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"POWERLIFTING USA,"

NOVEMBER 2011 » VOL. 35 NO. 1

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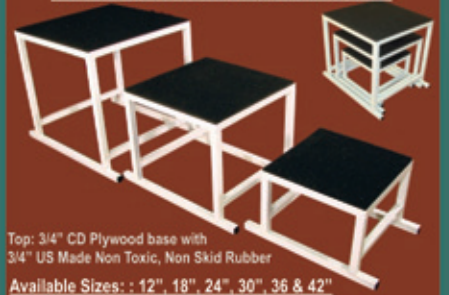
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Gene competes for the last time at the Golden Tiger 5 in Russia courtesy Gene Rychlak, Jr.



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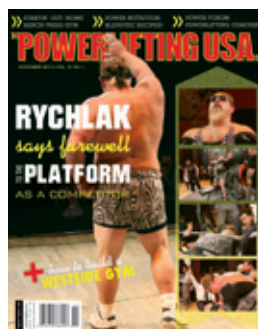
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Gene Rychlak, Jr. says his farewell to competitive lifting at the Golden Tiger 5 in Russia
photos courtesy Gene Rychlak, Jr.



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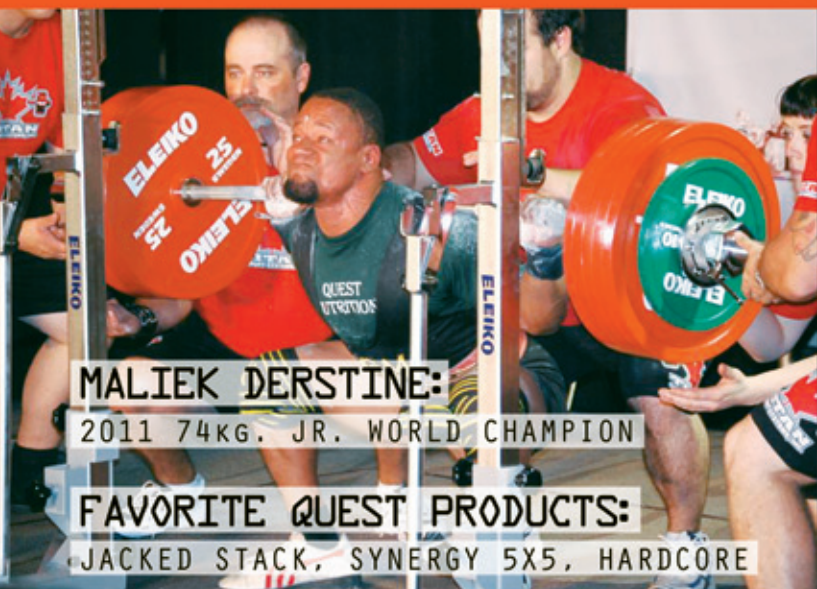
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Other TEAM MHP Athletes: **VLAD ALHAZOV** – World Record Squat: 1,250 lbs. @ SHW. **RYAN KENNELLY** – Greatest Bench Ever: World Record 1,075 lbs. @ 308 lbs. **BRIAN SIDERS** – IPF World Record Total: 2,601 lbs. @ SHW, USAPL Record Total: 2,650 lbs. @ 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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MHP POWER BENCHERS ROCK RUSSIA!

Three of the world's top bench press specialists represented the USA at the IPA Golden Tiger Classic World Cup in Russia in late September. A reported 1,000-plus lifters from 11 countries converged on Yekaterinburg, Russia, to compete in the 7 day Golden Tiger Classic in a number of powerlifting categories and competitions.

Joe Mazza, Jeremy Hoornstra and Rob Luyando—elite members of Team MHP—competed for gold at this prestigious event. When the chalk settled and the iron hoisting was done, Mazza claimed the 181-pound shirted class with a 661-pound bench press. The NJ cop attempted an all-time best of 755 pounds, but couldn't finish the lift.

In the 242-pound raw bench division, Hoornstra claimed the gold medal with a strong 561-pound press. Just two weeks after winning the Olympia benching title with a world record 848-pound press, Luyando competed among the 275-pound lifters in the equipped category. Big Rob benched 838 pounds to tie for first place, but was relegated to second on a tie breaker.

Congratulations to Joe, Jeremy and Rob for representing the USA in Russia and being MHP Strong!

» Steve Downs, MHP Marketing Director, sdowns@maxperformance.com

IFBB PRO SARAH HAYES SIGNS WITH MUSCLEMEDS

After two years of relying on MuscleMeds supplements to help her win the NPC USA and earn her IFBB pro card, Sarah Ann Hayes has officially signed with MuscleMeds as a sponsored athlete.

"Being a part of MuscleMeds is a dream come true," says Sarah. "I have been using MuscleMeds products such as Carnivor Beef Protein Isolate and MethylBURN thermogenic since they were introduced and they've helped me win my pro card."

The 5-foot-5-inch, 160-pound beauty from Plano, Texas won a half-dozen NPC contests prior to taking her pro card with an overall victory at the 2010 NPC USA. She was invited to the prestigious 2011 IFBB Ms. International competition for her pro debut and followed it up with an impressive showing at the IFBB Europa Battle of Champions.

For more information about Sarah's upcoming shows and appearances, log on to www.MuscleMedsRx.com or www.Facebook.com/TeamMuscleMeds.





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

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HOME BENCH PRESS

as told to Powerlifting USA by Doug Daniels

When the average person looks to set up a home gym, they need look no further than to one of those TV infomercials for the latest ab contraption or rubber band type of equipment. They can toss in a kettle bell or two along with a medicine ball and they are ready to go. But the powerlifter is not the average person. The powerlifter needs honest to goodness iron for their home gym; just what kind of iron is the question. Many lifters may not have room, finances or living conditions at home that would permit them to equip a full gym with squat and power racks and numerous other types of lifting equipment. But many lifters have the space and resources to equip their home or garage for bench press training.

Listed below are the minimum requirements for a productive home bench gym:

- 300–500 pounds of plates from 2.5 to 45 lb.
- Competition bench
- Power bar and collars
- Non-slippery lifting surface

I suggest a minimum of 300 pounds of weights to start with, even if you are not capable of benching 300. The rule of thumb would be to have 100 pounds more of plates

than you can currently bench press. It is also best to have a good variety of plates at your disposal. Get at least 2–4 pairs of 45s, one pair of 35s and 25s, 3 pairs of 10s and 5s and two pairs of 2.5s. If you purchase Olympic or power style dumbbells and collars, you can use these plates for these dumbbells also. Stronger lifters may want to invest in at least one pair of 100-pound plates. This should do it unless you have won the Nationals. If you decide to purchase plates measured in kilos, just convert my pounds to their closest metric equivalent; that is, a 45-pound plate would be equivalent to a 20-kilo (kg) plate.

A high quality, sturdy regulation flat bench is first. I am not talking about a cheap bench you can get at the local super warehouse store. I am referring a bench that could be used in an actual competition. Forget benches you find at a local department store. They can't handle the weight and wear and tear they will be subjected to. Most cheap benches have lower weight limits. Bear in mind your body weight counts as load to the bench in addition to the bar and weights. A 150-pound lifter and a 250-pound loaded barbell run the total on the bench weight

to 400 in a flash. Some benches have adjustable rack height to fit lifters of different sizes, which can really come in handy. Benches also vary in height, width and cushioning, so try them out first if possible. If you have used a bench to your liking at a contest or gym, ask someone in charge where they got it from.

A regulation power bar is the cornerstone of any power gym. For that reason, buy the best one you can afford. Don't buy an Olympic bar, as it has more spring and has a different feel than a regulation power bar. Very important safety-wise is a set of high quality collars that lock tightly and loosen and tighten easily. Also available are quick on and off collars that can be very useful for lighter lifts. For heavy lifts, always use properly fitted regular collars.

No one wants a heavily loaded bar crashing down on their basement or garage floor. To help here, you may want to construct a safe lifting platform out of wood sheets that you can pick up at a home improvement store like Lowe's. A little carpentry expertise may be required here. Cover it with non-slick, rubber gym floor padding. I've seen indoor/outdoor carpet used, just be sure it's not slippery. Sometimes a wooden underlayment may not be needed or desirable. In this case you can go with just the rubber padding or carpeting. You may have to experiment until you find the right surface. Be sure to check how level the floor is where you will place the bench. If off noticeably, some adjustments may need to be made.

As I mentioned earlier, dumbbells can be useful for curls, overhead presses, rows, etc. You may be able to pick up regular dumbbells and non-power bar plates that may already be cluttering up someone's basement at a garage sale. Weight racks to hold plates are highly desirable for safety and help keep everything orderly in your gym. For safety reasons, I strongly suggest placing any plate not loaded on the bar back on the weight rack to eliminate tripping hazards. It only takes a moment to put them back while it could take a lot longer to recuperate from an injury from tripping on a loose plate.

Finally, since you are the gym staff, it's solely your responsibility to insure that your home gym equipment is safe and in good working condition at all times. Keep your gym clean and uncluttered. Be sure to clear up any tripping hazards immediately. Think *safety first* with all your equipment and lifting practices!

If you can pool together with a few friends, you can equip a home gym for about the same price or less as one year at a health club. You can find ads for quality gym equipment in this magazine or visit a local supplier. As you get stronger you can purchase more plates or extra equipment. Powerlifting does not require a large variety of equipment. Basic power movements revolving around a power bar are your best bets. Keep it simple. «

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BRANDON CASS SETS ALL-TIME DEADLIFT RECORD!

Team MHP deadlift specialist Brandon "C4-Cass" set a new all-time deadlift record with a massive 838.8-pound pull at 217 pounds bodyweight on October 23rd at the USPA's Central Falls Classic. This amazing strength feat is the biggest deadlift in history for the 220-pound weight class—raw or conventional (suited).

"Brandon continues to get stronger and totally dominates the 220 class in deadlifting," said MHP President Gerard Dente. "He is a phenomenal lifter and a great example of the power of MHP supplements at work!"

Cass has been an MHP supplement user for over five years and joined Team MHP in early 2010. The Blue Springs, MO, native is a three-time winner of the MHP Clash of the Titans pro deadlift contest, has won two Olympia Best Lifter titles and holds nine deadlifting world records. Among his favorite supplements are MHP's high protein Power Pak Pudding, T-BOMB II testosterone booster, ISOFAST 50 whey protein isolate and Dark Matter post-workout recovery drink.

For more information about Brandon or MHP's line of performance enhancing supplements, visit MHPSTRONG.com.



Brandon Cass pulling a record 838.8 lb. DL! (At right) And with his daughter, Maci. A future powerlifter? She's on the right track!



THE MAMMOTH WINS WORLD'S STRONGEST MAN

In an intense battle of superhuman strength, raw power and muscular endurance, MHP strongman superstar Brian "The Mammoth" Shaw crushed all challengers and now reigns supreme as the World's Strongest Man! In claiming the WSM victory in North Carolina in late September, the 6-foot-8-inch, 435-pound powerhouse brought home the trophy to the U.S. for the first time since Phil Pfister won it in 2006.

Shaw collected 50 points in a tight competition that came down to the last event on the final day of the contest. He won the Atlas Stones—perhaps his strongest event—and with it the WSM championship. Two-time defending WSM champion and fellow MHP strongman Zydrunas Savickas placed a very close second with 46 points.

Both Shaw and Zydrunas point to MHP supplements as the fuel for their ongoing head-to-head competition. Watch for them to clash again at the 2012 Arnold Strongman Classic in March. The two strongest men on the planet are MHP Strong!

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

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POWERLIFTING COACHES

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

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

This month's forum question concerns coaching. Do you have a coach? Do you feel a coach is necessary? How do you design your training routine with or without a coach?

BOB GAYNOR: What is a coach? In my mind, a coach is someone who is involved in all aspects: training, nutrition, recovery. A coach observes all of your training, from warm up to cool down. Anyone can write a program, but all programs need the hands on daily adjustments. If you can find someone to do this, it will be worth your while. Finding that person is the tough part.

In my 45 years of training I have never had a coach. Early in my career I was fortunate to train with two of the all-time best: John Kuc and Big Jim Williams. The fact that I never had a coach does not mean I would not seek out advice or information with others. This is vital for success.

I think someone just starting should have a coach or mentor. Beginners make the mistake of information overload. First, you must make sure your coach/mentor is competent. If what you are being told does not seem to make sense, or your coach will not explain the logic behind it, it probably does not make sense. You should keep track of what is working and what is not working. As for progress in your career, you should become your own coach more and more. Apply what you have learned and be open minded to new information. Keep in mind there is not a lot of "new" information, but most programs have been around for years.

In my own training, I follow basically the same program I used 30 years ago. I adjust the volume based on my age and rate of recovery, but the program works for me.

BRAD GILLINGHAM: I am co-owner of Jackals Gym, a private training facility in Marshall, MN. I currently coach myself and the other members of Jackals Gym. I also consult with high school and college athletes that are involved in strength training to better themselves on the playing field/court. I am self coached, but I have used the knowledge of a countless number of coaches to develop my training program. I am a Certified Strength and Conditioning Specialist, CSCS. I have published a training DVD and a training manual. Some of my training I developed on my own, but the majority of my program is made up of general strength training concepts and bits and pieces that I have learned



Backing up his son at many of the major meets that Brad competed in, NFL All Pro Gale Gillingham (far left) recently passed away, at the age of 67. One of the greatest linemen in Green Bay Packers history, he was an early practitioner of weight training for football, and coached his three accomplished strength athlete-sons from his soul. Our sincere condolences to his family.

from others. I developed my program through trial and error, and by not being too stubborn to listen to others. I continue to try and stay as educated as I can about strength training. The roots of my program came from watching my father, Gale Gillingham, Green Bay Packer Hall of Famer, train at home during the off season. I try to continue to add any additional movements or ideas into the program by staying open minded and knowledgeable in the sport. Any well thought out program will work for a while, but nothing works forever. I feel that an individual's strength training program needs to evolve over time to continue to make gains.

JON SMOKER: Who coaches the coach? In my case, since I do a lot of solitary training, no one; though I certainly could use one. I think everyone could. There will always be new

information. I do get input and advice from USAPL National champion Rich Salvagni and AWPC world bench champ Larry Boynton. But because I've been doing this a long time, about half of my training is by intuition. I know what the workout should feel like—the difference between micro-traumatic damage and soreness the next day. Knowing when to say when. And then there's the structured part; since benching has never come the easiest for me, it tends to be more structured. The squats sometimes are very intuitive and the deadlift is more like 50/50. Every lifter is going to have some combination of these elements. A coach can help them sort it out. A lifting coach who misses the motivational aspect for improving performance is missing the boat for sure. However, total control will eventually stunt a lifter's growth. And, basically, if you're lucky you can find the coach that is

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Other companies may settle for using arginine instead because pure L-citrulline costs significantly more.

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THE PERFORMAPEUTICS™ HIP BELT PLATFORM

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

Greetings and welcome to another installment of Big Evil's Lair, my minions. The Big Evil has a very exciting news flash for you! Come November 1st, the Big Evil's own Steel City Barbell will be opening its doors. Steel City Barbell is a powerlifting friendly/sports performance facility located at 1500 Route 51 in Jefferson Hills, PA 15025—which is about five miles from downtown Pittsburgh. Drop the Big Evil an email if you have any questions or if you want to join our powerlifting team at ootjez@aol.com. This gym will have the best powerlifting equipment that money can buy, including a Metal Milita monolift and bench, thanks to my old friend Bill Crawford. Additionally, we will have a reverse hyper machine, glute ham raise, and every kind of bar imaginable. Last but not least, we will have this month's featured piece of equipment: the Performapeutics™ Hip Belt Platform from Over-Achieve Sports and Speed, LLC. What is this piece of equipment all about, you ask? Well, before I introduce you to this exciting new training tool, let the Big Evil educate you with his wisdom. What is a belt squat and how will it aid in your squat and deadlift? "Read on, my minions, read on..."

BELT SQUATTING 101 The belt squat has been around for a long time. After extensive research, the Big Evil could not find an exact year that belt squats came on the scene, but the exercise was featured in two published articles by John McCallum in the March and April 1970 issues of *Strength & Health* (the year the Big Evil was born). The articles, which were titled *Hip Belt Squat* and *The Hip Belt Squat Routine* (from the *Keys to Progress* series) praised this exercise as "...the absolute best for adding muscle bulk to the lower thighs." Isn't it funny how people in the fitness industry try to re-invent the wheel only to find exercises that have been around for years still pack a powerful punch! Because the weight sits on the hips below the spine, hip belt squats are recognized as an alternative to free weight barbell squats, especially for lifters who are susceptible to spinal compression injuries and shoulder impingement. However, the current modes for performing this exercise have proven subpar both from a performance as well as a safety perspective.

To do these in the gym freestyle can be pretty cumbersome, but let the Big Evil walk you through it. Take two benches or boxes and spread them apart about shoulder width and with some kind of belt harness, you can hang a dumbbell or weight plates between your legs. After you have managed to rig up your belt harness, stand with one foot on each bench and stand up on the benches. Obviously, this will be no picnic, so be careful. Now sit back on your heels and keep your body upright on the descent. As you go lower, the weight will lower between the benches and become almost parallel to your feet. Learning balance on this exercise will take some time. You want to think of your balance as centered with the weight placed evenly between your



The Big Evil, aka The King, tests out the Performapeutics™ Hip Belt Platform

photo courtesy Jamie Harris

page 84 »

The Real King of Belt Squats has Arrived!

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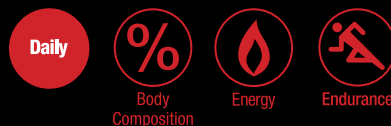
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AMAZING RECIPES TO MAKE YOUR MOUTH WATER PT. 3

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

Hey, folks, it's me again. I wanted to drop some super usable information this time around. With the conclusion of the interview with Blendtec CEO and inventor Tom Dickson, I got a huge response from readers from all over the world. One of the main requests was for more recipes. Well, as you know, I hate to disappoint my readers, so once again I have come to provide the goods. This month I am going to take several of Blendtec's recipes they have created and bring them to you firsthand. I wanted to make this series truly complete and if I didn't include recipes you and your family could use, then I didn't do my job. Below I have included several of Tom's recipes that he is known for, for a wide variety of different things from smoothies to soups. So sit back and enjoy a delicious information-packed issue, with content you can really use!

« SMOOTHIES »

Fruit Combo Smoothie

- ½ cup pineapple chunks, with juice
- ½ pear
- ½ apple
- ½ orange, peeled
- Sugar or other sweetener, to taste
- 1 cup ice cubes

Directions: Place ingredients in blender jar in order listed above. Secure lid on top and press Ice Crush/Milkshake on the Total Blender touchpad or button #1 on older Blendtec blenders.

Key Lime Smoothie

- 2 kiwi, peeled
- 1 large ripe pear, seeded
- 1 tablespoon key lime juice
- 2 tablespoons sugar
- ¼ cup water
- 1 cup ice

Directions: Place ingredients in blender jar in order listed above. Secure lid and press Smoothie on the Total Blender touchpad or button #1 on older Blendtec blenders.

Vitality Shake

courtesy of Dr. Susan Smith Jones

- 2 cups liquid: use fresh juice, water, tea (like organic green tea), soy milk, nut milk
- 1 ripe banana, peeled (may be frozen)
- 1 cup frozen fruit such as blueberries, strawberries, raspberries, cherries, papaya
- 6 raw almonds
- 2 teaspoons Bio-Strath

Directions: Place liquids and higher water-content fruits in blender jar first; then place solid or frozen ingredients in last. Secure lid and press Smoothie on the Total Blender touchpad or button #2 on older Blendtec blenders. If necessary,



Blendtec

Flaxy Green Smoothie

add more liquid to reach the desired consistency. Serve immediately.

Healthy Fruity Smoothie

- ⅓ cup frozen blueberries
- 2 bananas
- ½ cup orange juice
- 1½ cups plain yogurt
- 1 tablespoon soy milk powder
- 1 cup strawberries

Directions: In a Blendtec blender combine ingredients in jar then secure lid and press Sauces on the Total Blender touchpad or button #4 on older Blendtec blenders.

Raspberry Lime Smoothie

- ½ cup milk
- 1 cup raspberry sherbet
- 2 tablespoon limeade concentrate
- ¼ cup blueberries, frozen

Directions: Place ingredients in blender jar in the order listed. Secure lid and press Smoothie on the Total Blender touchpad or button #2 on older Blendtec blenders.

Peach Papaya Smoothie

- 1 papaya, peeled, and seeded
- ½ cup peaches, frozen
- ½ cup milk
- 1 tablespoon sugar
- ½ cup ice cubes

Directions: Place ingredients in blender jar in order listed. Secure lid and press Smoothie on the Total Blender touchpad or button #2 on older Blendtec blenders.

Flaxy Green Smoothie

courtesy of Elizabeth Brown

- 2 tablespoons flax seeds
- 2 Clementine oranges, peeled
- 1 banana, peeled
- 2 cups spinach
- ½ cup water
- ½ cup frozen pineapple

Directions: Add water and flax seeds to Basic or WildSide pitcher and secure lid. Press "Pulse" 4-6 times. Add remaining ingredients to pitcher in the order listed above and secure lid. Press "Ice Crush" and serve.

Green Smoothie

courtesy of Cathy Silvers, Healthy Living

- 2 tablespoon Healthy Living Goji Berries
- 1 cup strawberries
- 2 bananas
- ½ bunch Romaine
- 1 tablespoon Healthy Living Agave
- 2 cups water

Directions: Combine all ingredients into a Blendtec blender. Secure lid and press Smoothie on the Total Blender or Healthy Living blender touchpad, or button #2 on older Blendtec blenders. Serve immediately.

Robyn's Green Smoothie

courtesy of greensmoothiegirl.com

- 2 cups filtered water
- Optional: ½ to 1 teaspoon stevia (herbal sweetener) or ⅓ cup agave syrup (low glycemic index)
- ¼ whole lemon, including peel (high in

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BEST ALL-AROUND POWERLIFTER: JENNIFER THOMPSON

as told to *Powerlifting USA* by an anonymous contributor

Who is the best all-around powerlifter today? Could it be an algebra teacher? Could it be a 130-pound female? Could it be a mother of two small boys? The last 18 months have proven that it could be all three.

Jennifer Thompson started her powerlifting career in 1999. Although she has always done full-power meets, she is best known as a great bencher. She always competes in the USAPL and IPF for their strict judging and drug testing policies. She is a full time algebra teacher in North Carolina and has always competed in the 132-pound class. Jennifer is also married and is the mother of two boys, 7 and 5 years old. She is also the North Carolina USAPL State Chair and has a pretty busy schedule. However, even with all that, Jennifer has had a run lately that would rival anyone in the sport—plus she has done it in all disciplines as well.

It started in early 2010 when she decided to return to the world stage after two years away from World meets to raise her boys. The 2010 IPF Bench Worlds were to be held in Texas in May and the boys would be old enough to travel to the meet. This, plus the start of the USAPL raw movement, reinvigorated her training. At the IPF Bench Worlds in May of 2010, with her boys watching, Jennifer would make her last lift of 325 pounds to tie her personal best to win her 4th IPF World title. This would just be the start of a great run.

In July came the USAPL Raw Nationals, which allowed her to show her three-lift talents. Jennifer won her class easily, but that was only part of the story. On the way to victory she broke all of the USAPL raw records with a 308-pound squat, 292-pound bench, 385-pound deadlift and 985-pound total. That wasn't it, though, her bench was the highest raw coefficient bench in history at 2.21 times bodyweight and her three-lift total of 500 Wilks points was the highest in USAPL history for men and women!

September of 2010 brought USAPL Bench Nationals. Jen decided to lift raw in the open class to try to up her bench coefficient record. She hit a 286-pound raw bench to win the open class for her ninth USAPL Bench Nationals title. Although she missed her record, she still finished as the second best lifter in only a t-shirt.

Competitions in 2011 started in March with the Arnold Raw Classic. This is where some of the best raw lifters in the country show up to go head to head by formula to see who the best is pound for pound. Although her best lift—the bench—let her down, only getting her opener of 264 pounds, she still had a great day. She updated her USAPL record squat to 314 pounds



Jennifer Thompson at the 2010 IPF Bench Worlds

and hit a huge 409-pound record deadlift. This gave her a 987-pound record total and the highest Wilks total of the meet—for men or women—of 501.

In May of 2011, it was time to go after the prize she had been trying to achieve since she started powerlifting in 1999: the open three-lift USAPL total record. This was the longest stand-

ing total record in the USAPL, held by Famer Bettina Altizer since 1998. She would give it a go at the 2011 USAPL Women's Nationals. Jen always wants to set the records on the biggest stage with the highest level of competition and refereeing. This meet would put Jennifer back into her favorite Inzer Advanced Designs lifting equipment to give the record a

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- 1 Angwafor et al., 2008. An open label, dose response study to determine the effect of a dietary supplement on dihydrotestosterone, testosterone and estradiol levels in healthy males. *J Int Soc Sports Nut.* 5:12.
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LARRY BAKER

as told to Powerlifting USA by Ben Tatar of Critical Bench

Hey Larry, thanks for doing this interview. What are your Best PR's right now?

- Squat: 700 pounds
- Bench Press: 400 pounds (competition)
- Close Grip Bench Press: 425 pounds
- Deadlift: 700 pounds (competition)

How long have you been into powerlifting?

Well, I started lifting really heavy in the 10th grade in high school. I know I was hitting a 400-plus legit squat then and a 500-pound deadlift.

Tell us about your childhood and how you got into powerlifting?

Well I grew up in a small town, McEwen, TN, about 45 minutes west of Nashville. My town had a little over 2,000 people in it. Everybody knew everybody, I guess you could say. A lot of farming was done around our town and at one point, picking up square bales (hay) was not a hard job to find. Needless to say, I grew up in a country boy lifestyle and had to do hard jobs to make money. I also worked in a feed mill which basically consisted of picking up bags of feed for hours on end.

My uncle pushed me into football around age 11. I started pushing kids around the field and sacking quarterbacks. I've always been athletic, but I weighed 180 pounds in the 5th grade. I was fat, but coach said one day while running sprints, "Larry I want you to run with the running backs this time." I couldn't make weight (160 pounds or under to run the ball in little league), but I could keep up with the fastest kids on the team. That kind of set off my football career. After that I REALLY gained confidence and started making my mark in football.

By the time I got to high school, I knew I was good, but I really needed to prove to myself I could be something big. I did my best and gained confidence as a freshman. A lot of seniors did not like me, but I gained a reputation of playing hard and not being somebody to "mess with." I knew going into my sophomore season I was going to be good, but it was time to put one some muscle. I started educating myself on supplements and lifting. Watching video after video after video on lifting and exercises, I learned what it took to be bigger and stronger.

Like most of us, I got sucked into the supplement advertising and bought anything that had a huge bodybuilder on it. "If you drink your cell tech you can look just like Ronnie." Well, it took me a few years to realize that there wasn't a magic supplement, but I did realize the importance of creatine and whey protein. From the beginning of my freshman year to the start of my sophomore year, I went from 175 to 225. I was ready to play some ball. By the end of my sophomore year I broken 3 out of 5 weightlifting records and by the end of my senior year I had demolished all the records as I broke my own re-



Larry Baker getting ready to make another PR in the gym

ords over and over. My biggest accomplishment was when I squatted a legit 600 pounds raw before my senior season. This was after coming back from an ACL tear and not being able to squat 225. Talk about muscle memory (laughs).

After a great high school football career, I was offered a starting position as a freshman at a Division 1 AA school as a fullback. I turned it down to walk on at the University of Tennessee at Martin. I went in as one of the strongest players on the team, but in college football they could care less about strength. Speed is what matters. My natural strength didn't go far to impress coaches as I was a very "raw" player coming in. I had to try to relearn fundamentals that I should have been taught in high school. My strength and aggression got me noticed and I was put on the practice defense were I gave the starting offensive lineman hell.

I think I could have had a pretty successful college career if I would have stuck it out. There came a turning point where I decided I wanted to pursue powerlifting over football. It was a routine 6:00 a.m. lift and we were doing the bench press. Everybody was given a weight they had to use during the workout. I was considered a nobody and was given the freshman stereotype. Coach told all the freshman to use 135! I was thinking, *are you CRAZY???* It was speed bench and I was literally launching myself off the bench

and I got yelled at and was told to keep my back on the bench. I guess they didn't like it when a freshman was stronger than 90% of their starters. That was when I knew that I would pursue powerlifting. Everything after that has been powerlifting and living in the gym everyday.

Who did you look up to when you were coming up as a powerlifter?

The person I looked up to most would probably be Ronnie Coleman. I know he wasn't a powerlifter, per se, but he could have totaled 2,200–2,300 raw. The man was as big as he was because he incorporated powerlifting into his bodybuilding regimen. "Everybody wants to be a bodybuilder, but nobody wants to lift any heavy-ass-weight" and "Shut up and squat" are two of my favorite Coleman quotes.

What is the craziest thing you have ever seen at a powerlifting meet?

Well, I can't say I've had too much experience since I've only lifted in one powerlifting meet, but at that meet I saw Rob Wilkerson make 800-plus look like a warm-up weight on squats.

What would you say to a novice lifter or to a lifter who's just starting out in powerlifting?

Give it 110%, and get into the sport. There are a lot of good people and they will be more than



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JOHN WARE

as told to *Powerlifting USA* by Nick Weite

Looking through a recent four months of *Powerlifting USA*, I couldn't help but notice the all time superheavyweight rankings. There was a name on three out of the four lists that brought back many memories and made me very proud. The name on those lists was that of my uncle, John Ware. When John passed in 2005, there was a short news flash in the magazine about his death and a "more details to follow" blurb. Unfortunately, that never came. With this list, I felt now was a great time to reflect on what a great person and powerlifter he was.

Growing up, I always looked up to my uncle as a giant—which isn't hard considering he was close to 6-foot-4-inches and was in the mid-300 pound range. When people saw John they usually thought the same, until they spoke to him. Then they discovered an intelligent athlete who truly cared about everyone. Words like coach, mentor, hero and, of course, powerlifter, come to mind when looking back on John's life.

The word coach comes to mind because he spent nearly twenty years coaching at Truman State, formerly Northeast Missouri State, with the last nine being the head coach. He then accepted the head coaching position at Missouri Southern, spending a year and a half there before passing. As a coach, John led effectively without pressure. How he coached wasn't primarily based on wins or losses, but if you gave 100%. This way of coaching led to him having the third most wins in Truman State history and also winning the National Coach of the Year award from *Collegesportsreport.com* in 2004, his first year at Missouri Southern. I can attest to John being a great coach because I played at Truman State for five years underneath him. The respect he garnered from his players was remarkable and a true testament to what kind of coach he was.

Along with being a coach, John was a mentor to many. This ranged from his athletes, students or other lifters. As a coach, John not only cared about your athletic career, but also your life outside of sports. He showed you not only how to prepare and play the game the correct way, but how to take the same approach to college and life. Students would also come to John for guidance, sitting in his office to talk about a spectrum of things. Other lifters would contact John on a daily basis, asking advice on all things related to powerlifting. He treated everyone equally, no matter who they were, and always had his office open and his phone on to anyone needing guidance.

As a powerlifter, John to me was and is one of the greatest superheavyweights of all time. John lifted in several different organizations during his career, but finished lifting primarily in the APF. Along the way he picked up a Collegiate



Known for his incredible size and strength, John Ware amazed all with his big lifts

National title, several Senior Nationals titles and also a World Championship in the WPC. His biggest accomplishment was being the first to break Bill Kazmaier's record total. John did this by totaling 2,427 in 1989. After seeing Kazmaier lift in a contest John thought of him as the greatest powerlifter ever. John believed if you wanted to be considered the greatest, you had to beat the greatest. Breaking Kazmaier's record was his driving force in powerlifting, believing it to be the holy grail of the sport.

To me, John doesn't get the credit he deserves in powerlifting. Of course, I'm a little biased being his nephew, but when I see lists that come out with the greatest super heavyweights ever, he rarely gets mentioned. John competed in a time where judging standards were high and use of powerlifting equipment was low. Even after all of these years he is still ranked 40th with a 1,000 pound squat, 19th with an 840 pound deadlift and 26th with a 2,427 total, all according to the recent top 50 super heavy-

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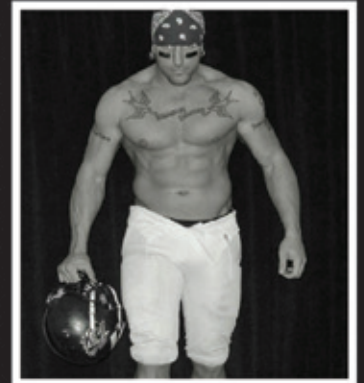
Advice from Matt – “My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once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

Training Tips:

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

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

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



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ROBERT TERRY CAMP

August 28, 1943 – August 23, 2011

R. Terry Camp died on August 23, 2011 at the age of 67. Terry was born on August 28, 1943, in Ellensburg, Washington, to Robert and Angie (DeMatteis) Camp.

Terry graduated from Cle Elum High School and won numerous sports achievement awards. He earned his bachelor's degree at Central Washington University in Ellensburg, Washington. He received his master's degree while at Lewis and Clark College in Portland, Oregon.

Terry married Gloria Marusa on November 27, 1965, in Roslyn, Washington. They lived in South Cle Elum, Washington, for two and a half years where he taught 6th Grade. They moved permanently to Gresham, Oregon, in 1968. He taught/coached for 32 years in the David Douglas School District and retired in 1998.

Terry was a member of St. Henry Catholic Church in Gresham, Oregon. He loved spending time with his wife of 45 years, Gloria. They enjoyed working out, walking and babysitting their grandchildren. His hobbies included powerlifting for 20 years with Team Oregon where he held many state and world bench press records. He loved helping those in need. Terry especially loved playing with his grandchildren, in-



cluding playing x-box video games with his grandson, Jacob, and shopping with his granddaughter, Jenna. He also enjoyed the companionship his dogs, especially "Chip."

Survivors include his wife, Gloria Camp, of Gresham, OR, two daughters, Christine and her

husband Todd Shanks, of Gresham, OR, and Monica and her husband Steve Millspaugh, of Battleground, WA, sister Karen and her husband Wayne Rembold, of Portland, OR, and 5 grandchildren, Jacob and Jenna Shanks, and James, Nathan and Ali Millspaugh.



GEORGE ZANGAS

November 26, 1942 – October 17, 2011

George Zangas has passed away, on October 17, 2011. He was 68 years of age. George was a quiet giant in the sport of powerlifting, intimately involved the evolution of the equipment we now use in the sport, the development of numerous sports nutrition products, coaching (up to the IPF World Championship level), team management (the Thompson Vitamin team was a powerhouse in its day), and his own lifting (National Masters Champion). He was a brilliant businessman and was successful and committed to many other aspects of life. The photo is of George with his two daughters, about twenty years ago. In the words of his youngest daughter, Christina: "He was born in Pittsburgh, PA, on November 26, 1942 and passed away Monday, October 17, 2011, in San Pedro. He was in his garage weightlifting, and looks like he lied down on his bench and went quickly and gently. My birthday was the previous Saturday, and I'm grateful to say I spent it with him. He was, and always will be, the best Greek I've ever known. I'm very proud to say he is my father. I love him very much still, and his passion for life, the US Navy, music, animals, chocolate and all things Greek will forever live on in his spirit. He has my older sister (37) and myself (29) to keep his memory alive."

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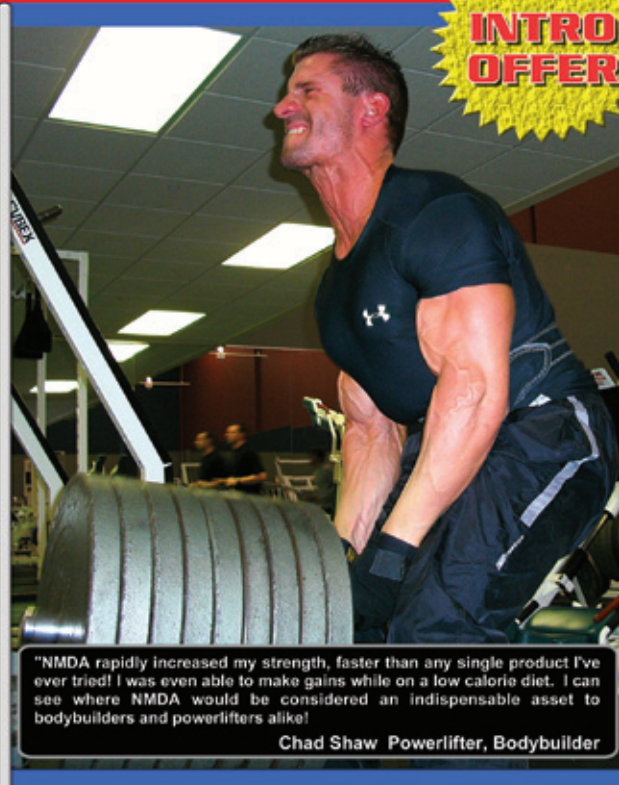
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A REASON TO PUT CURLS BACK INTO YOUR ROUTINE

as told to *Powerlifting USA* by Jedd Johnson, co-founder of the Diesel Crew » Jedd.diesel@gmail.com

Often when I talk to powerlifters and other strength trainees who do not have an overwhelming desire to do isolation movements, they say they do not include curls in their training. “I’ll get my bicep work with my rows and other pulling work,” they say. I used to be in that group, too. With all of the heavy rowing I used to do along with the tire flipping, stone lifting, and sled and truck pulling I used to do when I was competing in strongman, I saw no need for putting curls in my weekly routine, let alone the fact I was doing so much event work, I didn’t have much time for bicep work as it was.

Flash forward several years and I do not have that excuse anymore. After stopping strongman competitions due to some nagging back injuries and dramatically reducing my implement time because of it, I no longer have the excuse not to include gun-specific work in my training routine. However, because I was not altogether interested in a bodybuilding approach after leaving the ranks of strongman, and since I abhor most isolation work, I continued to neglect my bicep work and said “screw the curls” for another year and a half.

Now that you know I essentially hate dumbbell bicep curls with a passion, allow me to introduce myself and give you some more important information. My name is Jedd Johnson and I am a certified Strength Coach and Kettlebell instructor in PA. I run a website called *DieselCrew.com*, and aside from just loving to train with weights and owning my own garage gym equipped with just about every piece of equipment a strength aficionado would want, I am also a seasoned competitor in Grip Sport.

Grip Sport is another strength sport, similar to powerlifting and strongman, but the limiting factor of the events is lower arm and hand strength. For example, the first event in almost all contests is grippers, where we try to close the handles of heavy torsion spring grippers down until they touch. We also have our share of full body strength events, such as the one hand lift, which is a partial range deadlift pulled with one hand to lockout. The US record in that one is about 600 pounds.

My favorite event—and the one that I am most known for because I own the world record in it—is the Two Hands Pinch, an event that focuses on thumb strength as the limiting factor. This event involves gripping two steel plates with rubber inserts between them in an overhand grip, with the fingers on the far side and the thumbs on the near side. There is a pipe running through the plates and more weight is added to that pipe. The lifter must then pick the implement up, touch the pipe to a cross-bar which rests at 16.5 inches, and then control the implement back down to the floor. With a lift of over 120 kg. (+/- 264 lb.), I have held the record since July 2011 and aim to break it again in December.

Since my sport requires such well rounded development of the hands, fingers, thumbs, wrists and forearms, I am always on the look-out for pieces of equipment that I can add to my arsenal in order to train my grip while at the same time training the rest of my body.

It can be hard to find something, however, that works your grip, yet does not become severely limited by grip strength and thus reduces the amount of stimulus the rest of your body gets. For instance, you can work your grip extremely well by deadlifting a 3-inch diameter axle, but when it reduces your numbers to the low 200s and you are used to pulling near 500 pounds in the deadlift, it is hard to justify that large of a sacrifice in weight you are pulling.

However, I believe I have found a piece of equipment that will prove to be very beneficial for all strength enthusiasts, whether their training goals revolve around the sport of powerlifting, strongman, Highland Games, football, MMA, baseball, track and field, etc., accomplishing the task of working the grip while working the rest of your body effectively in the given movements as well. This piece of equipment is called Grip4orce



and it is a simple attachment that slides over the gripping surface of the dumbbell, barbell, or rowing handle that you are using in order to instantly thicken the grip from the normal width, around 1 inches, to about 2 inches. These devices slip on and off in just seconds and allow you to use just one set of them on several different pieces of equipment with minimal exchange time.

Now, you might be wondering what the big deal is if the handle size increases from 1-inch to 2-inches. When you are doing curls, this makes a substantial difference. The reason lies in the distance that the center of gravity of the implement lies from the elbow. The walls of the Grip4orce handles are roughly ½ inch, so when you have them wrapped around a dumbbell, you increase the lever arm of the resistance, because now the balance point of the dumbbell lies roughly ½ inch further away from the elbow joint, making the bicep and the wrist work slightly harder.

Because this leverage advantage is decreased slightly, you do not run the risk of your curl numbers being dramatically affected. In other words, if you can curl a 50-pound dumbbell for a routine set of 10, the increased lever length is not going to drop you down to only a 30-pound curl and thus ruining the effectiveness of the exercise. Instead, it is going to tax your bicep more and perhaps cut 2 or 3 reps off your normal set, while at the same time making each repetition you perform that much more effective because you will have to focus more on each repetition, building that mind-to-muscle connection.

However, that is not the only reason Grip4orce handles are a good idea. Truthfully, that is not even the main reason I like Grip4orce handles. For me, I get the biggest value from Grip4orce because you must actively squeeze the Grip4orce implement shut throughout the duration of the curl. You see, the way that Grip4orce handles are designed, which is dif-

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| BENCH | | 275 lbs. | | | |
|--------------|------------|--------------|-----|------|-----|
| MALE | | I. Sanderson | | 413 | |
| 165 lbs. | | 4th-418 | | | |
| W. Claypatch | 229 | G. Fikas | 402 | | |
| 198 lbs. | | 308 lbs. | | | |
| D. Collin | 319 | R. Brown | 435 | | |
| Powerlifting | | SQ | BP | DL | TOT |
| FEMALE | | | | | |
| 132 lbs. | | | | | |
| V. Clement | 143 | 88 | 248 | 479 | |
| 148 lbs. | | | | | |
| S. Jensen | 270 | 160 | 333 | 762 | |
| | 4th-SQ-276 | DL-347 | | | |
| J. Snow | 182 | 106 | 26 | 513 | |
| | 4th-SQ-187 | | | | |
| 165 lbs. | | | | | |
| G. Kitamura | 209 | 143 | 275 | 628 | |
| | | 4th-DL-303 | | | |
| 181 lbs. | | | | | |
| G. Hisler | 195 | 99 | 215 | 509 | |
| | 4th-SQ-204 | DL-220 | | | |
| 198 lbs. | | | | | |
| M. Pvan | 55 | 116 | 259 | 429 | |
| 198+ lbs. | | | | | |
| R. Jakobsen | 185 | 94 | 254 | 533 | |
| MALE | | | | | |
| 132 lbs. | | | | | |
| D. Remulla | 380 | 242 | 435 | 1057 | |
| | | 4th-DL-442 | | | |
| 148 lbs. | | | | | |
| B. Butty | 430 | 242 | 539 | 1212 | |
| G. Berenz | 308 | 209 | 336 | 853 | |
| J. Laudi | 314 | 187 | 352 | 853 | |
| J. Wilman | 281 | 77 | 286 | 644 | |
| A. McEvoy | 231 | 121 | 270 | 622 | |

| A. Fernandes | — | 193 | 413 | 606 | |
|---------------|------------|-----|-----|------|--|
| 165 lbs. | | | | | |
| A. Stotesbury | 440 | 226 | 443 | 1109 | |
| J. Lamonica | 292 | 193 | 374 | 859 | |
| S. Behan | 259 | 171 | 363 | 793 | |
| 181 lbs. | | | | | |
| F. Butty | 479 | 303 | 573 | 1354 | |
| N. Martin | 446 | 292 | 468 | 1206 | |
| D. Carvallo | 451 | 275 | 462 | 1189 | |
| S. Kelly | 418 | 264 | 473 | 1156 | |
| R. Ammar | 336 | 242 | 396 | 974 | |
| 198 lbs. | | | | | |
| J. Pillai | 424 | 264 | 446 | 1134 | |
| R. Dillig | 380 | 275 | 446 | 1101 | |
| B. Bonner | 363 | 253 | 473 | 1090 | |
| K. Stirling | 363 | 275 | 451 | 1090 | |
| V. Cruzeiro | 341 | 220 | 374 | 936 | |
| C. Ball | 352 | 204 | 358 | 914 | |
| A. Paulin | — | — | — | — | |
| 220 lbs. | | | | | |
| F. Mayer | 429 | 330 | 506 | 1266 | |
| J. Hansen | 418 | 264 | 501 | 1184 | |
| A. Bury | 352 | 264 | 418 | 1035 | |
| D. Gabcan | 468 | — | 215 | 683 | |
| | 4th-SQ-473 | | | | |
| 242 lbs. | | | | | |
| C. Hirota | 457 | 308 | 606 | 1371 | |
| M. Wong | 380 | 308 | 473 | 1162 | |
| 275 lbs. | | | | | |
| K. Maraj | 562 | 385 | 628 | 1574 | |
| M. Majik | 440 | 264 | 506 | 1211 | |
| D. Canning | 363 | 242 | 418 | 1024 | |
| I. Sergeyenko | 325 | 237 | 319 | 881 | |
| 308 lbs. | | | | | |
| M. Anderson | 528 | 352 | 617 | 1497 | |
| J. Burnes | 517 | 286 | 534 | 1338 | |
| 308+ lbs. | | | | | |
| S. Jesso | 677 | — | 677 | 1354 | |

! = Drug Tested. Referees: Andy Seymour, Barry McEvoy, Wayne Claypatch, Justin Burns, Hunter Claypatch & Bobby Bonner. » courtesy Hunter Claypatch

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APR 30 2011 » Atlanta, GA

| BENCH | | 123 lbs. | | | | |
|--------------|-----|-----------------|-----|------|-----|------|
| 114 lbs. | | (13-16) Raw | | | | |
| Dunn | 110 | Padgett | 305 | | | |
| 198 lbs. | | | | | | |
| (40-49) Raw | | Kutsch | 405 | | | |
| Richardson | 315 | 198 lbs. | | | | |
| (17-19) SP | | Lifetime Raw | | | | |
| Vaughner | 315 | Padgett# | 500 | | | |
| 220 lbs. | | (40-49) Raw | | | | |
| Lifetime Raw | | Padgett | 500 | | | |
| Jones | 215 | 220 lbs. | | | | |
| SHW | | | | | | |
| Lifetime SP | | Griffin | 515 | | | |
| Register# | 770 | POWERCURL | | | | |
| (50-59) SP | | 165 lbs. | | | | |
| Simpson | — | Open | | | | |
| DEADLIFT | | | | | | |
| FEMALE | | | | | | |
| 114 lbs. | | | | | | |
| (13-16) Raw | | Robertson | 170 | | | |
| Padgett | 175 | REPS | | | | |
| MALE | | | | | | |
| 114 lbs. | | | | | | |
| (11-12) Raw | | Robertson | 10 | | | |
| Dunn | 230 | Powerlifting | | | | |
| FEMALE | | | | | | |
| 97 lbs. | | | | | | |
| | | SQ | BP | DL | TOT | |
| Banks | 95 | 50 | 125 | 270 | | |
| 114 lbs. | | | | | | |
| (13-16) Raw | | Banks | 75 | 75 | 165 | 315 |
| 123 lbs. | | | | | | |
| (13-16) Raw | | Banks | 115 | 95 | 170 | 380 |
| SHW | | | | | | |
| Junior Raw | | Deyton | 100 | 80 | 175 | 355 |
| MALE | | | | | | |
| 114 lbs. | | | | | | |
| (9-10) Raw | | Pate | 150 | 75 | 190 | 415 |
| 165 lbs. | | | | | | |
| (13-16) Raw | | Young | 135 | 70 | 160 | 365 |
| Junior Raw | | Hinds | 305 | 215 | 350 | 870 |
| 198 lbs. | | | | | | |
| Novice Raw | | Madrid | 380 | 255 | 460 | 1095 |
| (13-16) Raw | | Dale | 225 | 165 | 345 | 735 |
| 198 lbs. | | | | | | |
| Lifetime SP | | Portwood | 530 | 400 | 510 | 1440 |
| Portwood | | 220 lbs. | | | | |
| Subs SP | | (40-49) | | | | |
| Stanley | 450 | 400 | 500 | 1350 | | |
| 242 lbs. | | | | | | |
| Junior Raw | | Munch | 570 | 365 | 515 | 1450 |
| SHW | | | | | | |
| (13-16) Raw | | Davis | 300 | 205 | 275 | 780 |
| Davis# | 770 | 500 | 600 | 1870 | | |

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RESULTS »



Tyler Starich benching 325 raw at the APA Arkansas-Missouri Duel



Bob DiGiandomeni opening with 440 at the APA Duel (S. Taylor photos)

#=Best Lifters. SP=Single-Ply. Team Champs: Clear Creek Barbell. » courtesy WNPF

APA AR-MO DUEL

FEB 12 2011 » Mountain Home, AR

| OH PRESS | Open Raw | | | |
|----------------|-----------|-----|-----|------|
| MALE | B. Cotter | 205 | | |
| 220 lbs. | | | | |
| Push Pull | BP | DL | TOT | |
| MALE | | | | |
| 165 lbs. | | | | |
| Submaster Raw | | | | |
| R DiGiandomeni | 225 | 465 | 690 | |
| Powerlifting | SQ | BP | DL | TOT |
| FEMALE | | | | |
| Raw | | | | |
| 123 lbs. | | | | |
| Master | | | | |
| K. Rogers | 75 | 55 | 165 | 295 |
| 132 lbs. | | | | |
| Master | | | | |
| T. Snyder | 195 | 100 | 225 | 520 |
| 148 lbs. | | | | |
| Master | | | | |
| D. Blackthorn | 145 | 100 | 240 | 485 |
| MALE | | | | |
| Raw | | | | |
| 198 lbs. | | | | |
| Teen | | | | |
| T. Starich | 420 | 325 | 430 | 1175 |
| Submaster | | | | |
| K. Cotter | 365 | 310 | 530 | 1205 |
| 220 lbs. | | | | |
| Open | | | | |
| B. Cotter | 410 | 410 | 545 | 1365 |

USPA HAWAII BP/DL

AUG 27 2011 » Honolulu, HI

| BENCH | J. Okimura | 187 | | | |
|----------------|----------------|----------------|-------------------------|--|--|
| FEMALE | 148 lbs. | | | | |
| Raw | Open | | | | |
| 123 lbs. | S. Perry | 314 | | | |
| Open | 198 lbs. | | | | |
| T. Rivera | 83 | Junior (20-23) | | | |
| 132 lbs. | K. Bagayas | 204 | Master (55-59) | | |
| Open | Master (55-59) | | | | |
| M. Howard | 231 | V. Cabos | 205 | | |
| 148 lbs. | MALE | | | | |
| Open | Raw | | | | |
| K. Kinney | 193 | 132 lbs. | | | |
| S. Powell | 143 | Open | | | |
| 198+ lbs. | 198+ lbs. | | | | |
| Open | 148 lbs. | | | | |
| B. Pryor | 303 | Junior (20-23) | | | |
| Single-Ply | Open | | | | |
| 114 lbs. | J. Pang | 243 | 165 lbs. Junior (13-15) | | |
| Junior (20-23) | Junior (13-15) | | | | |

| | | | | | |
|-------------------|-------------------|----------------|-----|--|--|
| T. Cabana | 165 | M. Elvena | 424 | | |
| Submaster (35-39) | Master (45-49) | | | | |
| N. Laguatan | 281 | L. Mansanas | 507 | | |
| Master (45-49) | Master (55-59) | | | | |
| B. Biroan | 243 | H. Cabos | 259 | | |
| 181 lbs. | 220 lbs. | | | | |
| Open | Open | | | | |
| J. Perez | 364 | J. Roland | 397 | | |
| Master (50-54) | Master (40-44) | | | | |
| T. Cabana Sr | 265 | J. Kelly | — | | |
| 198 lbs. | 242 lbs. | | | | |
| Open | Open | | | | |
| S. Lee III | 452 | R. Narikiyo | 584 | | |
| Master (40-44) | Master (40-44) | | | | |
| J. Roberts | 276 | K. Wassman | 457 | | |
| Master (45-49) | Open | | | | |
| L. Mansanas | 402 | J. Daly | 402 | | |
| Master (55-59) | Open | | | | |
| H. Cabos | 248 | A. Iramina | — | | |
| 220 lbs. | Master (40-44) | | | | |
| Open | Master (50-54) | | | | |
| J. Kelly | 502 | B. Young | — | | |
| Master (50-54) | Master (50-54) | | | | |
| R. Kahao | 314 | D. Geron | 832 | | |
| 242 lbs. | Open | | | | |
| Open | Open | | | | |
| R. Conley Jr | 309 | D. Geron | 832 | | |
| Master (50-54) | DEADLIFT | | | | |
| S. Pullaro | 320 | FEMALE | | | |
| Master (65-69) | Raw | | | | |
| R. Kala'i | 226 | 123 lbs. | | | |
| 275 lbs. | Open | | | | |
| Open | A. Larsen | 220 | | | |
| A. Mizushima | 453 | 132 lbs. | | | |
| J. Nahulu | 452 | Open | | | |
| J. Feather | 331 | M. Howard | 331 | | |
| Master (40-44) | Open | | | | |
| W. Wegesend | — | 148 lbs. | | | |
| 308 lbs. | Open | | | | |
| Master (55-59) | S. Powell | 380 | | | |
| B. Makue | 414 | 198+ lbs. | | | |
| Single-Ply | Open | | | | |
| 132 lbs. | B. Pryor | 502 | | | |
| Master (50-54) | Single-Ply | | | | |
| J. Rivera | 215 | 114 lbs. | | | |
| 165 lbs. | Junior (20-23) | | | | |
| Submaster (35-39) | Open | | | | |
| D. Ramil | — | C. Ishikawa | 254 | | |
| Master (45-49) | Open | | | | |
| D. Agaran | 424 | 132 lbs. | | | |
| B. Biroan | 243 | Open | | | |
| 181 lbs. | L. Olaiivar | 336 | | | |
| Open | Submaster (35-39) | 364 | | | |
| D. Mirikitani | 353 | 148 lbs. | | | |
| Master (50-54) | Open | | | | |
| D. Furuikawa | 380 | Open | | | |
| 198 lbs. | S. Perry | 424 | | | |
| Open | 198 lbs. | | | | |
| S. Lee III | 551 | Junior (20-23) | | | |
| D. Tice | 402 | K. Bagayas | 204 | | |
| Submaster (35-39) | MALE | | | | |
| | Raw | | | | |

| | | | | | | | | | | | |
|--|--------------------------------------|------------|--------------|------------|------------|----------|------|------|-------|--|--|
| 132 lbs. | R. Conley Jr | 496 | W. Wilcox | 345 | (9-10) | | | | | | |
| Master (50-54) | Master (65-69) | 242 lbs. | C. Harrier | 130* | 123 lbs. | | | | | | |
| J. Rivera | 303 | R. Kala'i | 364 | 275 lbs. | (40-49) | | | | | | |
| 148 lbs. | Master (45-49) | Open | | | | DEADLIFT | | | | | |
| Master (45-49) | J. Valmoja | 435 | A. Mizushima | 601 | 165 lbs. | | | | | | |
| 165 lbs. | J. Feather | 452 | J. Feather | 452 | (50-59) | | | | | | |
| Junior (13-15) | Single-Ply | | | | 123 lbs. | | | | | | |
| T. Cabana | 353 | 132 lbs. | | | | Raw | | | | | |
| 181 lbs. | Master (20-23) | | | | 80 lbs. | | | | | | |
| Master (50-54) | J. Valmoja | 441 | S. Conlin# | 475 | (9-10) | | | | | | |
| T. Cabana Sr | 309 | 165 lbs. | N. Harrier | 80 | 198 lbs. | | | | | | |
| 198 lbs. | Master (65-69) | | | | (40-49) | | | | | | |
| Open | Gandeza Sr | 397 | Powerlifting | SQ | BP | DL | TOT | | | | |
| S. Lee III | 601 | 220 lbs. | (40-49) SP | | | | | | | | |
| Master (40-44) | Open | | | | 305 | 225 | 325* | 855 | | | |
| J. Roberts | 402 | J. Roland | 584 | 165 lbs. | | | | | | | |
| 220 lbs. | N. Olaiivar | 584 | 275 lbs. | (50-59) SP | | | | | | | |
| Open | Junior (20-23) | | | | S. Conlin | 350 | 250 | 475 | 1075 | | |
| M. Johnson | 568 | K. Wassman | 639 | Open | (60-69) SP | | | | | | |
| 242 lbs. | Open | | | | P. Curry | 400* | 315 | 485* | 1200* | | |
| Open | Bench Press Best Lifters: Open Women | | | | | | | | | | |
| Raw: Mia Howard, Open Men Raw: James Kelly, Master Men Raw: Biggie Makue, Open Men Single-ply: Doug Geron, Master Men Single-ply: Louie Mansanas. Deadlift Best Lifters: Open Women Raw: Brittany Pryor, Open Men Raw: Solomon Lee Iii, Master Men Raw: James Valmoja, Open Women Single-Ply: Shauna Perry. Thanks to Kapunahala Elementary School. Meet Director: Ata Edralin and Lyle Kamaka. Meet Announcer: Ata Edralin. Meet Scorekeeper: Stacey Edralin. Master Score Sheet: Stacey Edralin. Timekeeper: Manny Torres. Thanks to all our referees: Gordon Santee, International; Ray Verdonck, National; Darren Matsumoto, State; Leonetta Richardson, State; Jonathan Bareng, State; Donna Bareng, State. Thanks to our spotters & loaders. Special thanks to Solomon Lee Jr. and Geri Lee, to the Lee family and Team Metro Solomon. Geri Lee did a spectacular job running a first class meet in Hawaii. » courtesy Steve Denison | | | | | | | | | | | |

WNPF RAW NATS/ FLORIDA STATE

APR 16 2011 » Merritt Island, FL

| BENCH | (17-19) | | | | | |
|---|-----------|----------|-----|------|--|--|
| 275 lbs. | B. Bales | 170 | | | | |
| (50-59) SP | 165 lbs. | | | | | |
| T. Harrier | 495 | (17-19) | | | | |
| Raw | R. Wilcox | 165* | | | | |
| 114 lbs. | 198 lbs. | | | | | |
| (13-16) | (40-49) | | | | | |
| N. Wilcox | 160* | M. Brown | 250 | | | |
| 148 lbs. | (50-59) | | | | | |
| SHW | (40-49) | | | | | |
| D. Rawnsley# | 650 | 500* | 575 | 1725 | | |
| SP=Single-Ply. DP=Double-Ply. *=National Records. #=Best Lifters. One lifter from this event has been suspended from all WNPF indefinitely. » courtesy WNPF | | | | | | |

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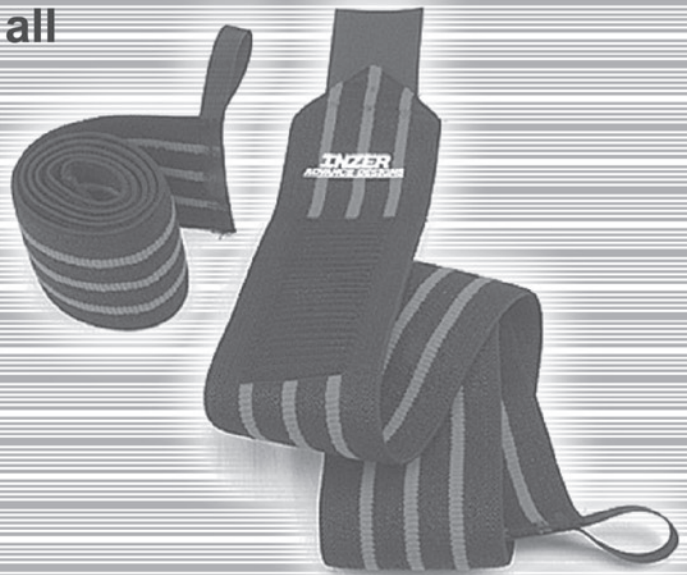


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QUESTIONS ANSWERED

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

DEAR MAURO: I've been on Metabolic for a few months now and it's working great for me. However, I was told to also use TestoBoost. I'm confused since I thought Metabolic did some of what TestoBoost does. I went through the info on your website—here's what I found:

"Metabolic normalizes and optimizes metabolism and macronutrient utilization (the use of fats, carbs and protein). It also has significant effects on the body's hormonal balance. It increases levels of growth hormone and testosterone (in both men and women), decreases cortisol levels, increases insulin sensitivity, and optimizes thyroid hormone levels and function."

"TestoBoost maximizes anabolic drive by optimizing your body's natural testosterone levels.*"

The question is, how much more increase should I expect from using TestoBoost on top of what metabolic can do? Also, do you think this sudden increase will disrupt the hormone balance in the body? One more question. Based on the website regarding TestoBoost:

"The use of TestoBoost to increase endogenous testosterone production ramps up your natural testosterone producing machinery so that even if you stop taking it, your natural levels will be at least as high as before you started, and sometime higher as the body recognizes the higher level as normal and maintains that level naturally."

How many bottles are required to be used in order to maintain an increase as it says in the above paragraph after we stop taking it. Would one bottle be enough?

Thanks,
Karl

KARL: Metabolic's effect on testosterone is mainly through the DHEA and the effects are to achieve homeostasis rather than significantly increasing testosterone and the level of other anabolic hormones. TestoBoost will work with Metabolic to reach homeostasis and, more than that, it will significantly increase testosterone levels, while not disrupting the HPTA as would the use of exogenous testosterone and anabolic steroids.

Over the years I've followed several dozen athletes and others on TestoBoost to see how the testosterone levels changed over time and after they stopped taking the TestoBoost. In all athletes, the levels of testosterone declined after going off TestoBoost, but in some athletes the level did not return to their pre-TestoBoost levels even a year after going off the TestoBoost. The athletes who had the most effects as far as increased testosterone levels were the ones that had lower levels of testosterone before taking

ABSTRACTS ON ANDROGENS

Eur J Endocrinol. 2010 Apr;162(4):795-804. Epub 2010 Feb 4.

THE IMPACT OF THE CAG REPEAT POLYMORPHISM OF THE ANDROGEN RECEPTOR GENE ON MUSCLE AND ADIPOSE TISSUES IN 20-29-YEAR-OLD DANISH MEN: ODENSE ANDROGEN STUDY.

Nielsen TL, Hagen C, Wraae K, Bathum L, Larsen R, Brixen K, Andersen M. » Department of Endocrinology Biochemistry, Odense University Hospital, Sdr Boulevard, 5000 Odense C, Denmark. torben@dsa-net.dk

ABSTRACT—BACKGROUND: The number of CAG repeats (CAG(n)) within the CAG repeat polymorphism of the androgen receptor gene correlates inversely with the transactivation of the receptor. **OBJECTIVE:** To examine the impact of CAG(n) on muscle, fat distribution, and circulating androgen levels. Design, settings and participants Population-based, cross-sectional study of 783 Danish men aged 20-29 years. **METHODS:** Genotyping was performed in 767 men. Areas of thigh and lower trunk muscle (muscle(thigh) and muscle(lower trunk)), subcutaneous adipose tissues (SAT(thigh) and SAT(lower trunk)), and deep adipose tissues (i.m. and visceral) were measured in 393 men by magnetic resonance imaging (MRI). Lean body mass (LBM) and fat mass (FM) were measured in all men by whole body dual-energy X-ray absorptiometry (DEXA). The absolute areas acquired by MRI were the main outcomes. The absolute DEXA measurements and relative assessments of both modalities were considered as the secondary outcomes. Results CAG(n) (range: 10-32) correlated inversely with absolute muscle(thigh) ($r=-0.108$), absolute muscle(lower trunk) ($r=-0.132$), relative muscle(thigh) ($r=-0.128$), relative muscle(lower trunk) ($r=-0.126$), relative LBM(lower extremity) ($r=-0.108$), and relative LBM(total) ($r=-0.082$), and positively with relative SAT(thigh) ($r=0.137$), relative SAT(lower trunk) ($r=0.188$), relative FM(lower extremity) ($r=0.107$), and relative FM(total) ($r=0.082$). These relationships remained significant, controlling for physical activity, smoking, chronic disease, and age. CAG(n) did not correlate with any circulating androgen. **CONCLUSIONS:** The CAG repeat polymorphism affects body composition in young men: absolute muscle(thigh) and absolute muscle(lower trunk) increase as CAG(n) decreases. Expressed relatively, muscle areas and LBM increase, while SAT and FM decrease as CAG(n) decreases. The polymorphism does not affect deep adipose tissues or circulating androgen levels in young men.

J Appl Physiol. 2005 Jan;98(1):132-7. Epub 2004 Sep 17.

ANDROGEN RECEPTOR CAG REPEAT POLYMORPHISM IS ASSOCIATED WITH FAT-FREE MASS IN MEN.

Walsh S, Zmuda JM, Cauley JA, Shea PR, Metter EJ, Hurley BF, Ferrell RE, Roth SM. » Dept. of Kinesiology, University of Maryland, 2134 HHP Bldg., College Park, MD 20742-2611, USA.

ABSTRACT—The human androgen receptor (AR) gene contains a CAG (glutamine) repeat polymorphism in exon 1 that is inversely associated with transcriptional activity of the AR. We studied the association of AR CAG repeat length, fat-free mass (FFM), and testosterone in two independent cohorts: 294 Caucasian men, aged 55-93 yr, from the Study of Osteoporotic Risk in Men (STORM), and 202 Caucasian volunteers (112 men and 90 women), aged 19-90 yr, from the Baltimore Longitudinal Study of Aging (BLSA). Subjects were genotyped to determine the number of AR CAG repeats and grouped as carrying either < 22 or $>$ or $=22$ repeats. Whole body soft tissue composition was measured by dual-energy X-ray absorptiometry. Men with greater CAG repeat number exhibited significantly greater total FFM than those with fewer CAG repeats in both cohorts (STORM: 59.2 ± 0.3 vs. 58.0 ± 0.4 kg, $P = 0.02$; BLSA: 57.2 ± 1.1 vs. 53.8 ± 1.1 kg, $P = 0.04$). Similar results were observed for total FFM normalized to height. No differences were seen in women in the BLSA cohort. In the BLSA cohort, serum testosterone levels were higher in subjects with greater repeat number ($P = 0.003$). This same pattern approached significance in the STORM cohort ($P = 0.07$). In conclusion, the androgen receptor CAG repeat polymorphism is associated with FFM in men in two independent cohorts. Additional studies are needed to confirm this observation and to clarify the mechanisms involved.

TestoBoost and responded to the TestoBoost by achieving higher than midline normal levels. I found that it took six months of TestoBoost use before their levels remained consistently higher than before they took the TestoBoost.

Those athletes who had mid to higher normal range levels of testosterone before going on TestoBoost, had the least effect from using TestoBoost, although all had a 5-15% higher levels while on TestoBoost. In contrast some

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| Ribose, 200gm | | 19.90 |
| N-Acetyl L-Glutamine, 300gm | | 17.75 |
| Acetyl L-Carnitine, 100gm | | 7.90 |
| CLA, 750mg, 100 gelpcaps | | 8.95 |
| Creatine Mono. 99+%, Micronized, 1kg | | 14.75 |
| Arginine base powder, 300gm | | 17.00 |
| Arginine AKG, 150 gm | | 9.00 |
| Citrulline, 100gm | | 11.50 |
| Lipoic Acid Powder, 50 grams | | 9.00 |
| Whey Protein 90% instant isolate, 24oz | | 19.75 |
| Tribulus Ext. 45% 100gm | | 7.50 |
| Long Jack 100:1, 20gm | | 37.50 |
| Yohimbe, 8% Yohimbine! 40 gm | | 7.75 |
| Glutamine 300gm/1kg | | 14.50/37.50 |

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THINGS I'VE LEARNED ALONG THE WAY PT. 2

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

"Have great hopes and dare to go out for them. Have great dreams and dare to live them. Have tremendous expectations and believe in them."

– Norman Vincent Peale

If you will recall, last month I was telling you about how inept I was as a powerlifter when I first started competing. You do remember, right? No!?! Well, go back and get last month's issue and refresh your mind. I will wait here for you. Wait a second, on second thought let me just give you the *Reader's Digest* version. In all candor, I really don't trust you to come back. You can't remember what happened last month, which makes me think you probably don't even know where you put last month's issue.

Okay, here we go: competed three years, came in dead last at every meet, women and children beat me, had the body of an eleven year old stamp collector, ADFPA was going to revoke my lifting card because I was impersonating a powerlifter, still competed every chance I could get, humiliating both my family and my friends... there now, you are all caught up.

What I failed to mention last month was that not only did I compete every chance I got, I tried to compete against the very best lifters I could. In fact, I never competed in a novice contest and before I ever placed in completion I was defeated by three national champions: Lamar Gant, George Hummel and Kenny McDowell. They just didn't beat me either. They literally destroyed me. Honestly, though, those competitions were some of my most rewarding experiences in the sport because I learned more by observing these elite athletes compete (and talking to them) than I would have if I had gone and competed against guys I could have beaten.

The best way to learn is from the best, not from athletes you are already better than. You might be thinking, "Getting beat and humiliated by elite athletes had to destroy Judd's confidence." Well, that wasn't the case at all because I never compared myself with them or anyone else. Even when I was an elite lifter, I never compared myself to anyone. My focus was always on myself, not on someone I wasn't. I learned from them—their styles, skills and techniques—but I didn't judge myself by their performance. I only measured myself against myself. Improving from one day to the next was my major focus. As long as I was improving, I knew I was going in the right direction. Just as significant, I wasn't afraid of failure, matching up or getting beat.

I did the same thing in practice, too. I went out and found the best squatters in the gym and trained my squat with them. Then, I found the best bench pressers and trained my bench with them, and I did the same thing with my deadlift. To get the most out of yourself, you need to continually challenge yourself by going up against tougher and tougher competition. I firmly believe that competing against the best brings out the best in us. It is just human nature that we tend to rise and fall to the level of competition we surround ourselves with. Think about it. How inspired do you get when you face a much weaker opponent? The better the competition, the more opportunity you will have to play to your potential.

The interesting thing is, most athletes are aware that what I am saying is the absolute truth, but few athletes make any effort to face competition that is as good as or better than they are. I remember a number of years ago Jay Kreis decided to run a bench press meet to determine who the greatest heavyweight bench presser in the world was. At the time, there were about 20 guys claiming that they were the best bench pressers in the world. To my knowledge, he invited all of them to the meet. He even offered to pay all of their expenses. He also arranged for a lot of media coverage. It was going to be a real extravaganza. Guess what? He had to cancel the competition because no one wanted to come. Why? Well, I can only guess, and my guess would be that they were afraid to put themselves on the line. I see this more and more in the sport of powerlifting.



Judd may not be the best at everything, but he's not afraid to try!

Athletes—even world class athletes—seem to be afraid to put themselves on the line, to reach out and risk.

You know there's one thing I am certain of, if you don't have the "guts" to put yourself on the line now and then, your chance of success is limited. I firmly believe that in order to reach the top, an individual has to know how to live on the edge. He has to enjoy the element of risk and danger just a bit. I am not talking about taking needless, senseless, uncalculated risks. What I am talking about is intelligent, calculated risk-taking in which the action in question is a risk that has a legitimate cost-reward relationship.

A lot of people I know are afraid of life. I mean that. They get a really great insane idea, and then they don't act on it. For instance, there's a contest they'd like to enter, or a competitive lift they would like to attempt, but they don't because they're afraid of what might happen. That's not living life, that's running from life.

You never know what you can do or how great you can be until you try; until you push your heart and soul to the furthest reaches of what you are capable of. When you dare to go beyond what you think is your breaking point and you succeed, that is when you truly delight in the won-

RESULTS »



Brad Harris benching 550 raw at the APA Southern Regionals (S. Taylor photos)



Yarnell Marks pulling 500 raw at the APA Southern Regionals

| | | | | |
|-------------------|-----|-----|-----|------|
| J. Hansen Jr | 336 | 204 | 413 | 953 |
| C. LaMantia | 226 | 165 | 320 | 711 |
| 198 lbs. | | | | |
| <i>Open</i> | | | | |
| D. Laponius | 364 | 314 | 540 | 1218 |
| N. Conn | 457 | — | 573 | 1031 |
| <i>Single-Ply</i> | | | | |
| 148 lbs. | | | | |
| <i>Open</i> | | | | |
| C. Loo | 402 | 215 | 424 | 1042 |
| 165 lbs. | | | | |
| <i>Master</i> | | | | |
| T. Miller | 325 | 154 | 402 | 882 |
| 198 lbs. | | | | |
| <i>Master</i> | | | | |
| E. Lewis | 502 | 287 | 452 | 1240 |
| 220 lbs. | | | | |
| <i>Master</i> | | | | |
| G. Baxter | 585 | 380 | 650 | 1616 |
| 242 lbs. | | | | |
| <i>Open</i> | | | | |
| E. Paez | 601 | 380 | 584 | 1565 |
| 275 lbs. | | | | |
| <i>Master</i> | | | | |
| M. Menslage | 634 | 408 | 601 | 1642 |
| <i>Open</i> | | | | |
| H. Pettegrove | 568 | 353 | 645 | 1565 |
| 308 lbs. | | | | |
| <i>Master</i> | | | | |
| R. Speno | 606 | 413 | 584 | 1604 |
| <i>Open</i> | | | | |
| R. Speno | 606 | 413 | 584 | 1604 |

Powerlifting Best Lifter Junior Men Raw: John Hansen Jr. Powerlifting Best Lifter Open Men Raw: Stephen Hokama. Powerlifting Best Lifter Master Men Single-Ply: Greg Baxter. Powerlifting Best Lifter Open Men Single-Ply: Emilio Paez. Bench Press Best Lifter Master Men Raw: Ron Moormeister. Thanks to MetroFlex Gym Long Beach! Eddie Avalos and Chris Albert for the use of the gym. Meet Announcer: Chuck

LaMantia. Thanks to all our Referees: Mike Tronske, State, Ron Moormeister, State, John Deluca, State, Tracie Marquez, New State Referee, Bonnie Aerts, National, Alan Aerts, International, Jose Hernandez, National. Thanks to Our Spotters & Loaders: Tom Moormeister, Brandon Hagverdian, Mike Stanton, Brady Jones. Meet Scorekeeper: Kellie LaMantia. Bar loading program: Lauren Miller. Master Score sheet: Steve Denison.
» courtesy Steve Denison

APA SOUTHERN REGIONALS DEC 18 2010 » Fulton, MS

| | | |
|---------------------|-------------------|-----|
| BENCH FEMALE | S. Pounds | 455 |
| 165 lbs. | <i>Raw</i> | |
| <i>Open</i> | | |
| A. Micka | 300 | |
| <i>Raw</i> | | |
| 165 lbs. | C. Miller | 245 |
| <i>Open</i> | S. DiGiovanni | 220 |
| J. Gaillard | 225 | |
| MALE | L. Spiller | — |
| 148 lbs. | <i>Master III</i> | |
| <i>Open</i> | | |
| K. Harmon | 505 | |
| 308 lbs. | <i>Submaster</i> | |
| <i>Open</i> | | |
| B. Harris | 550 | |
| 341 lbs. | <i>Submaster</i> | |
| <i>Open</i> | | |
| R. Davis | 410 | |
| CURL | | |
| MALE | | |
| <i>Raw</i> | | |
| 198 lbs. | W. Bryant | 340 |
| <i>Master II</i> | | |
| 242 lbs. | <i>Open</i> | |
| <i>Open</i> | | |
| W. Bryant | 145 | |

| | | | | |
|-------------------------|-----------|-----------|-----------|------------|
| 220 lbs. | | | | |
| <i>Master III</i> | | | | |
| PUSH PULL FEMALE | | | | |
| Raw | | | | |
| 86 lbs. | | | | |
| <i>Youth</i> | | | | |
| C. Harmon | 60 | 135 | 195 | |
| MALE | | | | |
| <i>Raw</i> | | | | |
| 148 lbs. | | | | |
| <i>Open</i> | | | | |
| J. Gates | 280 | 450 | 730 | |
| 220 lbs. | | | | |
| <i>Open</i> | | | | |
| J. Alford | 355 | 485 | 840 | |
| Powerlifting | SQ | BP | DL | TOT |
| MALE | | | | |
| <i>Raw</i> | | | | |
| 148 lbs. | | | | |
| <i>Teen</i> | | | | |
| S. DiGiovanni | 250 | 220 | 250 | 720 |
| 165 lbs. | | | | |
| <i>Junior</i> | | | | |
| D. Mullen | 380 | 225 | 470 | 1075 |
| 181 lbs. | | | | |
| <i>Submaster</i> | | | | |
| Y. Marks | 450 | 350 | 500 | 1300 |
| 198 lbs. | | | | |
| <i>Teen</i> | | | | |
| Cunningham | 500 | 300 | 600 | 1400 |
| 275 lbs. | | | | |
| <i>Open</i> | | | | |
| D. Smith | 600 | 375 | 600 | 1575 |
| <i>Teen</i> | | | | |
| H. Harbour | 405 | 185 | 500 | 1090 |

WNPFL LIFETIME DRUG FREE JUL 31 2011 » Youngstown, OH

| | | |
|-------------------|-----------------|-------|
| BENCH | J. Haynes | 330 |
| 181 lbs. | 275 lbs. | |
| <i>(50-54) SP</i> | <i>Open</i> | |
| J. Fiumara | 350!* | |
| 220 lbs. | K. Robinson | 450! |
| <i>Open SP</i> | DEADLIFT | |
| J. Longnecker | <i>Raw</i> | |
| 385! | 148 lbs. | |
| <i>(35-39) SP</i> | <i>(17-19)</i> | |
| Marcantino# | 520!* | |
| 242 lbs. | N. Katich | 455!* |
| <i>(13-16) SP</i> | <i>Lifetime</i> | |
| C. Caughey | 280!* | |
| <i>(55-59) SP</i> | M. Hart | 585 |
| D. Ogan | 375!* | |
| <i>Raw</i> | M. Hart# | 585! |
| 181 lbs. | <i>(55-59)</i> | |
| <i>(35-39)</i> | P. Rosenstern | 555!* |
| G. Mullins | 330! | |
| 220 lbs. | 242 lbs. | |
| <i>Open</i> | <i>(13-16)</i> | |
| | C. Caughey | 385! |

| | | | | |
|-----------------------|-----------|-----------|-----------|------------|
| L. Spiller | 85 | | | |
| SQUAT | | | | |
| 242 lbs. | | | | |
| <i>(13-16) Raw</i> | | | | |
| C. Caughey | 350!* | | | |
| POWERCURL | | | | |
| 181 lbs. | | | | |
| <i>Open</i> | | | | |
| Ironman | | | | |
| 165 lbs. | | | | |
| <i>(13-16) Raw</i> | | | | |
| C. Rearick | 175! | 355 | 530 | |
| 181 lbs. | | | | |
| <i>(17-19) Raw</i> | | | | |
| P. Rosenstern | 255 | 440 | 695 | |
| 198 lbs. | | | | |
| <i>(13-16) SP</i> | | | | |
| D. Pfeiffer# | 265! | 400! | 665 | |
| 242 lbs. | | | | |
| <i>(20-23) Raw</i> | | | | |
| B. Ericsson | 350 | 575! | 925 | |
| SHW | | | | |
| <i>(35-39) Raw</i> | | | | |
| M. Jones | 365 | 515 | 880 | |
| Powerlifting | SQ | BP | DL | TOT |
| W. McCoy | 430!* | 340!* | 525!* | 1295* |
| <i>(40-44) SP</i> | | | | |
| W. McCoy | 430!* | 340!* | 525!* | 1295* |
| 165 lbs. | | | | |
| <i>35-39 (SP)</i> | | | | |
| A. Mastrione | 380* | 355* | 465* | 1200* |
| <i>(40-44) SP</i> | | | | |
| A. McVaney | 600!* | 360!* | 570!* | 1530* |
| 198 lbs. | | | | |
| <i>(13-16) SP</i> | | | | |
| D. Pfeiffer | 385! | 265! | 400! | 1050! |
| <i>(45-49) SP</i> | | | | |
| L. Newman | 600!* | 380 | 540 | 1530! |
| D. Pagonis | 565 | 405 | 540 | 1510 |
| 220 lbs. | | | | |
| <i>(20-23) SP</i> | | | | |
| T. Ellis | 545 | 410 | 575* | 1530 |
| <i>Open SP</i> | | | | |
| C. Donati Jr. | 500!* | 385!* | 530! | 1415* |
| <i>(35-39) SP</i> | | | | |
| C. Donati Jr. | 500* | 385 | 530!* | 1415* |
| <i>Police/Fire SP</i> | 440 | 275 | 500 | 1215 |
| 242 lbs. | | | | |
| <i>Open SP</i> | | | | |
| N. Mazur | 665!* | 385 | 625!* | 1675* |
| T. Baker | 550 | 450!* | 520 | 1520 |
| <i>(40-44) SP</i> | | | | |
| D. Amburgey | 405!* | 350!* | 485! | 1240* |
| <i>(55-59) SP</i> | | | | |
| R. Brown Jr | 600!* | 405!* | 530!* | 1535* |
| 275 lbs. | | | | |
| <i>(50-54) SP</i> | | | | |
| L. Newman | 740! | 540! | 640! | 1920! |
| SHW | | | | |
| <i>Open U</i> | | | | |

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| | | | |
|-----------------------|-------|-----------------|-------|
| J. Peshek# (45-49) U | 800! | 640!* 640! | 2080! |
| J. Peshek# (50-54) SP | 800 | 640* 640 | 2080* |
| R. Luklan Jr Raw | 600 | 520* 580 | 1700 |
| 123 lbs. | | | |
| Youth (9-10) | | | |
| J. Houk | 115! | 85! 175! | 375! |
| 165 lbs. | | | |
| Lifetime | | | |
| M. Hart | 410 | 285 585 | 1280 |
| 165 lbs. | | | |
| (17-19) | | | |
| B. Didiano# | 450 | 295 550!* 1295* | |
| 181 lbs. | | | |
| (20-23) | | | |
| N. Hicks | 385 | 260 545 | 1190 |
| 198 lbs. | | | |
| (17-19) | | | |
| T. Gray | 485 | 350! 520! | 1355! |
| J. Kwasnicke | 480 | 295 520! | 1295 |
| (20-23) | | | |
| M. Lyden | 425 | 350 550 | 1325 |
| D. Reoffi | 350 | 225 425 | 1000 |
| (45-49) | | | |
| D. Polis# | 430! | 290! 475! | 1195! |
| 220 lbs. | | | |
| (20-23) | | | |
| J. Brletic | 515 | 370 590 | 1475 |
| J. Rawlings | 315 | 275 455 | 1045 |
| 242 lbs. | | | |
| (20-23) | | | |
| T. Jackowski | 525 | 350 605 | 1480 |
| Open | | | |
| Protomaster | 655!* | 355 630 | 1640! |
| 275 lbs. | | | |
| Open | | | |
| K. Robinson | 400! | 450! 575! | 1425! |
| Police/Fire | | | |
| J. Causer | 525! | 340 530! | 1395 |
| SHW | | | |
| (13-16) | | | |
| R. Mayle | 415! | 280! 460! | 1155! |

the day. In the super heavyweights masters Jeff Peshek and Rich Luklan Sr. both set some new national records winning their divisions with Jeff taking home best lifter for both the open and masters classes. Jeff also had the highest total of the day. In the raw powerlifting event Youth Jason Houk set all new state records in the 123 lbs. class and was a real crowd pleaser. Mike hart turned in another strong total winning the 165 lbs. Lifetime division along with taking first in two deadlift only divisions with a new state record and taking home best lifter in the deadlift. Teen Brendan Didiano set new state records winning his division along with taking home best teen lifter. In the 181 lbs. class noble leo hicks turned in a strong total in the junior division . in the 198 lbs. class there were close battles in both the teen and junior divisions with Travis Gray edging out the win in the teen division and Matt Lyden taking the junior division, with gray setting some new state records. Dave Polis set new state records winning the 198 lbs. masters division and walked away with best raw lifter. In the 220 lbs. class John Brletic took home the win over Josh Rawlings in the junior division with both lifters putting up some strong lifts. 242 lbs. Lifters Tim Jackowski and Steve Protomaster put up some strong lifts winning their divisions with Steve setting a new state and national record in the squat. 275 lb. lifters Kevin Robinson and Joshua Causer turned in strong totals with both setting new state records winning the open and police/fire divisions. Robinson also took home first in the powercurl and bench only event setting state records in both. Heavyweight Raymond Mayle set all new state records doing some strong lifts in the 13-16 teen division. In the ironman event three teenagers competed winning their respective divisions with Cole Rearick winning the 165 lbs. class, Paul Rosenstern winning the 181 lbs. class and Dustin Pfeiffer winning the 198 lbs. class and taking home best lifter in the ironman event. 242 lb. Lifter Brian Ericsson and SHW Matthew Jones turned in strong totals winning the divisions with Brian setting a state record in the bench. Matthew also took home a first in the powercurl event. In the equipped bench classes master Joe Fiumara returns to competition after a layoff for medical reasons and set a new state and national record in the 181 lbs. class. In the 220 lbs. class Jay Longnecker and Guy Marcantino both set new records in the open and submasters divisions with guy taking home best lifter equipped bench. 242 lb. teen Curtis Caughey set new state and national records in the squat, bench and deadlift only classes and master Dave Ogan returned this year to seat new state and national records winning his division. Raw benchers Gregory Mullins and Justin Haynes both put up strong lifts winning their divisions with Mullins setting a new state record. In the deadlift only classes master Phil Rosenstern and teen Nick Katich both set a new state and national records winning the 148 lbs. Teen division and the 220 lbs. Masters division. In the powercurl 181 lbs. lifter Heath Detty did some strong lifts winning his division. Thanks to all the lifters, Spectators, Immaculate Heart of Mary church and of course my crew who all made this another fantastic meet.

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» courtesy Ron DeAmicis

USPF 1ST AZ HIGH SCHOOL/TOP GUN SEP 24 2011 » Tombstone, AZ

| BENCH | W. Sands | 253 | | | |
|----------------------|----------|-----|-----|------|--|
| Eldridge/Top Gun | | | | | |
| MALE | | | | | |
| Open | | | | | |
| 220 lbs. | | | | | |
| M. Holt | 363 | | | | |
| 275 lbs. | | | | | |
| D. Hamilton | — | | | | |
| Master (40-44) | | | | | |
| 165 lbs. | | | | | |
| R. Chavez | 259 | | | | |
| Master (55-59) | | | | | |
| 181 lbs. | | | | | |
| J. Allen | 281 | | | | |
| 198 lbs. | | | | | |
| Full Power | | | | | |
| FEMALE | | | | | |
| High School | | | | | |
| 148 lbs. | | | | | |
| J. Hancock | 187 | 127 | 220 | 534 | |
| M. Cluff | 132 | 105 | 176 | 413 | |
| 181 lbs. | | | | | |
| S. Hancock | 176 | 99 | 325 | 600 | |
| MALE | | | | | |
| High School | | | | | |
| 198 lbs. | | | | | |
| C. Pierce | 429 | 303 | 429 | 1162 | |
| D. Hawkins | 341 | 259 | 407 | 1007 | |
| Tom Eldridge/Top Gun | | | | | |
| 181 lbs. | | | | | |
| T. Brown | 369 | 325 | 440 | 1134 | |
| D. Carter | 319 | 231 | 369 | 919 | |
| 198 lbs. | | | | | |
| C. Pierce | 429 | 303 | 429 | 1162 | |
| 220 lbs. | | | | | |
| M. Snodgrass | 451 | 369 | 523 | 1343 | |
| 275 lbs. | | | | | |
| D. Perez | 440 | 292 | 528 | 1261 | |
| Junior (13-15) | | | | | |
| 181 lbs. | | | | | |
| S. Cox | 105 | 88 | 193 | 385 | |
| Junior (16-17) | | | | | |
| 198 lbs. | | | | | |
| C. Pierce | 429 | 303 | 429 | 1162 | |
| Junior (20-23) | | | | | |
| 220 lbs. | | | | | |
| M. Snodgrass | 451 | 369 | 523 | 1343 | |
| 275 lbs. | | | | | |
| D. Perez | 440 | 292 | 528 | 1261 | |
| Submaster | | | | | |
| 181 lbs. | | | | | |
| T. Brown | 369 | 325 | 440 | 1134 | |
| Master (40-44) | | | | | |
| 165 lbs. | | | | | |
| R. Chavez | — | — | — | — | |
| Master (55-59) | | | | | |
| 198 lbs. | | | | | |
| W. Sands | 363 | 253 | 407 | 1024 | |
| Master (70-74) | | | | | |
| 165 lbs. | | | | | |
| D. Judd | — | — | — | — | |

The 1st Annual USPF AZ State High School Championship & Tom Eldridge Top Gun Championship meet was held at Cold Iron Gym. A special thanks goes to all the Officials and Staff who made this meet a huge success!

» courtesy Sheri Hartmann/Danni Eldridge

MEN'S 123 LB. (56 KG.) WEIGHT DIVISION » SQUAT



Lamar Gant with his PR squat in the 123s at the 1982 IPF Worlds in Munich, Germany



The "Not Late" Chuck Dunbar was a monster squatter in more than just the 114s

| Squat | X-Bwt | Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation |
|-------------------|--------|--|
| 1. 584.2 (265.0) | 4.73X | Richard Hawthorne/84 4/17/04 (265.0 kg.) (Baton Rouge, Louisiana) (APF) |
| 2. 551.2 (250.0) | 4.46X | Dave Buterbaugh/66 8/10/96 (250.0 kg.) (Las Vegas, Nevada) (APF/WPC) |
| 3. 551.2 (250.0) | *4.67X | Mike Booker/81 3/9/02 (250.0 kg. @ 118.0 lb., no squat suit/knee wraps.) (Moreno Valley, CA) (AAU) |
| 4. 540.1 (245.0) | 4.38X | Joe Cunha/59 5/5/84 (245.0 kg.) (Mission San Jose, California) (USPF/ADFPA) |
| 5. 520.0 (235.9) | *4.44X | Chuck Dunbar/57 3/26/83 (520.0 lb. @ 117.0 lb.) (Chamblee, Georgia) (USPF) |
| 6. 520.0 (235.9) | *4.28X | Anibal Martinez/3 2/7/10 (520.0 lb. @ 121.6 lb.) (Abilene, Texas) (THSPA) |
| 7. 518.1 (235.0) | *4.21X | Lamar Gant/57 11/5/82 (235.0 kg. @ 55.85 kg.) (Munich, West Germany) (USPF/IPF) |
| 8. 518.1 (235.0) | *4.21X | Mike Ewoldsen/65 11/23/02 (235.0 kg. @ 123.2 lb.) (Wichita, Kansas) (NASA) |
| 9. 515.0 (233.6) | *4.31X | Dino Raposo 10/30/88 (515.0 lb. @ 119.5 lb.) (Lindenhurst, New York) (ANPPC) |
| 10. 512.6 (232.5) | 4.15X | Dave Pattaway/59 7/11/87 (232.5 kg.) (Chicago, Illinois) (USPF/IPF) |
| 11. 512.6 (232.5) | *4.16X | Damarrion "Doc" Holloway/80 11/6/06 (232.5 kg. @ 55.9 kg.) (Stavanger, Norway) (USAPL/IPF) |
| 12. 509.3 (231.0) | 4.13X | Lance Mays 4/25/92 (231.0 kg.) (Dallas, Texas) (NASA) |
| 13. 505.0 (229.1) | 4.09X | Jim Morgan/62 12/1/84 (505.0 lb.) (Charleston, Illinois) (NSM) |
| 14. 505.0 (229.1) | 4.09X | Mike Kuhns/86 3/20/04 (505.0 lb., without a squat suit or knee wraps) (Erie, Pennsylvania) (ADAU) |
| 15. 500.0 (226.8) | 4.05X | Bobby Kendricks 10/14/89 (500.0 lb.) (Huntingdon, Pennsylvania) (USPF) |
| 16. 500.0 (226.8) | 4.05X | Herb Blake/58 12/9/89 (500.0 lb.) (Adel, Georgia) (USPF) |
| 17. 500.0 (226.8) | 4.05X | Hien Nguyen/77 10/24/92 (500.0 lb.) (Omaha, Nebraska) (NASA) |
| 18. 500.0 (226.8) | *4.12X | Nick Laznovsky/92 3/28/09 (500.0 lb. @ 121.4 lb.) (Abilene, Texas) (THSPA) |
| 19. 500.0 (226.8) | *4.17X | Jaime Salgado 2/25/10 (500.0 lb. @ 119.9 lb.) (Lubbock, Texas) (THSPA) |
| 20. 500.0 (226.8) | 4.05X | Chris Smith 3/13/10 (500.0 lb.) (Houston, Texas) (THSPA) |
| 21. 496.0 (225.0) | 4.02X | David Ramsey 2/17/88 (225.0 kg.) (El Tora, California) (USPF) |
| 22. 490.5 (222.5) | 3.97X | M. Long 11/1/86 (222.5 kg.) (Topeka, Kansas) (USPF) |
| 23. 490.5 (222.5) | 3.97X | Wil Taylor/69 3/29/98 (222.5 kg.) (Denver, Colorado) (USAPL) |
| 24. 485.0 (220.0) | 3.93X | Bob Lech 7/12/80 (220.0 kg.) (Madison, Wisconsin) (USPF/IPF) |
| 25. 485.0 (220.0) | 3.93X | Ralph Caputo 1/8/83 (220.0 kg.) (Columbus, Ohio) (USPF) |
| 26. 485.0 (220.0) | 3.93X | Roman Garcia/84 12/4/04 (220.0 kg.) (Harlingen, Texas) (APF) |
| 27. 485.0 (220.0) | *3.96X | Erwin Gainer/66 10/15/07 (220.0 kg. @ 55.5 kg.) (Soelden, Austria) (USAPL/IPF) |
| 28. 485.0 (220.0) | *3.95X | Eric Kupperstein/66 6/10/11 (220.0 kg. @ 55.7 kg.) (Bay Saint Louis, Mississippi) (USAPL/IPF) |
| 29. 485.0 (220.0) | 3.93X | Mike Nelson/61 5/22/93 (485.0 lb.) (Omaha, Nebraska) (NASA) |
| 30. 485.0 (220.0) | *4.02X | Ernesto Milian/47 11/21/97 (485.0 lb. @ 120.5 lb.) (Washington, D.C.) (IPA) |
| 31. 485.0 (220.0) | *3.96X | Philip Rotar/91 3/13/09 (485.0 lb. @ 122.4 lb.) (Holmen, Wisconsin) (USAPL) |
| 32. 480.0 (217.7) | 3.89X | Ernest Mumford 1/27/79 (480.0 lb.) (Charleston, South Carolina) (AAU) |
| 33. 479.5 (217.5) | 3.88X | Dave Moyer/34-06 11/28/70 (217.5 kg.) (New Jersey) (AAU) |
| 34. 479.5 (217.5) | 3.88X | Mark Hartman/73 7/25/92 (217.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) |
| 35. 479.5 (217.5) | *3.89X | Alan Whigham/75 7/8/00 (217.5 kg. @ 55.9 kg.) (Chicago, Illinois) (USAPL/IPF) |
| 36. 475.0 (215.5) | *3.89X | Derek Osuna 3/28/09 (475.0 lb. @ 122.2 lb.) (Abilene, Texas) (THSPA) |
| 37. 475.0 (215.5) | *3.93X | Eric Torres/92 2/27/10 (475.0 lb. @ 121.0 lb.) (Weslaco, Texas) (THSPA) |
| 38. 474.0 (215.0) | 3.84X | Bobby Adams 3/11/89 (215.0 kg.) (Fort Hood, Texas) (USPF) |
| 39. 474.0 (215.0) | *3.84X | Chris Tran/88 2/27/10 (215.0 kg. @ 56.0 kg.) (Bay Saint Louis, Mississippi) (USAPL) |
| 40. 470.0 (213.2) | *3.88X | Nathan Rodriguez 3/24/07 (470.0 lb. @ 121.0 lb.) (Houston, Texas) (THSPA) |
| 41. 470.0 (213.2) | 3.81X | Jimmy Lawrence 3/29/08 (470.0 lb.) (Abilene, Texas) (THSPA) |
| 42. 468.5 (212.5) | 3.79X | Marcus Wynn/79 8/23/97 (212.5 kg.) (Alberta, Canada) (WDFPF) |
| 43. 465.0 (210.9) | 3.77X | Sinh Connolly 11/8/92 (465.0 lb.) (Turtle Bay, Hawaii) (USPF) |
| 44. 465.0 (210.9) | 3.77X | R. Perry 4/24/93 (465.0 lb.) (San Antonio, Texas) (NSM) |
| 45. 465.0 (210.9) | *3.91X | Henry Garcia/64 2/12/94 (465.0 lb. @ 119.0 lb.) (Moncks Corner, South Carolina) (ADFPA) |
| 46. 463.0 (210.0) | *3.76X | Ken Snell/59 11/11/00 (210.0 kg. @ 55.9 kg.) (Ormond Beach, Florida) (AAPF) |
| 47. 463.0 (210.0) | *3.78X | Jeremy Scruggs/83 9/11/05 (210.0 kg. @ 55.6 kg.) (Fort Wayne, Indiana) (USAPL/IPF) |
| 48. 460.0 (208.7) | 3.73X | Keyne Washington 5/12/01 (460.0 lb.) (Concordville, Pennsylvania) (PSCPA) |
| 49. 460.0 (208.7) | *3.76X | Chris Atkinson 3/24/07 (460.0 lb. @ 122.4 lb.) (Houston, Texas) (THSPA) |
| 50. 457.5 (207.5) | 3.71X | Kevin Clemens/58 4/1/89 (207.5 kg.) (Wentzville, Missouri) (ADFPA) |

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



Mark Hartman, a prodigy in the APF Senior Nationals, is still ranked TOP 50 in the squat



David Buterbaugh, at the 1994 APF Seniors, was built to produce a sensational squat



Herb Blake always challenged himself by showing up at the biggest competitions

WOMEN'S 123 LB. (56 KG.) WEIGHT DIVISION » SQUAT

| Squat | X-Bwt | Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation |
|-----------|----------------|--|
| 1. 486.1 | (220.5) *4.12X | Margaret Kirkland/63 5/30/08 (220.5 kg. @ 118.0 lb.) (Omaha, Nebraska) (APF/WPC) |
| 2. 480.0 | (217.7) 3.89X | Jenny Burkey/70 6/24/06 (480.0 lb.) (Lake George, New York) (APF) |
| 3. 460.0 | (208.7) *3.77X | Natalie Carr-Harrington/83 2/6/10 (460.0 lb. @ 122.0 lb.) (Columbus, Ohio) (IPA) |
| 4. 455.0 | (206.4) *3.73X | Jenn "Pup" Rotsinger/78 10/24/09 (455.0 lb. @ 122.0 lb.) (Orlando, Florida) (APF) |
| 5. 450.0 | (204.1) 3.64X | Amy Weisberger/65 2/20/00 (450.0 lb.) (Columbus, Ohio) (IPA) |
| 6. 440.9 | (200.0) *3.58X | Mary Ryan-Jeffrey/60 7/16/88 (200.0 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC) |
| 7. 422.2 | (191.5) *3.49X | Carrie Boudreau/67 7/21/95 (191.5 kg. @ 54.9 kg.) (Baton Rouge, Louisiana) (USPF/IPF) |
| 8. 420.8 | (190.9) *3.43X | Vicky Steenrod/49 1/28/84 (190.0 kg. @ 55.7 kg., later weighed 420.8 lb.) (Austin, TX) (USPF/IPF) |
| 9. 415.0 | (188.2) *3.40X | Jean Forgatsch-Fry/86 8/20/11 (415.0 lb. @ 122.2 lb.) (Covington, Kentucky) (SPF) |
| 10. 413.4 | (187.5) *3.36X | Felicia Johnson-Almy/58 1/26/85 (187.5 kg. @ 55.8 kg.) (Boston, Massachusetts) (USPF) |
| 11. 407.9 | (185.0) 3.30X | Kathy Baker/59 7/28/90 (185.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) |
| 12. 402.3 | (182.5) *3.26X | Tonya Myers/70 6/21/97 (182.5 kg. @ 56.0 kg.) (Atlanta, Georgia) (APF/WPC) |
| 13. 400.0 | (181.4) 3.24X | Diana Bona 5/3/86 (400.0 lb.) (Saint Johnsbury, Vermont) (USPF) |
| 14. 391.3 | (177.5) 3.17X | Cathleen Kelii/54 12/3/95 (177.5 kg.) (San Anselmo, California) (NSM) |
| 15. 391.3 | (177.5) 3.17X | Valeri Tyree/73 3/24/01 (177.5 kg.) (Fort Hood, Texas) (USPF) |
| 16. 390.0 | (176.9) 3.16X | Diane Frantz/37 10/17/87 (390.0 lb.) (Victoria BC, Canada) (APF/WPC) |
| 17. 386.9 | (175.5) *3.18X | Janel Brown/72 3/6/10 (175.5 kg. @ 55.2 kg.) (Columbus, Ohio) (USAPL/IPF) |
| 18. 385.8 | (175.0) 3.13X | Pam Crisp 11/21/87 (175.0 kg.) (Dayton, Ohio) (APF/WPC) |
| 19. 385.8 | (175.0) *3.22X | Anna Blakely 7/2/94 (175.0 kg. @ 120.0 lb.) (Elmhurst, Illinois) (APF/WPC) |
| 20. 385.8 | (175.0) 3.13X | Ashley Awalt/83 4/16/05 (175.0 kg.) (Baton Rouge, Louisiana) (USAPL) |
| 21. 385.8 | (175.0) *3.16X | Rowena Lopez/77 5/21/11 (175.0 kg. @ 55.4 kg.) (Atlanta, Georgia) (USAPL/IPF) |
| 22. 380.3 | (172.5) *3.10X | Diana Rowell/57 1/26/85 (172.5 kg. @ 55.6 kg.) (Boston, Massachusetts) (USPF) |
| 23. 380.3 | (172.5) 3.08X | Cheryl Finley 7/25/92 (172.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) |
| 24. 380.3 | (172.5) *3.08X | Michelle Amstden/79 9/11/02 (172.5 kg. @ 56.0 kg.) (Sotchi, Russia) (USAPL/IPF) |
| 25. 380.3 | (172.5) *3.15X | Nichelle Whitfield/87 10/22/02 (172.5 kg. @ 54.7 kg.) (Helsinki, Finland) (APF/WPC) |
| 26. 380.3 | (172.5) *3.10X | Lee Denmon/63 5/3/08 (172.5 kg. @ 55.6 kg.) (Baton Rouge, Louisiana) (APF/WPC) |
| 27. 374.8 | (170.0) 3.04X | Nance Greenspan-Avigliano/56 6/10/00 (170.0 kg.) (Warren, Michigan) (APF/WPC) |
| 28. 374.8 | (170.0) *3.15X | Katherine "Kat" Clark/80 11/9/10 (170.0 kg. @ 53.94 kg.) (Potchefstroom, South Africa) (USAPL/IPF) |
| 29. 369.3 | (167.5) *3.03X | Julie Sylvan-Thomas/60 1/29/83 (167.5 kg. @ 55.35 kg.) (Chicago, Illinois) (USPF) |
| 30. 369.3 | (167.5) 2.99X | Tammy Shepard 9/24/83 (167.5 kg.) (West Lafayette, Indiana) (USPF) |
| 31. 369.3 | (167.5) 2.99X | Wendy Brocius 10/12/90 (372.5 kg.) (Pescara, Italy) (APF/WPC) |
| 32. 369.3 | (167.5) *3.08X | Susan Rinn/63 11/9/02 (167.5 kg. @ 119.9 lb.) (Round Rock, Texas) (USPF) |
| 33. 369.3 | (167.5) *3.06X | Teale Magierek-Adelmann/71 6/18/05 (167.5 kg. @ 120.6 lb.) (Springfield, Ohio) (NASA) |
| 34. 369.3 | (167.5) *3.04X | Suzanne Hedman/60 11/7/10 (167.5 kg. @ 121.5 lb.) (Sacramento, California) (SPF) |
| 35. 365.0 | (165.6) *3.18X | Jordan Scott 3/18/05 (365.0 lb. @ 114.8 lb.) (Killeen, Texas) (THSWPA) |
| 36. 365.0 | (165.6) *3.04X | Maegan Fontenot/92 2/12/09 (365.0 lb. @ 120.0 lb.) (Anahuac, Texas) (THSWPA) |
| 37. 363.8 | (165.0) *2.98X | Eileen Todaro-Wadie/58 1/26/85 (165.0 kg. @ 55.4 kg.) (Boston, Massachusetts) (USPF) |
| 38. 363.8 | (165.0) 2.95X | Sheila Ward/68 11/1/86 (165.0 kg.) (Topeka, Kansas) (USPF) |
| 39. 363.8 | (165.0) *2.95X | Sandy Mobley/59 11/14/98 (165.0 kg. @ 56.0 kg.) (Baltimore, Maryland) (USAPL) |
| 40. 363.8 | (165.0) *2.98X | Kristin Tom 7/31/04 (165.0 kg. @ 55.3 kg.) (Lincolnwood, Illinois) (AAPF/AWPC) |
| 41. 363.8 | (165.0) *2.98X | Caitlin Miller/90 2/10/06 (165.0 kg. @ 55.4 kg.) (Denver, Colorado) (USAPL/IPF) |
| 42. 363.8 | (165.0) *2.98X | Samantha Baker/88 4/13/07 (165.0 kg. @ 55.3 kg.) (Killeen, Texas) (USAPL) |
| 43. 363.8 | (165.0) *2.97X | Becky Rich/81 9/24/10 (165.0 kg. @ 122.6 lb.) (Las Vegas, Nevada) (USPF) |
| 44. 360.0 | (163.3) 2.92X | Suzanne "Sioux-Z" Hartwig-Gary/68 7/15/06 (360.0 lb.) (Towson, Maryland) (AAU) |
| 45. 360.0 | (163.3) *2.97X | Chelsea Saenz/92 1/17/09 (360.0 lb. @ 121.4 lb.) (Port Lavaca, Texas) (THSWPA) |
| 46. 358.3 | (162.5) *2.92X | Katie Van Dusen/88 3/31/07 (162.5 kg. @ 55.7 kg.) (Alexandria, Louisiana) (USAPL) |
| 47. 358.3 | (162.5) 2.90X | Charity Boutte/82 5/12/07 (162.5 kg.) (Houston, Texas) (APF) |
| 48. 356.9 | (161.9) *2.91X | Debbie Candelaria-Mack/63 5/21/83 (162.5 kg. @ 55.7 kg., 356.92 lb.) (Cambridge, MA) (USPF/ADFFPA) |
| 49. 355.0 | (161.0) *2.94X | Alexa Schillinger/91 3/13/09 (355.0 lb. @ 120.7 lb.) (Holmen, Wisconsin) (USAPL) |
| 50. 355.0 | (161.0) *2.96X | Maria Gonzales 3/19/11 (355.0 lb. @ 120.0 lb.) (Corpus Christi, Texas) (THSWPA) |

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



Amy Weisberger as a young 123 pounder at the YMCA Nationals



Diana Rowell was not simply a big puller, she could squat too



Vicki Steenrod was always a great squatter, regardless of weight class



Felicia Johnson uses a big squat to carry her through to the finish



Carrie Boudreau used her leg power in the deadlift also

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.

SEE MORE SELECTION AT INZERNET.COM || || ||

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



Inzer Advance Designs Logo T-Shirts

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

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



Warm Up Pullover Crewneck

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

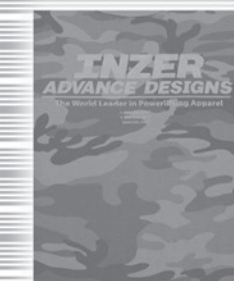
\$14.95



Warm Up Pants

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

\$23.95



Camo T-shirts

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

\$10.00



Tank Tops

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

\$10.00

Hoodie

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

\$19.50



Gym Bag

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

\$25.00



Beanies

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

\$10.00



Jersey Knit Short

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

\$12.95



Suit Slippers

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

\$19.95



Fitting Gloves

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

\$4.95



Elbow Sleeves XT

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

\$55.00



Knee Sleeves XT

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

\$55.00



Stickum Spray

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

\$5.95



Gym Chalk

Essential for workouts and competitions, magnesium carbonate block chalk.

\$10.00



Meshback Lifting Gloves

Quality, standard leather workout gloves. Power-Surge.

\$4.95



Power-Surge

Red Line Wrist Wraps

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

\$12.50



Power-Surge

Red Line Knee Wraps

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

\$16.50



Form-Foam™ Lifting Gloves

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

\$12.95



Iron Wrist Wraps Z

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

\$17.00



Iron Wraps Z

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

\$22.00





Forever Lever Belt 13MM

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

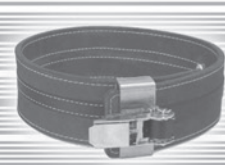
\$70.00



Forever Buckle Belt 13MM

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

\$70.00



PR Belt

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

\$140.00



Forever Lever Belt 10MM

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

\$60.00

Forever Belts™ are guaranteed forever!



Forever Buckle Belt 10MM

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

\$60.00



Power Belt Quality Economy

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

\$39.95



Max DL

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

\$145.00



Lifting Singlet

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

\$33.00



Z-Suit

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

\$42.00



Champion Suit

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

\$42.00



The Pillar

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

\$115.00



Standard Blast Shirt

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

\$38.00



High Performance HD Blast

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

\$77.00



Heavy Duty Erector Shirt

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

\$55.00



Heavy Duty Groove Briefs

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

\$26.00

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Jacob Sundry squatting 405 at age 15



Bobby Keys – 430 raw BP at 165 at the FL Coast meet (S. Taylor photos)

| | | | | |
|--|-----|-----|-----|------|
| Lyaskovslyy-UKR | — | — | — | — |
| 181 lbs. | | | | |
| Kuzema-UKR | 385 | 209 | 440 | 1035 |
| 198 lbs. | | | | |
| Asmolov-UKR | 253 | 187 | 330 | 771 |
| 341 lbs. | | | | |
| Shmuglo-UKR | 462 | 319 | 506 | 1288 |
| <i>Teen (18-19)</i> | | | | |
| 148 lbs. | | | | |
| Kurtys-UKR | 319 | 204 | 333 | 856 |
| 165 lbs. | | | | |
| Koloskov-UKR | 308 | 264 | 374 | 947 |
| Karnatsky-UKR | 308 | 165 | 363 | 837 |
| Doroshenko-UKR | 286 | 193 | 297 | 776 |
| Myrgorodsk-UKR | — | — | — | — |
| Miroshnich-UKR | — | — | — | — |
| 181 lbs. | | | | |
| Novosad-UKR | 396 | 209 | 484 | 1090 |
| Topilin-UKR | 374 | 209 | 396 | 980 |
| Yavorsky-UKR | — | — | — | — |
| 198 lbs. | | | | |
| Tykhonchuk-UKR | 407 | 259 | 462 | 1129 |
| <i>Junior (20-23)</i> | | | | |
| 165 lbs. | | | | |
| Lasysyn-UKR | 418 | 275 | 479 | 1173 |
| 220 lbs. | | | | |
| Prudnikov-UKR | 451 | 264 | 451 | 1167 |
| 275 lbs. | | | | |
| Putin-UKR | 595 | 319 | 650 | 1563 |
| 308 lbs. | | | | |
| Iov-PMR | 551 | 396 | 573 | 1519 |
| <i>Open</i> | | | | |
| Martynen-UKR | 484 | 264 | 506 | 1255 |
| Dergachev-UKR | 396 | 264 | 440 | 1101 |
| Trohynchuk-UKR | 341 | 198 | 330 | 870 |
| 242 lbs. | | | | |
| Zhelanko-UKR | 473 | 352 | 473 | 1299 |
| 275 lbs. | | | | |
| Putin-UKR | 595 | 319 | 650 | 1563 |
| Chunokhovs-UKR | 556 | 380 | 556 | 1492 |
| 308 lbs. | | | | |
| Gensyrovsk-UKR | 683 | 440 | 661 | 1784 |
| Iov-PMR | 551 | 396 | 573 | 1519 |
| <i>Masters (45-49)</i> | | | | |
| 198 lbs. | | | | |
| Kabakov-UKR | 396 | 292 | 385 | 1073 |
| <i>Masters (50-54)</i> | | | | |
| 220 lbs. | | | | |
| Khromenko-UKR | 374 | 297 | 418 | 1090 |
| <i>Masters (55-59)</i> | | | | |
| 198 lbs. | | | | |
| Nagaluyuk-UKR | 352 | 198 | 462 | 1013 |
| Bench Press Pro Champion of Champions (Open): 1st Boryuk Sergiy-UKR, 2nd Gajdaenko Anton-UKR, 3rd Dyatlov Andriy-UKR. Bench Press Raw Pro Women's Champion of Champions: 1st Zubrutska Lina-UKR, 2nd Naumova Mariana-RUS, 3rd Gryb Inga-UKR. Bench Press Raw Men's Champion of Champions: 1st Brigin Sergiy-UKR, 2nd Kajdan Maksym-UKR, 3rd Grabovskyy Konstantyn-UKR. The WPA Ukraine | | | | |

Championships was a huge success with 100 lifters competing. The majority of the competitors competed raw and several new WPA records were set in the raw categories. Several more events have been added to the WPA schedule this year in the Ukraine and Russia. For more information about these events check the APA-WPA website <http://www.apa-wpa.com>. A WPA World Cup is in the works with the Raw portion of the event being held in Ukraine and the Gear portion of the event being held in the US.

» *courtesy Vadym Kotsaga*

SPF SOCIAL OPEN OCT 2 2011 » CA

| | BENCH | SHW | | | | |
|---------------------|-----------|-------------------|-----------|------------|--|--|
| MALE | Raw | A. Cissell | — | | | |
| 198 lbs. | | | | | | |
| A. Santillan | 70 | SHW | — | | | |
| J. Roberts | 485 | S. Denning | — | | | |
| <i>Multi-Ply</i> | | <i>Single-Ply</i> | | | | |
| Powerlifting | SQ | BP | DL | TOT | | |
| FEMALE | | | | | | |
| <i>Raw</i> | | | | | | |
| 165 lbs. | | | | | | |
| A. White | 255 | 140 | 330 | 725 | | |
| D. Lewis | 245 | 125 | 315 | 685 | | |
| SHW | | | | | | |
| K. Pesek | 215 | 105 | 230 | 550 | | |
| <i>Crossfit</i> | | | | | | |
| 165 lbs. | | | | | | |
| C. Cho | 245 | 165 | 325 | 735 | | |
| A. Bolton | 250 | 120 | 300 | 670 | | |
| SHW | | | | | | |
| D. Rygwelski | 250 | 135 | 300 | 685 | | |
| MALE | | | | | | |
| <i>Raw</i> | | | | | | |
| 242 lbs. | | | | | | |
| E. Gohler | 520 | 380 | 600 | 1500 | | |
| M. Brown | 445 | 355 | 510 | 1310 | | |
| G. Curry | 445 | 340 | 475 | 1260 | | |
| <i>Crossfit Raw</i> | | | | | | |
| 198 lbs. | | | | | | |
| J. Cutting | 530 | 315 | 585 | 1430 | | |
| T. Schaeffer | 435 | 290 | 460 | 1185 | | |
| C. Martin | 440 | 230 | 450 | 1120 | | |
| N. Gadebusch | 345 | 275 | 475 | 1095 | | |
| A. Yudman | 330 | 255 | 475 | 1060 | | |
| SHW | | | | | | |
| T. Dydasco | 600 | 450 | 600 | 1650 | | |
| <i>Single-Ply</i> | | | | | | |
| 198 lbs. | | | | | | |
| R. Simon | 255 | 225 | 295 | 775 | | |
| <i>Multi-Ply</i> | | | | | | |
| SHW | | | | | | |
| C. Hilton | 735 | 575 | 625 | 1935 | | |
| T. Coleman | 980 | — | — | 980 | | |

Baumgarten 650 — — 650
R. Cook — 455 — 455
The first SPF meet in southern California was absolutely fun with a ton of great lifting. More than half of the full power lifters came from the Crossfit community and they sure brought it! Crowd favorite Chyna Cho put up a raw 735 total at a body weight of 150, including a big 165 bench to take the women's lightweight Crossfit division. Equally impressive was April White, with a 725 pound raw total at 133.5 pounds body weight. She had the biggest women's deadlift of the day of 330 pounds. April also went home with the Female Best Lifter prize. Great lifting from two strong women in their very first meets. Among the men, Crossfitter Jake Cutting of San Diego dominated the lightweights with his performance. Going 530, 315, 585, and 1430 total raw while weighing only 194, Jake set an open California state raw squat record and destroyed all of the National Police Fire records. Heavyweight Tai Dydasco got the crowd fired up with his lifts, going 600, 450, 600, and 1650 raw at 287 body weight. Single ply lifter and crowd favorite Richard Simon showed us all how its done. He put up a 775 total weighing in at only 174.5 and at 80 years of age! No fear... No excuses! Newcomer Cassidy Hilton, a multi ply lifter from Utah, put together a solid day on the platform with a 1935 total in the 259s. He took the class and Best Lifter for the men. In the bench only classes, heavyweight Jarred Roberts hit a big raw 485 to win the class. Nine year old Antonio Santillan set a new California state record for preteens when he hit 70 pounds on his fourth attempt. And veteran Rich Lopez hit a single ply 705 bench, setting a new Bench Only state record. Special thanks goes out to all who made this meet possible: First, to John Welbourn who hosted the meet at his very cool facility So Cal Strength and Conditioning. John also sponsored the meet by providing prizes from Paleo Brands and Crossfit Football. Second, a big thanks to Big Thad Coleman and Jarred Roberts for supplying the extra equipment to make sure the lifters had all they needed in the warmup area. Thanks also goes out to CNP Professional for providing the prizes for the women lifters, CNP's outstanding Pro-Ms Protein. And last but certainly not least, a huge thanks to Team Super Training, for driving down from Sac to judge all day and handle lifters.

» *courtesy Cara Westin*

USPA TREASURE COAST CLASSIC

AUG 27 2011 » Port St. Lucie, FL

| | BENCH | 181 lbs. | | |
|-----------------------|------------|-----------------------|-----------|------------|
| MALE | Single-Ply | Open | | |
| 275 lbs. | | C. Aiken | 314 | |
| <i>Master (45-49)</i> | | DEADLIFT | | |
| C. Dixon | 507 | FEMALE | | |
| 308 lbs. | | <i>Raw</i> | | |
| <i>Master (45-49)</i> | | 148 lbs. | | |
| J. Hoskinson | 739 | <i>Open</i> | | |
| <i>Open</i> | | C. Cox | 336 | |
| J. Hoskinson | 739 | MALE | | |
| <i>Raw</i> | | <i>Raw</i> | | |
| 148 lbs. | | 181 lbs. | | |
| <i>Junior (18-19)</i> | | <i>Master (60-64)</i> | | |
| K. Thomas | 259 | L. Russell | 601 | |
| 165 lbs. | | <i>Single-Ply</i> | | |
| <i>Junior (18-19)</i> | | 275 lbs. | | |
| C. Causey | 259 | <i>Master (50-54)</i> | | |
| Push Pull | | Silverbloom | 678 | |
| FEMALE | | BP | DL | TOT |
| <i>Raw</i> | | | | |
| 114 lbs. | | | | |
| <i>Master (45-49)</i> | | | | |
| S. Duncan | | 132 | 270 | 402 |
| <i>Open</i> | | | | |
| S. Duncan | | 132 | 270 | 402 |
| 148 lbs. | | | | |
| <i>Open</i> | | | | |
| C. Hoskinson | | 154 | 281 | 435 |
| Powerlifting | SQ | BP | DL | TOT |
| FEMALE | | | | |
| <i>Raw</i> | | | | |
| 114 lbs. | | | | |
| <i>Open</i> | | | | |
| L. Von Ohlen | 215 | 105 | — | 320 |
| 123 lbs. | | | | |
| <i>Junior (20-23)</i> | | | | |
| L. Craft | 226 | 165 | 287 | 678 |
| <i>Open</i> | | | | |
| L. Craft | 226 | 165 | 287 | 678 |
| 148 lbs. | | | | |
| <i>Open</i> | | | | |
| G. Perkins | 149 | 121 | 187 | 457 |
| MALE | | | | |
| <i>Raw</i> | | | | |
| 165 lbs. | | | | |
| <i>Junior (16-17)</i> | | | | |
| M. Cuevas | 353 | 309 | 408 | 1069 |
| <i>Junior (18-19)</i> | | | | |
| C. Sandigo | 193 | 187 | 325 | 705 |
| <i>Open</i> | | | | |
| E. Bodhorn | 358 | 254 | 452 | 1064 |
| 181 lbs. | | | | |
| <i>Open</i> | | | | |
| J. Adams | 457 | 336 | 606 | 1400 |
| 198 lbs. | | | | |
| <i>Junior (20-23)</i> | | | | |
| J. Taborda | 535 | 259 | 524 | 1317 |
| C. Marton | 320 | 231 | 386 | 937 |

RESULTS »

220 lbs.
Open
Montgomery 480 391 623 1494
242 lbs.
Junior (20-23)
D. Young 540 353 529 1422
275 lbs.
Submaster (35-39)
B. Williams 573 424 606 1604
Single-Ply
181 lbs.
Master (65-69)
P. Currey 375 314 463 1152
242 lbs.
Master (45-49)
P. Vega 452 408 424 1284
Master Score sheet: Steve Denison. Meet Scorekeeper: Ginny Casey. Meet Announcer: Jason Shook. Thanks to all our Referees: Bob Gaynor, International, Steve Denison, International, Brian Burritt, State. Thanks to our spotters & loaders: Samson's Gym. Powerlifting Best Lifters: Open Women Raw: Lindsey Craft. Master Men Single Ply: Patraic Curry. Junior Men Raw: Joshua Taborda. Open Men Raw: Jonathan Adams.
» courtesy Steve Denison

APA LONE STAR OPEN APR 23 2011 » McAllen, TX

| BENCH | 198 lbs. | | | | |
|------------------------------|--------------------------------|-----|-----|-----|------|
| MALE | Open DT | | | | |
| 275 lbs. | L. Trevino | 345 | | | |
| Police/Fire DT | 275 lbs. | | | | |
| S. Nemeth 420 | Open | | | | |
| Raw | C. Pappillion | — | | | |
| 341 lbs. | Raw | | | | |
| Open DT | 181 lbs. | | | | |
| D. Gonzales 425 | Open DT | | | | |
| DEADLIFT | J. Gonzalez | 415 | | | |
| MALE | Powerlifting | SQ | BP | DL | TOT |
| FEMALE | 97 lbs. | | | | |
| Teen DT | S. Guerrero | 150 | 75 | 215 | 440 |
| Youth DT | B. Cantu | 135 | 60 | 175 | 370 |
| 105 lbs. | Teen DT | | | | |
| A. Fraga 185 85 200 470 | L. Cordoza | 200 | — | — | 200 |
| Teen III DT | R. Rocha | 265 | 115 | 290 | 670 |
| 114 lbs. | Teen DT | | | | |
| C. Cordova 205 110 280 595 | K. Kneer | 200 | 95 | 240 | 535 |
| UNL | Teen DT | | | | |
| S. Moran 310 120 260 690 | Raw | | | | |
| 132 lbs. | Open DT | | | | |
| M. Gallagher 160 135 280 575 | 181 lbs. <td colspan="4"></td> | | | | |
| Master DT | J. Ritter | 75 | 85 | 120 | 280 |
| UNL | Open DT | | | | |
| S. Gonzalez | — | — | — | — | — |
| MALE | 114 lbs. <td colspan="4"></td> | | | | |
| Youth DT | J. Sanchez | 100 | 55 | 175 | 330 |
| 132 lbs. | Teen DT | | | | |
| J. Horta 475 250 525 1225 | 148 lbs. <td colspan="4"></td> | | | | |
| Junior DT | S. Gudino | 425 | 275 | 450 | 1150 |
| Open DT | M. Marquez | 500 | — | — | 500 |
| 165 lbs. | | | | | |

| Teen DT | A. Guerra | 565 | 285 | 505 | 1355 |
|--|--------------------------------|-----|-----|-----|------|
| Open DT | C. Alex | 320 | 185 | 365 | 870 |
| 181 lbs. | Teen DT | | | | |
| E. Canales 405 250 425 1080 | 198 lbs. <td colspan="4"></td> | | | | |
| Open DT | J. Saldana | 710 | 505 | 615 | 1830 |
| Submaster DT | J. Montez | 510 | 420 | 460 | 1390 |
| Teen DT | B. Foster | 420 | 320 | 490 | 1230 |
| 220 lbs. | Submaster DT | | | | |
| R. Ayala 650 440 550 1640 | Teen DT | | | | |
| Open DT | J. Lopez | 370 | 185 | 370 | 925 |
| 242 lbs. | Junior DT | | | | |
| J. Pillado 840 315 730 1885 | Master DT | | | | |
| Open DT | E. Molina | 405 | 405 | 405 | 1215 |
| Open DT | J. Pillado | 840 | 315 | 730 | 1885 |
| Police/Fire DT | T. Garcia | — | — | — | — |
| 275 lbs. | Junior DT | | | | |
| M. Torres 450 — — 450 | Open | | | | |
| Open | C. Pappillion | — | — | — | — |
| Teen DT | J. Sanchez | — | — | — | — |
| Raw | 198 lbs. <td colspan="4"></td> | | | | |
| Junior DT | R. Ochoa | 495 | 305 | 500 | 1300 |
| Open | A. Ayala | 550 | 375 | 550 | 1475 |
| Open DT | R. Stockton | 425 | 330 | 470 | 1225 |
| Open DT | A. Dixon | 405 | 260 | 465 | 1120 |
| Teen | R. Stockton | 425 | 330 | 470 | 1225 |
| 220 lbs. | Open DT | | | | |
| C. Rabaut 485 350 580 1415 | 242 lbs. <td colspan="4"></td> | | | | |
| Open DT | M. Boucher | 450 | 345 | 500 | 1295 |
| DT=Drug Tested. » courtesy Scott Taylor | | | | | |

NASA GA REGIONAL OCT 29 2011 » Cartersville, GA

| BENCH | H. Davis | 352 | | | |
|---|--------------------------------|-----|-----|-----|-----|
| MALE | Master Pure | | | | |
| 220 lbs. | H. Davis | 352 | | | |
| Master II | PS CURL | | | | |
| R. Spradlin 325 | MALE | | | | |
| Raw | 220 lbs. | | | | |
| 242 lbs. | Master II | | | | |
| Open | R. Spradlin | 143 | | | |
| S. Harrell 462 | 275 lbs. <td colspan="3"></td> | | | | |
| Master Pure | B. Robertson | 171 | | | |
| Master II | Push Pull | BP | DL | TOT | |
| MALE | 114 lbs. <td colspan="3"></td> | | | | |
| Teen | K. Miller | 72 | 127 | 198 | |
| 148 lbs. <th>High School</th> <td colspan="3"></td> | High School | | | | |
| L. Miller 143 319 462 | 242 lbs. <td colspan="3"></td> | | | | |
| Teen | T. Hammond | 325 | 457 | 782 | |
| 275 lbs. | Master I | | | | |
| R. York 391 517 908 | PowerSports | CR | BP | DL | TOT |
| MALE | 114 lbs. <td colspan="3"></td> | | | | |

| Youth | H. Spradlin | 44 | --- | 193 | 237 |
|-------------------------------|------------------------|-----|-----|-----|------|
| 181 lbs. | Int | | | | |
| R. Barnett 116 231 330 677 | 198 lbs | | | | |
| Master IV | M. Harrell | 105 | 209 | 308 | 622 |
| Novice | A. Johnson | 160 | 341 | 446 | 947 |
| Pure | D. Johnson | 149 | 325 | 501 | 974 |
| M. Burkhalter 165 369 462 996 | J. Davis | 138 | 336 | 528 | 1002 |
| 275 lbs. | Master I | | | | |
| R. York 165 391 517 1073 | » courtesy Rich Peters | | | | |

| S. Deans 310 | J. Milhouse | 530 | | | |
|------------------------------|--------------------------------|-----|-----|-----|------|
| 181 lbs. | 275 lbs. | | | | |
| Master I | Open | | | | |
| T. Rabon 350 | B. Filyaw | 420 | | | |
| 198 lbs. | DEADLIFT | | | | |
| Master I | MALE | | | | |
| Witherspoon 265 | 181 lbs. | | | | |
| 242 lbs. | Master II | | | | |
| Open | D. Kitchens | 350 | | | |
| Powerlifting | SQ | BP | DL | TOT | |
| FEMALE | 165 lbs. <td colspan="3"></td> | | | | |
| Teen | A. Burchett | 185 | 115 | 255 | 555 |
| MALE | 181 lbs. <td colspan="3"></td> | | | | |
| Junior | C. Couch | 335 | 255 | 410 | 1000 |
| Master I | M. Sanchez | 295 | 215 | 360 | 870 |
| 275 lbs. | Junior | | | | |
| L. Burchett 550 405 475 1430 | Master I | | | | |
| Master I | K. McFadden | 700 | 500 | 650 | 1850 |
| 308 lbs. | Open | | | | |
| Open | S. Liberty | 405 | 380 | 500 | 1285 |

APA CAROLINA CUP RAW CHAMPIONSHIPS JAN 28 2011 » Florence, SC

| BENCH | S. Deans | 310 | | |
|----------|-----------|-----|--|--|
| MALE | Master II | | | |
| 165 lbs. | D. Thomas | 240 | | |
| Master I | Open | | | |



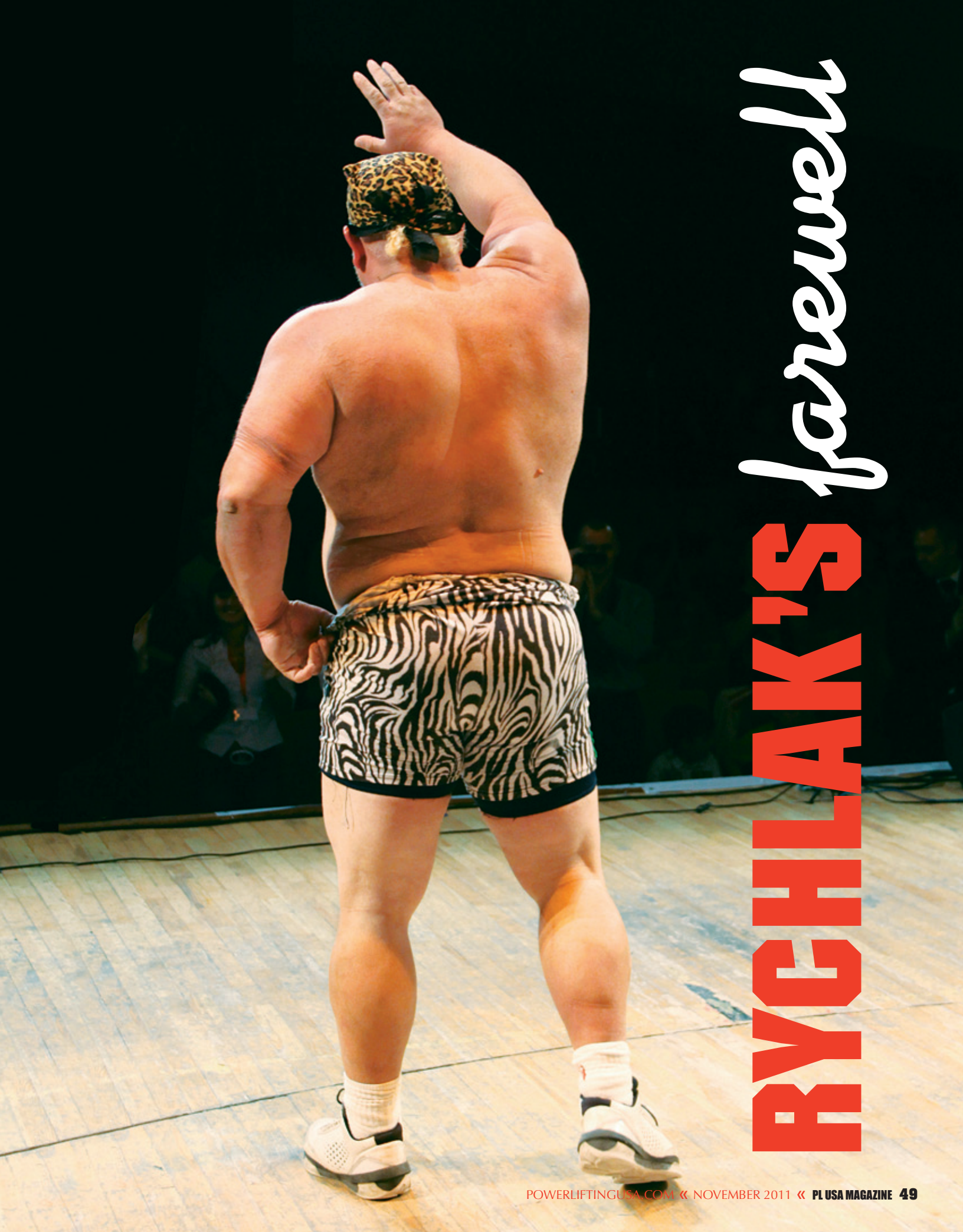
Angelina Burchett pulling 255 as a 165 lb. teen



Ken McFadden making a 700 lb. squat at the Carolina Cup!



Thurmon Rabon benching at the Carolina Cup (S. Taylor photos)



RYCHLAK'S farewell

RYCHLAK'S *farewell*

by Gene Rychlak, Jr.



The "Church of the Blood" – Tsar Nicholas II memorial
(Ame Rychlak photo)

OCTOBER 1, 2011, MARKED A MILESTONE MOMENT IN GENE RYCHLAK, JUNIOR'S LIFE AND POWERLIFTING CAREER. THIRTY-FIVE HUNDRED MILES FROM THE UNITED STATES IN YEKATERINBURG, RUSSIA, AT THE GOLDEN TIGER 5 WOULD MARK THE FINAL TIME GENE WOULD STEP ON THE PLATFORM AS A COMPETITOR.

But there's more to the story: flashback one year to October 1, 2010. On that day, Gene suffered a heart attack and was rushed to the hospital in the wee hours of the morning. After being stabilized and taken into cardiac surgery, catheterization would include a stent to restore proper blood flow to the heart and save his life.

GENE RYCHLAK, JR. TELLS HIS STORY...

It was kind of surreal; earlier that day I was finishing up the move of my gym, Southside Iron, from Allentown, Pennsylvania, to a site closer to home. I was sitting in the gym and I started sweating really bad and was breathing rather fast, but I didn't think anything of it since we were in the midst of getting the remnants of a tropical storm. It was really humid, so I didn't put two and two together. After a few minutes, the symptoms went away and I finished packing up and drove home.

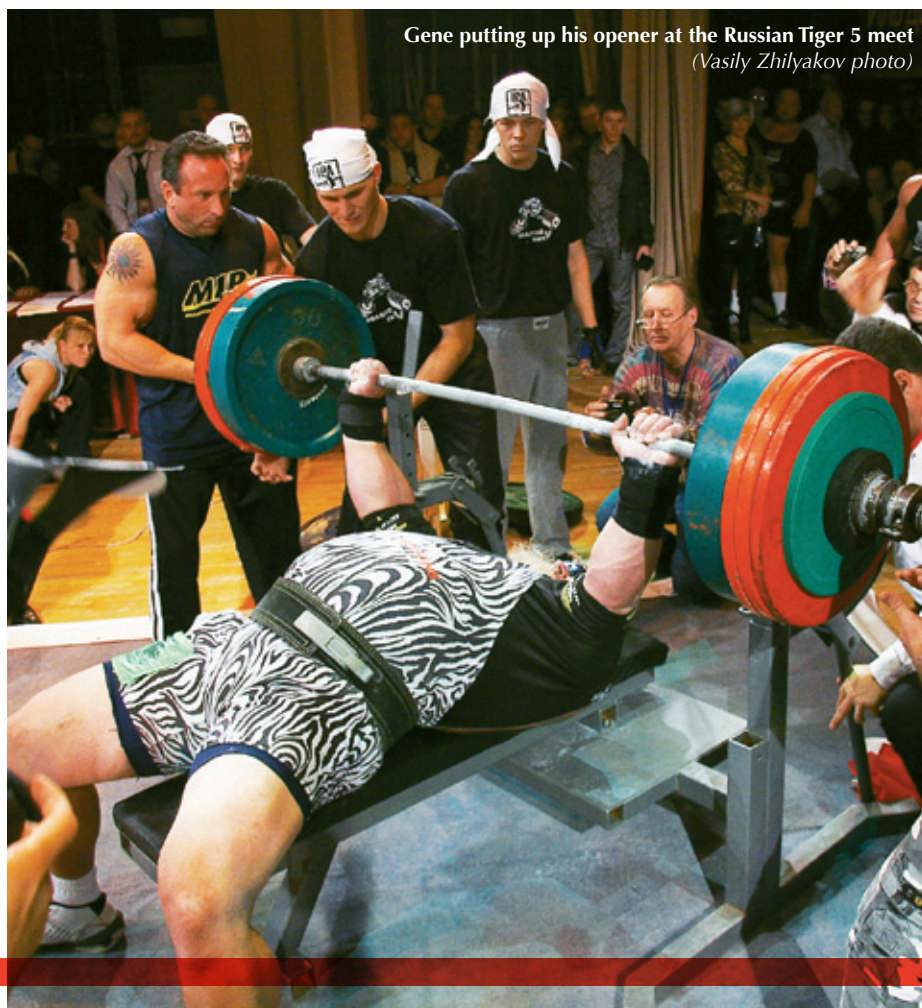
After showering before bed, the profuse sweating returned even though I had the AC on. I started coughing nonstop and felt fluid in my lungs. Silently I began to freak out. I couldn't lay down or the coughing intensified. I looked up symptoms of a heart attack online—I had five of the seven. I woke my wife to take me to the hospital. She asked what was wrong, my response, "I think I'm having a heart attack!" Before leaving, Ame gave me an aspirin to help thin my blood. We had to navigate almost flooded roads and eventually made it to the hospital. Dropped off at the door, I was rushed into the ER and was given quick attention to stabilize me until the Cardiologist on call could make it in. After two hours of waiting, he arrived and I was whisked upstairs to the Cardiac Operating Room. After a two and a half hour surgery, I was told it was successful. Mind you, I was awake during the whole thing since I didn't want to be sedated for fear of not waking up. One of the coronary arteries was ninety-percent blocked and another was forty-percent blocked; a stent was used to open up the blockage. So all in all, I was awake for 37 straight hours until I was put into the ICU and zonked out due to sheer exhaustion.

I spent two days in the hospital and was discharged on Sunday, October 3rd. I was given my protocol of medicines I needed to take to ensure I continue to live, and was told under no uncertain terms my lifting days were over. I was thankful that my Cardiologist was one of the best in PA and he was now my doctor, but I refused to accept that I couldn't lift ever again. So I listened to the doctor, but I continued to do research on what my options were. And I really wanted a second opinion of my condition.

Gene with Maryana "Bench Monster" Naumova, the strongest girl in Russia, who benched 73 kg. (161 lb.) raw at age 12 (Ame Rychlak photo)



Gene putting up his opener at the Russian Tiger 5 meet (Vasily Zhilyakov photo)



RYCHLAK'S FAREWELL »



Outside the "Church of the Blood," the memorial where Tsar Nicholas II and his family were murdered



Signing autographs (Vasily Zhilyakov photo)

Which led me to Tom O'Connor, better known to everyone as the "Metabolic Doc." I met Tom earlier in the year and talked briefly about wanting to get myself checked out, but my schedule prevented us from getting together sooner. I have friends who were patients of Tom's; I asked them to let him know what had happened and that I wanted to talk to him about having him look over my case to let me know what my options were. About six weeks post heart attack, I went to Dr. O'Connor's office in Connecticut. He spent several hours explaining every aspect of what happened and what was done so I would clearly understand. Then he performed a complete physical and deemed me fit. We did discuss the possibility of returning to lifting and in what capacity. By that time, I was starting to suffer muscle spasms and muscle aches as my body was having a hard time supporting the muscle mass I had accumulated over my twenty-plus years of lifting. Doc was blunt and said under no uncertain terms that 1,000-pound benches were out along with other related heavy lifting. But he did say that I could lift as heavy as I could, but unlearn the 'take a deep breath and hold it' utilized to lift max weight. So I could lift, but only if I could breathe during each lift. Holding my breath would raise my blood pressure and could cause further damage to my heart.

I returned home with a clear perspective of what I survived and what I can and cannot do. The next several months came and went and I returned to lifting when I could, given my heavy meet promotion schedule. There were weeks where I could string together workouts, and then weeks went by where I was lucky I lifted once a week. During this time, my Russian friend informed me about their desire to host this huge event called the "Golden Tiger"

and they needed my involvement to make it happen. I asked what was needed of me. They wanted me to come over and serve as an ambassador and possibly lift. I immediately let them know that me lifting wasn't possible; honored I would come and do what ever else I could. Understanding, they proceeded with plans for the event. As the months passed, my health stabilized and I was starting to see some progression in my lifting. But lifting in Russia was the furthest thing from my mind. As time grew closer I learned that Rob Luyando and Joe Mazza were invited to go attend and lift. This made my day—I would have friends, along with my wife, share in the experience. Later I found out Jeremy Hoorstra and Paul Key would be coming as well; the more the merrier!

In the final weeks, a thought kept creeping into my mind after every bench workout: *I'd like to bench in Russia*. I was starting to go heavier in training, discussed my thoughts with my wife and started feeling more comfortable with the idea. I ran the idea by my Russian friends and made it clear that there would be no 1,000-pound attempts, but I would like to lift for the Russian fans. They were ecstatic with the news and agreed to my request to keep things quiet. That's when the thought to make this my *official retirement meet* crossed my mind. I was already in an unofficial retirement; having Joe Mazza there sealed the deal. Joe and I broke into powerlifting spot light at the same time. We hit it big together and have been good friends for fifteen years. No one knew what the plan was except for the Russian organizers, my wife and my doctors whom I consulted and asked their opinions on what I wanted to do. All gave their blessing, but emphasized that I exercise caution and not

overdo it, risking my health. When Rob, Paul, Jeremy and Joe arrived, I informed them of my decision. They were stunned for a moment and appreciated my sharing this private matter with them.

The plan was to take three easy attempts and then officially call it a day. As the week went by, Jeremy lifted on Thursday, my wife lifted Saturday at noon and Joe Mazza lifted at 2 p.m. This left Rob, Paul and myself for what was billed in the main event. The auditorium was cleared out for the ticket holders of the sold-out crowd for the big show. The warm-up room was a circus—fans crowded in to see the Americans warm up along with the remaining heavyweight sportsmen. To begin the show, we were brought on stage with a lifter roll call. I opened with 661 pounds and would roll with the punches for my next attempts. Six-hundred-sixty-one was cake, so I called for 711 pounds, which was as easy as the first. Hearing Doc O'Connor's voice in my head, I wanted to finish big, but common sense prevailed and I went with 755. Bar loaded, done deal just like the first two—easy. After the lift, Joe and Jeremy helped take my bench shirt off. I placed it on the bench to signify that my retirement was official and thanked the crowd for their support. Turning from the standing ovation and teary eyed, I walked off the stage for the final time as a competitor.

In retrospect, I went 661–711–755 in a seven year old Super Duper Phenom with only three and a half weeks training prior to leaving for Russia while being the center hand-off for Paul Key and Rob Luyando. One year to the day of overcoming a near death experience—proving to the doctors that lifting is a necessary part of life—I was able to close my competitive career on my terms. «



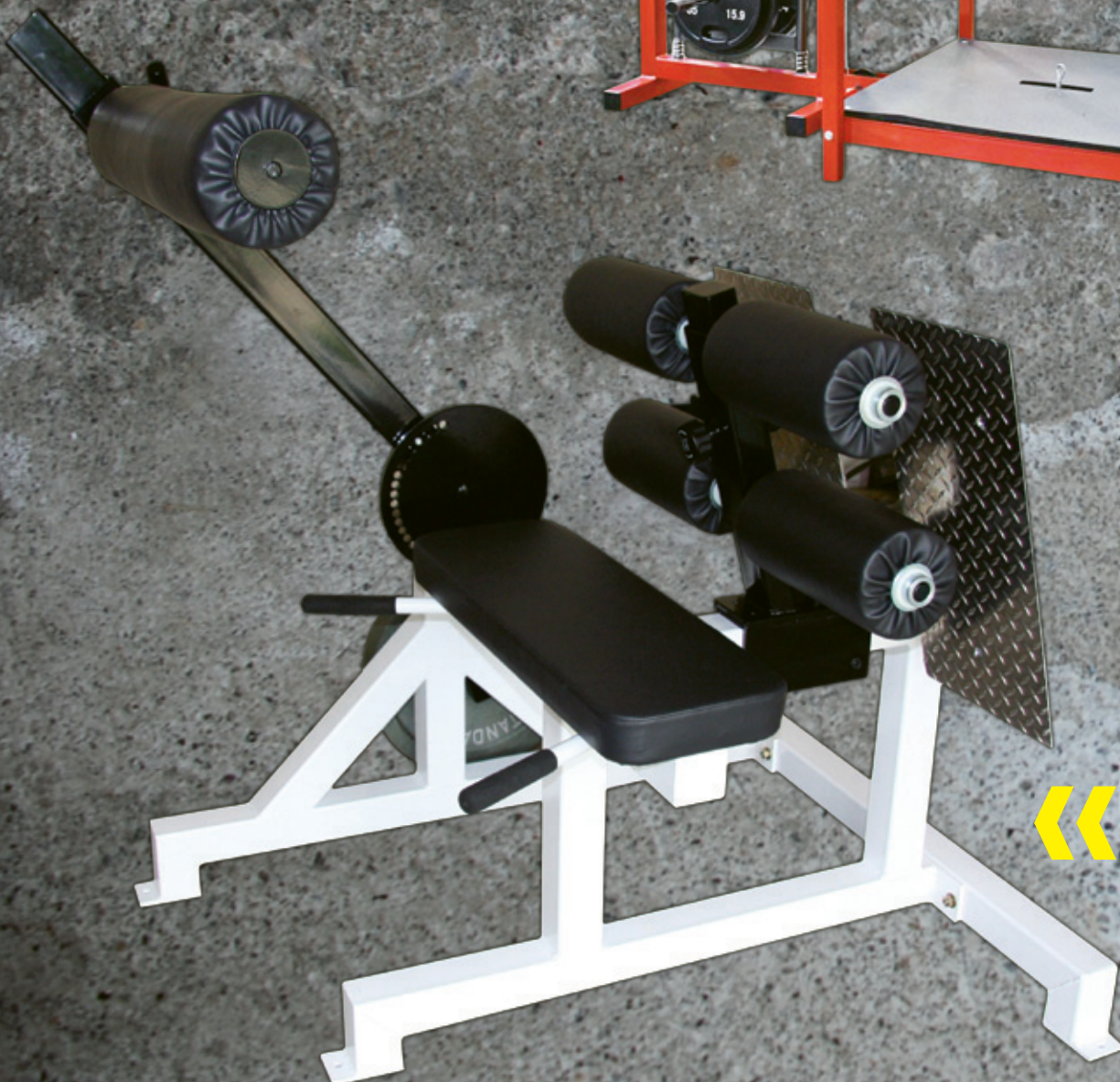
On the border between the continents of Europe and Asia – Back Row (L-R): Marina, Andre Repnitsyn, Gene Rychlak, Jr., Jeremy Hoorstra, Shelli Luyando, Paul Key, Miss Golden Tigress, Rob Luyando; Front Row: Ame Rychlak, Dave DiGinero, Joe Mazza, Andrey Loganov, Andrei Paley (*Andrey D.A. Loginov photo*)



WEBSTADIE GYM

BELT SQUAT MACHINE:

- Can correct pelvic tilt while building tremendous leg strength
- Can develop tremendous hips
- Build lateral strength and speed for ball sports
- Incredible for hip, leg, and low back strength while it tractions the spine



INVERSE CURL MACHINE:

- Easily do true glute/ham raises no matter your size
- Counter lever device allows reduction of body weight at the hardest possible angle



REQUIREMENTS

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

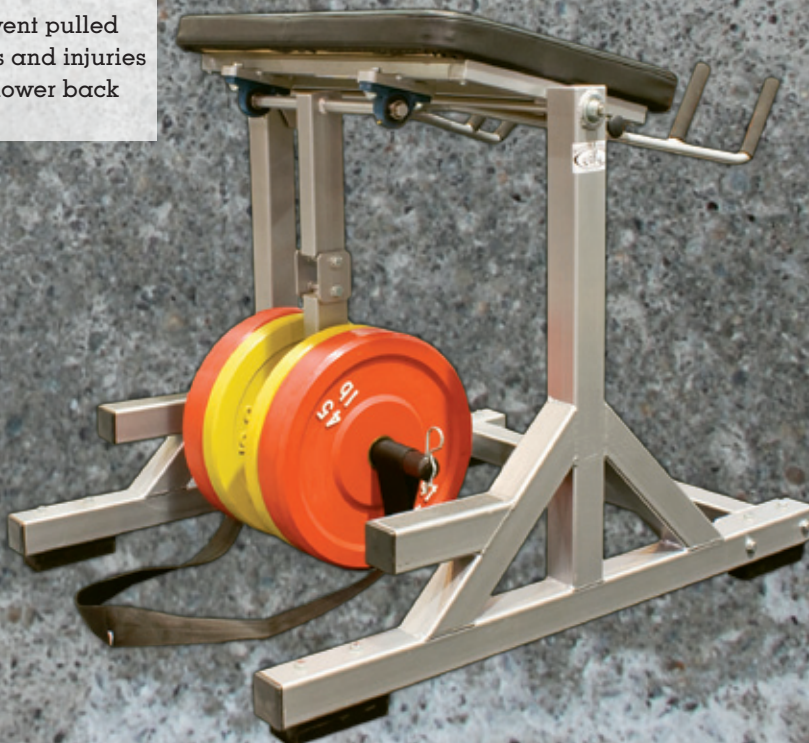


PRO SERIES GLUTE MACHINE:

- A glute/ham bench is a must for any serious gym
- Westside uses one that is 30 inches wide for maximal hamstring activation

REVERSE HYPER:

- Covers a great range of motion
- Can prevent pulled hamstrings and injuries related to lower back weakness



HOW DO YOU BUILD A WESTSIDE GYM?

First, you need special bars. The theory of the conjugate system is to rotate exercises in some way to avoid accommodation. If your back squat is 800 pounds, you should be able to front squat a certain amount or at least have a personal record from which to gauge your back squat. Westside has a special harness for the Zercher Squat. It has supports that can be used to do front squats as well. And speaking of Zercher Squats, you must also have a Zercher record. As it goes up, so should your back squat. Westside uses many cambered bars. The Bow Bar has a 2-inch camber. It is used for good mornings, as well as for box squatting. It can save your biceps and shoulders, especially for large lifters. A 14-inch cambered bar is also used on max effort day as well as speed day. Chains make it very unstable, which in turn makes you very strong. We have a rackable cambered bar that fits in power racks and a 14-inch cambered bar that fits into a Monolift. Westside has had a Safety Squat Bar since it was first advertised by "Dr. Squat," Fred Hatfield. This bar also builds a strong deadlift just like front squats do for posture. You need the Bulldog Squat Bar that was used at the Powerstation Pro/Am, where Donnie Thompson squatted 1,265 pounds. And, of course, you need bands and chains.

Westside uses lots of specialty bars for benching. First, the Bandbell Bar is a fiberglass bar that vibrates when you hang kettlebells from it with the use of mini-bands. As it vibrates, it causes maximal contractions of the soft tissue. I used it to rehab my right shoulder after shoulder-replacement surgery. Three months after surgery I benched 300 pounds in a t-shirt. A great bar is the Football Bar. It has three handles that run parallel to the body for better triceps activation. It's great for speed benching or max effort day. The T-Grip Barbell is a great bar to use in your rotation of exercises on either day. It comes with either one or two sets of handles; I suggest the two-handled bar. A wide variety of cambered bench bars are used by our lifters on each week of training. A Bow Bar is a 2-inch cambered bar that is thick. Most often, a 3-inch cambered bar is used at Westside. A 5-inch cambered bar is used by some of the smaller lifters. The only

MORE 

WESTSIDE GYM REQUIREMENTS »

bench bar Westside uses is the one developed by Buddy Capps. It's the best I have ever used, and it's used all around the world.

On speed development day, Westside uses bands to create tension ranging from 70 pounds using light bands up to 700 pounds using several bands together. Chains are used as well. They range from 40 to 300 pounds. Bands are used to accommodate resistance for the squat, bench, and deadlift. Even power cleans and snatches are done with bands of light resistance. Chains are used for benching and squatting. The power racks at Westside have holes every 2 inches from

the bottom to 2 feet up. There are holes every 1 inch from 2 feet up to the height of the bench press supports, then back to 2 inches apart. These racks are indestructible.

This leaves specialty equipment. The first and the simplest is the pulling sled. It is used for GPP. Some lifters will walk up to one mile with 45-90 pounds for strength training, making 60-yard trips. Some use 400 pounds. Westside lifters also push a sled; it's called a Butcher. It's great for conditioning.

Now for the heavy artillery. A glute/ham bench is a must for any serious gym. The one Westside uses is 30 inches wide for maximal hamstring activation. The next machine is a

rear builder: the Belt Squat Machine. While it was made for belt squatting, this machine can correct pelvic tilt while building tremendous leg strength. By simulated walking in the Belt Squat Machine one can develop tremendous hips. Walking forward and backward and pushing off to the left and right will build lateral strength and speed for ball sports. An old weightlifting exercise from overseas is to do Belt Squats while holding kettlebells or a barbell. This is incredible for hip, leg, and low back strength while it traction the spine.

The Plyo Swing is a patented device that is tremendous for strong legs. It can be done for leg pressing with bands and weight. It is

HIP EXTENSION QUAD DEVELOPER MACHINE:

- Counters the Inverse Curl Machine
- Builds the quads and hips
- Increases the range of motion in the hips



WHAT YOU NEED:

- ZERCHER SQUAT HARNESS
- BOW BAR
- CAMBERED BAR
- SAFETY SQUAT BAR
- BULLDOG SQUAT BAR
- BANDBELL BAR
- FOOTBALL BAR
- T-GRIP BARBELL
- BUDDY CAPPS' BENCH BAR
- KETTLEBELLS
- POWER RACKS
- PULLING SLED
- BUTCHER SLED
- GLUTE/HAM BENCH
- BELT SQUAT MACHINE
- PLYO SWING
- REVERSE HYPER
- INVERSE CURL MACHINE
- LAT PULL-DOWN MACHINE
- DEADLIFT PLATFORM WITH BAND ATTACHMENTS
- DUMBBELLS
- BANDS AND CHAINS
- MONOLIFT

READY. SET. GO!



primarily used for explosive leg strength. You can also build explosive leg strength by jumping off a platform for a series of 5-10 jumps for 3 or 4 sets. You can do jumps from a relaxed state for individual jumps or rebound jumps for reps. For a bilateral deficit, one leg can be used at a time. Next up is the old standard the Reverse Hyper machine. My first patent was issued in 1994, my second in 2002, my third in 2007, my fourth in 2009, and my last one in December 2010. The Reverse Hyper machine covers a great range of motion. One model has a tilting top, some have a roller system, the strap system came out in 2010, and there's also a dual-pendulum system. It saved my back from surgery at least twice. The Reverse Hyper machine is done four times a week, twice very heavy, around 600 pounds, and twice at about 50% of your top weight. Westside has four Reverse Hyper machines in the gym, and all four are constantly used by our powerlifters and football players who have weak lower backs, which can lead to hamstring pulls.

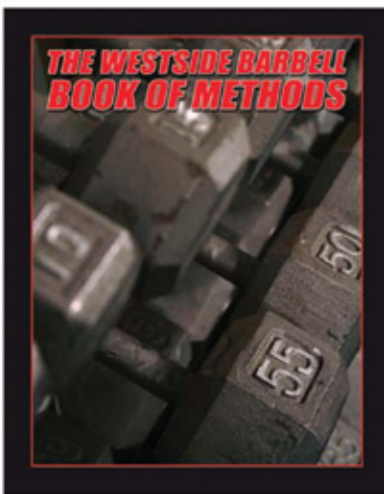
Speaking of hamstring pulls, Westside has an Inverse Curl Machine that will make glute/ham machines obsolete. Now no matter how big you are, you can do a true glute/ham raise much like one does while lying face down on the floor. It has a counter lever device that allows reduction of body weight at the hardest possible angle. The counter to this device is a hip extension quad developer that not only builds the quads and hips but also will increase the range of motion in the hips. Both machines are Westside exclusives. They were designed by Brady Mattingly and patented by Westside Barbell.

Of course, you must have a Lat Pull-Down Machine, deadlift platform with band attachments, dumbbells, and a Monolift. Now you are ready to challenge the world.

These are the more innovative ideas that make Westside so strong. How strong? The average top-five squat is 1,150 pounds; the average top-five bench press is 882 pounds; and the average top-five deadlift is 848 pounds. This should be proof. Our top-five averages are always going up. Oh, by the way, our average top five adds up to 2,766. This is what it takes to reach the top and stay there. «

THE WESTSIDE BARBELL BOOK OF METHODS

Finally Westside presents **THE BOOK OF METHODS**. 236 pages full of training advice. A collection of information thru experimentation of some of the greatest lifters, Olympic sprinters and NFL Players. A must for anyone who wants to reach the top.



The Book Of Methods retails for **\$49.95** plus \$7 shipping & handling in the U.S.

GET YOUR COPY NOW!!!

www.westside-barbell.com
3884 Larchmere Drive Grove City, Oh 43123
Phone (614) 801-2060

WHO WILL WIN THE UPC BELT? FIND OUT ON FOXSPORTSNET

XPTV ON FOXSPORTSNET MONTHLY OVER A MILLION VIEWERS TUNED IN TO WATCH THE ULTIMATE POWERLIFTING CHAMPIONSHIPS

XPTV AND ALL OF ITS SPONSORS AND LIFTERS HAVE BEEN ON TV OVER 100 TIMES

XPTV'S UPC BELT SHOW POWERLIFTING SHOW ON USA TV

NEW ATLANTA AUGUST 20 2011 APF & SCOTT SEYMOUR PRESENTS UPC BELT ARMWRESTLING CHAMPIONSHIPS \$5000 IN CASH MONEY

XPTV OFFICIAL PRESS RELEASE JUNE 2011

Xtreme Power TV Producing Shows Seen on Jay Adams Brawl Call FoxSportsNet available in 47 Million Homes Power Sports Powerlifting Strongman, Bodybuilding & Armwrestling

Xtreme Power TV is hosted by Jay Adams, Co-Host Eric Talmant, Christopher James & Benjamin Gossip.

For more INFO, Sponsors and Advertising contact Executive Show, Producer and Creator dk at: dave@xtrempower.tv

The Ultimate Powerlifting Championship Series on FoxSportsNet consist of 4 shows & 4 wikles 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 bet 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 FROM RUM 4 starting June 5
VIEWING IN JULY APF FROM APF EUROPA ORLANDO

CHECK THE SCHEDULE FOR DATE AND TIMES AT WWW.XTREMPOWER.TV
http://www.xtrempower.tv/news/Xtreme-Power-TV-News/1204052_MIT_A44813170000_000000_K3L3

THE ULTIMATE POWERLIFTING CHAMPIONSHIPS "RAW"
4 POWERLIFTING SHOWS \$5000 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 WON'T? WHO WILL TAKE THE LEAD?
WHO WILL WIN THE UPC BELT IN NEW ORLEANS?
IT ALL HAPPENS IN ATLANTA

Current Standing's to win The Ultimate Powerlifting Championship Belt AFTER 2 SHOWS
Wikles Totals and Leaders from Show 1 RUM 4 & Show 2 APF EUROPA Orlando

Mens Overall #1 Scott 'superman' Weech 1087 points #2 Perry 'slyling' Ellis 1011 points #3 Tony Conyers 'the legend' 1004 points #4 James 'Showboat' Jacobs 911 points #5 Jason McElroy 890 points #6 Tom Roseal 885 points
http://www.xtrempower.tv/news/Xtreme-Power-TV-News/1204052_MIT_A44813170000_000000_K3L3

Womens Overall #1 Taylor Stallings 1018 points #2 Ann Vanderbush 866 #3 Jenn Rotinsinger 865 points After one show #4 April Mathis 585 points #5 Inna Piatrovich 479 229 points #6 Sony Baldwin 465 181 points
Ann and Jenn both kept on the back of Taylor. Jenn's sisters April showed on 1 and is already on 4th place.

Bench ONLY #1 AJ Davis 162 806 points #2 Jeremy Hoonstra 156 853 points #3 Philip Brewer 153 639 points #4 Greg Doucette 152 237 points #5 Very Special Michael Hummel 137 38425 points
Big AJ Davis is in the lead. Atlanta's best bench presser is in the lead. ONLY Michael Hummel from APF Orlando
http://www.xtrempower.tv/news/Xtreme-Power-TV-News/1204052_MIT_A44813170000_000000_K3L3

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

Deadlift ONLY #1 Richard Hawthorne 230 291 points #2 Jared Wiley 195 719 points #3 AJ Loreto 180 096 points #4 Young 11yo 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 TOO LATE Rescheduled from July
CONTACT: scott@seymourinc.net
AMYJACKSON@AOL.COM
<http://www.naturalpowergeorgia.com/index.html>
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 ELIZABETHON 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 AND BE A MUST. ANDY BOLTON IS CHALLENGING EVERY DEADLIFTER! WHO CAN BEAT HIM? WHO WILL WIN THE DEADLIFT? THE UPC BELT AT NOLD Elizabethon Tenn. Oct 22 2011 CONTACT ALEXCAMPBELL777@HOTMAIL.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 for 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: JRAW504@GMAIL.COM

VIEW THE RESULTS FROM UPC 1 AND UPC 2 AT WWW.XTREMPOWER.TV
http://www.xtrempower.tv/news/Xtreme-Power-TV-News/1204052_MIT_A44813170000_000000_K3L3

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

USE HOLIDAY CHEAT MEALS TO LOSE 10 LB. OF BODY FAT AND

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

The last few months of the year are very dangerous times when your greatly expanded “bowl full of jelly” can make you look like Santa, causing kids to follow you around the shopping mall! Changing weather, busy schedules, increased stress, holiday meals and the related leftovers will make you pack on body fat like crazy unless you have the right strategy in place to prevent this huge step backward. Why work hard for 9–10 months of the year to let it all go to waste? Our clients who exchange 10 to 20 pounds of body fat for an equal amount of lean muscle mass not only see a dramatic change in their appearance, but also huge increases of their competition totals. How much progress did you lose during the last quarter of 2010? You cannot only prevent body fat accumulation, but also pack on some function muscle to get the New Year off to a great start.

GETTING YOUR CAKE AND EATING IT TOO!

Below we present proven tactics that will allow you to have your cake and eat it too—literally. Yes, there is room for eating the foods you like during the holidays without packing on body

fat. This does not mean the last few months of the year can become an undisciplined free for all. The process of “cheating” correctly can also drive up metabolic rate and muscle growth if you play your cards right. Alpha Omega is a proprietary blend of essential fatty acids developed by Dr. Serrano based on years of research and patient trials. The process of fat cell cleansing with Alpha Omega optimizes fat cell function by filling cells with their desired raw materials helping them to collectively shrink, which is how body fat is lost. Saturating the cells with the optimal materials builds a firm barrier against absorption of “garbage” from bad food sources in the blood stream making body fat accumulation less likely. The special combination of essential fats can also improve insulin sensitivity keeping this powerful fat storage hormone in check, making Alpha Omega the perfect damage control to device during your cheat meals. A few holiday meals is not what drives the 10–20 pounds of body fat accumulation for the average adult. The consistent intake of bad food choices for weeks on end from holiday parties, office snacks, leftovers and

more activate fat storage mechanisms like a tidal wave. Alpha Omega gets rid of cravings helping our clients to avoid consistent consumption of these poor food choices.

STOP THE FAT STORING TIDAL WAVE AT THE CELLULAR LEVEL

As I tell clients, certain foods can act as a gateway drug to more bad choices for days on end if you do not have a plan in place and the discipline to execute. Insulin elevated by high sugar foods, in particular, while being highly anabolic is also a potent fat storage hormone which increases hunger dramatically. Eating just a couple items that are sugar based or refined daily will gradually make the body release more insulin, making the body more efficient with fat storage. These conditions can also lower energy, making training less productive and causing many to skip out on training sessions altogether at exactly the worst time to do so. There are physiological reasons behind food cravings that can be solved with the right training, nutrition and supplementation plan. Having the ability to stop eating notorious foods is the key to

TIRED OF BUSTING YOUR ASS FOR ONLY AVERAGE RESULTS?

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



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

614 868 7521 | www.infinityfitness.com



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.

GAIN 10 LB. OF MUSCLE!



success and this is all related to hormonal conditions that drive both hunger and cravings. Our clients have great success using the 100% MR and Muscle Synthesis between meals to crush cravings before they ever start. The great tasting proprietary blend of amino acids provides a powerful energy source to the brain while laying the foundation for accelerated metabolic and neurological recovery. The special ratios of Amino Acids make the brain believe a huge amount of food has been consumed and as a result metabolic rate increases, but there is nothing to burn except stored fat since the MR/MS have no caloric burden.

EATING BIG ONCE PER WEEK IS GREAT FOR FAT BURNING AND MUSCLE GROWTH

Many trainees get stuck into a fat loss rut by eating too little over an extended period of time. A great way to reactivate metabolism and muscle growth is to eat more on one training day per week. The composition of the meal makes a huge difference and should be altered based on the goals as we do for clients on a daily basis. This bigger day of eating has a great impact on energy levels and provides a huge mental lift especially during periods of aggressive fat loss nutrition programs.

MACRONUTRIENT CYCLING: STRATEGIC VARIETY FOR IMPROVED BODY COMP

Due to busy life styles and being creatures of habit, most people eat the same foods on a daily basis. This develops into a problem by creating a status of metabolic staleness for the body. Just like training, adding variety into the diet by way of food choices and macronutrient ratios is crucial for making body composition and performance gains. A cheat meal or day is a great way to shake up the nutrition stimuli which, if done correctly, optimizes anabolic hormone levels and increases fat burning enzymes. Many of our client use a weekly carb loading plan on the toughest training day per week to put a log on the metabolic fire while refilling glycogen levels. This plan serves to provide strategic variety and also results in great training sessions on that day and the day following due to the anabolic lift!

SETTING THE STAGE FOR FEASTING TO PACKING ON MUSCLE WITHOUT ADDING BODY FAT

Weight training is a metabolic game changer and provides a unique opportunity to pack muscles full of nutrients instead of fat cells all while surging metabolism. Set your toughest training session of the week before lunch time on the day you plan to have the cheat meal. The early training time helps to produce a more favorable hormonal response compared to train-

ing later in the day. Our clients have had great success training twice on cheat days four hours apart to capitalize on the increased food intake and related anabolic surge to accelerate muscle growth and fat loss. Holidays such as Thanksgiving and Christmas work well for this type of schedule since many do not work on those days and have the time for 2 training sessions. Taking a 30 to 60 minute nap between the training sessions is ideal to increase energy levels and release anabolic hormones.

THE MOST IMPORTANT MEAL OF THE DAY

The first meal phenomenon has been highlighted by Dr. Serrano for many years on the lecture circuit emphasizing the impact of breakfast food choices on hormonal trends for the next 24 to 48 hours. The body is very sensitive to bad food choices at breakfast making this the worst time to "cheat." You want to have a meal including lean protein, good dietary fats and low glycemic index fruits to get the day off to a good start. Alpha Omega at breakfast is very helpful for setting the tone for fat burning for the rest of the day through several pathways.

30 MINUTES PRIOR TO TRAINING AND DURING TRAINING

Prime the training environment with Amino Acid Loading. Dr. Serrano's unique amino acid ratios within the 100% MR and Muscle Synthesis provide rapidly delivered growth factors in the exact proportions the muscles demand while priming the hormonal environment for training. These proprietary ratios were determined based on years of research working with elite strength and professional athletes. There is no better combo for maximizing strength performance, the tremendous demands on the nervous system require agents to support rapid recovery- Amino Loading is the ticket! The 100% MR and Muscle Synthesis combo forces the body to use more stored fat as fuel during training while preventing spikes in catabolic hormones which stimulate fat storage.

PROTEIN SHAKES PROVIDE TOO LITTLE, TOO LATE

Immediately after training take another serving of the 100% MR and Muscle Synthesis while your blood flow provides a nutrient superhighway for the muscles. Food sources consumed right after training reduce the size of the nutrient superhighway by drawing blood away from the muscles and into the stomach to support digestion. Amino Loading bypasses the digestive hang ups that slow down food sources such as protein shakes when there is no time to wait for nutrient delivery.

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 dieticians or health professionals and assumes no responsibility or liability for your personal health and condition. For more information regarding our Limited Warranty for products and services, please see our disclaimer at InfinityFitness.com.



Scott Mendelson of Infinity Fitness

ABOUT SCOTT MENDELSON

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

HOLIDAY CHEAT MEALS »

TIME TO GO HOG WILD WHILE AVOIDING A SPILL OVER INTO FAT CELLS!

Thirty to 60 minutes following training is the best time for your cheat meal as metabolism should be moving quickly along with hungry muscles awaiting another wave of nutrients. Obviously, the better the food choices you make, the more productive this meal will be. Avoid foods that are fried and contain trans fats since they screw up fat cell function and greatly increase your odds of storing body fat. Everything else is fair game with some moderation, but only eat for 30 minutes before stopping. Combine protein, dietary fat and carb sources at this meal and within 15 minutes you will feel like taking a nap due to elevated insulin levels.

Alpha Omega helps to optimize insulin levels during this meal forcing more raw materials into hungry muscles instead of spilling over into fat cells. Again, the raw material protective barrier created by consistent Alpha Omega consumption makes body fat accumulation a much more difficult process since the fat cells are satisfied with what they have, walling off entry of bad materials that turn into body fat. «

 Email scott@infinityfitness.com or call (614) 868-7521 with your top 5 problems and get a personal response right away proposing proven solutions. Ask for the "Top Testosterone Boosting Tips" and "Fat Burning Tools" special reports.

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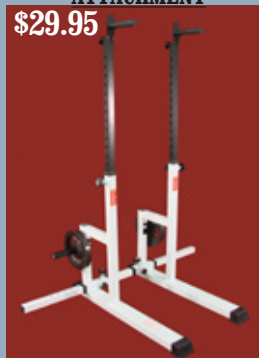
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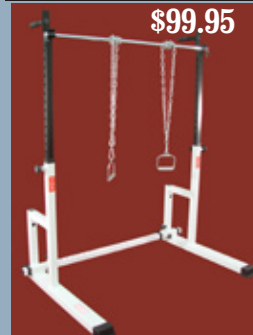


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APF/AAPF OHIO STATE

AUG 28 2011 » W. Lafayette, OH

| BENCH | | | | |
|--------------------|------------|-----|-----|------|
| 181 lbs. | G. Tate | 425 | | |
| Open | | | | |
| Master (55-59) Raw | J. Neuhard | 425 | | |
| T. Proya | 375 | | | |
| 198 lbs. | | | | |
| Master (65-69) Raw | | | | |
| J. McNeil | 260 | | | |
| 220 lbs. | | | | |
| Master (40-44) | | | | |
| C. Diverek | 640 | | | |
| 242 lbs. | | | | |
| Master (55-59) | | | | |
| J. Smolinski | 635 | | | |
| Open | | | | |
| J. Kolb | 820 | | | |
| 275 lbs. | | | | |
| Open Raw | | | | |
| Powerlifting | SQ | BP | DL | TOT |
| 165 lbs. | | | | |
| Teen (13-15) Raw | | | | |
| J. Henry | 225 | 155 | 315 | 695 |
| 198 lbs. | | | | |
| Junior Raw | | | | |
| B. Worden | 315 | 335 | 405 | 1055 |
| Open | | | | |
| T. Fuller | 505 | 405 | 425 | 1335 |
| 220 lbs. | | | | |
| Submaster | | | | |
| D. Menafee | 505 | 510 | 365 | 1380 |
| Open | | | | |
| R. Bluck | 710 | 505 | 585 | 1800 |
| P. Helber | 775 | 530 | 650 | 1955 |
| Open Raw | | | | |
| C. Brennan | 450 | 325 | 560 | 1335 |

| | | | | |
|--|-----|-----|-----|------|
| 242 lbs. | | | | |
| Submaster Raw | | | | |
| B. Bolyard | 500 | 375 | 625 | 1500 |
| 275 lbs. | | | | |
| Open Raw | | | | |
| Z. King | 560 | 365 | 575 | 1500 |
| A. James | 475 | 315 | 560 | 1350 |
| Master (50-54) | | | | |
| D. Dague | 780 | 515 | 600 | 1895 |
| Open | | | | |
| T. Phillips | 725 | 450 | 650 | 1825 |
| Best Lifter Bench: Jimmy Kolb. Best Lifter AAPF Full Power: Brandon Bolyard. Best Lifter APF Full Power: Pat Helber. Meet Director: John Blackstone. Score Table: Kayleen Blackstone, Pam McKee, Jessica Hamberger. Judges: Tracy Wyler, Jon Elick, Avery Dotson, Joe Smolinski and John Blackstone. Spotters: Ralph Kusinak, Phil Bible and Wade Butcher. Sponsors: Butch's Barbell, Wyler Enterprises LLC, Hueberns Auto Care, Blacstone's Gym, Hicks Pit Stop and hour of Pain. | | | | |
| » courtesy John Blackstone | | | | |

APA NORTHEAST OPEN

MAR 27 2011 » Wallingford, CT

| BENCH | | | | |
|------------|-----|--|--|--|
| 220 lbs. | | | | |
| Open | | | | |
| N. Puorro | 600 | | | |
| 242 lbs. | | | | |
| Open | | | | |
| J. Knobler | — | | | |
| Raw | | | | |
| 132 lbs. | | | | |
| Teen | | | | |
| D. Penna | 200 | | | |
| 165 lbs. | | | | |
| Submaster | | | | |
| M. Mund | 365 | | | |
| 198 lbs. | | | | |
| Open | | | | |

| | | | | |
|----------------|-----|--|--|--|
| K. Marandino | 380 | | | |
| 4th-385 | | | | |
| 198 lbs. | | | | |
| Open | | | | |
| M. Mancini | 365 | | | |
| 220 lbs. | | | | |
| Open | | | | |
| A. Czeps | 445 | | | |
| M. Jones | 340 | | | |
| Submaster | | | | |
| R. Morales | 475 | | | |
| 242 lbs. | | | | |
| Master (40-49) | | | | |
| M. Gosselin | 400 | | | |
| 275 lbs. | | | | |
| Open | | | | |
| J. Rybaruk | 435 | | | |
| Submaster | | | | |
| J. Rybaruk | 435 | | | |
| 308 lbs. | | | | |
| Submaster | | | | |
| L. Lapila | 525 | | | |
| Teen | | | | |
| H. Farris | 205 | | | |
| DEADLIFT | | | | |
| FEMALE | | | | |
| Raw | | | | |
| 181 lbs. | | | | |
| Open | | | | |
| J. Garheart | 260 | | | |
| MALE | | | | |
| 198 lbs. | | | | |
| Open | | | | |
| A. Candelaria | 575 | | | |
| Raw | | | | |
| 165 lbs. | | | | |
| Teen (13-15) | | | | |
| S. Ullrich | 250 | | | |

| | | | | |
|----------------|-----|-----|-----|--|
| A. Seach | 245 | | | |
| Push Pull | | | | |
| FEMALE | | | | |
| Raw | | | | |
| 165 lbs. | | | | |
| Open | | | | |
| J. Allen | 125 | 225 | 350 | |
| 4th-DL-235 | | | | |
| 198 lbs. | | | | |
| Junior | | | | |
| R. Mattern | 125 | 280 | 405 | |
| 4th-DL-300 | | | | |
| MALE | | | | |
| 86 lbs. | | | | |
| Youth (Age 10) | | | | |
| M. Walsh | 60 | 145 | 205 | |
| Youth (Age 8) | | | | |
| C. Haddad | 40 | 100 | 140 | |
| 181 lbs. | | | | |
| Open | | | | |
| E. Vega | 270 | 510 | 780 | |
| 198 lbs. | | | | |
| Junior | | | | |
| J. Beshaw | 405 | 570 | 975 | |
| Open | | | | |
| A. Candelaria | — | — | — | |
| L. Ieromino | — | — | — | |
| J. Konior | 320 | 590 | 910 | |
| Submaster | | | | |
| L. LeBlanc | 410 | 575 | 985 | |
| 220 lbs. | | | | |
| Master (50-59) | | | | |
| G. Nowotny | 305 | 530 | 835 | |
| Master (50-59) | | | | |
| J. Vernadakis | 250 | 405 | 655 | |
| Open | | | | |
| M. Rossi | 370 | 535 | 905 | |
| 242 lbs. | | | | |



RESULTS »



| | | |
|-----------------------|-----|----------|
| <i>Master (40-49)</i> | | |
| J. Walsh | 335 | 465 800 |
| <i>Open</i> | | |
| M. Mills | 425 | 700 1125 |
| J. Johnson | 370 | 500 870 |
| 275 lbs. | | |
| <i>Master (40-49)</i> | | |
| J. Fanelli | 400 | 610 1010 |
| 308 lbs. | | |
| <i>Master (40-49)</i> | | |
| E. Eggers | 480 | 580 1060 |
| <i>Open</i> | | |
| E. Eggers | 480 | 580 1060 |
| <i>Unl Gear</i> | | |
| 275 lbs. | | |
| <i>Teen</i> | | |
| S. Grant | — | — — |

27TH IOWA STATE FAIR BP/DL AUG 20 2011 » Des Moines, IA

| | | |
|-------------------|-----|--|
| BENCH | | |
| FEMALE | | |
| <i>Raw</i> | | |
| A. Perry | 95 | |
| 123 lbs. | | |
| MALE | | |
| <i>Open</i> | | |
| E. Green | 195 | |
| S. Sanford | 195 | |
| 148 lbs. | | |
| B. Cattell | 280 | |
| K. Hawkins | 265 | |
| D. Rush | 235 | |
| 165 lbs. | | |
| M. Veirs | 350 | |
| S. Woke | 255 | |
| F. Calaguri | 215 | |
| W. Keith | 515 | |
| K. Hamouche | 305 | |
| M. Kreft | 315 | |
| P. Peterson | 250 | |
| J. Murrillo | 245 | |
| 220 lbs. | | |
| B. Goethe | 315 | |
| K. Davidson | 245 | |
| <i>Pure Raw</i> | | |
| B. Ronconi | 235 | |
| 181 lbs. | | |
| S. Sprague | 315 | |
| M. Hall | 275 | |
| 198 lbs. | | |
| M. Cole | 440 | |
| T. Quick | 425 | |
| P. Peterson | 250 | |
| 220 lbs. | | |
| J. Grese | 390 | |
| J. Becker | 385 | |
| M. Coleman | 385 | |
| 242 lbs. | | |
| K. Norton | 365 | |
| <i>Novice Raw</i> | | |
| S. Frederickson | 210 | |
| J. Elison | 205 | |
| 148 lbs. | | |
| K. Hawkins | 265 | |
| N. Hanson | 250 | |
| J. Rodruetz | 210 | |
| 165 lbs. | | |
| S. Wing | 245 | |
| B. Truitt | 235 | |
| 181 lbs. | | |
| S. Gaskill | 385 | |
| S. Sprague | 315 | |
| D. Gregory | 315 | |
| 198 lbs. | | |
| F. McCoy | 345 | |
| J. Backer | 315 | |

| | | |
|---|-----|---------------------|
| K. Hawkins | 265 | 198 lbs. |
| M. Wiles | 185 | K. Lingenfelder 655 |
| S. Micek | 165 | M. Soltis 550 |
| <i>Middleweight</i> | | |
| D. Burnes | 270 | A. Kreft 405 |
| L. Schrod | 225 | 220 lbs. |
| J. Webb | 195 | P. Broke 605 |
| <i>Heavyweight</i> | | |
| Z. Ray | 365 | T. Hoffman 605 |
| J. Berry | 310 | D. Spalding 590 |
| J. Roller | 285 | 242 lbs. |
| SHW | | |
| R. Burdess | 250 | K. Norton 600 |
| M. Clark | 250 | M. Mattavich 575 |
| D. Powers | 225 | C. Besaw 455 |
| SHW | | |
| R. Burdess | 250 | SHW |
| M. Clark | 250 | M. Clark 385 |
| D. Powers | 225 | M. Pearson 320 |
| DEADLIFT | | |
| <i>Masters</i> | | |
| 132 lbs. | | |
| E. Green | 360 | 360 |
| J. Foster | 305 | 148 lbs. |
| A. Perry | 245 | D. Lawrence 435 |
| 148 lbs. | | |
| D. Spece | 330 | S. Hojensmith 425 |
| MALE | | |
| <i>Natural</i> | | |
| A. Quinn | 435 | D. Hamilton 405 |
| Z. Ray | 365 | 165 lbs. |
| 132 lbs. | | |
| E. Green | 360 | A. iBris 405 |
| M. Wiles | 350 | D. Bland 330 |
| 148 lbs. | | |
| B. Cattell | 485 | 220 lbs. |
| N. Lundquist | 455 | P. Brooke 605 |
| B. Huckfeldt | 400 | T. Parti 485 |
| 165 lbs. | | |
| R. Markoulates | 490 | 242 lbs. |
| S. Wood | 410 | D. Connett 600 |
| 181 lbs. | | |
| W. Keith | 630 | SHW |
| K. Hamouche | 515 | M. Pierson 320 |
| J. Perkins | 515 | <i>Submaster</i> |
| 220 lbs. | | |
| 1st Place Team: 22nd Street Barbell | | M. Hall 375 |
| Club-Wes Keith, Tim Quick, Scott Gaskill, | | G. Lewis 315 |
| Rod Wing, 2nd Place Team: Nutri Sport- | | 220 lbs. |
| Eric Green, Dan Connett, Jerry Rodriguez, | | D. Spalding 590 |
| Maurio Coleman, Best Lifters: LT WT Bench- | | |
| Mark Veirs, Heavyweight Bench-Wes Keith, | | |
| Womenis Bench-Sarah Sanford, Menis | | |
| deadlift-Wes Keith, Womenis Deadlift- | | |
| Jennifer Foster. The 27th Annual Iowa State | | |
| Fair Bench Press & Deadlift Contest ended a | | |
| huge success! We had 163 entries and lifters | | |
| from eight different States. There was much | | |
| anticipation about the meet considering we | | |
| changed the whole meet up. In the past we | | |
| have had but one raw division, but I was | | |
| always asked for more. This year the whole | | |
| meet was Raw except one division, the open | | |
| division was the only division lifters were | | |
| allowed to be equipped in, and as much as | | |
| it scared me to change things that much | | |
| after 26 years, it was a huge success. Many | | |
| lifters commented on how much better | | |
| it was this way and how much fairer of a | | |
| playing field they now had to compete in. | | |
| But more of the success of the meet can be | | |
| credited to the many of who came to help, | | |
| sponsor, judge, and compete. First and | | |
| foremost I need to give a huge thanks to | | |
| Wayne Hammes, a long time friend who has | | |
| come for many years to help out and help | | |
| make the meet run smooth, with running | | |
| the announcing a scorers table. He is a huge | | |
| asset to our meet. Next would be our long | | |
| time sponsor Nutri-Sport who has also been | | |
| with us for years. Ryan Irwin and his staff | | |
| come out to man their booth and give out | | |
| tons of beneficial advice about lifting and | | |
| supplements, not to mention they always | | |
| have one or two top teams entered in the | | |
| meet. I would also like to thank Holmes | | |
| Fitness for their first time sponsorship. Chris | | |
| Lindgren help set us up with them and they | | |
| were a great sponsor this year! Chris ar- | | |
| anged to have some of the best help run the | | |
| meet that we have had for years, things ran | | |
| smooth, everyone was commenting on how | | |
| nice things went. A huge thanks to Chris | | |
| and thanks to all of them! Also a big thanks | | |



Lifting big at the Iowa State Fair BP/DL (Jeff Baird photos)

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BIG TRIBAL T (\$25)

PHOENIX THERMAL PULL HOODIE (\$50)

MODEL: JESSICA GOFFIELD IS WEARING 03 BURNOUT TRILL TANK OVER 06 YC-LA PANTS

House of Pain

RESULTS »

to Awards Unlimited for their continued sponsorship, they do a great job on the trophies and the set up. Another thanks I have to mention was to 22nd Street Barbell Club, they had two teams of lifters plus a number of other guys there and numerous lifters told me they were back in the warm up area helping out anyone who needed it, doing lift-offs and offering up advice, now thats how our sport shines! And of course thanks to all the other judges, spotters, score keepers, who come out year after year, spend time away from their families to help in running the meet. I can't tell you how much I appreciate it. The lifting was awesome this year and more impressive than normal due to the fact we had so many raw lifters. No, we did not have as many big lifts, but we did have some and they were big! For the second year in a row Wes Keith was our heavy weight best lifter weighing in at just 180 lbs. and benching a huge 515. Our lightweight best lifter was equally as impressive, Mark Veirs weighed in at just 164 lbs. and bench 350! Our Womens best lifter was Sarah Sanford who benched an impressive 195 lbs. In the deadlifting once again, and again for the second year in a row, Wes Keith pulled a very impressive 630 lbs. Our women's best lifter was Jennifer Foster pulling 305! We had numerous teams but 22nd St Barbell Club was just able to nose out first place with lifters Wes Keith, Tim Quick, Scott Gaskill and Rod Wing. Right behind them points wise for second place Team was Nutri-Sport's team with lifters Eric Green, Dan Connett, Jerry Rodriguez and Maurio Coleman. Aside from that we had so many great lifts, theres just too many to mention as the results show. What the results do not show is that in some weight classes we had so many more than three lifters it seemed everyone was going for the same weight classes & divisions? The results really do not show just how fierce the competition really was in some of the classes! Again, thanks to all who attended and who helped out again this year. After 27 years at the fair I

have made some of the best friends a person could ask for in a lifetime! New and old friends alike, you have my gratitude! Please watch for the date in August for our 2012 28th Annual Iowa State Fair Bench Press Deadlift Contest, where I hope it is even a little bit better and a little bit bigger. Thanks!
» *courtesy Jeff Baird*

APA NEW JERSEY OPEN

MAR 26 2011 » Edison, NJ

| BENCH | | Submaster | | | |
|--------------|-----|-------------|-----|-----|--|
| 165 lbs. | | F. Monsour | | 340 | |
| 165 lbs. | | 242 lbs. | | | |
| D. Campbell | — | Master | | | |
| Raw | | J. Mheuire | 280 | | |
| 165 lbs. | | DEADLIFT | | | |
| Open | | Raw | | | |
| 181 lbs. | | 181 lbs. | | | |
| C. Clausi | — | Teen | | | |
| 220 lbs. | | J. E'Errico | — | | |
| Open | | BP | DL | TOT | |
| F. Monsour | 340 | | | | |
| Powerlifting | | | | | |
| FEMALE | | | | | |
| Raw | | | | | |
| 105 lbs. | | | | | |
| Teen | | | | | |
| C. Costello | 95 | 75 | 145 | 315 | |
| Unl Gear | | | | | |
| UNL | | | | | |
| Open | | | | | |
| D. Shealey | — | — | — | — | |
| MALE | | | | | |
| Raw | | | | | |
| 165 lbs. | | | | | |
| Teen | | | | | |
| D. Longo | 320 | 285 | 365 | 970 | |
| 198 lbs. | | | | | |
| Junior | | | | | |
| T. Arnold | — | — | — | — | |
| A. Trummell | — | 260 | 515 | 775 | |
| Master | | | | | |
| G. Muchen | 275 | 225 | 405 | 905 | |
| 220 lbs. | | | | | |
| Open | | | | | |

| | | | | | |
|---------------------------|-----|-----|-----|------|--|
| J. Kapnick | 460 | 395 | 570 | 1325 | |
| J. Ambrose | 340 | — | — | 340 | |
| 242 lbs. | | | | | |
| Open | | | | | |
| D. Grinnell | 405 | 315 | 450 | 1170 | |
| Teen | | | | | |
| Melincharek | 555 | 285 | 545 | 1385 | |
| B. Rink | 360 | 255 | 475 | 1090 | |
| 275 lbs. | | | | | |
| Junior | | | | | |
| P. Moser | 505 | 330 | 525 | 1360 | |
| Master | | | | | |
| C. Dargenio | 465 | 275 | 465 | 2285 | |
| Open | | | | | |
| J. Fowlks | 700 | 405 | 555 | 1660 | |
| » <i>courtesy APA/WPA</i> | | | | | |

USPA SAN JOSE OPEN

OCT 9 2011 » San Jose, CA

| Powerlifting | SQ | BP | DL | TOT | |
|--|-----|-----|-----|------|--|
| FEMALE | | | | | |
| Raw | | | | | |
| 105 lbs. | | | | | |
| Master (45-49) | | | | | |
| T. Jones | 121 | 77 | 182 | 380 | |
| 148 lbs. | | | | | |
| Junior (18-19) | | | | | |
| M. Heller | 193 | 105 | 215 | 513 | |
| Single-Ply | | | | | |
| 148 lbs. | | | | | |
| Open | | | | | |
| S. Nix | 303 | 150 | 303 | 756 | |
| Master (40-44) | | | | | |
| S. Nix | 303 | 150 | 303 | 756 | |
| MALE | | | | | |
| Raw | | | | | |
| 165 lbs. | | | | | |
| Open | | | | | |
| A. McCreary | 336 | 248 | 380 | 965 | |
| 181 lbs. | | | | | |
| Junior (20-23) | | | | | |
| E. Rowe | 402 | 276 | 413 | 1091 | |
| Open | | | | | |
| F. Gallagher | 386 | 270 | 562 | 1218 | |
| G. Rosen | 413 | 243 | 452 | 1108 | |
| M. Eagle | 276 | 243 | 358 | 876 | |
| Master (40-44) | | | | | |
| G. Slater | 446 | 347 | 463 | 1257 | |
| Master (45-49) | | | | | |
| H. Kellins | 320 | 248 | 408 | 976 | |
| 198 lbs. | | | | | |
| Junior (20-23) | | | | | |
| C. Sierra | 364 | 187 | 474 | 1025 | |
| Open | | | | | |
| A. Nieto | 468 | 369 | 518 | 1356 | |
| C. Sierra | 364 | 187 | 474 | 1025 | |
| Master (50-54) | | | | | |
| D. Cannataro | 314 | 331 | 331 | 976 | |
| 220 lbs. | | | | | |
| Open | | | | | |
| J. Miller | 331 | 254 | 518 | 1102 | |
| 242 lbs. | | | | | |
| Junior (20-23) | | | | | |
| J. Doyle | 573 | 331 | 617 | 1521 | |
| Master (45-49) | | | | | |
| J. Tremblay | 452 | 347 | 568 | 1367 | |
| 275 lbs. | | | | | |
| Open | | | | | |
| D. Zyski | 562 | 424 | 639 | 1626 | |
| R. Magni | 132 | 342 | 132 | 606 | |
| Submaster | | | | | |
| R. Magni | 132 | 342 | 132 | 606 | |
| Single-Ply | | | | | |
| 198 lbs. | | | | | |
| Open | | | | | |
| B. Pacheco | 601 | 502 | 513 | 1615 | |
| M. Peraza | 551 | 325 | 518 | 1394 | |
| Master (40-44) | | | | | |
| B. Pacheco | 601 | 502 | 513 | 1615 | |
| Master (55-59) | | | | | |
| D. Bertier | 413 | 270 | 529 | 1213 | |
| Meet Director: Marcus Wild. Best Lifters: Raw Women-Mariah Heller, Raw Junior Men-Jimmy Doyle, Raw Open Men-David Zyski, Raw Master Men-Jerry Tremblay, Referees: Steve Denison, International, Scott Cartwright, National, Suzanne Hed- man, National, Keith Kanemoto, State, John Deluca, State. Spotters: Ryan Higgins, Cliff Rogers, Mark Langston, Gregg Inderhees, Jason Kim, Jeff Whitehead, Collin Greene, Travis Grenon. » <i>courtesy Steve Denison</i> | | | | | |



22nd Street Barbell - Iowa State Fair - August 20, 2011

PR BELT

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- 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.
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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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RESULTS

USAPL MICHIGAN STATE

OCT 22 2011 » Flint, MI

| BENCH | | | | | |
|---------------|-----|-----|-----|------|-----|
| FEMALE | | | | | |
| 114 lbs. | | | | | |
| Open | | | | | |
| J. Lamson | 143 | | | | |
| MALE | | | | | |
| 165 lbs. | | | | | |
| Junior | | | | | |
| G. Curtis | 308 | | | | |
| Master VI | | | | | |
| D. Thomas | 248 | | | | |
| Raw | | | | | |
| 148 lbs. | | | | | |
| Teen I | | | | | |
| T. Bryant | 165 | | | | |
| 181 lbs. | | | | | |
| Master VI | | | | | |
| R. Batko | 203 | | | | |
| Open | | | | | |
| J. Fargo | 347 | | | | |
| B. Eis | 336 | | | | |
| 198 lbs. | | | | | |
| Powerlifting | | SQ | BP | DL | TOT |
| FEMALE | | | | | |
| Raw | | | | | |
| 148 lbs. | | | | | |
| Master II | | | | | |
| S. Jackson | 181 | 110 | 292 | 583 | |
| 181 lbs. | | | | | |
| Open | | | | | |
| K. Warner | 154 | 110 | 198 | 462 | |
| MALE | | | | | |
| 165 lbs. | | | | | |
| Junior | | | | | |
| B. Schuller | 523 | 248 | 518 | 1289 | |
| G. Curtis | 474 | 308 | 501 | 1283 | |
| 181 lbs. | | | | | |
| Master III | | | | | |
| B. Fabiano | 501 | 402 | 518 | 1421 | |
| Open | | | | | |
| B. Fabiano | 501 | 402 | 518 | 1421 | |
| 220 lbs. | | | | | |
| Junior | | | | | |
| L. Hoffman | 606 | 352 | 523 | 1481 | |
| Master I | | | | | |
| J. Maddox | 154 | 154 | 666 | 974 | |
| Master II | | | | | |
| R. Jones Jr. | 507 | 385 | 507 | 1399 | |
| B. Birchmeier | 529 | 314 | 501 | 1344 | |
| Open | | | | | |
| P. Flynn | 468 | 325 | 479 | 1272 | |
| J. Maddox | 154 | 154 | 666 | 974 | |
| 242 lbs. | | | | | |
| Master III | | | | | |
| J. Beavers | 529 | 391 | 479 | 1399 | |
| Open | | | | | |
| J. Beavers | 529 | 391 | 479 | 1399 | |
| Raw | | | | | |
| 148 lbs. | | | | | |
| Open | | | | | |
| D. Golightly | 385 | 281 | 474 | 1140 | |
| Teen I | | | | | |
| T. Bryant | 242 | 165 | 303 | 710 | |
| 165 lbs. | | | | | |
| Open | | | | | |
| B. Metz | 418 | 275 | 507 | 1200 | |
| 181 lbs. | | | | | |
| Master I | | | | | |
| S. Distel | 358 | 242 | 418 | 1018 | |
| Master VI | | | | | |
| R. Batko | 314 | 203 | 473 | 990 | |
| Open | | | | | |
| C. Miller | 418 | 281 | 490 | 1189 | |
| K. Mill | 385 | 242 | 385 | 1012 | |
| J. Kongtrop | 264 | 209 | 363 | 836 | |
| Teen II | | | | | |
| T. Vensko | 319 | 319 | 385 | 1023 | |
| 198 lbs. | | | | | |
| Open | | | | | |
| B. Steere | 529 | 396 | 529 | 1454 | |
| E. Joseph | 435 | 352 | 512 | 1299 | |
| D. Farinelli | 358 | 231 | 402 | 991 | |

| 220 lbs. | | | | | |
|---------------|-----|-----|-----|------|--|
| Master I | | | | | |
| K. Fry | 556 | 314 | 545 | 1415 | |
| T. Davis | 319 | 319 | 496 | 1134 | |
| D. Pierle | 292 | 292 | 507 | 1091 | |
| Open | | | | | |
| K. Fry | 556 | 314 | 545 | 1415 | |
| J. Caporosso | 457 | 391 | 540 | 1388 | |
| T. Davis | 319 | 319 | 496 | 1134 | |
| D. Pierle | 292 | 292 | 507 | 1091 | |
| 242 lbs. | | | | | |
| Master I | | | | | |
| D. Peters | 501 | 363 | 578 | 1442 | |
| H. Holts | 440 | 352 | 600 | 1392 | |
| J. McGee | 281 | 248 | 540 | 1069 | |
| Master II | | | | | |
| P. Schroll | 402 | 303 | 451 | 1156 | |
| Open | | | | | |
| D. Peters | 501 | 363 | 578 | 1442 | |
| J. Palm | 429 | 385 | 600 | 1414 | |
| H. Holts | 440 | 352 | 600 | 1392 | |
| M. Bitson | 518 | 341 | 518 | 1377 | |
| D. Capone | 413 | 341 | 578 | 1332 | |
| J. Scribner | 429 | 369 | 501 | 1299 | |
| J. McGee | 281 | 248 | 540 | 1069 | |
| 275 lbs. | | | | | |
| Junior | | | | | |
| I. Grice | 589 | 429 | 644 | 1662 | |
| Open | | | | | |
| I. Grice | 589 | 429 | 644 | 1662 | |
| J. Paszkowski | 551 | 325 | 622 | 1498 | |
| M. Raffin | 407 | 319 | 507 | 1233 | |
| SHW | | | | | |
| Master I | | | | | |
| P. Cameron | 705 | 468 | 677 | 1850 | |
| Open | | | | | |
| M. Hernandez | --- | 468 | 534 | 1002 | |

Venue: G.V. Sports Center. Female Best Lifter Bench: Jenny Lamson. Female Best Lifter 3-Lift Meet: Sandra Jackson. Male Best Lifter Bench Raw: Mike Hernandez. Male Best Lifter Bench Equipped: Garrett Curtis. Male Best Lifter 3-Lift Meet Raw: Patrick Cameron. Male Best Lifter 3-Lift Meet Equipped: Bob Fabiano.
» courtesy USAPL

APA BATTLE OF THE IRON BARBARIANS

DEC 4 2010 » McAllen, TX

| BENCH | | | | | |
|----------------|-----|-----------|-----|-----|-----|
| FEMALE | | | | | |
| UNL | | | | | |
| (18-19) | | | | | |
| C. Flores | 400 | | | | |
| Submaster | | | | | |
| Raw | | | | | |
| J. Fraga | 375 | | | | |
| 105 lbs. | | | | | |
| Junior | | | | | |
| A. Cadena | 175 | C. Rabaut | 550 | | |
| MALE | | | | | |
| 165 lbs. | | | | | |
| Push Pull | | BP | DL | TOT | |
| FEMALE | | | | | |
| 198 lbs. | | | | | |
| Master (50-59) | | | | | |
| E. Flores | 80 | 135 | 215 | | |
| MALE | | | | | |
| 220 lbs. | | | | | |
| Master (50-59) | | | | | |
| M. Flores | 340 | 480 | 820 | | |
| Powerlifting | | SQ | BP | DL | TOT |
| FEMALE | | | | | |
| 105 lbs. | | | | | |
| Teen (16-17) | | | | | |
| L. Cardoza | 190 | 95 | 210 | 495 | |
| Teen (18-19) | | | | | |
| A. Rocha | 275 | 130 | 285 | 680 | |
| 148 lbs. | | | | | |
| Teen (13-15) | | | | | |
| N. Barrera | 225 | 90 | 215 | 530 | |
| Raw | | | | | |
| 97 lbs. | | | | | |
| Teen (16-17) | | | | | |
| F. Sanchez | 155 | 70 | 195 | 420 | |

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

» courtesy APA/WPA

USPF RHODE ISLAND RAW PL/BP/DL

JUN 19 2011 » Johnston, RI

| BENCH | | | |
|----------------|-----|--|--|
| FEMALE | | | |
| Single-Ply | | | |
| 123 lbs. | | | |
| Open | | | |
| J. Moulton | --- | | |
| Raw | | | |
| Junior (13-15) | | | |
| M. Lovell | 380 | | |
| 114 lbs. | | | |
| Open | | | |
| F. Gaudiana | 77 | | |
| MALE | | | |
| Single-Ply | | | |
| 275 lbs | | | |
| Master (45-49) | | | |
| J. Bourgault | 528 | | |
| Junior (13-15) | | | |
| 181 lbs. | | | |
| Open | | | |
| K. Taylor | 193 | | |
| 148 lbs. | | | |
| Junior (18-19) | | | |
| D. Murphy | 165 | | |
| 165 lbs. | | | |
| Junior (20-23) | | | |
| T. Higgins | 259 | | |
| 148 lbs. | | | |
| Open | | | |
| R. Diogo | 336 | | |
| 165 lbs. | | | |
| Open | | | |
| S. Barattini | 286 | | |
| T. Priest | 391 | | |
| 181 lbs. | | | |
| Open | | | |
| D. Cabral | 407 | | |
| 220 lbs. | | | |
| Open | | | |
| M. Murray | 303 | | |

| 242 lbs. | | | | | |
|----------------|-----|-----|-----|------|-----|
| Master (40-44) | | | | | |
| Powerlifting | | SQ | BP | DL | TOT |
| FEMALE | | | | | |
| Raw | | | | | |
| Junior (13-15) | | | | | |
| 114 lbs. | | | | | |
| Open | | | | | |
| F. Gaudiana | 132 | 77 | 193 | 402 | |
| 148 lbs. | | | | | |
| Junior (20-23) | | | | | |
| K. Clark | 154 | 83 | 308 | 545 | |
| SHW | | | | | |
| Open | | | | | |
| G. Tortolano | 165 | 88 | 286 | 539 | |
| 148 lbs. | | | | | |
| Open | | | | | |
| K. Clark | 154 | 83 | 308 | 545 | |
| MALE | | | | | |
| Raw | | | | | |
| Junior (13-15) | | | | | |
| 198 lbs. | | | | | |
| Open | | | | | |
| K. Roche | 352 | 297 | 358 | 1007 | |
| 308 lbs. | | | | | |
| Open | | | | | |
| J. Aurelio | 451 | 314 | 484 | 1250 | |
| 148 lbs. | | | | | |
| Junior (16-17) | | | | | |
| E. Traveres | 303 | 182 | 402 | 886 | |
| 198 lbs. | | | | | |
| Open | | | | | |
| N. Salois | 402 | 226 | 501 | 1129 | |
| 165 lbs. | | | | | |
| Junior (18-19) | | | | | |
| N. Maccini | 220 | 187 | 314 | 721 | |
| 165 lbs. | | | | | |
| Open | | | | | |
| T. Higgins | 374 | 259 | 473 | 1107 | |
| 242 lbs. | | | | | |
| Open | | | | | |
| C. Dougan | 380 | 198 | 407 | 985 | |
| 165 lbs. | | | | | |
| Open | | | | | |
| T. Roselli | 451 | 336 | 523 | 1310 | |
| N. Klepacki | 358 | 220 | 424 | 1002 | |
| 198 lbs. | | | | | |
| Open | | | | | |
| C. Isdepski | 413 | 259 | 517 | 1189 | |
| 220 lbs. | | | | | |
| Open | | | | | |
| C. Starrett | 429 | 198 | 418 | 1046 | |
| 242 lbs | | | | | |
| Open | | | | | |
| K. Gorenski | 551 | 198 | 418 | 1167 | |
| 275 lbs. | | | | | |
| Open | | | | | |
| J. Moore | 506 | 473 | 600 | 1580 | |
| 220 lbs. | | | | | |
| Open | | | | | |
| M. Salsgiver | 440 | 369 | 611 | 1420 | |
| 242 lbs. | | | | | |
| Open | | | | | |
| B. Rusinoski | 446 | 330 | 573 | 1349 | |
| Master (40-44) | | | | | |
| 275 lbs. | | | | | |
| Open | | | | | |
| J. Anderson | 352 | 237 | 440 | 1029 | |

Venue: Oceanstate.
» courtesy James Bourgault Sr.

IPA PHILLY PUSH-PULL

JUN 4 2011 » Bristol, PA

| BENCH | | | |
|------------------|------|----|--|
| Raw AM | | | |
| 148 lbs. | | | |
| Teen (18-19) | | | |
| J. Childress Jr. | 220* | </ | |

| | | | |
|--|------|------|------|
| Teen (14-15) | | | |
| G. Yeager | 240* | 395* | 635* |
| 198 lbs. | | | |
| Junior | | | |
| C. Joung | 285* | 465* | 750 |
| Master (55-59) | | | |
| M. Hollins | 185 | 220 | 405 |
| 4th-DL | 230* | 415* | |
| 308 lbs. | | | |
| Submaster | | | |
| I. Rodriguez | 340* | 475* | 815* |
| Pro Open | | | |
| SHW | | | |
| C. Britton | 520 | 600 | 1120 |
| Pro | | | |
| Junior | | | |
| 165 lbs. | | | |
| M. O'Brien Jr. | 505! | 490* | 995* |
| Venue: PT Transformations. *=IPA State . | | | |
| !=IPA World Records. | | | |
| » courtesy Gene Rychlak, Jr. | | | |



Barbara Lyon (L) Andrew Schweitzer (M) and Savanah McCoy (R) at the WPA Worlds (S. Taylor photos)

WPA WORLD CHAMPIONSHIP
MAY 21 2011 » Portola, CA

| | | | |
|------------------|-----|------|------|
| BENCH | | | |
| M. Rodgers | 495 | | |
| MALE | | | |
| 123 lbs. | | | |
| Master IV | | | |
| C. Wood | 517 | | |
| J. Withers | | | |
| 148 lbs. | | | |
| Master III | | | |
| T. Urani | 451 | | |
| S. Morabito | 363 | | |
| 165 lbs. | | | |
| Teen II | | | |
| Mendizabel | 771 | | |
| Teen III | | | |
| K. Torwan | 495 | | |
| 275 lbs. | | | |
| Master NT | | | |
| D. Monahan | 782 | | |
| Open NT | | | |
| D. Monahan | 782 | | |
| 308 lbs. | | | |
| Master III | | | |
| R. Bonta | 606 | | |
| Master NT | | | |
| Q. Bremes | — | | |
| DEADLIFT | | | |
| FEMALE | | | |
| 114 lbs. | | | |
| Master I | | | |
| A. Murana | 473 | | |
| 165 lbs. | | | |
| Master I | | | |
| Push Pull | | | |
| FEMALE | | | |
| 132 lbs. | | | |
| Master III | | | |
| J. Flynn | 165 | 385 | 551 |
| N. Sylvester | 176 | 374 | 551 |
| 165 lbs. | | | |
| Master III | | | |
| L. Read | 198 | 506 | 705 |
| Master IV | | | |
| J. Sloan | 154 | 330 | 484 |
| MALE | | | |
| 114 lbs. | | | |
| Youth | | | |
| A. Loomis | 121 | 253 | 374 |
| 123 lbs. | | | |
| Youth | | | |
| H. Cabral | 154 | 297 | 451 |
| Special Olympics | | | |
| R. Palmieri | 286 | 495 | 782 |
| 198 lbs. | | | |
| Master IV | | | |
| R. Cook | 275 | 539 | 815 |
| 308 lbs. | | | |
| Master NT | | | |
| D. Fitzgerald. | 936 | 1431 | 2367 |
| Open NT | | | |
| D. Fitzgerald | 936 | 1431 | 2367 |

| | | | | |
|-------------------|-----------|-----------|-----------|------------|
| Full Power | SQ | BP | DL | TOT |
| FEMALE | | | | |
| 114 lbs. | | | | |
| Master I | | | | |
| A. Murana | 253 | 176 | 473 | 903 |
| Open | | | | |
| B. Lyon | 308 | 264 | 506 | 1079 |
| 123 lbs. | | | | |
| Junior | | | | |
| K. Beutler | 473 | 319 | 606 | 1398 |
| Teen III | | | | |
| S. McCoy | 462 | 242 | 462 | 1167 |
| 132 lbs. | | | | |
| Open | | | | |
| M. Klundby | 451 | 297 | 727 | 1475 |
| Submaster | | | | |
| M. Klundby | 451 | 297 | 727 | 1475 |
| 148 lbs. | | | | |
| Master I | | | | |
| M. Rodgers | 308 | 154 | 495 | 958 |
| Open | | | | |
| M. Requena | 374 | 220 | 517 | 1112 |
| Master II | | | | |
| E. Ritchie | 396 | 231 | 539 | 1167 |
| Open | | | | |
| E. Ritchie | 396 | 231 | 539 | 1167 |
| 181 lbs. | | | | |
| Open | | | | |
| B. McCully | 528 | 231 | 683 | 1442 |
| Submaster | | | | |
| B. McCully | 528 | 231 | 683 | 1442 |
| J. Loomis | | | | |
| 220 lbs. | | | | |
| Open | | | | |
| L. Estes | 374 | 209 | 661 | 1244 |
| MALE | | | | |
| 165 lbs. | | | | |
| Master I | | | | |
| M. Palmquist | 1002 | 727 | 1134 | 2863 |
| Open | | | | |
| M. Palmquist | 1002 | 727 | 1134 | 2863 |
| B. Loomis | 859 | 595 | 958 | 2411 |
| A. Nunez | 958 | — | — | 958 |
| Submaster | | | | |
| B. Loomis | 859 | 595 | 958 | 2411 |
| Teen II | | | | |
| B. Jewell | 683 | 440 | 881 | 2004 |
| 181 lbs. | | | | |
| Junior | | | | |
| A. Torres | 804 | — | — | 804 |
| Master I | | | | |
| G. Slater | 914 | 672 | 1013 | 2598 |
| Open | | | | |
| B. Lewis | 1200 | 738 | 1453 | 3391 |
| Submaster | | | | |
| C. St.Clair | 793 | 528 | 980 | 2301 |
| 198 lbs. | | | | |
| Junior | | | | |
| H. Jazayrli | 1057 | 661 | 1211 | 2929 |
| Master I | | | | |
| E. Thompson | 1112 | 870 | 1244 | 3226 |
| Open | | | | |
| E. Thompson | 1112 | 870 | 1244 | 3226 |
| D. Benjamin | 1123 | 848 | 1244 | 3215 |

| | | | | |
|-------------------------|------|-----|------|------|
| H. Jazayrli | 1057 | 661 | 1211 | 2929 |
| S. Spratt | 551 | 551 | — | 1101 |
| 220 lbs. | | | | |
| Junior | | | | |
| C. Seitz | 1134 | 661 | 1266 | 3061 |
| Open | | | | |
| P. Haffey | 1134 | 705 | 1244 | 3083 |
| A. Schweitzer | 1057 | 650 | 1266 | 2973 |
| N. Toscani | 1046 | 650 | 1046 | 2741 |
| 242 lbs. | | | | |
| Master I | | | | |
| S. Shepherd | 793 | 517 | 1046 | 2356 |
| Open | | | | |
| J. Head | 1266 | 815 | 1266 | 3347 |
| W. McDonald | 1046 | 661 | 1211 | 2918 |
| Submaster | | | | |
| W. McDonald | 1046 | 661 | 1211 | 2918 |
| SHW | | | | |
| Master I | | | | |
| J. Rodgers | 1200 | 826 | 1332 | 3358 |
| Open | | | | |
| J. Rodgers | 1200 | 826 | 1332 | 3358 |
| NT=Not Tested. | | | | |
| » courtesy Scott Taylor | | | | |



Patrick Haffey



Bill McDonald

IPA 13TH ANNUAL POWER PALOOZA
APR 16-17 2011 » York, PA

| | | | | |
|-----------------|--|------------------|------|------|
| BENCH | | Master (45-49) | | |
| FEMALE | | K. Stauffer | 310* | |
| 181 lbs. | | Master (55-59) | | |
| Professional | | D. Burns | 365* | |
| Open | | A. McCloskey | 300 | |
| MALE | | Teen (18-19) | | |
| Amateur | | M. Esche | 350* | |
| 148 lbs. | | Teen (16-17) | | |
| Teen (16-17) | | N. Smith | 370* | |
| 198 lbs. | | SHW | | |
| Police | | Master (40-44) | | |
| J. Vanscoy | | D.Utermahlen | | 285 |
| Submaster | | Professional | | |
| J. Matitta | | 165 lbs. | | |
| 570 | | Open | | |
| 220 lbs. | | J. Mazza | | — |
| Open | | 275 lbs. | | |
| D. Brauer | | Master (40-44) | | |
| 355 | | J. Prilla | | 565 |
| 242 lbs. | | Open | | |
| Master (40-44) | | V. Castagna | | 610 |
| D. Wray | | 308 lbs. | | |
| 565 | | Master (45-49) | | |
| Master (45-49) | | S. Roesch | | 605 |
| J. Utermahlen | | SHW | | |
| 300 | | Open | | |
| Amateur Raw | | M. Williams | | 705 |
| 123 lbs. | | Professional Raw | | |
| Teen (18-19) | | 165 lbs. | | |
| T. Barrett | | Open | | |
| 175* | | J. Mazza | | 455 |
| 148 lbs. | | 242 lbs. | | |
| Teen (16-17) | | Master (45-49) | | |
| T. Garripoli | | T. Willow | | 375* |
| 225 | | 181 lbs. | | |
| Master (60-64) | | | | |
| M. Barrett | | | | |
| 245* | | | | |



Eric Thompson

| | | | |
|--------------------|--------------------|--------------------|--------------------|
| B. Forbes — | Junior (20-24) | Teen (14-15) | 105 lbs. |
| 165 lbs. | N. Arbia 369 | L. Dallas 336 | Teen (16-17) |
| Master (40-44) | G. Meinick 353 | Teen (16-17) | 148 lbs. |
| G. Nabeshima— | Master (40-44) | B. Forbes 298 | S. Rosenberg 287 |
| Master (45-49) | S. Peterson 364 | 165 lbs. | Master (45-49) |
| D. Henson 356 | Master (55-59) | T. Metcalf 325 | Open (30-34) |
| T. Metcalf 237 | C. Perry 380 | Open (30-34) | Teen (14-15) |
| Master (50-54) | Master (65-69) | A. Yee 452 | Teen (16-17) |
| F. Wescott 287 | I. Brooks 226 | Patton-Gooch — | 165 lbs. |
| Master (65-69) | Open (30-34) | Teen (16-17) | Teen (18-19) |
| J. Sanders 248 | J. Franks 452 | A. Hansen 309 | J. Greenbault 45 |
| Open | J. Hourihan 369 | J. Luster — | 198+ lbs. |
| C. Hertle 309 | 275 lbs. | Teen (18-19) | Teen (16-17) |
| Open (25-29) | Junior (20-24) | Q. Cody 557 | S. Simpson 62 |
| C. Woolsey 336 | G. Hartranft 468 | 181 lbs. | MALE |
| Open (30-34) | Master (45-49) | Master (45-49) | 114 lbs. |
| A. Yee 309 | E. Horwitz 331 | J. Penn 507 | Junior (20-24) |
| Patton-Gooch — | Master (45-49) | Master (60-64) | R. Marcellino 89 |
| Teen (16-17) | J. Penn 309 | R. Powell 468 | 123 lbs. |
| A. Hansen 143 | Master (65-69) | R. Hanners 601 | Junior (20-24) |
| 4th-149 | R. Plummer 281 | Open | H. Claypatch 84 |
| Teen (16-17) | Open | Open (30-34) | 132 lbs. |
| J. Luster — | C. Bartolic 380 | V. Smitkovsky 551 | Open |
| 181 lbs. | Open (25-29) | J. Dehenzel 430 | Teen (16-17) |
| Junior (20-24) | S. Issa 265 | 198 lbs. | A. Meinhardt 89 |
| M. Rossi 358 | Sub (35-39) | Junior (20-24) | J. Leavitt 107 |
| C. Bartlett 204 | K. Robinson 468 | E. White 468 | Open |
| 4th-220 | D. Owens 457 | Master (60-64) | B. Helgert 95 |
| Master (50-54) | R. Muretta 402 | T. Smith 507 | Teen (14-15) |
| L. Nash 292 | H. Canada 358 | Open | L. Dallas 108 |
| Master (60-64) | Teen (18-19) | C. Walter 502 | Teen (16-17) |
| R. Powell 276 | B. Potts 270 | J. Caliri — | S. Rosenberg 89 |
| B. Lindsey 254 | 308 lbs. | Teen (14-15) | B. Forbes 84 |
| Open | Master (40-44) | B. Becker 424 | 165 lbs. |
| T. Henriques 309 | V. Vincent 375 | 220 lbs. | Master (40-44) |
| T. Walker 237 | Master (50-54) | Master (40-44) | G. Nabeshima 95 |
| Open (30-34) | A. Cuttrel Sr. 375 | J. Bope 468 | Open (30-34) |
| V. Smitovskoy 276 | B. Igoe — | Master (45-49) | Patton-Gooch — |
| J. Dehenzel 215 | Open (30-34) | D. Satterfield 535 | Teen (16-17) |
| Master (50-54) | W. Lewis III — | B. Purcell 446 | A. Hansen 78 |
| V. Kalasonlov 198 | Sub (35-39) | Open (30-34) PFM | Teen (16-17) |
| Sub (35-39) | J. Bates 298 | D. Sergii 574 | Teen (16-17) |
| D. Umstead 331 | Teen (14-15) | J. Ritter 386 | Teen (16-17) |
| Teen (18-19) | M. Doherty 303 | 242 lbs. | 181 lbs. |
| N. Apseloff — | SHW | Junior (20-24) | Master (45-49) |
| 198 lbs. | Master (45-49) | G. Distin 634 | Master (45-49) |
| Junior (20-24) | K. Coughlin 391 | N. Arbia 584 | M. Wilehlm 158 |
| E. White 270 | Master (50-54) | G. Meinick 568 | J. Penn 111 |
| Master (40-44) | T. Brooks 375 | Master (65-69) | Open |
| N. Merconelli 402 | Open | I. Brooks 402 | T. Henriques 150 |
| Master (40-44) PFM | J. Gunter 546 | Open (20-24) | Open (30-34) |
| S. Freeman 386 | T. Dillard — | J. Franks 590 | V. Smitkovskoy 128 |
| Master (55-59) PFM | Open (30-34) | J. Dehenzel 111 | J. Dehenzel 111 |
| K. Harbaugh 314 | P. Mejia 601 | Open (50-54) | Open (50-54) |
| Master (70-74) | 4th-601 | Kalasonivov 84 | Sub (35-39) |
| Dahlmarmar 265 | Open (30-34) | D. Umstead 117 | 198 lbs. |
| 4th-269 | L. Adkins 468 | 275 lbs. | 148 lbs. |
| Open | Sub (35-39) | Junior (20-24) | Raw Am |
| C. Walte 402 | A. Davie 529 | Master (45-49) | Open |
| Open (25-29) | DEADLIFT | J. Penn 502 | Open |
| A. Simpson 391 | FEMALE | M. Eaton 751 | Master (70-74) |
| Open (30-34) | 148 lbs. | Open (25-29) | Dahlmarmar 128 |
| M. McHargh 413 | Teen (16-17) | S. Issa 518 | Teen (12-13) |
| G. Stillman 347 | M. Glanville 309 | 308 lbs. | A. Potts 62 |
| Teen (12-13) | 181 lbs. | Master (40-44) | Teen (14-15) |
| A. Potts 105 | Junior (20-24) | V. Vincent 507 | B. Becker 95 |
| Teen (14-15) | C. Bartlett 408 | Master (50-54) PFM | 220 lbs. |
| B. Becker 215 | 4th-425 | R. Clasing Sr. 441 | (30-34) PFM |
| Master (40-44) | Master (45-49) | D. Sergii 161 | Master (40-44) |
| J. Bope 281 | J. Wheeler 292 | Open (30-34) | J. Bope 133 |
| Master (45-49) | Teen (16-17) | W. Lewis III — | Master (45-49) |
| J. Probasco 342 | S. Simpson 220 | Teen (14-15) | B. Purcell 139 |
| B. Purcell 325 | MALE | M. Doherty 546 | M. Primak 139 |
| D. Satterfield 292 | 123 lbs. | 4th-562 | D. Satterfield 122 |
| Master (60-64) | Open (25-29) | SHW | Master (60-64) |
| G. Shultz 303 | B. Johns 276 | Master (50-54) | J. Stchur Jr. — |
| Master (65-69) | 132 lbs. | T. Brooks 408 | Teen (16-17) |
| B. Blough 243 | Master (50-54) | T. Dillard — | Open |
| Open (25-29) | G. Raisin 270 | Open (30-34) | J. Ritter 103 |
| T. Stanislav 364 | Teen (16-17) | D. Corridean 661 | 242 lbs. |
| Open (30-34) PFM | A. Meinhardt 375 | P. Mejia 650 | (30-34) PFM |
| S. Didovik — | 4th-410 | CURL | T. Oleksii 150 |
| Teen (16-17) | 148 lbs. | FEMALE | 4th-155 |
| J. Ritter — | Master (45-49) | | |
| 242 lbs. | L. Clancy 243 | | |

| | | |
|---------------------|--------------------|----------------------------------|
| Junior (20-24) | S. Issa 139 | 242 lbs. |
| G. Melnick 161 | Open PFM | Open |
| N. Arbia 155 | C. Bartolic 177 | W. Beatty 385* 355* 465 1205* |
| Master (40-44) | 308 lbs. | Teen (18-19) |
| S. Peterson 133 | Master (40-44) PFM | C. Beatty 465* 345! 520* 1330* |
| Master (65-69) | V. Vincent 172 | 275 lbs. |
| I. Brooks 106 | Master (50-54) PFM | Teen (18-19) |
| Open (30-34) | R. Clasing Sr. 155 | B. Thompson 530! 410! 625! 1565! |
| J. Franks 183 | Teen (14-15) | 308 lbs. |
| 275 lbs. | M. Doherty 133 | Master (40-44) |
| Master (45-49) | SHW | R. Ware 575! 425* 675 1675 |
| E. Horwitz 117 | Master (50-54) | 4th-DL700! 1700! |
| J. Penn 100 | T. Brooks 144 | Open |
| Open (25-29) | | R. Ware 575* 425 675 1675 |
| » courtesy 100% RAW | | 4th-DL- 700! 1700! |

IPA CHAMPIONSHIP OF THE VIRGINIAS

MAY 7 2011 » Gore, VA

| | | | | |
|------------------------|-----------------|-----------------|-----------|------------|
| BENCH | 308 lbs. | | | |
| 198 lbs. | Junior | C. Mastin 375* | | |
| Raw AM | Teen (16-17) | C. Martin 375! | | |
| Police | Amateur | DEADLIFT | | |
| A. Banagan 295* | 242 lbs. | Amateur | | |
| Open | 148 lbs. | Master (50-54) | | |
| D. Wingo 450* | 275 lbs. | D. Dykes 525* | | |
| Master (50-54) | Master (50-54) | Raw AM | | |
| L. Short 650! | 132 lbs. | Teen (16-17) | | |
| Raw Pro | 242 lbs. | V. Shibley 315 | | |
| J. Rovey 475* | 148 lbs. | Open | | |
| Submaster | 4th- 490* | C. Gerber 477 | | |
| J. Rovey 475* | 242 lbs. | 4th- 490* | | |
| Open | Teen (16-17) | J. Shelton 415 | | |
| B. Peterson 505* | 148 lbs. | 4th- 425* | | |
| Master (45-49) | Open | Raw Pro | | |
| S. Kuzma 500! | 148 lbs. | C. Gerber 477 | | |
| Raw AM | Open | 4th-490! | | |
| 275 lbs. | C. Gerber 477 | | | |
| Master (50-54) | BP | DL | TOT | |
| L. Short 455! | | | | |
| Ironman | | | | |
| Amateur | | | | |
| 198 lbs. | | | | |
| Teen (18-19) | | | | |
| J. Mitchell 300* | 450* | 750 | | |
| Raw AM | | | | |
| 242 lbs. | | | | |
| Junior | | | | |
| D. Dickinson 350* | 550* | 900* | | |
| Full Power | SQ | BP | DL | TOT |
| FEMALE | | | | |
| 148 lbs. | | | | |
| Raw Am | | | | |
| Open | | | | |
| E. Awowale 255* | 130* | 370! | 755* | |
| MALE | | | | |
| Amateur | | | | |
| 220 lbs. | | | | |
| Submaster | | | | |
| R. Pugh 700* | 575* | 500 | 1775* | |
| 275 lbs. | | | | |
| Open | | | | |
| J. Deutsch 755 | 500 | 560 | 1815 | |
| 308 lbs. | | | | |
| Open | | | | |
| Woodward Jr. 630 | 445 | 620* | 1695 | |
| Raw Amateur | | | | |
| 165 lbs | | | | |
| Junior | | | | |
| R. Smith 355* | 215* | 485* | 1055* | |
| Open | | | | |
| D. Antonucci 440* | 270 | 570* | 1280 | |
| 220 lbs. | | | | |
| Master (40-44) | | | | |
| M. Wood 275* | 325* | 485! | 1085* | |
| Police | | | | |
| L. Sturdivant Jr. 450! | 350* | 445 | 1245 | |
| 4th-DL480* | 1280! | | | |

PANHANDLE POWER GAMES

OCT 22 2011 » Lubbock, TX

| | | | | |
|-----------------------------------|-----------|-----------|-----------|------------|
| Powerlifting | SQ | BP | DL | TOT |
| FEMALE | | | | |
| 115 lbs. | | | | |
| C. Bruns 226 | 110 | 264 | 600 | |
| K. Cannon 176 | 99 | 231 | 506 | |
| A. Tucker — | — | — | — | |
| 123 lbs. | | | | |
| A. Cazares 352 | 149 | 330 | 831 | |
| 148 lbs. | | | | |
| E. Mendoza 226 | 121 | 248 | 595 | |
| Raw | | | | |
| 165 lbs. | | | | |
| A. Mancha 204 | 116 | 237 | 556 | |
| O. Ramirez 226 | — | 259 | 484 | |
| MALE | | | | |
| 123 lbs. | | | | |
| G. McNeil 253 | 116 | 253 | 622 | |
| 132 lbs. | | | | |
| R. Hurst 336 | 165 | 385 | 886 | |
| 148 lbs. | | | | |
| B. Merworth 336 | 253 | 330 | 919 | |
| 165 lbs. | | | | |
| R. Reyes 523 | 319 | 517 | 1360 | |
| 198 lbs. | | | | |
| R. Irving 314 | — | — | 314 | |
| Raw | | | | |
| 123 lbs. | | | | |
| A. Pedersen 165 | 132 | 253 | 551 | |
| 181 lbs. | | | | |
| J. Meador 451 | 275 | 501 | 1228 | |
| 220 lbs. | | | | |
| G. McNeil 528 | 336 | 727 | 1591 | |
| T. Steele 286 | 264 | 418 | 969 | |
| 275 lbs. | | | | |
| A. Dennison — | 363 | 501 | 864 | |
| » courtesy Texas Strength Systems | | | | |

COMING EVENTS

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

9-13 NOV » WPF World Championships (PL/BP/DL) (Palm Beach, FL) at the Marriot Hotel » David Jeffrey, matofficial@yahoo.com, www.wppowerlifting.com
11-12 NOV » AAU Natural Olympia BP/DL/PP (Reno, NV) at the INBA Natural Mr. Olympia » Martin, naturalpower@earthlink.net, www.aupowerlifting.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 Gobblers Open (Johnson City, NY) » Wayne Claypatch, ny_chair@rawpowerlifting.com, www.rawpowerlifting.com
12 NOV » USAPL Southern California Regionals (Santa Clarita, CA) » Adam Johnson, usapl.ca@gmail.com, 701.610.1205, www.usapl-ca.org
12 NOV » SLP Ohio State BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
12 NOV » NASA Colorado Regional (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » www.nasa-sports.com
12 NOV » NASA West Virginia Regional (Equipped/Unequipped, PL/BP/PS/PP) (Ravenswood, WV) » www.nasa-sports.com
12 NOV » WPC Swiss PL/BP Championship (Raw & Equipped) (Sierre, Switzerland) » Cina Serge, info@powerlifting.ch, www.worldpowerliftingcongress.com
12 NOV » WPC OPO Age Titles (Melbourne, Australia) at ESP Gym » Ron Birch, rbirch@hotmail.net.au, www.worldpowerliftingcongress.com
12 NOV » SPF Record Breakers (Gatlinburg, TN) at Glenstone Lodge » Jesse Rodgers, 423.255.3672, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

12 NOV » APF Pine Tree Open PL/BP Meet (Westbrook, ME) » Matt Israelson, 207.838.6933, www.worldpowerliftingcongress.com
12 NOV » USAPL LA Tech Collegiate Qualifier (Monroe, LA) » Josh Chovanec, 318.237.3208, www.usapowerlifting.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/AAPF 9th Annual Big Dog Classic (West Lafayette, OH) » John Blackstone & Wade Butcher, 740.502.4964, www.worldpowerliftingcongress.com
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 » APF/AAPF Wolverine Open (Detroit, MI) » John Zemmin & JJ Thomas, 734.642.7877, www.worldpowerliftingcongress.com
19 NOV » USAPL Stars & Stripes BP/DL Championships (Clarks Summit, PA) » Steve Mann, 570.309.6316, www.usapowerlifting.com
19 NOV » USAPL South Collegiate Championships (Church Point, LA) » Cameron Barrilleaux, 985.768.2399, www.usapowerlifting.com
19 NOV » USAPL Southern California Regionals (Santa Clarita, CA) » Adam Johnson, 701.610.1205, www.usapowerlifting.com
19 NOV » USAPL New York State PL Championship (Niagara Falls, NY) at the Quality Inn » Dennis Brochey, cdbrochey@roadrunner.com, 716.200.3533, www.niagrapowerliftingclub.org, www.uspla.org
19 NOV » Omaha Open (Omaha, NE) at the Sorensen Rec. Center » Keith Mandulca, 402.444.5596
19 NOV » APA West Coast "All Raw" PL Championships (Sacramento, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
19 NOV » USAPL Stars and Stripes BP/DL Championships (Single Lift) (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, PO Box 495, Chinchilla, PA 18410, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com
19 NOV » NASA Kansas Regional (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.com
19 NOV » USA RAW BP Federation World Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
19 NOV » USAPL Ohio State BP/PL Championships (Arnold qualifier) (Bedford Heights, OH) » Ed King, 440.439.5464, www.usapowerlifting.com
19-20 NOV » WNPf 5th Lifetime Drug Free Worlds (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian Locklear, wnpfpower@aol.com, www.wnpf.net
19-20 NOV » IPA National Powerlifting Championships (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.chailletsprivatefitness.com, www.ipapower.com
20 NOV » SLP Meat Heads Open BP/DL/Curl Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
20 NOV » SLP Michigan State BP/DL Championship (Saranac, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
30 NOV - 4 DEC » USPA IPL World Powerlifting Championship (PL/BP/DL, Raw & Single-ply) (Las Vegas, NV) at the Golden Nugget » Steve Denison, steve@uspla.org, www.uspla.org
30 NOV - 5 DEC » Global Powerlifting Alliance World PL/BP Championships (Atlanta, GA) » L.B. Baker, 770.713.3080, www.globalpowerliftingalliance.com
NOV » APA Florida State Championships (PL/BP/DL/PP) (Arcadia, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
3 DEC » APF/AAPF Invitational (Aberdeen, WA) » Don Bell, 360.532.8339, flex@techline.com, www.worldpowerliftingcongress.com
3 DEC » 100% Raw Gateway Fitness Push/Pull Challenge (Wilmington, NC) » Ryan Strange, 910.228.5922, 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., bigbad-wolfe900@yahoo.com
3 DEC » APF Southeast Texas Challenge (Orange, TX) » Mike Denmon, 409.548.3971, www.worldpowerliftingcongress.com
3 DEC » NASA High Desert Holiday Classic (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, www.nasa-sports.com
3 DEC » NASA North Dakota Can-Am (Minot, ND) » Gary Clock, ndwlftr@yahoo.com, www.nasa-sports.com

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3 DEC » 24th Annual Elkhart Bench Classic (Elkhart, IN) » Jon Smoker, jjrc-smoker@hotmail.com
3 DEC » APA Battle of the Iron Barbarians (PL/BP/DL/PP) (McAllen, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
3 DEC » APA Fair Haven Fitness Winter Power Wars (Fair Haven, VT) at Fair Haven Fitness » Jamie, capejam@hotmail.com, 802.265.3470, www.apa-wpa.com
3 DEC » USAPL Southside Winter Classic (Anchorage, AK) » Ron Burnett, 907.345.7996, www.usapowerlifting.com
3 DEC » WNPf Georgian Open BP/DL Championships (Tbilisi, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian Locklear, wnpfpower@aol.com, www.wnpf.net
3 DEC » NASA High Desert Holiday Classic PL/BP/PS (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, 505.891.1237, www.liftinglarge.com
3 DEC » IPA Christmas Carnage (Allentown, PA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
3 DEC » 11th Annual Pocket Samson's Christmas Classic BP/DL and Strength Challenge Championships (All wt. classes/divisions, strongman/strongwoman) (Hanover, PA) at Club 2000 » Glenn Murphy Jr., 302.331.8719
3 DEC » SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Memphis, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
3 DEC » USAPL Albany Strength PL/BP Championships (Albany, NY) » John Payette, 518.433.1703, www.usapowerlifting.com
3 DEC » USAPL ID Open & HS PL Championships (Nampa, ID) » Steve Rayborn, 208.850.9766, www.usapowerlifting.com
3-4 DEC » USAPL CO State PL/BP Championships (Aurora, CO) » Dan Gaudreau, 303.337.4613, www.usapowerlifting.com
4 DEC » Paxton Strongman 7 (Paxton, MA) at Anna Maria College » Nate Fitzgerald, 508.791.3291, nate@paxtonpowergym.com, 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
4 DEC » ADAU Raw Power 19th Annual Coal Country Classic (BP/DL/SQ) (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikilup.com, www.adaurawpower.com
10 DEC » USPA Norcal Open (PL/BP/DL/PP, Raw & Single-ply) (Modesto, CA) » Steve Denison, steve@uspla.org, www.uspla.org
10 DEC » USAPL RGV Winter Classic (McAllen, TX) » Wes Zunker, 210.317.8245, www.usapowerlifting.com
10 DEC » USAPL Holiday Classic (Carrollton, TX) » Nate Wylie, 505.550.5864, www.usapowerlifting.com
10 DEC » 11th Annual Golden Bear Bench Press Classic (Barron, WI) at the Barron Area Community Center Theater/Gymnasium » Steve Fronk, slfronk@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
10 DEC » IBP Carolina Christmas Classic Push Pull (Taylors, SC) » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.com
10 DEC » WPA Single Deadlift Tournament "Unlimited Deadlift" (Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
10 DEC » WPC Metal Gym Christmas BP/DL (Finland) » Ano & Minna Turtaainen, ano.turtaainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com
10 DEC » APF/AAPF Alabama State Meet (Gadsden, AL) » Buddy McKee, mastermonster@comcast.net, www.worldpowerliftingcongress.com
10 DEC » 100% RAW Virginia State and Christmas Classic PL/BP/DL Championships (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
10 DEC » WNPf 14th Sarge McCray Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
10 DEC » APA Apollon W/nter Iron Bash (PL/BP/DL/PP) (Edison, NJ) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
10 DEC » 11th Annual Golden Bear BP Classic (Barron, WI) » Steve Fronk, 715.205.1798, slfronk@hotmail.com
10 DEC » USAPL Sunshine State Games & Senior State Games & FL HS Championships (Lakeland, FL) » Robert Keller, 954.790.2249, www.usapowerlifting.com
10 DEC » USAPL Maryland State (Laurel, MD) » Mark Daniel, 410.997.1172,

www.usapowerlifting.com
10-11 DEC » APA 32nd Annual West Coast Open (Raw & Equipped) (Newport, OR) at Big Bears Gym » Rick McClung, 541.961.3845, bigbearsgym@hotmail.com, www.apa-wpa.com
10-11 DEC » APA 32nd West Coast Open PL Championships (Newport, OR) at the Oceanfront Hallmark Resort » Rick McClung, 541.961.3845, bigbearsgym@hotmail.com, www.themusclestudio.com
10-11 DEC » USAPL American Open & Police/Fire Nationals (Bay St. Louis, MS) » Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601.665.7783, www.usapowerlifting.com
11 DEC » USPF Battle of the Bench Press (Circleville, OH) » Scott Picklesimer, ironworxgym@aol.com, 740.207.0070, Jon Elick, antman517@aol.com, 740.601.8378, www.uspf.net
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

APF/AAPF/WPC Schedule

12 NOV, APF Pine Tree Open PL/BP
12 NOV, WPC Swiss Championship
12 NOV, WPC OPO Age Titles
13 NOV, APF/AAPF 9th Annual Big Dog Classic
14-19 NOV, WPC World Championships
19 NOV, APF/AAPF Wolverine Open
3 DEC, APF Southeast Texas Challenge
3 DEC, APF/AAPF Invitational
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
17 DEC, APF 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
8 SEP 2012, APF/AAPF Summer Heat VIII
NOV 2012, WPC World Championships

Dates subject to change

Call 866.389.4744 for more information

or go to our website:

www.worldpowerliftingcongress.com

COMING EVENTS »

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 » APF Invitational (Westerville, OH) » Doug Heath, 614.818.4028, www.worldpowerliftingcongress.com

17 DEC » ADFPF Missouri State PL/Single Event Championships (Record Breakers and WDFPF Worlds Qualifiers) (Columbia, MO) » Bill Duncan, 410.474.1071, mopowrlfr@yahoo.com, www.adfpf.org

17 DEC » Iron Chamber Gym BP/DL Championships (Canton, OH) at Glenwood Middle School » Jeffrey Begue, 330.844.1011, icg-pride@hotmail.com, www.icg-pride.net

17 DEC » USPA Mid-America BP/DL/PP Championships (Single-ply & raw) (Bloomington, IN) at CoreFit Training Studio » Carl Lamb, 812.822.0740, carl@ustoc.org, www.ustoc.org, www.uspla.org

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

17 DEC » WNPf Ironman Nationals & Florida BP/DL/PC Classic (Orlando, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

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

18 DEC » APA Big Iron Classic (BP/DL/PP) (Fulton, MS) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

DEC » WPC Ontario Pro Championships (Canada) » Bruce McIntyre, bruce.mcintyre@sympatico.ca, www.worldpowerliftingcongress.com

DEC » WPC St. David's Celtic PL Meet (Canada) » Bruce McIntyre, bruce.mcintyre@sympatico.ca, www.worldpowerliftingcongress.com

7 JAN 2012 » USAPL Fast Gym's Raw PL/BP Winter Classic (Downingtown, PA) » Ethan Farkas, 484.880.8197, www.usapowerlifting.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 » USAPL Louisiana State Meet (Lafayette, LA) » Cameron Barrilleaux, 985.768.2399, www.usapowerlifting.com

14 JAN 2012 » WNPf 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 » USAPL Capitol City Clash Championships (Lincoln, NE) » Bill Sindelar, 402.986.1784, www.usapowerlifting.com

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

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

4 FEB 2012 » ADFPF Single Event National Championships (Columbia, MO) » Bill Duncan, 410.474.1071, mopowrlfr@yahoo.com, www.adfpf.org

11 FEB 2012 » ADAU/100% RAW Emmanuel PL/Single Lift Championships (Johnstown, PA) » Joe Caola, 814.798.8032, jcougar250@yahoo.com, www.adaurawpower.com

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

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

18 FEB 2012 » USPA Red Brick IX BP Championship (Buffalo, NY) » Dennis Brochey, dennis.brochey@gmail.com, 716.200.3533, www.uspla.org

18 FEB 2012 » WNPf 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 FEB 2012 » USAPL 6th Annual Aggie Showdown (College Station, TX) » Kayla James, 254.223.2991, www.usapowerlifting.com

25 FEB 2012 » USPA West Coast Open (Single-ply) (Concord, CA) at Diablo Barbell Club » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org

25-26 FEB 2012 » USAPL Alabama State Championships (Orange Beach, AL) » Danyal Haskew, 251.928.6987, 2haskews@bellsouth.net, www.usapowerlifting.com

26 FEB 2012 » USPA West Coast Open (Multi-ply) (Concord, CA) at Diablo Barbell Club » Ted O'Neill and Hillary Harper, ted@diablobarbell.com, hillary@diablobarbell.com, 925.685.8818 (gym) or 925.207.5780 (cell), www.uspla.org

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

3 MAR 2012 » WNPf Tennessee PL/BP/DL/PC Championships (Cleveland, TN) » Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

3 MAR 2012 » IPA PA State PL Championships (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chaillet@yahoo.com, echaillet@aol.com, www.ipapower.com

3-4 MAR 2012 » IPA XPC/LexenXtreme Pro/Elite Coalition International Open (Columbus, OH) at Ultimate Sports Center » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.ipapower.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 » ADAU Bragging Rights Meet (Sicklerville, NJ) » Jackson Lee, 267.566.2119, brobasteam@aol.com, www.adaurawpower.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,



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

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

3 DEC, WNPf International Georgian Open BP/DL Championships (Tbilisi, Georgia)

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

865.681.6248, www.usapowerlifting.com

17 MAR 2012 » WNPf 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 » MHP's Hercules, Sultans of Squat, Kings of the Bench VI, Clash of the Titans V (DL) and Shoulder of Samson (Overhead Press) (classic raw rules) at the Ronnie Coleman Classic Expo (Mesquite/Dallas, TX) » Sean Katterle, 503.221.2238, seanzilla@hardcorepowerlifting.com, www.hardcorepowerlifting.com

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

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

4 APR 2012 » Exile Barbell YMCA's 1st Annual April Fools Push and Pull (Troy, OH) » Kaci Harpest, 937.440.9622, k.harpest@miamicountyymca.net, Heather Cancino, 937.773.9622, h.cancino@miamicountyymca.net, Mike Wolfe, 419.953.9009, bigbadwolfe900@yahoo.com

7 APR 2012 » USPA Hawaii State PL Championship (Honolulu, HI) » Ata Edralin & Darren Matsumoto, nalomightymouse@yahoo.com, windocswindow@yahoo.com, 808.256.6542, 808.224.3433, www.uspla.org

13-15 APR 2012 » **USAPL Collegiate Nationals** (Baton Rouge, LA) » Paul Fletcher, www.usapowerlifting.com

14 APR 2012 » USPA Georgia State PL Championships (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org

14 APR 2012 » USPA California State Multi-ply PL Championship (Fresno, CA) » Bob Packer, wheelersfitnessfresno@gmail.com, 559.322.6805, 559.760.2970, www.uspla.org

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 » WNPf 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 » MHP's Hardcore Powerlifting Record Breakerz, Sultans of Squat II, Kings of the Bench VII and Clash of the Titans VI (DL) (classic raw rules) at the Emerald Cup Expo (Bellevue/Seattle, WA) » Sean Katterle, 503.221.2238, seanzilla@hardcorepowerlifting.com, www.hardcorepowerlifting.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 Kidding, Amy Jackson, 630.896.7309, amy1jackson@aol.com, www.worldpowerliftingcongress.com

28 APR 2012 » WNPf 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

31 MAR - 1 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, alaquapits@netzero.net

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

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

12 MAY 2012 » **USAPL PA State BP/DL Championships** (E. Stradshurg, PA) » Chris Cimigliaro, 570.426.1976, www.usapowerlifting.com

19 MAY 2012 » USPA Baltimore Open (Baltimore, MD) » Brian Washington, 443.804.9132, brian@usbf.net, www.uspla.org

19 MAY 2012 » Orange County PL/Ironman/BP Championship (Pine Bush, NY) at Pine Bush Fire Hall » Frank J. Panaro, 845.778.1884, frankjpanaro@gmail.com, dale_usapl@y@gmail.com

19 MAY 2012 » WNPf Western Penn PL/BP/DL Championships (Beaver, PA) » Ron Deamicis, powerlt103@aol.com, www.wnpf.net

19-20 MAY 2012 » **WNPf International Invitational BP/DL Championships**

UPCOMING SLP COMPETITIONS

5 NOV, *SLP Kentucky Muscle BP/DL* (Louisville, KY)

12 NOV, *SLP Ohio State BP/DL* (Hamilton, OH)

19 NOV, *USA Raw BP Federation Worlds* (Tuscola, IL)

20 NOV, *SLP Meat Heds Open BP/DL/Curl* (Indianapolis, IN)

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(Tiblis, Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

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

26 MAY 2012 » WNPf Bench Bash (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnpf.net

26-27 MAY 2012 » **APF Master/Teen/Junior Nationals** (Baton Rouge, LA) » Garry Frank, 225.241.8154, bulldogbr@bellsouth.net, 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, www.raw504.com

3 JUN 2012 » **WNPf BP/DL/PC Nationals** (Philadelphia, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, 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, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginia-powerlifting.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

23-24 JUN 2012 » IPA Summer Strength Spectacular (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.ipapower.com

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

14 JUL 2012 » **WNPf National PL Championships** (Youngstown, OH) » Ron DeAmicis, powerlt103@aol.com, www.wnpf.net

14 JUL 2012 » USPA Georgia State High School PL Championship (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org

21 JUL 2012 » USPA New York State BP/DL/Ironman (Angola, NY) at Mickey Rats Club » Dennis Brochey, dennis.brochey@gmail.com, 716.200.3533, www.uspla.org

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

28 JUL 2012 » WNPf Summerfest 2K12 PL/BP/DL Championships (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnpf.net

28 JUL 2012 » WABDL Great Lakes BP/DL Classic (Lansing, MI) at the Causeway Bay Hotel » Al Stork, 207.356.9946, 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, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginia-powerlifting.blogspot.com

4 AUG 2012 » **WNPf Raw Nationals & North American Championships** (Plantation, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

11 AUG 2012 » USPA Mid-Cities BP/DL/PP (Norwalk, CA) » Chuck LaMantia, ckclama@aol.com, 310.508.7308, www.uspla.org

18 AUG 2012 » **IPA Raw National PL/BP Championships** (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.ipapower.com

25-26 AUG 2012 » **USAPL National BP Championships (Palm Springs, CA)** »

Lance Slaughter, lanceoslaughter@yahoo.com, 310.995.0047, www.usapl-ca.org

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

COMING EVENTS »

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

8 SEP 2012 » APF/AAPF Summer Heat VIII (Rock Hill, SC) » Eric Hubbs, netti_fish@msn.com, www.worldpowerliftingcongress.com

8 SEP 2012 » WNPf Penn State Championships (Ephrata, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfpf.net

9 SEP 2012 » WNPf Lifetime Drug Free Nationals (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfpf.net

15 SEP 2012 » WNPf Middletown Open Push/Pull (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnfpf.net

6 OCT 2012 » WNPf World Powerlifting Championships (Niagara Falls, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfpf.net

13 OCT 2012 » WNPf Palmetto Ironman Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfpf.net

20 OCT 2012 » WNPf Ironman Nationals & Florida BP/DL/PC (Orlando, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfpf.net

2-4 NOV 2012 » WNPf World BP/DL/PC Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfpf.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@pikilup.com, www.adaurawpower.com

17 NOV 2012 » WNPf Georgia State PL/BP/DL Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfpf.net

17 NOV 2012 » WNPf All Raw Classic (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnfpf.net

17-18 NOV 2012 » IPA National PL/BP Championships (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.ipapower.com

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

2 DEC 2012 » WNPf 2nd International Georgia Open BP/DL Championships (Tbilisi, Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfpf.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, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com

16 DEC 2012 » WNPf Sarge McCray Push/Pull Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfpf.net

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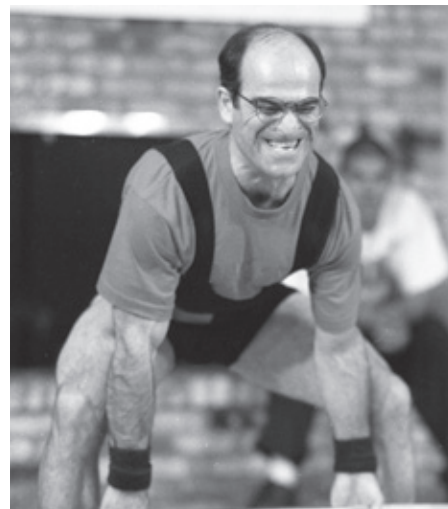
TOP 100 PHOTOS



Scott Richey is yet another master lifter who just seems to be unable to not make this ranking every year!



Sabra Callahan is an exceptional master bench presser



Homi Shivaie has been making the ranking lists over 3 decades now



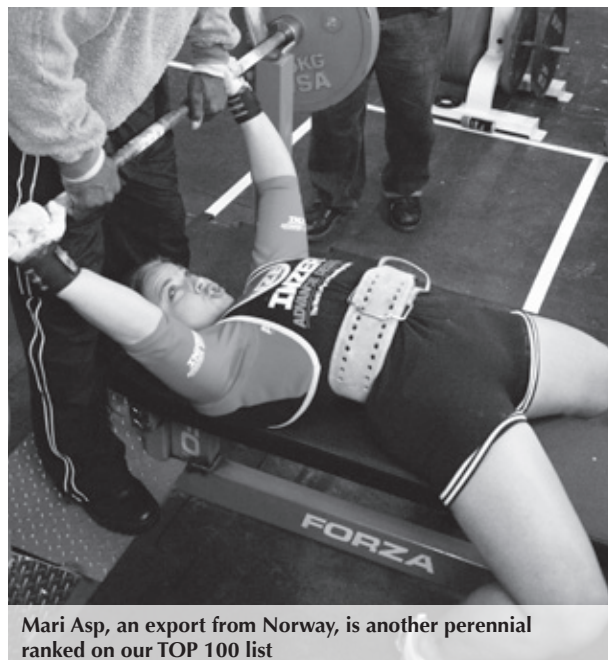
Su Hedman, at the 2010 Fit Expo event, has been a major factor in several weight classes



Teale Adelman pulling at the 2011 Fit Expo event – she won't be at this upcoming one, as she has a big nursing exam on that same day (Curtis Lambert photo)



Eric Kupperstein has established credentials as an IPF Masters World Champion



Mari Asp, an export from Norway, is another perennial ranked on our TOP 100 list

Will you make the upcoming TOP 100 list for the 148 lb. class? Last time we ranked this class the minimum lifts to make that list were 425 lb. in the squat, 292 lb. in the bench press, 451 lb. in the deadlift, and 1,125 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 148 class will be November 2010 through October 2011. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page," send a photo of you lifting (or something different, like your high school prom photo) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.com (we recommend a JPEG at least 200kb in size, but bigger is better in this case). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list for your class.

For standard 123/56 kg. USA lifters in results received from AUG 2010 through AUG 2011

SQUAT

- 1 473 Kupperstein, E..4/28/11
- 2 470 Borjas, R..3/11
- 3 468 Tran, C..11/8/10
- 4 455 Solis, A..3/11
- 5 440 Torres, A..8/29/10
- 6 440 Gonzales, J..8/29/10
- 7 440 Fain, Z..3/11
- 8 440 Alvarez, E..3/11
- 9 430 Casarez, M..3/11
- 10 430 Sommer, D..3/11
- 11 425 Brooks, A..3/11
- 12 415 Puente, O..3/11
- 13 415 Bravo, C..3/11
- 14 410 Dawn, D..3/11
- 15 410 Brown, D..3/11
- 16 410 Harris, L..4/16/11
- 17 407 Garay, R..4/9/11
- 18 405 Coates, C..3/11
- 19 405 Oyerijes, M..3/11
- 20 402 Bradbury, V..4/1/11
- 21 400 Fry, J..3/5/11
- 22 400 Chapa, D..3/11
- 23 400 McIntire, M..3/11
- 24 400 Silva, J..3/11
- 25 396 DeShane, A..4/1/11
- 26 395 Williams, K..3/11
- 27 385 Soto, T..4/9/11
- 28 385 Lopez, R..5/21/11
- 29 380 Burleson, B..3/11
- 30 380 DeLaCruz, D..3/11
- 31 380 Senters, C..3/11
- 32 375 Mirowsitz, B..3/11
- 33 375 Franke, J.D..3/11
- 34 374 Sullivan, G..4/1/11
- 35 370 Salas, B..3/11
- 36 369 Clark, K..5/22/11
- 37 365 Lomas, J..3/11
- 38 365 Foley, S..3/11
- 39 365 West, T..3/11
- 40 365 Flores, A..3/11
- 41 365 Saenz, C..3/11
- 42 365 Peden, D..11/10/11
- 43 363 Rich, B..9/24/10
- 44 360 Taylor, P..2/26/11
- 45 360 Molina, J..3/11
- 46 360 Fox, M..7/9/11
- 47 355 Rodriguez, D..3/11
- 48 355 Smith, J..3/11
- 49 355 Yandell, S..3/11
- 50 350 Jones, S..2/26/11
- 51 350 Hardey, J..3/11
- 52 350 Guillen, J..3/11
- 53 350 Bedford, C..3/11
- 54 350 Newville, N..3/11
- 55 350 Morales, T..3/11
- 56 350 Mora, J..3/11
- 57 350 Peary, A..3/11
- 58 350 Saucedo, M..3/11
- 59 350 Nelson, S..3/11
- 60 350 Defore, C..3/11
- 61 347 Scorsone, M..3/12/11
- 62 347 Richey, S..7/1/11
- 63 347 Hedman, S..9/24/10
- 64 345 Skelton, H..3/11
- 65 345 Glueck, J..3/11
- 66 345 Saucedo, M..3/11
- 67 345 Hurst, R..3/11
- 68 341 Badeaux, K..4/1/11
- 69 340 DeLaFuente, A..3/11
- 70 340 Mendoza, A..3/11
- 71 340 Suell, M..3/11
- 72 340 Walker, B..3/11
- 73 340 Walker, E..3/11
- 74 340 Russell, C..3/11
- 75 340 Pomerantz, A..3/11
- 76 340 Ihlenfeldt, W..3/11
- 77 340 Gonzalez, D..3/11
- 78 340 Turner, J..3/11
- 79 340 Rodriguez, D..3/11
- 80 336 Taylor, D..2/12/11
- 81 335 Brooks, E..3/11
- 82 335 Duarte, A..3/11
- 83 335 Bissant, D..3/11
- 84 335 Grew, L..3/11
- 85 335 Hernandez, Z..3/11
- 86 335 Broom, A..4/16/11
- 87 330 Bennett, D..11/16/10
- 88 330 DeLaCerde, R..3/11
- 89 330 Moreno, D..3/11
- 90 330 Lira, S..3/11
- 91 330 Rose, B..3/11
- 92 330 Gonzales, D..3/11
- 93 330 Levers, J..4/1/11
- 94 325 Leos, M..3/11
- 95 325 Brown, D..3/11
- 96 325 Decker, W..3/11
- 97 325 Zaragoza, J..3/11
- 98 325 Alvarado, I..3/11
- 99 325 Lot, C..3/11
- 100 325 Hinojosa, R.J..3/11

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- 363 Garcia, W..9/24/10
- 330 Price, J..6/17/11
- 323 Torres, E..8/29/10
- 297 Whipple, T..8/31/10
- 297 Asp, M..9/24/10
- 281 Hutson, N..8/31/10
- 280 Solis, A..3/11
- 270 Truong, L..8/14/10
- 270 Kupperstein, E..9/27/10
- 270 Adelman, T..10/16/10
- 270 Hernandez..11/18/10
- 270 Garay, R..4/9/11
- 270 Fox, M..7/9/11
- 264 Tran, C..11/8/10
- 260 Hardey, J..3/11
- 259 Bradbury, V..4/1/11
- 259 Sullivan, G..4/1/11
- 254 Sanchez, J..8/28/10
- 250 Borjas, R..3/11
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- 248 Gonzales, J..8/29/10
- 248 Scorsone, M..3/12/11
- 248 DeShane, A..4/1/11
- 248 Puente, O..4/9/11
- 243 Warren..11/18/10
- 242 Hernandez, H..8/21/10
- 242 Galeck, S..8/21/10
- 242 Hedman, S..7/1/11
- 240 Fain, Z..3/11
- 240 Dawn, D..3/11
- 236 Lee, B..12/11/10
- 236 Voeun, V..5/7/11
- 236 Richey, S..7/1/11
- 235 Burleson, B..3/11
- 235 Guillen, J..3/11
- 235 Bedford, C..3/11
- 235 Huebner, M..6/4/11
- 230 Chapa, D..3/11
- 230 Coates, C..3/11
- 230 Rangel, J..3/11
- 230 Olmos, A..3/11
- 225 Soukup, S..11/6/10
- 225 Rich, B..3/12/11
- 225 Peang, P..3/26/11
- 225 Bravo, C..3/11
- 225 Lopez, R..5/21/11
- 221 Watts, C..3/12/11
- 220 Brooks, A..3/11
- 220 Latapie, M..3/11
- 220 Woolridge, A..3/11
- 215 Lamb, B..8/28/10
- 215 Brown, D..3/11
- 215 Lomas, J..3/11
- 215 Leos, M..3/11
- 215 Boyd, J..3/11
- 214 Siddons, B..8/31/10
- 214 Clark, K..5/22/11
- 210 Alvarez, E..3/11
- 210 DeLaFuente, A..3/11
- 210 Broom, A..4/16/11
- 210 DeLaCerde, R..3/11
- 210 Mendoza, M..3/11
- 210 Jones, B..3/11
- 210 Simpson, J..3/11
- 209 Hadden, J..8/31/10
- 209 Claypatch, H..11/6/10
- 209 Wilkins, W..12/4/10
- 209 Callahan, S..1/27/11
- 205 Williams, K..3/11
- 305 Skelton, H..3/11
- 205 Oyerijes, M..3/11
- 205 Rodriguez, D..3/11
- 205 Foley, S..3/11
- 205 Newville, N..3/11
- 205 Morales, T..3/11
- 205 Franke, J.D..3/11
- 205 Senegal, G..3/11
- 205 Mascorro, T..3/11
- 203 Burkeen, M..10/2/10
- 203 D'Oro, F..1/29/11
- 203 Ruff, D..3/12/11
- 203 Levers, J..4/1/11
- 203 Spencer, K..4/1/11
- 203 Molina, J..4/9/11
- 200 Bongiorno, F..8/7/10
- 200 Dabrowski, J..12/11/10
- 200 Casarez, M..3/11
- 200 McIntire, M..3/11
- 200 West, T..3/11
- 200 Flores, A..3/11
- 200 Peary, A..3/11
- 200 Maldonado, V..3/11
- 200 Tindall, K..3/11
- 200 Grimes, A..3/11
- 200 Charles, J..3/11
- 200 Jimenez, W..3/11
- 200 Salsgiver, S..5/28/11
- 198 Shivaie, H..11/18/10
- 198 Miller, H..12/10/10
- 198 Green, E..3/4/11

DEADLIFT

- 551 Kupperstein, E..4/28/11
- 501 Tran, C..11/8/10
- 462 Torres, A..8/29/10
- 455 Borjas, R..3/11
- 450 Fain, Z..3/11
- 440 Dawn, D..3/11
- 440 Etheridge, B..4/2/11
- 430 Chapa, D..3/11
- 429 Garay, R..4/9/11
- 425 Solis, A..3/11
- 425 Bravo, C..3/11
- 425 Skelton, H..3/11
- 424 Bradbury, V..4/1/11
- 420 Casarez, M..3/11
- 420 Sommer, D..3/11
- 420 Harris, L..4/16/11
- 419 Gonzales, J..8/29/10
- 418 Soto, T..4/9/11
- 418 Adelman, T..4/30/11
- 415 Puente, O..3/11
- 415 Coates, C..3/11
- 410 Peden, D..11/10/10
- 410 Smith, J..3/11
- 410 Leos, M..3/11
- 405 Alvarez, E..3/11
- 405 Brown, D..3/11
- 405 Mirowsitz, B..3/11
- 405 Brown, D..3/11
- 405 Fox, M..7/9/11
- 402 DeLaCruz, D..4/9/11
- 400 Brooks, A..3/11
- 400 Hardey, J..3/11
- 400 DeLaFuente, A..3/11
- 400 Broom, A..4/16/11
- 396 DeShane, A..4/1/11
- 395 Rodriguez, D..3/11
- 395 Brooks, E..3/11
- 391 Lopez, R..5/21/11
- 390 Burleson, B..3/11
- 390 McIntire, M..3/11
- 390 Molina, J..3/11
- 386 Shivaie, H..11/18/10
- 385 D'Oro, F..1/29/11
- 385 Ruff, D..3/12/11
- 385 Williams, K..3/11
- 385 Salas, B..3/11
- 385 Phinizee, J..4/16/11
- 385 Clark, K..5/22/11
- 385 Richey, S..7/1/11
- 380 Newville, N..3/11
- 380 DeLaCerde, R..3/11
- 380 Suell, M..3/11
- 380 Senegal, G..3/11
- 380 Walker, E..3/11
- 380 Decker, W..3/11
- 375 Papa, N..11/20/10
- 375 Taylor, P..2/26/11
- 375 Guillen, J..3/11
- 375 Lomas, J..3/11
- 375 Mora, J..3/11
- 375 Maldonado, V..3/11
- 374 Sullivan, G..4/1/11
- 374 Garcia, E..4/2/11
- 374 Lamb, B..6/11/11
- 370 Bedford, C..3/11
- 370 Foley, S..3/11
- 370 Moreno, D..3/11
- 370 Rose, B..3/11
- 369 Lee, W..9/11/10
- 365 Roisinger, J..11/6/10
- 365 Oyerijes, M..3/11
- 365 Senters, C..3/11
- 365 Glueck, J..3/11
- 365 Johnson, J..3/11
- 365 Byrd, S..3/11
- 365 Le, T..4/16/11
- 363 Burkeen, M..10/2/10
- 363 Wilkins, W..12/4/10
- 363 Levers, J..4/1/11
- 363 Silva, J..3/11
- 360 Morales, T..3/11
- 360 Boyd, J..3/11
- 360 Rangel, J..3/11
- 360 Walker, B..3/11
- 360 Saenz, C..3/11
- 360 Tindall, K..3/11
- 360 Valladares, M..3/11
- 360 Juarez, J..3/11
- 360 Guerrero, K..3/11
- 360 Forest, R..4/16/11
- 360 Warren, J..4/16/11
- 355 Saucedo, M..3/11
- 355 Huynh, K..3/11
- 355 Fernandez, R..3/11
- 355 Pernell, C..5/7/11
- 352 Hedman, S..9/24/10
- 352 Rich, B..9/24/10
- 352 Snow, D..9/27/10
- 352 Scorsone, M..2/26/11
- 350 Dahl, S..2/5/11

TOTAL

- 1295 Kupperstein, E..4/28/11
- 1234 Tran, C..11/8/10
- 1217 Torres, E..8/29/10
- 1175 Borjas, R..3/11
- 1160 Solis, A..3/11
- 1130 Fain, Z..3/11
- 1107 Gonzales, J..8/29/10
- 1107 Garay, R..4/9/11
- 1090 Dawn, D..3/11
- 1090 Fox, M..7/9/11
- 1085 Bradbury, V..4/1/11
- 1075 Puente, O..3/11
- 1065 Bravo, C..3/11
- 1060 Chapa, D..3/11
- 1055 Alvarez, E..3/11
- 1050 Coates, C..3/11
- 1050 Casarez, M..3/11
- 1045 Brooks, A..3/11
- 1041 DeShane, A..4/1/11
- 1030 Brown, D..3/11
- 1020 Sommer, D..3/11
- 1010 Hardey, J..3/11
- 1008 Sullivan, G..4/1/11
- 1005 Burleson, B..3/11
- 1005 Harris, L..4/16/11
- 1003 Soto, T..4/9/11
- 1003 Lopez, R..5/21/11
- 1000 Fry, J..3/5/11
- 990 McIntire, M..3/11
- 985 Williams, K..3/11
- 975 Skelton, H..3/11
- 975 Oyerijes, M..3/11
- 970 Mirowsitz, B..3/11
- 970 Clark, K..5/22/11
- 970 Richey, S..7/1/11
- 965 Peden, D..11/10/10
- 960 Guillen, J..3/11
- 959 DeLaCruz, D..4/9/11
- 955 Lomas, J..3/11
- 955 Bedford, C..3/11
- 955 Rodriguez, D..3/11
- 950 DeLaFuente, A..3/11
- 950 Leos, M..3/11
- 947 Scorsone, M..3/12/11
- 947 Etheridge, B..4/2/11
- 945 Silva, J..3/11
- 945 Broom, A..4/16/11
- 940 Molina, J..3/11
- 940 Foley, S..3/11
- 935 Newville, N..3/11
- 925 Hedman, S..7/1/11
- 920 Smith, J..3/11
- 920 Salas, B..3/11
- 920 Senters, C..3/11
- 920 DeLaCerde, R..3/11
- 920 Brown, D..3/11
- 915 Morales, T..3/11
- 915 West, T..3/11
- 910 Franke, J.D..3/11
- 909 D'Oro, F..1/29/11
- 905 Mora, J..3/11
- 900 Taylor, P..2/26/11
- 898 Levers, J..4/1/11
- 895 Flores, A..3/11
- 895 Boyd, J..3/11
- 895 Rangel, J..3/11
- 890 Peary, A..3/11
- 890 Mendoza, M..3/11
- 885 Saucedo, M..3/11
- 885 Suell, M..3/11
- 885 Walker, B..3/11
- 881 Wilkins, W..4/1/11
- 880 Senegal, G..3/11
- 880 Glueck, J..3/11
- 875 Moreno, D..3/11
- 875 Saucedo, M..3/11
- 875 Saenz, C..3/11
- 870 Nelson, S..3/11
- 870 Brooks, E..3/11
- 870 Walker, E..3/11
- 870 Huebner, M..6/4/11
- 865 Decker, W..3/11
- 865 Defore, C..3/11
- 865 Maldonado, V..3/11
- 865 Le, T..4/16/11
- 865 Forest, R..4/16/11
- 860 Johnson, J..3/11
- 860 Russell, C..3/11
- 860 Tindall, K..3/11
- 860 Woolridge, A..3/11
- 855 Soukup, S..11/6/10
- 855 Papa, N..11/20/10
- 855 Pomerantz, A..3/11
- 855 Lira, S..3/11
- 855 Duarte, A..3/11
- 850 Rich, B..3/12/11
- 850 Grimes, A..3/11
- 850 Sanchez, C..3/11
- 845 Scott, T..3/11
- 845 Starks, J..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 132

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

WABDL NATIONAL BP/DL

JUL 9 2011 » Nashville, TN

| | | |
|---------------------------|-----------------------|--------|
| BENCH FEMALE | H. Timbs | 739* |
| <i>Single-Ply</i> | 308 lbs. | |
| <i>Master (68-74)</i> | <i>Class I</i> | |
| B. Lafferty | M. Bohm | 474* |
| 105 lbs. | <i>Open</i> | |
| <i>Master (80-84)</i> | 181 lbs. | |
| H. Herring | <i>Master (40-46)</i> | |
| 4th-711*# | B. Fisher | 5181*# |
| 123 lbs. | 259 lbs. | |
| <i>Open</i> | <i>Class I</i> | |
| L. Dugan | J. Dedmon | 617* |
| 165 lbs. | <i>Open</i> | |
| <i>Junior</i> | J. Dedmon | 6171*# |
| S. Holley | 275 lbs. | |
| 4th-176* | <i>Master (47-53)</i> | |
| 198 lbs. | B. Welch | 6451* |
| <i>Master (47-53)</i> | <i>Open</i> | |
| K. Campbell | B. Welch | — |
| <i>Master (68-74)</i> | DEADLIFT | |
| S. Pack | FEMALE | |
| 4th-2031*# | <i>Single-Ply</i> | |
| <i>Open</i> | 105 lbs. | |
| K. Campbell | <i>Master (68-74)</i> | |
| MALE | B. Lafferty | 2041* |
| <i>Single-Ply</i> | 123 lbs. | |
| 97 lbs. | <i>Master (80-84)</i> | |
| <i>Teen (12-13)</i> | H. Herring | 99 |
| H. Spradlin | 4th-1101*# | |
| 132 lbs. | 132 lbs. | |
| <i>Junior (20-25)</i> | <i>Open</i> | |
| E. Head | L. Dugan | 391* |
| 148 lbs. | 198 lbs. | |
| <i>Class I</i> | <i>Master (47-53)</i> | |
| Constantineau | <i>Open</i> | |
| 315* | K. Campbell | 4851* |
| <i>Master (54-60)</i> | <i>Open</i> | |
| Constantineau | K. Campbell | 485* |
| 181 lbs. | MALE | |
| <i>Master (75-79)</i> | <i>Single-Ply</i> | |
| D. Boyes | 97 lbs. | |
| 132 | <i>Teen (12-13)</i> | |
| <i>Teen (16-17)</i> | H. Spradlin | 200* |
| C. Ramsden | 148 lbs. | |
| 281 | <i>Class I</i> | |
| 4th-314* | Constantineau | 498* |
| <i>Teen (18-19)</i> | <i>Master (54-60)</i> | |
| T. Grimes | Constantineau | 498* |
| 314* | 165 lbs. | |
| 198 lbs. | <i>Master (68-74)</i> | |
| <i>Class I</i> | Montgomery | 485* |
| A. Gwin | 198 lbs. | |
| — | <i>Master (54-60)</i> | |
| <i>Law/Fire Submaster</i> | R. Hagedorn | 524* |
| A. Gwin | <i>Master (61-67)</i> | |
| 342* | R. Jones | 408* |
| <i>Master (61-67)</i> | 220 lbs. | |
| R. Jones | <i>Master (47-53)</i> | |
| 287 | E. Merrill | 526* |
| 220 lbs. | G. Wenzel | 441 |
| <i>Law/Fire Submaster</i> | 242 lbs. | |
| D. Zuchelli | <i>Class I</i> | |
| 463* | M. Maini | 502 |
| <i>Master (47-53)</i> | <i>Master (54-60)</i> | |
| G. Wenzel | E. Morgan | 6581* |
| 255* | M. Frizzell | 601* |
| <i>Master (54-60)</i> | <i>Master (75-79)</i> | |
| R. Spradlin | <i>Master (75-79)</i> | |
| 347* | R. Combest | 441 |
| 242 lbs. | <i>Open</i> | |
| <i>Master (40-46)</i> | R. Golgano | — |
| G. Gulseth | 259 lbs. | |
| 502* | <i>Junior (20-25)</i> | |
| <i>Master (54-60)</i> | J. Randolph | 623* |
| R. Golgano | <i>Master (54-60)</i> | |
| — | D. Davidson | 6721* |
| 259 lbs. | J. Criss | 606* |
| <i>Master (40-46)</i> | <i>Master (61-67)</i> | |
| J. Murphy | T. Morgan | 474* |
| 661* | 275 lbs. | |
| J. Criss | <i>Master (40-46)</i> | |
| 606* | C. Scott | 546* |
| <i>Open</i> | <i>Master (47-53)</i> | |
| J. Murphy | B. Driskill | 661 |
| 661* | <i>Open</i> | |
| 275 lbs. | | |
| <i>Master (40-46)</i> | | |
| H. Timbs | | |
| 7391*# | | |
| C. Minix | | |
| 502* | | |
| <i>Open</i> | | |

B. Russell — B. Driskill 661
! = World Records. * = State Records. # = National Records.

» courtesy Elma Thomas

WABDL NATIONAL COLLEGIATE

FEB 12 2011 » Houston, TX

| | | |
|---------------------|--|-----|
| BENCH FEMALE | I. Rojas | 407 |
| 114 lbs. | 181 lbs. | |
| P. Villegas | C. Mata | 518 |
| 55 | S. Rocha | 507 |
| 165 lbs. | J. Lozano | 502 |
| L. Okoro | L. Morales | 440 |
| 198+ lbs. | 198 lbs. | |
| S. Martinez | E. Ximenez | 573 |
| 281 | G. Ruiz | 501 |
| R. Richey | R. Ochoa | 490 |
| P. Ortiz | D. Lopez | 402 |
| MALE | 220 lbs. | |
| 114 lbs. | G. Kennon | 606 |
| J. Sanchez | J. Flores | 507 |
| 225 | G. Carter | 473 |
| 123 lbs. | R. Rodriguez | 468 |
| A. Cruz | T. Land | 369 |
| 176 | 242 lbs. | |
| R. Rodriguez | A. Rodriguez | 535 |
| 159 | J. Villa | 440 |
| 132 lbs. | Hall-Johnson | 424 |
| A. Moreno | J. Goodson | 380 |
| 243 | 259 lbs. | |
| 148 lbs. | B. Cedillo | 451 |
| L. Nen | SHW | |
| 226 | S. Sarr | 479 |
| 165 lbs. | PUSH PULL | |
| L. Nyquist | FEMALE | |
| 347 | 114 lbs. | |
| I. Rojas | A. Cruz | 490 |
| A. Osborne | R. Rodriguez | 407 |
| 275 | J. Goodson | 270 |
| 181 lbs. | A. Moreno | 684 |
| C. Mata | H. Dilber | 451 |
| 403 | B. Cedillo | 341 |
| S. Rocha | SHW | |
| 303 | S. Sarr | 264 |
| J. Lozano | DEADLIFT | |
| 292 | FEMALE | |
| 198 lbs. | 114 lbs. | |
| E. Ximenez | P. Villegas | 143 |
| 380 | S. Rocha | 810 |
| G. Ruiz | J. Lozano | 794 |
| 358 | 198 lbs. | |
| D. Lopez | E. Ximenez | 953 |
| R. Ochoa | G. Ruiz | 859 |
| 319 | R. Ochoa | 810 |
| 220 lbs. | D. Lopez | 749 |
| S. Martinez | 220 lbs. | |
| 684 | G. Kennon | 947 |
| P. Ortiz | G. Carter | 831 |
| 567 | T. Land | 672 |
| R. Richey | 242 lbs. | |
| 561 | A. Rodriguez | 921 |
| MALE | J. Villa | 842 |
| 114 lbs. | C. Hall-Johnson | 749 |
| J. Sanchez | J. Goodson | 650 |
| 585 | 259 lbs. | |
| 123 lbs. | L. Nen | 314 |
| A. Cruz | 165 lbs. | |
| 314 | A. Osborne | 451 |
| R. Rodriguez | L. Nyquist | 451 |
| 248 | The 2011 WABDL National Collegiate | |
| 132 lbs. | Bench Press and Deadlift Championships | |
| A. Moreno | | |
| 441 | | |
| D. Ventura | | |
| 264 | | |
| 148 lbs. | | |
| L. Nen | | |
| 314 | | |
| 165 lbs. | | |
| A. Osborne | | |
| 451 | | |
| L. Nyquist | | |
| 451 | | |

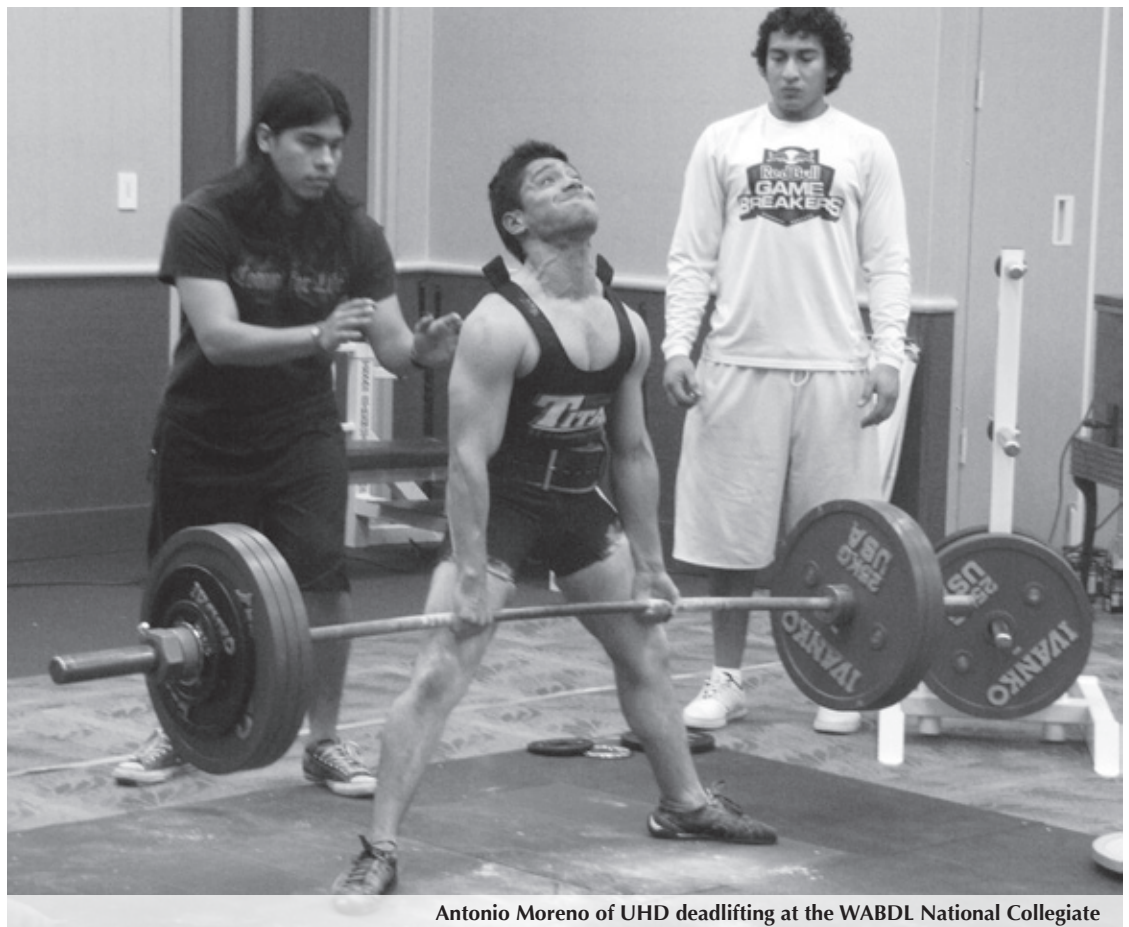
were held at the Special Events Center of the University of Houston-Downtown (UHD). UHD Powerlifting was the host team for the meet. As usual, we had some outstanding lifting and a competitive battle for the team championship. WABDL Collegiate meets are single-ply only, so all lifts and records reported here are single-ply. In Women's Bench Press, UHD's Petra Villegas, a Junior in Psychology, was the winner with 55. She missed two tries with 66. At 165, UHD's Linda Okoro, a Senior in Marketing and Fashion Merchandising, won with lifts of 176.2 and 192.7 for new Texas State and National Collegiate Records. She missed two attempts at 214.7. At 198+, there was a good battle for the National Championship, with UHD's Sasha Martinez, a freshman in Pre-Med, coming up with the win. Sasha went three-for-three with attempts of 225.7, 242.5, and 281 for Texas State and National Collegiate Records. She missed a fourth attempt with 292. In second was UHD's Rachael Richey, another Freshman, who went 198.2, 220.2, and 231.2. UHD's Priscilla Ortiz, a Freshman in Criminal Justice, had a rough day, missing her opener of 225.7 before coming back to get it on second attempt. She missed two subsequent attempts with 264.5. In Men's Bench Press, Freshman Jesus Sanchez of UHD was the winner at 114. He missed his opener with 225.7, then came back to get it on second before missing two attempts with a National Collegiate Record 255.7. Andres Cruz of Palo Alto College (PAC) won at 123. Andres, a Kinesiology major, opened with 165.2, missed 176.2 on second but came back to get it on third attempt. Placing second was UHD's Raymond Rodriguez, Freshman in Applied Mathematics, who went 137.7 and 159.7, before missing with 170.7. Antonio Moreno, a Senior in Biology at UHD and a native of Salamanca, Mexico, was the winner at 132. Antonio opened with 225.7 then was successful with 243.6. He missed two attempts with 264.5. UHD's Luizarthur Nen, a Senior in International Business hailing from Recife, Brazil, won the 148s, getting lifts of 198.2 and 226.8 before missing two attempts at 242.5. His 226.8 was a Brazilian National Junior Record. At 165, Logan Nyquist of the University of North Texas (UNT), a Junior in Communications, was the winner, going 325 and 347 before missing with 369.2. UHD's Ilian Rojas, Junior in Applied Mathematics, placed second with 330.5, and Aaron Osborn of Texas Southern (TSU), a Sophomore majoring in Pharmacy, came in third with 275.5, lifting raw. UHD's Carlos Mata took the 181s. Carlos, a Senior in Supply Chain Management, went three-for-three with lifts of 352.5, 374.7, and a Texas State Collegiate Record 403.3. He missed a fourth attempt with 407.7. Business major Steven Rocha of PAC was second with 303, and his teammate Jesus Lozano, who studies Kinesiology, was third with 292. At 198, Eric Ximenez of PAC was the winner. Eric, another PAC Kinesiology major, went three-for-three with 325, 363.7, and 380.2. He missed a fourth attempt at a Collegiate National Record 403.3. Placing second was UHD's Gerardo Ruiz, a Junior in Supply Chain Management, who only got his opener of 358, and in third was UHD's Dimas Lopez, a Freshman, with 347 to go three-for-three. Rigoberto Ochoa, an English and Biology major at the University of Texas Pan American

(UTPA), placed fourth with 319.5, lifting raw. UNT's Gene Carter, a Junior in Business, won the 220s in spite of having a rough day on the bench. Gene missed his opener of 330.5, got his second with 358, and missed his third attempt with 374.7. Placing second was UHD's Waldo Villarreal, a Junior in Criminal Justice. Waldo went 314 and 341.5 before switching shirts and missing 413.2. UNT's Greg Kennon, a Kinesiology major, came in third. Greg came back to tie Waldo Villarreal on his second attempt with 341.5 after missing his opener. He then missed a third attempt with 369.2. Waldo won the tie-breaker as he was the lighter lifter. In fourth was TSU's Thomas Land, a Freshman in Pre-Pharmacy, with 303. UHD Freshman Jaime Villa won the 242s, making his opener of 363.7 before getting 402.2 on second attempt. He missed his third attempt with 413.2, as well as a fourth attempt for a Texas State Collegiate Record with 425.3. PAC's Anthony Rodriguez, a Kinesiology major was second, only making his opener of 385.7. In third was TSU's Cordero Hall-Johnson who capped a three-for-three raw day with 325. Cordero is a Sophomore in Pharmacy. His teammate Justin Goodson came in fourth with 270. At 259, the champion was Halit Dilber, a Sophomore in Mechanical Engineering at the University of Houston, not to be confused with the University of Houston-Downtown. Both schools are part of the University of Houston System, but are separate institutions. On this day, they were rivals as Halit represented the UH Cougars. Halit missed his opener of 451.7, came back and got it on second attempt, then missed two tries at a Teen 18-19 World Record of 508.1. Freshman Blake Cedillo, a UHD Gator, placed second with 341.5. At Superheavyweight, UHD's Serigne Sarr won with 264.5 while weighing in at 417. On to the deadlift, where UHD's Petra Villegas won at 114 with 143.2 in her first meet. At 165, Linda Okoro of UHD won with a Collegiate National and Junior World Record 469.3, then bumped the records up on fourth with 479.5. At 198+, UHD finished first, second, and third, with Sasha Martinez pulling 403.3 for a National Collegiate Record before missing two tries at a Teen 18-19 World Record 435.3. Priscilla Ortiz coming in second with 341.5, and Rachael Richey placing third with 330.5. For the men, UHD's Jesus Sanchez won at 114 with a 360.2 for a National Collegiate and Junior World Record. PAC's Andres Cruz won at 123 with 314, followed by Raymond Rodriguez of UHD in second with 248. Defending National Champion Antonio Moreno won the 132s with 441.8, a National Collegiate and a Mexican National Record. In second was UHD's Daniel Ventura, a Junior in Computer Information Systems, with 264.5. Luizarthur Nen of UHD won the 148's with 314. He missed two attempts at 402.2. At 165, TSU's Aaron Osborn was the winner by bodyweight over UNT's Logan Nyquist; both lifters finished with 451.7. UHD's Ilian Rojas placed third with 407.7, and missed two tries at 501.5. Carlos Mata of UHD won at 181 under great pressure. He missed two attempts with 518 before coming back to make the weight on third. PAC's Steven Rocha was second with 507, and teammate Jesus Lozano was third with 502.6. UHD's Luis Morales was fourth with 440.7 in his first meet. Luis is a Sophomore in Computer



The UHD Powerlifting Team at the WABDL National Collegiate (John Hudson photos)

Engineering and is an avid tennis player. At 198, PAC's Eric Ximenez was three for three 523.5, 563.1, and 573 to win first. Eric has been showing great progress over the past year. Gerardo Ruiz of UHD was second with 501.5, Rigoberto Ochoa of UTPA was third with 490.5, and UHD's Dimas Lopez was fourth with 402.2. Greg Kennon of UNT was the champion at 220 with a Texas State Collegiate Record 606.2. He missed two very close tries with a Teen 18-19 World Record 651.3. PAC's Jason Flores, a Sophomore in Kinesiology, placed second with 507, followed by UNT's Gene Carter in third with 473.7. UHD's Stephen Trieu was fourth with 468.2. He missed a third attempt with 501.5. And in fifth was TSU's Thomas Land with 369.2. At 242, PAC's Anthony Rodriguez was the winner with a Texas State Collegiate Record 535.6. In third was UHD's Jaime Villa with 440.7, followed by TSU's Cordero Hall-Johnson in fourth with 424.2 and his teammate Justin Goodson in fifth with 380.2. UHD's Blake Cedillo won the 259s with 451.7, and UHD's Serigne Sarr won at Superheavyweight with 479.2. In the Push/Pull Total competition, UHD's Petra Villegas won the Women's 114's with 198.2. Linda Okoro, also of UHD, won at 165 with 662. At 198+, it was UHD's Sasha Martinez in first with 684.3, UHD's Priscilla Ortiz in second with 567.2, and UHD's Rachael Richey very close behind



Antonio Moreno of UHD deadlifting at the WABDL National Collegiate

RESULTS »

in third with 561.2. For the Men, UHD's Jesus Sanchez won at 114 with 585.9. At 123, it was PAC's Andres Cruz in first with 490.2, followed by UHD's Raymond Rodriguez in second with 407.7. Antonio Moreno of UHD won at 132 with 684.8, and Luizarthur Nen of UHD won at 148 with 540. In the 165s, UNT's Logan Nyquist was first with 798.7, followed by UHD's Ilian Rojas with 738.2 and Aaron Osborne of TSU with 727.2. At 181, Carlos Mata of UHD took first with 921. In second was PAC's Steven Rocha with 810, followed by teammate Jesus Lozano with 794.6. The 198s were won by Eric Ximenez of PAC with 953.2, followed by UHD's Gerardo Ruiz with 859.5, UTPA's Rigoberto Ochoa with 810, and UHD's Dimas Lopez with 749.2. PAC's Anthony Rodriguez won at 242 with 921.3, followed by UHD's Jaime Villa with 842.9, and TSU teammates Cordero Hall-Johnson and Justin Goodson with 749.2 and 650.2 respectively. Blake Cedillo of UHD won at 259 with 793.2, and Sergine Sarr of UHD won at Superheavyweight with 744. Best Lifters were as follows: Women's Bench Press Sasha Martinez of UHD; Women's Deadlift Linda Okoro of UHD; Women's Push/Pull Total Linda Okoro of UHD; Men's Lightweight Bench Press Carlos Mata of UHD; Men's Heavyweight Bench Press Halit Dilber of UH; Men's Overall Bench Press Carlos Mata of UHD; Men's Lightweight Deadlift Antonio Moreno of UHD; Men's Heavyweight Deadlift Eric Ximenez of PAC; Men's Overall Deadlift Antonio Moreno of UHD; Men's Lightweight Push/Pull Total Carlos Mata of UHD; Men's Heavyweight Push/Pull Total Eric Ximenez of PAC; Men's Overall Push/Pull Total Eric Ximenez of PAC. The Men's Overall Push/Pull Total race was extremely close, with Eric Ximenez edging out Carlos Mata by a formula score of 626.9196 to 625.7274. In the team competition, UHD Powerlifting of the University of Houston-Downtown, coached by Dr. John Hudson, won its fourth consecutive WABDL National Collegiate Team Championship with a score of 236. Palo Alto College was second with 188, the University of North Texas was third with 100, Texas Southern University was fourth with 94, the University of Texas Pan American was fifth with 22, and the University of Houston was sixth with 20. The WABDL Matt Cole Collegiate Spirit Award is a special feature of the annual WABDL National Collegiate meet. The award is named in honor of the late Matt Cole, a fine young powerlifter from Maryville, Illinois and a former member of the Southern Illinois University Edwardsville team. Matt lost his life in a head-on collision with an impaired driver in December of 2008. Matt had infectious enthusiasm for strength sports, especially powerlifting, and his loss has been felt deeply by the Illinois Missouri lifting community. This award is just one small way in which we are remembering his enthusiasm, his humor, and his friendship. The winner of the 2011 WABDL Matt Cole Memorial Collegiate Spirit Award was Linda Okoro of the University of Houston-Downtown. The meet was run by Dr. John Hudson with the assistance of Richard Sebastiani, Rhonda Scherer, and Gladis Navarro of UHD Sports & Fitness. Judges were Jim Snodgrass of Dallas, Alex Calvo of Dallas, and Ken Anderson of Dallas. Ken

Anderson is best known as the Ken of Anderson Powerlifting, providing the best service and fitting advice for Titan gear anywhere. We appreciate Ken's support of our meet! The MC was David R. Smith, World Record Holder in the Bench Press and Bench America III lifter. The 2012 WABDL National Collegiate Bench Press and Deadlift Championships will be held in February on the campus of Palo Alto College in San Antonio, Texas. See you then!

» *courtesy John H. Hudson*

WNPFL CAN-AM NATIONALS

SEP 11 2011 » Rochester, NY

| BENCH | | M. Pullyblank 350* | |
|--------------------|-------|--------------------|-------------|
| Raw | | DEADLIFT | |
| 198 lbs. | | MALE | |
| (70-75) Single-Ply | | Raw | |
| C. Wuest | 230!* | 123 lbs. | |
| 220 lbs. | | (75-79) | |
| (45-49) Unlimited | | W. Murphy 225!* | |
| R. Pearo | 360 | SQUAT | |
| (45-49) Single-Ply | | Single-Ply | |
| D. Sterling# | 435 | 220 lbs. | |
| FEMALE | | (35-39) | |
| Raw | | K. Dean 585!* | |
| 123 lbs. | | FEMALE | |
| (75-79) | | Raw | |
| W. Murphy | 115! | 123 lbs. | |
| 148 lbs | | (75-79) | |
| (20-23) | | W. Murphy 225 | |
| Goodridge# | 160!* | POWERCURL | |
| MALE | | FEMALE | |
| Raw | | SHW | |
| 198 lbs. | | (45-49) | |
| (55-59) | | J. Stubbings 80!* | |
| D. Campbell | 285* | MALE | |
| 275 lbs. | | (13-16) | |
| (50-54) | | J. Newcomb 125!* | |
| J. Mitchell Jr. | 405 | BENCH for Reps | |
| FEMALE | | Lbs. Reps | |
| 123 lbs. | | | |
| (75-79) | | | |
| W. Murphy | 60 | 37!* | |
| MALE | | | |
| 242 lbs. | | | |
| (13-16) | | | |
| J. Newcomb | 225 | 9 | |
| Open | | | |
| D. Eddy | 265 | 29!* | |
| (40-44) | | | |
| D. Eddy | 265 | 29!* | |
| Ironman | | BP DL TOT | |
| 242 lbs. | | | |
| (13-16) | | | |
| J. Newcomb | 280* | 315 | 595 |
| Powerlifting | | SQ BP DL TOT | |
| 148 lbs. | | | |
| (45-49) | | | |
| B. Wadsworth | 170* | 105 | 255* 530* |
| 220 lbs. | | | |
| (40-45) Single-Ply | | | |
| D. Barker | 600 | 395 | 600! 1595! |
| SHW | | | |
| (40-44) Unlimited | | | |
| B. Hanson | 425 | 425 | 425 1275 |
| FEMALE | | | |
| Raw | | | |
| 123 lbs. | | | |
| (45-49) | | | |
| S. Peters | 85 | 70 | 205 360 |
| 132 lbs. | | | |
| (40-44) | | | |
| S. Gifford# | 185* | 115* | 250* 550* |
| 181 lbs. | | | |
| Lifetime | | | |
| K. Linder | 205!* | 135!* | 300!* 640!* |
| MALE | | | |

| Raw | | 132 lbs. | |
|--|-------|-----------------------------|-------------|
| (17-19) | | M. Eddy 215* 155* 315* 685* | |
| 165 lbs. | | (13-16) | |
| R. Prior# | 275* | 185* | 375* 835* |
| (50-54) | | | |
| J. Stallworth | 400* | 255 | 440 1095 |
| J. Collazo | 300!* | 190!* | 365!* 855!* |
| 181 lbs. | | | |
| (20-23) | | | |
| T. Dunsmoor | 450 | 300 | 440 1100 |
| 220 lbs. | | | |
| Single-Ply Lifetime | | | |
| S. Coppola# | 605* | 520* | 660* 1785* |
| 242 lbs. | | | |
| (50-54) | | | |
| T. Schradner# | 525!* | 355* | 535* 1415! |
| 275 lbs. | | | |
| (60-64) Raw | | | |
| D. Crans | 310* | 200* | 360* 870* |
| !=National.*=State Records.#=Best Lifters. | | | |
| » <i>courtesy WNPFL</i> | | | |

WABDL TOM FOLEY BP/DL

JUL 30 2011 » Nanuet, NY

| BENCH | | K. Reedy 309* | |
|------------------|-------|------------------|--|
| FEMALE | | Open | |
| 148 lbs. | | R. Golgano — | |
| Submaster | | 259 lbs. | |
| M. Degennaro 94* | | Master (54-60) | |
| 198 lbs. | | W. Foster — | |
| Master (47-53) | | 275 lbs. | |
| Open | | Junior (20-25) | |
| K. Campbell | 443!# | J. Irizarry 535 | |
| Open | | 4th-545* | |
| K. Campbell | 443!# | Junior (20-25) | |
| MALE | | C. Gillespie 502 | |
| 123 lbs. | | 4th-523* | |
| Teen (14-15) | | | |
| C. Nute | 143* | 308 lbs. | |
| 148 lbs. | | Master (40-46) | |
| Class I | | S. Wright 364* | |
| A. Greenberg | 237 | Master (47-53) | |
| Master (47-53) | | A. Petrino 705* | |
| C. Mangra | 231* | Master (47-53) | |
| 165 lbs. | | B. Gillespie — | |
| Open | | Master (47-53) | |
| T. Albano | 524!# | A. Gonzalez — | |
| 181 lbs. | | Open | |
| Class I | | A. Petrino 705* | |
| B. Krebs | 292 | Open | |
| 4th-299* | | B. Gillespie — | |
| Teen (16-17) | | DEADLIFT | |
| J. Hill | 254 | FEMALE | |
| 198 lbs. | | 132 lbs. | |
| Master (47-53) | | Master (61-67) | |
| B. Marchetti | 298 | Gambardello 254* | |
| Teen (18-19) | | | |
| A. Dar | 303* | Submaster | |
| 220 lbs. | | Degennaro 250* | |
| Junior (20-25) | | 198 lbs. | |
| P. Ramundo | 413* | Master (47-53) | |
| Junior (20-25) | | K. Campbell 480 | |
| A. O'Dell | 408* | MALE | |
| Junior (20-25) | | 114 lbs. | |
| N. Poli | 386 | Teen (12-13) | |
| Law/Fire (40-47) | | J. Karas 254 | |
| G. Kuzian | 430* | 4th-261* | |
| 242 lbs. | | 123 lbs. | |
| Class I | | Teen (14-15) | |
| S. Greenberg | 353* | C. Nute 270 | |
| Class I | | 132 lbs. | |
| T. Shortall | 347* | Teen (12-13) | |
| Class I | | B. Brown 314* | |
| K. Reedy | 309* | 148 lbs. | |
| Law/Fire (48-55) | | Class I | |
| M. Mosner | — | A. Greenberg 386 | |
| Master (40-46) | | 4th-402* | |
| K. Golgano | — | Junior (20-25) | |
| Open | | N. Rodriguez 463 | |

| Master (47-53) | | 4th-611* | |
|-------------------------------|------|---|--|
| C. Mangra 220 | | Junior (20-25) | |
| 165 lbs. | | N. Poli 601 | |
| Class I | | 4th-611* | |
| T. Guerzon | 540* | Junior (20-25) | |
| Class I | | P. Ramundo 551 | |
| F. Voce | 397* | Junior (20-25) | |
| Junior (20-25) | | S. Ramundo 551 | |
| J. Perretz | 529* | Law/Fire (40-47) | |
| Teen (18-19) | | G. Kuzian 518* | |
| F. Voce | 397* | 242 lbs. | |
| 181 lbs. | | Class I | |
| Class I | | R. Golgano 551* | |
| G. Watson | 518* | 259 lbs. | |
| Junior (20-25) | | Master (54-60) | |
| J. Napoli | — | J. St. Victor 628 | |
| Open | | 4th-639* | |
| T. Eiseman | 623 | Master (54-60) | |
| Teen (16-17) | | W. Foster 502 | |
| J. Hill | 353 | 275 lbs. | |
| 198 lbs. | | Junior (20-25) | |
| Class I | | C. Gillespie 650* | |
| K. Patten | 562 | Junior (20-25) | |
| Master (47-53) | | J. Irizarry 601* | |
| B. Marchetti | 502* | Junior (20-25) | |
| Open | | F. Riccardi 562 | |
| K. Patten | 562 | 4th-573* | |
| Teen (14-15) | | 308 lbs. | |
| N. Mazzara | 254 | Master (40-46) | |
| 4th-261* | | S. Wright 562* | |
| 220 lbs. | | Master (47-53) | |
| Class I | | A. Petrino 612* | |
| M. Tirado | 606 | Teen (16-17) | |
| 4th-611 | | A. Conover 502 | |
| Junior (20-25) | | 4th-545* | |
| M. Tirado | 606 | !=World Records.*=State Records.#=National Records. | |
| » <i>courtesy Elma Thomas</i> | | | |

BRUTE'S SPF HALLOWEEN HOWL

OCT 22 2011 » VA

| BENCH | | 242 lbs. | |
|----------------|-----|-------------------|--|
| FEMALE | | Master (60+) | |
| Raw | | D. Smith III 364 | |
| 114 lbs. | | Open | |
| Master (45-49) | | R. Acosta 375 | |
| A. Tronske | 99 | 275 lbs. | |
| 148 lbs. | | Master (40-44) | |
| Open | | S. Hoekstra 502 | |
| M. Rodgers | 132 | Master (40-44) | |
| 165 lbs. | | C. Privetera 353 | |
| Master (40-44) | | Open | |
| S. Denison | 110 | D. Douglas 507 | |
| 198 lbs. | | G. Calzada Jr 413 | |
| Master (40-44) | | J. Dentice 358 | |
| T. Marquez | 143 | 308 lbs. | |
| MALE | | Master (40-44) | |
| Raw | | E. Dela Torre 496 | |
| 165 lbs. | | Master (50-54) | |
| Junior (18-19) | | Q. Bremes 428 | |
| R. Stevens | 231 | Master (60-64) | |
| Master (40-44) | | Moormeister 375 | |
| F. Santos | 364 | Single-Ply | |
| Open | | 198 lbs. | |
| F. Santos | 364 | Master (40-44) | |
| A. Bellamy | 226 | J. Dorsten 430 | |
| 181 lbs. | | Open | |
| Master (65-69) | | A. Fregoso 287 | |
| L. Lichtle | 276 | 220 lbs. | |
| 198 lbs. | | Open | |
| Master (40-44) | | J. Deluca — | |
| B. Mendoza | 397 | 242 lbs. | |
| Open | | Master (50-54) | |
| B. Mendoza | 397 | J. Hunter 540 | |
| J. Santos | 391 | Open | |
| J. Reyna | 281 | R. Costa 573 | |
| 220 lbs. | | Submaster (35-39) | |
| Master (40-44) | | R. Costa 573 | |
| G. Strassberg | 265 | 275 lbs. | |
| Open | | Master (45-49) | |
| G. Strassberg | 265 | R. Garcia 419 | |

| | | | | | |
|-------------------|---------------------|------|------|--|--|
| Master (55-59) | D. Douglas | — | | | |
| A. Aerts 496 | Multi-Ply | | | | |
| Open | 242 lbs. | | | | |
| A. Aerts 496 | Open | | | | |
| R. Garcia 419 | J. Kolb | — | | | |
| BENCH | 181 lbs. | | | | |
| MALE | R. Dominguez 315 | | | | |
| Raw | Masters (60-64) | | | | |
| Open | 242 lbs. | | | | |
| F. Schuetz 410 | R. Barley 430 | | | | |
| 259 lbs. | Multi-Ply | | | | |
| C. Drummond 490 | Masters (45-49) | | | | |
| 259 lbs. | | | | | |
| SHW | R. Robinson 600 | | | | |
| J. Wilson 405 | S. Keene 525 | | | | |
| Masters (45-49) | | | | | |
| Push Pull | BP DL TOT | | | | |
| FEMALE | | | | | |
| Raw | | | | | |
| Masters (45-49) | | | | | |
| 198 lbs. | | | | | |
| A. Fore 205 | 225 | 430 | | | |
| MALE | | | | | |
| Raw | | | | | |
| Open | | | | | |
| 148 lbs. | | | | | |
| C. Law 215 | 465 | 680 | | | |
| 181 lbs. | | | | | |
| T. Razzano 220 | 455 | 675 | | | |
| 198 lbs. | | | | | |
| B. Emmons | — | — | — | | |
| 220 lbs. | | | | | |
| P. Griffin 405 | 700 | 1105 | | | |
| R. Andrew 310 | 525 | 835 | | | |
| 242 lbs. | | | | | |
| M. Hill 350 | 525 | 875 | | | |
| 275 lbs. | | | | | |
| B. Gray 275 | 455 | 730 | | | |
| Multi-Ply | | | | | |
| Open | | | | | |
| 242 lbs. | | | | | |
| M. Minuth 805 | 650 | 1455 | | | |
| 4th-BP | 835 | | | | |
| Full Power | SQ BP DL TOT | | | | |
| FEMALE | | | | | |
| Raw | | | | | |
| Open | | | | | |
| 148 lbs. | | | | | |
| A. Elias 245 | 125 | 235 | 605 | | |
| 165 lbs. | | | | | |
| J. Jackson 350 | 135 | 325 | 810 | | |
| L. Albright 255 | 190 | 325 | 770 | | |
| 181 lbs. | | | | | |
| C. Bennett 350 | 225 | 330 | 905 | | |
| Multi-Ply | | | | | |
| SHW | | | | | |
| D. Shealey 455 | 385 | 400 | 1255 | | |
| MALE | | | | | |
| Raw | | | | | |
| Open | | | | | |
| 123 lbs. | | | | | |
| C. Osborne 330 | 185 | 400 | 915 | | |
| 148 lbs. | | | | | |
| R. Love 370 | 225 | 425 | 1020 | | |
| C. Law | — | — | — | | |
| 165 lbs. | | | | | |
| P. Nguyen 505 | 300 | 620 | 1425 | | |
| A. Leigh 450 | 265 | 485 | 1200 | | |
| R. Smith 355 | 215 | 500 | 1070 | | |
| 198 lbs. | | | | | |
| N. Graves 450 | 290 | 550 | 1290 | | |
| K. Stephens 455 | 245 | 500 | 1200 | | |
| I. Varela 380 | 275 | 505 | 1160 | | |
| C. Walton 420 | 320 | 415 | 1155 | | |
| 220 lbs. | | | | | |
| L. Lester 525 | 315 | 605 | 1445 | | |
| N. Jackson 400 | 275 | 555 | 1230 | | |
| B. Woldanski 445 | 240 | 500 | 1185 | | |
| M. MacArthur 440 | 225 | 455 | 1120 | | |
| K. Dickhutt | — | — | — | | |
| P. Griffin | — | — | — | | |
| 242 lbs. | | | | | |
| D. Hall 620 | 410 | 700 | 1730 | | |
| D. Howe 650 | 405 | 615 | 1670 | | |
| P. Evans 410 | 275 | 480 | 1165 | | |



Drew Hall took first place in the 242 lb. class with a huge 700 lb. deadlift (Stella Krupinski photo)

| | | | | | |
|------------------|-----|-----|------|---|--|
| J. Walton | — | — | — | — | |
| 275 lbs. | | | | | |
| N. Arbia 535 | 415 | 570 | 1520 | | |
| B. Pinkney 280 | 235 | 400 | 915 | | |
| Masters (40-44) | | | | | |
| 242 lbs. | | | | | |
| P. Cropp 400 | 450 | 570 | 1420 | | |
| 275 lbs. | | | | | |
| T. Hadden 510 | 355 | 535 | 1400 | | |
| SHW | | | | | |
| T. Dillard 725 | 505 | 750 | 1980 | | |
| A. Mehl 440 | 365 | 460 | 1280 | | |
| Masters (45-49) | | | | | |
| 220 lbs. | | | | | |
| R. Salvatore | — | — | — | | |
| SHW | | | | | |
| T. Langdon 550 | 380 | 560 | 1490 | | |
| Masters (50-54) | | | | | |
| 198 lbs. | | | | | |
| C. Walton 420 | 320 | 415 | 1155 | | |
| 4th-BP | 340 | | | | |
| SHW | | | | | |
| T. Dillard 725 | 505 | 750 | 1980 | | |
| Masters (55-59) | | | | | |
| 220 lbs. | | | | | |
| R. Wanamaker 360 | 255 | 400 | 1015 | | |
| 4th-SQ | 370 | | | | |
| Masters (60-64) | | | | | |
| 259 lbs. | | | | | |
| E. Stine 425 | 320 | 460 | 1205 | | |
| Single-Ply | | | | | |
| 242 lbs. | | | | | |
| C. Fisher 460 | 350 | 500 | 1330 | | |
| Multi-Ply | | | | | |
| 165 lbs. | | | | | |
| D. Smith 425 | 325 | 435 | 1185 | | |
| 308 lbs. | | | | | |
| R. Woodward 805 | 510 | 655 | 1970 | | |

Junior
165 lbs.
 Z. Knight 402 305 460 1170
 D. Whitfield 315 225 405 945
181 lbs.
 D. Weeks 335 275 445 1055
198 lbs.
 M. Gray 445 245 525 1215
 C. Dover 315 215 555 1125
 T. Hellman 380 200 385 965
 Brute Strength Gym's Halloween Howl's SPF Powerlifting Meet was a Ghoulish, Gut-wrenching, good time. With 62 lifters, a packed house full of loud spectators, and our spectacular MC Yuri Azoy it was high Energy all day. Of course the outstanding Athletes kept everyone on the edge of their seats. It was nice to see several Juniors and Masters competing throughout the weight classes. Caleb Osborne in the Men's Open 123 class was entertaining with his energetic approach to all his lifts; He totaled 915 for the day. It was Jaime Jackson's first powerlifting meet and she walked away with first place in the 165 women's division as well as Overall Raw Female lifter. Dana Shealey is an inspiration to all that has the pleasure of meeting her and watching her lift. Dana competes in Full Powerlifting with a prosthetic leg. She is proof that if you really want something you will not let anything stop you. I believe she made all the lifters try a little harder that day. Paul Nguyen is always an impressive lifter in the 165 raw class, he had a big squat, with 505 lbs. and a 620 lb. deadlift. The 220 Raw class was big, with a new powerlifter Lewis

Lester taking first place with a 1445 total. Drew Hall in the 242 class pulled a big 700 lb. deadlift and took first place. The most improved athlete would be 62 year old Ed Stine. He just keeps getting better each time we see him compete. Thomas Dillard in the SHW Raw division was just 20 lbs. shy of a 2000 lb. total. I am sure he will get it next time. Rodney Woodward in the Multiply 308 class thrilled the audience with an impressive 805 squat. And the most exciting lifter of the day was Matthew Minuth in the multiply 242 class. Weighing in at 232 he benched a Record 835 lbs. I want to thank our incredible Brute Family Members for the tremendous job spotting loading, and score keeping. With that many lifters they were on point. The judges kept everything fair across the board. Of course I want to thank our sponsors who helped make this an amazing event, Eagle Security Solutions, Applied Health Chiropractic, Eclipse Tinting, and Garner Auto Sales (who raffled off a 42" Flat screen TV), which one of our lucky spectators took home with them that night. Please log onto to our website for more information about our sponsors and also for more exciting meets to come. Our next Powerlifting Meet will be at the Hampton, VA, Sports Expo. February 19TH. It will be a bench and push pull meet. This is an even bigger venue with more excitement. If you have ever wanted to lift in a big event with more spectators this is the one for you. www.brutestrengthgym.net. Lift heavy and stay strong.
 » courtesy Stella Krupinski

POWERLIFTING COACHES »



Don Crain (left) with his IPF World Champion daughter Gayla Crain with USA Team Coach Nate Foster at the 1981 World Women's meet in Hawaii

days one can devote to training, the amount of available time for each training session, the equipment at one's disposal, and the personal characteristics as well as needs of the lifter (age, experience, physical constraints, strengths, weaknesses, etc.) The off-season is the time to experiment with new modalities. When preparing for a meet, I stick with what works best—high volume in the competition lifts with a small amount of specific assistance exercises sprinkled in. Lifters who perform too much assistance get good at fancy exercises only to fall short of their goals on the platform. It's no wonder. Any powerlifting coach worth their salt will guide their lifters toward technical mastery in the competition lifts and away from bells, whistles and gimmickry. After all, if you want to squat more, squat more.

RICKEY DALE CRAIN: My father, Donald Neil Crain, was always my coach in 40 years of competing—he taught me the game, my routines I was using, even the ones I developed. In meets, we usually agreed 99% of the time on all my warm-ups and attempts. He also taught me strategies of the game, which most of the younger generation has no clue about. Also, in most cases, bombing out was an embarrassment to all lifters and was something to be avoided, not proud of. You will always perform and train better with a coach, no matter what the sport, but especially in the power game.

AL CASLOW: I do not have a coach, but have used many people as resources for information, examples and revisions. Over time, I have used many different training templates and developed a unique format with the pieces from each that worked and would marry together with each other. Now I hardly tweak much. It all depends on the time and gap between competitions.

BOB BENEDIX: I do not have a coach, but I train with enough qualified people to tell me if my lifts are not performed properly—depth on squat, locked out deadlift or butt up on bench. I like to video my heavy lifts to see for myself! I start my contest prep eight weeks out, and add certain exercises to any weak point I may have! Honesty is the most important part of picking max's for a meet, opening with a max at a meet and bombing is never a good idea.

MIKE TUCHSCHERER: I think all successful lifters have someone they go to for advice. I know I do. Some guys get more control over my programming than others, but it's always good to have other intelligent people working on problems with you. I do a lot of coaching for other lifters out of www.ReactiveTraining-Systems.com, and I don't mind saying that I'm pretty good at programming training. When it comes to my own training, I primarily write it myself, but I always have other guys checking my work. Sometimes you're too close to the problem to see it clearly and an extra set of eyes can really help.

We just released a new DVD from a seminar we conducted this past spring. In it, I go into a lot of detail about how I write training for the

right for you. It will change your life.

In the first decade of my career, I had the chance to meet and talk to—and cover the seminars of—some of the giants of the game: Larry Pacifico, Roger Estep, Bill Kazmier, Tom Platz and Pro. Verkoskanski. And, of course, there were things they could teach me, or anyone, about technique and training. Anyone who couldn't learn from those guys isn't paying attention. And over the last few years I've been getting a good taste of Westside training by going over to the intensive atmosphere of Steve Jarausch's gym, where the motivated lifters are practitioners of Louie's art; most notably, the amazing Steve himself and the great Al Reed. Proving once again, there are always, truly, new things to learn.

BRIAN SCHWAB: I've never had a coach. I first became interested in powerlifting when I was attending the University of Florida in 1995. After having wrestled and competed on the weightlifting team in high school I was still training heavy like I always had. I met Mike Blizzard, who was already actively competing as a powerlifter and he got me interested. I competed in his next bench only meet and was hooked. A couple years later I moved back to Orlando where I trained and worked at the YMCA. I followed a basic bodybuilding template training just one muscle group a day while focusing on the powerlifts. Within three years I had climbed to the top of the 148s, but began to plateau, which is when I began researching other training methods. Ultimately, I developed a powerlifting routine. I have now owned Orlando Barbell for almost seven years and have helped to coach

numerous lifters who have become national champions. The lifters here create a unique positive environment where we motivate and have friendly competition with each other. I feel that this is as beneficial as having a coach. Although my experience shows that a coach isn't necessary to succeed, they definitely help in keeping an athlete focused, motivated and on a solid plan.

MATTHEW GARY: I serve as my wife's (Sioux-z) coach during training and at every competition. I program all of her training. From a technical standpoint, Sioux-z serves as my coach. She has a keen eye for breakdowns in form and understands my technique better than anyone else. During training, she gives me reminders in the form of performance cues. At competitions she is my handler. I program all of my own training and am currently responsible for coaching over 40 athletes and powerlifters—from novice to elite—across the country. I develop my own program and my pupils' programs based upon our specific needs and competitive calendar.

Typically I'll begin each year by selecting the competitions and listing some personal goals I'd like to achieve. The lifters under my tutelage provide me with the same information. Once the dates are on the calendar, I plan accordingly by simply counting back from the competition date giving myself adequate time to put in a proper base preparatory cycle(s) followed by a competitive (peaking) phase. The length of those cycles is determined by the kind of shape I'm in, whether I'm coming off a competition, or recovering from an injury, etc. The training cycle is developed according to the number of

guys who hire me. I use a similar process when writing my own training. I would elaborate on it, but seeing the DVD is several hours long—I probably wouldn't get very far. The general idea is that there is a process that I use that lets me make each training session lead to the contest. Having a robust process in place for writing my training as well as some other knowledgeable guys around to check my work makes sure that I have a good plan in place. Executing that good training plan is a big part of what has helped me and my athletes be so successful.

RYAN CELLI: I absolutely have a coach; two actually: my wife Dana and John Casciato. Without their coaching and help, I would have never accomplished the things I have in the sport. I rely on their watchful eye for technique flaws, for reinforcing my workout numbers and, of course, for choosing meet attempts. Dana is more of the conservative type, John is the aggressive one, and I try to make them both happy. In addition to Dana and John, I have my crew that I train with who also help coach me.

I write up my own training programs and numbers for competition training. We adjust things as we go based on how things feel and look. I believe even the best lifter need coaching. We all lose track of minor things, and often it takes the eyes of another to notice. Many times, weights feel much different to us than they actually look! It takes another set of eyes to let you know how it really looked. Video is not a substitution for a coach!

KEN WHEELER: I don't have a coach, but I train with a great group of young guys who are priceless when it comes to my own lifting. Taking direction from Lou Simmons and Westside Barbell about 18 years ago, I teach those training with me how to teach others, including me. That way, someone is always coaching the lifter on every lift. There is truth in the saying: "There is no such thing as a perfect lift." There is always something to work on—some weakness, form issue or gear that needs to be dialed in. Good training partners are the most invaluable coaches anyone can have in my opinion.

My "training program" follows the WSB template, plus I pay a lot of attention to other lifters and barbell clubs/gyms via the internet primarily. I have always thought it was a good idea to learn from lifters who are stronger than I am and since most of them are, I listen to everyone and anyone for ideas. Basically, I evaluate what works based upon my total at any give time and try to pay attention to my weaknesses during a training cycle—something I never used to do, nor even thought of "back in the day." A good coach would have, of course, changed all that, but I didn't know any better, so you do what you can until you learn a better way.

At 58, I focus a great deal more on recovery and GPP now than I used to, but other than that, my program isn't any different than the younger lifters who I train with. I have no mercy on those guys.

STEVE DENNISON: No coach, just training partners. My training program is developed off

past meet performances or training cycles. I also continue to use what has worked for me in my past training. My training program is a 4-week wave program where the set/reps change each week with a max effort once during that 4-week period and then it starts over. It's a mixture of periodization, Westside and my own input.

WADE JOHNSON: I had a coach early on and then moved on to a group and we made a plan based on needs with the priority always on form. I have borrowed from about everything out there. I have had a couple of mentors, but not a coach in over ten years.

MIKE MCDANIEL: The term "coach" applies to a variety of situations and, depending on the situation, may be someone different. My training program is developed depending on how recently I've competed, current base strength and conditioning, realistic goals at next meet, and timing for next meet. I've been doing this for so long that I don't need a coach to help develop my training program. We've documented our training details over a long time, and have the information entered into an Excel spreadsheet. As a starting point, we enter the date of the next meet and desired lifts, and the spreadsheet populates with workout frequency, weights and reps, suggested gear, band/chain use, etc. The content of the spreadsheet is then tweaked to allow for the initially mentioned items, like base strength, last competition, any nagging injuries, etc. I have multiple coaches in every training session, and that's probably the most important time to have a coach. When anyone's lifting, everyone else coaches in the form of ensuring the lifter's training at a pace consistent with expected meet pace, weights are loaded by other than the lifter, handouts/spots/etc. are the best they can be, lift execution is consistent with rule requirements, and form is optimum for best performance and lowest risk of injury. At meets we try to have at least one "coach" per lifter, but everyone helps everyone. Coaching at a meet is harder than lifting. The coach ensures whatever's required to make lifter weight category then recover is optimized, all lifter apparel is brought to the meet, the lifter's up on schedule and has breakfast on schedule, warm-ups and putting on gear are timed consistent with the lifter needs versus meet pace, weights are loaded properly on each warm-up and platform attempt, squat and/or bench rack heights are accurate, attempt selection meets the lifter goals for the particular day (win, records, PRs, etc.), lifter form is optimized, etc.

Where you train isn't nearly as important as who you train with. A good coach or training partner is priceless, but it's better to train alone then with a bad coach or bad training partner. I'm fortunate to have outstanding training partners/coaches. ☺

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

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HIP BELT PLATFORM »

legs, meaning your feet will not be in front of the weight harness or behind it, this will be apparent if your balance is correct on the descent. If you hit a sticking point, either the weight is too heavy or you have rounded your back and have not stayed upright. Either way, the Big Evil recommends putting your hands on your quads and pushing through the sticking point. This will help you overload these muscles and push through to new strength gains. This exercise is very helpful to powerlifters who have issues with putting weight on their back, such as having rotator cuff issues. This exercise focuses on the muscles used in the squat (glutes, hamstrings, hips, quads) without ever having to put a bar on your back.

Another important point of this exercise is that it seems like you don't have to use a super amount of weight to maximize the amount of results from doing them. A load between two hundred to three hundred pounds would be about enough for a seven hundred pound squatter. However, doing this exercise standing on two benches and using a half rigged belt harness to say the least is dangerous and you will probably spend more time concentrating on not getting hurt than on the movement itself. Well, not anymore. The Big Evil introduces to you the Performapeutics™ Hip Belt Platform, the king of all powerlifting belt squat machines!

THE PERFORMAPEUTICS™ HIP BELT PLATFORM BY OVERACHIEVE SPORTS AND

SPEED Unlike the majority of hip belt squat machines that use a pulley system with the weights loaded laterally from the lifting platform, this model centers the weight directly below the hips and there are no issues in terms of balance. This is very similar to the Ukrainian Deadlift. The patent pending device does this by using a novel loading pin on guide rod design. As a result, it is both a true free weight squat movement that combines the convenience and safety usually only found in machines. The set-up allows the lifter to sit back into their natural range of motion which really allows you to hit the hips, glutes, and hamstrings—the way a squat is meant to! A built-in adjustable box (which is also removable), allows the lifter to perform box squats without the balance and quad dominant issues that are common flaws when performing these with pulley versions of the hip belt squat. Additionally, as far as the Big Evil knows, this unique platform offers the only way to perform a freeweight version of hip belt box squats. The Performapeutics™ model is ideal for not only powerlifters, but all athletes, and not just those with low back or shoulder impingement issues! For busy high school gyms where space, experience and adult supervision are at a minimum, this is a real alternative to barbell squats. With its unique design, no spotter is needed. It allows you to load the weight, hook and go! The Big Evil really likes that the racking control is controlled by the lifter and not the side

spotter as with other belt squat machines. Also, with easy to remove rails, it is designed to serve as four separate 18-inch plyo boxes that can be used for step-ups, box jumps, Bulgarian squats, and many other exercises. Additionally, unlike the bulky pulley system versions of the machine, this model only takes up 16 square feet of precious gym space.

This machine was created and designed by former over-achieving NFL running back Brian Henesey. Brian's motivational journey to the NFL gained national media attention in the mid 1990s when he posed as a UPS delivery person in order to get a tryout with then Arizona Cardinal Head Coach Buddy Ryan. Despite being three years removed from his Bucknell University football career, where he was the school's all-time leading rusher, Brian beat all odds and not only got his tryout, but succeeded in making the team. Brian currently runs a sport's performance center outside of Philadelphia and is helping current athletes reach their short term goals and chase their long term dreams. The Big Evil has used this machine for several workouts and I can tell you that you will be totally impressed with the results in bigger squats and deadlifts. Check out Brian's website at: www.overachievesportsandspeed.com or give him a call at (267) 218-4042 to order or to find out more about this great piece of powerlifting equipment. Until next month, God bless and believe to achieve! «



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flavonoids)

- 2–3 tablespoon fresh, refrigerated flax oil (omega-3 rich oil)
- ½ to 1 lb. raw, washed greens: see notes in directions on which greens to use
- Optional: avocado or cabbage or 1–2 stalks celery or edible weeds
- 1–2 bananas to add a creamy texture and sweetness
- 1–2 cups frozen mixed berries (tastes wonderful and makes the smoothie purple rather than green)
- Any other fruit to taste: our favorites are pears and peaches, but also use apples, oranges, apricots, cantaloupe (with seeds—very high in antioxidants!), mango, pineapple, anything! **Directions:** Put 2 cups filtered water in the Blendtec Total Blender. Optionally add ½ to 1 teaspoon stevia (herbal sweetener) or ⅓ cup agave syrup (low glycemic index), then add ¼ whole lemon, including peel (high in flavonoids), and the flax oil (omega-3 rich oil). Gradually add greens until, briefly pureed, the mixture comes up to the 5-cup line (or less if you are “converting”). **Notes on greens to use:** spinach, chard, kale, collards are your mainstays; turnip, mustard, dandelion greens, arugula—use more sparingly, as they are spicy or bitter; lettuces and beet greens are also good—use freely. You can also try avocado or cabbage or 1–2 stalks celery.

For the adventurous, use edible weeds in non-sprayed fields: purslane has a mild flavor and vines along the ground everywhere; also use lambs quarter leaves, morning glory, and thistle more sparingly because they have a stronger taste. Puree greens mixture for 90 seconds until very smooth. Gradually add fruit until the container is completely full and blend 90 seconds or until well blended.

Tips: For beginners and those trying to convert children, consider using LESS greens and MORE fruit (especially berries and bananas) in the beginning, gradually working up to a 50/50 ratio as described here. Use just the mild flavors in this transition phase, like spinach, kale, collards, and chard. Add a bit more water if you feel the smoothie is too thick.

Robyn at greensmoothiegirl.com has provided this recipe to get kale, collards, spinach, and chard into your daily diet—easily and without chewing and loading up on salad dressing. She’s a mom of four kids who each drink a pint every day! Makes approx. 8 cups of 100% raw smoothie.

Hot-Pink Breakfast Smoothie

courtesy of greensmoothiegirl.com

- 1½ cups young Thai coconut juice (best raw,

or from a can, both can be found at Asian markets and health food stores)

- 1 large carrot, cleaned and cut in 3 pieces (or 5–6 baby carrots)
 - ½ a medium raw beet, peeled
 - ¼ cup cashews
 - ¼ cup chopped dates (inexpensive in bulk foods at a health food store)
 - 2 teaspoons vanilla
 - 12 frozen strawberries
 - Optional: 1–2 tablespoons hemp protein (available at health food stores or on Amazon)
 - Optional: 2 tablespoons kefir or yogurt
- Directions:** Puree all ingredients except strawberries and hemp protein in Blendtec for 90 seconds. Add strawberries and puree on high until smooth. Add hemp protein for the last 5 seconds.

Notes: I have been drinking this every morning for five years, just because I love it! Raw beets are an excellent blood purifier, coconut liquid is packed with minerals and electrolytes, and how many breakfasts do you know that taste great and contain raw carrots and beets? Makes one quart, a 450-calorie breakfast that has 4 servings of fruits and vegetables, 15 percent plant protein, probiotics from the yogurt, and high-nutrition, unrefined fats in the cashews.

Mango Paradise

- 1½ cup mango juice
- ⅓ cup strawberries
- ⅓ cup peaches, fresh or canned
- ⅓ cup vanilla yogurt
- ⅓ cup rainbow sherbet

Directions: Place ingredients in blender jar in the order listed. Secure lid and press Smoothie on the Total Blender touchpad or button #2 on older Blendtec blenders.

Blueberries ‘n Cream Smoothie

- 1 cup blueberry yogurt
- 1 cup blueberries, frozen
- ½ cup milk
- ⅓ cup ice

Directions: Place ingredients in blender jar in the order listed. Secure lid and press Smoothie on the Total Blender touchpad or button #2 on older Blendtec blenders.

Poly Breakfast Shake

courtesy of Richard E. Collins, MD

- 1 Promise Activ™ SuperShots™, flavor of choice
- 1 peach (pitted), 3 strawberries (stems removed), or ¼ cup fresh raspberries to match the flavor of the Supershot™
- 2 teaspoons Fiber-Sure®
- 1 6-ounce Horizon® Flavored Yogurt with Nutra-flora®
- 1 packet Coromega® fish oil, lemon-lime or orange flavor (optional)
- 1 scoop vanilla whey protein Whey To Go®
- 3 ice cubes

Directions: Combine all ingredients into a Blendtec® blender. Secure lid and press Smoothie on the Total Blender touchpad or button #2 on older Blendtec blenders. Serve immediately.



POWER NUTRITION »

Notes: Serves one. Serving size: 8-ounce glass. Nutritional analysis: Total calories 368, fat 6 g, carbohydrates 55 g, fiber 14g, protein 23 g. Note to reduce carbohydrates, a low fat reduced sugar yogurt could be substituted.

Could there ever be one pill that could reduce all risks of heart attacks and strokes? Scientists have been working on a poly-pill that could do the job. The formula includes cholesterol lowering compounds, anti-oxidant agents, fiber, calcium, protective fish oil and ingredients to support GI health and protein. There is just one simple problem; the pill is huge, too big to swallow. But this smoothie has all of these components.

This delicious breakfast drink uses the latest in food technologies to combine natural foods and supplements into one quick breakfast drink. It provides a cholesterol blocker that is found naturally in plants called phytosterols, fiber, fruit, calcium, omega-3 fats, whey protein and pre-biotics (compounds that help to further drop cholesterol and help the good bacteria in the digestive system). Yet, this smoothie is quick to make and tastes great.

Post Workout Smoothie

courtesy of Phuog Wood

- 2 cups of berries whatever available
- 1 cup of grapes
- Handful of kale or spinach leaves
- 1 scoop protein powder
- 2 cups ice

Directions: After placing ingredients in blender jar, secure lid and press Smoothie on the Total Blender touchpad or button #2 on older Blendtec blenders.

Peachy Coconut Smoothie

- ¼ cup cream of coconut
- 1 cup canned peaches, with juice
- ¼ cup milk
- 1 cup ice cubes

Directions: Place ingredients in blender jar in the order listed. Secure lid and press Smoothie on the Total Blender touchpad or button #2 on older Blendtec blenders.

Positively Pear Smoothie

courtesy of Dr. Susan Smith Jones

- ¾ cup soy or nut milk
- 2 ounces of raw cashews
- 1½ cups pears, peeled, cut into chunks and frozen
- 1 ripe banana, cut into chunks

Directions: Place ingredients in blender jar in the order listed above. Secure lid and press Smoothie on the Total Blender touchpad or button #1 on older Blendtec blenders. If necessary, press the Pulse "P" button until desired consistency is reached.

« WHOLE JUICES »

Cantaloupe, Pineapple, and Banana Cooler

- ½ cantaloupe
- ½ cup pineapple, with juice, chilled
- ½ medium banana
- ⅛ inch slice lemon, with peel
- ½ cup strawberry juice

- 1 tablespoon honey or other sweetener, to taste
- ¾ cup ice cubes

Directions: Place ingredients in blender jar in order listed above. Secure lid on top and push button #1.

Almond-Date Shake

courtesy of Dr. Susan Smith Jones

- 2½ cups almond milk
- 2 small or 1 large ripe frozen banana
- 5 to 6 medjool dates, pitted, and chopped
- 4 to 5 ice cubes

Directions: Place ingredients in blender jar in the order listed above. Secure lid and press button 2. If necessary, press the Pulse "P" button until desired consistency is reached.

Blueberry Lemonade

- ⅓ cup freshly squeezed Lemon Juice
- 2 cups Water
- 2 cups Blueberries
- ½ cup Sugar
- Garnish: Lemon slices

Directions: Blend together lemon juice, water, blueberries and sugar until smooth in a blender. Pour through a wire-mesh strainer into a pitcher; discard fruit solids. Serve over ice; garnish with lemon slice. Makes about 4½ cups.

Green Giant Vegetable Juice

- 3 to 4 cups washed green grapes, with or without seeds
- ½ cup fresh cucumber, with or without peel
- ½ cup fresh zucchini, with or without peel
- ½ cup frozen or fresh sweet peas
- 1 stalk celery, cut into approximately 3-inch pieces
- ½ to 1 cup of broccoli
- ¼ to ½ medium sized avocado, peeled
- Optionally, add 1 oz. wheat grass or sprouts of choice (1 oz. wheat grass juice will give you the approximate nutrient value of two pounds of green vegetables)
- Optionally, add ½ to 1 cup tofu
- Optionally, add chosen sweetener, to taste

Directions: Place ingredients in blender jar in order listed above. Secure lid and press button #1.

« BREADS »

Cranberry Nut Bread

courtesy of Elizabeth Brown

- 2¼ cups all-purpose flour
- 1 tablespoon baking soda
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground cloves
- ½ teaspoon salt
- 2½ cups fresh cranberries, divided
- ½ peeled orange
- 2 (1"x2") pieces of orange rind
- 2 eggs
- ⅔ cup sugar
- ¾ cup packed light brown sugar
- ½ cup sour cream
- 2 tablespoons olive oil
- 1 cup pecans

Directions: Preheat oven to 350° F. In the 3 quart blender jar, add the flour, baking soda, cinnamon, ground cloves, and salt. Press pulse 3–5 times for 2 seconds each. Pour dry ingre-

dients into mixing bowl. In the same 3 quart blender jar add 1½ cups cranberries, ½ orange and pieces of orange peel. Press pulse 3–5 times for 2 seconds. Then add eggs, sugar, brown sugar, sour cream and oil. Press pulse 5–10 times for 2 seconds each. Pour wet ingredients into mixing bowl. Stir the wet and dry ingredients just until blended. In the same 3 quart jar, add 1 cup of cranberries and pecans. Press pulse 3–5 times for 1–2 seconds until cranberries are chopped and chunky. Fold cranberries and nuts into batter. Pour batter into two greased 8"x4" loaf pans. Bake at 350°F for 50–55 minutes or until a toothpick inserted near the center comes out clean. Yield: 2 loaves. This bread is also great with an orange glaze.

Note: One key to making tender and finely crumbed quick breads is proper mixing. The amount of mixing that is optimum for muffins is just enough to blend the dry ingredients and wet ingredients but not enough to produce a smooth batter. Mixing the batter to produce a smooth batter may cause over development of gluten and may result in spongy quick bread with peaked tops and tunneling. Remember when you are ready to mix wet ingredients to the dry ingredients in the mixing bowl, create a well in the center of the dry ingredients using a spatula. The well creates a larger surface area for wet ingredients to combine with dry ingredients with a minimum of stirring.

Entire Wheat Biscuit

- ¼ cake of compressed yeast
- 1 cake of compressed yeast
- 1½ cups sifted entire wheat flour
- ½ cup lukewarm water
- ½ cup of scalded milk
- ¾ cup of white bread flour
- ½ teaspoon of salt
- ¼ cup of melted shortening
- ¼ cup of molasses

Directions: Soften the yeast in the water, add the liquid ingredients, then stir in the flour; cut through the dough again and again, to mix very thoroughly. The dough is too soft to knead. Cover and set aside, to become light, as usual. Melt a little shortening, dip the fingers into it, pull off bits of the dough (about two ounces or one-fourth a cup) and shape them, one by one, into rounds. If the fingers are kept well buttered, the dough will not stick to them in the least. Dispose the rounds close together in buttered baking pans. Let become very light, bake about fifty minutes. Glaze with starch or starch and sugar.

Quick Bran Bread

- 2 cups bran
- 3 cups whole wheat flour
- 1¼ cups bread flour
- ¼ cup Argo or Kingsford's cornstarch
- ¼ teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 egg
- 2 tablespoons Mazola
- ¾ cup Karo
- 2¼ cups milk

Directions: Combine the dry ingredients; add the Karo, milk and the egg, beaten. Pour into two medium-sized bread pans oiled with Mazola. Let stand twenty minutes and bake forty-five minutes in a moderate oven, 350 to 375 degrees F.

Notes: Bran Nut Bread Directions:

Add one cup chopped nut -meats with the flour in making Bran Bread. Bran Muffins Directions: Follow the directions for making Bran Bread, baking twenty-five minutes in deep muffin pans oiled with Mazola.

« ICE CREAM/FROZEN YOGURT/SORBET »

Popeye's Ice Cream

- ¾ cup half and half
- ¼ cup agave nectar
- ⅔ cup fat-free powdered milk,
- 2 cups spinach, lightly packed
- 1½ tablespoons vanilla extract
- 2½ cups ice cubes

Directions: Add ingredients to jar in order as listed and secure lid. Select "Ice Cream" and serve.

Chocolate Ice Cream

- ¾ cup nondairy creamer
- 6 tablespoons instant chocolate milk
- 2 tablespoons sugar
- ½ cup cream cheese
- 24 ice cubes made of milk

Directions: Place all ingredients except ice cubes in blender jar in order listed. Secure lid on top. Press button #2 (cycle 10). When cycle is finished, add ice cubes and press button #3 (cycle 15). *Note: add ice cubes 2 at a time until it reaches preferred consistency.*

Blueberry Ice Cream

- 1 cup nondairy creamer
- ½ cup cream cheese
- ⅔ cup sugar
- ¼ teaspoon vanilla
- 2 cups frozen blueberries
- 4-5 ice cubes made of milk

Directions: Place first 4 ingredients in blender jar. Secure lid on top. Press button #2 (cycle 10). Secure lid on top. Press button #1 again.

Snow Cones

courtesy of Elizabeth Brown

- 3 cups ice
- Frozen fruit juice concentrate or fresh fruit syrup

Directions: Add 3 cups of ice to Basic pitcher and secure lid (Or use 5 cups of ice for the WildSide pitcher). Press "Ice Crush." Scoop shaved ice into cones and drizzle favorite fresh fruit syrup or all-natural frozen fruit juice concentrate over the ice.

Soft Serve Treat

- ¾ cup lite nondairy creamer
- ¾ cup sugar or other sweetener, to taste
- 4 cups frozen lite nondairy creamer cubes
- 8 to 10 Oreos or other cookies

Directions: Place ingredients in blender jar in order listed above. Secure lid on top and push



button #1.

Astronaut Surprise

- 1 cup non-dairy French vanilla coffee creamer or any dairy of your choice
- 1 tablespoon instant vanilla pudding
- 2 tablespoons Tang
- 2½ cups of ice

Directions: Place ingredients in blender jar in order listed above. Secure lid on top and press button #1. When the cycle stops, hold the speed key "S" until your Ice Cream looks thick and smooth.

« SPREADS »

Peanut Butter

- 24 ounces roasted peanuts
- Directions:** Place peanuts in blender jar and

secure the lid on top. Press the Pulse (P) button intermittently for ½ second about 20-30 times. In between blending, you may need to stop blender and stir the butter with a spatula or spoon.

Strawberry Butter

- 2 cubes butter, softened
- ½ cup strawberry preserves
- 3 tablespoons vegetable oil

Directions: Place ingredients in blender jar in the order listed. Secure lid on top. Press the Pulse (P) button intermittently for ½-second about 20-30 times. In between blending, you may need to stop blender and stir the butter with a spatula or spoon.

Guacamole

- 1 large tomato, quartered

POWER NUTRITION »

- ½ medium onion, quartered
- 3 ripe avocados, peeled and pitted
- ½ teaspoon garlic powder
- 5 drops Tabasco sauce
- ¼ teaspoon Season-All salt
- ⅛ teaspoon lemon pepper
- 2 teaspoons lemon juice

Directions: Place ingredients in blender jar in the order listed. Secure lid on top. Press the Pulse (P) button intermittently 8–10 times or until blended to your desire. You may need to turn off blender and use a spatula to scrape sides of jar and blend more.

Spinach Spread

- 1 cup sour cream
- 1 cup mayonnaise
- 1 package vegetable soup mix
- 2 teaspoons onion powder
- 1 (10 ounce) package frozen chopped spinach, thawed, and well drained

Directions: Place ingredients in blender jar in the order listed. Secure lid on top. Press button #2 (Cycle 10). When cycle finishes, use a spatula to scrape sides of blender jar. Replace lid and press Pulse (P) button until blended to desired smoothness.

« SOUPS »

Chilled Cantaloupe-Lime Soup

- 2 ripe cantaloupe, cut into chunks
- 1 cup fresh orange juice (tangerine juice or a combination of both)
- ⅓ cup fresh lime juice
- 1 teaspoon grated fresh ginger root
- ½ organic lime, thinly sliced
- 4 to 6 fresh mint sprigs

Directions: Place melon, orange juice, lime juice, and ginger in blender jar. Secure lid and press button 1. Pour into serving bowls and chill in the bowl. Garnish each serving with a slice of lime and a sprig of mint.

Living Foods Tomato Vegetable Soup

- 1 cup liquid, hot (water, tea, broth, fresh veggie juice, etc.)
- 5 large or 6 medium tomatoes, cut in half
- 1 cup purple cabbage, cut in chunks
- ½ small onion, peeled
- ¼ cup fresh basil leaves (optional)
- 1 to 3 cloves garlic (optional)
- Mint and basil leaves for garnish

Directions: Place ingredients in blender jar in order listed above. Secure lid and press button 5. If necessary, press the Pulse “P” button until desired consistency is reached. Serve in heated bowls if you prefer it warm or hot. Garnish with sprigs of mint and/or basil.

Creamy Turnip Soup

courtesy of RICHARD E. COLLINS, MD

- 1½ cups Greek style fat-free yogurt, drained of water, yielding 1 cup (regular fat-free yogurt can be substituted)
- 4 cups No Chicken Broth®, vegetable broth, or fat free chicken broth
- 2 leeks, white part only, cleaned and chopped
- 1 peeled potato, cubed
- 3 fresh turnips, peeled and cubed

- 3 tablespoons Plant Sterol Margarine, Take Control®, or new Smart Balance Plus®

▪ 2 tablespoons chopped chives for garnish
Directions: Prepare the sour creme fraiche by draining 1½ to 2 cups of Greek style fat free yogurt. Wrap in a cheese cloth or place in a fine sieve over a bowl. Drain off excess water for 6 hours or overnight in the refrigerator. This should produce 1 cup of thick yogurt. In a medium stock pot, add the broth, potato and turnips. Bring to a boil and simmer for 20 to 30 minutes until the vegetables are tender. In a medium saute pan, add 1 tablespoon of the Plant Sterol Margarine. Sauté until leeks are tender. Using a slotted spoon, remove and cool the turnips. Save the broth. In small batches, add the turnips and potato to the blender. Add a portion of leeks, sour crème fraiche and remaining margarine. Blend until smooth. Add the reserved broth if soup base is too thick. Transfer to a medium sauce pan. Complete the processing with the remaining batches. Heat the soup and serve in bowls with the chive garnishes. Garnishes can change the flavor with chopped chives, slices of avocado, a hot chili salsa or cooked lump of crab meat. This soup could be used as a creamy base for any vegetable soup. It’s perfect for asparagus, broccoli or carrots. Just add the cooked vegetable to the blender. The secret is in the equipment. The Blendtec Home Blender is a perfect answer to creamy soups. No need to put this soup through a sieve; it is as smooth as a baby’s face. Serves 6. Serving size: 1 cup.

Peppermint Soup

- 1 large organic red bell pepper
- ½ large organic avocado
- Water from 1 young coconut
- 1 stalk organic celery
- 2 thin pieces fresh organic ginger root
- 15 fresh organic spearmint leaves
- 2 small pieces fresh hot pepper

Directions: Blend together in Blendtec blender using button #3. Garnish with mint leaves, finely chopped red bell pepper and avocado.

« MILKSHAKES »

Orange Cream Milk Shake

- ⅔ cup orange juice
- 1 cup vanilla ice cream or frozen yogurt

Directions: Place ingredients in blender jar in the order listed. Secure lid on top and press button #1 (cycle 3).

Chocolate Peanut Butter Shake

- 1 cup vanilla frozen yogurt or ice cream
- ¾ cup milk
- ¼ cup peanut butter
- ¼ cup chocolate syrup

Directions: Place ingredients in blender jar in the order listed. Secure lid on top. Press button #1 (cycle 3).

Dirt & Worms

- 1½ cups chocolate nonfat frozen
- Yogurt or ice cream
- ¼ cup low-fat milk
- ½ cup crushed Oreo cookies

Directions: Place ingredients in Blender jar in order listed above. Secure lid on top and press button #2.

Ice Mocha Fusion Shake

- ¾ cup milk
- 1 teaspoon vanilla
- 3 tablespoons sugar
- 3 tablespoons mocha flavored instant coffee mix
- 1 cup crushed Ice

Directions: In blender or food processor combine milk, vanilla, sugar, coffee powder and crushed ice. Blend until smooth.

Grandma’s Strawberry Milkshake

- 4 ounces strawberries, hulled
- 1 cup milk
- 1 tablespoon honey
- 6 cubes ice

Directions: In a blender, combine ice cubes, strawberries, milk and honey. Blend until smooth. Pour into glass and enjoy.

Cherry Supreme Smoothie/Shake

courtesy of Dr. Susan Smith Jones

- 1½ cup almond milk
- ½ cup apple juice
- 1 cup cherries, pitted (if out of season, you can use frozen cherries)
- ½ cup blueberries (fresh or frozen)
- 2 medium bananas
- ½ vanilla bean
- ½ cup raw cashews

Directions: Place ingredients in blender jar in the order listed above. Secure lid and press button 4. If necessary press the Pulse “P” button until desired consistency is reached.

Healthy Breakfast Shake

- ½ cup vanilla yogurt
- ½ cup peanut butter
- 3 tablespoons wheat germ
- 1 banana, peeled
- 1 cup milk
- 1 tablespoon sugar or honey
- ¼ cup peanuts
- 2 cups ice cubes

Directions: Place ingredients in blender jar in the order listed. Secure lid on top. Press button #2 (cycle 10).

« SAUCES/DIPS/DRESSINGS »

Cilantro Chili Sauce

courtesy of Elizabeth Brown

- 2 tablespoons water
- ½ cup sweet and spicy chili sauce
- 1 cup cilantro leaves

Directions: Add ingredients to the Basic or WildSide pitcher in the order listed above and push cilantro leaves down to bottom of pitcher. Secure lid and press “Pulse” 4–6 times or until desired texture is obtained.

South of the Border Hot Salsa

- 1 (4 ounce) can jalapeno peppers, drained
- 1 (4 ounce) can green chilies, include liquid
- 1½ Tablespoons vinegar

- 1 (3 ounce) can tomato paste
- ½ teaspoon dried parsley
- ½ teaspoon salt
- 2 cups stewed tomatoes

Directions: Place ingredients in blender jar in the order listed. Secure lid on top. Press the Pulse (P) button intermittently 8–10 times or until blended to your desire. You may need to turn off blender and use a spatula to scrape sides of jar, replace lid and blend more. Chill before serving.

Tropical Fruit Dip

- ½ cup milk
- ½ cup sour cream (may substitute nonfat/light)
- 1 small package instant pudding (banana or coconut is best)
- 1 tablespoon shredded coconut
- 1 tablespoon frozen orange juice concentrate
- 1 (8 ounce) can crushed pineapple, with juice

Directions: Place ingredients in blender jar in the order listed. Secure the lid on top. Press button #2 (cycle 10). If needed, use Pulse (P) button 5–10 seconds. Chill 30 minutes before serving.

Japanese Ginger Salad Dressing

courtesy of Sarah from Draper, UT

- ¼ of a medium sized onion
- ½ cup peanut oil/ vegetable oil can be substituted

- ⅓ cup rice vinegar
- 2 tablespoons water
- 2 teaspoons sugar
- ½ teaspoon minced garlic
- 2 tablespoons celery
- 2 tablespoons ketchup
- 4 teaspoons soy sauce
- 2 teaspoons lemon juice
- ½ teaspoon of salt
- 2 tablespoons minced fresh ginger root

Directions: Add all ingredients to blender jar. Press button #2 in the home profile and serve. Refrigerate after use.

Almond Chicken Stir-Fry Sauce

- ¼ cup soy sauce, regular or light
- 1½ cups water
- 2 tablespoons cornstarch
- 1 tablespoon cooking sherry
- 1 teaspoon sugar
- 1 teaspoon chicken flavor soup base or bouillon
- Red or white pepper, to taste

Directions: Place ingredients in blender jar in order listed above. Secure lid and press button #4.

CONCLUSION

Well I think I have outdone myself once again. The last thing I could do is tell you about how fantastic a machine the Blendtec line is without letting you see some of the amazing

recipes you can create with it. Above I included Blendtec recipes that they have used and tested. This combination of recipes will allow you to see what a wide variety of uses the Blendtec offers. Now just on a side note, many of the above smoothie and milkshake recipes can be altered by adding in a scoop or two of vanilla or chocolate whey protein. This will help make them more “powerlifter” certified to make sure you are getting in all the protein you need to your working muscles. All the many wonderful recipes you can create with the Blendtec are truly endless. Take it from me, I love my Blendtec. The only thing is that I wish I would have had one a decade ago! So until next month, train hard, eat clean, and let Blendtec make your kitchen skills that much better! ☺



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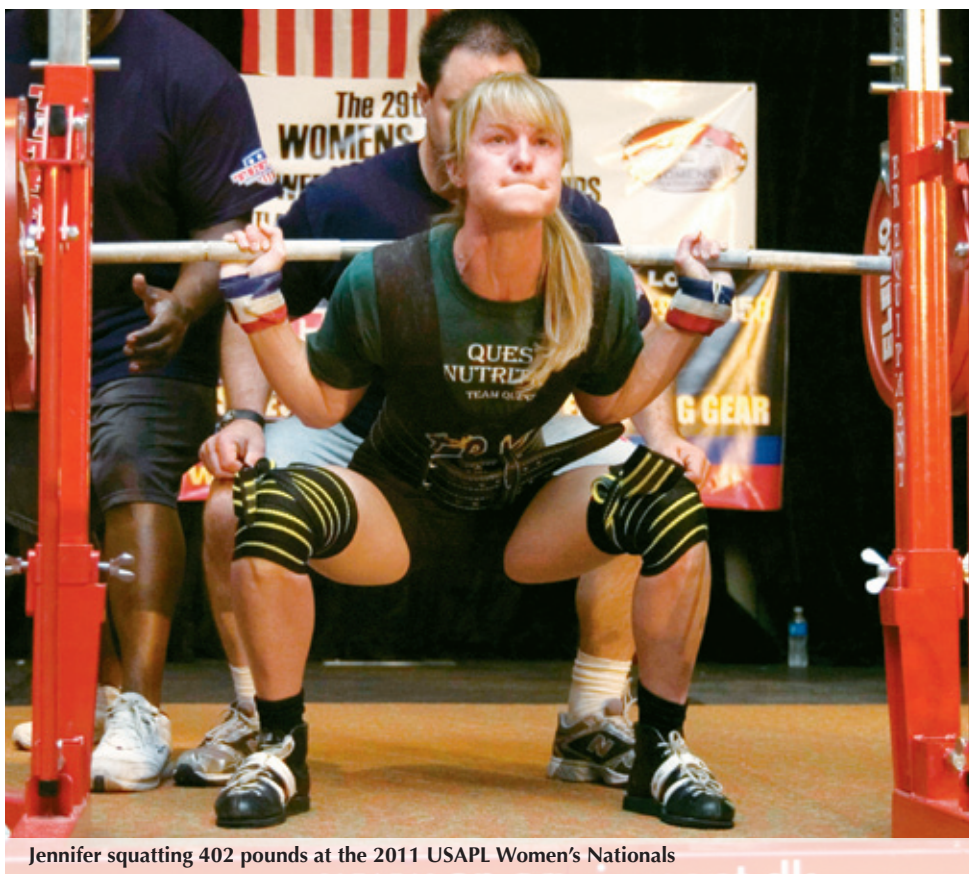
Jennifer with her husband, Donovan

go. It would take a personal best in every lift in order to get the record. She started the role early by hitting a 402-pound squat. She then followed that with another personal best 331-pound bench, and finished with her third personal best of the meet, a 419-pound deadlift. This ultimately didn't just break the existing total record, but added more than 30 pounds to it with a huge 1152-pound total. In addition, her 331-pound bench would have been the new IPF bench record except for a rule change that would not allow world records at national meets. In addition, her bench would have won the IPF Bench Worlds by 15 pounds, but unfortunately she could not attend because it was held less than a week later.

August brought USAPL Raw Nationals around again. This time the goal was the same, to break the longest standing all-time raw world record, held by Carrie Boudreau since 1997 in the AAU. The record was over 20 pounds higher than her personal best raw total, so an all out effort would be needed. The squat started well with a new American Record of 315 pounds. Now she would need her bench to really come through. It did—she hit a huge 293-pound bench to set a new all-time coefficient record of 2.22 times bodyweight. Now for an all out effort in the deadlift where she hit a huge 419 pounds. That was enough to not just secure the total record, but smash it by 17 pounds with 1,027 pounds. This total was also the highest coefficient total in raw history at 7.8 times bodyweight, edging out Jill Mills from 1998.

There was one last thing remaining though; she needed to get her IPF bench record back. In October, it was on to the NAPF Bench Championships to give it a go. It was a short turn-around from a three-lift meet, especially when training raw. It wasn't an issue, however. Back into her trustee Inzer Rage-X she went, hitting the 331-pound bench she had hit at Nationals, but this time it was an international meet and good for the IPF world bench record, it was hers again.

So is the best all-around powerlifter today a 130-pound mother of two boys who spends her days teaching algebra? She might not be very big or have a job in strength sports, but Jennifer's resume over the last 18 months puts her as perhaps the best all-around powerlifter in the sport today. In the past 18 months, she has won an IPF Bench Worlds and set the IPF world bench record equipped. In addition, she has set the all-time raw coefficient bench in history twice. Jen has also broken the oldest powerlifting total records on the books both raw and equipped, as well as becoming the best pound for pound raw female powerlifter in history. So it doesn't seem to matter: bench or three-lift, raw or equipped, all she does is win and break all-time records. ☘



Jennifer squatting 402 pounds at the 2011 USAPL Women's Nationals



Jennifer deadlifting 420 lb. raw!



Jen with her boys



Jennifer benching 331 pounds at the 2011 USAPL Women's Nationals



LARRY BAKER »

happy to help you. It's a fun ride.

Do you have a favorite out of the three lifts?

Squats...there's nothing like giving a big number a good ride.

What are your goals for your next meet?

My goal for my next meet is a raw 2,100 total (825, 825 and 450).

What are the challenges you face as an up and coming powerlifter?

I would have to say the biggest challenge would be to not become overwhelmed with the lifts other guys are doing. I am far beyond others at my age, but I want to lift bigger than guys who are almost twice my age and have been lifting for 10–20 years. I've only been doing it for real for less than a year, so I try and keep myself focused and go after my own goals.

Tell everyone here the difference between someone who wants to look "pretty" and someone who does what we do?

The difference between pretty boys and powerlifting is the same as night and day. It's as easy as that. Pretty boys go in to the gym and sweat into their headbands listening to Lady Gaga. Powerlifters go in to the gym and drip sweat on everything they come in contact with. Powerlifters listen to AC/DC. A pretty boy will go home when he starts to get a headache or his muscles start hurting. A powerlifter will push through that headache by doing another set of squats and use his muscle soreness as a gauge to know that he's just "started" his workout.

The difference is heart/goals/determination/mindset/physicality/rage/pain barriers/ and the nastiest mindset that says if he can't put up a new PR every time he steps into a gym, then why the hell was he there in the first place. Speaking for myself, if I don't have to limp to my car after a squat session, I might as well have just stayed at home. If I can't hardly open the gym door to leave after doing shoulders then I need to go back in. If bending over after wrecking my back with deadlifts isn't the most satisfying feeling in the world, aching everywhere on my body, then I need to be a pretty boy. Pretty boys don't belong in the same gym as a powerlifter...I could go on and on for days and weeks here...

What would you tell a powerlifter if they are trying to get to the next level in this sport? Do you believe that powerlifters have a lifestyle of their own?

I don't think there is anything you can tell a powerlifter that is trying to get to the next level that he doesn't already know. You have to have a certain mindset to be a powerlifter, anyway, and to have made it this far, there isn't anything stopping us but ourselves.

I do think powerlifters have their own lifestyle. It's a full time job trying to figure out if you will have enough food to repair yourself before tomorrow so you can tear yourself down again for another 2–4 hours in the gym. It's a full time job preparing your mind for the date you have with the iron. It's a full time job to meditate on

becoming great and not merely mediocre, as so many people are, and so many people want you to be. It's a full time job staying above the influence of others and what they say: "He's a freak. He's too big. He does stuff wrong. He's fat. Blah blah blah." You hear it all the time, but YOU have the numbers to prove it.

Dare to be something great. Dare to be something 90% of the world can't. Dare to set yourself far apart from other people. It will take all of your mind, all of your strength and all of your will to be the best that you can possibly be. Having said that, if you want to be the VERY BEST in whatever you want to accomplish in life, you HAVE to have a different lifestyle in order to achieve that.

How driven would people say you are about being a powerlifter? How does it affect you outside of the gym?

It's really hard to know what other people would say, but the people that really know me would say I have the determination to be the best, and if I keep working at it, nothing will stop me. It does affect me outside of the gym. Not so much in bad ways, but when you have something on your mind ALL the time, it affects the people around you to a certain extent.

How has powerlifting made you a stronger person away from the sport?

It has given me mental strength, better morals, self confidence and a way to think about life that wasn't possible until you learn how to change yourself in order to achieve happiness in life.

Do you have any training partners? How have they helped? Tell us about them and who they are.

I've never had a really good training partner. I lifted with my good friend Neil Allan when I went to school in Martin. He was a really strong guy and helped push me in the gym. I've always lifted alone for the most part because finding a really good training partner is a blessing. They help you in so many ways. They motivate and push you. You make gains faster, and the gym is a lot more enjoyable that way. I have a training partner that I will soon be lifting with, his name is Kyle Goff and he will really push me to the limit. I can't wait to start lifting with him.

What are your workouts like? How are they set up? What training methodology do you follow?

My workouts are to the death. I work to find my limit, then work a little past it. I do compound lifts first in order to get stronger, bigger, and faster. I like to focus on these first in order to put my best amount of strength and energy toward them. My methodology is a lot of weight and a lot of reps. There is only one way to build muscle, and that is to tear it. The fastest way to get big is to tear as much muscle as possible while in the gym without over training and then build it back up. Ronnie Coleman and a few other pros use this method and it works very well for me. When I'm doing strict strength training, I do my main 3 lifts first and then follow with some accessory work. When I do a strength workout right, I won't be able to do much more than my

main lifts, its a completely draining working at 80–90% max.

What do you think attributes to a big bench nowadays?

Well, I think big strong shoulders help a lot when it comes to benching, along with a well developed chest. You can't bench without strong triceps, so having the total package is a good thing to have.

What would you suggest to someone on how to get stronger on all three lifts?

I would say incorporate accessory compound lifts. Shoulder width barbell presses, rows, and close grip benches along with pressdowns are some good examples. Personally, I love shoulder presses and I think they are a big reason I have a strong bench. Another thing I would consider doing is a wide variety of squats. I do front squats, ATG squats on a smith machine, really close feet squats, walking squats, sumo squats, pause squats—you name it. Kettlebell swings and back extensions really help your deadlift as well.

What drives you as a lifter? What is your mindset like during training?

The one thing that drives me as a lifter is to be the biggest and strongest as possible. I know I have been blessed by the Lord to lift, and I want to be the best in the world. My mindset when I lift is MORE MORE MORE. I keep wondering what is my limit, when will I fail? When will my body actually fail?

Was your training any different prior to your last meet?

I've only done one meet.

Do you think using bench shirts/gear are cheating? What's your point of view on raw powerlifting?

I love raw powerlifting just because I think it is more impressive if you can lift big numbers without assisting gear. No, I don't believe it is cheating because that is a specific category. Everybody is using gear in those meets. Gear allows you to handle a lot more weight and keeps you a little safer.

What is your view on training in equipment?

I used to be against training with equipment, but here recently I used some squat briefs and loved them. I think I am going to train with them for my next meet but still compete in the raw division. It allows you to get used to heavier weight and in the end will make you stronger.

What do you think is the reason for all the big numbers as of late, like Kennelly's 1,075 and Frank's freakish total or Hoornstra's raw strength? Has strength training evolved?

Oh, I definitely think strength training has evolved and I think new breeds of lifters are being noticed. New methods are utilized everyday, and different things work for different people. Not everybody uses the Westside method, so if you keep experimenting and find what works for you, then even more strength gains will be made.

Do you think the standards have gone up in the sport?

I believe the standards HAVE to go up. Lifters are getting better and if standards don't go up then we will have nothing to strive for. If you're the best and it came easy, would you get satisfaction from it? I would much rather work for a total that seems impossible than hit a total that was too easy.

What is your nutrition like now?

My nutrition is the "I spy" diet. If I spy it, I eat it (laughs). No, when it comes to diet I usually am not too strict on myself. I go by the mirror; if I'm getting fat, I do something about it. When my bulking diet comes around I make sure I'm getting enough calories in, adding oats and canola oil to my shakes and eating a lot of beef.

What changes are you going to have to make to get to the next level?

I'm going to have to do a complete overhaul. Like the saying goes "If you always do what you've always done, then you will always get what you always got." I believe in order to accomplish a new goal, you have to make sure EVERY aspect of your life, training, and diet have to be on target to get to that specific goal. I will rearrange everything in order for me to reach my goal.

Is there anyone you would like to thank?



Larry with professional bodybuilder, Branch Warren

I want to thank God for giving me the amazing gift being able to powerlift and the blessings He has given me. I would like to thank Curt Dennis for helping me with my knowledge of the sport and for continuing to keep me motivated. I

would also like to thank my trainer/coach Jason Davis for helping me out and getting me started with good equipment and priceless information on the sport. Both of these guys are great men and I thank them very much. ☺

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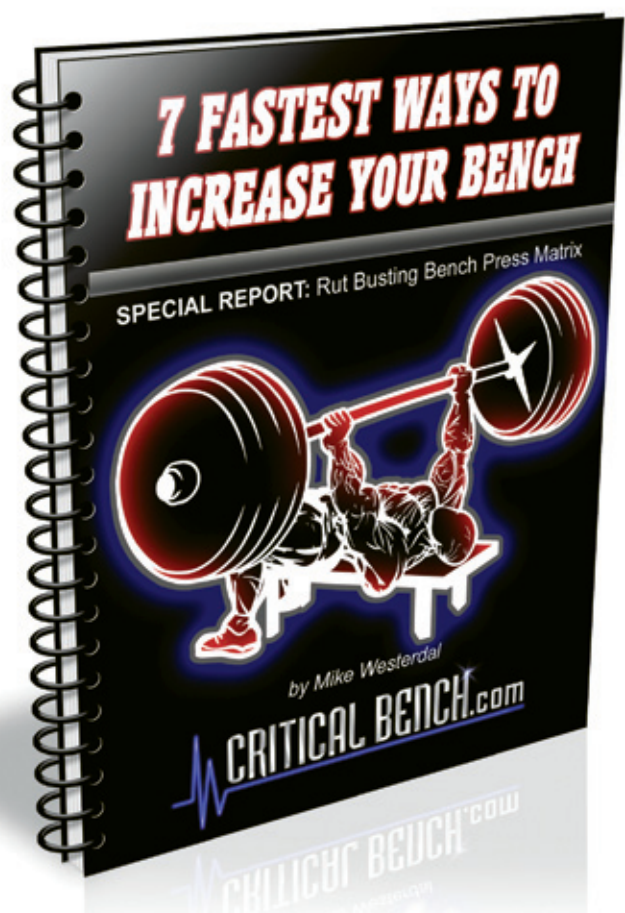
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JOHN WARE »

weight rankings from *Powerlifting USA*.

His desire for the sport was in the purest form. He loved powerlifting and it concerned him how the sport was starting to divide. During the time he lifted, politics started playing an even bigger role. He felt the number of federations did only one thing: dilute the sports greatest resource, the lifter. He knew the only way to make powerlifting mainstream and to one day make the Olympics, was to have one unified federation. Even today these same problems exist, which would truly disappoint him.

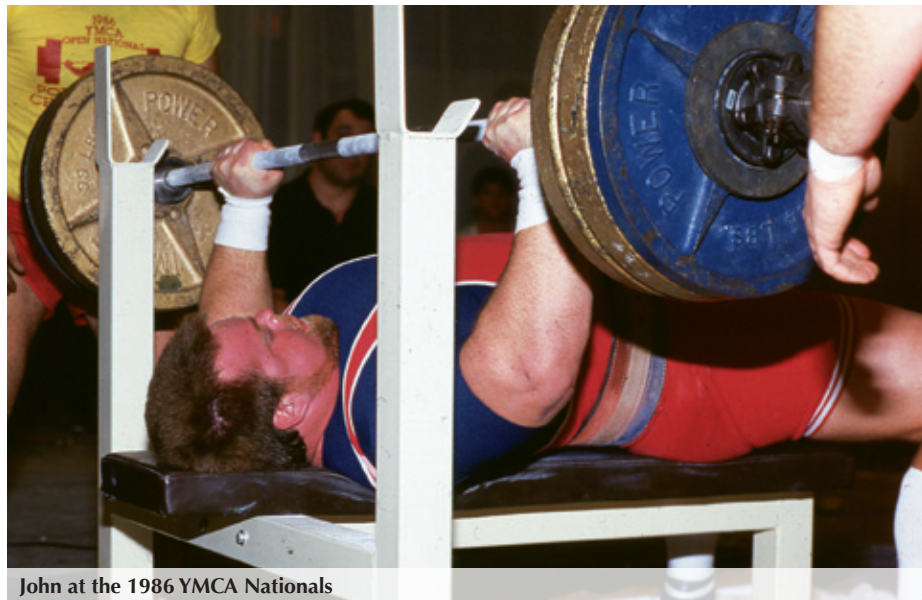
The last word that comes to my mind when I think of John is hero. He was my hero because he was always there for everyone and never compromised his principles. There are very few people who truly have an influence in one's life, but if you knew John, he would be one of them. John had such a positive impact on me by showing through hard work you can be successful in any endeavor. The reason I compete in powerlifting and have had the success I have is because of him. I am proud to carry on his legacy in the sport and the goals I set usually have him in mind. Even though I don't compete in the same organization as my uncle did, I felt honored to compete in South Africa last year in the IPF Worlds because he also competed in a world competition in South Africa. The great thing about both of us competing in South Africa is we both came away with the silver medal, even though he was primed to win his Worlds, but a technicality got his third deadlift turned down.

If John lifted in today's era, I know he would still be ranked at the top of the super heavyweights. His work ethic, combined with the new equipment would bring some interesting numbers. He loved the sport tremendously and health problems forced him out way too early. There isn't a day that goes by that I don't think about my uncle, and I know he is looking down on me, telling me to continue on with this great sport he loved.

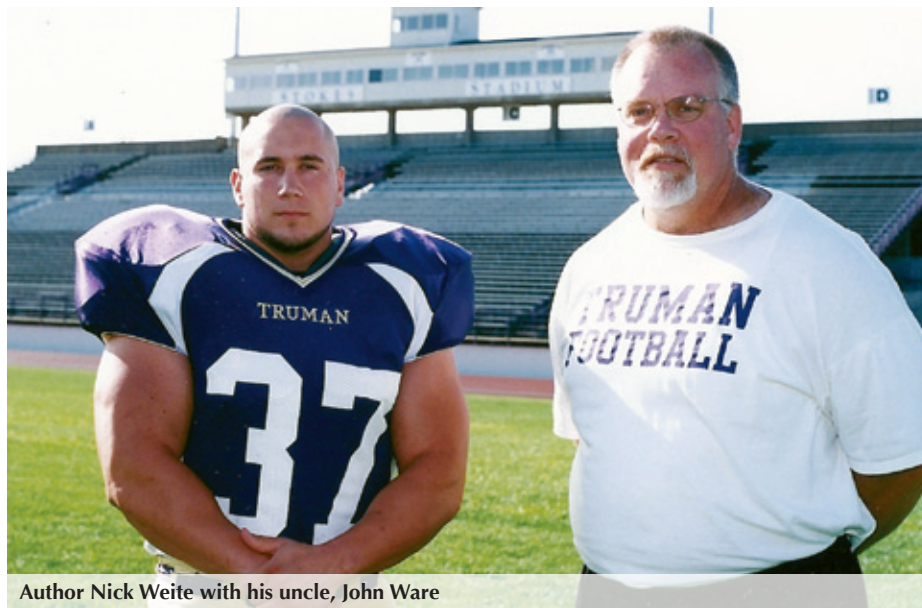
Before writing this, I asked a couple of people I train with, along with a close friend of John's, to give me a thought or two about how they remember him. I have included these thoughts below. I also would be honored if you knew John in any way to please e-mail me and share some stories. My email is weite37@hotmail.com; I look forward to hearing these.

JEFF LEWIS (powerlifter): I first met John Ware at the Olympic Festival held in St. Louis back in the summer of 1992. Several of my training partners went to Webster University to watch the Olympic lifting because Mark Henry was going to be competing. Well, ten minutes into the meet I see this guy walking across the aisle trying to find a seat and this was the biggest man I had ever seen in my life. I was 22 years old and this was my first year of powerlifting and I could not believe how big this man's hands were. He shook my hand and introduced himself and I thought King Kong had just crushed my hand. John didn't know me from Adam and he talked to me for 20 minutes about powerlifting and he could not have been more helpful.

I remember leaving the meet thinking to my-



John at the 1986 YMCA Nationals



Author Nick Weite with his uncle, John Ware

self that one day I want to be as strong as that guy. He was truly an inspiration to my lifting.

THOM VAN VLECK (powerlifter/strongman/writer): John treated you as a friend first and a lifter second. He would help anyone who asked, regardless of their skill level, and measured them not by how much they could lift, but by how much effort they put in their training.

BILL MCDONOUGH (powerlifter and owner of STP Fitness): I first heard of John Ware while in college. Our strength coach was a powerlifter and would tell us of a "giant" who squatted 1,000 pounds and benched 600 in the same contest. This was in the late '80s. I later began to train with (and be coached by) Wally Strosnider. Wally would tell me stories about John and how he was the largest human being he's ever seen. Wally actually sat in the head refs

chair on several of John's lifts. I finally met John after a football game in the mid '90s in Kirksville. Wally was right; this was one large human being.

Many years later I met a young St. Louis city police officer named Nick Weite. In getting to know Nick he informed me he was the nephew of John Ware. Nick's raw powerlifting talent was evident, proof that genetics play a role in how strong we are. Nick was very proud of his uncle John and I know his uncle would be very proud of Nick's achievements thus far.

PETE ALANIZ (President of Titan Support Systems): John Ware was a gentleman and one the strongest super heavyweights of his generation. His world record total not only exceeded the all time record set by Bill Kazmaier, but was done before the era of super gear, specialized bars and equipment. John was a great, but humble, champion and one who we were lucky enough to know and work with. «



John at the 1988 APF Senior Nationals



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PUT CURLS BACK INTO YOUR ROUTINE »

ferent from other instant thick bar implements on the market, is that the G4 handles naturally lie in an open position. When you put them onto a dumbbell or barbell, in order to keep them on throughout each repetition, you must be continually squeezing them. This is the beauty of these handles. Whereas in a normal set of curls your hands are wrapped around the handles in a primarily static position, with G4 handles, they must be continually active.

This is great news for a guy like me who has to train his thumbs multiple times per week in order to stay on my game and continue to perform feats of grip strength that almost no one else in the world can do, but this is also a great thing for anyone interested in increasing their grip strength for use in the gym, and here is why...

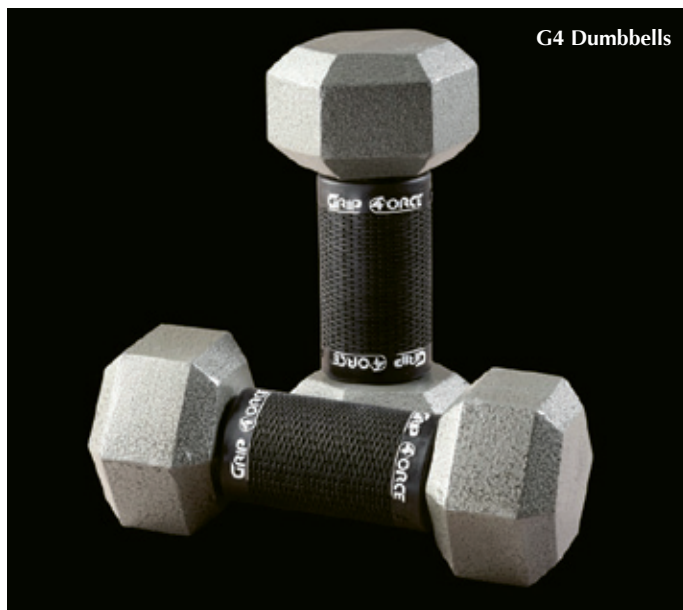
For many people, the thumb is the neglected digit. Like a forgotten orphan living on the streets, almost no attention is given to the thumb in regular training. Sure, some of you reading this might be doing some wrist curls at the end of a workout once a week, and maybe some of you have a set of grippers that you squeeze, so at least you are working your grip, but this kind of grip work does next to nothing for thumb strength, causing the thumbs to be the most important element in your program you are not training right now.

Let me ask you a few things... Are you dropping deadlifts because your hand is peeling open once you clear your knees? Do your hands burn out when performing bodyweight lifts such as pull-ups and chin-ups? Do you struggle to maintain a solid grip on the farmers' walk implements? You see, all of these lifts are examples of supporting grip strength. By definition, support grip is when the fingers are wrapped statically around a bar or implement and take the brunt of the load. Of course, we want our fingers to be as strong as possible when performing deadlifts, rows, pull-ups, chins, farmer picks, etc., but what happens when the weight is too much for our finger to bear?

The thumb is the tag team partner of the fingers when it comes to support grip. The thumb, when hooked over the fingers, especially the index and middle fingers, can increase the pulling power of a hand by up to 20 pounds. A good test of this is to try to perform a one-hand deadlift on a barbell, gripping in the center of the bar. Do so for a max using a thumbless grip, where just the fingers are hooked under the bar. Once you reach a max, perform the lift one more time with the thumb hooked securely over the first two fingers, and watch the weight shoot up with ease. That's just on a one-hand lift. Imagine doing the same thing with both hands on the bar. Could stronger thumbs add 20 to 40 pounds to your deadlift?

Fortifying the thumb is where Grip4orce handles come in. I test all of the equipment I am sent by companies. I have been sent multiple types of instant fat bar attachments, pull-down attachments, gloves, straps, and many other types of equipment aimed at working the grip. Many of these items I use once and then discard or give to someone else because they serve no useful purpose for me, but since getting the G4 handles this past summer, I have used them on 95% of my sets of dumbbell curls.

When I use these G4 handles on bicep curls, not only do my biceps get lit up, but my wrists tire more than a normal curl and my thumbs get extremely fatigued. This fatigue is deep within the thumb, and it is a feel-



G4 Dumbbells

ing that I have yet been able to replicate with other training means.

The results? Here are some of the improvements I have seen in my training since including the G4 handles routinely in my week-to-week training, starting in June of 2011:

- Substantial Gripper Improvement: I went from closing a Level 16 on the Vulcan Adjustable Hand Gripper in August of 2011 to a close of Level 18 in October. Also, I was able to close and nearly certify on the Mash Monster Level 3 Gripper, a feat of strength I have been trying to accomplish since 2004.
- Double Two-45's Pinch: I pinch-grip deadlifted two 45-lb. plates, smooth-sides-out, for the first time ever the last week in October. My suitcase pinch grip has always been a weak area for me, so much so that I never even attempted this feat of strength until this Fall when my thumb strength levels were going up so dramatically
- Double Inch Dumbbell Deadlift: The Inch Dumbbell is a 172-lb. cast iron dumbbell with a near 2.5-inch handle. Upon breaking it from the ground, the globe heads rotate and the handle peels your hand open. People train for years to accomplish a one-handed deadlift of the Inch Dumbbell. I recently was able to perform not only a Double Inch Deadlift (one in each hand) but I also succeeded in a Farmer's Walk, something that has been done by less than a dozen men in history)

While the handle of the Inch Dumbbell is round, and for most people would be an open hand support lift, for me I have to keep my wrist in extension when I lift it. If I gooseneck my wrist at all when trying to lift the Inch Dumbbell, I get highly painful nerve jolts through my wrist, ever since first trying to lift it this way in 2003. Because of this limitation, I actually have to pinch grip the Inch Dumbbell in order to lift it. There is no way I could see myself capable of this kind of pinch strength growth without the routine use of these handles.

As you can see, I am seeing a great deal of thumb strength improvement from training with G4 handles. But keep in mind, this is from someone who has been training for ultimate thumb strength religiously since 2002. I am beyond seasoned in this sport, so my range of improvement potential is most likely limited. What kind of improvement could be seen for someone who has not been putting this kind of work in for nearly ten years?

The only thing you can do is give it a try. You've got time in your training week to do three sets of curls, don't you? All the best in your training. Grab your Grip4orce Handles here: www.dieselcrew.com/G4. «

Jedd Johnson is co-founder of the Diesel Crew. Jedd is a certified CSCS through the NSCA, and kettlebell instructor through the RKC. Jedd's main training emphasis is for Grip Strength competitions and has competed in many strongman contests over the years. He has put out many ebooks and DVDs on his website, www.dieselcrew.com.

A promotional graphic for CSS Photo Design. It features a blue and white color scheme with a stylized 'CSS' logo. Text includes 'Sports Photos', 'CALIFORNIA SPORTS SPOTLIGHT', 'WWW.CSSPHOTODESIGN.COM', 'Phone: (916) 359-2670', 'Email: css@winfirst.com', 'VIEW PRINTS ONLINE', 'Contact CSS with Your Custom Order', 'EVENT DVDS AVAILABLE', 'DVDs Available Within Days Following Event', 'CONTACT US ABOUT BOOKINGS', 'Book Early to Ensure Your Coverage', and the website 'WWW.CSSPHOTODESIGN.COM' in large red letters at the bottom.



Deb Damminga deadlifting at the WABDL Minnesota meet (D. Damminga photo)

WABDL MINNESOTA BP/DL AUG 13 2011 » Minneapolis, MN

BENCH

FEMALE

Double-Ply

148 lbs.

Master (47-53)

D. Damminga 243

4th-253!*

165 lbs.

Master (47-53)

L. Staplin 248!*

Single-Ply

132 lbs.

Special Olympian

L. Feller 67*

165 lbs.

Master (61-67)

M. Wexler 94

4th-99*

198 lbs.

Master (47-53)

K. Campbell 424

Master (54-60)

P. Schaffer 110

4th-115*

Open

K. Campbell 424

220 lbs.

Master (61-67)

M. Schalles 99

4th-110!*

MALE

Single-Ply

165 lbs.

Class I

T. Johander 193

Junior (20-25)

N. Buck 358*

Master (68-74)

L. Dashevsky 226

Open

N. Buck 358

Teen (12-13)

B. Lewis 237!*

181 lbs.

Class I

D. Dornfeld 204

Master (68-74)

D. Dornfeld 204*

198 lbs.

Class I

M. Reuer 292

Junior (20-25)

B. Shekels 463*

Law/Fire (56)

G. LaBelle 193*

Master (61-67)

M. Wexler 194

4th-220*

198 lbs.

Master (47-53)

K. Campbell 463

Open

K. Campbell 463

220 lbs.

Master (61-67)

M. Schalles 276

4th-292!*

MALE

Single-Ply

132 lbs.

Teen (14-15)

K. Winslow 336*

148 lbs.

Teen (12-13)

A. Waldorf 260

4th-275*

165 lbs.

Class I

W. McCoy 502

T. Johander 398*

Master (54-60)

D. Anderson 557

Master (54-60)

D. Higgins 408

4th-413*

Open

W. McCoy 502

Submaster (33-39)

C. Besinger 303*

181 lbs.

Master (61-67)

J. Shetka 551

Master (68-74)

D. Dornfeld 243*

4th-259*

198 lbs.

Law/Fire (56)

G. LaBelle 292

4th-303*

Master (40-46)

J. Icenhour 601

4th-611*

Master (61-67)

Haggenmiller 474

Master (68-74)

G. LaBelle 292

4th-303*

220 lbs.

Special Olympian

M. Heathcote 255

! = World Records. * = State Records. # = National Records.

» courtesy Elma Thomas

Teen (16-17)

K. Kubiak 474*

242 lbs.

Master (47-53)

J. May 353

308 lbs.

Junior (20-25)

J. Kubeck 800!*

Law/Fire Open

J. Ragalie 579*

Law/Fire Submaster

J. Ragalic 579*

Open

J. Kubeck 800!*



Lisa Staplin at the WABDL Minnesota BP/DL (L. Staplin photo)

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ASK THE DOCTOR »

athletes who had low to very low normal testosterone levels pre-TestoBoost increased their testosterone levels more than 100%. After going off TestoBoost, most of these athletes returned to their pre-TestoBoost levels over a period of a few months regardless of how long they used the TestoBoost. Interestingly enough, some of the athletes who had minimal elevations in testosterone levels reported greater gains in muscle mass and increased performance than would have been expected given that they didn't respond all that much to the TestoBoost as far as testosterone levels.

However, you have to keep in mind that people are different and respond differently to almost everything, whether due to genetic polymorphisms, mutations, or epigenetic changes. For example, polymorphic variations of the androgen receptor, such as CAG repeat length polymorphism, likely result in at least some of the differences in the association between circulating testosterone and body composition and athletic performance.

Because of these differences people react differently to TestoBoost, showing differences in how much it boosts testosterone levels, and also perhaps how the changes TestoBoost brings about impacts various other parameters which in turn determines its overall effect on body composition and performance.

The complexity of androgen signaling pathways in various tissues, including skeletal muscle, body fat, central and peripheral nervous system, etc. is yet to be fully worked out and there's much to learn. Even what we know at this point is complex, which is why I'm starting a series of articles on testosterone on my new master site, www.MauroMD.com, that's in the process of being developed. Even though it will be a month or more before my new site goes live, you can read the first article on testosterone at <http://mauromd.com/det-articles-56-Testosterone-Series--Article-One.php>. There are also other new articles on this site that might interest you. Once it goes live, I'll be doing an almost daily blog that I think you'll find interesting. I'll also be adding articles and Q&A on a regular basis.

Hope this helps,
Mauro «

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J Mol Endocrinol. 2010 Jan;44(1):55-73. Epub 2009 Sep 2.

ANDROGEN-MEDIATED IMPROVEMENT OF BODY COMPOSITION AND MUSCLE FUNCTION INVOLVES A NOVEL EARLY TRANSCRIPTIONAL PROGRAM INCLUDING IGF1, MECHANO GROWTH FACTOR, AND INDUCTION OF (BETA)-CATENIN.

Gentile MA, Nantermet PV, Vogel RL, Phillips R, Holder D, Hodor P, Cheng C, Dai H, Freedman LP, Ray WJ. » Department of Molecular Endocrinology, West Point, Pennsylvania 19486, USA.

ABSTRACT—Androgens promote anabolism in the musculoskeletal system while generally repressing adiposity, leading to lean body composition. Circulating androgens decline with age, contributing to frailty, osteoporosis, and obesity; however, the mechanisms by which androgens modulate body composition are largely unknown. Here, we demonstrate that aged castrated rats develop increased fat mass, reduced muscle mass and strength, and lower bone mass. Treatment with testosterone or 5alpha-dihydrotestosterone (DHT) reverses the effects on muscle and adipose tissues while only aromatizable testosterone increased bone mass. During the first week, DHT transiently increased soleus muscle nuclear density and induced expression of IGF1 and its splice variant mechano growth factor (MGF) without early regulation of the myogenic factors MyoD, myogenin, monocyte nuclear factor, or myostatin. A genome-wide microarray screen was also performed to identify potential pro-myogenic genes that respond to androgen receptor activation in vivo within 24 h. Of 24 000 genes examined, 70 candidate genes were identified whose functions suggest initiation of remodeling and regeneration, including the type II muscle genes for myosin heavy chain type II and parvalbumin and the chemokine monocyte chemoattractant protein-1. Interestingly, Axin and Axin2, negative regulators of beta-catenin, were repressed, indicating modulation of the beta-catenin pathway. DHT increased total levels of beta-catenin protein, which accumulated in nuclei in vivo. Likewise, treatment of C2C12 myoblasts with both IGF1Ea and MGF C-terminal peptide increased nuclear beta-catenin in vitro. Thus, we propose that androgenic anabolism involves early downregulation of Axin and induction of IGF1, leading to nuclear accumulation of beta-catenin, a pro-myogenic, anti-adipogenic stem cell regulatory factor.

« THINGS I'VE LEARNED PT. 2

der and excitement of living. Of course, it takes courage to venture into uncharted territory. As the old cliché goes, "You cannot discover new oceans unless you have the courage to lose sight of the shore." In laymen's terms, if you have no guts, you will never experience the glory of living. Even a turtle has to stick his neck out to get where he is going. In order to become all that you can be, you have to take chances in life. You have to reach out and become a part of life. Without the courage to risk, there can be no glory, no growth. Noted author and motivational speaker Leo Buscaglia says a marvelous thing. He says, "The greatest danger in life is to risk nothing. The person who risks nothing, does nothing, has nothing, is nothing and becomes nothing. Only the person who has the courage to risk is truly alive, truly free." In order to grow, really grow, you have to be willing to risk. You have to be willing to reach out—put yourself on the line—if you're going to be a part of life. If you're not willing to risk, you can't grow, and you will not experience all the wonders of life.

I promise you this: if you are willing to start taking some chances, your whole life will change for the better. You'll feel more alive and more of a part of the real world. Each day will be more exhilarating and challenging. It's like being reborn. It's awesome.

Here is something else you need to write on your sleeve. We don't live in a risk free world.

Everything worth having involves some type of risk. Granted, some things require greater risk than others, but generally speaking, the greater the risk, the greater the reward. Look back through the annals of time, and you'll find that people who had the courage to take a chance, who faced their fears head on, were those who shaped history. The people who played it safe, who were afraid to take a risk, well, have you ever heard of them? Sometimes you just have to go out on a limb; after all, that is where all the fruit is!

In my opinion, the main reason why great athletes are so great is FAILURE and their attitude towards it. Great athletes are not afraid to fail. They know that failure is a normal and inevitable part of playing competitive sports. It is a common and necessary part of the journey. They understand that success is simply the manipulation of failure and that failure is a springboard to success.

When you experience a setback, you learn from it and then you go on to bigger and better things. Unfortunately, most of us are too easily discouraged. We experience one or two stumbling blocks and we are ready to surrender. We look at a simple setback as evidence of failure. A setback is not the same as failing. A setback is simply a learning experience, a positive event that will bring us closer and closer to our goal. For God's sake, don't be afraid to be the very best you can be—don't be afraid of living.

You know, life is full of imperfect things... and imperfect people. I'm not the best at hardly anything, and I have reservations, insecurities and idiosyncrasies. I'm certainly not perfect. I make mistakes sometimes—okay, a lot of times. I'm also vulnerable and scared at times. Heck! Sometimes I act like an airhead. In other words, I'm human. Trust me on this one, no one is perfect. I have been around some of the greatest athletes in the world and some of the richest and most successful men in the world, and they are no better than you are. They are just as confused, just as insecure, and just as fearful as anyone else is. They don't have any more answers than you do when it comes to living life. The thing that makes them so special is that they don't run from life, they participate in it.

If there is one thing that I don't want, it's to come to the end of my life and find that I never lived—I mean really lived, experienced, loved, risked, and got involved. I intend to jump right in the middle of things, and be actively involved. If you're going to experience life to the fullest, you've got to reach out, you've got to take chances, you've got to be willing to go out on the edge, you've got to go beyond yourself.

What I've learned over the years is that learning to accept my own faults and setbacks is one of the most important keys to creating a healthy and happy life. Don't miss life. It is there for the taking if you have the guts to be a part of it! «

BRIDGES



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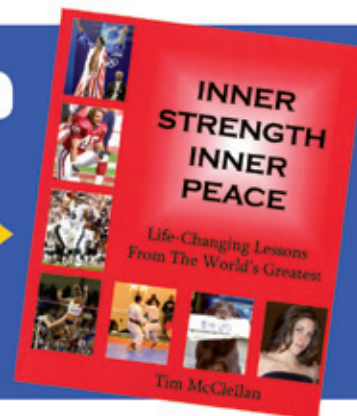
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as told to Powerlifting USA by Brad Gillingham

| RANK | NAME | COUNTRY | CLASS | KG | LB | PLACE | YEAR | RANK | NAME | COUNTRY | CLASS | KG | LB | PLACE | YEAR |
|------|-------------|-----------|-------|-------|-----|--------------------------|------|------|----------------|---------|-------|-------|-----|--------------------------|------|
| 1 | Karpova | Russia | 90+ | 322.5 | 711 | Porchefstroom, S. Africa | 2010 | 74 | Posmitna | Ukraine | 90 | 245 | 540 | Frydek-Mistek, Czech R. | 2001 |
| 2 | Karpova | Russia | 90+ | 320 | 705 | New Delhi, India | 2009 | 75 | Posmitna | Ukraine | 82.5 | 245 | 540 | Riesa, Germany | 2002 |
| 3 | Karpova | Russia | 90+ | 300 | 661 | Ylitornio, Finland | 2005 | 76 | Lugovaya | Russia | 90 | 245 | 540 | Riesa, Germany | 2002 |
| 4 | Karpova | Russia | 90+ | 290 | 639 | Cahors, France | 2004 | 77 | Humynska | Ukraine | 75 | 245 | 540 | Ylitornio, Finland | 2005 |
| 5 | Willett | USA | 90+ | 287.5 | 633 | Cahors, France | 2004 | 78 | Boroday | Ukraine | 82.5 | 245 | 540 | Ylitornio, Finland | 2005 |
| 6 | Karpova | Russia | 90+ | 285 | 628 | Riesa, Germany | 2002 | 79 | V.D.Meulen | NED | 90+ | 245 | 540 | New Delhi, India | 2009 |
| 7 | Lee | TPE | 90+ | 279 | 615 | Thisted, Denmark | 1999 | 80 | Trujillo | USA | 90+ | 242.5 | 534 | Jonkoping, Sweden | 1993 |
| 8 | Chao | TPE | 90+ | 275 | 606 | Rana, Norway | 1998 | 81 | Kudinova | Russia | 67.5 | 242.5 | 534 | Pinamar, Argentina | 2000 |
| 9 | Lee | TPE | 90+ | 275 | 606 | Rana, Norway | 1998 | 82 | Dedyula | Russia | 75 | 242.5 | 534 | Riesa, Germany | 2002 |
| 10 | Chao | TPE | 90+ | 272.5 | 600 | Chicago, USA | 2003 | 83 | Ribic | USA | 67.5 | 242.5 | 534 | Stavanger, Norway | 2006 |
| 11 | Karpova | Russia | 90+ | 270 | 595 | Chicago, USA | 2003 | 84 | Chao | TPE | 90+ | 242.5 | 534 | Stavanger, Norway | 2006 |
| 12 | Willett | USA | 90+ | 267.5 | 589 | Riesa, Germany | 2002 | 85 | Chao | TPE | 90+ | 242.5 | 534 | St.Johns, Canada | 2008 |
| 13 | O'Donnell | USA | 90+ | 267.5 | 589 | St.Johns, Canada | 2008 | 86 | Varlamova | Ukraine | 90+ | 242.5 | 534 | New Delhi, India | 2009 |
| 14 | Pavlova | Russia | 90+ | 265 | 584 | Pinamar, Argentina | 2000 | 87 | Sukhoruk | Ukraine | 75 | 240.5 | 530 | Chiba, Japan | 1995 |
| 15 | Chao | TPE | 90+ | 265 | 584 | Riesa, Germany | 2002 | 88 | Millen | NZL | 90 | 240 | 529 | Ghent, Belgium | 1992 |
| 16 | Chao | TPE | 90+ | 265 | 584 | Cahors, France | 2004 | 89 | Trujillo | USA | 90+ | 240 | 529 | Capetown, S. Africa | 1997 |
| 17 | Hugdall | Norway | 90+ | 265 | 584 | Stavanger, Norway | 2006 | 90 | Pavlova | Russia | 90+ | 240 | 529 | Thisted, Denmark | 1999 |
| 18 | Lugovaya | Russia | 90+ | 265 | 584 | Solden, Austria | 2007 | 91 | Pavlova | Russia | 90+ | 240 | 529 | Frydek-Mistek, Czech R. | 2001 |
| 19 | Orobets | Ukraine | 90+ | 265 | 584 | St.Johns, Canada | 2008 | 92 | Kudinova | Russia | 67.5 | 240 | 529 | Riesa, Germany | 2002 |
| 20 | Shcheglova | Russia | 90 | 265 | 584 | Potchefstroom, S. Africa | 2010 | 93 | Puzanova | Russia | 82.5 | 240 | 529 | Riesa, Germany | 2002 |
| 21 | Lee | TPE | 90+ | 262.5 | 578 | Capetown, S. Africa | 1997 | 94 | Olenytsya | Ukraine | 90+ | 240 | 529 | Chicago, USA | 2003 |
| 22 | O'Donnell | USA | 90+ | 262.5 | 578 | Stavanger, Norway | 2006 | 95 | Ivanova, Z | Ukraine | 67.5 | 240 | 529 | Cahors, France | 2004 |
| 23 | Millen | NZL | 90 | 260 | 573 | Rotorua, New Zealand | 1994 | 96 | Pisarenko | Russia | 67.5 | 240 | 529 | Cahors, France | 2004 |
| 24 | Chao | TPE | 90+ | 260 | 573 | Thisted, Denmark | 1999 | 97 | Hall | USA | 90+ | 240 | 529 | Cahors, France | 2004 |
| 25 | Chao | TPE | 90+ | 260 | 573 | Frydek-Mistek, Czech R. | 2001 | 98 | Orobets | Ukraine | 90 | 240 | 529 | Ylitornio, Finland | 2005 |
| 26 | Yavorska | Ukraine | 90 | 260 | 573 | Cahors, France | 2004 | 99 | Schaefer | NED | 90+ | 240 | 529 | Stavanger, Norway | 2006 |
| 27 | Zaugolova | Russia | 75 | 260 | 573 | Solden, Austria | 2007 | 100 | Chang | TPE | 82.5 | 240 | 529 | Solden, Austria | 2007 |
| 28 | Strik | NED | 90 | 260 | 573 | St.Johns, Canada | 2008 | 101 | Schaefer | NED | 90+ | 240 | 529 | St.Johns, Canada | 2008 |
| 29 | Chang | TPE | 90 | 260 | 573 | St.Johns, Canada | 2008 | 102 | Biruk | Ukraine | 75 | 240 | 529 | Potchefstroom, S. Africa | 2010 |
| 30 | Shcheglova | Russia | 90 | 260 | 573 | New Delhi, India | 2009 | 103 | Tsvetkova | Russia | 75 | 240 | 529 | Potchefstroom, S. Africa | 2010 |
| 31 | Hugdall | Norway | 90+ | 260 | 573 | New Delhi, India | 2009 | 104 | Puzanova | Russia | 75 | 237.5 | 523 | Pinamar, Argentina | 2000 |
| 32 | Chang | TPE | 90+ | 260 | 573 | Potchefstroom, S. Africa | 2010 | 105 | Willett | USA | 90+ | 237.5 | 523 | Pinamar, Argentina | 2000 |
| 33 | Olenytsya | Ukraine | 90+ | 257.5 | 567 | Cahors, France | 2004 | 106 | Orobets | Ukraine | 90 | 237.5 | 523 | Solden, Austria | 2007 |
| 34 | Orobets | Ukraine | 90+ | 257.5 | 567 | Potchefstroom, S. Africa | 2010 | 107 | Sukhoruk | Ukraine | 75 | 235.5 | 519 | Rotorua, New Zealand | 1994 |
| 35 | Constanzo | USA | 90+ | 255 | 562 | Perth, Australia | 1987 | 108 | Herchenhein | Germany | 90+ | 235 | 518 | Rotorua, New Zealand | 1994 |
| 36 | Millen | NZL | 90 | 255 | 562 | Jonkoping, Sweden | 1993 | 109 | Chao | TPE | 90+ | 235 | 518 | Chiba, Japan | 1995 |
| 37 | Chao | TPE | 90+ | 255 | 562 | Pinamar, Argentina | 2000 | 110 | Lee | TPE | 90+ | 235 | 518 | Chiba, Japan | 1995 |
| 38 | Dedyula | Russia | 75 | 255 | 562 | Chicago, USA | 2003 | 111 | Stiklestad | Norway | 75 | 235 | 518 | Kitchener, Canada | 1996 |
| 39 | Puzanova | Russia | 82.5 | 255 | 562 | Chicago, US | 2003 | 112 | Lee | TPE | 90+ | 235 | 518 | Kitchener, Canada | 1996 |
| 40 | Strik | NED | 90 | 255 | 562 | Solden, Austria | 2007 | 113 | Rumyantseva | Russia | 82.5 | 235 | 518 | Rana, Norway | 1998 |
| 41 | Kozlova | Ukraine | 82.5 | 255 | 562 | Potchefstroom, S. Africa | 2010 | 114 | Stiklestad | Norway | 82.5 | 235 | 518 | Thisted, Denmark | 1999 |
| 42 | Dedyula | Russia | 82.5 | 255 | 562 | Potchefstroom, S. Africa | 2010 | 115 | Wiezowskiak | Germany | 82.5 | 235 | 518 | Pinamar, Argentina | 2000 |
| 43 | Constanzo | USA | 90 | 252.5 | 556 | Brussels, Belgium | 1988 | 116 | Kudinova | Russia | 67.5 | 235 | 518 | Frydek-Mistek, Czech R. | 2001 |
| 44 | Ignatenkova | Russia | 82.5 | 252.5 | 556 | Pinamar, Argentina | 2000 | 117 | Ivanova, L | Ukraine | 75 | 235 | 518 | Riesa, Germany | 2002 |
| 45 | Pavlova | Russia | 90+ | 252.5 | 556 | Cahors, France | 2004 | 118 | Ganenko | Ukraine | 90+ | 235 | 518 | Riesa, Germany | 2002 |
| 46 | Potselueva | Russia | 67.5 | 252.5 | 556 | Solden, Austria | 2007 | 119 | O'Donnell | USA | 82.5 | 235 | 518 | Chicago, USA | 2003 |
| 47 | Strik | NED | 90 | 252.5 | 556 | Potchefstroom, S. Africa | 2010 | 120 | Boroday | Ukraine | 82.5 | 235 | 518 | Chicago, USA | 2003 |
| 48 | Chao | TPE | 90+ | 250 | 551 | Capetown, S. Africa | 1997 | 121 | Strik | NED | 82.5 | 235 | 518 | Cahors, France | 2004 |
| 49 | Robertson | Australia | 90+ | 250 | 551 | Thisted, Denmark | 1999 | 122 | Starodubtseva | Ukraine | 75 | 235 | 518 | Ylitornio, Finland | 2005 |
| 50 | Lugovaya | Russia | 90 | 250 | 551 | Chicago, USA | 2003 | 123 | Strik | NED | 82.5 | 235 | 518 | Ylitornio, Finland | 2005 |
| 51 | Pavlova | Russia | 90+ | 250 | 551 | Chicago, USA | 2003 | 124 | Schaefer | NED | 90+ | 235 | 518 | Ylitornio, Finland | 2005 |
| 52 | Orobets | Ukraine | 90 | 250 | 551 | Cahors, France | 2004 | 125 | Thorton | GBR | 90+ | 235 | 518 | Stavanger, Norway | 2006 |
| 53 | Kudinova | Russia | 75 | 250 | 551 | Ylitornio, Finland | 2005 | 126 | Ribic | USA | 67.5 | 235 | 518 | Solden, Austria | 2007 |
| 54 | Chao | TPE | 90+ | 250 | 551 | Ylitornio, Finland | 2005 | 127 | Potselueva | Russia | 67.5 | 235 | 518 | New Delhi, India | 2009 |
| 55 | Olenytsya | Ukraine | 90+ | 250 | 551 | Ylitornio, Finland | 2005 | 128 | Biruk | Ukraine | 75 | 235 | 518 | New Delhi, India | 2009 |
| 56 | Strik | NED | 90 | 250 | 551 | Stavanger, Norway | 2006 | 129 | Pantna | Russia | 82.5 | 235 | 518 | New Delhi, India | 2009 |
| 57 | Dedyula | Russia | 82.5 | 250 | 551 | Solden, Austria | 2007 | 130 | Millen | NZL | 75 | 233 | 513 | New Delhi, India | 1991 |
| 58 | Shcheglova | Russia | 90 | 250 | 551 | Solden, Austria | 2007 | 131 | Wiezowskiak | Germany | 75 | 232.5 | 512 | Thisted, Denmark | 1999 |
| 59 | O'Donnell | USA | 90+ | 250 | 551 | Solden, Austria | 2007 | 132 | Ignatenkova | Russia | 75 | 232.5 | 512 | Thisted, Denmark | 1999 |
| 60 | Dedyula | Russia | 82.5 | 250 | 551 | New Delhi, India | 2009 | 133 | Schaefer | NED | 90+ | 232.5 | 512 | Cahors, France | 2004 |
| 61 | Strik | NED | 90 | 250 | 551 | New Delhi, India | 2009 | 134 | Skrypka | Ukraine | 67.5 | 232.5 | 512 | Ylitornio, Finland | 2005 |
| 62 | Orobets | Ukraine | 90+ | 250 | 551 | New Delhi, India | 2009 | 135 | Ribic | USA | 67.5 | 232.5 | 512 | St.Johns, Canada | 2008 |
| 63 | Nokua | Finland | 90+ | 250 | 551 | Potchefstroom, S. Africa | 2010 | 136 | Fowler | Canada | 75 | 232.5 | 512 | St.Johns, Canada | 2008 |
| 64 | Millington | Australia | 90+ | 250 | 551 | Potchefstroom, S. Africa | 2010 | 137 | Blikra | Norway | 75 | 232.5 | 512 | Potchefstroom, S. Africa | 2010 |
| 65 | Robertson | Australia | 90+ | 247.5 | 545 | Capetown, S. Africa | 1997 | 138 | Kudinova | Russia | 67.5 | 230.5 | 508 | Thisted, Denmark | 1999 |
| 66 | Lugovaya | Russia | 90 | 247.5 | 545 | Frydek-Mistek, Czech R. | 2001 | 139 | Todd | USA | 82.5+ | 230 | 507 | Lowell, USA | 1980 |
| 67 | Boroday | Ukraine | 82.5 | 247.5 | 545 | Cahors, France | 2004 | 140 | Vencatachellum | France | 90+ | 230 | 507 | Jonkoping, Sweden | 1993 |
| 68 | Kozlova | Ukraine | 75 | 247.5 | 545 | New Delhi, India | 2009 | 141 | Pavlova | Russia | 90+ | 230 | 507 | Rotorua, New Zealand | 1994 |
| 69 | Zhukova | Ukraine | 75 | 246 | 542 | Thisted, Denmark | 1999 | 142 | Pavlova | Russia | 90+ | 230 | 507 | Chiba, Japan | 1995 |
| 70 | Zhukova | Ukraine | 75 | 245.5 | 541 | Rana, Norway | 1998 | 143 | Pavlova | Russia | 90+ | 230 | 507 | Kitchener, Canada | 1996 |
| 71 | Chao | TPE | 90+ | 245 | 540 | Kitchener, Canada | 1996 | 144 | Hsieh | TPE | 82.5 | 230 | 507 | Rana, Norway | 1998 |
| 72 | Stiklestad | Norway | 75 | 245 | 540 | Capetown, S. Africa | 1997 | 145 | Guminska | Ukraine | 67.5 | 230 | 507 | Pinamar, Argentina | 2000 |
| 73 | Lugovaya | Russia | 90 | 245 | 540 | Pinamar, Argentina | 2000 | 146 | Miklasevich | Russia | 75 | 230 | 507 | Frydek-Mistek, Czech R. | 2001 |

Galina Karpova of Russia



Dedyula of Russia

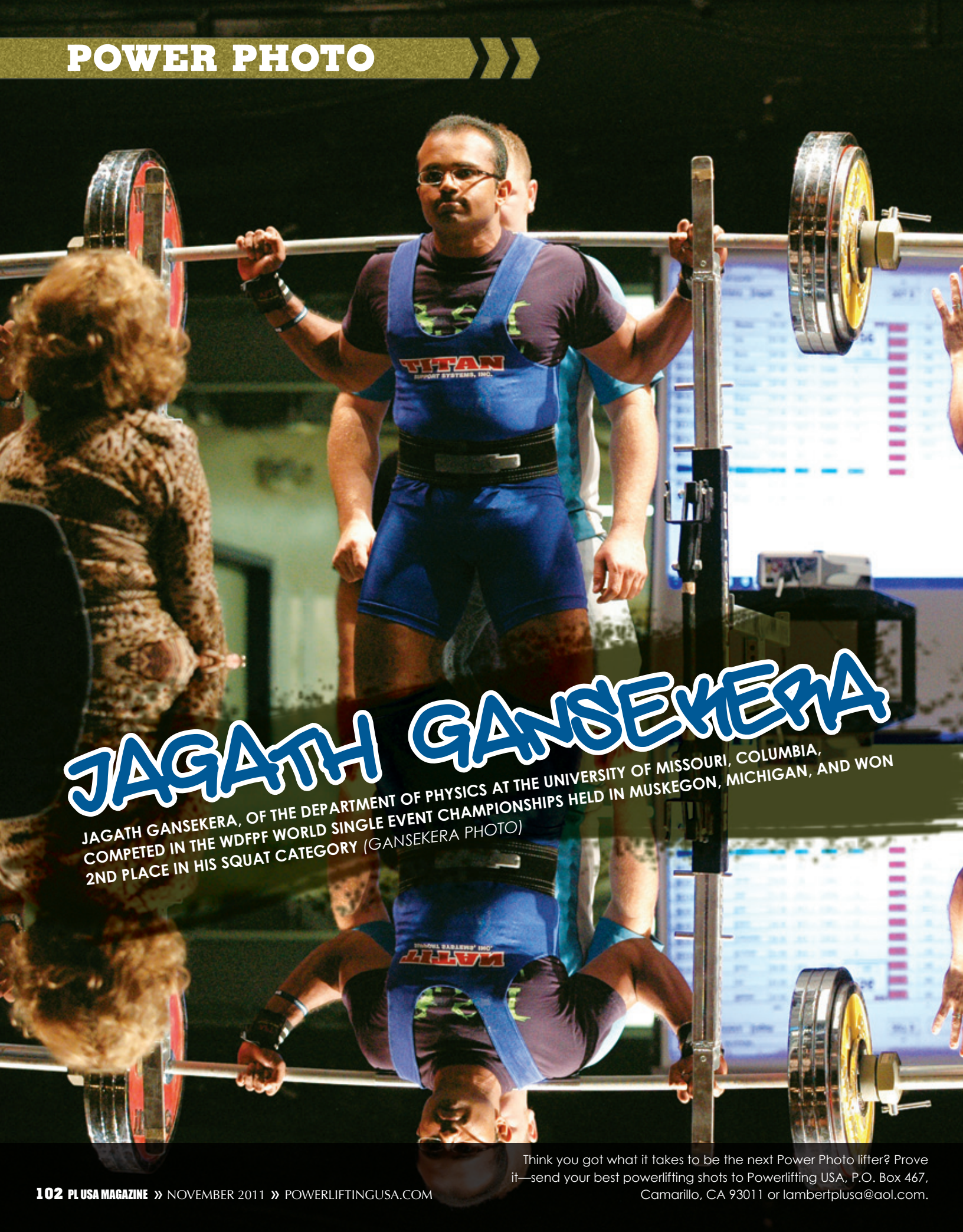


Juanita Trujillo of the USA

| RANK | NAME | COUNTRY | CLASS | KG | LB | PLACE | YEAR |
|------|-------------------|---------|-------|-------|-----|--------------------------|------|
| 147 | Stiklestad | Norway | 75 | 230 | 507 | Riesa, Germany | 2002 |
| 148 | Look | USA | 90 | 230 | 507 | Riesa, Germany | 2002 |
| 149 | Kudinova | Russia | 67.5 | 230 | 507 | Chicago, USA | 2003 |
| 150 | Zaugolova | Russia | 75 | 230 | 507 | Cahors, France | 2004 |
| 151 | O'Donnell | USA | 90 | 230 | 507 | Ylitornio, Finland | 2005 |
| 152 | Brown | USA | 90 | 230 | 507 | Stavanger, Norway | 2006 |
| 153 | Chang | TPE | 90 | 230 | 507 | Stavanger, Norway | 2006 |
| 154 | Blikra | Norway | 75 | 230 | 507 | Solden, Austria | 2007 |
| 155 | Ivanova, E | Ukraine | 75 | 230 | 507 | Solden, Austria | 2007 |
| 156 | Schaefer | NED | 90+ | 230 | 507 | Solden, Austria | 2007 |
| 157 | Thorton | GBR | 90+ | 230 | 507 | Solden, Austria | 2007 |
| 158 | Ivanova, E | Ukraine | 75 | 230 | 507 | St.Johns, Canada | 2008 |
| 159 | Karpova-Yarvorska | Ukraine | 82.5 | 230 | 507 | St.Johns, Canada | 2008 |
| 160 | Blyn | USA | 82.5 | 230 | 507 | St.Johns, Canada | 2008 |
| 161 | Chang | TPE | 82.5 | 230 | 507 | New Delhi, India | 2009 |
| 162 | Manaena | NZL | 90+ | 230 | 507 | New Delhi, India | 2009 |
| 163 | Medvedeva | Russia | 67.5 | 230 | 507 | Potchefstroom, S. Africa | 2010 |
| 164 | Trujillo | USA | 82.5 | 227.5 | 501 | Hestra, Sweden | 1986 |
| 165 | Trujillo | USA | 82.5 | 227.5 | 501 | Vienna, Austria | 1985 |
| 166 | McElroy | USA | 90+ | 227.5 | 501 | Vienna, Austria | 1985 |
| 167 | Constanzo | USA | 90 | 227.5 | 501 | Hestra, Sweden | 1986 |
| 168 | Trujillo | USA | 90+ | 227.5 | 501 | Ghent, Belgium | 1992 |
| 169 | Corson | USA | 90+ | 227.5 | 501 | Rotorua, New Zealand | 1994 |
| 170 | Chao | TPE | 90+ | 227.5 | 501 | Rotorua, New Zealand | 1994 |
| 171 | Corson | USA | 82.5 | 227.5 | 501 | Kitchener, Canada | 1996 |
| 172 | Ferrere | France | 90 | 227.5 | 501 | Kitchener, Canada | 1996 |
| 173 | Tsai | TPE | 90 | 227.5 | 501 | Rana, Norway | 1998 |
| 174 | Orobets | Ukraine | 90 | 227.5 | 501 | Riesa, Germany | 2002 |
| 175 | Hembree | USA | 90+ | 227.5 | 501 | Riesa, Germany | 2002 |
| 176 | Strik | NED | 82.5 | 227.5 | 501 | Chicago, USA | 2003 |
| 177 | Ribic | USA | 67.5 | 227.5 | 501 | Cahors, France | 2004 |
| 178 | Humynska | Ukraine | 67.5 | 227.5 | 501 | Cahors, France | 2004 |
| 179 | Blikra | Norway | 75 | 227.5 | 501 | Ylitornio, Finland | 2005 |
| 180 | Hall | USA | 90+ | 227.5 | 501 | Ylitornio, Finland | 2005 |
| 181 | V.D.Meulen | NED | 90+ | 227.5 | 501 | St.Johns, Canada | 2008 |
| 182 | Akhmamyetyeva | Ukraine | 67.5 | 227.5 | 501 | New Delhi, India | 2009 |
| 183 | Blikra | Norway | 75 | 227.5 | 501 | New Delhi, India | 2009 |
| 184 | Iskanderova | KAZ | 75 | 227.5 | 501 | New Delhi, India | 2009 |
| 185 | Blyn | USA | 82.5 | 227.5 | 501 | Potchefstroom, S. Africa | 2010 |



Lorraine Constanzo of the USA



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JAGATH GANSEKERA, OF THE DEPARTMENT OF PHYSICS AT THE UNIVERSITY OF MISSOURI, COLUMBIA, COMPETED IN THE WDFPF WORLD SINGLE EVENT CHAMPIONSHIPS HELD IN MUSKEGON, MICHIGAN, AND WON 2ND PLACE IN HIS SQUAT CATEGORY (GANSEKERA PHOTO)

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