. I chopped, and chopped, and chopped until I was so out-of-breath that I couldn't speak. I handed the axe back to him, and he put some work in, but I couldn't let him show me up. So I got the axe back and started chopping again. I thought my gym workout was hard, but when I finally gave him back the axe and staggered away, I was DEAD. I am still sore. It was two days ago, and my hands are still weak. He almost killed me when he handed me that axe. If I see anyone with an axe at Halloween, they better not try to hand the axe to me. I'll run away crying if they try to make me use another 2-bladed axe!

Combining the sports of powerlifting and MMA fighting under one roof is kind of like using a 2-bladed axe. Fun, dangerous, and tiring. Jim Howell first contacted me back in 2008, to comment on one of my PL USA articles. Very cool; thanks for reading! But now he has a gym in Ithaca, NY, that combines fighting and powerlifting—and that sounds like a killer combo. We better let him tell us about it!

Hey, Rick. James Howell again, from Ithaca, New York. I just had to let you know about the gym we just moved into. I have a general idea (of what you need) since I've read every one of your articles being a near decade subscriber to PL USA. (Very cool; keep reading! RB)

The gym's name is Ultimate Fitness, and we [started out] training MMA fighters, wrestlers and boxers. I knew that powerlifters would blend in with this hard-hitting crowd the first time I walked into the building. We have a pro UFC team called Team Bombsquad, which includes 20–30 pro UFC fighters. But I am primarily a powerlifter, as you know. I have two world records and several state and national records in powerlifting, so we had to add heavy lifting to the mix!

This gym is HARDCORE and has two competition MMA cages, full wrestling mats, dozens of punching bags, and now Monolifts, benches, cages, kettlebells, 5k in weight plates, sleds, tires and sledgehammers. We also have three treadmills, but they aren't working yet. This is the powerlifters alternative to planet fitness. I really think you would



dig this gym. (I already like the fact that the cardio equipment is broken—I hate cardio! RB)

I could bribe you with some bizarre cat-woman stuff (if I only had some).

Thanks, James Howell

Jim, very good info, and congrats on the cool gym! Of course the catwoman stuff would help, but I think we can still include Ultimate Athletics since it has fighters and powerlifters in the same room. We are well aware of the crossover between MMA and powerlifting because HOUSE OF PAIN sponsors and attends MMA fights and PL meets! Let me know if you want a free HOP banner or decal. I forwarded your contact info to our HOP rep in NY, so that they can check out one of your events. Keep in touch, and send more info when you can!

Rick Brewer

Hey, Rick. As promised, I am sending more details about our hardcore gym in Ithaca, NY. Yes, New York has **HARDCORE** gyms! New York also has MMA fighters and powerlifters.

What do powerlifting and MMA have in common? A lot! Both are hardcore sports which require a special kind of athlete who is not afraid to push the limits, with a special mindset most others can't understand. And now both groups can train together in Ithaca, New York, at a new 23,000 square foot facility we opened to cater to both sports. Ultimate Athletics was opened by Ryan Ciotoli, who has been competing and training Mixed Martial Arts for almost a decade. He specializes in Mixed Martial Arts (MMA), world class wrestling, boxing, Brazilian jujitsu and now powerlifting, with the addition of Crazy Jim Howell and his PL team. The gym is also home to TEAM BOMBSQUAD, who now has over 35 professional fighters to date.

The gym boasts two official MMA octagons, olympic wrestling mats, official boxing ring and dozens of punching bags. The gym now also has the best Militia Monolift in the country, a pro competition bench, kettlebells going up to 100 pounds, thousands of pounds of plates, dumbbells to 105 pounds and chains, bands, racks, giant tires, hammers, firehoses (for shoulder work) and pulling sleds with 60 contiguous yards to pull them indoors. This special gym has an extremely energetic atmosphere. The mix of competitive athletes makes this gym really stand out from the crowd! The most recent Pro MMA fighter is Christian Morecraft, a 250-pound 22 year old, who has appeared on the UFC on Spike TV!!!

Ultimate Athletics hosted the New York State High School Powerlifting Championships in March, and their first pro-amateur meet on August 6, 2011, organized by Jim Howell. The meet was sanctioned through the UPA, due to the federation's structure and being all about the lifter!!! Bill Carpenter, President of the UPA, is a great lifter who cares about the quality of the meet and providing a good experience for lifters.

The meets featured the best Monolift available, the actual Oakie deadlift bar used

by Andy Bolton for the first pull over 1,000 pounds, a Militia pro competition bench, and a Mastodon squat bar (Matt Wenning hit 1,110 squat DEEP on this bar in December, 2010). There was a true amateur division with actual drug testing!! We had classes for raw and equipped lifters, single lift, and hardcore pro unlimited lifting. The meet featured cash awards to the top three lifts in the meet (\$500 minimum) as well as swords, sculptures and other free give-aways. This was a great PL meet—for lifters, run by lifters!

If you're looking for a true hardcore gym without the dungeon feel, Ultimate Athletics offers the ultimate experience. (What is wrong with a dungeon? RB) MMA fighters take buses to Ithaca and sleep on the gym floor for weeks just to train hardcore with the MMA team—now that's dedication!!! This gym must be seen to be believed. Check it out on the website at [www.uagym.com](http://www.uagym.com). Look for TEAM BOMBSQUAD fighters in the octagon as well.

The gym is located in the heart of beautiful Ithaca, with several restaurants and hotels within walking distance of the gym, as well as several beautiful waterfalls, wineries and Cayuga Lake within a couple miles drive. Meet applications and information about transportation options are available at [www.upapower.com](http://www.upapower.com) or if you are just in the neighborhood and want to catch a training session with Crazy Jim and his crew, you can find them there on Tuesday and Thursday evenings.

Thanks to Jim Howell for all of this great info, and thanks for adding powerlifting to this nest of cage-warriors! It sounds like Ryan Ciotoli's Ultimate Athletics is a must-visit gym when you are near Ithaca, NY!

Until next month, keep fighting, keep lifting heavy, and run fast if an old man comes at you with an axe. Halloween will be here when you read this—watch for that axe! Send your gym-related news to: [rick@houseofpain.com](mailto:rick@houseofpain.com). <<



Bask in the aura of the new Militia Monolith



# 2011 POWERSTATION PRO/AM

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

The 2011 Powerstation Pro/Am meet was a great success. As usual, Mike Ferguson and his wife Marcia put on the premier power meet of the year. The venue was magnificent with a great warm-up facility and top elite catering food. The SPF was the sanctioning body with the president, Jesse Rodgers, sitting in the head judge chair. The side judges were Joe Ladnier and Wade Johnson who did a splendid job on both days.

On the first day, the 148s was the lightest class to compete. Amy Weisberger returned to gear and breaking the raw record to total 1,310 with a 505-pound squat, 335-pound bench, and a 470-pound deadlift. Amy has been at Westside for 25 years and will be there for another 25 years. The winner in the 184-pound class was AJ Hackett who is a Westsider. He made a 550-pound squat, 365-pound bench and a 530-pound deadlift to take the 148s with a 1,445-pound total.

The 165s had one entry, a super woman by the name of Laura Phelps-Sweatt. Guided by her coach and husband, Shane, she did the seemingly impossible with a 745-pound world record squat, a 530-pound world record bench press and a 525-pound deadlift to total 1,800. She is the first woman to total 11 times her body weight—but not just a woman, a super woman. It's a great honor to have not only the greatest female lifter in the world, but also a great person and a tremendous ambassador to the sport of powerlifting at Westside. We salute you and crown you as the Queen of Iron.

Big Iron is still alive with Mike Cartinian, dropping down to the 181-pound class to push his total upward. Mike told me he wanted to total 2,300-pounds at 181 before he vacated that class and there was no better place than the Powerstation Pro/Am. Mike made a 920-pound squat—hoping for more, but not on this day—then a personal record of 720-pound bench press, and a third 660-pound deadlift to total 2,300 pounds at 181, a mystical total, to say the least.

The 198s had one competitor, Derek Wilcox, who made a fine 860-pound squat, a 500-pound bench press and a 625-pound deadlift, which gave Derek a 1,985-pound total. Derek could be a threat when his bench press and deadlift move up, and I am sure it will.

The heaviest weight class for the light weights was the 220s and this was the biggest with five male competitors. In fifth place was Ronnie Paras, making a strong 870-pound alone with a 570-pound bench press and pulled 560 pounds to total 2,000. A great start to a strong class. Fourth place was Zane Geeting, a strong lifter doing 875-pound squat, 610-pound bench press and a 690-pound deadlift, for a 2,175-pound total. See you next time, Zane.



**Juna Someroja came all the way from Finland to break the 242-pound world record total**

Now for third, Daniel Tinajero was impressive with a 850-pound bench, 700-pound squat and a 700-pound deadlift to hit a 2,250-pound total. In second place came Chris Duffin. Chris broke a grand with 1,010-pound squat, a 650-pound bench press and to finish with a 700-pound deadlift for a great 2,360-pound total. This left Clint Smith. Mr. Smith was on fire with 925-pound squat, 755-pound bench press and a big 770-pound deadlift to win the 220 class with a 2,450 total.

There was a purse of \$8,500 to pass out to the top three co-efficient best. In third place with \$1,500 cash was Laura Phelps-Sweatt with a 1308.9 co-efficient. The second place winner of \$2,000 was Clint Smith with a 1358.5 co-efficient. The \$5,000 belonged to Mike Cartinian with a 1423.2 co-efficient. A great lifting for these great lifters with Mike making two total world records and Laura a

squat world record and two total world records. Thank you, everyone. See you next year.

The heavy weights were unreal, breaking absolute world records in four weight classes. The 242s were up first; there were three who made it through. Jason Harbin must have had his gear stolen; lifting raw, he made a 625-pound squat, 400-pound bench and a 625-pound deadlift for a 1,650-pound total. Let me give you some advice, Jason. As those famous philosophers called the Road Warriors once said, "Don't go to a gun fight with a knife." In second place was a good friend, Shane Church, who did some fine lifting with a 945-pound squat, 575-pound bench and a 700-pound deadlift for a total of 2,220. This gave Shane a lot of personal records. Great lifting!

Talking about great lifting, all the way from Finland was Juna Someroja. He came to



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## WILL IT BLEND?

### AN IN DEPTH INTERVIEW WITH BLENDTEC INVENTOR TOM DICKSON PT. 2

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

**H**ere we have it, my loyal fans. I have another awesome installment of my series with Blendtec CEO Tom Dickson. I got a ton of responses from the last issue from readers who simply wanted to know even more about his amazing inventions. You asked for it, so I provide it. In this issue, Tom will be discussing some more information behind the engineering genius behind his innovative blender. That is not all that Tom has brought to the market, so you will learn a little more about some of the other kitchen appliances he has created to make your time in the kitchen more productive with less hassle. I am sure all the Power Vixens reading this right now or the wives of all our lifters who spend countless hours in the kitchen will find all of these tools a blessing, without a doubt! So, let's get back to the interview and see what Tom has in store for us this time!

**Your blender is super strong. Can you tell me how much horsepower that bad boy has?**

The Total Blender has 3 peak horsepower or 1560 watts of power.

**What about the amps and watts for each model?**

We make 11, 13, 15, 18, and 20 amp machines.

**Is this the strongest currently available on the market?**

To my knowledge it is! We are the innovative leaders in the blending world. By being the leader, that means you will be copied, and others have copied our innovations. We continue to lead, which means we continue to improve and spend lots of time in the R&D labs. We build machines to not just be the strongest, but to solve the needs of home users and commercial users.

**Wow, that is some powerful machinery, Tom. What about the weight? You would think that a Blendtec with that type of power must weigh in at 25 pounds?**

Our machine is a powerhouse, but surprisingly it weighs 7 pounds.

**Can you also give us the dimensions on this powerhouse?**

Sure, the Total Blender is 7 inches wide by 15 inches tall by 8 inches deep. Like I said, this fits on your counter and under your cabinets.

**Now I am sure all the Power Vixens out there reading this will want to know what colors they come in?**



Currently we offer three colors: black, white and red.

**Another plus of your line is what you have termed "Smart Touch Technology." Can you expand on this and why it is so effective when preparing recipes?**

"Smart Touch Technology" means pre-programmed cycles. We were the first to develop a blender that would speed up and slow down depending on what you were blending. For example, a smoothie with fresh fruit has a different cycle than the soup cycle. These cycles are programmed to have the machine ramp up and slow down depending on the cycle you select. On our Total Blender, we have six pre-programmed cycles, as well as manual controls to speed up and slow down. The Smart Touch Technology is the technology we innovated. This feature makes meal preparation a snap. You add ingredients, select a button and step away to other kitchen tasks while the Blendtec does the work. When the cycle is over, the machine shuts off automatically.

**One feature I really like is the fact that you can use the blender as a counter top or as a built in. Can you explain why you added this feature? It is something that I have not seen other high-end blenders even attempt!**

The Total Blender is one of our products on the consumer side; it is a counter top blender. We also make blenders that can be built in blenders or in other words you cut a hole in the counter and mount the blender right into your counter. This blender is called the Blendtec Connoisseur. It puts the blender in the center of your workspace. As a built in unit, the blender is easily used multiple times a day. People love them.

**You also have a commercial line as well as a home line. Can you tell us a little bit about how you have taken over both markets?**

We started in the home market with the mill and mixer. Then we developed the commercial side of the business when the need was created for high-powered blenders in smoothie and coffee shops.

**What does your commercial line consist of?**

We make blenders on the counter, in the counter, blenders that add ice, blenders that make ice. We also have blenders that dispense products helping with portion control in a commercial world for consistent flavor and cost. We make blenders from counter top size to the size of a small fridge.

**I heard some of the top names in the food industry use the commercial line of Blendtec**





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## A DIRT FLOOR IN THE DESERT

as told to Powerlifting USA by Travis Werner



Over the past six years, the training methodologies that I teach have changed dramatically and the success of my lifters has increased exponentially. The sudden shift in training can be attributed to none other than Jason Beck, my best friend and the very first lifter that I coached at the tender and naïve age of fifteen. Jason lived only a couple miles away (considered a neighbor in our rural Western Pennsylvania community); we played side-by-side throughout our high school football years, and we both had similar schools of thought—like that summer when we agreed that we need not shower if we went swimming every day. We would eventually embark upon our powerlifting careers together, too.

Jason was nearly a year older than me, so when he got his driving license at the beginning of the tenth grade, I immediately recruited him as my new powerlifting partner. This was a symbiotic relationship—I had what we both agreed was supreme knowledge of power training due to my subscription to *Powerlifting USA* magazine, and he had the license that could get us to the local YMCA (a 12-mile drive into town). At our very first practice, despite the year of training I had under my belt, Jason out-lifted me. He would out-lift me at every practice and every meet from that day forward.

At the age of nineteen, we parted ways and began our independent journey into the sport. My journey took me to South Louisiana, where I would start up the collegiate powerlifting program that I coach to this day. Jason's journey took him on several tours of the Middle



East with the United States Army and to nearby Slippery Rock University, where he would start up and coach a collegiate powerlifting team as well. Our teams squared off at the 2002 Collegiate National Championships. As always, Jason prevailed and Slippery Rock University easily defeated UL.

In the initial years of our program at UL (2000–2004), I was convinced that the right combination of assistance exercises, tailored to correct the weaknesses of each individual lifter, was the secret to powerlifting success. Early UL lifters were therefore taught dozens of varieties of triceps extensions, good mornings, strange squat variations like the Zercher squat, and every other exercise that I thought could possibly uncover some secret new strength gain. The result: we were a marginal team; nothing more, nothing less.

All of this changed when Jason was ordered to Afghanistan for a 15-month tour from 2003–2004, during which we communicated regularly. I told him of my growing and improving team, of our complex and highly evolved training routines, and of the advanced training methodologies that my lifters were undertaking. Jason told me how the Army had set up a



**Jason Beck practiced the 3 lifts with limited assistance exercises while deployed and wowed his competitors with his amazing strength at his first meet back in the States**

makeshift gym with a dirt floor and how he was training just three lifts each week: squat, bench press, and deadlift. “What about assistance exercises?” I asked. “Don’t do any,” he replied. I was sure he was wasting his time, and even more certain that the desert heat had caused some sort of brain damage when he returned from Afghanistan and decided to enter the 2004 USAPL Men’s National Championships less than two months after returning to the States. He had spent a year doing nothing but the three basic lifts in the middle of the desert, and now he was going to step onto the most competitive platform of the year! “This is surely going to be a disaster,” I thought as I drove to the national meet to serve as his right-handman. Then, something happened that would change my thinking about training forever.



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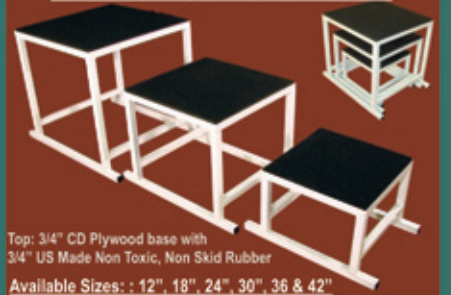
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# ALPHATEST: STIMULATE YOUR TESTOSTERONE LEVELS!

as told to Powerlifting USA by Team MuscleTech

**Q:** I know that testosterone is a very important hormone for building lean muscle, but are there any supplements available that can not only help me increase testosterone, but also keep cortisol levels in check?

Great question. Guys are always looking for new and novel ways to increase testosterone levels, but very few ever give much consideration to cortisol. For those of you who may not know, cortisol is a hormone produced by the body in times of physical stress (e.g., during weight training). Elevated levels of cortisol can tax the development of lean muscle tissue, which is of significant importance to lifters.

For the last several months, our Research and Development and Product Development teams have been hard at work on a breakthrough new formula that contains scientifically researched ingredients and is designed to not only increase overall and free testosterone levels, but also help you maintain peak testosterone to cortisol ratios. It's called AlphaTest™ and it's the latest formula in the Super Concentrated Series from MuscleTech®.

AlphaTest is the only super-concentrated testosterone stimulant formulated with multiple powerful ingredients documented for their effectiveness in human clinical studies. It's important to note that we base our product formulations on human clinical studies, because many companies mislead you by promising results from formulas based solely on animal research. What's worse, they'll often cite research but don't use the studied dose and hide the amount in a proprietary blend. AlphaTest is different. This powerful testosterone and performance stimulant only contains ingredients studied in human research. Here's what we've included in it and why:

**Rhodiola Crenulata and Ginkgo Biloba – 386mg & 2.7mg:** In a 7-week double-blind, randomized, placebo-controlled clinical study on 67 subjects, individuals supplementing with the scientifically studied combination of Rhodiola crenulata and Ginkgo biloba, contained in AlphaTest, maintained peak testosterone to cortisol ratio after an intense training regimen. Even better, the treatment group also improved performance as measured by a marker of training capacity.<sup>1</sup>

**Boron Citrate – 100mg (Supplying 5mg of Boron):** AlphaTest also contains a 100mg dose of boron citrate. As recent as 2011, a scientific research study on eight healthy male volunteers showed that subjects supplementing with boron significantly increased free (active) testosterone levels after only seven days.<sup>2</sup>

**Mytosterone™ (Saw Palmetto Berry & Astaxanthin) – 800mg:** In a clinical trial

on 42 human subjects in the *Journal of the International Society of Sports Nutrition*, individuals using Mytosterone increased testosterone to near maximum physiological levels in just 14 days. Maximum physiological levels represent the highest levels of testosterone within the normal healthy range for men. In addition, dihydrotestosterone (DHT) conversion in subjects was decreased.<sup>3</sup> This is important to note as DHT is primarily responsible for negative side effects such as hair loss and baldness.

**Zinc Gluconate – 58.4mg (Supplying 7.5mg of Zinc):** Zinc has long been a staple supplement for many lifters for its purported testosterone support benefits. In fact, research published in the journal *Nutrition* shows that adequate levels of zinc can help maintain optimal production of testosterone.<sup>4</sup> And as we have discussed, testosterone is critical to building muscle, boosting strength and enhancing performance.

So as you can see, the research behind the ingredients contained in AlphaTest is quite impressive. Team MuscleTech® R&D spent a lot of time reviewing just the right combination of ingredients that would increase testosterone production and also help maintain peak testosterone to cortisol ratios. And, because each scientifically researched ingredient amount is fully disclosed, you know exactly what you're getting with each and every dose. In fact, we're so confident in AlphaTest that if you don't think it's the most powerful performance and testosterone stimulant formula you've ever tried, simply return the unused portion to the store you bought it from within 30 days and we'll give you your money back. Guaranteed. Hope that answers your question! If you'd like any more information, or would like to see how AlphaTest stacks up against the leading competitors, visit [www.MuscleTech.com](http://www.MuscleTech.com). ☺

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## RE-EVALUATE YOUR SQUAT

as told to Powerlifting USA by Doug Daniels

It is always a good idea to periodically evaluate your lifting technique and practices. This should apply to lifters of all levels of strength and experience, as we should always be looking at ways to continually improve. If you are not progressing as well as you would expect in the squat, some of my suggestions may help shed a few more white lights on the subject.

There is no one correct way to squat that fits everyone. Of all the lifts, I have seen the most variations of execution of the squat that have produced records. Records have been set with text book perfect technique, various width stances from wide to narrow as well as techniques that would make a back surgeon salivate at the thought. Other factors such as body structure, flexibility and plain old "I always did it that way" are some of the explanations for all these variations. But there are some squat basics that can be applied to many of these styles.

Except for extremely upright squatters, the bar should be positioned low on the traps, just above the rear deltoid. This position allows the bar to be located directly over the hips for best leverage which is critical. If the bar is positioned too high on the back, it may result in the bar being too far in front of the hips, which could cause the lifter to lean forward in a poor leverage position. Upright squatters like the legendary John Kuc were able to maintain an erect position with the bar held high on the back. Many lifters start squatting with the bar held high like this and need a towel or pad to cushion that area. At a meet, towels and pads are not options, so I would look at finding this spot on your back. Many novice lifters I have dealt with have trouble finding the "spot," but all eventually do. Take my word for it, that spot is there. Switching to proper placement on your back could mean extra poundage almost immediately, as well as much less pain.

If you experience pain in the elbows, shoulders or wrists during the squat, it may be caused by the bar sliding down your back during the squat. This can be remedied by keeping your head held high with your chest out and shoulders back. Maintain this form and focus on keeping the bar stationary on your back during your squats as this will aid in preventing the bar from sliding down your back. If the bar does slide down noticeably as you rep out during a set, rack the weight and set up and take the set again with more focus on keeping the bar in its proper place. Applying chalk to the portion of your back where the bar rests will add friction which helps keep the bar in place. Also avoid wearing a shirt with "slippery" fabric.

A too rapid descent may not be a good idea. Some lifters believe dropping down fast gives them more rebound on the way up, but I disagree. The opposite may actually hold true. Not only does a quick descent create a higher chance

for injury, but you stand to lose your best leverage position to effectively rebound from the bottom. One trick worth considering is to descend smoothly until just above parallel, then speed your descent to below parallel and rebound up. Decreasing the distance of the rapid descent until just before the bottom reduces the forces you have to reverse to squat upwards. Practice this in all your squats in training to help insure proper descent at the contest.

Many novice lifters tend to bow their knees inward when they come out of the bottom of the squat. This is primarily due to lack of leg strength and concentration. Obviously, having your knees bow inward does not allow the best power transfer from your squatting muscles. Your knees should be straight ahead for optimum results and power transfer. If you have this problem, lower the weights a bit and squat while keeping the knees outward and straight ahead. Some machines exist that work the neglected inner and outer thigh and can also be useful. Do not think of these as "girls only" exercises; guys have muscle there too. Leg presses are also useful here as you can see if your knees bow in right in front of you. Concentrate on keeping the knees straight ahead during all your squats and leg press-type exercises and this problem will soon be history. The key is first to be aware that you squat like this. In many cases, the lifter has no idea and must rely on observant training partners and coaches.

Failure to reach proper depth is the number one reason lifters don't get their squats passed. I've seen many lifters lean forward near the bottom of the squat in hopes of getting deeper. In practice, most end up lessening the depth they reach. Leaning forward causes your hips to come up which can result in squatting higher. Proper depth is not best reached by leaning forward, but by keeping as upright as possible with the back as erect and straight as possible. Sink back into your squats like sitting into a chair. This requires a little visualization and practice, but give it a try. Enhancing your flexibility also aids getting low.

I strongly suggest lifters re-evaluate their lifting practices on both a periodic as well as a constant basis, especially the squat. Over time, form and technique can change or deteriorate. This could be due to injury, bodyweight changes or lack of focus. There is no one right way to squat, but there are many wrong ways. A knowledgeable and alert training partner or coach can help with first hand critiquing. Recording video of your squats is also a great option and never has it been more easy or convenient to do. Chances are you may not even be aware that you are guilty of some technique flaws. On the flip side, you may discover you are currently performing optimally. No matter what your strength or experience level, this effort will pay off with bigger lifts and safer contests. <<

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## INTERNATIONAL POWERLIFTING ASSOCIATION

# BULLETIN:

The IPA announces important changes to its management team. The new Executive Board, as outlined below, is excited about the future of the IPA and the enhancement of the association on a variety of fronts.

Effective immediately, Gene Rychlak Jr. is no longer associated with the IPA or its affiliates. Mr. Rychlak and his wife, Ame, have contributed greatly to the IPA over recent years and the Board wishes to express its gratitude to them and well-wishes in their future endeavors.

Consequently, all Rychlak powerlifting meets are no longer sanctioned or affiliated with the IPA. No IPA records can be broken or set at any meets conducted by Mr. Rychlak. Please address any questions about upcoming meets being presented by Rychlak Power Systems to Mr. Rychlak at [www.rychlakpow-systems.com](http://www.rychlakpow-systems.com).

### The new IPA Executive Board is as follows:

- Mark Chaillet - Chairman & CEO - [chailfit@yahoo.com](mailto:chailfit@yahoo.com)
- Ellen Chaillet - Co-Chairwoman & COO - [echaillet@aol.com](mailto:echaillet@aol.com)
- Dan Blankenship - President & Strategic Relations Director - [blankenshipdan@yahoo.com](mailto:blankenshipdan@yahoo.com)
- Dan Dague - Vice President - [lexenxtreme@aol.com](mailto:lexenxtreme@aol.com)

The IPA's mission has always been to offer lifters well-run meets with fair and unbiased judging, excellent equipment, and great venues. We are very proud of all the athletes who have lifted on IPA platforms over the years. The IPA exists to make powerlifting all that it can be for the lifter: a great sporting experience for novice as well as the most seasoned competitors.

In the coming months, the IPA will focus on strengthening the consistency and quality of all contests. Our goal and commitment is to be a mainstay of these essential qualities and perceived as such by the powerlifting community.

It is a great pleasure to serve at the privilege of the Board and most importantly, the lifters that make the IPA a great place to lift! I am very excited to be in this position. I have competed for 17 years in the sport, totaling "Elite" across 4 weight classes, so I understand the sacrifices lifters make to compete at all levels. I am taking a break from competing for a time and wish to give back to the sport. I have had the pleasure of training with the best names in powerlifting having earned my first "Elite" as a teen in 1998 (it was Westside's 43rd at the time) while training at Westside Barbell with my mentor and dear friend Louie Simons. I wish to serve notice that the IPA will have no rival in the coming years with respect to membership and quality, with a keen eye on serving the lifter at all times.

For information on upcoming meets, general questions, membership, etc., please contact Ellen Chaillet at [Echaillet@aol.com](mailto:Echaillet@aol.com). For information on State Chairmanship or country affiliation, please contact Dan Blankenship at [blankenshipdan@yahoo.com](mailto:blankenshipdan@yahoo.com) or 717-421-3746.

Be on the lookout for further updates! See you on the platform...

Yours in powerlifting,  
Dan Blankenship



Dan Blankenship

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## 2011 MHP OLYMPIA STRONGMAN CHALLENGE

as told to Powerlifting USA by Mike Johnston » photography by Derek Weller



Michael Burke

The 2011 MHP Olympia Strongman Challenge, presented exclusively by nutritional supplement powerhouse MHP, was filled with incredible performances by veterans and newcomers alike. The event was sanctioned and hosted by the American Strongman Corp. (ASC). Twelve pro athletes tested their mettle for the Olympia Strongman Challenge title in Las Vegas on September 16th–17th and a share of \$15,000 in prize money provided by MHP. Right out of the gate, The Last Man Standing Max Log Press was a battle between veteran Tom McClure and first time competitor Michael Caruso. While McClure managed a 400-pound press, Caruso won with an easy 410-pound press.

The Frame and Farmer carry medley saw veteran Andrew Palmer and rookie Michael Burke crush the rest of the Olympia field with the 800-pound frame and 350-pound Farmers Walk. Burke finished the 150 foot course in 38.97 seconds while Palmer dominated with 27.75 seconds for the win.

The Conan's Wheel was up next and displayed dominant performances by veteran Marshall "Necromancer" White and rookies Caruso and Burke. The 700-pound front carry featured two MHP Fitness Divas (Amanda DeFabio and Megan Frieder) being carried around a 100 foot circle. Caruso was up first and set the pace at



Michael Caruso

100 feet with one full revolution. White managed 105 feet, while Burke tore past with an 114 foot win-sealing carry.

The final event of day one was the Stone Over the Bar for Reps. Tom McClure had the 7th repetition of the 390 stone perched atop the 54-inch high bar, but it slipped back, leaving him tied for 6 reps with White, Palmer and Andy Vincent (defending Olympia Strongman Champ). Once again, rookie Mike Burke seized the moment and locked up the win with 7 reps. At the end of day one of the MHP Olympia Strongman Challenge, it was Burke leading with 42.5 points, McClure at 37.5 and Caruso with 28.5.

Day two kicked off with the Progressive Yoke. All 12 competitors were to carry an 850-pound super yoke for 50 feet. Ryan Bakke withdrew after day one and Brad "Wolverine" Dunn was injured on the first yoke run as the rest of the field advanced. Burke, Carl Foemmel, Rob Muelenburg and Pete Konrad were eliminated after the 950-pound 50 foot run. Next up was the massive 1,050-pound yoke. Once again, veterans Palmer and McClure finished on the podium with times of 15.82 and 15.78 respectively, but it was the rookie Caruso that lead the charge with a 50 foot time of 15.06 seconds.

The Shot Press Medley featured a 200-pound circus dumbbell, 250-pound steel block, 275-pound keg, 330-pound Iron Mind axle and a 340-pound giant log, which had to be lifted in the order of lightest to heaviest. Burke set the early pace lifting all five implements in 52.09 seconds. However, the pressing events belonged to Caruso as he blistered the medley in 46.37 seconds, earning his second



Tom McClure

event win of the day.

The Car Deadlift featured an ASC twist. Normally the back end of the vehicle is loaded to the lifting side, but at the Olympia—where heavier is better—the front end of the Chevy Aveo was loaded onto the car deadlift platform. The deadlift proved to be a veterans' event as Big John Conner managed 7 reps while Carl "Milk Man" Foemmel ground out 12 huge reps.

The final event of the day was the Suicide Medley, featuring a 220-pound sand bag carried 75 feet, 275-pound keg carried 50 feet and a 250-pound steel block carried 25 feet. All the implements had to be loaded onto a sled and then the entire load of 1,000-pound was pulled back 75 feet within a 90 second time limit. The stage was set for a dramatic conclusion as the point spread going into the final event was very close. The rookie Burke held a 1.5 point advantage over the veteran McClure, who was sat just 1.5 points ahead of newcomer Caruso.

Andy Vincent put on a clinic in the Medley, finishing the course in a time of 70.53 seconds. Burke completed the event in 70.75 seconds while Caruso and McClure battled for distance finishing with 69 feet 5 inches and 60 feet 7 inches, respectively. The event went to the scorer's table and when the smoke cleared, Tom McClure had 70 points to finish 3rd, Caruso took 2nd at 70.5 points and Michael Burke finished with 75.5 points to earn the win and the title of Olympia's Strongest Man. ◀

### 2011 OLYMPIA STRONGMAN CHALLENGE FINAL RESULTS:

- 1st – Michael Burke – \$6,000
- 2nd – Michael Caruso – \$3,000
- 3rd – Tom McClure – \$2,000
- 4th – Marshall White – \$1,500
- 5th – Andrew Palmer – \$1,000
- 6th – Andy Vincent – \$500
- 7th – John Conner – \$250
- 8th – Carl Foemmel – \$250
- 9th – Pete Konrad – \$250
- 10th – Bradford Dunn – \$250

more photos on page 96 »



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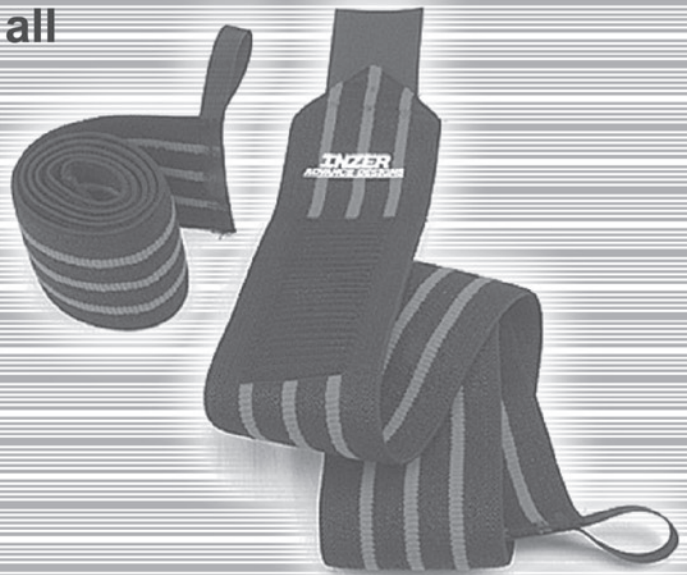


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## THINGS I'VE LEARNED ALONG THE WAY PT. 1

as told to *Powerlifting USA* by Judd Biasiotto, Ph.D. » [drjudd2@aol.com](mailto:drjudd2@aol.com)

*"Mistakes are a part of being human. Appreciate your mistakes for what they are: precious life lessons that can only be learned the hard way. Unless it's a fatal mistake, which, at least, others can learn from."*

— Al Franken

I know you just hate when I talk about myself in my column. Well, that's too bad because I am going to do it again. That's right, I have nothing against self promotion, spin doctoring and media manipulation. The fact of the matter is, I am shameless. Actually, to some extent, that is what this article is about: shamelessness. So, brace yourself; here we go.

When I first started powerlifting, I was—at best—a joke. In my first seven meets I finished dead last. I wasn't just beaten either. At times, I was absolutely destroyed. It wasn't uncommon for me to find myself two or three hundred pounds behind the leaders going into the deadlift. After the deadlift, well, the leaders weren't even in sight. I hate to admit this, but some guys could have beaten me without even deadlifting. Their squat and bench press totaled more than I totaled on all three lifts. Heck, at that time, even women and children could beat me. There was even a joke going around that the ADFPA was going to revoke my lifting card because I was impersonating a powerlifter. At least, I think it was a joke. My little sister Mary Jean would say, "Judd, you have to quit competing because you are embarrassing the family." She was serious.

My lifting career hit rock bottom when I competed at the Villanova University Invitational Powerlifting Championships in Philadelphia, Pennsylvania. There were twelve lifters in my weight class, including three novice lifters and a woman and I came in dead last. That's right, a woman beat me, too. I just didn't get beat either—I got destroyed. Worse yet, my entire family drove all the way to Philadelphia to watch me compete. I am sure my family was embarrassed by my performance, or I should say, lack of performance.

I did have a built-in excuse. I had a body that basically looked like an eleven-year-old stamp collector's. My ex-girlfriend use to say that my legs were so skinny they looked like a pair of pliers in shorts. That is why she is my ex-girlfriend. My ex-coach would say, "Judd, don't listen to her; you have legs like Schwarzenegger." I would say, "Really?" And he would say, "Yea! Maria's, not Arnold's." And that is why he is my ex-coach. So, it goes without saying that I didn't look anything like a powerlifter.

You know something, though, with all the criticism and humiliation that I experienced



Dr. Judd Biasiotto squatted 603 at 132, still one of the best lifts of all time in that weight class

during the first three years of competition, not for one second did I ever entertain the notion of quitting. Like I mentioned, I have no shame. Why would I quit? I loved the sport and I loved the people who were a part of it. There was something very special about powerlifting that I didn't see in other sports. The main thing and perhaps the most salient aspect was that everyone went out of their way to help each other. Even major competitors helped each other in the sport. It wasn't the cut throat mentality I saw in other sports. It was a sport where you could make genuine friends and learn from others.

Boy, did I take advantage of that aspect of the sport. When I went to a meet, I made a special effort to learn from every athlete, coach and referee that was kind enough to give me a few minutes of their time—which was just about everyone I encountered. I also went out of my way to make lasting friendships which I still hold

dear to this very day. In all candor, I followed that practice my entire career. Believe me, I learned a lot about the sport just by talking to individuals who had more experience and success in the sport. Heck, I learned a lot from guys that weren't that successful. Everyone has something to offer if you take time to find out what that is.

I didn't stop there either. I went to great pains to procure as much information as possible about powerlifting. I read practically everything I could get my hands on: books about training routines, ergogenic aids, nutrition, etc. I also called and visited prominent coaches and athletes. I looked for every little edge. I looked at everything that I thought could enhance my performance. I studied bio-mechanics, hypnosis, biofeedback, sports medicine, etc. I even looked into how music, lighting, and colors affected performance. You see, I wasn't going along just for the ride; I wanted to be a good powerlifter



## WNPF PALMETTO CLASSIC

OCT 2 2010 » Greenville, SC

BENCH		(40-49)		
114 lbs.		Meyers	180	
Novice Raw		<b>MALE</b>		
Lindsey	85	165 lbs.		
<b>MALE</b>		Perry	405	
148 lbs.		<b>181 lbs.</b>		
Open Raw		Imhof	435	
Desia	210	<b>POWERCURL</b>		
<b>198 lbs.</b>		220 lbs.		
(40-49) Raw		(50-59)		
McGregor	350	Caterisano	140	
<b>220 lbs.</b>		<b>PC Reps</b>		
(50-59) Raw		220 lbs.		
Caterisano	315	(50-59)		
<b>DEADLIFT</b>		Caterisano	16	
123 lbs.		<b>BP DL TOT</b>		
<b>Ironman</b>				
165 lbs.				
Junior Raw				
Perry	—			
<b>181 lbs.</b>				
(13-16) Raw				
Hinson	210		355	565
<b>198 lbs.</b>				
Novice Raw				
Henderson	235		465	700
<b>220 lbs.</b>				
(13-16) Raw				
Hart	225		365	590
(40-49) Raw				
Visokay	260		460	720
(40-49) Sp				
Greene	325		500	825
<b>275 lbs.</b>				
Subs Raw				
Durham	385		570	955

Best Lifter Deadlift: Jeremy Imhof. Best Lifter Bench Press: Britt McGregor. Best Lifter Ironman: Mike Durham. Small but great meet once again at Furman University. Thanks to Professor Tony Caterisano for allowing us to host another WNPF meet at this great facility. We had a decent crowd of about 25-30 people that came to cheer on their favorite lifter. We had a minor incident where a lifter's coach protested about his lifter call on the bench press. The lifter got the weight up but his butt raised up off the bench about three inches and he locked out uneven according to my officials. Of course the crowd and the other lifters can't see this from their angles. So everyone thought the lift was good but it wasn't. I say it all the time that there is a big difference from sitting in the judge's chair as opposed to sitting in the audience and from the on deck area. You can't and will not see what the judges can see if you are not sitting in the judges chair which is normally 2-3 feet away and not 10-50 feet away. It was also said from this coach that his lifter did not get a white light because one of my officials held the state record that this lifter was trying to break. It was later shown to this lifter that he did not hold the state record, he had the wrong guy. I just want to say that the WNPF officials no matter who it is will not turn a lift down if it is their own record. That may happen in other feds but not the WNPF. I always say that I wish every lifter could sit in the judge's chair with the switch in their hand and make the correct call time after time after time. It's not an easy thing to do but it is easy to judge from the audience and from the on deck area where you can't see. That's why most people prefer to judge from the audience and on deck area. If any of the WNPF lifters or coaches are up to the challenge of officiating a meet please contact me and I will sit you in the chair. You will look at things a whole lot different once you are sitting there I guarantee it! My

officials are not in the business of bombing people out or turning down lifts if the lift is good. We want everyone to make their lifts and have a good time, that's what we stand for. The officials in the WNPF call the lifts by the rules of powerlifting. It has always been that way and it will never change. We will not give lifts away that don't count and that are not done correctly. There are other feds that will do this but not in the WNPF. Lifters when your training in the gym please make sure you train competition style and have someone watch you that is going to tell you the truth about your lifting and technique. Find out the rules for your lifts and make sure your doing your lifts right so when you get to the meet you will be prepared to step on the platform and make your lifts by the rules. I want to thank the 12 lifters for attending and thanks to my WNPF staff for another great event. See you all at the WNPF World Tournament of Champions next month. » courtesy Troy Ford

## WNPF RAW NATS/ POWERFEST

AUG 14 2010 » Bordentown, NJ

BENCH		(40-49) Open Raw		
148 lbs.		R. Smith	400	
<b>165 lbs.</b>		<b>CURL</b>		
(50-59) Open		<b>MALE</b>		
M. Spano	170*	198 lbs.		
<b>MALE</b>		Open		
181 lbs.		Diffenderfer	130	
(40-49) Raw		<b>242 lbs.</b>		
J. Kampo	315	(50-59)		
<b>198 lbs.</b>		J. Bosley	160	
Open Raw		<b>DEADLIFT</b>		
I. Guido	385	<b>MALE</b>		
<b>220 lbs.</b>		148 lbs.		
(50-59) Raw		(70-79) Raw		
D. Glenney	370*	R. Grove	185	
<b>275 lbs.</b>		<b>181 lbs.</b>		
(50-59) Raw		(60-69)		
F. Myers	435*	R. Dennison	560	
<b>BENCH Reps</b>		<b>Lbs. Reps</b>		
<b>MALE</b>				
165 lbs.				
(40-49) Raw				
C. Livolsi	320	27*		
M. Carson	270	20		
<b>181 lbs.</b>				
Submaster Raw				
P. Emond	350	31*		
<b>Push Pull</b>		<b>BP DL TOT</b>		
220 lbs.				
(17-19) Raw				
M. Ludovico	275	475	750	
<b>Powerlifting</b>		<b>SQ BP DL TOT</b>		
<b>FEMALE</b>				
165 lbs.				
Open Raw				
C. Cooper	240	125	315*	680
<b>MALE</b>				
132 lbs.				
(13-16) Raw				
J. Witaneck	185	145	305	635
<b>148 lbs.</b>				
(13-16) Raw				
B. Stout	200	120	235	555
(17-19) Raw				
E. Hopkins	385*	175	355	915
<b>165 lbs.</b>				
(13-16) Raw				
N. Gomez	365	285*	445	1095
(50-59)				
R. Maxwell	455*	270	440	1165
Junior U				
L. Klaassen	440	250	450	1140
Open Raw				
Deppenschmi	385	265	450	1100
<b>181 lbs.</b>				
Open Raw				

D. Lombregli	480	275	540	1295
D. Centofanti	360	280	410	1050
<b>198 lbs.</b>				
(13-16) Raw				
J. Gaboff	315	205	370	890
Junior				
D. Kilhefner	450	300	505	1255
Junior Raw				
M. Wojdylo	365	245	455	1065
Open Raw				
V. Wood	425	255	480	1160
<b>220 lbs.</b>				
(17-19) Raw				
Abi-hassoun	315	350	570	1235
Open Raw				
B. Reed	135	335	135	805
<b>242 lbs.</b>				
(40-49) Raw				
E. Killich	570*	270	435	1275
Open Raw				
E. Snyderman	515	295	575	1385
M. Womick	265	225	410	900
<b>275 lbs.</b>				
(50-59) Raw				
T. Clifford	325	210	400	935
<b>SHW</b>				
(40-49) Raw				
C. Schupp	360	275	430	1065
Open Raw				
T. McLaughlin	715	465	645	1825
<b>Power Sports</b>				
<b>165 lbs.</b>	<b>BP</b>	<b>DL</b>	<b>CR</b>	<b>TOT</b>
(13-16) Raw				
E. Flores	225	380*	135	360
<b>Sports</b>				
<b>SHW</b>	<b>BP</b>	<b>DL</b>	<b>Reps</b>	<b>CR</b>
Open Raw				
P. Mejias	580	580	12	215

\*=WNPF National Records. Best Lifters: Roy Maxwell, Tim McLaughin, Pedro

Mejias, Ray Dennison, Eddie Flores & Paul Emond. Great meet with 42 lifters from five different states. » courtesy Troy Ford

## WNPF TENNESEE STATE

MAR 12 2011 » Cleveland, TN

BENCH		242 lbs.		
148 lbs.		Lifetime raw		
Lifetime raw		Moore	405	
Kerr	365	<b>DEADLIFT</b>		
<b>220 lbs.</b>		<b>181 lbs.</b>		
Lifetime raw		(40-49) Raw		
Duncan	385	McCurley	260	
<b>Powerlifting</b>		<b>SQ BP DL TOT</b>		
132 lbs.				
(11-12) Single-Ply				
Alford	240	125	260	625
<b>165 lbs.</b>				
(17-19) Raw				
Owle	280	230	405	915
(50-59) Single-Ply				
Garafola	370	280	405	1055
<b>SHW</b>				
(17-19) Raw				
Garafola	350	225	350	925

Many, many thanks to the WNPF staff for another great event. Thanks to Wade Johnson, Spencer, Art, Jay, Cindy and the meet director Adrian Locklear. Thanks to the gentleman that entertained during the breaks. Thanks to the spectators that came out to support the event and thanks to Jonathan Moore for helping the WNPF to bring this meet to Cleveland, TN. We will be back next year for another one. » courtesy Troy Ford

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## QUESTIONS ANSWERED

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

**DEAR MAURO:** I've been reading your articles in PL USA for years. I thought you might be able to shed some light on a question I have. I need to determine whether it is beneficial to consume protein whilst drinking alcohol and, if so, why? For example, would drinking a protein enriched beer be beneficial? I have found heaps of material explaining why it's bad to consume alcohol and the effects drinking has on protein synthesis, etc., but have found nothing regarding this topic. Any information you could give me would be awesome Thanks for your time.

Kind regards,  
Eric

**ERIC:** Interesting question! You're right about the studies showing the detrimental effects of acute and chronic alcohol consumption on protein synthesis. Studies have also shown that alcohol consumption doesn't seem to increase protein catabolism, so that the changes in muscle protein is due to the decrease in synthesis and not from an increase in protein degradation.

Some unpublished recent studies have also shown that maximal strength decreases by about a third for anywhere from one to three days after a bout of acute alcohol intake. The more intake, the longer the decrease in strength lasts. Acute alcohol use within a day of training may also make you more prone to injuries.

Studies have shown that leucine has a beneficial effect in countering alcohol's effect on protein synthesis in heart muscle, but is equivocal on the same effect in skeletal muscle. It also appears that much of the effect of alcohol may be because of its effects on lowering levels of IGF-1, as well as effects on decreasing activity of mammalian target of rapamycin (mTOR) and two mTOR substrates [the 4E-binding protein (BP)1 and the ribosomal S6K1] that are involved in increasing protein synthesis.

It's known that amino acids, and especially BCAA have regulatory effects on protein synthesis partly by way of the two above mechanisms. As such, it's quite possible that a blend of amino acids, heavy on the BCAA, and increasing levels of IGF-1 and insulin (both known to accelerate protein synthesis), may just prevent the detrimental effects of acute alcohol intake on protein synthesis.

Unfortunately there are no studies as yet that prove a reduction in alcohol's effects on protein synthesis via the above mechanisms. However, in my experience the combo likely does.

If you're looking at supplements that may be beneficial, I'd consider using GHboost and Amino prior to drinking. Amino is a multi-faceted amino acid mixture plus other nutrients that support protein synthesis, while GHboost

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## ABSTRACTS ON ALCOHOL & PROTEIN SYNTHESIS

*J Nutr.* 2010 May;140(5):932-8. Epub 2010 Mar 17.

### ALCOHOL-INDUCED IGF-I RESISTANCE IS AMELIORATED IN MICE DEFICIENT FOR MITOCHONDRIAL BRANCHED-CHAIN AMINOTRANSFERASE.

Lang CH, Lynch CJ, Vary TC.

**ABSTRACT**—Acute alcohol intoxication decreases skeletal muscle protein synthesis by impairing mammalian target of rapamycin (mTOR). In 2 studies, we determined whether inhibition of branched-chain amino acid (BCAA) catabolism ameliorates the inhibitory effect of alcohol on muscle protein synthesis by raising the plasma BCAA concentrations and/or by improving the anabolic response to insulin-like growth factor (IGF)-I. In the first study, 4 groups of mice were used: wild-type (WT) and mitochondrial branched-chain aminotransferase (BCATm) knockout (KO) mice orally administered saline or alcohol (5 g/kg, 1 h). Protein synthesis was greater in KO mice compared with WT controls and was associated with greater phosphorylation of eukaryotic initiation factor (eIF)-4E binding protein-1 (4EBP1), eIF4E-eIF4G binding, and 4EBP1-regulatory associated protein of mTOR (raptor) binding, but not mTOR-raptor binding. Alcohol decreased protein synthesis in WT mice, a change associated with less 4EBP1 phosphorylation, eIF4E-eIF4G binding, and raptor-4EBP1 binding, but greater mTOR-raptor complex formation. Comparable alcohol effects on protein synthesis and signal transduction were detected in BCATm KO mice. The second study used the same 4 groups, but all mice were injected with IGF-I (25 microg/mouse, 30 min). Alcohol impaired the ability of IGF-I to increase muscle protein synthesis, 4EBP1 and 70-kilodalton ribosomal protein S6 kinase-1 phosphorylation, eIF4E-eIF4G binding, and 4EBP1-raptor binding in WT mice. However, in alcohol-treated BCATm KO mice, this IGF-I resistance was not manifested. These data suggest that whereas the sustained elevation in plasma BCAA is not sufficient to ameliorate the catabolic effect of acute alcohol intoxication on muscle protein synthesis, it does improve the anabolic effect of IGF-I.

*J Nutr.* 2009 Aug;139(8):1439-44. Epub 2009 Jun 23.

### ORAL LEUCINE ENHANCES MYOCARDIAL PROTEIN SYNTHESIS IN RATS ACUTELY ADMINISTERED ETHANOL.

Vary T.

**ABSTRACT**—Acute alcohol ingestion induces an inhibition of myocardial protein synthesis by impairing mRNA translation initiation. Elevating plasma leucine (Leu) concentrations via oral gavage stimulates mRNA translation initiation in several tissues, although the effect in heart has not been well defined. The experiments described herein were designed to test the effects of a gavage solution containing Leu on protein synthesis and potential mechanisms important in accelerating mRNA translation initiation in cardiac muscle of rats given ethanol acutely to mimic "binge" drinking. Gavage with Leu stimulated protein synthesis and enhanced the assembly of the active eukaryotic initiation factor (eIF)4G.eIF4E complex. Increased assembly of the active eIF4G.eIF4E complex was associated with a 130% rise in phosphorylation of eIF4G(Ser1108) and a decreased assembly (approximately 30%) of inactive eIF4E-binding protein1 (4EBP1). eIF4E complex in rats-administered ethanol. The reduced assembly of the 4EBP1.eIF4E complex was associated with an increase in phosphorylation of 4EBP1 in the hyperphosphorylated gamma-form following Leu gavage. Phosphorylation of mammalian target of rapamycin on Ser(2448), an upstream regulator of phosphorylation of 4EBP1, was elevated following Leu gavage. Neither the phosphorylation of 70-kDa ribosomal protein S6 kinase on Thr(389) nor eIF4E phosphorylation was increased following Leu gavage under any condition. Leu gavage accelerates myocardial protein synthesis following acute ethanol intoxication by enhancing eIF4G.eIF4E complex assembly through increased phosphorylation of eIF4G and decreased association of 4EBP1 with eIF4E.







# RESULTS »



Team Trinity at the NASA High School Nationals

J. Hudson	352	242	402	996	A. Cobb	—	—	—	—	C. Shanks	336	220	363	919
<i>Raw</i>					H. Davidson	—	—	—	—	T. Hicks	352	187	380	919
<i>Frosh-Soph</i>					<b>275 lbs.</b>					B. Raynal	275	193	385	853
<b>114 lbs.</b>					C. Pickett	457	281	479	1217	<b>220 lbs.</b>				
J. Zehnder	198	160	259	617	A. Reeves	440	264	495	1200	C. Davenport	501	281	517	1299
<b>123 lbs.</b>					<i>Junior-Senior</i>					S. Edwards	380	319	501	1200
E. Garcia	297	165	374	837	<b>114 lbs.</b>					D. Barber	424	292	462	1178
<b>132 lbs.</b>					R. Pallanez	231	138	325	694	4th-BP-303				
J. Fett	242	176	369	787	C. Jones	138	99	182	418	D. Cooper	385	242	512	1140
G. Strickland	215	165	325	705	<b>123 lbs.</b>					J. Foster	402	264	457	1123
<b>148 lbs.</b>					B. Etheridge	325	182	440	947	C. Champ	380	253	418	1051
B. Wegener	336	176	314	826	N. Russell	226	165	308	699	A. McDaniel	363	231	440	1035
D. Ward	270	193	336	798	<b>132 lbs.</b>					A. Sobbe	325	165	380	870
L. Setser	292	193	308	793	E. Burke	341	226	424	991	<b>242 lbs.</b>				
C. Quick	275	171	286	732	M. Smith	253	204	402	859	N. Boehm	457	209	435	1101
<b>165 lbs.</b>					D. Westfall	253	182	374	809	E. Waters	385	226	429	1040
T. O'Donnell	385	226	468	1079	<b>148 lbs.</b>					K. Bottom	314	204	385	903
A. Blevins	369	253	424	1046	C. Ullum	303	237	407	947	<b>275 lbs.</b>				
A. Siladi	336	231	429	996	<b>165 lbs.</b>					J. Scialabba	567	336	525	1428
C. Roark	336	204	347	886	T. Wright	435	281	551	1266	C. Benners	468	308	473	1250
L. Peterson	330	209	347	886	4th-DL-573					A. Barry	418	308	446	1173
D. Clevenger	297	215	341	853	C. McDaniel	468	264	451	1184	D. Smith	424	281	446	1151
N. Steffey	242	187	385	815	C. Schwartz	374	292	484	1151	<b>308 lbs.</b>				
J. Laughlin	303	220	275	798	J. Zoeller	341	275	462	1079	M. Cowart	506	314	539	1360
J. Overstreet	138	143	297	578	F. Richardson Jr	325	242	440	1007	C. Fish	501	281	512	1294
<b>181 lbs.</b>					T. Wendel	336	253	358	947	T. Funk	429	248	457	1134
M. Cookson	435	286	512	1233	H. Bullock	330	237	336	903	<b>Power Sports</b>	<b>CR</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>
J. Barnhart	413	226	473	1112	H. Jones	292	187	325	804	<b>FEMALE</b>				
J. Johnson	325	231	435	991	C. Payne	275	209	314	798	<i>Frosh-Soph</i>				
J. Fawbush	319	215	413	947	<b>181 lbs.</b>					<b>105 lbs.</b>				
<b>198 lbs.</b>					A. Williams	385	248	567	1200	K. Thomas	44	61	215	319
T. Meador	385	242	418	1046	Wellendorff	424	253	517	1195	<b>105 lbs.</b>				
M. Theiss	336	226	440	1002	B. Jackson	402	248	440	1090	T. Hill	33	61	154	248
M. Telahun	286	215	413	914	H. Brewer	325	286	479	1090	<b>132 lbs.</b>				
M. Harris	341	187	363	892	M. Fitzgerald	352	226	391	969	K. Ruiz	72	99	231	402
I. Sandridge	270	226	352	848	K. Lorg	—	209	374	584	4th-DL-248				
J. Gonzalez	253	198	352	804	<b>198 lbs.</b>					<b>148 lbs.</b>				
J. Babb	242	176	314	732	Q. Johnson	517	319	523	1360	T. Milburn	72	121	209	402
<b>220 lbs.</b>					M. Powell	479	286	584	1349	M. Bryant	44	83	248	374
R. Reynolds	407	253	462	1123	M. Arena	341	264	539	1145	A. Kuhl	39	66	209	314
C. Ray	347	204	363	914	R. Wright	402	242	473	1118	<b>165 lbs.</b>				
Z. Gordon	336	198	369	903	A. Burgard	391	248	440	1079	S. Perez	50	83	253	385
C. McLeod	204	154	319	677	K. Giles	385	220	473	1079	<b>181 lbs.</b>				
<b>242 lbs.</b>					M. Brewer	319	297	440	1057	D. Holmes	61	138	341	539
L. Kaufman	402	275	528	1206	J. Decker	358	253	429	1040	D. Jimenez	77	143	281	501
A. Ramsey	451	237	418	1107	A. Clemons	352	253	418	1024	M. Sinclair	55	83	209	347
C. Eubank	314	198	358	870	C. Starr	352	231	424	1007	<i>Junior-Senior</i>				
T. Hamlin	281	193	380	853	D. Sumler	352	226	369	947	<b>132 lbs.</b>				

R. Allen	55	99	259	413
<b>165 lbs.</b>				
E. Floyd	66	99	292	457
B. Jackson	50	99	286	435
O. Hostier	50	88	286	424
4th-DL-297				

<b>198 lbs.</b>				
K. Anderson	72	99	231	402

## MALE

### Junior-Senior

<b>114 lbs.</b>				
R. Pallanez	77	138	325	539

<b>123 lbs.</b>				
B. Etheridge	88	182	440	710

N. Russell	72	165	308	545
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<b>132 lbs.</b>				
M. Smith	105	204	402	710

D. Westfall	88	182	374	644
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<b>148 lbs.</b>				
C. Ullum	94	237	407	738

T. Palmer	116	182	325	622
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<b>165 lbs.</b>				
C. Schwartz	127	292	484	903

J. Zoeller	138	275	462	875
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C. McDaniel	105	264	451	820
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Richardson Jr	94	242	440	776
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<b>181 lbs.</b>				
H. Brewer	127	286	479	892

Wellendorff	121	253	517	892
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D. Hull	99	259	462	820
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<b>198 lbs.</b>				
K. Linker	143	275	539	958

M. Brewer	138	297	501	936
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M. Arena	132	264	539	936
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<b>220 lbs.</b>				
D. Cooper	116	242	512	870

<b>275 lbs.</b>				
A. Barry	143	308	446	897

<b>308 lbs.</b>				
C. Sanchez	121	347	413	881

## Frosh-Soph

<b>114 lbs.</b>				
J. Zehnder	72	160	259	490

<b>132 lbs.</b>				
J. Fett	88	182	369	639

<b>148 lbs.</b>				
J. Kugler	99	215	297	611

E. Freitas	88	143	198	429
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<b>165 lbs.</b>				
A. Blevins	138	253	424	815

A. Siladi	127	231	429	787
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N. Steffey	94	187	385	666
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C. Anderson	121	198	341	661
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J. McBride	105	187	275	567
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<b>181 lbs.</b>				
J. Johnson	127	231	435	793

J. Fawbush	105	215	413	732
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P. Robinson	116	204	380	699
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<b>198 lbs.</b>				
M. Theiss	121	226	440	787

M. Telahun	116	215	413	743
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N. Freitas	83	138	248	468
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<b>242 lbs.</b>				
L. Kaufman	121	275	528	925

H. Davidson	138	248	479	864
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A. Cobb	121	259	451	831
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<b>275 lbs.</b>				
A. Reeves	121	264	495	881

» courtesy J.T. Hall

## WNPF ELITE NATS/ LIFETIME

JUN 4 2010 » Ephrata, PA

<b>BENCH</b>	<b>198 lbs.</b>
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<b>165 lbs.</b>	(17-19) Raw
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(40-49) Raw	J. Richardson 370
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C. Brendlinger 275	<b>220 lbs.</b>
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<i>Open Raw</i>	(60-69) Raw
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C. Brendlinger 275	D. Bonga 290
--------------------	--------------

<i>Submaster DP</i>	<i>Lifetime DP</i>
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S. Leisey	L. Ryan# 525
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<b>181 lbs.</b>	<i>Lifetime SP</i>
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<i>P Raw</i>	D. Seiger
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G. Sizer 190	<b>SHW</b>
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(50-59) Raw					
B. Katinowsky	340				
<b>DEADLIFT</b>					
<b>198 lbs.</b>					
(60-69) Raw					
F. McCaffrey	260				
<b>242 lbs.</b>					
<i>P Raw</i>					
G. Ricigliano	335				
<b>POWERCURL</b>					
<b>132 lbs.</b>					
<i>Open</i>					
R. Koonce Jr.	120				
L. Covello	60				
<b>181 lbs.</b>					
<i>Open</i>					
C. Renninger#	165				
C. Colondrillo	140				
<b>220 lbs.</b>					
(40-49)					
J. Dittmer	180				
<b>242 lbs.</b>					
<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>	
<b>FEMALE</b>					
<i>Raw</i>					
<b>132 lbs.</b>					
<i>Submaster</i>					
L. Covello	130	80	185	395	
<b>165 lbs.</b>					
<i>Lifetime</i>					
C. Cooper	245	125	315	680	
<b>MALE</b>					
<b>220 lbs.</b>					
(40-44) SP					
J. Dittmer*	425	380	525	1330	
<b>242 lbs.</b>					
<i>Lifetime SP</i>					
J. Hess#	560	435	505	1500	
<i>Open SP</i>					
J. Hess	560	435	505	1500	
<b>SHW</b>					
<i>Junior SP</i>					
J. Griffith	550	300	600	1450	
<i>Raw</i>					
<b>148 lbs.</b>					
<i>Submaster Raw</i>					
G. Covello	355	255	400	1010	
<b>165 lbs.</b>					
<i>Open Raw</i>					
M. Nicastro	315	265	450	1030	
<i>Submaster Raw</i>					
M. Nicastro	315	265	450	1030	
<i>P Raw</i>					
S. Zimmerman	245	225	320	790	
<b>181 lbs.</b>					
<i>Open Raw</i>					
A. Doering	325	310	455	1090	
<b>198 lbs.</b>					
<i>Open Raw</i>					
C. Machamer	350	245	420	1015	
<b>220 lbs.</b>					
(40-49) Raw					
G. Peak	405	335	440	1180	
<b>275 lbs.</b>					
<i>Lifetime Raw</i>					
D. Cooper#	605	405	740	1750	
(40-49) Raw					
D. Linton*	485	335	550	1270	
<b>SHW</b>					
<i>Open Raw</i>					
J. Bush	625	425	675	1725	

\*=WNPF Lifetime Lifters. #=Best Lifters. SP=Single-Ply. DP=Double-Ply. Team Champs: Ephrata Rec Center Power Team. Leigh Covello lifting in her first WNPF event did very well and had a good time lifting she totaled 395 lbs in the 132 class, glad to have you Leigh. Greg Covello had a good day, he had a slight mishap in the squat but other than that he did very well and he's always improving. Christy Cooper is another lifter that is always improving also and one of the WNPF favorite lifters. Matt Nicastro is built like a tank and strong totaling 1030. Shawn Zimmerman totaled 790 in his first WNPF event. Adam Doering missed a few calls but

he totaled 1090 in the police/fire raw division. Carl Machamer totaled 1015 in the 198 open raw division. Joe Dittmer took an 80 lb. jump in the squat and missed it twice but he still totaled 1330 in the 220's. Gerry Peak totaled 1180 in the master's raw division. Jere Hess no doubt had the best squats in the meet. He hit all of his squats dead on and with room to spare; he had an excellent day with a 1495 total and winning best lifter. What can you say about David Cooper, Big Coop is the man with a 1750 total and an EASY 740 pull in the deadlift. David Linton totaled 1275 in the masters 40+ and had a couple of high squats that would have pushed his total a little higher. Josh Griffith is coming; Josh Griffith is coming big time. Josh is one of the hardest workers and he wants to be a great lifter. He missed a 650 deadlift for his last attempt and I know for a fact that he will pull 700 in a year. Josh Bush had great squats and deadlifts and went 9 for 9. Shannon Leisey used a shirt for the first time and she needs more work with it to master it and then she showed out doing 27 reps in the rep contest. Gail Sizer the strongest female cop in PA. did a 190 bench raw. Carl Brendlinger hit 275 on the bench in the 165 class. Justin Richardson hit 370 raw in the teenage division. 60+ Dave Bonga hit 290 lbs raw. Leo Ryan hit 525 in the bench and he also back spotted for us in the squat, thanks Leo. Dan Seiger couldn't get a lift in this time but I'm sure he will be back stronger than ever. Bill Kat hit 340 in the masters over 50 division. Fran McCaffrey hit 260 in the masters 60+ division deadlift and he made it look so easy. Gino Ricigliano hit 335 in the deadlift. Rory Koonce curled 120, Rory is in a wheelchair but he does not let that stop him from lifting in this sport, way to go Rory. Cody Renninger is another kid that is built like a tank; I wonder what he can do in the other lifts besides the curl. He curled 165 and took home the best lifter award. Chris Colondrillo came in second with a 140 curl. Big Joe had the highest curl at 180. Jim Murphy made a comeback after a 10+ year absence and curled 145. Jim can't squat or deadlift now due to injuries. He was a 600+ squatter and 700+ deadlifter in the 198's and this was before all of the super-duper equipment of today. Former S.D. Charger and Philadelphia Eagle Carlos Bradley curled 175 edging out John Bosley in the over 50 division. Thanks to Lester, Glenda, Lance, Jon, Dave, Moms, Annette, Adrian and Leo for making this meet successful. Thanks to the many spectators that came out also and thanks to the Rec Center for allowing us to use their facility.

» courtesy Troy Ford

### WNPF ELITE NATS/ AMERICAN CUP JUN 26 2010 » Ephrata, PA

<b>BENCH</b>					
<b>165 lbs.</b>					
<i>Open (Sp)</i>					
Seiger	480				
<i>Open Unl</i>					
Ryan!	515				
(50-59) Raw					
Hicks	320				
<b>242 lbs.</b>					
<i>Open Raw</i>					
Sizer	170*				
<b>100 lbs.</b>					
(11-12) Raw					
Fasnacht	90				
<b>198 lbs.</b>					
(50-59) (Sp)					
Evangelista	410*				
<i>Open Raw</i>					
Guido	—				
<b>220 lbs.</b>					
<i>Open Raw</i>					
Hicks	320				
Jensen	245				
<i>Open (Sp)</i>					
Mejias!	550				
(40-49) (Sp)					
Peterman	390				
(50-59) Raw					
Jensen	245				

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Katinowsky	305*	Kaminski	340	<i>Open Raw</i>				
<b>BENCH REPS</b>		<b>198 lbs.</b>		Cooper	230	115	295*	640
<b>165 lbs.</b>		<i>Subs Raw</i>		<b>165 lbs.</b>				
Colondrillo	475	<i>Open Raw</i>		Stipa	420	280	430	1130
(60-69) Raw		McCaffrey	300	Deppenschmi	390	275	450	1115
<b>242 lbs.</b>		<i>Open Raw</i>		Morantz	315	205	425	945
Hawk	25	(13-16) Raw		<b>181 lbs.</b>				
(40-49)		Galante	455	(17-19) Raw				
Hawk	25*	<i>Open Raw</i>		Bomberger	405	245	425	1075
<b>SHW</b>		Jensen	515	<b>198 lbs.</b>				
<i>Open</i>		Mejias	12	(17-19) Raw				
McGarrigle	500	Hafer	345	275	460	1080		
<b>DEADLIFT</b>		Diffenderfer	375*	225	420*	1020		
(40-49) Raw		<i>Open Raw</i>		Krick	405	315	480	1200
Pavlak!	250	Open Raw		<b>220 lbs.</b>				
<i>Open Raw</i>		Meade	185	(17-19) Raw				
Meade	165 lbs.	<b>165 lbs.</b>		Schaeffer	355	300	450	1105
(40-49) Raw		Toms	225	<i>Open Raw</i>				
<b>MALE</b>		(50-59)		Jensen	425	245	515	1185
<b>100 lbs.</b>		(11-12) Raw		Prior	450	240	425	1115
Fasnacht	155	Johnson	130	(40-49) Unl				
<b>148 lbs.</b>		Blough	550	450	630	1630		
<i>Open Raw</i>		<b>275 lbs.</b>		<i>Junior Raw</i>				
Bautista	410*	Colacurcio	520	315	510	1345		
<b>165 lbs.</b>		(40-49) Raw		Cooper!	590	390	745*	1725*
<i>Junior Raw</i>		Cooper!	450	330	550	1330		
Morantz	425	<b>SQUAT</b>						
<b>181 lbs.</b>		<b>181 lbs.</b>						
<i>Open</i>		<i>Subs Raw</i>						
Neiman!	500	Kaminski	325					
<i>Subs Raw</i>		<b>Powerlifting</b>						
<b>165 lbs.</b>		<b>SQ</b>						
		<b>BP</b>						
		<b>DL</b>						
		<b>TOT</b>						

» courtesy Troy Ford



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



Doug Heath began his remarkable run across several weight classes as a 114 pounder



Ervin Gainer set standards in the USAPL which will never be broken, now that the 114 lb. class is no longer contested at the IPF level

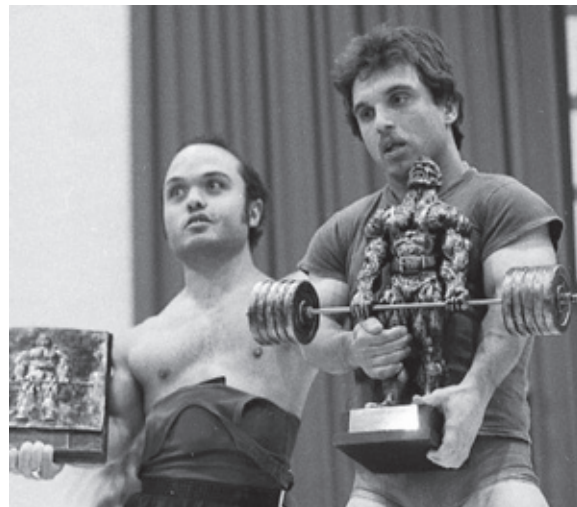
Total	X-Bwt	Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 1251.1 (567.5)	*10.97X	Ervin Gainer/66 7/9/04 (192.5+140.0+235.0=567.5 kg. @ 51.72 kg.) (Baton Rouge, LA) (USAPL/IPF)
2. 1245.6 (565.0)	*11.04X	Chuck Dunbar/57 7/7/84 (230.0+147.5+187.5=565.0 kg. @ 51.2 kg.) (Dayton, Ohio) (USPF)
3. 1223.6 (555.0)	10.82X	Joe Cunha/59 4/2/83 (237.5+137.5+180.0=555.0 kg.) (Pittsburg, California) (USPF)
4. 1201.5 (545.0)	10.48X	Phil Hile/67-05 4/8/95 (205.0+130.0+210.0=545.0 kg.) (South Charleston, West Virginia) (USPF)
5. 1200.0 (544.3)	10.47X	Viet Tran/76 3/28/92 (455.0+260.0+485.0=1200.0 lb.) (Omaha, Nebraska) (NSM)
6. 1162.9 (527.5)	*10.14X	Ernesto Milian/47 5/15/05 (207.5+110.0+210.0=527.5 kg. @ 52.0 kg.) (Round Rock, Texas) (APF)
7. 1151.9 (522.5)	10.05X	Doan Nguyen/64 7/16/94 (197.5+120.0+205.0=522.5 kg.) (Lincolnwood, Illinois) (ADFPA)
8. 1146.4 (520.0)	10.00X	Bobby Adams 2/17/88 (197.5+122.5+200.0=520.0 kg.) (El Torra, California) (USPF)
9. 1146.4 (520.0)	10.00X	Mike Nelson 5/28/88 (227.5+122.5+170.0=520.0 kg.) (Kansas City, Missouri) (USPF)
10. 1140.9 (517.5)	*9.95X	Jeremy Scruggs/83 9/11/03 (182.5+112.5+222.5=517.5 kg. @ 52.0 kg.) (Koscian, Poland) (USAPL/IPF)
11. 1140.0 (517.1)	*10.05X	Eric Torres/92 3/14/09 (440.0+240.0+460.0=1140.0 lb. @ 113.4 lb.) (Weslaco, Texas) (THSPA)
12. 1135.4 (515.0)	9.90X	Clarence Fielder 2/16/90 (182.5+127.5+205.0=515.0 kg.) (Fort Indian Gap, Pennsylvania) (USPF)
13. 1130.0 (512.6)	*9.95X	Henry Garcia/64 9/22/90 (450.0+240.0+440.0=1130.0 lb. @ 113.56 lb.) (Fort Gordon, Georgia) (USPF)
14. 1124.4 (510.0)	9.81X	John Redding/43 1/28/79 (197.5+95.0+217.5=510.0 kg.) (Nashua, New Hampshire) (AAU)
15. 1121.1 (508.5)	9.77X	Keith Borque/63 6/6/92 (201.0+105.0+202.5=508.5 kg.) (Fridley, Minnesota) (ADFPFA)
16. 1118.8 (507.5)	*9.82X	Harold Escobedo 6/5/82 (177.5+145.0+185.0=507.5 kg. @ 51.7 kg.) (Portland, Oregon) (USPF)
17. 1118.8 (507.5)	*9.82X	Rob Leoni/66 7/31/05 (197.5+110.0+200.0=507.5 kg. @ 51.7t kg.) (Chicago, Illinois) (AAPF/AWPC)
18. 1113.3 (505.0)	*9.81X	Gerald Snyder 6/1/85 (192.5+97.5+215.0=505.0 kg. @ 51.5 kg.) (Arlington, Virginia) (USPF)
19. 1102.3 (500.0)	9.62X	Bobby Sanders 6/28/86 (192.5+107.5+200.0=500.0 kg.) (Dayton, Ohio) (APF/AWPC)
20. 1102.3 (500.0)	*10.21X	Mike Booker/81 11/3/00 (220.0+137.5+142.5=500.0 kg. @ 108.0 lb., no shirt) (Mesquite, NV) (AAU)
21. 1101.2 (499.5)	9.61X	Chad Ikei/71 3/5/90 (177.0+132.5+190.0=499.5 kg.) (Honolulu, Hawaii) (APF/AWPC)
22. 1100.0 (499.0)	9.60X	Norb Paterniti 3/27/82 (405.0+235.0+460.0=1100.0 lb.) (Erie, Pennsylvania) (USPF)
23. 1100.0 (499.0)	9.60X	Bret Kimberlin 3/28/92 (425.0+265.0+410.0=1100.0 lb.) (Memphis, Tennessee) (USPF)
24. 1100.0 (499.0)	*9.91X	David Cohn/75 4/14/07 (400.0+275.0+425.0=1100.0 lb. @ 111.0 lb.) (Atlanta, Georgia) (WNPFA)
25. 1096.8 (497.5)	*9.68X	Doug Heath/55 1/9/82 (187.5+102.5+207.5=497.5 kg. @ 113.25 lb.) (Columbus, Ohio) (USPF/IPF)
26. 1096.8 (497.5)	*9.58X	Ken Snell/59 7/10/99 (177.5+110.0+210.0=497.5 kg. @ 114.5 lb.) (Daytona Beach, Florida) (APF/AWPC)
27. 1091.3 (495.0)	9.52X	Thoung Nguyen 4/12/97 (187.5+107.5+200.0=495.0 kg.) (Austin, Texas) (USPF)
28. 1091.3 (495.0)	*9.56X	Damarrio "Doc" Holloway/80 9/13/02 (182.5+92.5+220.0=495.0 kg. @ 51.8 kg.) (Sochi, Russia) (USAPL/IPF)
29. 1085.8 (492.5)	*9.81X	Chris Sonnier/88 4/13/07 (192.5+100.0+200.0=492.5 kg. @ 50.2 kg.) (Monroe, LA) (AAPF/AWPC)
30. 1085.0 (492.1)	*9.57X	Robbie Nieto 3/23/07 (405.0+270.0+410.0=1085.0 lb. @ 113.4 lb.) (Houston, Texas) (THSPA)
31. 1085.0 (492.1)	*9.69X	Rudy Garay/93 2/13/10 (425.0+245.0+415.0=1085.0 lb. @ 112.0 lb.) (Port Isabel, Texas) (THSPA)
32. 1080.3 (490.0)	9.42X	Steve Snyder/62 4/19/98 (182.5+102.5+205.0=490.0 kg.) (Wilkes-Barre, Pennsylvania) (USAPL)
33. 1075.0 (487.6)	9.38X	Mike Ellis 2/21/81 (435.0+215.0+425.0=1075.0 lb.) (Redmond, Washington) (USPF)
34. 1075.0 (487.6)	*9.43X	Anibal Martinez 2/14/09 (400.0+215.0+460.0=1075.0 lb. @ 114.0 lb.) (Port Isabel, Texas) (THSPA)
35. 1074.8 (487.5)	9.38X	Brandon Green/72 7/12/97 (170.0+85.0+232.5=487.5 kg.) (Philadelphia, Pennsylvania) (USPF/IPF)
36. 1063.7 (482.5)	9.28X	Loren Chapin 4/30/88 (200.0+100.0+182.5=482.5 kg.) (Berlin, New Hampshire) (USPF)
37. 1063.7 (482.5)	9.28X	Jim Morgan 7/14/89 (185.0+107.5+190.0=482.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
38. 1060.0 (480.8)	9.25X	Jim Caldwell 11/15/86 (465.0+275.0+320.0=1060.0 lb.) (Maui, Hawaii) (APF/AWPC)
39. 1058.2 (480.0)	9.23X	Mark Hartman/73 7/28/90 (192.5+95.0+192.5=480.0 kg.) (Pittsburgh, Pennsylvania) (APF/AWPC)
40. 1058.2 (480.0)	9.23X	M. Moran 4/20/91 (190.0+100.0+190.0=480.0 kg.) (Dallas, Texas) (NASA)
41. 1052.7 (477.5)	9.18X	John Padova 6/7/86 (170.0+122.5+185.0=477.5 kg.) (Dallas, Texas) (USPF)
42. 1052.7 (477.5)	9.18X	Joe Catalfamo/63 7/5/86 (180.0+110.0+187.5=477.5 kg.) (Chicago, Illinois) (USPF/IPF)
43. 1052.7 (477.5)	9.18X	Joe Steinfeld/58 7/5/86 (165.0+132.5+180.0=477.5 kg.) (Chicago, Illinois) (USPF/IPF)
44. 1052.7 (477.5)	9.18X	D. Moore 12/19/87 (190.0+105.0+182.5=477.5 kg.) (Kansas City, Missouri) (USPF)
45. 1050.0 (476.3)	9.16X	Thomas Kusick/51 6/16/79 (360.0+250.0+440.0=1050.0 lb.) (Longmont, Colorado) (AAU)
46. 1050.0 (476.3)	9.16X	Kelvin Palmer 1995 (410.0+---+---=1050.0 lb.?) (1050.0 lb.) (Texas State Championships) (THSPA)
47. 1050.0 (476.3)	*9.23X	Jaime Salgado 3/10/09 (450.0+185.0+415.0=1050.0 lb. @ 113.8 lb.) (Abilene, Texas) (THSPA)
48. 1050.0 (476.3)	*9.18X	Frankie Garza 3/27/10 (450.0+200.0+400.0=1050.0 lb. @ 114.4 lb.) (Abilene, Texas) (THSPA)
49. 1047.2 (475.0)	9.13X	Richard Brightwell/65 6/6/87 (167.5+105.0+202.5=475.0 kg.) (Kansas City, Missouri) (USPF)
50. 1047.2 (475.0)	9.13X	Roosevelt Thomas 2/16/90 (175.0+107.5+192.5=475.0 kg.) (Fort Indian Gap, Pennsylvania) (USPF)

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

Records accurate as to my knowledge.



Ernesto Milian at the 1980 Seniors. He "retired" not too long ago, but couldn't stay away and hit a meet recently, after spending a lot of time taking care of his wife's serious medical condition.



Joe Cunha and Chuck Dunbar were two of the best flyweights this nation has ever produced



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

Total	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1146.4 (520.0)	*10.00X Margaret Kirkland/63 12/5/09 (235.0+105.0+180.0=520.0 @ 52.0 kg.) (Jacksonville, Florida) (APF)
2.	1052.7 (477.5)	9.18X Mary Ryan-Jeffrey/60 11/21/87 (185.0+107.5+185.0=477.5 kg.) (Dayton, OH) (APF/WPC)
3.	1025.1 (465.0)	*8.99X Ashley Awalt/83 3/7/09 (187.5+105.0+172.5=465.0 kg. @ 51.7 kg.) (Columbus, Ohio) (USAPL/IPF)
4.	1019.6 (462.5)	*8.89X Kim Sommers/65 7/4/98 (205.0+95.0+162.5=462.5 kg. @ 52.0 kg.) (Northbrook, IL) (APF/WPC)
5.	980.0 (444.5)	*8.75X Shannon Parrish/62 4/12/03 (415.0+205.0+360.0=980.0 lb. @ 112.0 lb.) (Bangor, PA) (IPA)
6.	975.5 (442.5)	*8.56X Jennifer Maile/84 7/16/05 (167.5+105.0+170.0=442.5 kg. @ 51.7 kg.) (Duisburg, Germany) (USAPL/IPF)
7.	970.0 (440.0)	8.46X Valeri Tyree/73 3/20/99 (162.5+87.5+190.0=440.0 kg.) (Austin, Texas) (USPF)
8.	964.5 (437.5)	*8.44X "Sioux-Z" Hartwig-Gary/68 5/22/10 (172.5+97.5+167.5=437.5 kg. @ 51.85 kg.) (Cleveland, OH) (USAPL/IPF)
9.	959.0 (435.0)	*8.50X Diana Rowell/57 7/7/84 (162.5+75.0+197.5=435.0 kg. @ 51.2 kg.) (Dayton, Ohio) (USPF)
10.	953.5 (432.5)	*8.44X Yueh-Chun Chang/70 4/26/97 (162.5+92.5+177.5=432.5 kg. @ 112.98 lb.) (Lincoln, NE) (USAPL)
11.	942.5 (427.5)	8.22X Carrie Boudreau/67 3/16/91 (162.5+85.0+180.0=427.5 kg.) (Portland, Maine) (USPF)
12.	942.5 (427.5)	*8.30X Michelle Van Dusen/93 3/27/11 (177.5+75.0+175.0=427.5 kg. @ 51.5 kg.) (Corpus Christi, TX) (USAPL)
13.	930.0 (421.8)	8.11X Jacqueline Davis-Manzo/61 11/7/98 (335.0+195.0+400.0=930.0 lb.) (Saratoga Springs, NY) (USAPL)
14.	914.9 (415.0)	7.98X Cheryl Finley 11/4/90 (162.5+95.0+157.5=415.0 kg.) (San Francisco, California) (USPF)
15.	909.4 (412.5)	*8.02X Ren Yamashita/89 1/29/11 (157.5+100.0+155.0=412.5 kg. @ 113.4 lb.) (Los Angeles, CA) (USPA)
16.	905.0 (410.5)	*7.92X Natalie Carr-Harrington/83 4/12/08 (365.0+200.0+340.0=905.0 lb. @ 114.25 lb.) (Columbus, OH) (IPA)
17.	903.9 (410.0)	7.88X Lori Shope-Fisher 11/23/91 (152.5+85.0+172.5=410.0 kg.) (Las Vegas, Nevada) (APF/WPC)
18.	903.9 (410.0)	7.88X Doris Simmons/52 10/27/95 (165.0+87.5+157.5=410.0 kg.) (Columbus, Ohio) (APF/WPC)
19.	900.0 (408.2)	7.85X Tracy Jo Beard 5/9/87 (350.0+235.0+315.0=900.0 lb.) (Saint Petersburg, Florida) (APF/WPC)
20.	900.0 (408.2)	*7.91X Elaine "Scraps" Kunkle-Grimwood/70 12/5/09 (365.0+190.0+345.0=900.0 lb. @ 113.8 lb.) (Boyetown, PA) (IPA)
21.	887.4 (402.5)	7.74X Cyrena Gibson/61 11/6/97 (160.0+82.5+160.0=402.5 kg.) (Blackpool, England) (APF/WPC)
22.	887.4 (402.5)	7.74X Heena Patel/72 11/3/07 (127.5+110.0+165.0=402.5 kg.) (Mesa, Arizona) (NASA)
23.	885.0 (401.4)	*7.73X Jean Forgatsch-Fry/86 8/21/09 (340.0+210.0+335.0=885.0 lb. @ 114.5 lb.) (Sharonville, Ohio) (SPF)
24.	881.8 (400.0)	*7.92X Majik Jones/53 5/11/85 (145.0+72.5+182.5=400.0 kg. @ ~50.5 kg.) (Chicago, Illinois) (ADFPA)
25.	881.8 (400.0)	7.69X Sherri "Renee" Burns 11/14/89 (147.5+75.0+177.5=400.0 kg.) (Sydney, Nova Scotia, Canada) (USPF/IPF)
26.	880.0 (399.2)	7.68X Donna McKinney/56 6/6/98 (325+195.0+360.0=880.0 lb.) (Orlando, Florida) (AAU)
27.	876.3 (397.5)	*7.72X Beth Fisher-Street/65 6/26/96 (160.0+77.5+160.0=397.5 kg. @ 51.5 kg.) (Kitchener, Canada) (USPF/IPF)
28.	876.3 (397.5)	*7.65X Caitlin Miller/90 9/8/05 (155.0+72.5+170.0=397.5 kg. @ 51.96 kg.) (Fort Wayne, IN) (USAPL/IPF)
29.	859.8 (390.0)	7.50X Vicky Steenrod/49 12/11/82 (145.0+85.0+160.0=390.0 kg.) (Grand Prairie, Texas) (USPF)
30.	859.8 (390.0)	7.50X Susan Rinn/63 3/11/00 (147.5+102.5+140.0=390.0 kg.) (Dallas, Texas) (USPF)
31.	855.0 (387.8)	*7.52X Jayna Vande Voort/89 3/7/08 (340.0+150.0+365.0=855.0 lb. @ 113.7 lb.) (Wilwaukee, WI) (USAPL)
32.	854.3 (387.5)	*7.55X Juanita Najera/81 1/22/11 (130.0+85.0+172.5=387.5 kg. @ 113.1 lb.) (Oklahoma City, OK) (NASA)
33.	848.8 (385.0)	*7.51X Carol Patterson/57 1/29/83 (140.0+75.0+170.0=385.0 kg. @ 51.27 kg.) (Chicago, Illinois) (USPF)
34.	848.8 (385.0)	7.40X Lee Denmon/63 12/14/91 (147.5+75.0+162.5=385.0 kg.) (Beaumont, Texas) (NASA)
35.	848.8 (385.0)	*7.79X Linda Barnes/49 4/26/09 (150.0+87.5+147.5=385.0 kg. @ 49.4 kg.) (Dubuque, Iowa) (UPA)
36.	848.8 (385.0)	*7.45X Suzanne Hedman/60 1/23/10 (142.5+92.5+150.0=385.0 kg. @ 114.0 lb.) (Anaheim, CA) (USPF)
37.	840.0 (381.0)	7.33X Pam Crisp 6/7/86 (320.0+175.0+345.0=840.0 lb.) (Akron, Ohio) (APF)
38.	840.0 (381.0)	7.33X Jennifer Hester/89 3/17/07 (?+190.0+?=840.0 lb.) (Texas State Championships) (THSPA)
39.	838.9 (380.5)	*7.37X Carly Nogle/87 1/25/03 (145.0+75.0+160.5=380.5 kg. @ 51.6 kg.) (Killeen, Texas) (USAPL/IPF)
40.	837.8 (380.0)	*7.56X Kim Goff/80 3/9/01 (142.5+55.0+182.5=380.0 kg. @ 51.1 kg.) (Alexandria, Louisiana) (USAPL)
41.	835.0 (378.7)	7.28X Mary Ann Price/51-05 4/27/91 (320.0+190.0+325.0=835.0 lb.) (Charlottesville, Virginia) (USPF)
42.	835.0 (378.7)	7.28X Kate Washburn 3/23/96 (350.0+140.0+335.0=835.0 lb.) (New Hampshire) (ADFPA)
43.	832.2 (377.5)	*7.33X Felicia Johnson-Almy/58 1/29/83 (145.0+82.5+150.0=377.5 kg. @ 51.49 kg.) (Chicago, IL) (USPF)
44.	826.7 (375.0)	7.21X Paulette Shepherd 9/24/83 (130.0+62.5+182.5=375.0 kg.) (San Diego, California) (USPF)
45.	826.7 (375.0)	7.21X Lesa Lemaster 4/7/84 (152.5+85.0+137.5=375.0 kg.) (Lake Saint Louis, Missouri) (USPF)
46.	826.7 (375.0)	7.21X Tina Di Salvo 6/21/86 (150.0+80.0+145.0=375.0 kg.) (Swartz Creek, Michigan) (USPF)
47.	826.7 (375.0)	7.21X Cathy Mortenson 7/23/89 (135.0+75.0+165.0=375.0 kg.) (Columbus, Ohio) (APF/WPC)
48.	826.7 (375.0)	*7.43X Kristal Henry/63 11/9/91 (127.5+77.5+170.0=375.0 kg. @ ~50.5 kg.) (Bendigo, Australia) (ADFPA/WDFPF)
49.	826.7 (375.0)	7.21X Leah Marietta/85 4/16/05 (152.5+75.0+147.5=375.0 kg.) (Baton Rouge, Louisiana) (USAPL)
50.	826.7 (375.0)	*7.24X Katie Van Dusen/88 6/15/06 (150.0+82.5+142.5=375.0 kg. @ 51.8 kg.) (Dorado, Puerto Rico) (USAPL/IPF)



Ren Yamashita is Island Power personified, as seen at the 2009 USPF Nationals in California

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



Mary Ryan Jeffrey set literally countless numbers of records in the bench press, but was had a tremendous three lift total



The late Mary Ann Price remains a highly ranked competitor in the 114 lb. division



# 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.

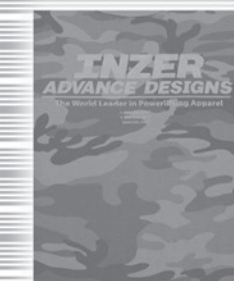
\$14.95



### 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.

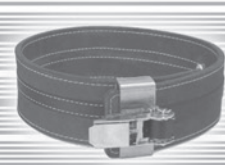
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### Forever Buckle Belt 10MM

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

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# RESULTS

## 7TH VERMONT STATE OPEN RAW BP

JUL 23 2011 » Vermont

<b>BENCH</b>		A. Parent	270
<b>FEMALE</b>		E. Hofman	—
<i>Raw</i>		<b>181 lbs.</b>	
<i>Teen</i>		B. Patterson	300
E. Gravelin	130	R. Lamarche	270
G. Trahan	110	A. Cashing	265
<i>Open</i>		<b>198 lbs.</b>	
B. Empuerto	135	K. Bedore	415
M. Carlsen	215	J. Curry	375
H. Moore	115	D. Mitchell	325
L. Curry	105	Fitzsimmons	315
D. Hadley	150	M. Mcentee	300
G. Mckenzie	80	L. Martel	290
S. Cseh	85	J. Smith	265
<i>Masters (35-50)</i>		<b>220 lbs.</b>	
B. Empuerto	135	N. Fitzgerald	325
M. Carlsen	215	J. White	285
H. Moore	115	M. Rocheleau	275
L. Curry	105	S. Pearsons	270
D. Hadley	150	<b>242 lbs.</b>	
G. McKenzie	80	P. Williams	355
<i>Masters (61-70)</i>		W. King	350
S. Cesh	—	<b>275 lbs.</b>	
<b>MALE</b>		B. Rolls	315
<i>Raw</i>		M. Clark	265
<i>Teen</i>		<b>Heavyweight</b>	
R. Sterns	210	S. Hensel	490
C. Brown	195	<i>Masters (35-50)</i>	
J. Curry	135	K. Bedore	415
<i>Open</i>		S. Asselin	325
<b>132 lbs.</b>		J. Curry	375
R. Gagne	230	T. Barrett	260
<b>148 lbs.</b>		M. Mcentee	300
S. Asselin	325*	R. Gagne	230
V. Edward	310	<i>Masters (51-60)</i>	
T. Barrett	260	D. Mitchell	325
A. Prue	245	<i>Masters (61-70)</i>	
S. Boutin	—	P. Williamson	355
<b>166 lbs.</b>		4th-365*	
D. Burns	340	<i>Masters (71+)</i>	
J. Metropoulos	330	R. Cesh	215
J. Lacroix	285	C. Deveau	210

\*=State Records. Again with over 50 lifters this year's annual bench press was a huge success with last year's team winners Green Mountain Muscle from St. Albans, VT, taking 49 points in the team competition put on a good performance taking the heavyweight divisions in style, especially their heavy weight Steven Hensel with a 490 lbs. raw bench Hensel was impressive but it still wasn't good enough to beat All American Fitness who took 63 points beating last year's team champions. All American Fitness had multiple winners. In the men's open Steve Asselin holds the state record benching an impressive 325 lbs. in the 148 lbs. weight class; Rick Gagne 132 lbs. weight class men's open, Brenda Empuerto took first place in the women's open with a 135 lbs. raw bench, in the teenage division Ryan Sterns weighing 142 lbs. took first place benching 210 lbs. Green Mountain Muscle team captain Jason Curry did a fine job but wasn't up to the challenge this year. Captain of the All American Fitness Team Rick Poston Said "We are just getting started, every year we are getting better." Even so, beware Jason Curry and Green Mountain Muscle next year. A special honorary tribute to Robert Cseh who missed last year's Bench Press due to prostate cancer, he had chemo and later on suffered a heart attack. Nobody ever expected 75 year old Robert to ever compete again but we knew if anyone could it would be him. Robert said he would be back and he was to everyone's amazement winning in excellent form with a 215 lbs. bench press he holds the state record for 71 and over. True winners never quit and both Robert and Clifford proves that to us all showing us they will never quit, they will always be in there competing, they



Pete Williamson, age 64, with a state record 365 raw at the 7th Vermont State Open (Grant Poston photo)

are the real athletes. We want to thank our judges and score keepers Steve and Debbie Dolgin, both are past state record holders with Debbie Dolgin still holding the women's masters state record at 220 lbs. Steve Dolgin seven time VT State Powerlifting Champion. Thanks again to their great support they are truly a great asset to Vermont's powerlifting community. Thanks to all who came out and we hope to see you all again next year.  
» courtesy Rick Poston

## USPA SIERRA NEVADA

SEP 11 2011 » Grass Valley, CA

<b>BENCH</b>		<i>Master (45-49)</i>	
<b>MALE</b>		S. Dedrick	518
<b>132 lbs.</b>		<i>Open</i>	
<i>Junior (20-23)</i>		S. Dedrick	518
W. Garcia	303	<b>275 lbs.</b>	
<i>Master (55-59)</i>		<i>Master (40-44)</i>	
M. Russell	182	J. Conrad	—
<i>Open</i>		<b>308 lbs.</b>	
W. Garcia	303	<i>Master (55-59)</i>	
<b>148 lbs.</b>		A. Aerts	496
<i>Junior (18-19)</i>		<i>Open</i>	
J. Lanham	276	A. Aerts	496
<b>181 lbs.</b>		<b>308+ lbs.</b>	
<i>Master (45-49)</i>		<i>Junior (18-19)</i>	
F. Rodriguez	364	J. Mass	430
<i>Master (70-74)</i>		<i>Master (60-64)</i>	
T. Vigen	309	P. Cockerham	347
<b>220 lbs.</b>		<i>Open</i>	
<i>Master (65-69)</i>		J. Mass	430
M. Tikinsky	209	<b>DEADLIFT</b>	
<b>242 lbs.</b>		<b>FEMALE</b>	
<i>Master (45-49)</i>		<i>Raw</i>	
C. Dedrick	—	<b>148 lbs.</b>	
<i>Master (50-54)</i>		<i>Submaster (35-39)</i>	
S. Rankin	375	C. Ticer	243
V. Bernazzani	281	<i>Single-Ply</i>	
<b>308+ lbs.</b>		<b>123 lbs.</b>	
<i>Junior (16-17)</i>		<i>Master (50-54)</i>	
L. Dedrick	—	B. Aerts	254
<i>Single-Ply</i>		<i>Open</i>	
<b>181 lbs.</b>		B. Aerts	254
<i>Submaster (35-39)</i>		<b>132 lbs.</b>	
A. Jimenez	408	<i>Master (50-54)</i>	
<b>198 lbs.</b>		G. Arrowood	231
<i>Master (50-54)</i>		<b>MALE</b>	
D. Cannataro	380	<b>148 lbs.</b>	
<b>220 lbs.</b>		<i>Open</i>	

S. Morris	424	<i>Single-Ply</i>		
<b>165 lbs.</b>		<b>198 lbs.</b>		
<i>Open</i>		<i>Open</i>		
F. Gallagher	551	S. Buckley	694	
<b>198 lbs.</b>		<b>242 lbs.</b>		
<i>Open</i>		<i>Master (45-49)</i>		
A. Machucca	617	J. Amaral	529	
<b>Push Pull</b>		<b>BP</b>	<b>DL</b>	<b>TOT</b>
<b>FEMALE</b>				
<i>Raw</i>				
<b>165 lbs.</b>				
<i>Master (60-64)</i>				
P. Wynne	67	161	228	
<i>Single-Ply</i>				
<b>148 lbs.</b>				
<i>Master (45-49)</i>				
M. King	105	237	342	
<i>Master (50-54)</i>				
K. Parnow	173	282	455	
<b>MALE</b>				
<i>Raw</i>				
<b>181 lbs.</b>				
<i>Junior (18-19)</i>				
R. Cordano	270	571	841	
<i>Master (60-64)</i>				
A. Ticer	209	353	562	
<i>Open</i>				
N. Walters	342	541	883	
<b>242 lbs.</b>				
<i>Master (40-44)</i>				
B. Ticer	243	375	617	
<i>Single-Ply</i>				
<b>198 lbs.</b>				
<i>Master (55-59)</i>				
J. Benziger	287	424	711	
<i>Open</i>				
A. Nieto	485	540	1025	
<b>220 lbs.</b>				
<i>Master (60-64)</i>				
E. Cutburth	254	336	590	
<b>275 lbs.</b>				
<i>Master (45-49)</i>				
E. Maxwell	298	463	761	
<i>Open</i>				
E. Maxwell	298	463	761	
<b>Powerlifting</b>		<b>SQ</b>		
<b>FEMALE</b>		<b>BP</b>	<b>DL</b>	<b>TOT</b>
<i>Raw</i>				
<b>148 lbs.</b>				
<i>Master (55-59)</i>				
Greensfelder	187	110	220	518
<b>165 lbs.</b>				
<i>Master (60-64)</i>				
P. Wynne	116	67	161	344

<b>181 lbs.</b>				
<i>Open</i>				
B. McCully	254	110	325	689
<i>Submaster (35-39)</i>				
B. McCully	254	110	325	689
<i>Single-ply</i>				
<b>148 lbs.</b>				
<i>Master (40-44)</i>				
S. Nix	298	149	287	733
<i>Master (45-49)</i>				
M. King	182	105	237	524
<i>Master (50-54)</i>				
K. Parnow	243	173	282	698
B. Spann	209	132	281	623
<i>Open</i>				
S. Nix	298	149	287	733
K. Parnow	243	173	282	698
B. Spann	209	132	281	623
<b>MALE</b>				
<i>Raw</i>				
<b>165 lbs.</b>				
<i>Open</i>				
F. Gallagher	375	254	551	1179
<b>181 lbs.</b>				
<i>Junior (18-19)</i>				
R. Cordano	380	270	571	1221
<i>Junior (20-23)</i>				
B. Litton	457	331	540	1328
<i>Master (40-44)</i>				
G. Slater	413	342	502	1257
<b>198 lbs.</b>				
<i>Master (50-54)</i>				
D. Cannataro	303	320	353	976
<i>Open</i>				
A. Machucca	441	314	617	1372
T. Erickson	386	243	468	1097
<i>Submaster (35-39)</i>				
J. Clower	364	259	468	1091
<b>220 lbs.</b>				
<i>Open</i>				
C. Ramos	540	347	601	1488
E. Reyes	375	375	470	1219
<b>242 lbs.</b>				
<i>Junior (20-23)</i>				
J. Gilbert	336	231	468	1036
<i>Master (40-44)</i>				
S. Shepherd	386	226	464	1076
<i>Master (45-49)</i>				
J. Tremblay	507	320	562	1389
<i>Master (50-54)</i>				
S. Rankin	457	375	529	1361
<b>308+ lbs.</b>				
<i>Junior (18-19)</i>				
J. Mass	535	342	628	1505



Master (50-54)					K. Hodges	226	413	639
N. Benjamin	573	—	601	1174	<b>MALE</b>			
Single-Ply					<b>148 lbs.</b>			
<b>181 lbs.</b>					(16-17)			
Submaster (35-39)					T. Bui	154	341	495
A. Jimenez	485	364	435	1284	<b>165 lbs.</b>			
<b>198 lbs.</b>					(14-15)			
Master (55-59)					T. Ha	231	358	589
J. Benziger	408	287	424	1119	<b>181 lbs.</b>			
Master (60-64)					(16-17)			
J. Bernazzani	452	342	419	1213	D. Sims	226	391	617
Master (70-74)					(40-44)			
D. Martinez	270	204	347	821	S. Hubbard	325	468	793
Open					Open			
S. Buckley	689	402	694	1786	S. Hubbard	325	468	793
<b>220 lbs.</b>					<b>198 lbs.</b>			
Master (60-64)					(40-44)			
E. Cutburth	265	254	336	854	T. Roberts	319	534	853
<b>242 lbs.</b>					(55-59)			
Master (45-49)					R. Murray	264	451	716
J. Amaral	518	358	529	1405	(60-64)			
<b>275 lbs.</b>					V. Morris	253	468	721
Master (55-59)					Open			
R. Thomas	617	435	551	1604	V. Morris	253	468	721
4th-BP-440					Open			
					T. Roberts	319	534	853
					<b>220 lbs.</b>			
					(45-49)			
					M. Bennett	418	672	1090
					Open			
					C. Salyer	440	534	974
					Open			
					A. Campbell	374	551	925
					Open			
					E. Lawton	303	435	738
					<b>242 lbs.</b>			
					(45-49)			
					R. Thomas	468	551	1018
					(65-69)			
					M. Nichols	281	424	705
					Open			
					T. Durrett	457	595	1051
					Open			
					R. Thomas	468	551	1018
					<b>275 lbs.</b>			
					(40-44)			
					C. Jackson	374	578	952
					(50-54)			
					E. Pauli	402	501	903
					Open			
					M. James	418	600	1018
					<b>275+ lbs.</b>			
					Open			
					K. Calloway	484	633	1118
					Raw			
					<b>114 lbs.</b>			
					(16-17)			
					S. Zheng	105	193	297
					<b>132 lbs.</b>			
					(65-69)			
					I. Burgess	154	237	391
					(18-19)			
					Y. Yang	127	264	391
					<b>165 lbs.</b>			
					(20-23)			
					J. Hazel	264	512	776
					College			
					J. Hazel	264	512	776
					<b>181 lbs.</b>			
					Open			
					J. Preskar	303	523	826
					<b>275 lbs.</b>			
					(45-49)			
					C. Felix	363	220	584
					Open			
					S. Zullinger	418	600	1018
					Open			
					C. Felix	363	220	584
					<b>275+ lbs.</b>			
					(60-64)			
					R. Beuch	402	551	952
					Open			
					R. Beuch	402	551	952
					Open			
					J. Shuman	380	567	947
					Open			

» courtesy Steve Denison

### USAPL DL/PP NATIONALS SEP 10 2011 » Zion Crossroads, VA

<b>DEADLIFT</b>	<b>242 lbs.</b>			
<b>FEMALE</b>	Open			
<b>148 lbs.</b>	T. Durrett	595		
Open	<b>275 lbs.</b>			
K. Walford	(18-19)			
501	E. Farkas	705		
<b>105 lbs.</b>	(40-44)			
(55-59)	C. Jackson	578		
K. Poyner	(50-54)			
253	Open			
Open	E. Pauli	501		
K. Poyner	(45-49)			
253	M. James	600		
<b>114 lbs.</b>	<b>275+ lbs.</b>			
(16-17)	(45-49)			
S. Zheng	M. Ricker	606		
193	Open			
<b>181 lbs.</b>	M. Ricker	606		
Open	Raw			
K. James	<b>132 lbs.</b>			
270	(18-19)			
<b>MALE</b>	(16-17)			
<b>148 lbs.</b>	T. Bui	341	264	
(16-17)	<b>165 lbs.</b>			
(14-15)	Open			
T. Ha	M. Burns	358	584	
358	<b>181 lbs.</b>			
(16-17)	Open			
D. Sims	N. Amen	391	611	
391	<b>198 lbs.</b>			
(55-59)	Open			
R. Murray	J. Greene	451	440	
451	<b>275+ lbs.</b>			
(45-49)	(60-64)			
M. Bennett	R. Beuch	672	551	
672	Open			
A. Campbell	R. Beuch	551	551	
551	<b>BP DL TOT</b>			
<b>Push Pull</b>				
<b>FEMALE</b>				
<b>123 lbs.</b>				
(40-44)				
M. McElroy	149	270	418	
Raw				
<b>105 lbs.</b>				
(55-59)				
K. Poyner	127	253	380	
Open				
K. Poyner	127	253	380	
<b>123 lbs.</b>				
(65-69)				
E. Trubic	77	176	253	
<b>148 lbs.</b>				
(45-49)				
C. LaPrade	99	176	275	
<b>181 lbs.</b>				
Open				

» courtesy John Shifflett

### WNPF USA CHAMPIONSHIPS JUL 17 2011 » Atlanta, GA

<b>BNCH</b>	Picardi	16			
<b>SHW</b>	<b>DEADLIFT</b>				
Lifetime SP	<b>198 lbs.</b>				
Davis#	(50-59)	540*			
Open DP	Meyers#	722			
McKay	Raw	540			
Raw	<b>123 lbs.</b>				
<b>123 lbs.</b>	(11-12)				
(11-12)	Dunn	126	236		
Dunn	<b>165 lbs.</b>				
<b>165 lbs.</b>	Pol/Fire/Milt				
(40-49)	Wilson	424*			
Dunn	<b>POWERCURL</b>				
Open	<b>165 lbs.</b>				
Picardi	Open	226			
<b>220 lbs.</b>	Picardi	119			
(60-69)	<b>220 lbs.</b>				
Coleman	(60-69)	275			
<b>REPS</b>	Coleman	152			
<b>165 lbs.</b>					
Powerlifting	<b>SQ</b>				
<b>FEMALE</b>	<b>BP</b>				
<b>114 lbs.</b>	<b>DL</b>				
(40-49) SP	<b>TOT</b>				
Meyers	170	83	236	490	
<b>MALE</b>					
<b>220 lbs.</b>					
(17-19) SP					
Jefferson	501*	402*	501*	1405*	
Subs SP					
Stanley	451	435*	523*	1410*	
<b>275 lbs.</b>					
Open DP					
Jacobi	700	391	573	1664	
<b>SHW</b>					
Spec Olympian					
Davis	331*	220*	325*	876*	
Raw					
<b>114 lbs.</b>					
(9-10)					
Pate	170*	77	204*	451*	
<b>165 lbs.</b>					
Subs					
Clarke	435	347	501*	1284*	
(17-19)					
Owle	319	231	451	1003	
<b>198 lbs.</b>					
Open					
Dyson#	628*	391	584	1603*	
<b>220 lbs.</b>					
(13-16)					
Dale	319	165	347	832	
Police/Fire/Milt					
Morris	479	—	—	479	
#=Best Lifters. *=WNPF National Records.					
SP=Single-Ply. DP=Double-Ply. What A					
performance put on by all of the lifters in this					
meet! Angela Meyers was the only female					
competitor and she totaled 490 lbs. in the 114					
pound class. Her total is improving with every					
event. Levi Pate set National records in all of					

the events except the bench and I'm pretty sure he will get that record in the near future. His dad should be real proud of him. Levi has a lot of fun at these meets. Ben Clarke from GA. is another strong lifter in the 165 lb. submasters division. Mr. Owle from Tennessee is a strong deadlifter and he put on a great show. Joe Garafalo is his coach and Joe couldn't make it down but he has taught him well. Ryan Dyson is strong in all three lifts and I hope he attends the 2011 WNPF worlds. He will be hard to beat in the 198 raw division. Cody Dale from GA lifted in the 220 class and he is another lifter that is always improving with every event. Mr. Jefferson from Eastman, GA. came up with Nate Wilson and Mark Driggers. This kid broke records in every event and still had a little left in the tank. He has some great coaches behind him and he should improve a lot in the near future. Bo Stanley one of the nicest guys in the WNPF set three national records and totaled 1405 lbs. Tobias Jacobi lifting in his first meet since his knee injury turned in a good performance for his comeback meet. Tobias is another great guy and strength coach at Charleston Southern. Mr. Morris pulled something in his back in the squat and had to pull out of the meet. He could barely walk and we hope that he recovers fast. Jared Davis did his first meet in April and I was told by his uncle Jamie that he took his award to school and showed everyone, now he can take his new trophy to school and tell everyone that he set four new national records. Jackson Dunn moved his numbers up in both the bench and deadlift and he talked his dad Brad into lifting in this meet also. Brad benched 303 in his first meet in over 10 years. Rob Picardi from Furman University won the bench, reps and curl divisions. Billy Coleman from Macon, GA. won the masters over 60 division in the bench and Powercurl. Jamie Davis, what can I say about Jamie? Jamie lifts a whole lot of weight in all events even though he chose to just bench (540) this time so he could coach a few lifters at this meet. In April Jamie totaled over 1800 pounds and he coached about 10 people at the same time. How many people can do that? Andrew McKay the big SHW from SC benched 540 in his first WNPF meet. Lorne Wilson came up to Atlanta and deadlifted well in the 165 class. And Tee Meyers the WNPF showman pulled 722 so easy. He is gearing up for the WNPF Worlds in November. Thanks to Steve, Cindy, Jay, Spencer, Deion, Adrian, Art and Jamie for all of their help with making this meet a great success. Thanks to the many spectators that came out to cheer on their favorite lifters also, we really appreciate you and the lifters do also. See everyone in September in Fitzgerald or at Worlds in November.

» courtesy WNPF

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STORY BY JASON PHILLIPS + PHOTOS COURTESY OF INZER ADVANCED DESIGNS



# POWERLIFTING AT JOE WEIDE



Chris Jenkins came to the Olympia all the way from Wales



# STEVE'S OLYMPIA



## WEEKEND AT THE LAS VEGAS CONVENTION CENTER PROVIDED THE OLYMPIA'S LARGEST AUDIENCE WITH SPECTACULAR LIFTING PERFORMANCES.

The powerlifting athletes, again, treated the giant crowds with a continual show of strength and power. Steve Denison and his staff cranked it up a second year to conduct a polished Olympia Powerlifting competition. The Olympia focus was to showcase the strength of the sport's wide assortment of powerlifters. The crowds were packed around the powerlifting arena with powerlifting fanatics who came specifically for this event. Thousands of fitness enthusiasts too pushed in to see and enjoy our great sport. The audiences experienced these excellent performances throughout the day on Friday until the expo's closing bell on Saturday.

The full powerlifting took place on Friday, and bench/deadlift on Saturday. The personal equipment was traditional single-ply and the judging was at international standards. The women came out in style and talent, setting notable records throughout the classes on both days. The men competitors showed powerlifting mastery for the Olympia crowds every hour. Overall best female full-power was the amazing Liz Freel lifting with confidence and great form. Overall best men full-power winners were Jonathon Bareng lightweights, and Alan Best heavyweights. Best lightweight men's bench was Dennis McLaughlin who came close to bombing but finally got a close third attempt to stay in the show. Best heavyweight bencher was Rob Luyando who ventured from multi-ply into single-ply territory. Teale Adelman took best female deadlift and Brandon Cass won best men's lightweight deadlift. Burgeoning star Brent Willis, at only 21 years, showed how conventional, textbook deadlifts are achieved when he unleashed super strong pulls to take the heavyweight overall deadlift.

The Olympia Powerlifting is eagerly anticipated each year by lifters from all over. Competitors Jared Dale and Jared Davis embodied this feeling, arriving in Vegas wearing artfully made T-shirts that read "9-16-11 Olympia bound!!!"

Steve Denison ran a top notch event under his growing USPA, within the Olympia Expo. The meet concluded each day perfectly planned to coincide with the closing of the entire expo. 2008 Olympia Powerlifting director and bench press great, Scot Mendelson was on hand to help lifters and support the event as well. Starting in 2008 powerlifting established itself as an integral part of the Olympia. 2009 director and legendary meet promoter Nick Busick was alongside too with his deliciously popular Big Bully supplement line. Powerlifting promoter extraordinaire Peter Thorne came in to serve as on-site coordinator. Building upon each success of the past Steve's event ran smoothly and presented the audiences with a bright look into our sport. It will be amazing to see what the 2012 Olympia Powerlifting will have in store again for the appreciative audience of tens of thousands at the Joe Weider's Olympia Weekend. «



Leonetta Richardson came all the way from Hawaii for this event

# RESULTS PLUS MORE PHOTOS



# OLYMPIA POWERLIFTING SUPER SHOW »



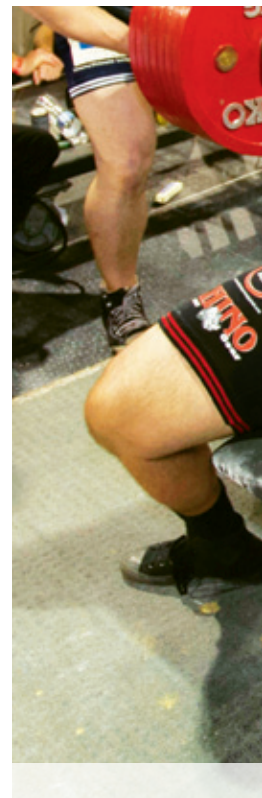
Maura Shuttleworth is doing well in the top meets in the nation



Dennis McLaughlin broke 500 in the mid-wt. BP



Betty Heriford is a veteran of many bench press wars







Teale Adelman and Bonnie Aerts were the 123 lb. DL competitors



Rob Luyando is proudly sponsored by MHP (all photos copyright IAD)

## OLYMPIA PL SHOW SEP 16 2011 » Las Vegas, NV

		123 lb.							
		Open							
BENCH		B. Rich	353*	254*	331	937			
FEMALE		S. Hedman	314	248	364*	926			
105 lb.		<b>132 lb.</b>							
Open		Open							
DEADLIFT		E. Stein	364	187	391*	942			
FEMALE		J. Neeley	386	193	336	915			
114 lb.		<b>148 lb.</b>							
Open		Open							
M. Shuttleworth		237*	391*	347	452	1190			
123 lb.		<b>165 lb.</b>							
Open		Open							
T. Adelman		265	529*	353	524*	1405*			
132 lb.		<b>198+ lb.</b>							
Open		Open							
M. Howard		270*	309	187	314	810			
S. Callahan		209	N. l'Anson			391*	303*	364	1058*
148 lb.		<b>MALE</b>							
Open		Open							
L. Richardson		342	T. Ryan			303	<b>148 lb.</b>		
4th-352*		<b>181 lb.</b>							
Open		Open							
C. McDowell		220	J. Bareng			568	391*	568*	1527
T. Ryan		204	S. Layman			595*	375	518	1488
181 lb.		<b>165 lb.</b>							
Open		Open							
B. Heriford		270*	S. Richey			391	276	402	1069
198 lb.		<b>MALE</b>							
Open		Open							
T. Marquez		143	D. Matsumoto			—	—	—	—
198+ lb.		<b>181 lb.</b>							
Open		Open							
N. l'Anson		292*	J. Pascual			634*	397	507	1538
MALE		<b>198 lb.</b>							
123 lb.		Open							
Open		Open							
H. Hernandez		—	V. Calia			634	474*	645*	1753
148 lb.		<b>220 lb.</b>							
Open		Open							
M. Kinsell		325	K. Kanemoto			661	441	573	1676
B. Risenhoover		—	J. Clinard			—	—	—	—
165 lb.		<b>242 lb.</b>							
Open		Open							
D. McLaughlin		502*	C. Jenkins			733	474	672	1879
M. Reep		430	V. Valdimarsson			728	463	661	1852
M. Risenhoover		—	B. O'Brien			645	540*	667	1852
181 lb.		<b>275 lb.</b>							
Open		Open							
B. Antoniow		502	C. Pappillion			777	634*	722*	2133
D. Aldrich		408	K. Mitchell			810*	524	722	2056
D. Linerud		—	P. Olason			816	507	705	2028
198 lb.		<b>308 lb.</b>							
Open		Open							
Jody Woods		480	M. Griffiths			750	529	750	2028
Jeff Woods		457	S. Bellon			750	441	750	1940
D. Swift		—	C. Hyatt			733	—	628	—
220 lb.		<b>308+ lb.</b>							
Open		Open							
B. Burritt		—	A. Best			998*	705*	827*	2530*
B. Brubaker		—	J. Hoskinson			—	—	—	—
242 lb.		<b>308+ lb.</b>							
Open		Open							
C. Dexter		661	S. Fossdal			904	794	783	2480
M. Botticelli		579	S. Cartwright			1009	606	777	2392
R. Costa		579	G. Muro			728*	*AR = American Record. Meet Director/ Promoter: Steve Denison. Thanks to the Sponsors: Inzer Advance Designs, Allmax Nutrition, Ultimate Nutrition and GNC. Thanks to our meet staff. Announcer: Brian Kiraly, Lisa Wheeler, and Mike Tronske. Scorekeeper: Tom Miller. Bar- loading program: Lisa Wheeler & Mike Tronske. Thanks to our Spotter/loaders: Tom Moormeister, Jake Campos, Mat- thew Troxell, Aaron Dawson, Terrence Litton, Daniel Hernandez. Thanks to all our Referees: Alan Aerts, International; Gordon Santee, International; Ron Scott, International; Ken Wheeler, Interna- tional; Lisa Wheeler, International; Joe Dentice, International; Jose Hernandez, National; Bonnie Aerts, National; Mike Tronske, State, Barloading Program, Mar- shall; Tracie Marquez, State, Weigh-ins, Expeditor, Inspector; Steve Bloom, State, Expeditor, Inspector; Tom Miller, State, Scorekeeper; Ron Moormeister, State, Marshall, Inspector.		
275 lb.		<b>308+ lb.</b>							
Open		Open							
J. Garcia		777	A. Anderton			805*	750		
Open		Open							
P. Holloway		772	J. Davis			750	617		
R. Luyando		849*	A. Patalano			617	705		
D. Douglas		755	B. Willis			843*	705		
C. Pappillion		628	J. Asgrimsson			705	308+ lb.		
308 lb.		<b>308+ lb.</b>							
Open		Open							
S. Hammock		722	M. Shuttleworth			325	226*	287	838
J. Hoskinson		711	SQ			BP	DL	TOT	
R. Ryan		750	FEMALE						
R. McDowell		—	105 lb.						
308+ lb.		Open							
Powerlifting									
FEMALE									
105 lb.									
Open									
A. Shumaker		298*	248	314	860				
114 lb.		Open							
Open		Open							
M. Shuttleworth		325	226*	287	838				

» courtesy Steve Denison





Bob Bassman benching big, thanks to Gary Mekuly, watching closely behind him. Gary Mekuly is sadly no longer with us. He has touched many lives in a positive way, and his contributions and lively spirit will not be forgotten (Bassman photos)

# WHAT GREAT TRAINERS REALLY DO

## REFLECTIONS ABOUT GARY MEKULY

as told to *Powerlifting USA* by Bob Bassman

## I MET GARY MEKULY IN 1993 AT LARRY NORTH'S HEALTH CLUB IN DALLAS, TEXAS. HE WAS ASSIGNED TO BE MY PERSONAL TRAINER.

I had never lifted a weight, but powerlifting interested me. Gary showed me around the gym and pointed out the various machines and their purposes. I spotted a barbell in the corner and asked Gary what that was. "That's a barbell, dummy," I said, "But why is it in that position?" He said, "That's in position for the deadlift. Let me show you how it goes." Gary went over to the bar, squatted down and stood up straight. "Let me try it," I responded. "How much weight is that?" I asked. "That's 135 pounds," he replied. He showed me the technique again and I lifted the weight. "Easy," I said. For some reason, Gary became angry, "Okay, let's put some weight on it." Gary loaded the bar with 225 pounds. I lifted the weight again. "Easy!" I replied. Then 315—"Easy!" Then 405—here I dragged the weight over my thighs but did lock it out. Gary's mouth dropped open and he said, "You need to compete."

So that began a coaching relationship and friendship that has lasted 18 years. Gary has "spotted" and coached me through well over 100 competitions, both nationally and international at places such as Gras, Austria; Helsinki, Finland; Calgary, Canada; and Cape Town, South Africa. He helped me to establish 27 world records, of which 5 still stand.

The meets are fun and exciting, but they're like the final exam. The real work would take place four times a week in Gary's gym. Lou Holtz, the great Arkansas football coach said, "Everyone wants to win on Saturday afternoon when the game is played. It's what you do the other six days that decides the outcome."

Certainly, the lifter is the "star" of the piece. But for those competitors who have put their faith and trust in a devoted trainer, this article is devoted. What follows are the considered "Reflections" of just a small sampling of the one hundred plus e-mails I received about what Gary Mekuly has meant to his students. The techniques Gary developed and taught would fill an entire powerlifting magazine, but that's not the purpose of this article. The shirt application and spotting was also pinpoint perfect. That, also, is not the purpose. The nutritional coaching is outstanding, but that's not the main point. The main point is that Gary was simply "there" for each one of us—that's what great trainers really do—that's the purpose of this collective "Thank You, Gary" for being our mentor.

**REFLECTIONS FROM EDDY COAN:** Gary Mekuly's life could have been a great movie! Gary was a great bencher and good powerlifter. This was in an area with world champion and national record holders. His guys love him to this day. That says it all! Every time I have seen Gary, I always felt better. He actually made a person's life better. Not many people can say that.

**REFLECTIONS FROM DR. DAVID SIMMONS:** I met Gary Mekuly through a friend that he

trained for a while. Though I had worked out often, Gary taught me how to not just work hard, but work smart to gain strength—not just work out. My bench went from about 205 to a win at my first meet to 254 in about 6 months. Gary always kept the gym light hearted with funny stories, or off the wall comments. This made it so the hard workout went by quickly and we went to work out for fun. Through reminders in the gym, examples of eating chicken or vegetables that he shared, talking about how diet was as—or more—important to being healthy than working out, and sending emails on health issues to keep us motivated. All this worked together to train us to be healthier and keep the drive to work out.

He took so much interest in us as friends and clients that when we moved two hours from Dallas—just south of Tyler, TX—most Fridays for the last five years he traveled half way to Canton, Texas, to meet us at a gym so we would continue training. We always looked forward to the time we spent together and time with Gary. My wife has lost over 80 pounds and counting. Because of this, my wife and I have continued training, and my son is now taking interest in working out. He and I will be competing in meets this year—just for the fun of it.

### REFLECTIONS FROM CHRISTOPHER MELILLO:

Having known Gary Mekuly for over 30 years, I can say my ability to speak to his consistency has credibility. His consistency lies in his positive attitude first and foremost as Gary is a very positive motivator and is always in a good mood. It is always important to surround yourself with positive people as opposed to those who are pure energy sucks. Gary definitely falls into the former on this category. His ability to get people to completely change their bodies, health and self perception are evident in the pictures and stories of success either in athletics or competitive lifting as a result of training with Gary. Gary has the ability to motivate you when you have those days where you really don't want to train, whether he does it by working out with you or giving you a specific challenge by partnering you up with another lifter who will get you to push yourself by his/her performance.

### REFLECTIONS FROM BOBBY ZAWORSKI:

"The Gym" in Chicago Heights was legendary for people getting big and strong and wanting to lift a lot of weight. This was the best place to train. We had lawyers, doctors, police staff—you name it—anybody who wanted to get strong went to "The Gym" in the Heights. I drove half an hour four to five times a week to train at a place that was far superior to all the rest. "The Gym" was owned by Gary Mekuly. He was always having fun and would help anybody with a lift off if you ever needed it. He was knowledgeable on fitness and was always helping someone with a way to workout, nutrition or whatever.

Then I lost my brother in September of 1990, and it made me wake up and smell the roses on life. I was working at that time, but hated my job. Then one of my co-workers at the time told me to get into training people be-

cause that's all I talked about. So in September of 1991, I call Gary down in Texas and he told me if I wanted to come down to Texas I could get a job training people. So I decided to leave Chicago and move to Dallas—the best move I ever made! I worked with Gary for about four years, learned a lot about the business. We all went on our own after that, but we still stayed in touch. I loved to train with Gary because he always made you feel better. I met my wife Marci down here, so I will always say Gary helped me find my true love. Gary touched many lives and we all are blessed by him.

### REFLECTIONS FROM BRENT BOWMAN:

I had the pleasure of training at "The Gym" in Chicago Heights, and I was lucky enough to work for Gary Mekuly in Appleton and Green Bay, Wisconsin, for several years. Today, I am a Personal Trainer and would not have had the success I have had over the years if it were not for Gary. To this day I use his methods with all my clients, and after many years around other trainers, I realize how special and unique Gary's talent to effect change in all areas of life is. Gary is a master motivator and was always able to get me to dig a little deeper and instill a strong belief in myself and what I could accomplish. I have his picture in my training studio as a constant reminder of how Gary would do it! I could go on and on about all the things that Gary taught me, but I think it is best summed up by saying: "When Gary Mekuly walks into a gym, even the lights get brighter!" I will forever be indebted to Gary and all he has done in all areas of my life.

### REFLECTIONS FROM MIKE "LITTLE MIKE"

**MCKENNA:** I began weightlifting and strength training at Gary Mekuly's "The Gym" in Chicago Heights, IL, as a skinny high school freshman in 1979, about 32 years ago. To this day, I still work out three to five days per week, mostly powerlifting with the proper form that Gary stressed and taught as my foundation.

Without any doubt, The Gym was the best place I have EVER worked out—and I have been to many gyms, health clubs, etc. in my travels. Serious lifters were the norm, as were some of the most "unique" personalities and lifelong friendships and connections—all because Gary really didn't want to have a "real" job, I guess. Where else could a kid like me learn from some of the best in the world?

My years spent at The Gym—under Gary's direction—allowed me to gain the strength, size, and confidence that helped me earn a college football scholarship (as well as offers in baseball) at a Division I school, which led to an opportunity to earn my Bachelors Degree in Business, then a job, which led to a wonderful wife and family, and so on. Thirty-two years later, I'm still at my playing weight, lean, and benefiting from those "Gym Family Lessons."

In 2003, my oldest brother passed away from cancer/treatments. He was one of Gary's original members at The Gym. Ever since then, about the time Gary was fighting and winning his own battle with cancer, I've been



# WHAT GREAT TRAINERS REALLY DO »

in Gary's email loop of healthy tips, training, and inspiration to stay healthy. Nothing fancy or "fad" about it, just common sense, to the point advice/encouragement, humor, too. I get to hear updates on guys like Scotty Craig, Bob Bassman, The Sheik, and many others who continue to lift, work out, and compete. He's in our prayers all the time now to beat this stuff once again.

**REFLECTIONS FROM JIM GREER:** I met Gary Mekuly in November of 1975 at the conclusion of my Junior year of football. Like every kid that age, I just wanted to get big and bad. Little did I know at the time that the physical part of what Gary did for me does not even come close to what he did for me in regard to discipline, focus and, quite frankly, the way I live my life every day to this day. Those years are who I am today. Gary's impact on my life is profound because it is not just me. It extends to my children as well, who all can verbatim give count of the many certainly fun character building stories and character creating stories their dad had at Gary Mekuly's Gym. All my kids are bulletproof because, in large part, that's what Gary taught me. Gary took a kid like me, who could not sit still and concentrate on anything except what was for dinner that night, and made me a man who never gives up on anything because that is what he taught me. I don't know what I would have done without The Gym. The challenges he gave us were goofy and fun and at the time I never knew that those challenges were testing our character big time to be the best we could be. I know Gary has no idea how much of an impact he had on me personally, as well as thousands of others. I always wondered why Gary truly left Chicago to go to Dallas. Thinking about it, I and many others may be partly to blame. Gary hardly ever asked us for membership dues in all my years working out at The Gym. I take that back—when he was in a bad mood he would corner us on it, but then would forget about it the next day. How do you run a business like that? Well, I owe the man a million years of dues and then some. I wish it was 1977 again and the BEST time of my life!

**REFLECTIONS FROM JIM KASPER:** I was fortunate to receive a full ride athletic scholarship in football. I was a defensive lineman from Bloom High School in Chicago Heights. I was attending a Division I school and was undersized for my position. I needed more "tools" in my tool box in order to be successful. I had always spent time lifting and knew I needed to do more. I met Gary Mekuly in 1973. Gary introduced me to squats. I hated squats! Gary drilled me, yelled at me, insulted me, spoke nice to me, and did whatever he needed to do to get me to squat. We squatted and squatted, then squatted some more. In between squats we did all the other lifts. I never took lifting to the intense level that Gary's gym demanded until I met him. I grew and got very strong. When I returned to school, I was amazed at how much my game improved. At the position of nose guard, I was able to stand up to much bigger players. I was able to twist and turn them and get to the ball carrier.

This was a direct result of Gary and his squats. Thanks for caring and pushing me to excel.

I worked for many years running a California state prison gym. My inmates loved the intense training I demanded from them. Guess where I learned it from? I can't tell you how many guys raised their self-esteem with the results of Gary's training. I am now teaching in a regular high school. I have several weight training classes. My 14 through 17 year old boys can't believe how strong they get in one semester. We just use the programs I learned from Gary! It lives on!

**REFLECTIONS FROM JAMEY MAULDIN:** Gary Mekuly was my very first powerlifting trainer. I had been working for Bob Bassman in the recruiting industry for quite a while before I knew he was a powerlifter. I knew Bob was incredibly strong for someone his age (actually for any age), but did not know he competed worldwide. He told me about his sport, powerlifting, and invited me to go work out with him one evening at Mekuly's gym. When Bob and I walked in that evening, there was Gary, training several men and women, yelling out to Bassman across his small and crammed-with-stuff gym. When he saw me, he paused for a minute, went to the microwave, popped in a container of chicken, broccoli and brown rice, and introduced himself. I was a bit concerned about money and paying Gary because I knew personal trainers were not cheap, so I brought the subject up quickly. Gary just waived his hand and said some amount that I thought was for that night, but Gary said, "No, that would be for a month." What happened from then on set me on my course to a first place finish at "Worlds" in my first year of powerlifting.

Every time I went to Gary's from then on, he always had this grin on his face. One of the many things I love about him is that he always made me feel strong. Even when I did get strong and could hold my own, pound for pound, Gary never had that attitude of "I'm better than you" that I have seen from other trainers over the years. Heck, Gary could always multi-rep my best single, but never bragged about it. He had this record board on his wall, along with lots of memorabilia where all of his people's names were. Each of them was loyal to the core to this gentle man.

**REFLECTIONS FROM RHEA KRATZER:** I worked out every day at the Heights! It turned out that I was sort of good at it, too. I did powerlifting and did well actually, then I got into body building and did well at that, too. I am still active and I do Ironman distance triathlons now. Gary taught me that HARD work and eating right were the root of all! And that you had to do "something" every single day; it could just be sit ups and push-ups, but you HAD to do SOMETHING! Also, eating well is not an OPTION—I never saw him put anything bad into his body in all those years and he was ALWAYS, ALWAYS motivating everyone around him to be the best they can possibly be EVERY SINGLE day! He used to talk to strangers and preach these very things ALL the time! Gary taught me some things that are quite possibly the most important lessons of

my entire life: good work ethics and to be good to your body. These are things that have made me who I am and for that I thank him.

**REFLECTIONS FROM DAVE DUNNE:** I wrote an article about Gary Mekuly and "The Gym" that was published in *Powerlifting USA* in 1992 or 1993. The article was about how great an atmosphere Gary created for all of us to work out in, the friendships that were made and how much Gary helped everyone. It didn't matter if you were a world record holder, like Dennis Reed and Sam Mangialardi, a 500-pound benchner like Gary, or a skinny high school kid trying to beef up so he could play football, Gary was there for you, working out with you, pushing you, and most of all caring that you met and surpassed your goals.

My favorite story about Gary is pretty much unknown. There was an older guy by the name of Harvey, who was in his 70s, who had suffered a stroke. Harvey could walk, although it was more like a shuffle and his speech was okay, but it was basically a whisper. Harvey had lost a lot of strength in his hands and arms. His one goal was to get strong enough that he could drive a car—to be able to steer the wheel. His daughter had to drive him everywhere and he felt like he had lost his independence. Harvey came to me and said he had been going to all sorts of physical therapists, going through all sorts of programs, but no one was really helping him. No one was listening to him that his one goal was to be able to be strong enough to drive. I got Harvey and Gary together. Gary would spend time with Harvey, in Gary's car, working on improving Harvey's ability to grip the wheel. Gary had a towel that he would drape around the wheel, and Harvey would do a series of hand and arm strengthening exercises, as it related to Harvey's goal—to steer the car. Harvey got stronger and stronger, and one day Gary decided it was time for Harvey and him to go for a drive. I will never forget seeing the two of them going down Halstead Street, in Gary's jeep convertible, Harvey at the wheel, having the time of his life. They were gone for about 20 minutes and came back with Baskin Robbins. Stories like these are why people like us would go through fire in a gasoline suit for Gary Mekuly.

**REFLECTIONS FROM JOE RANIERI:** Gary cares, gives people hope, makes them feel important. Less is always more for Gary, and it works for him and for those whose lives he touches. Anyone who knows, or has known him, has taken something away that they will never forget—using the gym as a foundation for improving all facets of life.

**REFLECTIONS FROM SCOTT CRAIG:** I walked in the Chicago Heights Gym 35 years ago with Old Man Fordon. "What kinda of friggin freak show is this!?!?" Well, it was MY kinda of friggin freak show. I didn't meet Gary right away, but (go figure) it was Rup! Rup really couldn't have been nicer, and with Rich helping, got me started. Had to step around Ghost and Fast Eddie's dumbbell circuit though. I did my first

meet at 148 pounds with Gary and Joe Ranieri as my coaches. I won a Blue Ribbon, and I was “hooked.” Wow, what a ride that was, with waking up every morning with The Gym; plan for the day, to have “fun with Gary.”

How many “regular” people look back on their life like we do? I start my “reel” with the GYM on Halsted Street, with stories and friends for life. Where would I be if I hadn’t walked through that beat-up brown metal door?

**REFLECTIONS FROM MARK LEVY:** It is great to relive the past through all the stories you guys have posted. My story is a little different. I walked into “The Gym” as an 18 year old kid who had never lifted a day in my life. When I first entered the main gym, I thought I must have entered through the wrong door. It looked like some homeless people were occupying an abandoned building. As I continued through the gym, I noticed a couple of guys lifting in the back. These were some of the biggest guys I had ever seen in my life and it took all I had not to turn around and just leave. That decision to stay changed my life! Gary and all the other guys ended up being “the big brothers” I never had.

**REFLECTIONS FROM WILLIAM K. OLIVER, DPM:** I lifted at the Gym in Chicago Heights in the 1980s. I was a skinny high school and college swimmer who went on to coach at Valparaiso University before becoming a Podiatric Physician and Surgeon. I put on 40 pounds of solid muscle and worked out four days a week, still to this day. I know you want stories about lifting techniques, but I wanted to share with you the leadership skills Gary passed on to many of us. Gary’s hard-nosed “never back down from pain, adversity, or frustration” attitude, combined with his fierce loyalty and hidden compassion, allowed him to help forge the many leaders of industry, medicine, and communities throughout the U.S. that I know from The Gym. We have all carried his legacy through gyms, hospitals, offices, political offices, practices, and churches, schools, and sports programs around the country.

**REFLECTIONS FROM THOMAS ZAGER (HAWK):** Gary Mekuly is just an amazing person—we have been friends since 1974, when he opened up his gym in the basement of the American Legion Hall in Chicago Heights. I probably spent more time with him at his “THE GYM” than anyone else in my life over the next several years. We worked out six days a week and I would never want to miss a workout; it was like missing Mass on Sunday and the one day we didn’t work out. Work-outs would last a minimum of two hours. Whatever it was about Gary, to me he was a great motivator. He could make me feel bad if I missed a work out or didn’t do the weight he thought I was capable of, but I never got down on him for that because I knew he was right. Confidence—that’s what I got from him.

**REFLECTIONS FROM LEN BOLE:** The Gym was a great place in ALL of its manifestations. There was the garage in Dolton, the basement of the

banquet hall, the converted factory and the store front in Bloom Plaza. They were all GREAT. What made The Gym great? The people made it great. How did this group of enthusiastic lifters, sharing a like goal and a like mind, happen to congregate in one place? That’s easy: Gary Mekuly. Gary is a teacher, a motivator, a lifter, a coach. Lord knows he’s never had a business plan, but he has a philosophy. He’s never handed it out in printed form and he’s never hung it in a frame for all to see. Rather, he lives it: never give up, keep trying, there’s no limit to what you can do.

**REFLECTIONS FROM RICH FORDON:** In 1976, after my freshman year, I walked into The Gym to begin my training for the next football season. I weighed 165 pounds and my goal was to get strong and big. The Gym was the place to achieve this. Gary taught me how to lift and also gave me an edge that I would carry to this day. There were others in the gym that were downright scary to a 14 year old, but they took all the young guys in to this special place and became a family to all of us. There was me and my twin brother, Brian, and soon John, then Mark and finally Danny. Oh, how can I forget my father, Rich. He came to The Gym weighing 135 pounds and could barely lift a broom stick. He became a huge, powerful man and we (my brothers) owe that all to Gary. I think that if it wasn’t for the gym, we would have lost him well before he passed in ‘91. Thank you for that, Gary.

Every time I pass the empty lot where The Gym was, I get this funny grin on my face thinking about all the great times that happened there and all the goofy and strong people that called that place “home” for all those years. I wish I still had my USA Powerlifting jacket that said “THE GYM Chicago Heights Ill.” I wore that jacket more than I wore my Letter jacket from Marian Catholic.

**REFLECTIONS FROM BRIAN FORDON:** Gary Mekuly had a very big impact on all my four brothers and me, as well as our dad’s life. I really believe our dad would not have lived through all our high school days if it wasn’t for Gary and The Gym. It was a place for all of us to go together. We made so many friends that we still are close to. The memories of THE GYM are always with us. I have tried to pass what I learned at THE GYM on to my son as many others have passed along their knowledge of Gary’s talents as well. I know if our dad were here today, he would be proud of his knowledge and friendships he made at THE GYM.

**REFLECTIONS FROM RICHARD ANDERSON (MONGO):** I met Gary when I was 16 while I was working for his brother, Steve, at Chicago Health Club in Glenwood. Steve was moving up in the company and Gary was hired to take his place. Working for Gary was probably the best job I ever had. It virtually consisted of eating and lifting.

The year before I met Gary, I was injured during the football season. It was a tough year, I did not play much and I was mentally and



physically done with football. Gary, however, convinced me to play again. At the time I started with him, I believe I was 6-foot-2-inches and 126 pounds. I didn’t look like a football player, I didn’t run like a football player, but he made me believe that I could do this. I could get bigger, stronger and faster and play my senior year. So that was my job—eat and lift and occasionally do some work that he was paying me for. Thanks to Gary, I gained 100 pounds and I started my last year of high school at defensive tackle and went on to play football in college.

After the football season, Gary decided to start his own gym and run it his way. It was by far the best gym I have ever been a part of. There will never be another gym like “The Gym.” It was the only gym I know of that had over 30 members benching over 400 pounds. It was not just a gym. Our lives revolved around it. We went there every day. My favorite was the Christmas Day bench. That is how Christmas started, benching at The Gym. The equipment wasn’t the best, the building wasn’t the best, but Gary was, and that’s why we all came.

**REFLECTIONS FROM MIKE HARGENS:** Gary ran the best gym—“THE GYM”—in the whole country. Everyone who ever walked through those doors can testify that Gary and the gym he ran was one of the best experiences in their lives. It was not just that you were a member; THE GYM was a brotherhood. Whenever you would find yourself down or with any kind problem, Gary was always there. Gary was the heart and soul of The Gym. Gary trained endless numbers of athletes from every sport. Whenever you were on the field, you could look to the sidelines and Gary would always be there. Gary just didn’t train you or work you out; he instilled integrity, pride, and honor in everyone he would come in contact with. ☺



## HUGE STRENGTH JUMPS PLUS

# RAPID BODY TRANSFORMATION

as told to Powerlifting USA by Eric Serrano, MD, and Scott Mendelson » [scott@infinityfitness.com](mailto:scott@infinityfitness.com) » [www.infinityfitness.com](http://www.infinityfitness.com)



### ULTIMATE WORKOUT NUTRITION

#### 1–2 HOURS BEFORE TRAINING:

- ⇒ A solid food meal is best to increase energy levels and prevent hunger during training
- ⇒ 6–10 oz. of an easily digestible protein sources, such as fish or eggs
- ⇒ 1 apple, orange or pear
- ⇒ 1–2 tablespoons of extra virgin olive oil

#### 30 MINUTES BEFORE TRAINING:

- ⇒ Optimizing the hormonal balance and providing crucial raw materials for training while forcing the body to use more stored fat as fuel during exercise
- ⇒ 2–3 scoops 100% MR and 2–3 scoops Muscle Synthesis Powder mixed together with water
- ⇒ Fat Reduce Day Time Formula for increased fat burning, razor sharp focus and steady energy

#### DURING TRAINING:

- ⇒ Sip 2–3 scoops 100% MR and 2–3 scoops Muscle Synthesis Powder mixed together with water - this keeps the nervous system sharp while protecting muscles from being broken down during heavy training

#### IMMEDIATELY AFTER THE LAST SET:

- ⇒ Sip 2–3 scoops 100% MR and 2–3 scoops Muscle Synthesis Powder mixed together with water - Amino Loading delivers crucial raw materials to hungry muscles delivered by increased blood flow in trained areas, bypassing digestive delays, the 100% MR and Muscle Synthesis arrive more quickly and in larger amounts than any protein supplement. The specific ratios of the 100% MR and Muscle Sythesis help to keep cortisol levels in check, supporting an Anabolic Hormonal environment.

#### 30–60 MINUTES FOLLOWING TRAINING:

- ⇒ A quickly digested meal to provide a second wave of raw materials to muscles
- ⇒ 6–10 oz. of lean protein sources, including chicken, turkey, fish, seafood, etc.
- ⇒ 40–75 grams of carbohydrate from rice, potatoes or oatmeal
- ⇒ 3–6 Alpha Omega M3 to help force raw materials into muscles instead of fat cells

#### OVER TRAINING INCREASES BODY FAT LEVELS AND WASTES MUSCLE

Have you been training hard, but not earning the results you feel your efforts deserve? A lack of recovery is likely a key contributor to the problem. We all know what it feels like to be overtrained. The excessive muscle soreness, mental fogginess, lack of drive and more. Our “can do” attitudes tell us to push past this barrier with more mental toughness, but that is not the route to success. The key is working smarter to raise quality of quantity! You may look at your training routine and tell yourself that it is not an excessive amount of work, so how can you be overtraining? Consider that over time your circumstances change with age, increased work/family responsibilities, nutrition problems, poor sleep and more. With these changes comes a decreased capacity to train which may make what you are accustomed to doing with training too much volume at the present time. Address the factors governing recovery ASAP to build up your training capacity and anabolic hormone environment.

#### SOLVE YOUR FAT BELLY PROBLEM!

Another consequence to overtraining is the related increase of fat storing hormones. Increased catabolic hormones, such as cortisol, activate mid section body fat accumulation for men very quickly while breaking down hard earned muscle. Elevated cortisol screws up insulin sensitivity, making the body release too much of this fat storage hormone at the wrong times. Cortisol also turns the screws on you by activating mid section fat storage receptors, creating the optimal environment for body fat storage! Luckily for you, we have proven nutrition and supplementation strategies that helped to correct these problems quickly. Read on! Long bouts of overtraining can cause severe damage to anabolic hormone levels, requiring months of recovery time in some cases. The better the recovery plan, the faster progress will come. Do not wait to act! If you have not made significant progress over the last 3 to 6 months, overtraining in some way is a significant part of the problem!

“I perform hormonal blood work tests on all strength athlete patients and the results do not lie. One of the most common reasons for a lack of progress is overtraining; without a change in strategy they are doomed to fail no matter how hard they work. I spot the correlated hormonal markers right away and focus on correcting them through proper nutrition, supplementa-

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# WITH RAPID RECOVERY



tion, and recovery strategies. In some cases, the training plan must also change. Optimizing these factors will improve results dramatically and will be the difference between winners and losers at every level.” – Eric Serrano, MD

## KEY SIGNS OF OVER TRAINING

- Lack of strength improvements, increased body fat, reduced muscle mass
- Mental fogginess and altered hand eye coordination
- Reduced sex drive and poor sexual function
- Fatigue and excessive muscle soreness
- Nagging and frequent Injury in addition to joint pain
- Depression, reduced appetite loss of hair and dry skin
- Lack of motivation, poor mood and irritability
- Difficulty Sleeping and waking up in an extremely tired status each morning

## THE FACTORS THAT DICTATE RECOVERY

Your capacity to recover from training is impacted by stress levels, sleep quality, nutrition choices, supplementation and more. The number of years you have been training determines your neurological maturity. A trainee who has been working hard for 20 years and benching 500 pounds needs much more nervous system recovery time than someone who maxes 350 with 10 years of training experience, for example. The stronger you are, the greater the role of the nervous system recovery in your success. Optimize recovery factors and you will get more out of each and every training session. Ignore the recovery issue and you will never reach your full potential while more than likely losing strength and getting injured. A constant flirtation with overtraining will create a hormonal mess which stimulates fat storage, wastes muscle and lowers strength levels. In many cases, a small cut back in training volume along with the correct adjustments to recovery factors mentioned above leads to rapid strength and body composition improvement.

## THERE IS MORE TO RECOVERY THAN JUST SORE MUSCLES

The nervous system cannot fully recover until the muscles do! You most likely would not train your bench if your chest was still really sore from your previous workout as this is the body's way of telling you that is not ready for another beating. You would be concerned with an increased risk of injury and breaking down muscles before they have adequately repaired. As logic would tell you, training in a very sore status would be counterproductive as it would interfere with repair and the necessary adaptation to training to increase strength. The same logic holds true for the nervous system. It can

take another 24 to 48 hours after all of your muscle soreness is gone for the nervous system to fully recover. In many cases, the nervous system takes a full 7 days to fully recover and the period of time can be even longer if factors such as increased stress come into the picture. Hard training including heavy loads, high rates of bar speed such as dynamic work, plyometrics, complex movement performance and more stress the nervous system creating the need for more attention to recovery than your average body builder. Think of the nervous system following tough workouts as also being sore and in need of optimal repair to get the most out of your workouts.

## ACCELERATING RECOVERY OF THE MUSCLES AND NERVOUS SYSTEM

We use a combination of the Fat Reduce AM/PM and Amino Loading with 100% MR + Muscle Synthesis to accelerate the recovery process. One of the quickest ways to promote anabolism and get the body to burn more fat, while gaining muscle is to lower cortisol levels which can work in opposition to testosterone. Amino Loading with 100% MR and Muscle Synthesis have proven to be a highly effective weapon to improve rates of muscle growth, fat loss, performance and recovery—one of the main mechanisms of success is keeping catabolic hormone (cortisol) levels in check around training and throughout the day. The proprietary ratios were not discovered at random, based on years of Dr. Serrano's detailed trials with real strength athletes including world class powerlifters. Hard training places tremendous demands on the muscles and nervous system requiring the rapid delivery of the right raw material ratios to make sure that every rep pays off. Protein shakes provide too little, too late due to their slow digestion rates and generic ingredient profiles. Fat Reduce AM and PM in addition to the benefits mention above can have a great impact on mood and daily energy helping clients to execute their plans on a consistent basis leading to the fastest possible rates of success.

## BEST BANG FOR YOUR BUCK

The nutrition program is of tremendous importance for accelerating recovery. All food choices should be nutrient packed and this would make foods that have been on this planet for 10,000 years your best choices. An apple for example has a much higher nutrient value than a granola bar for example. Organic food choices do present tremendous advantages over commercially raised animals due to the superior dietary fat content found in organic animals. These benefits are dictated by how the animals eat, live and avoidance of hormones such as estrogen

## 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](http://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.



# RAPID BODY TRANSFORMATION »

which can remain in the foods you consume if they were given to animals.

## FAILING TO PLAN IS PLANNING TO FAIL

Your nutrition plan does not need to be complicated in order to work well. Many strength athletes ignore the facts and just eat “a lot of clean food” to support their needs and most by our estimation fall short of optimal levels. Eating clean is not enough to earn your best results. We work with many strength athletes and understand the practical challenges of life. However, some simple steps and having an actual plan to execute with built-in flexibility to easily rotate food sources goes a long way towards your success. We can consider macronutrient cycling to be so advanced, yet simple to execute. The strategic rotation of food choices on certain days allows for increased fat burning enzymes, optimized anabolic hormone levels while preventing metabolic staleness. When was the last time you made a strategic change to your diet? Most likely you are long overdue!

## WHAT ARE YOU REALLY EATING?

Audit your food intake and you will find that you are most likely consuming macronutrient percentages and food amounts which are far different than what you expected. Many strength athletes do not eat enough while others lack

the good fats necessary to increase natural testosterone production. Alpha Omega M 3 is a powerful tool for providing the cells with the ideal essential fats needed to accelerate fat loss and to lubricate joints. Unless you have been eating fish by the pound for years on end, you likely have some essential fat deficits that can be corrected in your favor to speed up progress. We have helped clients increase strength and body composition significantly within 4 weeks of improving their nutrition plan without a single change to their training.

## THE VALUE OF A GOOD NIGHT'S REST

A clear sign of heavy neurological stress is difficulty sleeping which prevents the body from fully recovering each night. An adequate amount of deep sleep is needed each night for nervous system recovery and natural anabolic hormone production. You can quickly be trapped into a vicious cycle especially if you are training at night which wakes the body up making it hard to transition into deep sleep. The earlier you train the better for a number of reasons as it relates to hormones and sleep patterns. The Fat Reduce PM formula is designed to help you transition into a restful sleep by lowering stress levels. Clients report waking up feeling much more well rested with improved daily energy levels within 7 to 10 days of starting the formula. «

Email [scott@infinityfitness.com](mailto: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 “20 Rapid Fat Loss Tips” and “Fat Cell Cleansing” special reports.



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

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



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

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



## USPA BP/DL CHAMPIONSHIP JUL 16 2011 » Angola, NY

<b>BENCH FEMALE</b>	S. Saxbury	259		
Raw	E. Carter	358!*		
<b>132 lbs.</b>	Master (65-69)	J. Mitsopoulos	254	
Master (45-49)	J. Fachko	138!*		
<b>148 lbs.</b>	Open (24-34)	C. Geer	325	
Master (55-59)	C. Tibollo	138		
<b>198+ lbs.</b>	Submaster (35-39)	J. Greene Jr.	358*	
Open (24-34)	Master (40-44)	A. Lockhart	193*	
Master (45-49)	Master (45-49)	A. Lockhart	193!*	
<b>FEMALE</b>	Open (24-34)	A. Wilcox#	154*	
Single-Ply	Master (40-44)	M. Pizzella	364*	
<b>114 lbs.</b>	Master (55-59)	Miranda Jr.	220*	
Open (24-34)	Master (65-69)	M. Scarpello	276!*	
A. Wilcox#	Master (50-54)	P. LaMancusa	270*	
<b>MALE</b>	165 lbs.	Junior (20-23)	G. Bella	364!*
Raw	Junior (13-15)	M. Ayala	88*	
<b>148 lbs.</b>	Master (45-49)	R. Balash	325*	
Master (50-54)	Junior (20-23)	G. Bateman	259	
P. LaMancusa	Open (24-34)	E. Carter	342*	
<b>165 lbs.</b>	Master (70-74)	J. Marshall	187*	
Junior (13-15)	181 lbs.	Junior (18-19)	J. Owens	220*
M. Ayala	Junior (18-19)	T. Emmick	276*	
Junior (20-23)	165 lbs.	Open (24-34)	J. Litmer	314*
G. Bateman	Junior (18-19)	A. Patterson	320*	
E. Carter	Open (24-34)	L. Aceti	342*	
J. Marshall	181 lbs.			
J. Owens	Junior (18-19)			
T. Emmick	Open (24-34)			
J. Litmer				

<b>220 lbs.</b>	Master (40-44)	A. Terwilliger	336	
Master (50-54)	M. Becht	375*		
<b>242 lbs.</b>	Open (24-34)	T. Schmidt#	683*	
Master (45-49)	Master (45-49)	T. Schmidt	683!*	
Multi-Ply	Open (24-34)	S. Sullivan	—	
<b>308 lbs.</b>	Push Pull			
Open (24-34)	<b>FEMALE</b>			
S. Sullivan	Raw			
<b>123 lbs.</b>	Submaster (35-39)	C. Wu#	94!*	
Submaster (35-39)	Open (24-34)	M. Smith	248*	
MALE	Master (35-39)	M. Smith	248*	
Raw	Master (40-44)	A. Jackson	325!*	
<b>148 lbs.</b>	Open (24-34)	G. Bella	364!*	
Open (24-34)	Master (18-19)	S. Scarpone	226	
M. Smith	Junior (20-23)	M. Del Zoppo	276*	
Submaster (35-39)	Open (24-34)	K. Suffoletto	220	
M. Smith	181 lbs.	Junior (18-19)	J. Greene	276
Master (40-44)	Junior (18-19)	J. Owens	220*	
A. Jackson	165 lbs.	Junior (20-23)	N. Mazur	281*
165 lbs.	Junior (18-19)	Open (24-34)	L. Aceti	342*
Junior (20-23)	Open (24-34)			
G. Bella				
Master (45-49)				
R. Balash				
Junior (20-23)				
G. Bateman				
Open (24-34)				
E. Carter				
Master (70-74)				
J. Marshall				
181 lbs.				
Junior (18-19)				
T. Emmick				
Open (24-34)				
J. Litmer				

<b>DEADLIFT FEMALE</b>	J. Stange	314	430	744		
Raw	Master (50-54)	I. Brascoupe	182*	259*	441	
<b>114 lbs.</b>	Junior (13-15)	A. Mucica	182*	287*	468	
Master (45-49)	Junior (16-17)	Z. Schulze	332	265!*	733	
W. Belica#	Junior (20-23)	L. Fagiani#	336*	639!*	976	
<b>MALE</b>	Open (24-34)	N. Emmick	254	513	766	
Raw	Open (24-34)	J. Gelose	226	491	716	
<b>132 lbs.</b>	Open (24-34)	C. Geer	325	551*	876	
Junior (16-17)	Open (24-34)	J. Clyde	325	480	805	
G. Parker	220 lbs.	Junior (13-15)	J. Newcomb	267!*	331!*	590
<b>198 lbs.</b>	Raw	Open (24-34)	D. O'Callaghan	364	667	1031
Open (24-34)	Open (24-34)	J. Stoklosa	364	419	783	
C. Geer	Master (50-54)	G. Hamm	281	468	750	
<b>BP DL TOT</b>	P. Buchiero	276	402	678		
	<b>242 lbs.</b>	Junior (20-23)	I. DeFranco	320*	546!*	865
	Open (24-34)	M. Daniels	452*	546*	998	
	Submaster (35-39)	S. Green	337*	281!*	744	
	Junior (20-23)	J. Feaster	276	463	739	
	Open (24-34)	<b>275 lbs.</b>	E. DeForest#	502	650	1152
	Submaster (35-39)	T. Feaster	331*	502*	832	
	Junior (18-19)	<b>308+ lbs.</b>	N. Figura	424	551*	976
	Junior (20-23)	Multi-Ply				
	Open (24-34)	<b>220 lbs.</b>				

Submaster (35-39)  
D. Zahno 402!\* 535!\* 937  
!=American Records. \*=State Records.  
#=Outstanding Lifters. Venue: Mickey Rat's Beach Club, Angola, New York. Meet Director & Promoter: Dennis Brochey. Meet Announcer: Cathy Brochey. Meet Scorekeepers: June Petrie, Paget Becht, Rebecca Petrie. Master Score Sheet: Robert Petrie. Referees: Dennis Brochey, National, Thomas Delorimiere, National, Johnny Elsberry, State, Spotters & Loaders: Craig Hoplight and Matt House. Outstanding Lifter Women Bench Press: Allene Wilcox. Outstanding Lifter Women Deadlift: Wendy Belica. Outstanding Lifter Women Push Pull: Cindy Wu. Outstanding Lifter Men Bench Press Raw: Eric DeForest. Outstanding Lifter Men Bench Press Assisted: Tom Schmidt. Outstanding Lifter Men Deadlift: Luigi Fagiani. Outstanding Lifter Men Push Pull: Eric DeForest. 1st Place Team: Boom. 2nd Place Team: Potters Jim. 3rd Place Team: JCC.  
» courtesy USPA

## WNPFL LIFETIME DRUG FREE SEP 25 2010 » Bordentown, NJ

<b>BENCH 114 lbs.</b>	Open Raw	Benner	130*	
(40-49) Raw	Benner	130*		
<b>123 lbs.</b>	Open Raw	Salafia	175*	
Open Raw	181 lbs.	(17-19) Unl	McCloskey	—
<b>MALE 165 lbs.</b>	(50-59) Raw	Dement	225	
(40-49) Raw	Livolsi	310		
<b>198 lbs.</b>	Open	Patrick	405	
(40-49)	Patrick	405*		
<b>242 lbs.</b>				

**House of Pain**

BIG TRIBAL T  
DEFENDER T  
INSIDE OUT T  
SPIKE T  
GG HOODY  
GG CHER V-NECK T  
GG WILMA T  
GG SCOOP NECK T  
GG CROP TOP  
RING GIRL BOOTY SHORTS  
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# RESULTS »

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The Ultimate Powerlifting Championship Series on FoxSportsNet consist of 4 shows & 4 weeks totals. It takes endurance and staying injury free to win over a years time. The Quest began January at Rum 4 and will end at RAW 504 November 12 & at NOLD for the deadlift belt October 22. Now is the time to be at Atlanta this show is the pivot to win it. ANYONE CAN WIN! BE THERE AND COMPETE! YOU CAN BE THE NEXT ULTIMATE POWERLIFTER "RAW"

**Current XPTV Schedule FOR JUNE AND JULY 2011 NOW On FoxSportsNet !!**  
VIEWING IN JUNE UPC 1 FROM RUM 4 starting June 5  
VIEWING IN JULY UPC 2 FROM APF EUROPA ORLANDO

**CHECK THE SCHEDULE FOR DATE AND TIMES AT WWW.XTREMPOWER.TV**  
[http://www.xtrempower.tv/news/Xtreme-Power-TV-News/12064052\\_MTVJ441320232844\\_RGM2X-K2-LB](http://www.xtrempower.tv/news/Xtreme-Power-TV-News/12064052_MTVJ441320232844_RGM2X-K2-LB)

**THE ULTIMATE POWERLIFTING CHAMPIONSHIPS "RAW"**  
4 POWERLIFTING SHOWS CASH \$\$\$ Money THE UPC BELT  
One Ultimate PowerLifter Mens, Womens, Deadlift & Bench Press  
3 UPC Belts Awarded in New Orleans NOVEMBER 12, 2011  
1 UPC DEADLIFT BELT AT NOLD OCTOBER 22, 2011

**WOW!! THE \$5000 CASH & THE UPC BELT IS STILL UP FOR GRABS IN ATLANTA**  
WHO WILL BE THERE? WHO WILL WIN? WHO WILL TAKE THE LEAD?  
WHO WILL WIN THE UPC BELT IN NEW ORLEANS?  
IT ALL HAPPENS IN ATLANTA

**Current Standings to win The Ultimate Powerlifting Championship Belt  
AFTER 2 SHOWS**  
Weeks Totals and Leaders from Show 1 RUM 4 & Show 2 APF EUROPA Orlando

**Mens Overall** #1 Scott "superman" Weech 1087 points #2 Perry "styling" Ellis 1011 points #3 Tony Conyers "the legend" 1004 points #4 James "Showboat" Jacobs 911 points #5 Jason McElroy 890 points #6 Tom Roselli 835 points  
*Tom Roselli getting on Scott Weech and show in Atlanta and New Orleans*

**Womens Overall** #1 Taylor Stallings 1018 points #2 Ann Vanderbush 866 #3 Jenn Rotinsinger 866 points After one show #4 April Mathis 585 points #5 Iryna Piatrovich 479 229 points #6 Sony Baldwin 465 181 points  
*Ann and Sony got right back on back of Taylor. Jennina views April ahead of her and is already in the pace*

**Bench ONLY** #1 Al Davis 182 806 points #2 Jeremy Hoomstra 150 853 points #3 Phillip Brewer 153 639 points #4 Greg Doucette 152 237 points #5 Very Special Michael Hummel 137 384 25 points  
*Big Al Davis is in the lead. Greg Doucette is the giant of the bench. Very Special Michael Hummel is the APF Orlando*

**WHO WILL WIN THE UPC BELT IN NEW ORLEANS**  
WHO WILL TAKE THE LEAD IN ATLANTA? WHO WILL WIN THE UPC BP BELT?

**Deadlift ONLY** #1 Richard Hawthorne 230 261 points #2 Jared Wiley 195 719 points  
#3 AJ Loreto 160 096 points #4 Young 1190 Zach Seymour 166 267 points #5 Doug Phan 164 496 points  
*The deadlift is wide open. Come to Atlanta and NOLD Tenn and win it.*

**UPNEXT Atlanta AUGUST 20, 2011**  
The Ultimate Powerlifting Championships RAW Continues at Show 3 \$5000.00 In Cash Prize Money  
APF Kieran Kidder and Scott Seymour's Natural Power Georgia have joined together to host this huge RAW event.  
XPTV's UPC 3 & XPTV Armwrestling Championships in Atlanta August 20, 2011 Atlanta Ga.  
**SIGN UP TODAY BEFORE ITS TO LATE** \*Rescheduled from July

CONTACT: [scott@seymourinc.net](mailto:scott@seymourinc.net)  
[AMYJACKSON@AOL.COM](mailto:AMYJACKSON@AOL.COM)  
<http://www.naturalpowergeorgia.com/index.html>  
[WWW.WORLDPowerLIFTINGCONGRESS.COM](http://WWW.WORLDPowerLIFTINGCONGRESS.COM)

WATCH THE EXCLUSIVE LIVE STREAM ON POWERLIFTING WATCH FROM ATLANTA AND NEW ORLEANS

**ATLANTA WILL BE GAME CHANGING**  
IF YOU WANT TO WIN THE UPC BELT AND WIN UP TO \$5000 CASH.  
THIS SHOW IS A MUST! IT WILL CHANGE THE GAME WHO WINS IT!  
WHO WILL WIN and BE THE ULTIMATE POWERLIFTER ON FOXSPORTSNET?

**UPC DEADLIFT SHOW 4 OCTOBER 22, 2011 ELIZABETHTON TENN**  
NOLD ON FOXSPORTSNET THE NUMBER #1 DEADLIFT SHOW TV IN THE USA  
THE DEADLIFT DIVISION IS WIDE OPEN RIGHT NOW IF YOU WANT TO WIN THE BELT ATLANTA IS A MUST.  
ANDY BOLTON IS CHALLENGING EVERY DEADLIFTER! WHO CAN BEAT HIM? WHO WILL WIN THE DEADLIFT?  
THE UPC BELT AT NOLD ElizabethTonn Tenn. Oct 22 2011 CONTACT ALEXCAMPBELL77@GHTMAIL.COM

**New Orleans NOVEMBER 12, 2011 THE QUEST FOR UPC 2011 ENDS**  
3 -18 K PLATED UPC BELTS WILL BE AWARDED WORTH OVER \$3000 EACH  
UPC FINAL Show 4 "Clash of Cash" Raw 504 THIS IS THE CHAMPIONSHIP SHOW TO REMEMBER  
CASH & THE UPC BELT Also coming XPTV Armwrestling Championships New Orleans November 12, LA.  
Contact: [JRVAWS04@GMAIL.COM](mailto:JRVAWS04@GMAIL.COM)

VIEW THE RESULTS FROM UPC 1 AND UPC 2 AT WWW.XTREMPower.TV  
[http://www.xtrempower.tv/news/Xtreme-Power-TV-News/12064052\\_MTVJ441320232844\\_RGM2X-K2-LB](http://www.xtrempower.tv/news/Xtreme-Power-TV-News/12064052_MTVJ441320232844_RGM2X-K2-LB)

**CAN YOU WIN THE UPC BELT? THE QUEST CONTINUES!**

XPTV BROADCASTING THE #1 POWERLIFTING SHOW ON US TV  
THE ULTIMATE POWERLIFTING CHAMPIONSHIPS  
**www.XtremePower.TV**

J. Shuman 380 567 947  
R. Beuch 402 551 952  
» courtesy John Shifflett

## WI STATE FAIR BP/DL AUG 13 2011 » Wisconsin

<b>BENCH</b>	D. Caldwell	410
<b>FEMALE</b>	J. Wickland	365
<b>Teen</b>	C. Schmitz	340
<b>Lightweight</b>	<b>DEADLIFT</b>	
Castonguay	<b>FEMALE</b>	
<b>MALE</b>	Raw	
Open	Castonguay	240
<b>Lightweight</b>	<b>MALE</b>	
J. Kachar	Masters I	
<b>Heavyweight</b>	M. Ruplinger	580
C. Broadway	Masters II	475
<b>Masters I</b>	S. Coogan	500
A. Bellinger	Open	330
<b>Raw</b>	<b>Lightweight</b>	
Masters I	J. Kachar	335
<b>Lightweight</b>	<b>Heavyweight</b>	
D. Cooley	C. Broadway	630
<b>Heavyweight</b>	Raw	
D. Leslie	Teens	390
<b>Teens</b>	N. Sorenson	500
<b>Heavyweight</b>	M. Fischer	360
N. Crouch	K. Kelenie	425
<b>Lightweight</b>	Masters I (40-49)	
M. Fischer	L. Rushing	250
<b>Masters II</b>	Masters II (50+)	
<b>Heavyweight</b>	M. Leitner	425
G. Selburg	G. Selburg	415
<b>Open</b>	Open	
G. Carlson	<b>Lightweight</b>	
<b>Raw</b>	F. Sanches	455
Open	B. Carus	385
<b>Lightweight</b>	O. Sanchez	330
B. Carus	<b>Middleweight</b>	
S. Hong	W. Thomas	510
D. Cooley	<b>Heavyweight</b>	
<b>Middleweight</b>	J. Wickland	550
T. McBride	R. Loftin	345
W. Thomas	C. Schmitz	315
<b>Heavyweight</b>	A. Busch	300

## GYM WARRIORS MAY 28 2011 » Peabody, MA

<b>BENCH</b>	<b>STRICT CURL</b>			
<b>MALE</b>	<b>MALE</b>			
120 lbs.	123 lbs.			
Masters/Open	Open Raw			
S. Green	M. Salsgiver	360		165
<b>198 lbs.</b>	<b>220 lbs.</b>			
Masters	Open			
A. Ramirez	D. Basiliere	460		122
F. Quirk		330		
<b>Powerlifting</b>	<b>SQ</b>		<b>BP</b>	<b>DL</b>
<b>FEMALE</b>	<b>TOT</b>			
148 lbs.				
Open Raw				
C. Dipietro	250*	140*	265	655
Open				
M. Steyer	180	125	225	530
Open/Junior				
K. Clark	160	—	285*	445
<b>123 lbs.</b>				
Open				
J. Moulton	115	105	200	420
<b>UNL</b>				
Open				
G. Tortolano	—	95	260	355
<b>MALE</b>				
123 lbs.				
Open				
S. Salsgiver	—	200	275	475
Open Raw				
M. Salsgiver	470	365	585	1425
<b>220 lbs.</b>				
Open				
D. Basiliere	250	245	405	900
Open/Teen				
C. Young	275	180	305	760
<b>275 lbs.</b>				
Open Raw				
P. DeSimone	455	265	555	1275

\*=EPF Records. This was Corrine Dipietro's first competition and she won the overall woman's division. She is also competing for the USA Olympic team in skeleton. Lifters trained by Gym Warriors: Corrine Dipietro, Kim Clark, Joyce Moulton, Frank Quirk, Steven Salsgiver, Derek Basiliere.  
» courtesy Gym Warriors



Best Lifters at the Gym Warriors meet (Gym Warriors photo)



# PR BELT

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

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



## HOW THE PR BELT IS WORN

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

- It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
- Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.
- Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.
- Very secure. The belt automatically locks until you manually release it.
- Hand-crafted in the USA. Patent # 5,647,824

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# INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



# RESULTS

## WNPF WORLD TOURNAMENT

NOV 6-20 2010 » NJ-GA-OH-FL-NY

<b>BENCH</b>	(17-19) Raw	
<b>FEMALE</b>	Dunsmoor-USA 325*	
<b>114 lbs.</b>	(40-49) (SP)	
(40-49) R	Masters-GUA —	
Benner-USA 130*	Kearney-USA 340	
Open Raw	(40-49) (U)	
Benner-USA 130*	Kearney-USA 360	
<b>123 lbs.</b>	(40-49) Raw	
(17-19) Raw	Artur-BRA 315	
Jackson-USA 100*	Open (SP)	
<b>132 lbs.</b>	Masters-GUA —	
(70-79) Raw	Kearney-USA 340	
Murphy-USA 115*	Open (U)	
<b>148 lbs.</b>	Kearney-USA 360	
(50-59) Raw	Open Raw	
lblair-USA 135*	Butera-USA 330	
<b>165 lbs.</b>	Submaster Raw	
Submaster Raw	Emond-USA 335	
Leisey-USA 105	<b>198 lbs.</b>	
<b>181 lbs.</b>	(40-49) (SP)	
(40-49) R	Jaime-GUA —	
Sizer-USA 185*	(40-49) (U)	
Open Raw	Ross-USA 525*	
Kennard-USA 155*	(40-49) Raw	
Submaster Raw	Peak-USA 325	
Hieatt-USA 150*	Carr-USA 260	
<b>MALE</b>	(50-59) Raw	
<b>132 lbs.</b>	Wilcox-USA 340*	
(70-79) Raw	Reiss-USA 225	
Smith-USA 160	Breakfield-USA 185	
<b>148 lbs.</b>	(60-69) Raw	
(17-19) Raw	Gresham-USA 285*	
Harris-USA 245	Junior Raw	
(40-49) Raw	Tsitsishvili-ROG 335*	
Ford-USA 295	Open (SP)	
Open Raw	Jaime-GUA —	
Kerr-USA 325	Open (U)	
<b>165 lbs.</b>	Ross-USA 525*	
(50-59) Raw	Open Raw	
Dement-USA 220	Guido-USA 365	
Junior Raw	Moroni-USA 305	
Jackson-USA 200	Submaster Raw	
Open (SP)	Shales Jr-USA 380	
Albert-USA 410*	Harper-USA 360	
Open Raw	<b>220 lbs.</b>	
Giligashvili-ROG 395	(17-19) Raw	
<b>181 lbs.</b>	Jackson-USA 195	

(40-49) Raw	Miller-USA 380	(50-59) (U)	Simpson-USA 440
Sharvashid-ROG 265	Purvis-USA 375	(50-59) Raw	Jackson-USA 340
Vaughn-USA 325	Jackson-USA 340	Katinowsky-USA 335*	Junior Raw
Sharvashid-ROG 265	Vaughn-USA 325	Lee-USA 395*	Lee-USA 395*
(50-59) (SP)	Campbell-USA —	Open (U)	Open (U)
Campbell-USA —	Register!-USA 735*	Open Raw	Register!-USA 735*
(50-59) Raw	Open Raw	Jmukhadze-ROG —	Open Raw
Hunt-USA 385*	Hunt-USA 385*	Atkins-USA 465	Atkins-USA 465
Caterisano-USA 320	Caterisano-USA 320	WNPF Lifetime	WNPF Lifetime
Open (U)	Ryan-USA 530	<b>FEMALE</b>	<b>114 lbs.</b>
Oudovikine-CAN 420	Oudovikine-CAN 420	(40-49) Raw	(40-49) Raw
Open Raw	Open Raw	Mondragon-USA 90	Mondragon-USA 90
Carter-USA 425	Carter-USA 425	<b>165 lbs.</b>	<b>165 lbs.</b>
Duncan-USA 405	Duncan-USA 405	(17-19) Raw	(17-19) Raw
Jensen-USA 300	Jensen-USA 300	Wilcox!-USA 170*	Wilcox!-USA 170*
Submaster (U)	Submaster (U)	<b>MALE</b>	<b>114 lbs.</b>
Oudovikine-CAN 420	Oudovikine-CAN 420	(13-16) Raw	(13-16) Raw
<b>242 lbs.</b>	<b>242 lbs.</b>	Wilcox-USA 140	Wilcox-USA 140
(40-49) (U)	(40-49) (U)	<b>165 lbs.</b>	<b>165 lbs.</b>
Hawk-USA 575*	Hawk-USA 575*	(13-16) Raw	(13-16) Raw
(40-49) Raw	(40-49) Raw	Kenney-USA —	Kenney-USA —
Mitchell-USA 430	Mitchell-USA 430	(50-59) Raw	(50-59) Raw
Monroe-USA 420	Monroe-USA 420	(50-59) R	(50-59) R
Breakfield-USA 185*	Breakfield-USA 185*	(60-69) Raw	(60-69) Raw
Bryd-USA 225*	Bryd-USA 225*	(17-19) Raw	(17-19) Raw
<b>220 lbs.</b>	<b>220 lbs.</b>	(60-69) Raw	(60-69) Raw
Dudley-USA 285	Dudley-USA 285	(40-49) Raw	(40-49) Raw
<b>242 lbs.</b>	<b>242 lbs.</b>	Monroe-USA 420	Monroe-USA 420
(40-49) Raw	(40-49) Raw	Moore-USA 415	Moore-USA 415
Moore-USA 415	Moore-USA 415	(50-59) (SP)	(50-59) (SP)
Ogan-USA 370*	Ogan-USA 370*	(50-59) (U)	(50-59) (U)
<b>275 lbs.</b>	<b>275 lbs.</b>	(50-59) Raw	(50-59) Raw
Pullyblank-USA 410*	Pullyblank-USA 410*	DEADLIFT	DEADLIFT
<b>FEMALE</b>	<b>FEMALE</b>	<b>123 lbs.</b>	<b>123 lbs.</b>
(40-49) Raw	(40-49) Raw	Meyers-USA 200*	Meyers-USA 200*
Eleuteri-USA 560	Eleuteri-USA 560	<b>132 lbs.</b>	<b>132 lbs.</b>
Open Raw	Open Raw	Open Raw	Open Raw
Eleuteri-USA 560	Eleuteri-USA 560	Jensen-USA 515	Jensen-USA 515
Jensen-USA 515	Jensen-USA 515	<b>242 lbs.</b>	<b>242 lbs.</b>
<b>242 lbs.</b>	<b>242 lbs.</b>		

Meade-USA 230	(40-49) Raw	Arroyo-USA 305	Arroyo-USA 305
<b>148 lbs.</b>	(40-49) Raw	Open	Open
Open	Open	Arroyo-USA 305	Arroyo-USA 305
<b>181 lbs.</b>	(50-59) Raw	Drury-USA 265*	Drury-USA 265*
(50-59) Raw	(50-59) Raw	<b>MALE</b>	<b>MALE</b>
Drury-USA 265*	Drury-USA 265*	<b>148 lbs.</b>	<b>148 lbs.</b>
Junior Raw	Junior Raw	Bills-USA 440*	Bills-USA 440*
McGarrigle-USA 495	McGarrigle-USA 495	Bautista-USA 415	Bautista-USA 415
Open	Open	<b>165 lbs.</b>	<b>165 lbs.</b>
Casagrande-BRA 630	Casagrande-BRA 630	(13-16) Raw	(13-16) Raw
<b>275 lbs.</b>	<b>275 lbs.</b>	Flores-USA 415*	Flores-USA 415*
(17-19) Raw	(17-19) Raw	Junior Raw	Junior Raw
Henderson-USA 500	Henderson-USA 500	Spath-USA 450	Spath-USA 450
(50-59) Raw	(50-59) Raw	Open Raw	Open Raw
Chiavacci-USA 605	Chiavacci-USA 605	Hart!-USA 610*	Hart!-USA 610*
S.O.	S.O.	Acampora-BRA 420	Acampora-BRA 420
Crawford-USA 420	Crawford-USA 420	<b>181 lbs.</b>	<b>181 lbs.</b>
<b>SHW</b>	<b>SHW</b>	(50-59) Raw	(50-59) Raw
Junior Raw	Junior Raw	McCarragh-USA 500*	McCarragh-USA 500*
Griffith-USA 630*	Griffith-USA 630*	(60-69)	(60-69)
Open Raw	Open Raw	Dennison-USA 550*	Dennison-USA 550*
Mejias-USA 600	Mejias-USA 600	Crawford-USA 440	Crawford-USA 440
WNPF Lifetime	WNPF Lifetime	Open Raw	Open Raw
<b>FEMALE</b>	<b>FEMALE</b>	Artur-BRA 630	Artur-BRA 630
<b>97 lbs.</b>	<b>97 lbs.</b>	Lombreglia-USA 560	Lombreglia-USA 560
(9-10) Raw	(9-10) Raw	Submaster Raw	Submaster Raw
Kenny-USA 20*	Kenny-USA 20*	Kaminski-USA 350	Kaminski-USA 350
<b>132 lbs.</b>	<b>132 lbs.</b>	<b>198 lbs.</b>	<b>198 lbs.</b>
Open Raw	Open Raw	(50-59) Raw	(50-59) Raw
Picchione-USA 350*	Picchione-USA 350*	Meyers!-USA 735	Meyers!-USA 735
<b>MALE</b>	<b>MALE</b>	(50-59) Raw	(50-59) Raw
<b>100 lbs.</b>	<b>100 lbs.</b>	Rosenstern-USA 550	Rosenstern-USA 550
(9-10) Raw	(9-10) Raw	Znaczk-USA 360	Znaczk-USA 360
Kenny-USA 40*	Kenny-USA 40*	Reiss-USA 325	Reiss-USA 325
<b>198 lbs.</b>	<b>198 lbs.</b>	(60-69) Raw	(60-69) Raw
(40-49) Raw	(40-49) Raw	McCaffrey-USA 290	McCaffrey-USA 290
Murray-USA 475	Murray-USA 475	Open Raw	Open Raw
Brown-USA 405	Brown-USA 405	Desbesel-BRA 430	Desbesel-BRA 430
Open Raw	Open Raw	<b>220 lbs.</b>	<b>220 lbs.</b>
Rijos-PUR 615	Rijos-PUR 615	(40-49) Raw	(40-49) Raw
<b>220 lbs.</b>	<b>220 lbs.</b>	Sharvashid-ROG 440	Sharvashid-ROG 440
Open Raw	Open Raw	(50-59) Raw	(50-59) Raw
Braden-USA 600*	Braden-USA 600*	Eleuteri-USA 560	Eleuteri-USA 560
<b>242 lbs.</b>	<b>242 lbs.</b>	Open Raw	Open Raw
(60-69) Raw	(60-69) Raw	Francis!-USA 805*	Francis!-USA 805*
Bucchioni-USA 505*	Bucchioni-USA 505*	Open Raw	Open Raw
Open Raw	Open Raw	Cassano-USA 225	Cassano-USA 225
Kenny-USA 575*	Kenny-USA 575*		
<b>275 lbs.</b>	<b>275 lbs.</b>		
(50-59) Raw	(50-59) Raw		
Merino-BRA 110	Merino-BRA 110		

<b>SQUAT</b>	<b>198 lbs.</b>
(40-49)	(40-49)
<b>MALE</b>	<b>MALE</b>
<b>181 lbs.</b>	<b>181 lbs.</b>
Open Raw	Open Raw
Lombreglia-USA 490*	Lombreglia-USA 490*
Submaster Raw	Submaster Raw
Kaminski-USA 340	Kaminski-USA 340
<b>198 lbs.</b>	<b>198 lbs.</b>
(40-49)	(40-49)
<b>242 lbs.</b>	<b>242 lbs.</b>
(50-59) (SP)	(50-59) (SP)
Peak-USA 380*	Peak-USA 380*
Open Raw	Open Raw
Walker-USA 510*	Walker-USA 510*
Open Raw	Open Raw
Maltezos-USA 600	Maltezos-USA 600
Submaster Raw	Submaster Raw
Maltezos!-USA 600*	Maltezos!-USA 600*
<b>SHW</b>	<b>SHW</b>
Junior Raw	Junior Raw
Griffith-USA 630*	Griffith-USA 630*
Open Raw	Open Raw
Lee-USA 585*	Lee-USA 585*
WNPF Lifetime	WNPF Lifetime
<b>FEMALE</b>	<b>FEMALE</b>
<b>114 lbs.</b>	<b>114 lbs.</b>
Open	Open
DelCorno-BRA 175	DelCorno-BRA 175
Open	Open
Oudovikine-CAN 160	Oudovikine-CAN 160
<b>242 lbs.</b>	<b>242 lbs.</b>
(40-49)	(40-49)
Monroe!-USA 235	Monroe!-USA 235
(50-59)	(50-59)
Bosley-USA 165	Bosley-USA 165
Open	Open
Drury-USA 80*	Drury-USA 80*
Open	Open
Heiatt-USA 85*	Heiatt-USA 85*
<b>MALE</b>	<b>MALE</b>
<b>114 lbs.</b>	<b>114 lbs.</b>
Open	Open
Koonce Jr-USA 120*	Koonce Jr-USA 120*
<b>132 lbs.</b>	<b>132 lbs.</b>
(70-79)	(70-79)
Smith-USA 95*	Smith-USA 95*
<b>148 lbs.</b>	<b>148 lbs.</b>
(13-16)	(13-16)
Harris-USA 100*	Harris-USA 100*
<b>165 lbs.</b>	<b>165 lbs.</b>
(17-19)	(17-19)
Giligashvili-ROG 165*	Giligashvili-ROG 165*
Acampora-BRA 130	Acampora-BRA 130
Merino-BRA 110	Merino-BRA 110
<b>BENCH REPS</b>	<b>BENCH REPS</b>
<b>FEMALE</b>	<b>FEMALE</b>
<b>114 lbs.</b>	<b>114 lbs.</b>
(40-49)	(40-49)
Benner-USA 37*	Benner-USA 37*



WNPF Team England, Georgia, and Brazil at the WNPF World Tournament (Troy Ford photos)

Open	Harper-USA	20	Covello-USA	340	215	340	895
Benner-USA 37*	<b>220 lbs.</b>		Galas-USA	—	—	—	—
<b>123 lbs.</b>	(40-49)		<b>165 lbs.</b>				
(40-49)	Feehan-GBR	33*	(13-16) Raw				
Longshore-USA 36*	(50-59)		Gomez-USA	365	285*	480	1130*
<b>132 lbs.</b>	Caterisano-USA 17		Flores-USA	225	240	415	880
(70-79)	Open		Dale-USA	265	125	315	705
Murphy-USA 36*	Feehan-GBR	33*	(17-19) Raw				
<b>148 lbs.</b>	Gelashvili-ROG 18		Stewart-USA	350	240	405	995
(50-59)	Pure		(40-49) Raw				
Blair-USA 42*	Feehan-GBR	33*	Pollard-USA	450*	280*	500*	1250*
<b>165 lbs.</b>	<b>242 lbs.</b>		(50-59) (SP)				
Submaster	(40-49)		Stallworth-USA 400	280	470*	1150*	
Leisey-USA 24*	Hawk-USA 23		Junior-U				
<b>MALE</b>	Jackson-USA 14		Klaassen-USA 430	230	485	1145	
<b>165 lbs.</b>	(50-59)		Open (SP)				
(40-49)	Satta-USA 17*		Lee-USA	485	405*	505	1395
Merino-BRA 13	Open		Open Raw				
Junior	Hawk-USA 23		Hart-USA	425*	300	610*	1335*
Jackson-USA 19	Turri-BRA 7		Deppensch-USA 390	275	450	1115	
Open	<b>275 lbs.</b>		Stipa-USA	415	275	420	1110
Albert-USA 33*	(50-59)		Martinez-GUA	—	—	—	
Merino-BRA 13	Myers-USA 18*		Submaster Raw				
<b>181 lbs.</b>	Open		Clarke-USA	405	315*	495*	1215*
(60-69)	Ocampo-BRA 28*		<b>181 lbs.</b>				
Crawford-USA 24*	Mamaladze-ROG 27		(60-69) (SP)				
Open	<b>SHW</b>		Kiser-USA	370*	260*	350*	980*
Danna-USA 34	Open		Currey-USA	375*	310*	445*	1130*
Submaster	Mejias-USA 15*		Junior Raw				
Emond-USA 33	<b>WNPF Lifetime</b>		Richardson-USA 570*	265	600	1435	
<b>198 lbs.</b>	<b>275 lbs.</b>		Open Raw				
Submaster	(50-59)		Lombreglia-USA 490	265	560	1315	
Shales Jr-USA 34*	Pullyblank-USA 18*		Samayoa-GUA	—	—	—	
<b>Powerlifting</b>			<b>198 lbs.</b>				
<b>SQ</b>	<b>BP</b>	<b>DL</b>	(13-16) Raw				
<b>FEMALE</b>	<b>TOT</b>		Feldman-USA 365*	180*	385*	930*	
<b>123 lbs.</b>			(17-19) Raw				
(40-49) Raw			Hafer-USA	415	275	470	1160
Longshore-USA 130	110	200	440				
Junior Raw							
Alt-USA	125	85	225	435			
Open Raw							
Juarez-GUA	—	—	—	—			
<b>132 lbs.</b>							
Junior Raw							
Tolbert-USA	250*	165*	305*	720*			
Open Raw							
Zacarias-GUA	—	—	—	—			
<b>148 lbs.</b>							
(50-59) (SP)							
Spano-USA	310*	160*	340*	810*			
Open (SP)							
Spano-USA	310*	160*	340*	810*			
Arroyo-USA	200	125	305	630			
Open Raw							
Smith-CAN	245	180	335	760			
<b>165 lbs.</b>							
Open Raw							
Garcia-GUA	—	—	—	—			
Cooper-USA	230*	120	315*	665*			
<b>181 lbs.</b>							
Submaster Raw							
French-USA	—	—	—	—			
<b>WNPF Lifetime</b>							
<b>132 lbs.</b>							
(70-79) (SP)							
Winkelblec-USA 200*	95*	300*	595*				
Open Raw							
Picchione-USA 250*	170*	350*	770*				
<b>MALE</b>							
<b>100 lbs.</b>							
(9-10) Raw							
Pate-USA	140*	70*	160t	370*			
<b>123 lbs.</b>							
(40-49) (SP)							
Soukup-USA	325*	225*	305*	855*			
<b>132 lbs.</b>							
Junior Raw							
Salazar-GUA	—	—	—	—			
<b>148 lbs.</b>							
(13-16) Raw							
Witanek-USA	240	135	275	650			
(17-19) Raw							
Hopkins-USA	380*	190	330	900			
Open Raw							
James-USA	365	225	450	1040			



Charles Register – SHW – 735 bench



Mike Francis – 805 raw DL at 275 lb. and 51 years of age

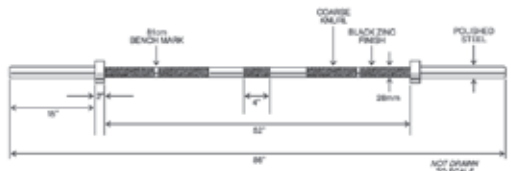


Pedro Mejias – SHW – 605 raw bench press

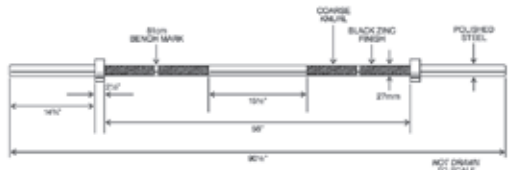


# RESULTS »

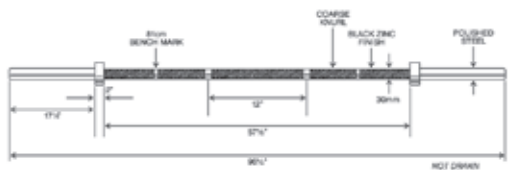
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Jackowski-USA	225	350	585	1160	165 lbs.
Womick-USA	325	250	450	1025	Open Raw
Submaster (SP)					
Donati Jr-USA	510*	380*	500	1390*	181 lbs.
275 lbs.					Open Raw
(17-19) Raw					McNichols-USA
Henderson!-USA	500*	380*	500	1380*	485* 375* 505 1365*
(50-59) (SP)					Submaster Raw
Harrier-USA	435	—	—	435	Lucas-USA
(50-59) Raw					465* 295 470* 1230*
Crans-USA	400*	270*	460*	1130*	198 lbs.
(50-59) U					(40-49) (SP)
Harrier-USA	435	—	—	435	Polis-USA
Open Raw					(40-49) Raw
Cooper-USA	560	385	690*	1635	Brown-USA
Haddaway-USA	550	380	580	1510	225 225 405 855
Submaster Raw					220 lbs.
Durham-USA	525	390	570	1485	(40-49) (SP)
SHW					Greene-USA
(50-59) (SP)					365 320* 500* 1185*
Luklan-USA	615*	500*	600*	1715*	(40-49) Raw
Junior Raw					Ray
Griffith-USA	520	300	630*	1450	(50-59) Raw
WNPF Lifetime					Duncan-USA
132 lbs.					315* 240 425 980
(13-16) R					Open Raw
Andrews-USA	275*	155*	315	745*	Hichri!-USA
Scala-USA	185	120	345*	650	620* 405* 720* 1745*
Junior Raw					242 lbs.
Gonzalez-USA	365*	260	420*	1045*	(40-49) Raw
148 lbs.					Reiff
(13-16) Raw					325* 250* 415 990*
Rusk-USA	275*	205*	380*	860*	Hord
Junior Raw					315 275* 500* 1090*
Pierera-USA	290*	275*	395*	960*	(60-69) Raw
Open (SP)					Gonzalez-USA
Snyder-USA	400*	250*	420*	1070*	325* 275* 425* 1025*
					Open Raw
					Mazur-USA
					515* 330 605* 1450*
					275 lbs.
					(50-59) Raw
					Crans-USA
					400* 270* 460* 1130*
					Open (SP)
					Davis-USA
					650* 135* 550* 1335*
					Open Raw
					Balicki-USA
					575 405* 655* 1635*

Battaglia-USA 600\* 385 540 1525  
Scala-USA 490 370 565 1425  
! = Best Lifters & Champion of Champions. \* = WNPF World Records. † = Tied WNPF Records. Team Champs Powerlifting: Penn State Power Team. Team Champions Bench Press: Merritt Island Power Team. Team Champions 2nd Place: Georgia Republic. Powercurl Team Champions: Team Brazil. Locations: Atlantic City, New Jersey; Atlanta, Georgia; Youngstown, Ohio; Merritt Island, Florida; and Rochester, New York.  
» courtesy Troy Ford

## NASA GRAND NATIONALS

JUL 9-10 2011 » Des Moines, IA

<b>BENCH</b>	J. Logan	341			
<b>MALE</b>	4th-344				
242 lbs.	Novice				
Master III	R. McCord	369			
R. Brodt	325				
SHW	R. McCord	369			
Master I	220 lbs.				
L. Willison	628				
S. Bromelise	562				
Police/Fire	M. Andonie	319			
L. Willison	628				
Raw	270				
123 lbs.	Master II				
Master I	R. Sampson	—			
E. Green	187				
148 lbs.	R. Vraspier	363			
Junior	PS BENCH				
L. Plascencia	264				
Master Pure	242 lbs.				
D. Lawrence	231				
Submaster I	MALE				
B. Helgert	292				
J. Ortiz	253				
165 lbs.	Open				
Novice	B. Helgert	149			
T. Gant	215				
181 lbs.	Novice				
Master Pure	S. Lal	—			
E. Ortiz Jr.	286				
Submaster II	PS DEADLIFT				
M. Fehl	358				
Submaster Pure	MALE				
R. Holt	226				
198 lbs.	Master I				
Master I	M. Miller	506			
Push Pull	Open				
MALE	R. Baker	490			
148 lbs.	BP				
Submaster I	DL				
B. Helgert	292	402	694		
4th-DL-424					
181 lbs.	TOT				
Novice					
G. Huse	226	303	528		
308 lbs.					
Master I					
H. Thiel	341	551	892		
Powerlifting	SQ				
FEMALE	BP				
Raw	DL				
132 lbs.	TOT				
Open					
K. Barkela	215	127	237	578	
148 lbs.					
Junior					
N. Bielecki	220	121	182	523	
198+ lbs.					
Pure					
S. Binney	149	171	330	650	
Submaster I					
S. Binney	149	171	330	650	
Submaster Pure					
S. Binney	149	171	330	650	
MALE					
165 lbs.					
Novice					
S. Lal	292	209	303	804	
220 lbs.					
Junior					
A. Siar	539	330	545	1415	
242 lbs.					
Master II					
J. Gazzo	484	248	562	1294	
Pure					
J. Gazzo	484	248	562	1294	
308 lbs.					
Master I					
H. Thiel	490	341	551	1382	
Submaster I					
E. McKelvey	617	512	606	1734	
SHW					
Master I					
S. Bromelise	551	562	600	1712	
Raw					
132 lbs.					
High School					
D. Galligan	204	110	253	567	
Pure					
S. Hou-Seye	154	66	162	382	
Youth					
S. Hou-Seye	154	66	162	382	
148 lbs.					
Master II					
D. Aldag	204	187	253	644	
Master IV					
P. Poppino	270				
242 lbs.					
Master II					
R. Sampson	—				
PS BENCH					
MALE					
242 lbs.					
Master II					
R. Sampson	—				
PS CURL					
MALE					
148 lbs.					
Teen					
A. Myers	473	347	495	1316	
4th-SQ-487					
BP-352					
DL-501					
Master II					
D. Bland	308	176	319	804	
Novice					
M. Pudic	281	204	352	837	
181 lbs.					
High School					
C. O'Rourke	446	226	512	1184	
Master I					
E. Ortiz Jr.	380	286	407	1073	
Master Pure					
E. Ortiz Jr.	380	286	407	1073	
Teen					
B. Conner	402	308	490	1200	
4th-DL-512					
198 lbs.					
Junior					
M. Beiter	385	248	451	1084	
Junior					
B. Aldag	248	242	303	793	
Master I					
D. Hoag	402	308	402	1112	
Master II					
S. Korff	462	297	487	1246	
4th-DL-495					
Novice					
L. Joseph	281	215	407	903	
Submaster I					
J. Symonds	308	286	462	1057	
Submaster II					
B. Rossie	501	380	589	1470	
Submaster Pure					
B. Kuznacac	391	231	506	1129	
Teen					
C. Anderson	446	264	501	1211	
220 lbs.					
Junior					
M. Glenzer	347	286	380	1013	
Novice					
E. Hixson	424	319	501	1244	
242 lbs.					
Master I					



Light Day Outstanding Lifters at the NASA Grand Nationals



Heavyweight Outstanding Lifters at the NASA Grand Nationals (NASA photos)

D. Connett	528	341	606	1475
<i>Pure</i>				
K. Norton	495	380	584	1459
<b>275 lbs.</b>				
<i>Submaster I</i>				
J. Blaine	501	319	584	1404
<i>Teen</i>				
J. Adams	534	336	584	1453
	4th-SQ-545		BP-347	
<b>308 lbs.</b>				
<i>Master I</i>				
G. Powell	440	374	490	1305
<i>Master II</i>				
T. Mangelsdorf	330	275	363	969
<i>Master Pure</i>				
G. Powell	440	374	490	1305
<i>Open</i>				
G. Powell	440	374	490	1305
<b>Power Sports</b>	<b>CR</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>
<b>MALE</b>				
<b>123 lbs.</b>				
<i>Master I</i>				
E. Green	105	187	336	628
		4th-DL-341		
<i>Open</i>				
E. Green	105	187	336	628
		4th-DL-341		
<b>132 lbs.</b>				
<i>Master II</i>				
C. Kennedy	94	215	308	617
<i>Youth</i>				
S. Hou-Sey	39	66	162	266
<b>148 lbs.</b>				
<i>High School</i>				
C. Willison	77	176	165	418
<i>Master II</i>				
D. Aldag	88	187	253	528
<i>Open</i>				
B. Helgert	149	286	402	837
		4th-DL-424		
<b>181 lbs.</b>				
<i>Int</i>				
Vandeweerd	160	325	435	919
<i>Pure</i>				
Vandeweerd	160	325	435	919
<i>Submaster I</i>				
N. Neblock	121	259	341	721
<b>198 lbs.</b>				
<i>Junior</i>				
M. Beiter	127	248	451	826
B. Aldag	127	242	303	672
<i>Master I</i>				
J. Logan	171	341	545	1057
	4th-BP-344			
<i>Teen</i>				
T. Willison	83	182	242	506
<b>275 lbs.</b>				
<i>Int</i>				
T. Dugan	127	275	484	886
<i>Master II</i>				
W. Danenhauer	110	138	347	595
<b>308 lbs.</b>				
<i>Master II</i>				
Mangelsdorf	121	275	363	760

» courtesy Rich Peters

# THE NERENBERG WORLD CHAMPION POWER COMPETITION

Saturday, Dec. 3, 2011

Sanctioned by: **World Legion of Power**

A nonprofit, public service agency dedicated to serving students of power.



Location:	Nerenberg World Champion Power Comp.	Registration
<b>WLOP HEADQUARTERS</b> 7238 Painter Ave. Whittier, CA 90602 562.693.8005 (Next to Whittier College)	All Wt. Classes • All Ages • Trophies Awarded Open, Masters, Youth, Amateurs, Elite Entry Fee: \$40.00 Per Event • Membership Fee: \$35.00 Make checks payable to: <b>WLOP</b>	Check In: 10:00 am Weigh In: 10:30 am Competition Starts: 11:00 am

**Bench Press • T-Bar Strongman Pull • Strict Curl • Power Pull-Up**



All lifts must be **Nerenberg Style:**  
**No Wraps, No Straps, No Belt**  
**No Bench-Press Shirt, No Drugs.**  
*Just You!*

**Steven "Hollywood" Brown**  
 World Champion,  
 Director of the Oregon State Chapter

**Captain Joel Fraker**  
 (United States Army)  
 Military Consultant



Dr. Arnold Nerenberg, Ph.D., 70 yrs old  
 World Champion Power Lifter  
 Mr. Natural Los Angeles



**Radiant Vitality**

Measured by:  
**Power, Physique,**  
**and Original Poetry**

**Street Physique**

Measured by:  
**"Power Presence"**

**Push-Ups**

**In One Minute**

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I know that my participation in World Legion of Power activities is potentially hazardous and can cause bodily injury or death. I assume all risk for any injury resulting from my involvement in WLOP sport activities. Email: \_\_\_\_\_

X \_\_\_\_\_ Date: \_\_\_\_\_ I'm competing in:  Bench Press  Power Pull-Up  T-Bar Pull

Street Physique  Strict Curl  Pushups  Radiant Vitality

(Participants Signature - Parent/Guardian Signature if participant is under 18 years old)

**Becoming Men of Honor with Wisdom**



# COMING EVENTS

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

**14-15 OCT** » **IBP Powerlifting Nationals** (Greensboro, NC) » Keith Payne, [keith@ironboypowerlifting.com](mailto:keith@ironboypowerlifting.com), [www.ironboypowerlifting.com](http://www.ironboypowerlifting.com)  
**15 OCT** » APF Golden State Open (Chatsworth, CA) » Scot Mendelson, 818.399.0905, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.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](http://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](http://www.naturalpowerliftingusa.com)  
**15 OCT** » **NASA KY Regional PL/PP/BP/PS Championships** (Morehead, KY) » Greg Van Hoose, [greg@vhepower.com](mailto:greg@vhepower.com), 304.273.3110, [www.nasa-sports.com](http://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](http://www.ironasylumgym.com)  
**15-16 OCT** » **NASA Unequipped Nationals & The Ultimate Nationals** (PL/BP/PS/PP) (Oklahoma City, OK) » [www.nasa-sports.com](http://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](mailto:sonlightgym@frontier.com), [www.sonlightpower.com](http://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, [jvandeweghe@att.net](mailto:jvandeweghe@att.net), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**15 OCT** » **USAPL Florida Collegiate/University State Open BP/PL Championships** (Tallahassee, FL) » Robert Keller, 954.790.2249, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**15-16 OCT** » **USAPL FL Collegiate & Southeastern USA Regional** (Tallahassee, FL) » Robert Keller, 954.790.2249, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**16 OCT** » **USAPL Southeastern USA Regional Championships** (Tallahassee, FL) » Robert Keller, 954.790.2249, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**20-22 OCT** » **WPC Swiss German Push/Pull Championship** (Dietikon, Switzerland) » Bachmann Philipp & SPCO, [info@powerlifting.ch](mailto:info@powerlifting.ch), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**22 OCT** » **The Strongest and Fittest Amateur Strongman Contest** (Vacaville, CA) at Gold's Gym » Christina or Joseph, 707.447.4653, [christina@goldsgymvacaville.com](mailto:christina@goldsgymvacaville.com), [www.goldsgymvacaville.com](http://www.goldsgymvacaville.com)  
**22 OCT** » **USAPL Panhandle Power Games** (Lubbock, TX) » Wes Zunker, 210.317.8245, [www.usapowerlifting.com](http://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, [pierreontgrp@msn.com](mailto:pierreontgrp@msn.com), [www.uspla.org](http://www.uspla.org)  
**22 OCT** » **USAPL Columbia City Classic** (Seattle, WA) » Richard Schuller, 360.438.3321, [www.usapowerlifting.com](http://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](mailto:rawunitedinc@gmail.com), [www.rawunited.org](http://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](mailto:bench_a_grand@yahoo.com), [www.rychlakpowersystems.com](http://www.rychlakpowersystems.com), [www.ipapower.com](http://www.ipapower.com)  
**22 OCT** » **USPF 14th Annual Crain PL/BP/DL Open** (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, [rcrain@allegiance.tv](mailto:rcrain@allegiance.tv)  
**22 OCT** » **ADAU Raw Power 29th Annual Central PA Open PL Championships** (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214,

[al.pikitung.com](http://al.pikitung.com), [www.adaurawpower.com](http://www.adaurawpower.com)  
**22 OCT** » **USPA Central California Open** (Raw/Single-ply) (San Luis Obispo, CA) » Steve Denison, [steve@uspla.org](mailto:steve@uspla.org), [www.uspla.org](http://www.uspla.org)  
**22 OCT** » **NASA Ohio Regional** (Equipped & Unequipped, PL/BP/PS/PP) (Springfield, OH) » [www.nasa-sports.com](http://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](mailto:sonlightgym@frontier.com), [www.sonlightpower.com](http://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](mailto:brando_waterfront@yahoo.com), [www.brutestrengthgym.net](http://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](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**28 OCT** » **100% RAW East Coast Single Lift Championships** (Orlando, FL) » Paul Bossi, [pres@rawpowerlifting.com](mailto:pres@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)  
**29 OCT** » **NASA Nebraska Regional** (Omaha, NE) » Job Hou-seye, [aandz.insurance@sbcglobal.net](mailto:aandz.insurance@sbcglobal.net), [www.nasa-sports.com](http://www.nasa-sports.com)  
**29 OCT** » **NASA Georgia Regional** (Cartersville, GA) at Gold's Gym » Charles Nixon, [crslinxn@gmail.com](mailto:crslinxn@gmail.com), Rich Peters, [sqbpdl@aol.com](mailto:sqbpdl@aol.com), 405.527.8513, [www.nasa-sports.com](http://www.nasa-sports.com)  
**29 OCT** » **USAPL Hudson Natural Open** (New Richmond, WI) » Shawn Cain, 715.246.3560, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**29 OCT** » **U.S. Raw Single Lift Championship** (Wrist wraps & belt allowed) (BP/DL/Strict Curl/Bdywt. BP for Reps) (Runnemede, NJ) at the Runnemede Inn » Rob Marcellino, 856.340.5721, Shauna Marcellino, 856.340.2207, [www.home.comcast.net/~marcellino](http://www.home.comcast.net/~marcellino)  
**29 OCT** » **APF/AAPF Elite Barbell Fall Classic/MN State Meet** (Montgomery, MN) » Scott Nutter, [bigcat@hotmail.com](mailto:bigcat@hotmail.com), 952.215.2588, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**29 OCT** » **USPA 1st Annual Halloween Push/Pull** (Sacramento, CA) » Al Garcia, 916.482.2868, [www.uspla.org](http://www.uspla.org)  
**29 OCT** » **USAPL Virginia State Meet** (Mechanicsville, VA) at Atlee High School » Tricia Emrich, 804.503.8012, [www.usaplvirginia.com](http://www.usaplvirginia.com)  
**29 OCT** » **WABDL Regional BP/DL Championship** (Lakeland, FL) at All American Gym » Ken Snell, 863.687.6268, [www.allamericangym.com](http://www.allamericangym.com), [www.wabdl.org](http://www.wabdl.org)  
**29 OCT** » **100% RAW World Powerlifting Championships (Orlando, FL)** » Paul Bossi, [rawlifting@aol.com](mailto:rawlifting@aol.com), 252.339.5025, [www.rawpowerlifting.com](http://www.rawpowerlifting.com)  
**29 OCT** » **NASA Missouri Regional** (Equipped & Unequipped PL/BP/PS/PP) (Joplin, MO) » [www.nasa-sports.com](http://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](mailto:rogersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://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](mailto:sonlightgym@frontier.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**29 OCT** » **APF/AAPF Rise of the DL, Beast of the BP** (Northbrook, IL) » Erv & Lea-Ann Domanski, [elbell6@hotmail.com](mailto:elbell6@hotmail.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**29 OCT** » **APF/AAPF Southern States** (Orlando, FL) » Brian Schwab, [lightweightpower@aol.com](mailto:lightweightpower@aol.com), [www.worldpowerliftingcongress.com](http://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](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**OCT** » **APF Wolverine Open** (Kalamazoo, MI) » Mike White, 269.207.8316, [strengthbeyondfitness@yahoo.com](mailto:strengthbeyondfitness@yahoo.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**OCT** » **WNPF 5th All-American Championships** (Pt. St. Lucie, FL) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)  
**1-6 NOV** » **WABDL World BP/DL Championships (Reno, NV)** at the Peppermill Hotel » Gus Rethwisch, 503.901.1622, [www.wabdl.org](http://www.wabdl.org)  
**5 NOV** » **100% Raw Gateway Fitness Push/Pull Challenge** (Wilmington, NC) » Ryan Strange, 910.228.5922, [www.rawpowerlifting.com](http://www.rawpowerlifting.com)  
**5 NOV** » **USAPL Kansas State Championships** (Hoisington, KS) » Wayne David Herl, 785.639.1390, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**5 NOV** » **NASA Michigan Regional** (Royal Oak, MI) » Job Hou-seye, [aandz.insurance@sbcglobal.net](mailto:aandz.insurance@sbcglobal.net), [www.nasa-sports.com](http://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](http://www.usapowerlifting.com)  
**5 NOV** » **USAPL West Cary Barbell Fall Festival of Power** (Cary, NC) » Tom Simon, 919.943.6274, [tsimon@westcarybarbell.com](mailto:tsimon@westcarybarbell.com), [www.carolinapowerlifting.com](http://www.carolinapowerlifting.com), [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**5 NOV** » **APA Ironfest Challenge** (PL/Strongman) (Defuniak Springs, FL) » Bobby Myers, 850.974.2880, [alaqua-pits@netzero.net](mailto:alaqua-pits@netzero.net), [www.apa-wpa.com](http://www.apa-wpa.com)  
**5 NOV** » **APA Ironfest PL/BP/DL** (Raw & Equipped) (Defuniak Springs, FL) »

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Bobby Myers, 850.974.2880, alaquapits@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, apftexas@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.usaplgeorgia.com  
**5-6 NOV** » NASA Arizona Regional (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com  
**5-6 NOV** » AAU World PL Championship (3-lift), International Push-Pull & Single Lift Championship (Kissimmee, FL) » Judy & Steve Wood, 804.559.4624, Jill Meads, 804.730.8810, vapowerlifting@aol.com, www.aapowerlifting.org  
**5-6 NOV** » NASA Masters & Sub Masters Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com  
**6 NOV** » 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 Mariott Hotel » David Jeffrey, matofficial@yahoo.com, www.wfpowerlifting.com  
**11-12 NOV** » AAU Natural Olympia BP/DL/PP (Reno, NV) at the INBA Natural Mr. Olympia » Martin, naturalpower@earthlink.net, www.aapowerlifting.org  
**12 NOV** » USPA Baddest Bench in the Midwest (Branson, MO) at Anytime Fitness » Rodney Woods, 417.293.6717, rodwood1967@yahoo.com, www.uspla.org  
**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  
**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@hotkey.net.au, www.worldpowerliftingcongress.com  
**12 NOV** » SPF Record Breakers (Gatlinburg, TN) at Glenstone Lodge » Jesse Rodgers, 423.255.3672, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com  
**12-13 NOV** » WNPf 20th World Tournament of Champions (Philadelphia, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**13 NOV** » APF 9th Annual Big Dog Classic (West Lafayette, OH) at Blackstone's Gym » John Blackstone, 740.502.4964, Wade Butcher, 614.316.6170, www.worldpowerliftingcongress.com  
**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** » USAPL Southern California Regionals (Santa Clarita, CA) » Adam Johnson, 701.610.1205, www.usapowerlifting.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,

## APF/AAPF/WPC Schedule

**8 OCT**, APF Louisiana & Mississippi Open  
**15 OCT**, APF Golden State 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  
**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  
**14-15 APR 2012**, APF HS Nationals  
**17-22 APR 2012**, WPC/AWPC European Championship  
**27-28 APR 2012**, APF Europa Show of Champions  
**26-27 MAY 2012**, APF Master/Teen/Jr. Nationals  
**21 JUL 2012**, Can/Am Bench Press Championships  
**30 AUG - 2 SEP 2012**, APF/AAPF Record Breakers  
**AUG-SEP 2012**, AWPC World Championships  
**NOV 2012**, WPC World Championships

*Dates subject to change*

Call 866.389.4744 for more information

or go to our website:

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



# COMING EVENTS »

PA) » Steve Mann, [steve@purepowerlifting.com](mailto:steve@purepowerlifting.com), PO Box 495, Chinchilla, PA 18410, 570.309.6316, [www.purepowerlifting.com](http://www.purepowerlifting.com), [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**19 NOV** » NASA Kansas Regional (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » [www.nasa-sports.com](http://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](mailto:sonlightgym@frontier.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**19 NOV** » USAPL Ohio State BP/PL Championships (Arnold qualifier) (Bedford Heights, OH) » Ed King, 440.439.5464, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**19-20 NOV** » **WNPF 5th Lifetime Drug Free Worlds** (Atlanta, GA) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, Adrian Locklear, [wnpfpower@aol.com](mailto:wnpfpower@aol.com), [www.wnpf.net](http://www.wnpf.net)

**19-20 NOV** » **IPA National Powerlifting Championships** (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, [chailfit@yahoo.com](mailto:chailfit@yahoo.com), [echaillet@aol.com](mailto:echaillet@aol.com), [www.chailletsprivatefitness.com](http://www.chailletsprivatefitness.com), [www.ipapower.com](http://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](mailto:sonlightgym@frontier.com), [www.sonlightpower.com](http://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](mailto:sonlightgym@frontier.com), [www.sonlightpower.com](http://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](mailto:steve@uspla.org), [www.uspla.org](http://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](http://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](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**3 DEC** » 100% Raw Gateway Fitness Push/Pull Challenge (Wilmington, NC) » Ryan Strange, 910.228.5922, [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**3 DEC** » 5th Annual Children's Christmas Classic Bench Press Contest (Celina, OH) at the Overdrive » Mike Wolfe, 419.953.9009 after 4 p.m., [bigbadwolfe900@yahoo.com](mailto:bigbadwolfe900@yahoo.com)

**3 DEC** » APF Southeast Texas Challenge (Orange, TX) » Mike Denmon, 409.548.3971, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**3 DEC** » NASA High Desert Holiday Classic (Albuquerque, NM) » Mike Adel-

mann, [mike@liftinglarge.com](mailto:mike@liftinglarge.com), [www.nasa-sports.com](http://www.nasa-sports.com)

**3 DEC** » NASA North Dakota Can-Am (Minot, ND) » Gary Clock, [ndwlifter@yahoo.com](mailto:ndwlifter@yahoo.com), [www.nasa-sports.com](http://www.nasa-sports.com)

**3 DEC** » 24th Annual Elkhart Bench Classic (Elkhart, IN) » Jon Smoker, [jirc-smoker@hotmail.com](mailto:jirc-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](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**3 DEC** » APA Fair Haven Fitness Winter Power Wars (Fair Haven, VT) at Fair Haven Fitness » Jamie, [capejam@hotmail.com](mailto:capejam@hotmail.com), 802.265.3470, [www.apa-wpa.com](http://www.apa-wpa.com)

**3 DEC** » USAPL Southside Winter Classic (Anchorage, AK) » Ron Burnett, 907.345.7996, [www.usapowerlifting.com](http://www.usapowerlifting.com)

**3 DEC** » WNPF Georgian Open BP/DL Championships (Tbilisi, GA) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, Adrian Locklear, [wnpfpower@aol.com](mailto:wnpfpower@aol.com), [www.wnpf.net](http://www.wnpf.net)

**3 DEC** » NASA High Desert Holiday Classic PL/BP/PS (Albuquerque, NM) » Mike Adelman, [mike@liftinglarge.com](mailto:mike@liftinglarge.com), 505.891.1237, [www.liftinglarge.com](http://www.liftinglarge.com)

**3 DEC** » IPA Christmas Carnage (Allentown, PA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, [bench\\_a\\_grand@yahoo.com](mailto:bench_a_grand@yahoo.com), [www.rychlakpowersystems.com](http://www.rychlakpowersystems.com), [www.ipapower.com](http://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** » 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](mailto:sonlightgym@frontier.com), [www.sonlightpower.com](http://www.sonlightpower.com)

**4 DEC** » Paxton Strongman 7 (Paxton, MA) at Anna Maria College » Nate Fitzgerald, 508.791.3291, [nate@paxtonpowergym.com](mailto:nate@paxtonpowergym.com), [www.paxtonpowergym.com](http://www.paxtonpowergym.com)

**4 DEC** » WPF British Open BP & DL Record Breakers Championships (Harlow, Essex, UK) at Ripped Gym » Michelle Meade, +07779 322717, [www.wpfpowerlifting.com](http://www.wpfpowerlifting.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@pikitup.com](mailto:al@pikitup.com), [www.adaurawpower.com](http://www.adaurawpower.com)

**10 DEC** » USAPL RGV Winter Classic (McAllen, TX) » Wes Zunker, 210.317.8245, [www.usapowerlifting.com](http://www.usapowerlifting.com)

**10 DEC** » USAPL Holiday Classic (Carrollton, TX) » Nate Wylie, 505.550.5864, [www.usapowerlifting.com](http://www.usapowerlifting.com)

**10 DEC** » 11th Annual Golden Bear Bench Press Classic (Barron, WI) at the Barron Area Community Center Theater/Gymnasium » Steve Fronk, [sfronk@landolakes.com](mailto:sfronk@landolakes.com), 715.296.0165, proceeds go to purchasing weightlifting equipment for the Community Center and to help needy children at Christmas time - last year over 400 children benefitted from this event!

**10 DEC** » Donnie Thompson SC Championship (PL/BP/PP) (Pelion, SC) at American Muscle-Fitness and Strength Gym » Will Millman, 834.886.5366, [shelter804@gmail.com](mailto:shelter804@gmail.com)

**10 DEC** » IBP Carolina Christmas Classic Push Pull (Taylors, SC) » Keith Payne, [keith@ironboypowerlifting.net](mailto:keith@ironboypowerlifting.net), [www.ironboypowerlifting.com](http://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](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**10 DEC** » WPC Metal Gym Christmas BP/DL (Finland) » Ano & Minna Turtiainen, [ano.turtiainen@gometal.com](mailto:ano.turtiainen@gometal.com), [www.gometal.com](http://www.gometal.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**10 DEC** » APF/AAPF Alabama State Meet (Gadsden, AL) » Buddy McKee, [mastermonster@comcast.net](mailto:mastermonster@comcast.net), [www.worldpowerliftingcongress.com](http://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](mailto:valifting@aol.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**10 DEC** » WNPF 14th Sarge McCray Championships (Bordentown, NJ) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://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](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://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](mailto:bigbearsgym@hotmail.com), [www.apa-wpa.com](http://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](mailto:bigbearsgym@hotmail.com), [www.themusclestudio.com](http://www.themusclestudio.com)

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

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**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

**12 DEC** » AAU Christmas Challenge (Rockland, MA) at the Holiday Inn » www.bigironpowerlifting.com

**17 DEC** » USPA Dirty South Open PL Championship (Raw/Single-ply) (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org

**17 DEC** » USAPL Southside Classic (San Antonio, TX) » Wes Zunker, 210.317.8245, www.usapowerlifting.com

**17 DEC** » WPC Israel Open BP/PP (Israel) » Anna Marcus, anna.marcus@caol.co.il, www.big-champ.com, www.worldpowerliftingcongress.com

**17 DEC** » USPA Norcal Open (PL/BP/DL/PP, Raw & Single-ply) (Modesto, CA) » Steve Denison, steve@uspla.org, www.uspla.org

**17 DEC** » SLP The Last One! BP/DL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

**17 DEC** » WNPFL 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** » WNPFL 1st Asia Bench Press Championships (TBA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

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

**28 JAN 2012** » WNPFL Winter Classic Ironman/BP/DL Championships (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnpf.net

**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

**11 FEB 2012** » WNPFL All Raw Tournament of Champions (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**11 FEB 2012** » WNPFL All Raw Tournament of Champions (Youngstown, OH) » Ron DeAmicis, powerlt103@aol.com, www.wnpf.net

**18 FEB 2012** » WNPFL All Raw Tournament of Champions (Orlando, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**18 FEB 2012** » WABDL Winter Classic BP/DL Competition (Orlando, FL) at the Doubletree Hotel » Al Stork, 207.356.9946, www.wabdl.org

**25 FEB 2012** » WABDL East Coast BP/DL Championship (Lynchburg, VA) at Liberty University » Al Stork, 207.356.9946, www.wabdl.org

**25-26 FEB 2012** » USAPL Alabama State Championships (Gulf Shores, AL) » Daryal Haskew, 251.928.6987, www.usapowerlifting.com

**26 FEB 2012** » WNPFL All Raw Tournament of Champions (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**3 MAR 2012** » WNPFL Tennessee PL/BP/DL/PC Championships (Cleveland, TN)

## UPCOMING SLP COMPETITIONS

**1 OCT**, SLP Tennessee State BP/DL (Lexington, TN)

**8 OCT**, SLP Indiana State Open BP/DL (Indianapolis, IN)

**15 OCT**, SLP Western Nationals Open/OK State (Tulsa, OK)

**22 OCT**, ANPPC National PL Championship (Tuscola, IL)

**29 OCT**, SLP Open Northern Grand Nationals (Baraboo, WI)

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**www.sonlightpower.com sonlightgym@frontier.com**

» Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

**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

**17 MAR 2012** » WNPFL South Georgia PP/PC Championships (Fitzgerald, GA) » Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

**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

**31 MAR 2012** » WNPFL USA PL/BP/DL/PC Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**31 MAR 2012** » WNPFL Northeast Challenge (PL/BP/DL) (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnpf.net

**14-15 APR 2012** » APF High School Nationals (Baton Rouge, LA) » Garry Frank, 225.241.8154, bulldogbr@bellsouth.net, www.worldpowerliftingcongress.com

**15 APR 2012** » WNPFL New Jersey PL/BP/DL Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**15 APR 2012** » The 13th Pittsburgh Monster BP/DL (Men & Women/All Classes) (Pittsburgh, PA) at the Pittsburgh Airport Crowne Plaza » Mike Barravecchio, 412.264.9996, vecks4@verizon.net

**17-22 APR 2012** » WPC/AWPC European Championships (Raw & Equipped) (Rostov on Don, Russia) » Mikhail Weber, Yuri Ustinov, wpcwpo@gmail.com, www.worldpowerliftingcongress.com

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

**27-28 APR 2012** » APF Europa Show of Champions (Single-ply) (Orlando, FL) » Kieran Kidder, Amy Jackson, 630.896.7309, amyjackson@aol.com, www.worldpowerliftingcongress.com

**28 APR 2012** » WNPFL Florida State PL/BP/DL Championships (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**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, alaqu-pits@netzero.net

**5 MAY 2012** » WNPFL South Carolina PL/BP/DL/PC Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**5 MAY 2012** » WNPFL Upstate New York PL Championships (Rochester, NY) » Ron Deamicis, powerlt103@aol.com, www.wnpf.net

**19 MAY 2012** » WNPFL Western Penn PL/BP/DL Championships (Beaver, PA) »



## COMING EVENTS »



### WORLD NATURAL POWERLIFTING FEDERATION

**1 OCT**, WNPFA Palmetto Championships (Greenville, SC)

**12-13 NOV**, WNPFA 20th World Tournament of Champions (Philadelphia, PA)

**19-20 NOV**, WNPFA 5th Lifetime Drug Free Worlds (Atlanta, GA)

**Contact Info: Troy Ford, 770.668.4841 or [wnpf@aol.com](mailto:wnpf@aol.com)  
[www.wnpf.net](http://www.wnpf.net)**

Ron DeAmicis, [powerlt103@aol.com](mailto:powerlt103@aol.com), [www.wnpf.net](http://www.wnpf.net)

**19-20 MAY 2012** » WNPFA International Invitational BP/DL Championships (Tbilisi, Georgia) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

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

**26 MAY 2012** » WNPFA Bench Bash (Middletown, NY) » Mike Manzo, [manzopowerlifting@yahoo.com](mailto:manzopowerlifting@yahoo.com), [www.wnpf.net](http://www.wnpf.net)

**26-27 MAY 2012** » APF Master/Teen/Junior Nationals (Baton Rouge, LA) » Gary Frank, 225.241.8154, [bulldogbr@bellsouth.net](mailto:bulldogbr@bellsouth.net), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

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

**3 JUN 2012** » WNPFA BP/DL/PC Nationals (Philadelphia, PA) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

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

**16 JUN 2012** » WABDL BP/DL Nationals (Portland, ME) at the Fireside Inn and Suites » Al Stork, 207.356.9946, [www.wabdl.org](http://www.wabdl.org)

**30 JUN 2012** » WABDL Southern National BP/DL Championships (Birmingham, AL) at the Sheraton Birmingham Hotel » Al Stork, 207.356.9946, [www.wabdl.org](http://www.wabdl.org)

**14 JUL 2012** » WNPFA National PL Championships (Youngstown, OH) » Ron DeAmicis, [powerlt103@aol.com](mailto:powerlt103@aol.com), [www.wnpf.net](http://www.wnpf.net)

**28 JUL 2012** » WNPFA Summerfest 2K12 PL/BP/DL Championships (Middletown, NY) » Mike Manzo, [manzopowerlifting@yahoo.com](mailto:manzopowerlifting@yahoo.com), [www.wnpf.net](http://www.wnpf.net)

**21 JUL 2012** » WPC CanAm Bench Press Championships (Romulus, MI) at the Detroit Metro Marriott » Joe Smolinski, [canamborderwar@yahoo.com](mailto:canamborderwar@yahoo.com), [www.michiganapf.com/canamborderwar.htm](http://www.michiganapf.com/canamborderwar.htm)

**28 JUL 2012** » WABDL Great Lakes BP/DL Classic (Lancing, MI) at the Causeway Bay Hotel » Al Stork, 207.356.9946, [www.wabdl.org](http://www.wabdl.org)

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

[www.virginiapowerlifting.blogspot.com](http://www.virginiapowerlifting.blogspot.com)

**4 AUG 2012** » WNPFA Raw Nationals & North American Championships (Plantation, FL) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

**25-26 AUG 2012** » USAPL National BP Championships (Palm Springs, CA) » Lance Slaughter, [lanceoslaughter@yahoo.com](mailto:lanceoslaughter@yahoo.com), 310.995.0047, [www.usapl-ca.org](http://www.usapl-ca.org)

**30 AUG - 2 SEP 2012** » APF/AAPF Equipped & Raw Record Breakers (Idaho Falls, ID) » Mike & Linda Higgins, [snakeriverp@yahoo.com](mailto:snakeriverp@yahoo.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

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

**8 SEP 2012** » WNPFA Penn State Championships (Ephrata, PA) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

**9 SEP 2012** » WNPFA Lifetime Drug Free Nationals (Bordentown, NJ) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

**15 SEP 2012** » WNPFA Middletown Open Push/Pull (Middletown, NY) » Mike Manzo, [manzopowerlifting@yahoo.com](mailto:manzopowerlifting@yahoo.com), [www.wnpf.net](http://www.wnpf.net)

**6 OCT 2012** » WNPFA World Powerlifting Championships (Niagara Falls, NY) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

**13 OCT 2012** » WNPFA Palmetto Ironman Championships (Greenville, SC) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

**20 OCT 2012** » WNPFA Ironman Nationals & Florida BP/DL/PC (Orlando, FL) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

**2-4 NOV 2012** » WNPFA World BP/DL/PC Championships (Bordentown, NJ) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

**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](mailto:al@pikitung.com), [www.adaurawpower.com](http://www.adaurawpower.com)

**17 NOV 2012** » WNPFA Georgia State PL/BP/DL Championships (Atlanta, GA) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

**17 NOV 2012** » WNPFA All Raw Classic (Middletown, NY) » Mike Manzo, [manzopowerlifting@yahoo.com](mailto:manzopowerlifting@yahoo.com), [www.wnpf.net](http://www.wnpf.net)

**NOV 2012** » WPC World Championships (Equipped & Raw) (USA) » Keiran Kidder, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**2 DEC 2012** » WNPFA 2nd International Georgia Open BP/DL Championships (Tbilisi, Georgia) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

**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](mailto:valifting@aol.com), 186 Happy Hollow Rd., Ruckersville, VA 22968, [www.rawpowerlifting.com](http://www.rawpowerlifting.com), [www.virginiapowerlifting.blogspot.com](http://www.virginiapowerlifting.blogspot.com)

**16 DEC 2012** » WNPFA Sarge McCray Push/Pull Championships (Bordentown, NJ) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

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







**Sioux-z Hartwig-Gary, seen above pulling in her winning deadlift at the 2003 IPF Women's World Championship, has had a major impact on the TOP 100 list for many, many years, and continues this year with very high rankings**

*Will you make the upcoming TOP 100 list for the 132 lb. class? Last time we ranked this class the minimum lifts to make that list were 380 lb. in the squat, 235 lb. in the bench press, 405 lb. in the deadlift, and 990 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 132 class will be October 2010 through September 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 AYSO soccer photo) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to [lambertplusa@aol.com](mailto: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 114/52 kg, USA lifters in results received from JUL 2010 through JUL 2011

## SQUAT

- 1 485 Garay, R.3/11
- 2 400 Martinez, H.3/11
- 3 400 Chapa, R.3/11
- 4 380 Hartwig-Gary, S.11/7/10
- 5 370 Soto, T.3/11
- 6 370 Pena, R.3/11
- 7 370 McCoy, Z.3/11
- 8 370 Burch, A.4/16/11
- 9 369 Van Dusen, M.1/29/11
- 10 363 Yamashita, R.7/3/11
- 11 360 Solis, S.3/11
- 12 360 Lopez, J.3/11
- 13 355 Nguyen, K.3/11
- 14 355 Lombrana, I.3/11
- 15 350 Vega, D.3/11
- 16 350 Pena, D.3/11
- 17 350 Casas, C.3/11
- 18 347 Williams, J.4/1/11
- 19 345 Mickens, C.3/11
- 20 340 Adair, J.3/11
- 21 340 Smith, J.3/11
- 22 340 Griswold, W.3/11
- 23 336 Thomas, S.8/28/10
- 24 335 DelBosque, B.3/11
- 25 330 Morales, R.3/11
- 26 330 White, J.T.3/11
- 27 330 Sanchez, G.3/11
- 28 330 Robason, M.3/11
- 29 325 Jennings, S.3/11
- 30 325 Ogunsola, T.3/11
- 31 320 Oakes, M.2/18/11
- 32 320 Clerihew, J.3/11
- 33 320 Obregon, C.3/11
- 34 320 Fuller, T.3/11
- 35 320 Trevino, A.3/11
- 36 320 Alcoser, S.3/11
- 37 320 Hernandez, E.3/11
- 38 320 Gonzales, A.3/11
- 39 315 Ford, C.3/11
- 40 315 Villarreal, M.3/11
- 41 315 Leon, J.3/11
- 42 315 Porras, D.3/11
- 43 315 Trejo, O.3/11
- 44 315 Hayes, D.3/11
- 45 315 Netterville, M.4/16/11
- 46 315 Brazier, C.4/16/11
- 47 310 John, D.3/11
- 48 310 Elkins, D.3/11
- 49 310 Mallard, D.3/11
- 50 310 Moreland, D.3/11
- 51 310 Smith, C.3/11
- 52 310 Rodriguez, C.3/11
- 53 310 Nowlin, J.3/11
- 54 310 Luna, J.3/11
- 55 310 Avila, I.4/9/11
- 56 310 Schilling, T.7/9/11
- 57 305 Alaniz, J.3/11
- 58 305 Salinas, J.3/11
- 59 305 Castillo, M.3/11
- 60 305 Tris, L.3/11
- 61 303 Bennett, D.7/17/10
- 62 303 Shuttleworth, M.9/24/10
- 63 303 Bareng, D.4/9/11
- 64 300 Tunnell, T.2/26/11
- 65 300 Peluso, V.3/11
- 66 300 Ramirez, J.3/11
- 67 300 Gutierrez, P.3/11
- 68 300 Fitzpatrick, C.3/11
- 69 300 Amin, T.3/11
- 70 300 Arocha, P.3/11
- 71 300 Miller, J.3/11
- 72 300 Cruz, F.3/11
- 73 300 Obregon, M.3/11
- 74 300 Butler, B.3/11
- 75 300 Ramos, R.3/11
- 76 300 Barrera, V.3/11
- 77 300 Salinas, D.3/11
- 78 300 Liles, S.4/16/11
- 79 300 Hernandez, S.7/9/11
- 80 295 Turner, R.3/11
- 81 295 Ramirez, Z.3/11
- 82 295 Gonzales, A.3/11
- 83 290 Rocha, A.3/11
- 84 290 Jones, R.3/11
- 85 290 Holland, R.3/11
- 86 290 Garcia, G.3/11
- 87 290 Green, E.3/11
- 88 290 Ramsey, M.3/11
- 89 290 Dominguez, J.3/11
- 90 290 Parish, B.3/11
- 91 290 Robertson, D.4/16/11
- 92 286 Najera, J.1/22/11
- 93 286 Rousseau, E.4/1/11
- 94 285 Avila, D.2/26/11
- 95 285 Kwak, T.3/11
- 96 285 Jarmillo, J.3/11
- 97 285 Herfurth, P.3/11
- 98 285 Landry, R.3/11
- 99 285 Flores, P.3/11
- 100 285 Hall, C.3/11

## BENCH PRESS

- 270 Burch, A.4/16/11
- 254 Sanchez, J.7/31/10
- 250 Garay, R.3/11
- 240 Nguyen, K.3/11
- 231 Shuttleworth, M.9/24/10
- 225 Hartwig-Gary, S.11/7/10
- 225 Pena, R.3/11
- 220 Yamashita, R.1/11
- 215 Martinez, H.3/11
- 215 Vega, D.3/11
- 215 McCoy, Z.3/11
- 215 Sanchez, G.3/11
- 215 Peluso, V.3/11
- 215 Elkins, D.3/11
- 210 Miller, H.6/19/10
- 205 Morales, R.3/11
- 205 Ford, C.3/11
- 203 Williams, J.8/28/10
- 203 Chapa, R.4/9/11
- 200 Soto, T.3/11
- 200 Obregon, C.3/11
- 200 Guerra, R.3/11
- 200 Netterville, M.4/16/11
- 195 Casas, C.3/11
- 195 Alaniz, J.3/11
- 190 Solis, S.3/11
- 190 Pena, D.3/11
- 190 Jennings, S.3/11
- 190 Smith, J.3/11
- 190 Ramirez, J.3/11
- 190 Rodriguez, C.3/11
- 190 Villa, R.3/11
- 190 Rodriguez, J.3/11
- 187 Marcellino, R.11/6/10
- 187 Hao, Y.11/18/10
- 187 Najera, J.1/22/11
- 185 Adair, J.3/11
- 185 Lopez, J.3/11
- 185 DelBosque, B.3/11
- 185 Clerihew, J.3/11
- 185 Gutierrez, P.3/11
- 185 Holland, R.3/11
- 185 Fitzpatrick, C.3/11
- 185 Arocha, P.3/11
- 181 Thomas, S.8/28/10
- 181 Bareng, D.4/9/11
- 181 Ammerman, M.5/21/11
- 181 Nelson, D.8/31/10
- 181 Anderson, D.9/11/10
- 180 Villarreal, M.3/11
- 180 Lombrana, I.3/11
- 180 Mickens, C.3/11
- 180 Moreland, D.3/11
- 180 Brazier, C.4/16/11
- 180 Celestine, I.4/16/11
- 176 Cutrona, T.3/19/11
- 175 Burton, G.8/21/10
- 175 Dawkins, D.11/13/10
- 175 Oakes, M.2/18/11
- 175 Ogunsola, T.3/11
- 175 Jones, R.3/11
- 175 Khokhar, E.3/11
- 175 Luna, J.3/11
- 175 Calame, C.3/11
- 175 Cox, K.5/7/11
- 175 Cox, C.5/7/11
- 171 Hammond, D.3/19/11
- 170 White, J.T.3/11
- 170 John, D.3/11
- 170 Mallard, D.3/11
- 170 Nowlin, J.3/11
- 170 Sevcik, T.3/11
- 170 Parish, B.3/11
- 170 Butler, B.3/11
- 170 Marcel, T.3/11
- 170 Ramirez, J.3/11
- 170 Angus, K.3/11
- 170 Nettles, B.3/11
- 170 Dodd, T.3/11
- 170 Byrom, S.4/1/11
- 165 Berkey, Q.7/25/10
- 165 Van Dusen, M.1/29/11
- 165 Miller, J.3/11
- 165 Ramirez, A.3/11
- 165 Gomez, A.3/11
- 165 Dixon, M.3/11
- 165 Gomez, J.3/11
- 165 Tovar, Z.3/11
- 165 Morales, J.3/11
- 165 Thibodeaux, A.4/1/11
- 160 Avila, D.2/26/11
- 160 Leon, J.3/11
- 160 Fuller, T.3/11
- 160 Rocha, A.3/11
- 160 Garcia, G.3/11
- 160 Amin, T.3/11
- 160 Jarmillo, J.3/11
- 160 Barrera, V.3/11
- 160 Oliva, E.3/11
- 160 Salinas, R.3/11

## DEADLIFT

- 450 Soto, T.3/11
- 425 Garay, R.3/11
- 424 Williams, J.4/1/11
- 420 Martinez, H.3/11
- 410 Chapa, R.3/11
- 400 Vega, D.3/11
- 400 Leon, J.3/11
- 395 Adair, J.3/11
- 390 White, J.T.3/11
- 390 John, D.3/11
- 385 VanDusen, M.1/29/11
- 385 Villarreal, M.3/11
- 380 Najera, J.1/22/11
- 380 Solis, S.3/11
- 375 Pena, R.3/11
- 375 Morales, R.3/11
- 375 Richardson, D.3/11
- 370 Jennings, S.3/11
- 365 Ford, C.3/11
- 365 Netterville, M.4/16/11
- 360 McCoy, Z.3/11
- 360 Ramirez, J.3/11
- 360 Jebokji, A.3/11
- 355 Sanchez, J.7/31/10
- 355 Pena, D.3/11
- 355 Brazier, C.4/16/11
- 352 Hartwig-Gary, S.11/7/10
- 350 Casas, C.3/11
- 350 Peluso, V.3/11
- 350 Rocha, A.3/11
- 350 Thomas, T.3/11
- 350 Celestine, I.4/16/11
- 345 DelBosque, B.3/11
- 345 Clerihew, J.3/11
- 345 Alaniz, J.3/11
- 345 Mallard, D.3/11
- 345 Porras, D.3/11
- 341 Yamashita, R.9/11/10
- 340 Lombrana, I.3/11
- 340 Green, E.3/11
- 340 Johnson, J.3/11
- 335 Lopez, J.3/11
- 335 Smith, J.3/11
- 335 Gutierrez, P.3/11
- 335 Smith, C.3/11
- 335 Garcia, G.3/11
- 335 Williams, A.3/11
- 330 Sanchez, G.3/11
- 330 Moreland, D.3/11
- 330 Jones, R.3/11
- 330 Trejo, O.3/11
- 330 Sevcik, T.3/11
- 330 Rivera, D.3/11
- 330 Doran, J.3/12/11
- 325 Thomas, S.8/28/10
- 325 Anderson, D.9/11/10
- 325 Ogunsola, T.3/11
- 325 Amin, T.3/11
- 325 Robason, M.3/11
- 325 Turner, R.3/11
- 325 Kwak, T.3/11
- 325 Ramsey, M.3/11
- 325 Jimenez, J.3/11
- 325 McCann, B.3/11
- 325 Player, C.3/11
- 325 Pallance, R.4/2/11
- 325 Robertson, D.4/16/11
- 320 Mickens, C.3/11
- 320 Guerra, R.3/11
- 320 Fuller, T.3/11
- 320 Khokhar, E.3/11
- 320 Villa, R.3/11
- 320 Schilling, T.7/9/11
- 319 Rousseau, E.4/1/11
- 315 Oakes, M.2/18/11
- 315 Nguyen, K.3/11
- 315 Holland, R.3/11
- 315 Dominguez, J.3/11
- 315 Luna, J.3/11
- 315 Estrada, J.3/11
- 315 Hailey, K.3/11
- 315 Cross, W.3/11
- 315 Herfurth, P.3/11
- 315 Juarez, D.3/11
- 315 Hendrix, M.3/12/11
- 314 Padgett, A.11/20/10
- 310 Obregon, C.3/11
- 310 Alcoser, S.3/11
- 310 Jarmillo, J.3/11
- 310 Angus, K.3/11
- 310 Graves, D.3/11
- 310 Harris, D.3/11
- 310 Herrera, C.3/11
- 310 Johnson, T.3/11
- 305 Elkins, D.3/11
- 305 Nowlin, J.3/11
- 305 Salinas, J.3/11
- 305 Marcel, T.3/11
- 305 Fehlman, C.3/11
- 303 Berkey, Q.7/25/10

## TOTAL

- 1160 Garay, R.3/11
- 1035 Martinez, H.3/11
- 1020 Soto, T.3/11
- 1010 Chapa, R.3/11
- 975 Williams, J.4/1/11
- 970 Pena, R.3/11
- 965 Vega, D.3/11
- 959 Hartwig-Gary, S.11/7/10
- 945 McCoy, Z.3/11
- 930 Solis, S.3/11
- 920 Adair, J.3/11
- 910 Morales, R.3/11
- 910 Nguyen, K.3/11
- 909 Yamashita, R.1/11
- 903 VanDusen, M.1/29/11
- 895 Pena, D.3/11
- 895 Casas, C.3/11
- 890 White, J.T.3/11
- 885 Ford, C.3/11
- 885 Jennings, C.3/11
- 880 Lopez, J.3/11
- 880 Villarreal, M.3/11
- 880 Netterville, M.4/16/11
- 875 Sanchez, G.3/11
- 875 Lombrana, I.3/11
- 875 Leon, J.3/11
- 870 John, D.3/11
- 870 Burch, A.4/16/11
- 865 DelBosque, B.3/11
- 865 Peluso, V.3/11
- 865 Smith, J.3/11
- 854 Najera, J.1/22/11
- 850 Ramirez, J.3/11
- 850 Clerihew, J.3/11
- 850 Brazier, C.4/16/11
- 845 Alaniz, J.3/11
- 845 Mickens, C.3/11
- 843 Thomas, S.8/28/10
- 830 Obregon, C.3/11
- 830 Elkins, D.3/11
- 825 Ogunsola, T.3/11
- 825 Mallard, D.3/11
- 820 Gutierrez, P.3/11
- 820 Moreland, D.3/11
- 815 Shuttleworth, M.9/24/10
- 810 Oakes, M.2/18/11
- 810 Porras, D.3/11
- 800 Guerra, R.3/11
- 800 Fuller, T.3/11
- 800 Rocha, A.3/11
- 800 Smith, C.3/11
- 800 Celestine, I.4/16/11
- 795 Jones, R.3/11
- 790 Holland, R.3/11
- 790 Rodriguez, C.3/11
- 788 Bareng, D.4/9/11
- 785 Nowlin, J.3/11
- 785 Fitzpatrick, C.3/11
- 785 Garcia, G.3/11
- 785 Amin, T.3/11
- 785 Arocha, P.3/11
- 785 Schilling, T.7/9/11
- 775 Khokhar, E.3/11
- 775 Richardson, D.3/11
- 775 Robason, M.3/11
- 775 Turner, R.3/11
- 775 Villa, R.3/11
- 770 Trejo, O.3/11
- 770 Trevino, A.3/11
- 765 Sevcik, T.3/11
- 765 Jebokji, A.3/11
- 765 Hayes, D.3/11
- 765 Miller, J.3/11
- 765 Griswold, W.3/11
- 760 Alcoser, S.3/11
- 760 Green, E.3/11
- 760 Kwak, T.3/11
- 760 Ramsey, M.3/11
- 760 Salinas, J.3/11
- 755 Tunnell, T.2/26/11
- 755 Ramirez, Z.3/11
- 755 Johnson, J.3/11
- 755 Hernandez, E.3/11
- 755 Jarmillo, J.3/11
- 755 Dominguez, J.3/11
- 750 Robertson, D.4/16/11
- 750 Cruz, F.3/11
- 750 Parish, B.3/11
- 749 Bennett, D.7/17/10
- 745 Obregon, M.3/11
- 745 Luna, J.3/11
- 745 Jimenez, J.3/11
- 745 Estrada, J.3/11
- 745 Gomez, A.3/11
- 745 Butler, B.3/11
- 745 Thomas, T.3/11
- 744 Rousseau, E.4/1/11
- 740 Dixon, M.3/11
- 740 Marcel, T.3/11
- 740 Castillo, M.3/11

## 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 123

**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.



# RESULTS



## UPA ULTIMATE PRO/AM CASH

AUG 6 2011 » Uthaca, NY

<b>BENCH</b>					Open
<b>FEMALE</b>					J. Phraner 480
<b>148 lbs.</b>					<b>242 lbs.</b>
<b>Open</b>					Masters (45-49)
S. Saldan	340				S. Luciano 430
<b>MALE</b>					Open AD
<b>198 lbs.</b>					W. Barott Jr. 405
<b>DEADLIFT</b>					Masters (55-59) AD
<b>MALE</b>					B. Krench 340
<b>198 lbs.</b>					<b>242 lbs.</b>
<b>Masters</b>					Masters (40-44)
R. Saldan	500				VanAlstyne —
<b>Masters (45-49)</b>					Raw
S. Luciano	620				<b>220 lbs.</b>
<b>308 lbs.</b>					Open
<b>Masters (40-44) AD</b>					D. Talbert 530
T. Laughlin	510				<b>242 lbs.</b>
<b>Raw</b>					Open
<b>220 lbs.</b>					C. Drader 405
<b>Push Pull</b>					<b>BP DL TOT</b>
<b>MALE</b>					
<b>181 lbs.</b>					
<b>Masters (65-69)</b>					
B. Upholt		170	345	515	
<b>Raw</b>					
<b>198 lbs.</b>					
<b>Masters (33-39) AD</b>					
D. Meyers		330	460	790	
<b>308 lbs.</b>					
<b>Open AD</b>					
M. Rhodes		430	640	1070	
<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>	
<b>FEMALE</b>					
<b>SHW</b>					
<b>Masters (55-59)</b>					
S. Cole	355	195	385	935	
<b>MALE</b>					
<b>242 lbs.</b>					
<b>Junior AD</b>					
B. Nelson	500	440	455	1395	
<b>Teen</b>					
N. Rouse	405	460	440	1305	
<b>275 lbs.</b>					
<b>Open</b>					
B. Cford	800	700	405	1905	
<b>Raw</b>					
<b>114 lbs.</b>					
<b>Teen</b>					
D. Meyers Jr	155	95	215	465	
<b>165 lbs.</b>					
<b>Junior</b>					
A. Kelleher	400	275	450	1125	
<b>Teen</b>					
C. Howington	300	220	475	995	
<b>181 lbs.</b>					
<b>Open AD</b>					
P. Schrafel	315	275	425	1015	
<b>Teen</b>					
J. Nickles	380	260	425	1065	
<b>198 lbs.</b>					
<b>Junior AD</b>					
C. Tausch	375	275	495	1145	
S. Younes	375	290	480	1145	
K. Kawamoto	390	265	450	1105	
<b>Masters (33-39)</b>					
D. Heffernan	555	430	500	1485	
<b>Open AD</b>					
K. Kawamoto	390	265	450	1105	
<b>220 lbs.</b>					
<b>Open</b>					
M. Bailey	655	560	575	1790	
B. Cuthbert	600	475	525	1600	
<b>Open AD</b>					
J. Brooks	500	320	480	1300	
M. Vidler	325	305	500	1130	
<b>242 lbs.</b>					
<b>Open</b>					
A. Cummings	375	275	410	1060	
<b>Open AD</b>					
A. Beatty	575	370	645	1590	



Photos from the UPA Ultimate Pro/Am Cash meet at Ultimate Athletics Gym



**WNPF LIFETIME NJ  
POWERLIFTING**  
JUN 5 2011 » Bordentown, NJ

BENCH		POWERCURL			
Raw		181 lbs.			
(60-69)		(40-49)			
T. Dement	245	D. St. Fleur#	140	C. Radcliffe	140
<b>198 lbs.</b>		<b>198 lbs.</b>			
(50-59)		(40-49)			
A. Green	—	J. Saavedra	135		
<b>275 lbs.</b>		<b>SQUAT</b>			
(50-59)		Raw			
F. Myers#	445	<b>181 lbs.</b>			
<b>BENCH REPS</b>		(40-49)			
<b>242 lbs.</b>		C. Radcliffe			
(40-49)		325			
J. Howard	26	<b>242 lbs.</b>			
Lifetime		(40-49)			
J. Howard	26	B. Johnson			
<b>Powerlifting</b>		470			
<b>198 lbs.</b>					
Lifetime SP					
D. Nemow#	560	280	600	1440	
<b>220 lbs.</b>					
(50-59) SP					
F. Vogel	145	255	330	730	
<b>275 lbs.</b>					
(13-16) SP					
M. Mullen	425	255	455	1135	
<b>123 lbs.</b>					
Open					
N. Kariya	220	—	—	220	
<b>132 lbs.</b>					
(13-16)					
C. Goodhue	225	135	300	660	
<b>148 lbs.</b>					
(17-19)					
S. Goodhue	365	205	405	975	
Lifetime					
N. Free	140	100	220	460	
<b>165 lbs.</b>					
(11-12)					
J. Herbert	215	125	275	615	
(17-19)					
E. Hopkins	405	235	410	1050	
<b>181 lbs.</b>					
(40-49)					
D. St. Fleur	380	260	460	1100	
C. Radcliffe	325	285	450	1060	
<b>198 lbs.</b>					
(13-16)					
J. Gaboff	355	225	425	1005	
(40-49)					
M. Bowers	355	330	505	1190	
Junior					
J. Borgersen#	425	365	500	1290	
Open					

V. Wood 490 270 520 1280  
C. Canter 425 315 500 1240  
**220 lbs.**  
Open  
M. Greene 385 320 450 1155  
**242 lbs.**  
Lifetime  
M. Bernstein 355 325 445 1125  
Novice  
A. Tayel 455 330 495 1280  
G. Santoreli 500 275 465 1240  
# = Best Lifters. SP = Single-Ply. Great meet!  
Norico Kariya had an off day and bombed in the bench press. She is a very strong young lady with a bright future in the sport. I'm sure she will be back and breaking all kinds of records in the WNPF. Christian Goodhue won his first WNPF state title with a 660-pound total. Natasha Free lifting in her first full meet won her class with a 460-pound total. Shane Goodhue lifted exceptionally well and missed a grand total by 25 pounds. Up and coming Johnny Herbert totaled 615 pounds. Another strong kid from New Jersey, Eddie Hopkins totaled 1,050 pounds in the 165-pound raw division. Dan St. Fleur beat out Corey Radcliff by 40 pounds and tied Corey in the curl, but he won on body-weight. The always consistent Mario Bowers totaled 1,190 pounds in the 198 master's raw division. Vince Wood beat Chad Canter by 40 pounds in the 198 open raw division. John-Erik totaled 1,290 pounds in the junior division and he also won his first best lifter award in the WNPF. Darren Nemow also won the best lifter award in the 198-pound equipped division. We haven't seen Darren in a long time and it was a pleasure to have him back. Johnny Gaboff totaled 1,005 pounds and had to pass on his last deadlift with a bicep injury. Another guy we haven't seen for a while, Matt Greene, totaled 1,155 pounds raw. Fred Vogel took a token squat and tried for the New Jersey state bench record but missed it; maybe next time he will break this record. Matt Bernstein is another guy that was missing in action, but came back and totaled 1,125 pounds. Ahmed and Gino went at it in the novice raw division with Ahmed winning 40 pounds. Matt Mullen lifted well in the 275-pound teenage division with a 1,135-pound total. Ted Dement won the masters 60-plus division and set a New Jersey record also. Al Green hasn't been in a meet in three years and missed all of his attempts either on a technicality or he just couldn't get the weight up. He will be in the mid 400s the next time he comes back. Frank Myers took home the best lifter award in the masters 275-pound class with a 445-pound



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# RESULTS »

lift. John Howard would put some NFL players to shame with his 26 reps with 225 pounds—good job John. Jose Saavedra curled 135 pounds in the masters 198-pound class and Brian Johnson won the squat only with a 470-pound raw lift. Next New Jersey meet is July 30, 2011, in Bordentown, New Jersey. This should be a good one with three meets in one going on we hope to see these guys and others there. Thanks to my staff: Lester, Glenda, Rich, Dee, Adrian, Eric, Jim, Annette, Danette and Moms. Thanks to the spectators that came out to cheer on their favorite lifters too and thanks to a few of the WNPFL lifters that came out to support us even though they weren't lifting in the meet.  
» courtesy WNPFL

## WNPFL NJ STATES/ LIFETIME USA

JUN 27 2010 » Atlantic City, NJ

BENCH		181 lbs.	
<b>FEMALE</b>		(60-69)	
165 lbs.	Crawford	23	
Open Raw (Lt)		242 lbs.	
Thomas	190*	Open	
<b>MALE</b>		23	
165 lbs.	Hawk	16	
(50-59) Raw		(40-49)	
Dement	225	Hawk	16
<b>181 lbs.</b>		16	
Junior Raw		12	
Gitto	345	Mejias	12
<b>198 lbs.</b>		12	
Open Unl		181 lbs.	
Ross!	550*	(60-69)	
(40-49) Unl		440	
Ross	550*	Open Raw	
(40-49) Raw		460	
Carr	245	Farinas!	460
<b>242 lbs.</b>		Special Olympics	
Open Raw		Crawford	
Franks	—	400	
Open (Sp)		SHW	
Franks	—	Open Raw	
Open Unl		Mejias	
Hawk	580	545	
(40-49) Unl		POWERCURL	
Hawk	580*	150	
<b>275 lbs.</b>		150	
Special Olympics		242 lbs.	
Crawford	250	Open	
<b>SHW</b>		200	
Open Raw		Franks	
Mejias	550	550	
<b>BENCH REPS</b>		SHW	
<b>FEMALE</b>		Open	
165 lbs.	Mejias	200*	
Open		SQUAT	
Thomas	40*	181 lbs.	
<b>MALE</b>		Subs (Sp)	
	Pagano	455	

Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
148 lbs.				
(17-19)				
McAllister	225	110	250	585
<b>MALE</b>				
165 lbs.				
Macksoud	285	255	460	1000
Grillo	295	225	430	950
<b>198 lbs.</b>				
Open Raw				
Canter	400	275	485	1160
Greenya	345	295	445	1085
Open (Sp)				
Rabish	365	250	455	1070
(50-59) (Sp)				
Znaczo	275	170	315	760
(70-79) Raw				
Tortorelli	140	115	235*	490
<b>220 lbs.</b>				
(17-19) Raw				
Hassoun	—	—	—	—
Open Raw				
Ennis	405	265	590	1260
Hashemiyoan	400	280	500	1180
Open Unl				
Morris	600	225	625	1450
<b>242 lbs.</b>				
Open Raw				
Furman!	540	325	575	1440
Warriner	465	305	565	1335
(40-49) Raw				
Tortorelli	420	—	—	420
<b>275 lbs.</b>				
Open (Sp-Lt)				
Adzima	420*	315*	480*	1215*
Subs (Sp)				
Adzima	420	315	480	1215
<b>SHW</b>				
Subs Raw				
Gorri	460	305	400	1165

## SPF SOUTHERN REGIONAL PL/BP

SEP 10 2011 »

BENCH		D. Birdsong	
<b>FEMALE</b>		415	
Raw		Open	
Juniors	425	242 lbs.	
<b>165 lbs.</b>		Dalessandro	
Submasters		198 lbs.	
M. Menzear	135	J. Greaves	305
4th-140		220 lbs.	
<b>MALE</b>		D. Zuchelli	
Raw		345	
Teens (16-17)		Single-Ply	
<b>181 lbs.</b>		Masters (55-59)	
C. Pankey	225	275 lbs.	
Juniors		M. Harden	
<b>198 lbs.</b>		520	
<b>DEADLIFT</b>			

!—Best Lifters. \*—National Records.  
» courtesy Troy Ford

FEMALE		D. White	
Raw		200	
Teen (16-17)		<b>MALE</b>	
<b>114 lbs.</b>		Raw	
M. Menear		Teen (13-15)	
225	4th-240	123 lbs.	
Teen (18-19)		J. Graves	
<b>132 lbs.</b>		245	
D. Knowles		4th-255	
255	Masters (45-49)		
<b>123 lbs.</b>		259 lbs.	
<b>BENCH for Reps</b>		S. Caine	
<b>MALE</b>		465	
220 lbs.		<b>Lbs. Reps</b>	
S. Moody		215 28	
<b>Push Pull</b>		<b>BP DL TOT</b>	
<b>MALE</b>			
Raw			
Juniors			
<b>165 lbs.</b>			
D. Blankenship		275 500 775	
<b>259 lbs.</b>			
T. Smith		315 550 865	
Police/Fire			
<b>198 lbs.</b>			
J. Osborne		305 500 805	
Single-Ply			
Masters (40-44)			
<b>148 lbs.</b>			
M. Cochran		285 385 670	
<b>Powerlifting</b>		<b>SQ BP DL TOT</b>	
<b>FEMALE</b>			
Raw			
<b>114 lbs.</b>			
M. Abernathy		185 115 200 500	
Masters (40-44)			
<b>198 lbs.</b>			
J. Jenkinbs		265 120 270 655	
<b>MALE</b>			
Raw			
Teen (13-15)			
<b>181 lbs.</b>			
B. Arnold		405 325 435 1165	
Juniors			
<b>220 lbs.</b>			
Q. Arnold		515 375 525 1415	
<b>259 lbs.</b>			
K. Koss		465 315 530 1310	
Open			
<b>148 lbs.</b>			
C. Fry		310 255 360 925	
<b>242 lbs.</b>			
A. Green		500 320 510 1330	
4th-DL-550			

» courtesy USPA

MALE		Single-Ply	
Raw		<b>308 lbs.</b>	
181 lbs.		Open	
Junior (18-19)		A. Larsen	
C. Strunk	303	—	
<b>198 lbs.</b>		<b>DEADLIFT</b>	
Junior (20-23)		Raw	
N. Meginness	353	<b>275 lbs.</b>	
Master (65-69)		Open	
R. Heriford	254	R. Neff	
<b>242 lbs.</b>		628	
Submaster (35-39)		Master (40-44)	
B. Edwards	276	R. Neff	
Raw		628	
<b>198+ lbs.</b>			
Open			
K. McFall	276	127	325 728
<b>MALE</b>			
Raw			
<b>165 lbs.</b>			
Master (60-64)			
A. Levine	287	204	364 854
<b>181 lbs.</b>			
Junior (18-19)			
J. Marvin	402	303	502 1207
Junior (20-23)			
G. Shulman	380	270	424 1075
<b>275 lbs.</b>			
Master (40-44)			
L. Bush	380	298	435 1113
<b>308 lbs.</b>			
Master (50-54)			
J. Freda	226	281	353 860
Multi-Ply			
<b>308+ lbs.</b>			
Open			
W. Rogers	722	601	606 1929

## WNPFL SOUTHEASTERN POWERLIFTING

MAY 1 2011 » Greenville, SC

BENCH		(50-59)	
<b>FEMALE</b>		Lucas	
Raw		350	
<b>132 lbs.</b>		<b>DEADLIFT</b>	
(13-16)		<b>MALE</b>	
Caterisano		Raw	
85	<b>198 lbs.</b>		
Subs		Junior	
Kolodziejewski	115	Harrison	
<b>MALE</b>		345	
Raw		<b>242 lbs.</b>	
<b>165 lbs.</b>		(60-69)	
(17-19)		Bell	
Picardi	230	275 lbs.	
<b>181 lbs.</b>		(17-19)	
(11-12)		Phillips	
Caterisano	100	550	
<b>REPS</b>		(50-59)	
<b>FEMALE</b>		Lucas	
40-49)		400	
Mcgregor#		<b>148 lbs.</b>	
355	Fletcher		
300	Junior		
Uhaa	300	SHW	
<b>220 lbs.</b>		(50-59)	
(50-59)		Levy	
Caterisano	305	27	
<b>242 lbs.</b>		<b>MALE</b>	
(60-69)		165 lbs.	
Bell	255	(17-19)	
<b>275 lbs.</b>		Phillips	
(17-19)		17	
Phillips		Fletcher	
305	305		22
Junior			

## USPA NORTHWEST SUMMER MEET

AUG 11 2011 » Portland, OR

BENCH		198 lbs.	
<b>FEMALE</b>		Open	
Raw		C. Neff	
		259	

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Uhaa# 275 lbs. (50-59)	24	Johnson Harrison	135 130	<b>MALE</b> <b>220 lbs.</b> (40-49) SP					
Lucas <b>POWERCURL</b> <b>FEMALE</b> 132 lbs. (13-16)	10	Graydon	130	Greene Raw	440	315	500	1255	
Caterisano <b>MALE</b> 165 lbs. (17-19)	45	Phillips <b>SQUAT</b> <b>FEMALE</b> 148 lbs. Subs Raw	150	Johnson (50-59) Graydon (60-69)	330	320	400	1050	
Picardi# 181 lbs. (11-12)	120	Kolodziejcki <b>MALE</b> 275 lbs. (17-19) Raw	140	Bell	300	255	375	930	
Caterisano 198 lbs. Open	50	Phillips	500	Phillips#	500	305	550	1355	
<b>Powerlifting</b> <b>FEMALE</b> 114 lbs. (40-49) SP	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>	<b>USAPL RETRO RAW MEET</b> <b>SEP 10 2011 » Columbia, MO</b>				
Meyers 181 lbs. Raw	175	85	225	485	<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>
Johnson 123 lbs. Lifetime	140	110	145	395	<b>FEMALE</b> 165 lbs.				
Zigman Novice	125	115	185	425	K. Walker	182	105	253	539
Foster 132 lbs. (50-59)	180	115	225	520	<b>MALE</b> 165 lbs.				
Long 148 lbs. (40-49)	130	95	180	405	J. Gourley	413	253	490	1156
Pace <b>SHW</b> (50-59)	120	110	200	430	B. Cuvar	215	204	358	776
Levy#	155	210	250	615	<b>198 lbs.</b>				
					M. Pippa	468	308	677	1453
					<b>220 lbs.</b>				
					M. Lane	523	330	705	1558
					A. Kerbs	429	281	534	1244
					M. Agemy	402	297	523	1222
					A. Rickard	407	253	534	1195
					<b>SHW</b>				

B. Manion 143 143 551 837  
Venue: MU Rec Complex. It's easy for me to think that bigger's always better. Shoot, I'm 375 lb. But at this meet, a lot happened with only nine lifters. The MU Strength Club is a group of university students and whose collective goal is to get stronger, and stronger. When I first learned of MU Strength about four years ago, they were hosting two unsanctioned push/pulls (one in fall; the other in spring). Since then, MU Strength has grown in number, diversity, and strength. MU Strength has hosted the ADFPF Powerlifting Nationals two of the past three years and are gearing up to host the ADFPF Single Event Nationals in February of 2012. This was the club's first USAPL meet. The sole female participant, 62 year old Kate Walker established PRs in all three lifts with a 181 squat, a 104 bench, and a 253 deadlift on a seven for nine day as a light 165er. USAPL state chair Rick Fowler brought a couple of the Gateway's finest in the persons of Ben Cuvar (23, 165) and Brad Manion (33, SHW). Ben squatted 214, benched 209, and pulled 358; Brad took token squats (143) and benches (143) due to a recent shoulder injury, but the shoulder didn't stop him from pulling 551 for a third. KU Strength Club's Mike Lane showed up with Amos and Andy yep Amos Kerbs and Andy Rickard. Looks like MU Strength had better be training hard. Amos squatted 429, benched 281, and pulled 534, while Andy squatted 407, benched 253, and pulled 534. Then there was Mike (a friend of former MU Strength officers Becky Rich and Max Pippa). Mike not only dazzled spectators with some serious lifting (523 squat and 330 bench), finishing with a strong 705 pull

at 208, he also wowed the crowd with his stylish platform apparel. Mike walked away with a fairly unique best lifter award. Now, to the local heroes MU Strength. Three MU Strength athletes: Justin Gourley (165), Max Pippa (198), and Michael Agemy (220) lifted. I met Michael for the first time; he's tall and long-limbed, but he put together a nice total (1223) via a 402 squat, 297 bench and 523 pull. This wasn't Justin's first meet he has had some success in the WABDL as well. He told me that he cut 18 pounds to make weight for a meet that he did for 'sh\*t and grins.' It seemed to pay off for him in the form of a 413 squat, a 253 bench, and a 490 pull (and a near miss at 507. And then there's Max. Last year, when former MU Strength president Eli Burks left for school, Max became club president. But Max passed the baton to Zac Korando when it turned out that his workload in school and ROTC got heavy. I saw him again at last year's USAPL River's Edge meet. At that time, there was a lot of buzz among the old hands that this 20 year old kid had ultra deep squats and a huge pull. I was there and I saw it. At the Retro Raw meet, Max left me with a slightly different impression, a lifter whose technique is as close to flawless as any lifter I've seen. He earned the nickname "The Mechanic" from me. Max squatted 468, benched 308, and pulled a phenomenal 677 for a total of 1455 at 196 and finishing only 17 Wilks points behind his friend Mike Lane for best lifter. As always, we are fortunate to use the MU Student Rec Complex it's a phenomenal venue. We will be back on October 1st for the Fall Push/Pull and the ADFPF Single Event Nationals on February 4th, 2012.

I could have never done anything like this even in my wildest dreams if not for ISSA. From day one until now, I am still getting help from ISSA in many areas of my business. ROYA HEYDARI

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# PHILLIP WYLIE »

making sure to perform the lift in training the way you should perform the lift on meet day. You can take it a step further and use all of the commands you would receive on the platform at a meet.

**2. Accessory exercises:** Use accessory exercises to strengthen your weaknesses.

**3. Have a plan:** Pick a program to follow. Like the saying goes, "Failing to plan, is planning to fail."

**4. Pre-workout modalities:** Warm-up, stretching, mobility, myofascial release (ie. foam rolling, lacrosse ball or other self massage techniques), and activation. This can help you minimize or reduce your chances of injury. It will also prepare you for a better workout. Remember: roll, stretch, and activate.

**5. Prehab/rehab:** Make sure to do preventative exercises like rotator cuff exercises and pre workout modalities as mentioned above, they can be performed between and after workouts.

**6. Recovery workouts:** You can perform these workouts between workouts to help you recover faster. Pick some light accessory exercises, including body weight exercises and combine them in circuits. Do a couple sets, keeping the reps to where you have plenty more left in the tank. This will help you recover by getting blood and nutrients into the muscles to speed recovery.

**7. Conditioning:** Make sure to do conditioning work. The better shape you are in, the harder you can train and recover. Also the better you will be on meet day. Make sure to taper it down as you get closer to a meet and do more in the off season.

**8. Upper back:** A stronger upper back will help all three lifts. A benefit of strengthening this area is that it will help you stay upright on the squat. I recently started a circuit to strengthen my upper back for the squat. The circuit is made up of power good mornings (this is a good morning with a short range of motion in the 6 to 8 inch range), upper back good mornings (you let your upper back round over then straighten back up, best performed with a safety squat bar), and Hise shrugs (bar rests on your traps and you shrug the bar up).

**9. Nutrition:** Make sure you get adequate nutrition including protein to help with recovery, adding even more if you are trying to gain weight. Include fat in your diet. Fat and cholesterol are needed to make vitamin D and hormones such as testosterone. Avoid trans fats, some saturated fat is actually needed. Fish oil and vitamin D are good to supplement your diet with. Eat carbs from good sources such as veggies and potatoes. Cut out sugar and processed foods.

**10. Sleep:** Make sure to get good quality sleep. The more hours before 12:00 a.m. the better. Your body produces growth hormone while you sleep, which helps your body repair. The better rested you are the harder you can train and the better you control your cortisol levels.

**Great tips. Put these on your refrigerator, powerlifters. Phillip, how are you going to remember your powerlifting journey?**

I am going to remember my journey as one

of self discovery, education, and friendship. Through powerlifting I have learned more about myself and discovered how hard I could push myself. I have a better understanding of my true limits. In the heat of battle I have done things that I wouldn't have thought possible. I am a very competitive person and competition pushes me. I have learned more about myself through powerlifting that I probably otherwise would have never known.

My powerlifting journey has been educational. I read a lot about training and nutrition. My reading is not limited to just strength training, powerlifting and sports nutrition. I am constantly learning about things that can prevent injury such as stretching, mobility, myofascial release and methods to enhance recovery. My nutritional interests go beyond sports nutrition. I have an interest in how nutrition can improve my health. Being a type 2 diabetic and having hepatitis C, I am constantly reading about natural ways to treat these conditions.

I have met a lot of people and have made a lot of friends through powerlifting. Before returning to powerlifting, I didn't socialize much. My friends were mostly family and coworkers. I spent my evenings expanding my knowledge of information technology—I would either be on my computer or reading. I learned a lot and it paid off career-wise, but socialization is important. I have made some really good friends through powerlifting and some of them are my best friends—friends for life.

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

I want to be remembered as a good person, a good lifter and one of the best master lifters of my time. I try to give more than I take and I like helping others, and I hope to be remembered that way.

## **We know you wrestled a bear. What takes more guts, benching a maximum weight or wrestling a bear?**

The bear I wrestled was tame and trained, so it really didn't take a lot of guts. If it had been a wild bear, then that would have been a different story and might not be as much guts as stupidity. I would say it definitely takes more guts benching a max weight—especially in a bench shirt.

## **Everyone has to face adversities. However, you faced an adversity that is one of most people's biggest fears—you were shot. Tell us about the time you got shot.**

When I was 15 years old, my brother accidentally shot me with a .22 caliber pistol. After getting shot I panicked and ran out of the house to a neighbor's house. I fell in our neighbor's yard and I could not get up. My brother found me lying in the neighbor's yard and went to get help from our neighbors. Shortly after I was taken by ambulance to a local hospital and was later transported 37 miles to Parkland Hospital in Dallas, Texas. I started lifting consistently the summer prior to this and I had the biggest bench press in school. While I was lying on the ground not sure whether I would live or not, my only concern was being passed up on the bench

press by my fellow classmates.

The bullet went through my left arm into my side, where it collapsed my left lung and pumped out of the lung through my heart and lodged into a vein in my groin. The chief surgeon at Parkland Hospital decided to not remove the bullet due to the risk of bleeding to death. The chief surgeon said it was the first time in medical history that someone had a bullet pump through their heart and live to tell about it. I was released from the hospital five days later. Twenty-four years later I was diagnosed with hepatitis C, which I got from a blood transfusion. It's a constant reminder of my near fatal experience, but it beats the alternative. I am very fortunate and thank God that I am alive to tell about it.

## **How did getting shot change you as a person? Did it change you as a powerlifter at all?**

It changed my perspective on life. It taught me how valuable life was and how quickly it could be lost. It taught me the power of prayer and that miracles do exist. My family and church prayed for me and I believe that helped me survive. From a powerlifting point of view, I know I don't have forever to accomplish my goals.

## **When you wrestled a bear, were you scared? What went through your mind?**

I was 22 years old, the age some people do stupid things. I wasn't scared and didn't really think of much other than wanting to beat the bear. But of course I did not beat "Samson" the 750 lb. black bear and he remained undefeated. I am probably lucky I wasn't able to take the bear down, who knows how he would have reacted since it was something he had not experienced.

## **What was harder: wrestling the bear or setting your records?**

That's easy, I would say definitely setting records were harder. Years of hard work went into setting those records.

## **Awesome. Powerlifting is more hardcore than bear wrestling! Tell us about your diet and what supplements you take.**

I follow a low carb Paleo diet. I believe that a Paleo approach is the way to go. This type of diet has helped a lot of people overcome health problems and obtain optimal health. This is a similar type of diet my holistic doctor, Dr. David Brown, recommends. A Paleo diet is one that is free of processed foods, and is made up of meat, vegetables, fruits, nuts, seeds, roots and tubers. The carb content can be adjusted to your needs and doesn't have to be low carb, but since I have type 2 diabetes, I keep my carb intake low. A great book on this diet is *The Paleo Solution* by Robb Wolf. I have become more of a minimalist as far as supplements are concerned. I take vitamin D, fermented cod liver oil, creatine, and whey protein.

## **Awesome stuff. Tell us about the gym where you train.**

I train at Bad Attitude Gym and at Authentic Strength Fitness and Performance Center, in Carrollton, Texas. I am one of the original

members of Bad Attitude Gym.

Bad Attitude Gym (BAG) has any piece of equipment you need in order to train for any type of powerlifting. The environment is great for powerlifters. Sean Donegan and BAG have helped me attain my current level of success. Their years of coaching have helped me improve my technique and strength on all three lifts. I wouldn't be at the level I am without the help of Sean and BAG. BAG has produced an impressive number of elite lifters since 2004.

Authentic Strength Fitness and Performance Center has combo racks similar to the ER Racks used in the USAPL and IPF. They have everything needed for a powerlifter who competes in feds where you walk the weight out. They have kettlebells, various strongman implements and conditioning equipment. Authentic Strength's primary business is personal training, but they allow a few powerlifters to train there.

I started training at Authentic Strength in August 2010. I train in the morning since it's only two miles from my house. The owners and trainers are very knowledgeable. Johnny May, one of the owners, helped me with some stretching and warm-up drills after I tweaked my lower back training for the 2011 USAPL Raw Challenge. This allowed me to continue training and I believe the pre workout routine Johnny designed helped me PR my squat and deadlift at the Raw Challenge. Afterwards, Nate Wylie did a functional movement screening and discovered some mobility issues. He designed a program to help address them. I have truly benefited from the knowledge and experience of Johnny and Nate. They are valuable assets to me, for injury prevention and improving my performance.

### **The strong get scary strong at the gyms you train at. Great stuff. What was it like competing at the Arnold?**

Competing at the Arnold Sports Festival was like a dream come true. I started working out in the summer of 1980. Interestingly enough, the movie *Pumping Iron*, featuring Arnold Schwarzenegger, motivated me to start working out. I have always been a big fan of Arnold and his movies. In 2004, I went to the Arnold for the first time to watch the WPO pro powerlifting. I was very impressed and motivated. From that moment my goal was to compete at the Arnold. So in 2010 I competed there for the first time and a second time in 2011. The venue at the Arnold is the best I have competed at by far. The atmosphere there is very motivating and full of energy. Just being a part of the Arnold is a great feeling and I look forward to competing there again.

**We all will be looking forward to seeing what you have in store for us next. Phillip, although it would take pages to write all your achievements, tell us five lifts that you have achieved in the past two years that you are very proud of.**

- 705 lb. raw DL (deadlift bar) - January 2009 at NASA Natural Nationals
- 672 lb. raw DL (power bar) - March 2011 at USAPL Raw Challenge at the Arnold
- 407 lb. raw BP - December 2010 at USAPL



**Phillip Wylie pulling 705 pounds!**

#### **Holiday Classic**

- 402 lb. raw BP - January 2009 at NASA Natural Nationals
- 573 lb. raw SQ - March 2011 at USAPL Raw Challenge at the Arnold

### **Excellent lifts. For others who want a more competitive bench, what would be your top five tips for a raw bencher? What about the shirted bencher?**

#### **Raw benchers:**

- Strive for perfect technique.
- Pause benching: If you pause your reps in training, it won't be a big deal in a meet. Touch and go benching also has a place in your training since it can help build your speed. Pause your benches at least once a week, unless you are weak off the chest.
  - Train your back, lats and traps.
  - Train your shoulders. Overhead pressing and incline bench presses will give you the most bang for your buck. Don't overdo these. I wouldn't do less than 5 reps. I usually do 8 to 10 reps. Make sure to work your rear delts to prevent imbalances and injury.
- Train your triceps. Make sure to pick exercises that will give you carry over to the bench, such as close grip bench, board presses, JM presses, triceps extensions. Triceps push downs are good a recovery exercise.
- Prehab/recovery work: Rotator cuff exercises, external rotation exercises, Y, W, T, L's, etc. Working your back will go a long way in preventing injury.



**Phillip and the infamous bear he wrestled**

#### **Shirted benchers:**

- Strive for perfect technique. This is even more important for shirted lifters. Work to shorten your bench stroke. The bigger your arch the less distance you have to press.
- Touch your chest with the bar in training. This is the biggest mistake I see in shirted benchers. You need to practice this in the gym. One of the best tips is one that came from the Metal



# PHILLIP WYLIE »

Militia. In training, work on touching with lighter weights. If you can touch with a lighter weight, you will never have a problem touching in a meet.

- Train your lockout. One thing the best shirted benchers have in common is training their lockout. The shirt is going to help you off the chest and at lockout to an extent, so the stronger your lockout is the more you will bench.
- Train your back, lats and traps.
- Prehab/recovery work: Rotator cuff exercises, external rotation exercises, Y, W, T, L's, etc. Same as raw, working your back will go a long way in preventing injury.

## Your tips are great! Do you have a message for the future generation of powerlifters?

Life is short, so enjoy life to the fullest. Powerlifting takes a lot of time and dedication. It's a marathon and not a sprint. With that in mind, make sure to have fun and enjoy the sport. Make time to have fun outside the sport. You can't get time back, so don't neglect your personal relationships. Taking time to go on vacation or do something fun outside the sport will keep you from getting burnt out and it will help you avoid regret later down the road.

Make sure to stretch, foam roll, warm up, do mobility drills and prehab exercises. Avoiding injury will help you avoid set backs and early retirement.

Stay healthy—a healthy lifter is a strong lifter. Try to eat clean most of the time and do some cardio or conditioning work. Cardio and conditioning can help you recover faster as long as you don't overdo it.

## I'm going to name a powerlifting topic. I want you let me know what comes to mind...

- **135 lb. raw bench presser:** A good raw bench for a female lifter.
- **225 lb. raw bench presser:** A good raw bench for a teen lifter.
- **315 lb. raw bench presser:** A good raw bench for a lifter under 200 pounds.
- **405 lb. raw bench presser:** A good raw bench for a lifter over 200 pounds and an awesome bench for someone under 200 pounds.
- **500 lb. raw bench presser:** A world class raw bench.
- **600 lb. raw bench presser:** An awesome raw bench.
- **700 lb. raw bench presser:** A phenomenal raw bench.
- **People who fear you:** People who own buffets.
- **People who look up to you:** People shorter than me.
- **Your fans:** Family and friends.

## What makes Phillip happy?

In the world of powerlifting, it would be competing and setting PRs. Also, helping others achieve their goals. Off the platform, it would be spending time with my family and friends, watching movies, snow skiing, and traveling and vacationing.

## What makes Phillip different from everyone else?

My strange sense of humor and the bad jokes I



Phillip deadlifting at the 2011 USAPL Raw Challenge meet

come up with.

## Give us a random fact about you.

I was a pro wrestler in the late 1980s.

## Ahh, no wonder you were the only person the bear couldn't take down! How would you characterize the people you have met through powerlifting?

Most of the people I have met in powerlifting have been really nice people.

## What is the hardest thing that you have ever done?

That was completing a 677-pound deadlift on the 4th attempt at the 2008 NASA Unequipped Nationals. The bar moved slowly and the lift seemed to take forever, but I stayed with it and finished the lift.

## Tell us about your family and how they support you.

I am married to an awesome woman named Tiffany. She is very encouraging, supportive and goes to all of my meets. She videos my meets and makes sure I have everything I need on meet day. She listens to me talk about my powerlifting obsession and schedules vacation time around my competitions. My 19 year old daughter Jordan is supportive and encouraging. They both are very understanding and never complain about the time I spend in the gym. I am a very fortunate guy and couldn't have a family more conducive to my powerlifting. Even my in-laws are supportive of me and my

powerlifting career.

## I'm glad you have a great family to support you. Phillip, it has been great interviewing you today. In closing who would you like to thank?

Thanks for the opportunity to interview with you, Ben. First off, I want to thank God for allowing me to compete and compete at this level. I am fortunate to lift at my level, especially with my health issues and after a close call with death from a gunshot at the age of 15. I want to thank my wife Tiffany for her love, support and understanding. I appreciate her and all she does for me. I also want to thank my daughter Jordan for her support and encouragement. I would like to thank my friend and the owner/founder of Bad Attitude Gym, Sean Donegan, and give him some long overdue credit. When I got back into powerlifting in 2003, Sean coached me and let me train with him. He is more than just a teammate and coach, he is a great friend. Sean has given a lot to the sport and has had a big impact on the sport in the North Texas area. He has hosted seminars and has helped numerous lifters. A lot of us in this area would not be at the level we are, or even powerlifting at all without Sean or Bad Attitude Gym. He has even helped lifters with travel expenses to meets and donated money to meets for prize money. I would like to thank my alternative medicine team, Dr. Jason Venn (Venn Chiropractic and Wellness) and Dr. David Brown (North Dallas Alternative Medicine Clinic). They help me stay healthy and they are the providers for all my chiropractic holistic medicine needs. «

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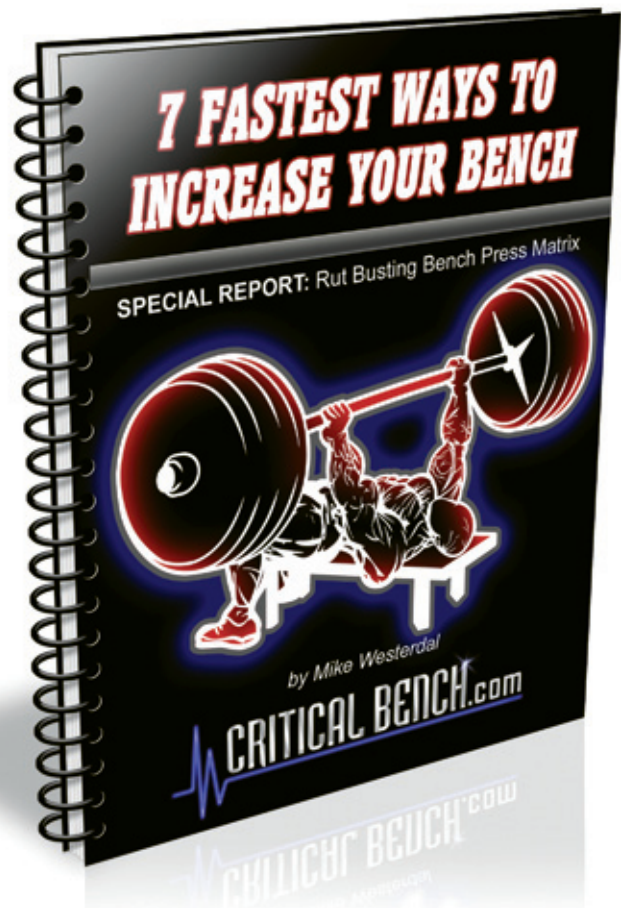
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## SUPPLEMENTS >>

credit much of my success to eating smart, getting proper rest and being smart about my daily supplement regimen.

**RICKEY DALE CRAIN:** I have been asked numerous times over the years what supplements I take, so below is a personal list of what I use on a daily basis. The list has changed over the years due to age, training regiment, time of the year, goals, etc.

- Vitamin-Mineral supplement (75 mg/mcg and above in B vitamins)
- Vitamin C-Complex 1-2/1650 mg morning and 1650 mg evening and 1650 mg evening (4-6 grams a day)
- Aminos (for those wanting to cut bodyfat, lose weight or maintain weight) or a good quality Protein powder (egg is best, but whey is a great choice for those wanting to watch the pocket book; please no soy!!!) (10-20 grams).
- CLA
- Glucosamine with Chondroitin and MSM
- Omega 3, 6, and 9 (all three)
- Calcium Citrate (with magnesium, zinc, manganese) 300 mg morning - 300 mg evening
- Hawthorne Berry
- Cortisol (fat burner)
- Ginkgo (for memory)
- Garlic
- CoQ10
- Devils Claw
- Saw Palmetto
- Prostate Support (Lycopene, Saw Palmetto, Pygeum Extract, stinging Needle Extract, Pumpkin seed Oil)

Just stop where your pocketbook does! Exercise without supplementation is suicide; these are the words of Dr. Joel D. Wallach. How true they are. *Exercise without complete and optimal supplementation is self destructive*, and suicide. Farmers and ranchers very systematically put in vitamins, minerals, and trace minerals in animal feeds to prevent and cure disease and illnesses. They learned that working and producing animals (all the way from the cow to the race horse) need additional nutrients above and beyond subsistence and maintenance levels. The same goes—and more so—with humans. In many studies done we find an increase in the frequency and severity of sports injuries, behavioral problems, degenerative diseases, and even death in athletes because of this neglect. High output athletes without supplementation are more susceptible to emotional, traumatic, and degenerative diseases than the classic couch potato. Certainly the average weekend athlete with common sense would not throw their life away by not supplementing with the known 103 essential nutrients each day (72 minerals, 16 vitamins, 12 essential amino acids and 3 essential fatty acids). Certainly then the highly conditioned and trained serious athlete, who invests considerable amounts of time and money in their training and fitness programs, would not throw their health or lives away by not supplementing either. The majority of people who exercise do not take a vitamin and mineral supplement. They have bought into the medical dogma that “if you eat right, you do not need supplements; you can get everything you

need from the four food groups” (which in most cases is tons and tons of carbs), and that if you supplement, “it only gives you expensive urine.” Our farm and range soils are so depleted of nutrients as a result of 100 to 200 years of intensive farming without appropriate mineral replacement. Why is it they cannot seem to make the connection that the food on their plate is anemic in nutrients? Two and two still equals four, so be smart as an athlete and supplement. Not only will it enhance your performance, it could save your life.

**JON SMOKER:** When I studied in Moscow, there was a great deal of interest before the lecture about supplementation. The lecturer was a nervous chap. Understandable enough, given that he was old enough to have lived during the Stalin era. He either didn't have much he wanted to share or their research or had come to the conclusion that there are no natural substances which will help the athlete; a conclusion that a lot of powerlifters have come to as well. When pressed, he said that he recommended that wrestlers have a piece of meat before a match so it would be available when the body started to recuperate after the meet. Simple enough, end of story. Except there have been athletes who've routinely had their blood monitored to discover any encroaching deficiencies. I've experienced something very similar myself in that I have to see a nephrologist since I had a rash of kidney stones from '95 to '05. I feel like I have this biochemist working with me and I've never been healthier. For example, I have to take mega doses of potassium and the last time I went to see him I was running a little low on Vitamin D. He said I needed to be careful as too much dosing could have a crystallizing effect, a no-no for kidney stone producers. I compromised by taking low doses of cod liver oil capsules which contain Vitamin D. I would recommend bloodwork for any powerlifter because of a deficiency in anything will hurt your performance. It will also prevent one from over supplementing, which is hard on the wallet and can even be potentially dangerous.

I doubt there is anything on the market which will have a steroid-like effect because if it did, the FDA would figure it out and would soon regulate it, like what happened with clenbuteral several decades ago. It must have worked because the FDA pulled it off the market; a catch 22 if there ever was one. I do think creatine has an effect on body mass, which would explain its staying power as a supplement, but I've never experimented with it because, once again, my nephrologist tells me I'd be “rocking the boat.” But I have noticed the effect it has had on the people I train with who've used it, among other things, making it harder for them to make weight.

I've always taken a protein supplement when I'm getting ready for an important meet. I favor designer proteins I get off the internet with whey isolates. I believe the European standard of 1 gram of protein per kilogram of body weight for a strength athlete is pretty accurate. I know the effect too much protein can have, and let's just say it's TMI, and again a waste of mon-

ey. The dietary supplement that really caught my eye (and a lot of peoples') when it first came out was MetRx. Developed at MIT through a lot of research, it was designed to sustain the life of someone who's in a state of suspension during a long surgery or to help people who've experienced a lot of tissue loss from burns or cancer. What impressed me right off the bat was that it didn't contain massive doses of any vitamins or minerals, which told me that it was indeed a scientific blend, especially the water solubles, Vitamin C and the B vitamins. One can get all the Vitamin C necessary in 1 glass of orange juice. And of course the B vitamins are famous for mega doses which again aren't necessary unless you enjoy watching your urine turn all kinds of colors. I started using MetRx as a meal replacement when I was cutting weight in 1992 and for the first time, I'd go into meets feeling really good. I wasn't too thrilled that it was sweetened with aspartame because I think there is plenty of evidence that it's not good for you. I can always tell when a product contains it without reading the label because I can feel it in my teeth. I think it's nasty stuff, so I was really happy when MetRx starting selling products without it. I think some of their protein bars are also some of the best tasting ever. Which brings us back to meat. Chicken, fish, pork, eggs, milk—all good sources of protein, however they don't contain the Iron and B vitamins found in meat. So probably the best thing to do after a heavy duty workout is head on down to McDees for a burger and a coke, the former for the aforementioned reasons, and the coke because the corn syrup it contains is a good source for the glycogen that gets depleted during a hard workout. Whenever my nerve endings feel sort of frayed, I find that a small piece of meat makes me feel just fine because of the B vitamins. Having said that, I have to admit there is a psychosomatic element with any supplementation. And, also, that anything can be taken to extremes. Jack London, the writer, ate meat every day because when he was a kid, his family was so poor, they couldn't afford it. And he wanted it rare, dripping with blood. He died of uremic poisoning. So perhaps Aristotle said it best almost 2,500 years ago: “Moderation in everything.”

**SUZANNE “SIOUX-Z” HARTWIG-GARY:** I have never used supplements. I take a daily multi vitamin and fish oil. Occasionally, if I'm on the run, I'll drink a protein shake for a meal replacement. For an energy boost, which training, I'll occasionally take a caffeine pill. I don't drink coffee or caffeinated sports beverages. Personally, I think a lot of supplements are just marketing hype. You can spend hundreds of dollars and not notice a difference. However, I know some people swear by them. To each his/her own. I prefer to get what I need from the food I eat.

**MIKE MCDANIEL:** I only drink protein shakes and take a multi-vitamin with iron. That's all I recommend. I choose protein powders based on taste and low sugar content. I believe some brands are better than others, but there are so

many good brands that I don't recommend a specific one. In my first 10 years of lifting I tried every new supplement and gimmick that came along. I wish I had my money back. I've made by best gains in the last 200-plus years of lifting. There's no substitute for time under the bar.

**BOB BENEDIX:** Supplement means to add to! If you cannot eat every 3-4 hours every day it makes sense to supplement. I am a big believer in eating and would rather do so than take supplements. Sometimes you can't and a Protein shake after training and before bed really helps. Free form amino acids in capsules with food and branch chain aminos prior to workout help also. A large cup of black coffee prior to training beats anything on the market. Most people know I am an Optimum Nutrition Fan!

**KEN WHEELER:** I have taken supplements for about 42 years now, and, yes, I do believe they can make a difference in athletic performance and, yes, I recommend them to others. In my opinion, there simply is too much science to make a blanket statement that they "don't work"—period. Digressing here a bit, but I have found that a lot of lifters who don't believe in taking supplements many times are expecting more out of the product than it can actually provide. This, of course, is largely due to the extravagant claims of manufacturers, but that is

a topic for another time.

My supplements of choice are whey and casein proteins, occasionally a weight gainer, athletic potency vitamin/mineral, saw palmetto, hawthorne berry, aspirin, fish oil, non flush niacin, digestive enzymes (which have virtually cured my acid reflux—no more nexium), kre-alkalyn creatine which works very well for me without the bloat, and lastly, during the summer months especially, I use a recovery drink after the workout. The Hog Pit can get to be over a hundred degrees in the Bakersfield summer, and plain water just doesn't cut it.

I primarily use Dymatize protein because it is a great value, blends well in a shaker bottle and tastes very good. After Shock by Myogenics for my post workout. All American EFX kre-alkalyn creatine, Digest-All by MRM for my enzymes, and everything else that I take is pretty much generic.

**AL CASLOW:** Yes, supplementation is a big part of my athletic lifestyle. Not because I need it per se, but because it makes life easier to do the right things nutritionally. I use various sources of protein, BCAA, pre-workout stimulants and hormonal stimulants. All these aid the main culprit to growth and tests recovery. The brand is of importance. I think there are higher qualities and higher sources of raw material, but most of all better innovation. I use Biotest products

because, for one, I am sponsored, but two, they really take pride in developing cutting edge and one of a kind type products.

**WADE JOHNSON:** I'm partial to Beverly International. As I was trying to put on size when I first started competing, I used the Muscle Provider, Mass Amino and Ultra 40. I also used and still use the Ultra C, EFA Gold, Joint Care and Glutamine Select.

**STEVE DENISON:** Yes, I take supplements. For protein I've been using ALLMAX Nutrition Isoflex whey protein isolate as well as Nutrabolics triple isolate protein matrix. I also take a multi-vitamin, B-10 with amino acid blend, flaxseed oil, Milk thistle, Acidophilus/probiotic complex for digestion, alpha lipoic acid, baby aspirin, Vitamin K2 with D3, DHEA and Juice Plus Garden Blend and Juice Plus Orchard Blend. I would recommend any of the above supplements to others. ☺

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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](mailto:lambertplusa@aol.com) or [bobgaynor@comcast.net](mailto:bobgaynor@comcast.net). If you would like to serve on the Forum Panel, contact [bobgaynor@comcast.net](mailto:bobgaynor@comcast.net).

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## 2011 POWERSTATION PRO/AM »

break the 242-pound world record total, which was a total made by a Westsider, Greg Panora—a great lifter now retired. A few months back, AJ Roberts took the Finn's 308s total records and now Juna was here to seek revenge. Would he get it? After a 1,010-pound squat, a strong 810-pound bench press, and an 820-pound deadlift to hit the new world record total of 2,640. Westside does not like to lose world records, but Juna is trained by my very close friend Sakari who could not make the trip due to surgery. Congratulations go to both Juna and Sakari. We wish him a speedy recovery. This was just a warm-up.

The 275-pound weight class was unreal. There were five in the class, and what a class. Chris Chila came out in fifth place with 980-pound squat, 630-pound bench press and a 700-pound deadlift to total 2,310. A class winner—good lifting, Chris. In fourth place was Jim Benson with a 1,005-pound squat, a 725-pound bench press and a 600-pound deadlift. That adds up to 2,330. Pat Hakola was very impressive with a 2,500-pound total made up of lifts of 940-pound squat, 750-pound bench press and an 810-pound pull. Pat will do more next year.

Next up was the squat machine, Brian Carroll. Breaking the world record squat with a deep 1,185 to go with a 770-pound bench press and a 775-pound deadlift and a personal record. This left one, Dave "Neutron" Hoff. Neutron is on a mission to be the greatest male powerlifter in history co-efficiently. Three strong squats ending with 1,165. A strong 945 bench press and an 800 pull to break his total record of 2,805 by 105

pounds. This adds up to 2,910—more than Donnie Thompson making SHW, at least for a minute.

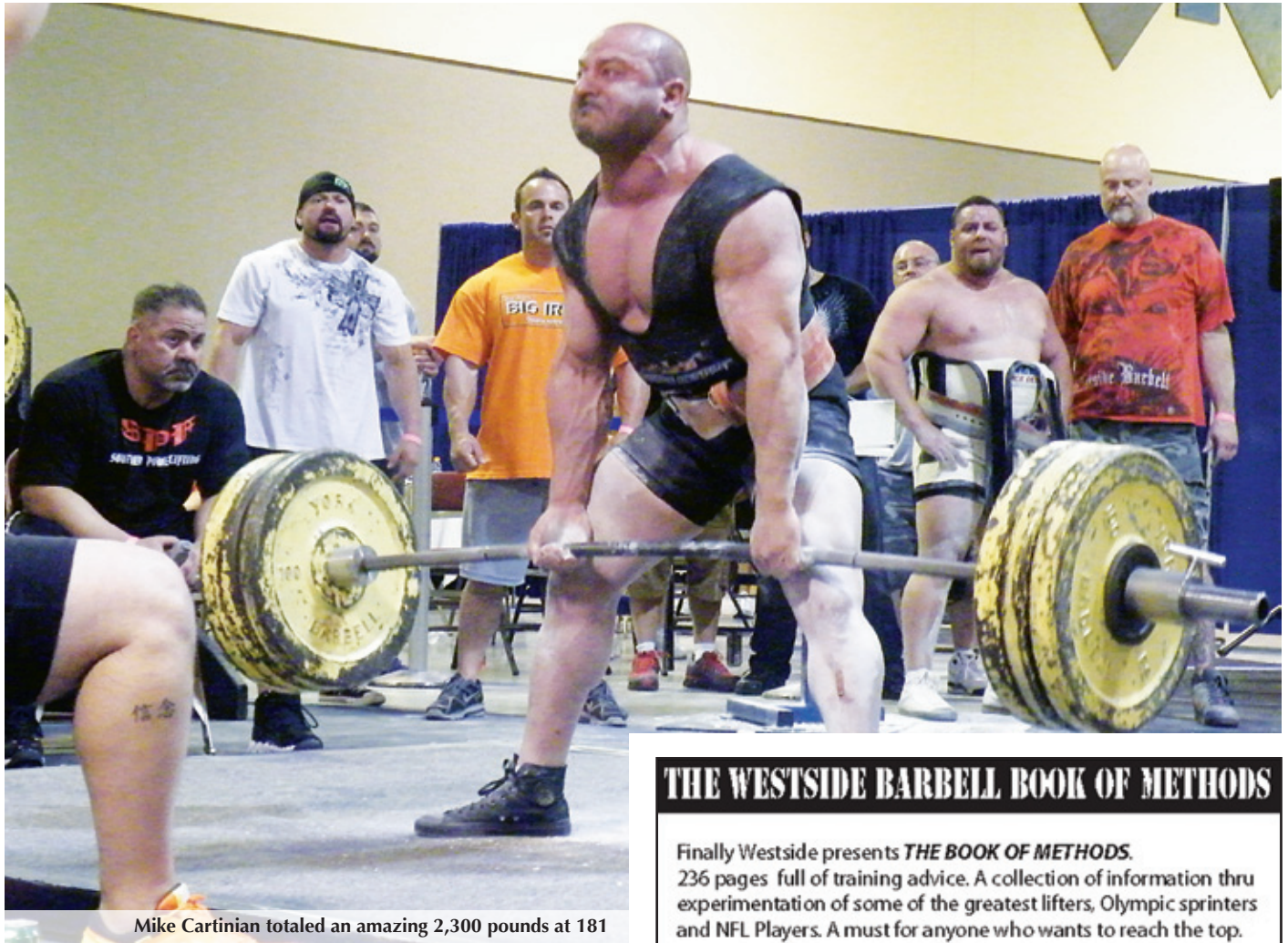
I started my powerlifting career in 1966. I have had the pleasure to see the greatest lifter of all time, Mike Bridges, do the impossible for light weights. Ed Coan came after Mike out-lifting every weight class, breaking too many records to count. In the modern era, Shawn Frankl lifted weights that seemed impossible and now Neutron is doing the same. All four men must possess mystical powers. I take my hat off to all four; it has been my upmost pleasure to be a humble spectator to greatness. Let's move on after my rant to the 308s.

Four came to lift in the strong meet on this planet. Clint Ewald made a 900-pound squat, 760-pound bench press, 720-pound deadlift for 2,380 total—good lifting. In third was Dain Soppelsa who squatted 1055-pounds, 730-pound bench press and 650-pound pull for a 2,435-pound total. Next up was Jake Anderson from Westside hitting a big PR squat of 1,130, a 735-pound bench press with a 835-pound turned down bench press. This left Jake in a big hole to climb out of. With an 845-pound deadlift to total 2,755, Jake had to settle for second place behind the event winner, AJ Roberts, also out of Westside. AJ made an 1130-pound squat, a PR 905-pound bench press and 795-pound to total 2,830, a world record. This is his third total world record this year. AJ has much more in him and will need it with Jake on his ass. Can't wait for the next meet. Congratulations, AJ.



Donnie Thompson amazed all with his 3,000 pound total at the Powerstation Pro/Am (Louie Simmons photos)





Mike Cartinian totaled an amazing 2,300 pounds at 181

The supers were just that—super. Chad Walker was in a tough crowd today. His 1,060-pound squat, 725-pound bench press and a 780-pound deadlift came out to a 2,565-pound total. Great lifting, Chad. Henry Thomason is a great squatter making an easy 1,190 and tried a world record of 1,270, a 755-pound bench press and a 705-pound deadlift. This left him with a 2,650-pound total. I know Henry will be back next year, and even better. This left one man, a big man, Donnie Thompson. I saw Donnie's first meet and I hope this is not his last. He made a dream into reality at the Powerstation meet. It takes great men to do greater things and Donnie did the greatest total of a 1,265-pound world record squat, a big PR bench press of 950-pounds and he capped it off with an easy 785-pound deadlift to total 3,000. An accomplishment that many lesser men thought was impossible, but not Donnie.

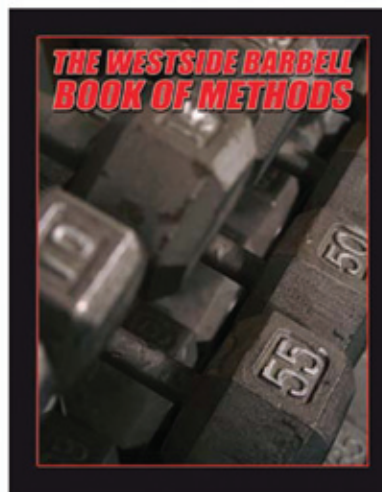
The best lifter was: Dave Hoff - 1520 lb. - \$5,000; AJ Roberts - 1429 - \$2000; Brian Carroll - 1422 - \$1,500. The champion of champions went to Dave Hoff of \$3,500. The best squat was Brian Carroll, \$1,000. The best bench press Dave Hoff, \$1,000. The best deadlift Juna Someroja, \$1,000. There was \$23,500 all together in prize money.

Thanks to our sponsors who made this all possible: Musclesharm, AtLarge Nutrition, Westside Barbell, House of Pain, Cell Block Gym, Legend Fitness, and Crossfit.

The meet produced 13 all-time world records. I hope to see you all back next year and the new Pros that the amateur day produced. If it was not for Mike Ferguson putting on the meet, the SPF with Jessie Rodgers, and the sponsors, this could not be possible. And the great lifters and judges who come together to unite the sport, and that is my life. «

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# POWER NUTRITION »

## equipment. Can you drop some names for us here, Tom?

Name-dropping? Well, let's just say that if you have tasted a smoothie in a smoothie shop in the past 15 years, you have tasted Blendtec's technology.

## Your Blendtec jar is also revolutionary on its design. Can you tell us more about that?

How much do you want to know?

▪ **Square jar design:** The square jar side's forces vertical motion in the blending medium. Product isn't just chased around the jar as occurs in a round jar. It is struck by the blade, hits the wall, moves up the wall and is sucked back down into the vortex by the blade where it strikes the blade again. Our flat walls easily scrape clean so you get more of what you are blending out of our jar. Other blenders disrupt the circular flow using ribs and interrupted walls which are difficult to get product out of, and harder to clean.

▪ **Pour spouts at each corner of the jar:** They make it easy and convenient to pour in a variety of ways so that you don't spill and make a mess like with other containers.

▪ **Patented WildSide jar:** The fifth side causes the blending vortex to shift, enhancing the flow of the product through the blade and limiting cavitation. Allows for a thicker blend without the use of a plunger, tamper, or stir stick. Also allows for larger blending capacity. Look in professional smoothie shops, you won't find blenders with stir sticks.

▪ **Patent pending cold forged stainless steel blades:** Stainless resists corrosion and is the material of choice in the food service industry. The forging process hardens the surface of the stainless steel to about 41 Rc, but leaves the core ductile. It's hard where it needs to be hard, and ductile where it needs to be ductile.

▪ **Single blade design with patented vertical wingtips, bend and twist angles:** Allows for food product to fall easily in front of the blades enhancing blender performance. Single blade design makes it very easy to get product out of the jar, which leads to less waste and very easy to clean. The high tip speeds on both the three and four inch blades to maximize blending performance. The bends and wingtips are designed to maximize product flow through the blades, thereby improving efficiency. The jar and blade combination are very effective for both wet and dry blends so there is no need for separate jars

▪ **Stainless steel bearing shock mounted in rubber, and sealed on both sides of the bearing:** Bearings allow for higher operating speeds and reduced noise. Low cost blenders use bushings in the jar rather than bearings. Mounting the bearings in rubber helps to take up the shock loads generated while blending ice and frozen fruit.

▪ **Bearing assembly is permanently installed using sonically welded components:** Eliminates the possibility of incorrect assembly by the home user, which enhances customer safety and jar longevity. Also removes parts commonly found in competitive blenders that collect dirt and debris, and are very difficult to clean.

▪ **Round nut-holding blade in place:** The round

nut on the inside of the jar is easily cleaned. Also, it is non-removable which enhances safety for the consumer and promotes jar longevity.

▪ **Simple design with minimal number of components:** This allows for a much lower replacement cost, as well as a better use of resources.

▪ **NSF home certified BPA free jars:** Freedom from BPA provides a perception of safety, especially in the raw food demographic, which is a large part of our customer base. Our jar material was also chosen for good chemical resistance, meaning a longer life for our customers. The home jar is certified to the NSF home standard, which may provide some feeling of safety in some customers.

▪ **Jars marked with standard and metric measurements:** Jar markings allow for the customer to measure directly in the jar. Pad printed black markings are more visible and easier to see and use than molding in markings.

▪ **Graphics are customizable:** We do work for numerous companies, so yours could have Costco specific markings if this is where you purchased your Blendtec.

▪ **Carefully designed fit of jar to base:** Square shape of the base keeps the jar from rotating during blending and provides a large stable platform for the jar.

▪ **Lightweight jar:** Our jar is easy to pick up, use, and pour. This is especially relevant for older or disabled users.

▪ **Stackable jars:** Our jars allow for multiple stacking. This is a major benefit at juice bars where they may have several blenders going at one time. This easy storage for multiple jars helps greatly in a commercial setting.

▪ **Vented gripper lid with removable lid insert:** The tight fitting gripper lid ensures that the product stays in the jar. There is no need to hold the lid in place, the user can start the blender then go do something else. The same lid fits on both the 2-quart and WildSide jar. The removable lid insert allows gases to escape while blending hot liquids, and allows the addition of solids and liquids through the center hole of the lid.

## Speaking about the jar, you have recently released an even more updated version, which you call the "WildSide" jar. Can you tell the readers more about what it does and how it differs from others on the market?

This is an amazing jar. I created it by seeking to solve a concern of one of our commercial customers. They needed more blending volume and a quicker blend. I didn't want them to have to buy another motor base, so I worked with the same base measurements and developed the WildSide. In order to get more volume, I created a fifth side. The fifth side gave more volume and we gained more room in the bottom of the jar; so I added an inch to the blade! The combination of a four-inch blade and a fifth side shifted the vortex or blending funnel from the center to just off center. In testing, I knew food hits the sides of the wall and at every corner it is thrown back into the blade rather than going around and around in conventional blender jars. So the fifth side gave extra corners forcing the food back into the path of the blade. Not only did

this solve the challenges of one customer, but also it opened up an opportunity for us to bring this technology to the world.

## How large is the jar?

We have two jars on the home market right now. The WildSide and the FourSide (also referred to as the Basic). The WildSide has the four-inch blade and fifth side, as mentioned. This is the jar that most smoothie shops use. You can make protein drinks, green smoothies with kale like powerlifters make in this jar. It is great for frozen treats too. The WildSide volume is almost 3 quarts. The FourSide is great for your average blends and does an amazing job at creating hot soups in 90 seconds. It is almost 2 quarts.

## I know some of my lifters like to make their protein shakes with a lot of ingredients that always cause conventional blenders to overflow and spill at the top when mixing because their is simply not enough space. Will this be a problem with the Blendtec?

I make a lot of green drinks. In fact, I have one every morning. We use a lot of spinach and almonds and have plenty of room in the jar! I use the WildSide jar for my green smoothies.

## One of the things I like about your blender is that it is digital and doesn't have any annoying knobs. Can you tell us why you went this route and why it's superior when designing it?

Thanks for noticing our clean touch pad! When I drafted the concept of an ultimate high-powered blender, I wanted it to be easy for people to use and to clean; so they would use it time and time again because it was designed to be used. Appliances in the 1960s had to have knobs, because that was all that was available. But when electronics were invented, it opened up other possibilities. For example, I remember dishwashers with knobs and dials, but now with the age of electronics smart manufactures and designers have all gone to flat panels that can be easily cleaned. Because Blendtec blenders have brains (programming), we are knob free. Fifteen years ago it just made sense to build for the future with clean lines and no places for bacteria to hide and grow at home or in a smoothie shop.

## Some people will say, yes, it may blend up just about anything out there, but what about longevity?

You will be happy to hear we just raised our warranty from three years to seven years! We have people call us all the time and say, "Hey I have over 500 cycles on my machine," and thank us for building such a durable machine.

## Powerlifters drink tons of protein shakes daily—sometimes up to 3 per day. Can a Blendtec handle this kind of use and abuse day in and day out over months or even years of this type of constant workload?

Blendtec blenders can handle daily use; in fact, the motor is meant to be used. I use my blender multiple times a day. These machines are commercial grade blenders, built to last. Jars are

the only parts that really wear. And if you think about what goes on in a jar, it makes perfect sense that you will have to replace them from time to time. The tip speed of the blade in a jar is 300 MPH, of course that slows down when a frozen strawberry hits it. But yeah, jars take a beating in order to shift solids to liquids in 90 seconds or less.

**Can you tell the lifters out there why a Blendtec would be their top choice in getting a blender that can really not only help with blending their protein shakes and green smoothies, but it offers so much more and can replace many different kitchen appliances?**

Do your homework and you will buy a Blendtec—it is that simple. Nothing surpasses our innovations. We are the company that changed the way the world blends. We offer the best technology to everyone whether you want to open a coffee or smoothie chain or if you want to make good food for your family.

Use the Blendtec blender multiple times a day and see for yourself. You will eat better because you are eating whole foods. Leave it on your counter and use it to grind grains, make pancakes, frozen ice cream, hot soup, and bread dough.

It can replace a juicer (and you get the fiber and nutrition you would otherwise toss). It replaces an ice cream maker. Buy a jar for grinding coffee and it now replaces your coffee grinder. On a side note, coffee beans pit the softer BPA free material and stain the jar so I recommend a separate jar for blending coffee or spices into powder.

You can make pizza dough or bread dough in your blender jar. My wife makes quick bread, like banana bread right in the blender. You can grate Parmesan cheese. It is more than just a machine to make drinks and smoothies. It is a tool in your kitchen with the power to get the job done quickly and clean up is easy.

**I have used all types of blenders over the last two decades, Tom, and I can say that I have burned out more than I can even think of. Plus, I have actually gotten some higher end blenders too, so these were not simply 30 dollar blenders you get from the local Wal-Mart. Why do they die so fast even when I am not blending up crazy things like iPhones?**

I am an engineer. My intent is to design things that function and last. In order to make a machine last, I believe you have to have power. Blendtec has power. Our home machines have 1560 watts. We have direct drive, straight from the motor to the drive shaft, rather than couplings, which other blenders have. Every angle of the blender is engineered and designed to perform. A Blendtec blender is not your mama's blender. It is meant to be used for more than smoothies and margaritas, although you will never taste a smoother drink made than one made in a Blendtec! Try it, use it, but leave the rake handles for me to blend. There are better ways to get fiber into your diet! LOL!

**How does such a high-powered motor that is**



Tom says leave the rake blending to him!

**in the Blendtec stay cool when it generates so much torque?**

The metal fan cools the motor by pulling and pushing air. Each fan blade is angled in such a way to get the best airflow. (Remember, I am an engineer.) We didn't just get a fan and slap it in—we engineered it. And because we have sensors built into our machines, the blender will shut off before you overload it. That is a safety feature designed and built to protect the machine.

**Can you tell us how by using a better quality blender the nutrients get released from the foods?**

Again, it comes to speed and air. If you want to compare, blend something in our blender and another blender. Ours has brighter color when blended. The speed of the blade breaks down the food at the cellular level. If you let it sit, it starts to break down as it is exposed to oxygen. That's why a banana turns brown after it is peeled—oxygen. Our blender blends, opening up the cells and then you drink all those exposed vitamins and nutrients absorbing them into your body through your stomach and blood stream. You get more nutrients because as people we don't chew our food long enough before we swallow. Basically, we gulp down our food before it is at the cellular level, like food gets to when you blend it.

**Tom, I have been introducing green smoothies to my readers as of late. Can you tell the readers some of the health benefits that can be derived from drinking them daily?**

Sure, it is an easy way to get all your greens in! Like most of the population, who likes eating 5 to 10 cups of greens per day? Hell, who even has the time? With green smoothies, Blendtec makes it easy to get in that much greens in one or two smoothies per day and without all the hassle of chewing. LOL!

**One of the big debates among nutritionists is the one of juicing vs. smoothies. I think there are benefits to both, but I heavily weigh in on smoothies for many reasons. Tom, can you elaborate on this in regards to nutrients and keeping the fiber in tact as well as any other reasons that you believe why blending would be superior to juicing?**

Well, remember, I am an engineer, not a nutritionist or a doctor. Juicing has its place, especially for those who run and want clear juice. As you know, fiber and high nutrition components are found in the skins of fruits and vegetables. When people juice with traditional juicers, they toss those ingredients. In the Blendtec you can make concentrated green drinks or high protein drinks with natural fiber.

**Blenders are not all that your company makes.**



# POWER NUTRITION »

## Can you tell the readers about all the other kitchen aids you have created, both home and commercial, and explain each one?

Like I said, we started with the invention of the Kitchen Mill and moved on to create a mixer/blender combo called the Mix 'n Blend. From there I developed the stand-alone blender known as the Total Blender. The Total Blender lead to products in the commercial world such as the first sound enclosure, as well as different customized blend cycles for chains and franchises. We continue to develop new ideas and products all the time.

**One that really caught my eye was the Mix n' Blend II. Can you elaborate on the many different uses and features it has and how it could help a lifter in the kitchen save time and space?**  
It does save steps, time and space on the counter top. You can make everything from smoothies to bread in the Mix 'n Blend II. It all depends on the size of your family and what you want to accomplish. Both the Total Blender and the Mix n' Blend II save time and are built to be long lasting tools in the kitchen.

## Tell us a little bit more about the Kitchen Mill; I know I could use one of these in my own kitchen!

Most home grain mills grind grain into flour.

The Kitchen Mill bursts grain into flour preserving the nutrients of the grain. The grain is not pressed/squished between stones or through a burr mill; it runs through a series of teeth that breaks the grain into flour. Not only will the Kitchen Mill mill wheat, but also rice and other grains like popcorn. It makes wonderful corn meal because popcorn is naturally sweeter than dried corn. Beans can be milled in The Kitchen Mill. So you can make bean flour and from the flour make instant refried beans or naturally thicken soups; it is great!

## I know a lot of my readers drink coffee. Which appliance would you say are the most effective for grinding fresh coffee themselves?

Coffee has oils in it that would build up in the Kitchen Mill. You would want to buy a jar for blending coffee beans on the Total Blender. The BPA free jar is a softer material than poly carb jars, so designating one jar for grinding coffee is great. The coffee beans are so hard and the blade throws it against the sides of the jar and almost sands blasts the jar so you will see the interior of the jar fogged when you do grain or coffee beans. If you do a lot of grinding coffee, I suggest getting an additional jar for that purpose.

## Are there any other projects that you are currently involved in?

We are always involved in a lot of things. We are coming out with a new blending jar this fall so keep your eyes open for that! In the commercial world we are just introducing NSF approved colored jars to clarify and simplify food safety with food allergies. Plus a Rapid Rinse Station for commercial use. And there are other projects that we have in the works that are going to "wow" the blending world. It is always fun to go to work and solve challenges and invent new products!

## Can you tell us about some of the teams and athletes your currently sponsor?

We have a company softball team that has a lot of fun playing in the summer. It is hard to just pick one sport to support, so we try to focus on community and charities that help others.

## What about some of the different contests you run each year?

There is always a contest going with someone and our

blender. We try to support as many as we can. Check out our Facebook page. There are others who sell our products that have contests too. We appreciate that we have so many fans out there.

## Now where can readers find out more information about Blendtec as well as the other appliances you have designed?

Go to our web site, [www.Blendtec.com](http://www.Blendtec.com).

## You also have a very insightful blog as well. Can you let the readers know where they can find out more information?

Become our friend on Facebook or sign up on our website for recipes, deals and contests. And we tweet on Twitter so check us out there too!

## Do you ship worldwide or how does this work?

We are in over 80 countries right now. Our International Department works with dealers all over the world to certify machines for each country's requirements and specs. Send us an email and our team will let you know who to contact in a specific country.

## Mike Lambert and I would like to thank you for taking time out of your busy schedule to help bring us some great information about your products. Do you have anything you would like to close with?

We keep innovating, so keep watching; we have some amazing things in store at Blendtec!

## Conclusion

Now do I know how to bring you the goods or what? Like always, I try and bring you the most cutting edge information so that you can actually apply what you learn from my column in your daily lives. The fact that I have gotten so many blender emails over the last year has really made me want to do so much more than simply answering one of your questions in one of my Q&A columns. I figured that going to the source, and I do mean the source here, to bring you the real deal on what you should be using in your kitchen. I simply love my Blendtec blender and I know if you give it a try you will also never go back to those run of the mill mediocre blenders that most of you currently have sitting on your kitchen counter. The Blendtec is so much farther above other blenders, it truly is in a class of its own. I have done tons of research when it comes to deciding on what I would personally use and recommend to my world champion athletes. Without a doubt, you will not find a stronger, more versatile, powerful, or sophisticated blender on the market anywhere! Take it from me, I don't put my name behind just any products and you have known over the years that if I truly recommend something then you can be sure to be pleased with the results. If you are looking to make your culinary chores a whole lot easier and even tastier, get yourself a Blendtec blender because it will make a world of difference. So until next month, eat clean, train hard, and send that old beat-up rusted-out blender to the curb and trade it in for a true powerhouse! «



## WNPf U.S. OPEN AUG 6 2011 » Orlando, FL

BENCH	(40-49) SP			
FEMALE	Merry	415*		
148 lbs.	Open DP			
(17-19) Raw	Allocco#	665*		
Wilcox	155*	DEADLIFT		
MALE	198 lbs.	(60-69) Raw		
132 lbs.	Burton	425		
(70-79) Raw	160*	220 lbs.		
Smith	198 lbs.	(50-59)		
198 lbs.	Kelly	585		
(50-59) Raw	315	242 lbs.		
Wilcox	275 lbs.	(60-69) Raw		
Lifetime SP	Merry	435*		
Merry	415	275 lbs.		
Open SP	Open Raw			
Merry	415	Allocco#	685*	
Powerlifting	SQ	BP	DL	TOT
132 lbs.				
(40-49) SP				
Soukup	325*	240*	325*	890*
148 lbs.				
Junior Raw				
Webster	395*	305*	400	1095*
165 lbs.				
Open Raw				
Selzer	335	245	500	1080
181 lbs.				
Open Raw				
McNichols#	450	380*	535	1365*
Subs Raw				
Tillsey	285	335	405	925
275 lbs.				
Open Raw				
Mosley	540	375	500	1415

\*=National Records. #=Best Lifters.  
SP=Single-Ply. DP=Double-Ply. Thanks

to Zee and the UPF Gym in Orlando for allowing us to have this event. We could not have had this meet without him. Thanks to Mike Francis, Veronica Mondragon, Tom Harrier and the three spotters that helped at this event. Also thanks to Adrian Locklear, Moms Ford and Jamie Cooper for traveling to Florida to host this event. We will be back at UPF gym in Dec. for the Ironman Nationals and in 2012 for several events. Steve Soukup always consistent and always improving set 3 national records. Jonathan Webster also set 3 national records in the 148 class. Justin Selzer totaled 1080 in the 165 raw division. Chris McNichols won the best lifter award for the full power and he also set 2 national records. John Tillsey representing Moses Battles gym in Kissimmee did well with a 335 BP. Kareem Mosley had the highest total of the meet with a 1415 total. Rachel Wilcox set another national record, she has records in numerous classes in the WNPf. Steve Smith 77 years old and still benching 160 lb. weighing 128. Willy Wilcox hit a 315 BP and this is coming from a guy that hasn't worked out consistently in a long time. I thank Willy for all of his help and support, he's always there when I need him. Mike Merry from south Florida set a national record in the 275 class. Mike has been with the WNPf for over 10 years, now we just have to get his brother back on the platform. Thanks for your support Mike. Mike Allocco hit a 665 lb. BP in the 275's and won the best lifter award. Now to some other youngsters: Jim Burton at 63 years old deadlifted 425, Brantley Kelly at 50 years old deadlifted 585 and 66 year old Tom Ciola stepped back on the platform after a 20 year absence. Thanks Tom for making your comeback with the WNPf. Tom has some great products at

Hotstuff Nutritionals, check him out. Mike Allocco had the biggest pull at 685 lb. and he took home another best lifter award.  
» courtesy WNPf

## FERNANDO BAEZ CLASSIC

### Puerto Rico

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Open				
103 lbs.				
N. Lopez	270	105	248	622
K. Alverio	77	55	143	275
125 lbs.				
E. Velez	253	127	275	655
V. Gonzalez	198	88	231	517
138 lbs.				
D. Cabrera	281	176	314	771
A. Perez	281	138	308	727
L. Menendez	248	154	237	639
K. Menard	253	132	220	606
158 lbs.				
L. Burgos	341	182	363	886
J. Roman	292	132	303	727
F. Marte	99	61	165	325
185 lbs.				
J. Cortez	303	138	319	760
M. Pagan	231	110	275	617
185+ lbs.				
J. Baez	424	248	336	1007
MALE				
129 lbs.				
I. Cancel	347	220	374	941
F. Flores	341	242	352	936
J. Escobales	275	198	330	804
O. Serrano	270	193	292	754
K. Melendez	209	198	314	721

M. Pereira	88	110	253	451
145 lbs.				
A. Serrano	385	259	413	1057
O. Rivera	314	231	442	986
162 lbs.				
C. Lopez	314	242	440	996
E. Rodriguez	352	193	435	980
182 lbs.				
I. Laboy	435	286	506	1228
J. Gonzalez	358	308	385	1051
J. Moreira	341	308	380	1029
204 lbs.				
J. Cabrera	584	363	611	1558
E. Arenas	512	369	539	1420
A. Rosado	352	275	440	1068
J. Miranda	303	325	314	941
231 lbs.				
R. Burgos	699	407	716	1822
A. Gonzalez	672	440	661	1773
R. Mejias	457	325	385	1167
K. Rivera	308	248	451	1007
W. Cardona	352	226	352	930
264 lbs.				
C. Rivera	716	462	600	1778
L. Rodriguez	551	380	501	1431
L. Moreira	462	374	165	1002
264+ lbs.				
D. Estrada	661	462	677	1800

Best Lifter Female: Joan Baez. Best Lifter Male: Ramon Burgos. Team Points Female: 1st-Aguadilla. 2nd-Bayamon. 3rd-Ceiba B. 4th-Ceiba A. 5th-Castaner. 6th-Ponce. 7th-Rio Grande. Team Points Male: 1st-Ponce. 2nd-Ceiba Group A. 3rd-Castaner. 4th-Aguadilla Group A. 5th-Adjuntas. 6th-Ceiba Group B. 7th-Aguadilla Grupo B. Mr. Fernando Baez is one of the greatest weight lifters and powerlifters of Puerto Rico and he organizes this championship every year.  
» courtesy Sergio Centeno

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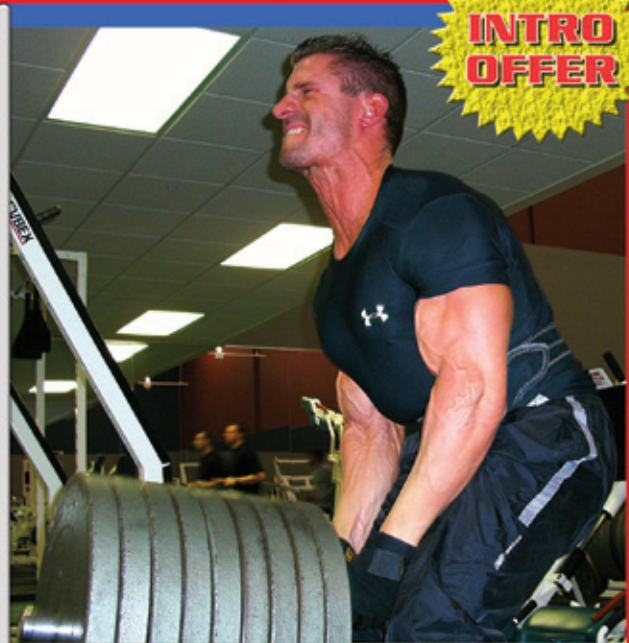
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**Make Strength Gains Every Week**  
**Build and Recover Faster than Ever**  
**Improve Sleep Quality**

NMDA PLUS features the cutting edge natural ingredient N-Methyl-D-aspartic acid (NMDA). NMDA PLUS optimizes your natural production of testosterone and other key anabolic hormones. This is a legal supplement, not banned by any organizations. Don't be fooled by companies selling the much less effective D-Aspartic Acid trying to pass it off as NMDA. Sirovi is the first company to provide efficacious amounts of this ingredient in a product. The formula also contains Humanofort (Embryonic Peptides). NMDA Plus also contains Humanofort (Embryonic Peptides), which creates a synergy unmatched by any other pro-testosterone product.

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Chad Shaw Powerlifter, Bodybuilder

The First and Only Efficaciously Dosed NMDA Formula Available



# A DIRT FLOOR IN THE DESERT »

Jason won. In fact, he dominated! He lifted astronomical weights with precision and finesse, became the national 198-pound class champion, and was the talk of the meet.

In the years that followed, Jason won three



Jason breaking records



Author Travis Werner

more national championships, placed second at the Open World Meet, and rewrote the American record book with an 810-pound squat, a 584-pound bench press, and a 766-pound deadlift; an unsurpassed, drug-free 2,127-pound total! He accomplished all of this on a used power rack in his garage, with a training program that was shockingly simple. He did add some assistance exercises upon his return from the Middle East, but they were mostly just variations of the three competitive lifts. Jason proved to the world that you can become the premier lifter of your weight class by training on a dirt floor in the desert or on a used power rack set up in your garage.

Jason and I talked at length about his training ideas and successes during his reign of dominance and I opened my mind to his ideas. In fact, I simplified the UL training programs in 2005, and have continued to simplify them every year since. "Less assistance, more core lifts," became my philosophy too. The result? Today we are the most dominant collegiate powerlifting team in the nation. Two of our lifters are currently ranked number one in the nation (just as Jason was) for their weight class despite being only 22-years old. We also have a lifter who squatted 804 pounds as a teenager at the Junior Worlds, a 148-pounder that bench pressed 405 pounds raw, a 132-pound lifter that squatted nearly 600 pounds, a 114-pound female that bench pressed 248-pounds, and a host of other elite athletes. They have accom-

plished all of this with the extraordinarily simple, yet structured, training programs. A special and long-overdue thanks to my long-time friend, Jason Beck, for all that he has contributed to my teams and the sport. «

**ABOUT THE AUTHOR:** Travis Werner has been a competitive strength athlete since the age of fifteen, with a highly successful coaching career that began at age twenty. Travis has bachelors degrees in dietetics and biology education, with a masters degree from UL in education administration. He was the 1996 Pennsylvania State High School Powerlifting Champion, a 2-time collegiate All-American, the 2001 Collegiate National Champion (242-pound class), and most recently won the 2010 Louisiana's Strongest Man competition. His best competition lifts include a 744-pound squat, a 529-pound bench press, and a 628-pound deadlift. Werner started the powerlifting program at UL in the Fall semester of 2000 and has served as head coach ever since. His team has grown to 60-plus members and has become the most dominant collegiate powerlifting program in the nation, winning the national championship two of the past three seasons. As a result of his team's success, Werner was the recipient of USA Powerlifting's 2011 Coach of the Year Award. He is the creator of Werner Strength Programs, which all of UL's elite powerlifters have followed. This book, then, is intended to make those programs available to the global powerlifting community.

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**Kyle Ramsey's summer offseason program (810-pound teenage squat record, #1 ranked teen @ 242)**

**Mike Broussard's Arnold Classic Program (Currently ranked #1 with 1592 @ 148)**

**Jennie Hollier, 248-pound bench press @ 114**

**Nelson Boutte's USAPL National Championship Program (Currently ranked #1 with 1405 @ 132)**

**Jeff Melancon, national bodybuilding and powerlifting champion**



## KEYSTONE STATE GAMES

JUL 30 2011 » Brogue, PA

### BENCH FEMALE 123 lbs.

C. Follmer 275  
Masters (45-49)  
L. Mellinger 352  
Masters (50-54)

### MALE 97 lbs.

Raw  
G. Hulslander 66  
Masters (55-59)

### Scholastic 181 lbs.

I. Battle 231  
Masters (55-59)

### B. Emig 220 Scholastic

B. Hafner 275  
Masters (60-64)

### E. Ryan 215 Raw

### Push Pull FEMALE 114 lbs.

Raw  
M. McDonald 104 242 347  
Masters (45-49)

### E. Eckard 165 lbs. Raw

60 159 220

### 165 lbs. Raw

B. Royer 82 154 237  
Masters (55-59)

Raw  
M. Wilson 93 203 297  
Masters (45-49)

H. Zimmerman 104 242 347  
Masters (60-64)

Raw  
K. McCleary 132 231 363  
Masters (65-69)

Raw  
D. Dettinger 418  
Masters (70-74)

A. Oswald 347  
Masters (75-79)

J. Kitchen 66 110 176  
Masters (80-84)

Raw  
N. Hulslander 71 171 241  
Masters (85-89)

Raw  
A. Eckard 55 137 192  
Masters (90-94)

Raw  
B. Voydik 143 209 352  
Masters (95-99)

Scholastic  
A. Morell 259 314 573  
Masters (100-104)

Raw  
C. Hartman 248 391 639  
Masters (105-109)

S. Welteroth 143 319 462  
Masters (110-114)

M. Heisey 132 253 385  
Masters (115-119)

Scholastic  
R. Thomas 248 341 589  
Masters (120-124)

Raw  
R. Hemmig 237 418 655  
Masters (125-129)

Raw  
C. Portzline 209 220 429  
Masters (130-134)

J. Tritch — 330 330  
Masters (135-139)

Raw  
T. Repman 248 424 672  
Masters (140-144)

B. Garmen 187 341 523  
Masters (145-149)

D. Bell 181 220 402  
Masters (150-154)

Raw  
D. Habecker 209 336 545  
Masters (155-159)

Raw  
J. Herbein 248 402 650  
Masters (160-164)

Raw  
B. Sutton 303 413 716  
Masters (165-169)

Raw  
D. Kafes 292 501 793  
Masters (170-174)

Raw  
B. Kollins 303 352 655  
Masters (175-179)

Raw  
J. Ross 446 639 1085  
Masters (180-184)

Raw  
T. Musser 341 589 931  
Masters (185-189)

Raw  
R. McPeak 237 468 705  
Masters (190-194)

Raw  
M. Weidman 198 281 479  
Masters (195-199)

Raw  
M. Anthony 143 248 391  
Masters (200-204)

Raw  
R. Harper 275 683 959  
Masters (205-209)

Scholastic  
J. Scerbo 303 600 903  
Masters (210-214)

Raw  
B. Tozer 523 562 1085  
Masters (215-219)

Raw  
J. Ranker 242 441 683  
Masters (220-224)

Raw  
C. Bloomquist 374 540 914  
Masters (225-229)

Raw  
C. Kitchen 429 501 931  
Masters (230-234)

Raw  
T. Hazlett 253 407 661  
Masters (235-239)

Raw  
R. Edwards 110 248 358  
Masters (240-244)

Raw  
M. Burke 347 562 909  
Masters (245-249)

Raw  
Schwanbenbauer 424 457 881  
Masters (250-254)

Raw  
The Keystone State Games took place at Vision Fitness, a gym located in Brogue, PA, southern York County on July 30th.

Vision Fitness has been the location of this event for the last two years. This year 56 lifters attended the contest. Lifters ranged in age form 8 to 73. There were five youth lifters, six women lifters, and seven Special Olympians among the list of athletes. Some of the competitors were from the local area, but some were from as far away as Sharon, PA, Pittsburgh, PA, Wilkes-Barre, PA and Carroll County Maryland. Niko Hulslander, the owner of Vision Fitness, has been the Keystone Games Powerlifting Event Director for the last five years. Many thanks goes out to the friends, staff, and volunteers who made the event a huge success for the community and lifters. Please find the attached document with the Powerlifting results. The results are in Pounds. The last pic that is attached is of Noah Hulslander, age 10 lifting a weight of 171 pounds in the deadlift event.

» courtesy Niko Hulslander



Big benching at the Keystone Games in PA (Niko Hulslander photo)



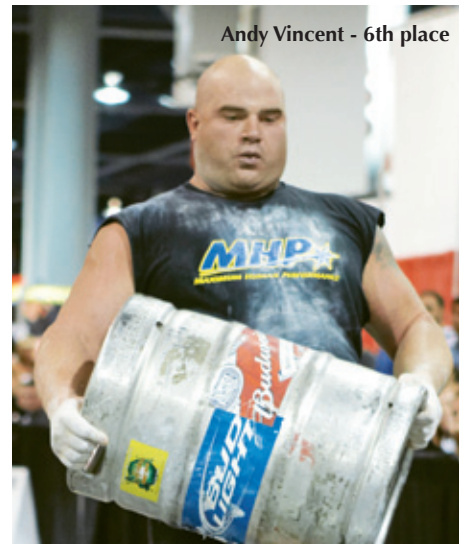
# MHP OLYMPIA STRONGMAN CHALLENGE »



Michael Burke - 1st place



Tom McClure - 3rd place



Andy Vincent - 6th place



Michael Caruso - 2nd Place



John Conner - 7th place



Marshall White - 4th place



Andrew Palmer - 5th place



Pete Konradt - 9th place



Carl Foemmel - 8th place



Brad Dunn - 10th place





# THINGS I'VE LEARNED PT. 1 »

eventually. I always strived to do my very best even when it looked like I was at my worst.

Now, one thing a lot of athletes don't understand is that the body serves the mind. It's not the other way around. If you have a strong mind, your body will follow. In fact, there is considerable research in the field of psychomotor development, which has revealed a linear relationship between the knowledge an athlete has about his sport and how well he performs. In short, the more information extended to an athlete about the demands of his sport, the more likely it is he will excel. Because of this fact, coaches in the Eastern Bloc countries, mainly the Soviet Union, Czechoslovakia, and the former East Germany, required that their athletes engage in intellectual training. Coaches in these countries frequently assigned readings to their athletes; at other times, discussions were held and lectures given by authorities who discussed the psychological or physiological ramifications of the activities in which the athletes were engaged. Also, athletes were frequently exposed to training films in which their own movements are analyzed and compared to those of more proficient performers around the world. These programs have consistently shown that athletes who are intellectually prepared for the demands of competition perform significantly better than athletes who didn't receive such intellectual training. In other words, it's

brains—not brawn—that many times will make the difference.

I know this was true of my career. There were a lot of athletes who had greater physical prowess than me, athletes who should have beaten me easily, but never could. Like I said, at best, I had the body of an eleven-year-old stamp collector. There is no way I should have been able to beat some of the guys that I did. It was my intelligence, or more specifically, my knowledge about the sport that saw me through. I literally played the game above my shoulders. And here is a news flash! I'm just an ordinary guy. I have no special gifts that God gave me. I'm not a Larry Pacifico, a Lamar Gant or an Albert Einstein. I'm just an everyday guy—just flesh and bone and a hunk of hair. Anything I can do, you can do, and most of you can probably do it better.

There is another important point here. During my career, I've heard a lot of athletes say things like, "I'm not going to compete in that meet or against that guy. I don't want to look bad." The hell with looking bad! What's wrong with looking bad, now and then, especially if you are going to learn something that will enrich your life? The main problem seems to be that we have a mentality in our culture that every time we compete or do anything we have to be great. Consequently, most of us are afraid to take a chance because we're afraid we might

not win and we might, well, look bad. I've got news for you! No one is going to win one hundred percent of the contests he enters, and no one is going to look good all the time.

You know, I really believe most people in America, powerlifters included, are afraid. They're afraid of losing, afraid of failing, and afraid of not matching up. Afraid, afraid, afraid—we're afraid of living life and when you're afraid to live, you don't reach out, you don't take chances, and you don't grow. In reality, you're not alive, you're dead—because living means becoming actively involved.

In all candor, I want to experience everything life has to offer. If I have to look bad now and then to do that, so be it. I want to live my life to the fullest, and I hope you feel the same way. I don't want to sit on the sidelines viewing life. I want to be out there in the trenches participating in life.

I want to learn, I want to grow, I want to be the very best that I can be. I'm not afraid to experience a little pain, and I'm not afraid of losing or being rejected. If I have to experience those things to get the most out of life, then that's what I'll do. To live life to the fullest you have to reach out, you have to risk, you have to live on the edge a little, you have to go beyond yourself and into the stars. That's where I want to go: into the stars and maybe even to the moon. «

BRIDGES



MCNABB



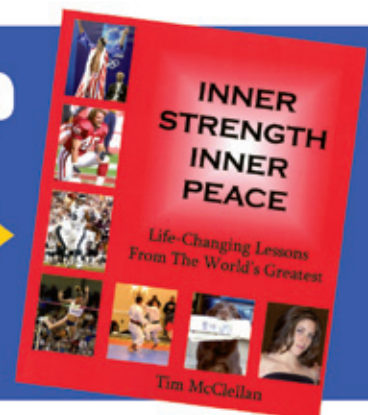
HALL



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has beneficial effects on insulin sensitivity and increases GH and IGF-1 levels. For detailed info on these look at the PDF files on Amino, GHboost, and Max-PTN in my store at [www.mdplusstore.com](http://www.mdplusstore.com).

FYI, I've copied the abstracts of two papers that will provide you with some peripheral information on the topic.

Hope this helps,  
Mauro

**DEAR MAURO:** I have just read two of your books (*The Metabolic Diet* and *The Anabolic Diet For Powerlifters*)—they are really fantastic. I just want to know about coconut oil. Is it allowed on the diet since it is a fat, and is it healthy or not? Can I use it raw or for frying instead of other oils like canola?

Max

**MAX:** Coconut oil is mostly made up of 10 carbon chain saturated fatty acids, or what's referred to as medium chain triglycerides. In its natural (extra virgin) state it can be a healthy oil to use for almost any purpose, including using it raw or frying with it. It's even useful for putting on your skin as a lotion. There is some evidence that coconut oil has antioxidant effects, and may have cardiovascular and anti-aging benefits.

I know that medium chain triglycerides (MCTs) are often used by athletes to enhance body composition as they do have a protein sparing effect, but this is mostly evident in those who are a higher carb diet. However, and this is a big one for those who follow my phase shift diets, coconut oil shouldn't be used in the low carb phase of the diet.

The problem with short chain and medium chain triglycerides is that they're used by the body preferentially over the long chain triglycerides (which make up body fat) because they bypass the metabolic processes that are set up to allow the body to burn its own subcutaneous and visceral fat and thus decreasing both the lipolytic effect of the diet and the transfer of fatty acids into the mitochondria where it undergoes beta oxidation.

MCTs are preferentially (and this is the important word for becoming fat adapted instead of being carb adapted) used as fuel for the body so that, like carbs, they can short change your metabolism away from burning the fatty acids that make up body fat. For example, MCTs don't require L-carnitine to shuffle them into the mitochondria so they're more easily used up to produce energy for the body.

The long chain triglycerides found in most foods allowed in my Anabolic, Metabolic, Anabolic Solutions, and Radical Diets, and which make up our body fat, have other advantages over MCTs. First of all, the LCTs have greater protein sparing effects than MCTs. MCTs, unlike LCTs, have little inhibitory effect on the activity of enzymes involved in lipogenesis (increased formation of body fat). As well, several studies have shown that LCTs increase lipolysis or the breakdown of body fat. Overall LCTs in contrast to MCTs, should result in decreased body fat levels, if used properly.

Thus if you're looking to maximize body

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composition using my phase shift diets, the use of short and medium chain fatty acids during the low carb phase can be counterproductive.

Bottom line is that if you're on one of my phase shift diets MCTs act like carbs and should be avoided on the low carb phase of the diet. Otherwise, I think coconut oil is a healthy alternative to most processed oils, and although I consider olive oil a healthier oil, olive oil shouldn't be used for frying as cooking makes it susceptible to oxidative damage, something which is also true to a lesser extent of many of the other oils used for cooking, but not coconut oil.

For more information on MCTs, fiber, and disguised carbohydrates that can affect your metabolism in a way that is counter productive see the article *Understanding Food Labels* (about two thirds of the way down) on my site [www.MauroMD.com](http://www.MauroMD.com).

Mauro «

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# RESULTS

## NASA SOUTH TEXAS JUL 16 2011 » Texas

<b>BENCH</b>	<b>198 lbs.</b>			
<b>MALE</b>				
<b>181 lbs.</b>	J. David	127		
<b>220 lbs.</b>				
<b>Junior</b>				
L. Sylvest	105			
<b>Teen</b>				
T. Dartez	413			
<b>Master II</b>				
L. Sylvest	105			
<b>242 lbs.</b>	D. Muntz	385		
<b>Submaster I</b>				
<b>PS CURL</b>				
<b>MALE</b>				
<b>242 lbs.</b>	Submaster I			
<b>148 lbs.</b>	C. James Jr.	165		
<b>Novice</b>				
G. Trevino	242			
<b>Push Pull</b>				
<b>MALE</b>				
<b>198 lbs.</b>				
<b>Submaster Pure</b>				
T. Heslin	297	402	699	
<b>308 lbs.</b>				
<b>Junior</b>				
A. Gonzales	562	611	1173	
<b>Master I</b>				
D. Shingleton	325	562	886	
<b>Pure</b>				
A. Gonzales	562	611	1173	
<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>

<b>FEMALE</b>	<b>105 lbs.</b>							
<b>Junior</b>								
V. Garcia	237	110	226	573				
<b>123 lbs.</b>								
<b>High School</b>								
E. Guerra	226	110	231	567				
<b>181 lbs.</b>								
<b>High School</b>								
V. Vasquez	292	143	314	749				
A. Vasquez	275	143	275	694				
<b>Raw</b>								
<b>114 lbs.</b>								
<b>High School</b>								
M. Ellerbe	127	72	176	374				
<b>MALE</b>								
<b>132 lbs.</b>								
<b>High School</b>								
L. Gonzalez	270	187	341	798				
<b>Raw</b>								
<b>181 lbs.</b>								
<b>Int</b>								
J. Ellerbe	545	325	545	1415				
<b>Submaster Pure</b>								
Z. Mcvey	451	319	556	1327				
<b>220 lbs.</b>								
<b>Open</b>								
C. Reeve	429	341	534	1305				
<b>275 lbs.</b>								

<b>Submaster Pure</b>								
R. Woods	451	308	501	1261				
<b>Power Sports</b>	<b>CR</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>				
<b>FEMALE</b>								
<b>148 lbs.</b>								
<b>High School</b>								
K. Ruiz	66	110	264	440				
<b>MALE</b>								
<b>181 lbs.</b>								
<b>Pure</b>								
J. Ellerbe	171	325	545	1040				
<b>198 lbs.</b>								
<b>Int</b>								
B. Green	154	275	440	870				
<b>220 lbs.</b>								
<b>Master I</b>								
T. McQueen	165	281	479	925				
<b>Master II</b>								
G. McNeil	189	319	606	1114				
<b>242 lbs.</b>								
<b>Master II</b>								
J. LeRibeus	149	292	551	991				
» courtesy Rich Peters								

Thomas	190*	<b>BENCH REPS</b>		
<b>MALE</b>		<b>FEMALE</b>		
<b>165 lbs.</b>		<b>165 lbs.</b>		
(50-59) Raw		Open		
Dement	225	Thomas	40*	
<b>181 lbs.</b>		<b>MALE</b>		
<b>Junior Raw</b>		<b>181 lbs.</b>		
Gitto	345	(60-69)		
<b>198 lbs.</b>		Crawford	23	
<b>Open Unl</b>		<b>242 lbs.</b>		
Ross!	550*	Open		
(40-49) Unl		Franks	23	
Ross	550*	Hawk	16	
(40-49) Raw		(40-49)		
Carr	245	Hawk	16	
<b>242 lbs.</b>		<b>SHW</b>		
<b>Open Raw</b>		Open		
Franks	—	Mejias	12	
<b>Open (Sp)</b>		<b>DEADLIFT</b>		
Franks	—	<b>181 lbs.</b>		
<b>Open Unl</b>		(60-69)		
Hawk	580	Crawford	440	
(40-49) Unl		<b>Open Raw</b>		
Hawk	580*	Farinas!	460	
<b>275 lbs.</b>		<b>275 lbs.</b>		
<b>Special Olympics</b>		<b>Special Olympics</b>		
Crawford	250	Crawford	400	
<b>SHW</b>		<b>SHW</b>		
<b>Open Raw</b>		<b>Open Raw</b>		
Mejias	550	Mejias	545	

## WNPF NJ STATES/ LIFETIME USA JUN 27 2010 » Atlantic City, NJ

<b>BENCH</b>	<b>165 lbs.</b>
<b>FEMALE</b>	Open Raw (Lt)

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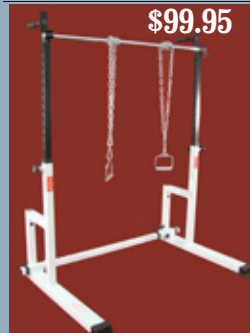
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<b>POWERCURL</b> 198 lbs. Open	Franks			200
Carr	150			200*
(40-49)				
Carr	150			
242 lbs.				
Open				
<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>
<b>FEMALE</b>				
148 lbs. (17-19)				
McAllister	225	110	250	585
<b>MALE</b>				
165 lbs.				
Macksoud	285	255	460	1000
Grillo	295	225	430	950
198 lbs.				
Open Raw				
Canter	400	275	485	1160
Greenya	345	295	445	1085
Open (Sp)				
Rabish	365	250	455	1070
(50-59) (Sp)				
Znaczko	275	170	315	760
(70-79) Raw				
Tortorelli	140	115	235*	490
220 lbs. (17-19) Raw				
Hassoun	—	—	—	—
Open Raw				
Ennis	405	265	590	1260
Hashemiyoon	400	280	500	1180
Open Unl				
Morris	600	225	625	1450
242 lbs.				
Open Raw				
Furman!	540	325	575	1440
Warriner	465	305	565	1335
(40-49) Raw				
Tortorelli	420	—	—	420
275 lbs.				
Open (Sp-Lt)				
Adzima	420*	315*	480*	1215*
Subs (Sp)				
Adzima	420	315	480	1215
<b>SHW</b>				
Subs Raw				
Gorri	460	305	400	1165

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<b>BENCH</b> Raw	Dantzler			275
Open				
165 lbs. (13-16)	Dantzler			275
Kendrick	155			
(40-49)				
Benedict	170*			19
181 lbs.				
Collegiate				
Junior				
Stewart	275*	Marchant		26*
198 lbs.				
(40-49)				
Fletcher	285	Uhaa		21
Collegiate				
Junior				
Marchant	325*	181 lbs.		
220 lbs.				
(50-59)				
Harrell	100*			
Caterisano	300	198 lbs.		
Collegiate				
Open				
Uhaa	280*	Marchant	150	
275 lbs.		Dantzler	100*	
(40-49)				
Campbell	305	220 lbs.		
DEADLIFT				
Raw				
165 lbs. (13-16)				
Kendrick	250	220 lbs.		
198 lbs.				
(13-16)				
Uhaa	455*	Collegiate		




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<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>	<b>165 lbs.</b>					<b>Collegiate</b>				
Raw					Collegiate					Enlow	495*	330*	475*	1300*
132 lbs.					Page	305*	165*	405*	865*	275 lbs.				
(50-59)					181 lbs.					Open				
Long	115*	85*	165*	365*	(70-79)					Durham	540	400	580	1520
148 lbs.					Harrell	255	200	280	735	*WNPF National Records. Best Lifters:				
(40-49)					Collegiate					Heather Kolodziejski, Charles Enlow, Luke				
Raw					Stewart	335*	275*	425*	1035*	Marchant, Michael Durham. Team Champs:				
Submaster	115*	105*	185*	405*	198 lbs.					Furman University. Thanks to Furman				
Kolodziejski	135	110	200	445	Open					University for use of their facility. Thanks to				
181 lbs.					Blaylock	485	320	575	1380	the WNPF staff for their help. Thanks to Tee &				
Open					220 lbs.					Angela Meyers, Tom Isbell, Tony Caterisano,				
Johnson	135	115	145	395	Collegiate					Steve Yeargin, Shak Desai, Jay Sullivan, Moms				
<b>MALE</b>					Brown	285*	265*	400*	950*	Ford and meet director Adrian Locklear.				
Raw					242 lbs.					» courtesy WNPF				





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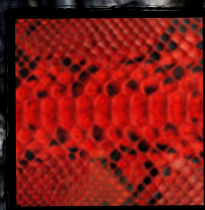
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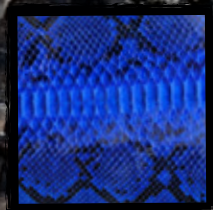
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