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FOR BEGINNERS

INTERVIEW:
HENRY THOMASON

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A NOTE FROM THE EDITOR

As many of you have noticed, the magazine has fallen behind by almost a month. In an effort to get the issues back on schedule, Powerlifting USA has decided to combine the January and February 2012 issues.

This change will not affect the number of issues our paid subscribers will be receiving; subscriptions will still include 12 issues and will be extended for each subscriber to the month following their original subscription's end.

We apologize for falling behind and are doing our best to prevent this from happening with future issues!

Sincerely,

Mike Lambert and Powerlifting USA

SUPERSTAR POWER

Henry Thomason preparing to pull another record-setting lift courtesy Thomason





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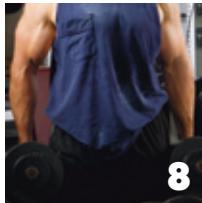
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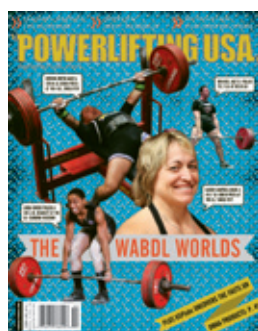
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Record setters at the 2011 WABDL Worlds: Kerwin Unten, Ben Rice, Karen Campbell, and Linda Okoro
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WESTSIDE FOR BEGINNERS

as told to Powerlifting USA by Sean Kelly, CSCS

As a gym owner and trainer I have had two years to monitor the effects of applying the primary Westside principles to untrained men and ladies of all ages. We have complemented this training with two other important guidelines:

- An evolution based (Paleolithic) dietary philosophy which burns excess body fat, but strongly reinforces strength training via the high concentration of natural proteins and nutrients
- A strong emphasis on individualizing “cardio exercise” through sports or other enjoyable activities completed outside of the gym.

The results have been overwhelmingly successful. This has been an unusual experiment as very few of these folks have ever attempted a real strength training program or even the basic free weight exercises.

Information on elite strength training has traditionally been of interest to young aspiring athletes, or participants in strength sports. This introduction is meant to reach a much larger number of people. “Westside for Beginners” is meant to be a simply understood and accessible program for the average beginner to follow regardless of age or gender.

One of the issues with following a “Westside” program is the availability of a gym with all the right equipment. This modified version of the Westside program was borne out of a gym already set up with advanced strength equipment. However, it was designed to be used with even the most basic equipment provided by most gyms. Nonetheless, for anyone trying this program, natural progressions will eventually involve adequate strength training equipment. It will therefore behoove the practitioner to eventually find a gym outfitted with racks, platforms, chains, a calf-glute-ham raise, and other useful strength equipment.

The exercises popular at Westside are all included here. Still, there is an emphasis on the basics rather than those requiring strength equipment rarely found in typical gyms. The idea is to have the beginner to progress from this introduction to more of the advanced Westside exercises and equipment.

DIFFERENCES BETWEEN THIS INTRODUCTORY PROGRAM AND THE ORIGINAL WESTSIDE PROGRAM

The essence of the Westside program is alive and well in this introduction. All of the key elements are intact. Five overriding themes were used in modifying the original Westside program:

1. Simplicity
2. Structure and clear direction
3. Safety
4. Congruence with the goals of the general public
5. Provide a basic understanding of the science behind the principles

Westside for Beginners was created by applying these five important qualifications to the many unique details of the original Westside program and modifying the program where necessary. The challenge was to maintain the basic Westside principles. Most of these differences exist because the people using this program will not be powerlifters preparing for a contest. Rather, they want to build fat burning, functional muscle with the best tools available, in the shortest amount of time.

Applying this logic, the following list includes the main modifications to the original program:

- 3–5 rep range instead of working up to a 1RM on Max effort days.
- Inclusion of the basic exercises in the regular rotation of “special exercises” on max effort day; that is, the bench press, squat and deadlift.
- The volume of sets for the primary lifts on speed days has been reduced by roughly half.
- No use of bands with bars, only chains. Use of single bands with body weight only. The exception is for the lightened method.



Personal trainer and author of *Westside For Beginners*, Sean Kelly

- No box squats are used on Max effort days, only on speed days with the lower 40%–50% range recommended for beginners for 3 week pendulum waves.
- No advanced plyometrics such as depth jumps are included.
- Little emphasis on partial ranges of motion to avoid heavy supra-maximal loads.
- No exercises, especially “good-mornings” are done with a “rounded back.”
- Good mornings with a bar are done only in the “low bar” position.
- No mention of isometrics. Although safe, this is an unnecessary early progression and too much information given all of the new ideas provided in this program.
- Less general use of other “shock” methods, especially with supra-maximal loads.
- Auto-regulated restoration periods and methods, rather than suggesting the individualization of these periods.
- Exercises have been chosen to create strength equally throughout



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HAPPY 75TH BIRTHDAY, L.B. BAKER!

One of the key figures in strength sports in the United States for more than 50 years is set to celebrate his "Diamond Jubilee" on January 4th, 2012, when he turns 75 years old. L.B. Baker of Bogart, Georgia, has been a fixture on the scene both in the USA and abroad since his school days, and even into his seventh decade continues to compete in both raw and equipped divisions in the American Powerlifting Committee (APC) as well as internationally in the equipped World United Amateur Powerlifting (WUAP) and the raw Global Powerlifting Association (GPA). "After early days of school, three years in the military, more school and work, I continued with weight training and other sports," Baker recalled. "I became interested in arm wrestling and wrist wrestling in the early '70s and formed the World Professional Wrist Wrestling Association," he continued. "It was televised by NBC Sports World in 1980, '81 and '82."

After that, Baker says he became more interested in weight training and the relatively new sport of powerlifting. "In the early days of weight lifting, it was called 'odd lifts,'" Baker noted, adding that he competed in the first IPF World Powerlifting Master's Championships in 1982. During what he called his "competitive years," he won more than 20 national and 13 world championships in the 82.5 kilo class. He has continued to add to those totals, lately lifting in the 90 kg. division for his age group.

In 2001, L.B. and partner Jim Rouse formed the AWPC, which is now the WUAP, while at the same time forming the APC and was instrumental in forming the GPC in 2003. "We formed the GPC in Vienna, Austria, in 2003," Baker noted. "It was originally the WPC. I promoted the World Championships in Athens, Georgia, in 2004 and we changed the name to the GPC. The APC left the GPC in 2007 because of differences in goals and started supporting the WUAP," Baker said. "As I saw the need for a raw powerlifting federation, I formed the Global Powerlifting Alliance in 2009, independent of the APC. However, the board of the APC has voted to support raw powerlifting." The APC now has both raw and equipped categories at its competitions.

L.B. says he met his wife, Svetlana, at the GPC World meet in Dessau, Germany, in 2005. Svetlana was competing with the Latvian team at the time. She and L.B. now live in Bogart, Georgia, east of Atlanta. "With her help, we have become more active in promoting the sport of powerlifting and our business www.irondawg.com," he said.

The head coach/trainer and team captain of Team USA for the full-power division of the APC is Mike Kidd. "When I first met L.B. I was just entering powerlifting through training my stepson," Kidd recalls. "This was around 2002 in Marietta, GA. L.B. knew it was our first meet and he was very helpful throughout the competition. We did several meets after that and our relationship grew. L.B. then decided to start the APC and invited me to become a judge and help get the APC going. It has been 10 years now and I am glad to have met L.B. I guess the most important reason I have stayed with the APC would be the fact L.B. has always put the lifters first. I would like to thank him for all he's done for me and the lifters through the years with the APC/GPA."

Mark Vickers is head judge of the GPA and Chief Technical Officer for the APC. "I was 27 years old and competing in the 181 pound class about fifteen years ago when L.B. and I first met at Iron Dawg Gym in Athens, GA. He was a many time world champion in the APF at the time and I had two or three state level meets under my belt. L.B. was close to 60 years old and still out-squatting me as a Masters 181 pounder. It took five years of training and a twenty pound weight gain before I out-lifted a man thirty years my senior. Since then we have trained together, swapped stories, visited one another's home, gone to dinner a few times, and I became a user of a protein mix he developed called Muscle Maker. It is the best protein mix I ever used. I have always appreciated L.B.'s gentlemanly manner and respected how he promotes powerlifting. About ten years ago he asked me to be a judge in his newly formed American Powerlifting Committee. This organization now promotes raw and geared lifting at both the national and world level. L.B. has afforded many lifters the opportunity to lift in a federation that runs efficient competitions with fair and consistent judging. Lifters from both the eastern and western hemisphere have competed at several raw and geared world meets in the past few years as a result of L.B.'s dedication to powerlifting. It has been my great pleasure to know L.B. He is a sincere friend and I wish him a hundred more happy and healthy birthdays!"

R. Garry Glenn is the Team USA bench captain, and holds seven master's national and five world championships with two world runners-up finishes as well in various associations. "L.B. is one of the primary reasons I and many others have had some success on the national and international scenes," Glenn said. "He's a true legend in strength sports, and we wish him a happy birthday and many more years as a mentor, official and competitor."

– Garry Glenn



On December 10th, 2011, the most incredible surprise in my lifting career took place. There was an unsanctioned meet in Pelion, SC. It was held at American Muscle and named after me. It was to honor my contributions to powerlifting here in South Carolina and the 3,000-pound total. I wanted to invite all the people that have trained with me over the years as well as every high school and college/university strength coach I knew in the state. However, I was sure they had better things to do that day than come to a meet way out in the deep country of South Carolina.

For months, the meet director, Will Millman, kept telling me he had a huge surprise. I never really grasped what that meant until that day. I get there and they shuffled me to the back warm-up area. The lifters were all in on it so they had the guy surrounded. As soon as I got back there, they all moved to reveal... LOUIE SIMMONS!!! He drove all the way from Westside Barbell in Columbus, Ohio, to give me an achievement award. He was there all day and answered lifting questions the whole time to any lifter that asked him. How many strength coaches in this state would have liked to been there for that?

Then to top it off, Richard Sorin from Sorinex equipment was there too! He presented me with a plaque. He and his son have been to dozens of my four-hour squat and bench sessions just soaking up the atmosphere involved with world record training attempts. Many times they had to chip in and spot because there were not many lifters there when I trained.

Never in my life have I felt so honored than to have these gentlemen show up and support not just powerlifting, but ME! Louie told me he came because of my dedication and sacrifice as a lifter all these years. When they asked him come down to SC and present me the award, he never hesitated. He just said, "I had to do this for you!"

Competitive powerlifting is over for me now, but that is going out with a huge BANG!!! You just never really know whom you will run into, in the middle of nowhere, all in the name of STRENGTH! God Bless, and I will see you on the platform. – Donnie Thompson

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VARIATIONS OF THE BENCH PRESS PT. 1

as told to Powerlifting USA by Doug Daniels

Hands down the bench press is the most popular weight exercise in existence. Walk into any gym at any time—night or day—and you'll see more members benching than any other weight exercise. The bench is also the lift that most competitive and even non-competitive lifters would like to excel at. Many lifters add assistance exercises to their routines in hopes that these exercises will provide different stimulus to the muscles involved resulting in a bigger bench. I am a strong proponent in the axiom that "if you want to be good at an activity, then practice or work at doing that activity." The unfortunate thing is, the less alike the assistance exercise is to the targeted one, the less the positive transfer of strength gained from the assistance exercise. By positive transfer I mean strength gains in an assistance exercise add up to strength gains in the targeted powerlift.

I agree that properly including assistance exercises in your routines can benefit your lifting results. The challenge is to choose exercises that provide the highest positive transfer of strength I mentioned earlier. The best way to accomplish that is to choose exercises that are the most similar to the bench yet still can provide different stimulus to that musculature. The slick thing about this is that this can be achieved by using variations of the good old bench press itself. In addition, these variations can also yield superior results without the need for additional equipment and just require a normal flat bench and a power bar. These variations are the result of merely changing your grip width on the bar, elbow position, bar path, range of movement or any combination of these. This month's article will concentrate on bar path and range of movement.

For the purpose of this article I define bar path as where the bar hits the chest. During a normal bench, the bar would hit the chest near the nipple area, which is generally the position of best leverage and power. By varying where the bar hits the chest, a lifter can stress different parts of the pectorals. To work the upper pec, most lifters rely on the incline bench press. Though an effective choice, superior results can be had by lowering the bar higher on the chest, near the shoulders, during a regular bench press. One warning is to not go too high on the chest. Some lifters lower the bar to the neck which, of course, could be dangerous if they lose the lift. Always use a spotter while benching as a normal course of business, this includes all these variations. The opposite effect is gained when hitting the bar lower on the chest, more towards the waist. This variation would impact the lower pecs, like declines, but

without the need for a decline bench. Do not go too high or low on the chest or heavy too quickly, work into the weight gradually. I would suggest using a weight that is 75-percent of your normal rep weight and work up from there. Also there may be some initial soreness due to the different stimulus on the pecs.

Range of movement options is the last variation of the bench. This simply means limiting the range of movement to less than a full bench press. Pressing from the chest to 1/2 to 2/3 of the way up maintains tension on the pecs and builds power off the chest. Pressing from 1/2 to 2/3 of the way down to lockout switches the stress to the triceps. The final variation is pressing in the mid-range of the movement. That spreads the load equally to all the muscle groups involved while providing continuous tension. I strongly suggest lifting the weight the same distance each time. If you lessen or increase the distance you move the bar, you will not be able to judge or measure your actual strength level as well as you could by doing a complete to-the-rules lift. A trick we used for the chest to part-way-up press was to have a training partner place and hold his hand at the desired point above the lifter's chest. The lifter then would push the bar up to touch his hand. That way the range of movement was somewhat consistent over the set.

It may be obvious that you can combine these two variations together and develop a bench workout that can fit whatever needs you may have. For example, a lifter who needs more pec work could include low on the chest presses while pressing the bar from the chest to 2/3 of the way up. This can also be done by benching high on the chest. I suggest adding 3-5 sets of these after your regular workout or in place of the normal bench on your second bench day of the week.

The standard bench press is still your best bet for increased power in the lift itself. But by simply varying bar path or range of movement, the standard bench press can be tailored to fit your individual needs. These bench variations can easily be incorporated into your routine and they require no additional equipment or space. I must mention another benefit; that was increased variety of assistance exercises. Since all these variations are still considered bench presses, the positive strength transfer to your competition bench will be high. Be careful not to go overboard and do too many extra sets. Next time I will explain a few more variations of the bench press that do not require any additional equipment then a bench and a weight set. Plus I will provide ways to combine any of all of the variations in your routine. <<

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as told to Powerlifting USA by Team MuscleTech

Q: I'm looking for a new, innovative pre-workout product that provides the best in everything: energy, strength, pump and extreme focus. Is there anything new and trustworthy you can recommend?

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L-CITRULLINE: Unlike other companies that use a scientifically inferior and lower-quality nitric oxide driver, Team MuscleTech formulated NeuroCore with pure L-citrulline for long-lasting muscle pumps. A study published in the *British Journal of Pharmacology* on nitric oxide metabolism shows that L-citrulline dosed at 3,000mg (the amount contained in NeuroCore) is scientifically superior to arginine for increasing plasma levels of arginine.¹

BETA-ALANINE: NeuroCore contains the full studied 3,200mg dose of beta-alanine. In fact, research published in the *International Journal of Sport Nutrition and Exercise Metabolism* showed this exact dose of beta-alanine can help enhance the muscle- and strength-building process.²

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RHODIOLA ROSEA: In a double-blind, randomized and placebo-controlled study on 20 subjects, individuals using rhodiola during a stressful period significantly improved physical and mental fitness compared to subjects using a placebo in only 20 days.⁴

In a scientific review article published in the journal *Phytotherapy Research*, the authors noted that *Rhodiola rosea* (contained in NeuroCore) was a superior, more active adaptogen than *Schizandra chinensis* (found in the formulas of both leading competitors).⁵

DMAE: DMAE may act to facilitate choline production. Choline is a precursor of acetylcholine.

WHAT'S IN THE BOTTLE IS ON THE LABEL

Stop getting scammed by other companies who tout their products but don't have the confidence to fully reveal their subpar formulas. Step up to NeuroCore, a formula with key ingredients supported by research that has fully disclosed doses, so you know exactly what you're paying for. If you're looking for the most powerful pre-workout ever, NeuroCore is the clear choice. In fact, if you don't think it's the most powerful pre-workout stimulant you've ever tried, simply return the unused portion to the store you bought it from with your receipt within 30 days and you get your money back. Guaranteed. Excellent question, keep them coming! ☞



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"As soon as I stepped into the gym I had that alpha male feeling we all crave. The pump was INSANE. Focus was amazing. I'll never go back to any other pre-workout."

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- Steve Jirgal, Chicago, IL

"Worth the wait! Crazy pumps! Absolutely true that it's the best pre-workout EVER!"

- Steve Hatfield, San Angelo, TX



114 BAR BENDERS BARBELL

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



Lifters at Bar Benders Barbell in Jacksonville, AR (Bar Benders Barbell photos)

Last month you learned about the Dogg House Gym in Columbus, Ohio. Dogg House got good ideas from Westside Barbell. Now, we travel south to Arkansas to see a gym that got good ideas from Diablo Barbell. For all of you Yankees that don't know, Arkansas is basically a small backwards suburb of Texas. (There was something to offend almost everyone in that sentence!)

Seriously, Kurt Mattison has been telling me about his garage gym for a long time, and last year he moved everything into a 3000 square foot warehouse in Jacksonville, AR. He's about 10 minutes away from Little Rock, or an hour and a half from Hot Springs.

The gym is named Bar Benders Barbell, and it is not affiliated with the Barbenders Gym (PA) owned by Paul Vargo, which we previously profiled in this column. Enough from me, I'll let Kurt fill you in:

The gym is "Bar Benders Barbell," and you can check out our facebook page. We also have some videos under that name on YouTube. Originally, I was going to [restrict membership to] powerlifting, bodybuilders, and strength athletes only, but there aren't enough "serious" types around here, so I'm going to add crossfit and maybe some chick classes to help pay rent. (Welcome to the real gym world. RB)

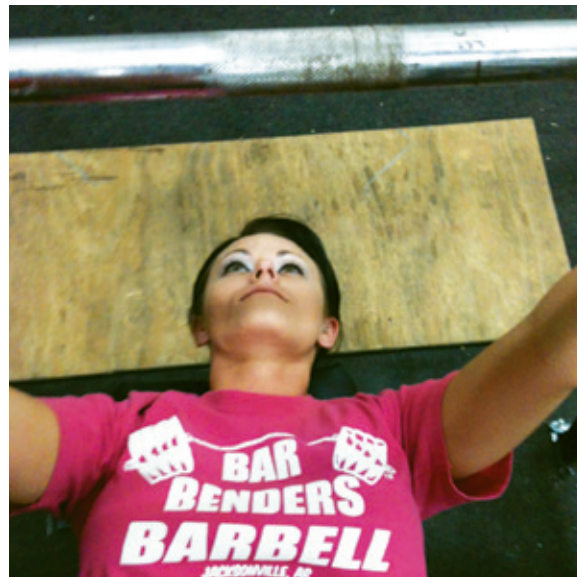
All the commercial gyms around Little Rock run serious lifters (like me and those that lift at BBB) out of their gym for chalk, noise, intimidating looks, etc. We are different from anything around here; no A/C, no mirrors, no socializing, and no bullshit. If you aren't serious, I don't want you here; that goes for powerlifters, football players, strength athletes or even the crossfit crowd. I trained at Diablo Barbell (in Concord, CA) a few years ago, and I want to pattern my gym after what Ted has done out there. Others can walk into 24-hour Fitness and get their hour or so of posing, but where do the hardcore folks go? They go to a garage, or to an old warehouse like this.

You brought several lifters by HOUSE OF PAIN a month or two ago when you were headed to a powerlifting meet in the Dallas area. I think a couple of your guys did pretty good; Roy hit a 425 BP, and pulled 605 at 242, and Tim pulled 475 at his first meet and then passed out! Tell us about some of your strong lifters.

Some of our raw guys have hit an elite total with SPF, and I've hit 1,830 at 220 in single-ply. I'm playing with multi-ply in hopes of competing at a big SPF meet. I'm also training a woman (incredibly fit and cute) in the conjugate methods, so she can help train "normal" people in what we do, as well as teach some classes and personal train the crossfit clients.

Here are some stats on a few others:

- Jonathon Vick (SHW): 2,050 total raw, with a 775 DL in there.



- Bryan Medley (181), hit a 605 DL (single-ply) in his first meet. This kid is the best “student” I’ve ever had. He’s 6-foot-2 and started with me in January 2010 at 145 pounds body weight. He hit 190 in July 2010, then went to Korea (USAF) for a year and got up to 210. He simply works harder and is more disciplined with his lifting and eating than anyone I’ve ever been around. I think 65 pounds on anyone (drug-free) is simply unheard of, but he did it. He is now a drill instructor at Lackland AFB in Texas.
- Roy Brown (242): push pull, 1,125 raw.
- Phillip Brewer (165): bench, 480 raw.
- Jake Davis (220): 1,560 total raw (21 years old).
- Jeff Trent (220): 705 DL raw (21 years old, bodybuilder, really doesn’t concentrate on powerlifting).
- Greg Ewing (220): 1,610 total raw (deployed USAF).
- Blake Mattison (165): 315 BP, 455 SQ, raw (college baseball player, really doesn’t train to powerlift).
- Weston Cobb (181): just started here, but shows a lot of promise; 550 SQ, 425 BP, (various other great lifts bp using boards, box squats with chains, can hang with anyone).
- Kurt Mattison (220): 1,830 total, single-ply, 805 SQ, 525 BP, playing around with multi-ply gear now (gym owner is 47 years young).
- Larry Kye (275): 716 SQ at 52 (single-ply), he’s 59 years young now, hasn’t competed in 8 years, wants to hit 600 at 60.

Those numbers are great! You have a strong enough crew to host your own powerlifting meets before long! Tell us more!

I get a lot of other guys through the doors because there is an air force base about 10 minutes from my gym. Some of the guys that don’t like the “commercial gym” atmosphere or the facility on base train here off and on. It’s real hard this time of year to get anyone to be disciplined because with their air force commitment and all the “outdoor activities,” everyone would rather play than train. The people I

listed above are the serious lifters here, and their numbers will be noticed at the next meet. We’ve had MMA fighters come train; they left not only stronger, but quicker as well. I had an extremely hot female marathon runner “try” to keep up about a year ago—she just didn’t have the mental toughness to handle what we do on a daily basis. I have a few girls from the local Hooters come in every now and then (I have to train them alone; when they are here too many people are looking and not lifting, plus they are sooooo dumb).

I like SPF meets because they are usually run pretty well and the national director (Jesse Rogers) is there at all the meets I’ve attended. I went SPF to begin with because they use a mono-lift and after years with AAU, NASA, and USAPL doing “walk outs,” I needed a break. The walkouts were just too much to deal with. Walking out was taking more effort than the actual squat was, and for me it was too damn dangerous. *(We like the SPF meets, and I look forward to the day Jesse opens his meets back up to HOUSE OF PAIN sponsorship. I know you have SPF clothing, but we still miss ya Jesse! RB)*

I loved it at Diablo. Training with those guys taught me more about the game in 8 months than I had learned in 8 years. Ted and the guys are like one big dysfunctional family. Everyone is there to help everyone else; they support, educate, and assist everyone without hesitation. I want to make my gym like Diablo, but with a smaller “serious lifter” population it’s going to be harder to “recruit” the lifters. The thing about Diablo and my gym (I hope) is it is for LIFTING ONLY!! No socialization, no chit-chat, no bullshit that can distract the lifter from maximizing their potential. People don’t realize that these simple distractions—the ones so common at the local gym—are actually keeping them from making their goals and dreams a reality, and the owners/managers don’t care. I do, Ted does, Mark Bell does, etc, etc. You want the hardcore guys (and girls) that get out of their car pissed off, do their training and crawl back

to their car. Those are the type of lifters I want! I don’t care if they are powerlifters, bodybuilders, football players, MMA fighters, figure/bikini models—you come to my place to train, PERIOD, no exceptions.

Speaking of distractions, I guess your gym is pretty close to Bill Clinton’s hometown. Got any good stories?

As far as Bill Clinton...well, I used to know one of his body guards and heard a FEW stories. Paula Jones is a substitute teacher at the school I taught at last spring, and I was her personal trainer about 12 years ago. There is a saying in Arkansas: “Nothin’ says lovin’ like puttin’ it to your cousin”...ha ha.

I started out with a mono-rack, some good bars, and a few other pieces of equipment at the air base gym. The “common idiots” were always in the way, sat around doing curls out of the rack, and generally made it a pain in the ass to train there. I moved everything to my 3-car garage in November 2010, then I rented a 3,000 square foot warehouse last summer. I’ve added quite a bit more equipment since then, but I’m doing it out-of-pocket, so we won’t run into money issues like 95% of all first year gyms do. I don’t need a shit load of people coming through the door to keep the doors open, I don’t “need” anyone; this is my baby and I can run it with just me and my crew lifting here. If I attract more lifters that’s great, but I will be selective about who trains here.

We’re at **2603 Poloron Rd., Suite J, Jacksonville, AR**. We’re open from 4 to whenever (Mon–Fri), or anytime by appointment. Look for the Bar Benders Barbell sign out front.

Thanks to Kurt for the address and invitation, but most of all thanks for building a real gym! I look forward to training there on my next trip through Arkansas. Next month, we’ll stay south of Dixie, then we’ll head back north the month after. Until then, keep training hard and quit looking at your cousin that way. Stories from your gym? Email: rick@houseofpain.com. ☺

THINGS I'VE LEARNED ALONG THE WAY PT. 4

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

"God grant me the strength to change the things I can, the patience to bear those things that I cannot change, and the wisdom to know the difference." — Saint Francis

In 1983, while preparing for the World Series of Powerlifting Championships, I herniated two disks in my lower back. About two weeks later, I was diagnosed with cancer. Needless to say, I was a little upset—okay, I was LIKE REAL UPSET!

I can still feel the pain, but pain is a part of life. So are disappointment, defeat, despair, loneliness and confusion. It's all a part of life. To think that life is just a bed of roses is simply naive. Life is full of all sorts of wondrous things; ecstasy and love are two of those things. Pain and heartbreak are two others. I don't know about you, but I'm not going to let anything keep me from becoming everything that I can be. I don't want to be sitting on my porch when I'm an old man saying, "I wish I would have done this or I wish I would have done that." I'm going to do everything I can with my life. I'm going to take myself right to the limit. When God calls me, I'll be ready because I'll know that I have lived my life fully. And believe me, I'll do whatever it takes to do just that. If I have to experience a little pain...well, so be it. I can deal with pain, I can deal with rejection, I can deal with defeat, but I can't deal with being less than what I am capable of being. Nothing is going to stop me from being everything that I can be. God's gift to me is life; my gift to God is how I live it. I want to give God and everyone else my very best. I won't let anyone or anything stop me from doing that.

Think about Muhammad Ali, one of the greatest fighters who ever lived—maybe the greatest. After being stricken with Parkinson's disease, Ali could have quit on life and I don't think anyone would have blamed him. I can't even imagine what it must be like for Ali. Let's face it, he went from being one of the most graceful athletes in the world—remember, he floated like a butterfly—to an absolute motor invalid. Now handicapped, simple daily chores like putting a key in a lock are a physical challenge. No one could blame him for quitting. But Ali is not a quitter. It's not in his character. Every time Ali got knocked down in life he always got back up. I'm not saying he never doubted himself; I'm sure he did at times, but he never quit. The Parkinson's disease was something Ali couldn't control, but he had the wisdom and patience to bear it, and he had the vision and courage to learn from it. He couldn't control his circumstances, but he did control his response to his circumstances—**THAT'S WHY HE'S ALI!**

Like Ali, when disaster strikes, you have a choice to either give up or go ahead. The real champions of life go forward, despite being afraid or blocked by obstacles. They do what has to be done no matter how hopeless things look or how overwhelming the odds. They are aware that fighting back may not always restore things to normal, but trying always makes things better and provides immense self-satisfaction. They are disciples of the classic slogan, "When the going gets tough, the tough get going."

When things really look hopeless, that's where you have to really suck it up. You have to think positive. You have to believe that you can still achieve your objective provided you persist. You have to rid yourself of negatives. Nothing is hopeless, nothing is impossible. Such self-defeating words are for fatalists, not intelligent people. Never say never.

People who say that a state of affairs is beyond their control are defeated before they even get started. They are just giving themselves an excuse for giving up too soon. To be successful, you need to look for the circumstance you want, and if they aren't available, then you manufacture them. Successful people don't look for excuses. They look for opportunities. They know that there is always a way to make things work out.



Regardless of what's thrown his way, Judd refuses to quit (Judd photo)

That's the type of mindset you need when dealing with adversity. It's always too soon to quit; never quit, and nothing is impossible—nothing.

Of course, when things get tough and your back is against the wall, that's when you really have to plug away. Refuse to quit. Don't even entertain the thought. No matter how overwhelming the situation seems it can be handled, provided you're patient and persistent. How do you eat an elephant? One bite at a time. How do you handle adversity? One step at a time. By reinforcing small bits of behavior, you'll eventually get your desired response.

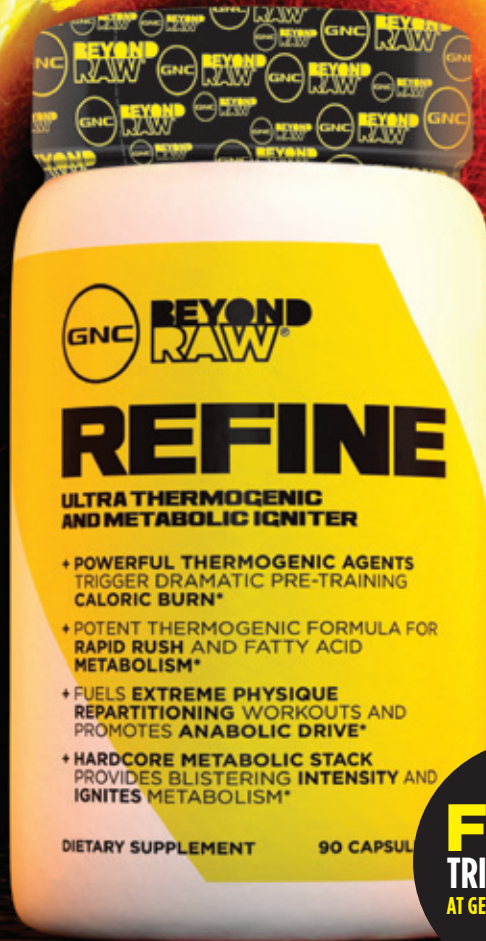
Think about this, it took Thomas Edison almost ten thousand unsuccessful experiments before he invented the light bulb. It took Jim Fix more than fifteen years to find someone to publish his bestselling book, *Everything You Wanted to Know about Running*. Steve Young sat on the bench behind Joe Montana for seven years before he got a chance to start for the San Francisco 49ers. And listen to this, Joe Tanner spent seventeen years in the minor leagues before he was brought up to the major leagues. Be assured that God is with those who persist patiently. Note also that tough times never last, but tough people do.

If I had to point to one reason why people do not persevere when success is just around the corner, it would be that they doubt themselves. They don't have the confidence in their ability to succeed. You show me an individual who lacks self-confidence and I'll show you somebody who's going to quit when things get tough. I've mentioned before that there is magic in believing. If you don't believe in yourself, if you have a self-defeating attitude, your chances of success are extremely limited. I believe



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THE SQUAT

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



After moving to Westside, A.J. Roberts has improved his squat from 1,008 to 1,140 pounds in just over two years by following the conjugate system. This includes a speed strength day, where a series of 3-week waves are performed. The percent of a 1-rep max used is 50% to 60% within the 3-week wave. Bands or chains or a combination of both is used to prevent accommodation.

A.J. will use an assortment of bars such as a regular 65-pound Bulldog squat bar for a 3-week cycle. At other times, a Safety squat bar, a bow bar, or a 14-inch cambered bar is often utilized. Sometimes a front squat apparatus will be used for sets. A.J. has a record for a max single for each type of bar he uses. Westside lifters discovered many years ago that a regular straight bar can cause shoulder discomfort as well as bicipital tendonitis even when using maximal hand spacing.

It is easy to manipulate the volume while doing the same percent, the same number of lifts in a set, and the same number of sets. After the speed strength sets are done, which occurs on Friday at Westside, 3 or 4 special exercises are selected and rotated when necessary.

Let's look at some examples of 3-week cycles, or speed strength phases, that A.J. uses. He will wear a Leviathan suit with the straps down and no knee wraps.

WEEK	%	WEIGHT (LB.)	BAND TENSION	SETS	REPS	TOTAL # OF LIFTS
1	50%	560	25%	10	2	20
2	55%	620	25%	10	2	20
3	60%	690	25%	8	2	16

*NEW 3-WEEK WAVE BEGINS, CHANGING FROM SQUAT BAR TO SAFETY SQUAT BAR

WEEK	%	WEIGHT (LB.)	BAND TENSION	SETS	REPS	TOTAL # OF LIFTS
1	50%	450	25%	10	2	20
2	55%	495	25%	10	2	20
3	60%	540	25%	8	2	16

*NEW 3-WEEK WAVE BEGINS, CHANGING FROM A SAFETY SQUAT BAR TO A FRONT SQUAT

WEEK	%	WEIGHT (LB.)	BAND TENSION	SETS	REPS	TOTAL # OF LIFTS
1	50%	350	25%	10	2	20
2	55%	385	25%	10	2	20
3	60%	420	25%	8	2	16

*NEW 3-WEEK WAVE BEGINS, CHANGING FROM A FRONT SQUAT TO A 14-INCH CAMBERED BAR

WEEK	%	WEIGHT (LB.)	BAND TENSION	SETS	REPS	TOTAL # OF LIFTS
1	50%	425	25%	10	2	20
2	55%	470	25%	10	2	20
3	60%	510	25%	8	2	16

These are just some of the speed strength cycles that A.J. uses throughout a yearly plan. Almost always they are 3-week waves, and as you can see, the volume changes each week by changing the percentage. The bars change A.J.'s leverage, and changing from band tension to chains and to just bar weight further prevents accommodation. The squat is always done to a parallel box with a wide stance, except for front squats. At the end of some workouts the box is lowered. This is typical for all Westside lifters.

The strength speed cycle will last only two weeks, as it is very taxing with the large amount of band tension. A.J. and our other 1,000-pound-plus lifters use 700 pounds of band tension plus bar weight.

Below is an example of A.J.'s last strength speed 2-week cycle.

WEEK 1	BAR WEIGHT (LB.)	BAND TENSION (LB.)	REPS
SET 1	240	700	2
SET 2	330	700	2
SET 3	420	700	1
SET 4	470	700	1

*THE 470 POUNDS PLUS 700 POUNDS OF BAND TENSION WAS A PERSONAL RECORD

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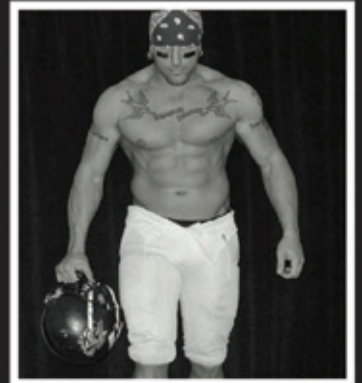
Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once 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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WHAT WOULD YOU CHANGE?

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

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

This month's forum question was: *if you could change one thing in powerlifting, what would it be?*

BOB GAYNOR: This month's question is very difficult for me. It would be easy to say unification, but how would that happen. What I tried to do was determine what one thing would give unification the best opportunity to happen.

What I think would have the greatest effect would be standardization of the rules. At one time powerlifting had a simple set of rules: lower the bar to the "chest," feet flat on the floor, press the bar to lockout. In the squat, it was step back from the rack and squat to required depth. In the deadlift, lock out the lift at the finish. Sure, there were other rules, but these were the important ones.

If we would use these rules across the board, how many federations would no longer be needed? If these rules were enforced, the controversy over equipment would go away. There would be no need for "gear" that would not allow one to follow the rules.

If the rules were standardized, the only issue to be restructured would be testing. If I had my "Christmas wish," it would be to enforce the rules as they were originally written.

MATTHEW GARY: The one thing I would change in powerlifting is unification. The major problems facing our sport are: animosity and division amongst competitors, record keeping, discrepancies in the rules, improper enforcement of the rules, inconsistent drug testing policies, lack of overall credibility, and inadequate exposure for the sport which makes raising money and generating sponsorship difficult. Unifying the federations would help eradicate these and nearly every other existing issue.

DAVID RICKS: Being a veteran of over 30 years in the sport, I will probably echo similar comments. I believe the numerous U.S. powerlifting federations is hurting our sport from getting more broader acceptance. If I was a new lifter looking at this sport I would be confused on which federation to try to join. Then if you look at all the different national and world championships that are held, how can you distinguish who is truly a national and/or world champion?

In 1990, I took first in the ADFPA Nationals (which eventually became the USAPL) and second in the USPF Nationals in the 165 lb.



Dave Ricks at the 1992 IPF World Championships

weight class. The first place winner at the USPF chose not to compete at the World Championships. I had qualified to compete at two different world championships that year. The ADFPA World Championships would have been the WDFPF and the USPF was the IPF. I chose the IPF World Championships because I knew it was more competitive and if this was going to be my only world championships, then I want to go against the best. I was fortunate and won the gold that year.

"SIOUX-Z" HARTWIG-GARY: If there was just one thing I could change in powerlifting...hmm, first thing that comes to mind is I would make

it more unified again. It has splintered so much over the years and I feel it has taken away from our sport.

RYAN CELLI: I would eliminate all but one federation—I would create one federation. One federation to oversee, two different genres of powerlifting, raw and single-ply. Raw would be belt, knee sleeves, and wrist wraps. Single-ply would be, squat suit, 2.5 meter knee wraps, wrist wraps, and a belt.

JON SMOKER: My wish is rapidly coming true with each passing year, and that's for the sport to become totally raw. Yes, I've lifted in

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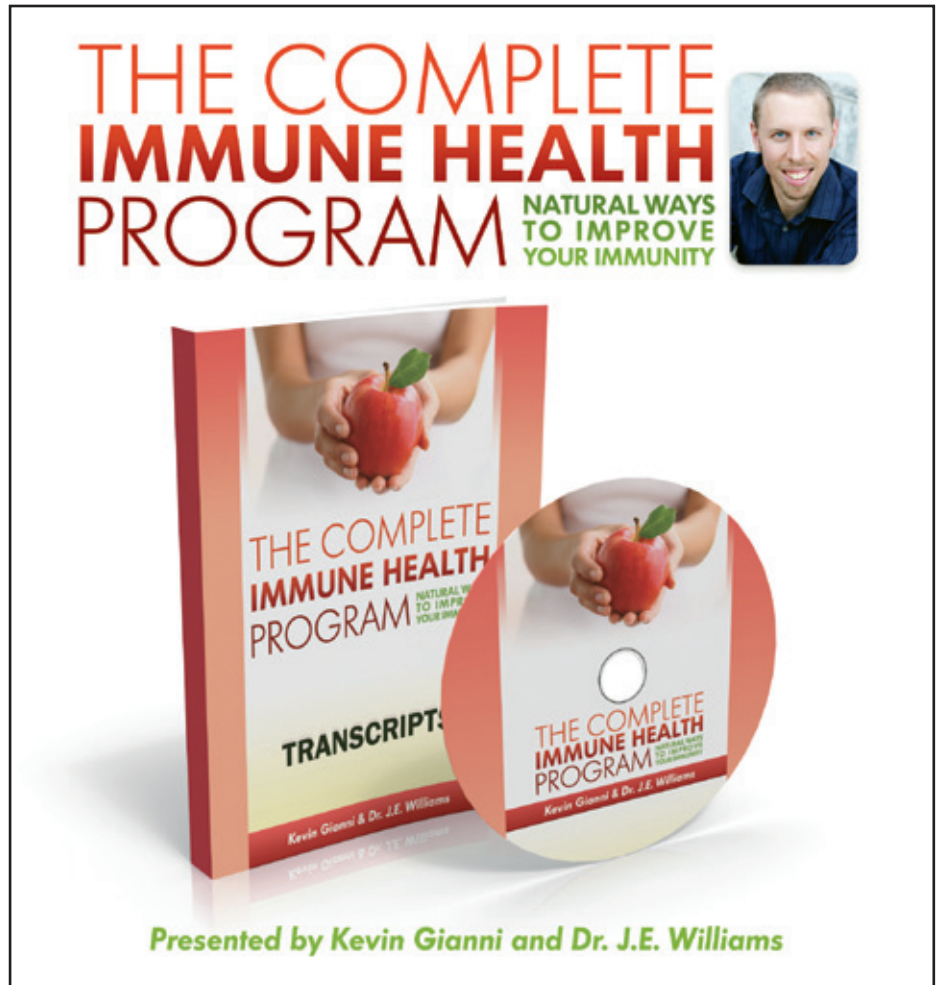
DIET SODA AND HEART HEALTH

Q: Hey, Anthony. How you doing? I really liked the Oil of Oregano series you did; it was so informative. I have a question about soda pop and heart health. I know you did a series a few years back about how bad it is for your health and I can fully agree with you on that even though I have a major weakness for it. A friend of mine recently told me about a new study they did and how diet soda was linked to heart disease among other problems. Is this true? Can you expand on this for me as I have been wondering what your thoughts are on this topic?

Sincerely, Joe Caltano

A: Hey, Joe. How you doing, buddy? I am happy to hear that you liked the soda series I did some time back. Your friend is correct; there have been some new studies in relation to drinking one can of diet soda per day. This amount of consumption is not out of this world and most likely millions of Americans do this day in and day out. There are probably millions of Americans that drink much more than that on a daily basis. The study showed some really interesting facts that most of you who drink diet sodas will not be happy to hear. The bad news that you all are going to want to plug your ears on is that it showed that those that drink one can of diet soda per day have a 61% increase over those that don't drink them to have a heart attack or stroke.

Wow, that is some bad news right there and all of you reading this please take note of it and really think out your next beverage choice much more thoroughly. The research from this study was presented at the American Heart and Stroke Association's International Stroke Conference in 2011. So, as you can see this is cutting edge info, as it was just presented this year. This amazing study included more than 2,500 people over the age of 40 years old. It included people of all races and was part of the Northern Manhattan Study. The people were put into seven different groups according to how much soda they drank or if they didn't consume any at all which, by the way, is the smart choice as you will see by the study's outcome. This study was taken for over a 10 year period here, so it was not just some 6 month trial that most of you soda drinkers may have been hoping for, wishing there was a major flaw in the study. Now among the group that drank soda there were almost 560 vascular events among them. That is not good at all when the numbers come back, especially considering that out of the 2,500 people in the study over 900 of them were in the "don't drink any soda" group. Some researchers are saying that those that drink diet soda drinks can promote a bad habit of causing those to have a sweet tooth and lead them to



consume other sweet things throughout the day. Either way, as you can see, diet soda is not good for year health no matter how you slice it!

You can try to make different excuses so the big wigs at these multi-billion dollar companies won't get their panties in a knot, but the reality is they are not good for your health on so many different levels. Why is it that when someone says smoking is bad for you no one ever goes and says that it has numerous health benefits and tries to say otherwise, but with food products that you well know are causing all kinds of health ailments it seems there is always a scapegoat mentality trying to blame the study's outcome on some other thing that may have caused such a massive increase in cardiovascular events in such a short period of time. I have an idea for everyone: how about drinking clean water instead. Our ancestors drank water and it was good enough for them, so why do people now have to have something super sugary

sweet every time they need to put any liquid in their bodies. Americans are becoming the most unhealthy people in the world and step by step they will be in the top spot in no time at all.

Eating all the sugar, grease, food preservatives, food coloring and dyes, hormone induced meat, nitrate loaded goodies and much more will only down the road cause numerous health conditions from all angles. Why are people so stubborn in their ignorant stupors that they can't see the truth due to their addiction to junk foods? Well, several years ago I broke the news to the powerlifting community on how horrible soda in all its forms was on destroying your health and now the mainstream media is also letting you in on it. I warned you over and over and some good lifters who actually care for their health as well as that of their families took note of my series and left that garbage on the grocery store shelves never to be brought in the home again. Others continue to drink away and

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BRAD WASKIEWICZ

Brad Waskiewicz passed away on September 3, 2011, from a seizure. He was 53 years old. Brad came to me in early 1976 while still in high school and living on his own. He said that he wanted to be a powerlifter. I said, "Yeah right, kid." Brad went on to set California state bench press records that same year! He benched 215 pounds in his 114-pound class (no shirt) and won 9 California state powerlifting championships, then benched 280 pounds in his 123-pound class (no shirt), and placed 3rd in 1979 and 1981 at the Junior Nationals. Brad lived in an apartment above Free's Gym in San Marcos, CA, for 30 years—the same place Bill Kazmaier got his start! Brad was a good friend and will be missed.

—Joe Free

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The most common types are the noose and the hook. They both go around your wrist. The noose tightens around the wrist as you increase in weight, cutting the blood flow to your fingers. The hook digs into the palm of your hand, causing pain. This limits the amount of reps as well as weight which, to me, defeats the whole purpose of using them. As you can see from the photos, my straps work off the back of your hand, leaving the wrist area open.

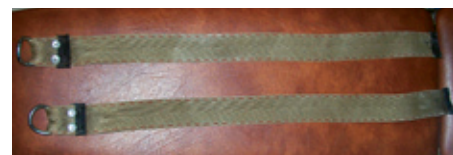
The strap is anchored to the bar by means of a curved ring and strap. This setup acts as a flexible clamp. The strap goes across the back of the hand and the base of the thumb, forcing your hand to the bar so your hand and bar become one. You have total control of the bar—the strap doesn't cut into you hand at all, your fingers act as hooks so you're working your grip. There are different wraps you can do, as seen from the photos, while other straps can only be used one way.

All the wraps are easy one hand operation, which are easy to learn. As you can see from the video, I'm doing reverse skullcrushers as well as open palm curls. You can't do these with any other straps. I call my straps the Grip locks, and they are patent pending. Bottom line, my straps work—period. If you can pull it, my straps will hold it. I'm pushing fifty and pulling the same weight as when I was in my mid twenties, and doing more reps.

If you have any questions call or write me at:

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COACHING BEGINNER LIFTERS, BIG EVIL STYLE

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

Happy New Year, fellow Ironheads, and welcome to another installment of *Big Evil's Lair*. It's time to start training for meets being held in the spring. While we are talking about training, my new gym, Steel City Barbell, has been very busy with beginner and elite powerlifters getting ready to do battle at the Pittsburgh Monster Bench and Deadlift meet and the Lexen meet in Ohio—both are in April. The Big Evil has trained with and has trained a lot of powerlifters for the past twenty five years, but owning your own gym gives you a different perspective into different training styles. The Big Evil has noticed a few different things that the novice powerlifter does wrong and some things they actually do better than an elite lifter because their minds are fresh and not cluttered and set in their ways and are open to suggestions. Think of it this way, beginner powerlifters are the future of our sport. The skinny little fourteen year old kid who trains at your gym may have the potential to be the next Shawn Frankl or Ed Coan or maybe even the next Big Evil (why are you laughing?) Seriously, as powerlifters we need to take responsibility to bring the young ones and the beginners along to help this sport grow. I know they can drive you crazy with questions, I know it's a pain in the ass to have to strip the bar down every time they are up, but remember, someone did that for you when you started, so show some patience. The Big Evil hasn't been around novice powerlifters for a long time, but for the last few months I have taken on a few pet projects and it has been a very rewarding experience watching them get better as lifters. Here are a few topics about training the beginner lifter that I have found out to be the keys of their success. Let the Big Evil share with you what he has learned...

RESPECT OTHERS AND THE SPORT OF POWERLIFTING ITSELF The Big Evil believes this is the most important part of bringing a powerlifter that is brand new into the sport. A lot of mentors skip this process and this is why you see a lot of overbearing egotistical assholes in our sport. I know this sounds harsh, but it's true. Step number one is to give this newbie a lesson on the history of powerlifting: Where did our sport come from? Who was Paul Anderson? Who was Ted Arcidi? Who was Larry Pacifico? Some of these young guys think powerlifting was started in 2005. They need to read old *Powerlifting USA* magazines, watch old *Powerlifter Video Magazine* tapes, research on the Internet and YouTube. This will help them respect how far powerlifting has come in the past fifty years or so. Just a side note, I think



The Big Evil says: **BE PATIENT** with the lifting newbies...

the evolution of gear should be explained also. The Big Evil thinks that a slanted view passed down about gear to younger generations of lifters just causes other slanted views to be passed down by them. Give them unbiased info so they can make their own choices on where they want to compete. Another issue which we have been very lucky with in my gym is gym etiquette. I make sure during our workouts—including myself—that everyone spots and loads without being asked and that also includes putting on lifting gear for other lifters. Being new does not mean you are disabled. The quicker you teach these principles, the quicker they will catch on, plus this will make them feel like they are more part of the team as the other team members will look at them the same way. When you are new you are lucky to be lifting with experienced lifters, so show your appreciation by being helpful. This is the tone I set with the newer guys. As with any club, there is a pecking order; the better lifter you are the higher up the order you

are, as it should be. Those positions are earned from years of hard work and experience. Make the newbies understand this. One last note on this subject. When I tell you something, shut the hell up, listen and do it! I've seen this MANY times. When an experienced lifter is helping a novice lifter and the young guy just read a new article in a muscle mag and knows everything about bench pressing, that advanced lifter needs to step back and not help anymore. The Big Evil will give you advice if you ask for it, but I will never force my training principles on you. After a few workouts most of these "know it alls" fall to the wayside and just disappear. Good riddance! No matter who you are you will never quit learning if you open your eyes and ears.

TECHNIQUE, TECHNIQUE, TECHNIQUE Can the Big Evil be any clearer? The Big Evil has seen some odd techniques from some of our newer guys—what's even weirder is some of these guys are considered to be high level

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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	Zhukova	Ukraine	75	265	584	Thisted, Denmark	1999		Kozlova	Ukraine	75	247.5	545	New Delhi, India	2009
2	Robertson	Australia	90+	262.5	578	Capetown, S. Africa	1997	12	Shafer	USA	67.5	245	540	Santa Monica, CA	1984
3	Millen	NZL	90	260	573	Rotorua, New Zealand	1994		Robertson	Australia	90+	245	540	Thisted, Denmark	1999
4	Yavorska	Ukraine	90	257.5	567	Cahors, France	2004		Weizkowiak	Germany	82.5	245	540	Pinamar, Argentina	2000
5	Zhukova	Ukraine	75	255	562	Rana, Norway	1998		Karpova	Russia	90+	245	540	Cahors, France	2004
6	Sukhoruk	Ukraine	75	252.5	556	Chiba, Japan	1995	16	Lee	TPE	90+	243	535	Capetown, S. Africa	1997
7	Millen	NZL	90	250	551	Ghent, Belgium	1992	17	Millen	NZL	90	242.5	534	Jonkoping, Sweden	1993
	Lugovaya	Russia	90	250	551	Chicago, USA	2003		Korshunova	Russia	90	242.5	534	Capetown, S. Africa	1997
	Karpova	Russia	90+	250	551	Ylitornio, Finland	2005		Lee	TPE	90+	242.5	534	Rana, Norway	1998
10	Lee	TPE	90+	247.5	545	Thisted, Denmark	1999		Weizkowiak	Germany	75	242.5	534	Thisted, Denmark	1999
									Varlamova	Ukraine	90+	242.5	534	New Delhi, India	2009
								22	Sukhoruk	Ukraine	75	240.5	530	Rotorua, New Zealand	1994
									Robertson	Australia	90+	240.5	530	Kitchener, Canada	1996
								24	Millen	NZL	75	240	529	New Delhi, India	1991
									Herchenhein	Germany	90+	240	529	Rotorua, New Zealand	1994
									Korshunova	Russia	90	240	529	Kitchener, Canada	1996
									Herchenhein	Germany	90+	240	529	Capetown, S. Africa	1997
									Lugovaya	Russia	90	240	529	Pinamar, Argentina	2000
									Lugovaya	Russia	90	240	529	Frydek-Mistek, Czech R.	2001
									Yavorska	Ukraine	90	240	529	Chicago, USA	2003
									Pavlova	Russia	90+	240	529	Chicago, USA	2003
									Olenytsya	Ukraine	90+	240	529	Chicago, USA	2003
									Ribic	USA	67.5	240	529	Cahors, France	2004
									Ribic	USA	67.5	240	529	St.Johns, Canada	2008
									O'Donnell	USA	90+	240	529	St.Johns, Canada	2008
								36	Constanzo	USA	90+	237.5	523	Perth, Australia	1987
									Ribic	USA	67.5	237.5	523	Ylitornio, Finland	2005
									Ribic	USA	67.5	237.5	523	Stavanger, Norway	2006
									Biruk	Ukraine	75	237.5	523	New Delhi, India	2009
									Kozlova	Ukraine	82.5	237.5	523	Potchefstroom, S. Africa	2010
								41	Herchenhein	Germany	90+	235	518	Jonkoping, Sweden	1993
									Korshunova	Russia	90	235	518	Chiba, Japan	1995
									Sjostrand	Sweden	67.5	235	518	Capetown, S. Africa	1997
									Rumyantseva	Russia	82.5	235	518	Rana, Norway	1998
									Ignatenkova	Russia	82.5	235	518	Pinamar, Argentina	2000
									Puzanova	Russia	82.5	235	518	Riesa, Germany	2002
									Karpova	Russia	90+	235	518	Chicago, USA	2003
									Bagry	Ukraine	75	235	518	Cahors, France	2004
									Olenytsya	Ukraine	90+	235	518	Cahors, France	2004
									Guminskaya	Ukraine	75	235	518	Ylitornio, Finland	2005
									Lugovaya	Russia	90+	235	518	Solden, Austria	2007
									Karpova	Russia	90+	235	518	New Delhi, India	2009
									Soloviova	Ukraine	67.5	235	518	Potchefstroom, S. Africa	2010
									Tsvetkova	Russia	75	235	518	Potchefstroom, S. Africa	2010
									Shcheglova	Russia	90	235	518	Potchefstroom, S. Africa	2010
									Karpova	Russia	90+	235	518	Potchefstroom, S. Africa	2010
								57	Herchenhein	Germany	90+	232.5	512	Kitchener, Canada	1996
									Rumyantseva	Russia	82.5	232.5	512	Capetown, S. Africa	1997
									Chao	TPE	90+	232.5	512	Chicago, USA	2003
									Zaugolova	Russia	75	232.5	512	Cahors, France	2004
									O'Donnell	USA	90+	232.5	512	Stavanger, Norway	2006
									Strik	NED	90	232.5	512	Solden, Austria	2007
									O'Donnell	USA	90+	232.5	512	Solden, Austria	2007
									Byruk	Ukraine	75	232.5	512	Potchefstroom, S. Africa	2010
								65	Sander	USA	82.5+	230	507	Honolulu, Hawaii	1981
									Odendaal	NED	75	230	507	Sydney, Australia	1989
									Millen	NZL	82.5	230	507	Jonkoping, Sweden	1990
									Odendaal	Switzerland	75	230	507	Chiba, Japan	1995
									Sjostrand	Sweden	67.5	230	507	Kitchener, Canada	1996
									Lee	TPE	90+	230	507	Kitchener, Canada	1996
									Payusova	Russia	90	230	507	Thisted, Denmark	1999
									Rychkova	Russia	82.5	230	507	Frydek-Mistek, Czech R.	2001
									Pavlova	Russia	90+	230	507	Frydek-Mistek, Czech R.	2001
									Chao	TPE	90+	230	507	Cahors, France	2004
									Pavlova	Russia	90+	230	507	Cahors, France	2004
									Kudinova	Russia	75	230	507	Ylitornio, Finland	2005
									Solovyova	Ukraine	67.5	230	507	Solden, Austria	2007
									Ribic	USA	67.5	230	507	Solden, Austria	2007
									Strik	NED	90	230	507	St.Johns, Canada	2008
									Strik	NED	90	230	507	New Delhi, India	2009
								81	Gagne	USA	82.5	227.5	501	Honolulu, Hawaii	1981
									Constanzo	USA	90+	227.5	501	Brussels, Belgium	1988
									Sell	Germany	75	227.5	501	Pinamar, Argentina	2000
									Rewa	Russia	60	227.5	501	Cahors, France	2004



Vicki Gagne before pulling her 501-pound deadlift



Brad Gillingham, Katrina Robertson, and Antony Harris

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Liz Odendaal at the 1989 IPF World Championships in Canada



Ruthi Shafer at the 1983 IPF Women's Worlds

XTREME POWER TV: 2011 ULTIMATE POWERLIFTING CHAMPIONSHIPS YEARLY REVIEW

as told to Powerlifting USA by Alex Campbell

The second year of powerlifting on national television on Xtreme Power TV (XPTV), and the first year of the game-changing Ultimate Powerlifting Championship (UPC) is in the books. It was an amazing year with so many new lifters, promoters, and fans coming aboard to bring many of the best in powerlifting together for the first ever powerlifting championship series.

XPTV'S 2011 Ultimate Powerlifting Championship televised series featured four shows combining four Wilks points totals to win one Ultimate Powerlifting Championship belt.

The male lifter of the year in full powerlifting came down to a three-way battle between the big man, the little man, and the wily old veteran. The 270-pound monster, Perry Ellis, was pitted against powerlifting icon Tony Conyers with a late push being made by the smallest lifter of the three, Joe Morrow. It materialized into a final showdown at RAW 504 in New Orleans to determine the winner. Conyers and Ellis gained the advantage on the squat when Morrow missed his final two attempts while they went a perfect three for three. Ellis distanced himself from Conyers when the veteran made an uncharacteristic mistake by missing his final bench press attempt while Ellis stayed perfect. Conyers has been in situations like this before and he selected the perfect final deadlift to give him the win by fractions of a point, even if Ellis made his. Unfortunately, Conyers final lift was just a tad too much and Ellis was crowned the first XPTV UPC male champion on a perfect nine for nine day over two exceptional lifters.

On the female side of the full power battle, it came down to the amazing Taylor Stallings and the hard-charging Ann Vanderbush. Stallings had been in first the entire series and their showdown in New Orleans would determine it all. Vanderbush started with some problems—mistakes she could little afford—in the squat, missing her first two on depth. Stallings went two for three and held the lead. Stallings bumped her advantage after the bench by going three for three while Vanderbush missed her final attempt. Vanderbush still held out hope, but when Stallings uncorked her massive 525 pull it was all over, and she became the first ever Xtreme Power TV UPC female champion.

For the first ever UPC bench press championship belt, the amazing Garret "Guns" Griffin left everyone else in his dust at the RAW 504 in New Orleans. He came in ranked at first place, based on his previous performances, and despite a valiant effort from Eric Downey with a 500 pound raw press, Griffin had the biggest total for the series and also the best bench with 470 raw in the 198 weight class. Congratulations to Griffin on winning the first UPC belt in the bench press.

Winning the first ever Night of the Living Dead deadlift championship belt was Richard "the Human Ant" Hawthorne. Hawthorne pulled an amazing 612 pounds at 126 pounds bodyweight



XPTV UPC winners: Zach Seymour, Perry Ellis, Richard Hawthorne, Garrett Griffin, Taylor Stallings

to outpace Vince Urbank, who won the biggest deadlift competition, on points. The winner of the UPC deadlift series belt was an amazing phenom, Zachary Seymour. Zach competed in more shows and thus had more totals to add together, but he would still have to pull more than he had ever done to even have a chance to fend off Hawthorne. Zach also had the disadvantage of going first, so Hawthorne would be able to plan his strategy. Seymour was able to squeak out the victory for the first deadlift championship series belt with a 265 at only 90 pounds of bodyweight at 11 years old.

If you are a lifter that thinks you have what it takes to dethrone the 2011 champions, then prepare to do battle and earn that title in 2012. The show schedule has already been set, and again the best full power male and female raw lifter by combined score from the four shows will be crowned the Ultimate Powerlifting Champion and will receive the \$3,000 championship belt from Xtreme Power TV.

The bench press and deadlift only belts will change to a slightly different format with a winner-takes-all, one show extravaganza. The bench press belt will be awarded at UPC 1 APF Gulf Coast Powerlifting Raw on January 21 and 22, 2012, in New Port Richey, FL. The deadlift only belt will be awarded at the Night of the Living Dead on October 20, 2012, in Elizabethton, TN.

In addition to the four UPC shows and the Night of the Living Dead, XPTV will also be filming raw and equipped lifting at the APF Europa and APF meet in Myrtle Beach, South Carolina, on June 1-3, 2012. In addition to competing for the UPC championship belts, lifters can also qualify for APF Seniors Nationals raw and equipped Worlds in Las Vegas, Nevada, in November.

XPTV will put powerlifting into over 80 million homes on a monthly basis. Shows are also available 24/7 at www.unation.com and www.xtremepower.tv.

XPTV would like to thank all the lifters who were at our televised events this year and the 2011 XPTV The Ultimate Powerlifting Championship series winners:

▪ **Richard Hawthorne:** 2011 XPTV NOTLD

Ultimate Deadlifter

- **Perry Ellis:** 2011 EAE's Ultimate Men's Powerlifting Champion
- **Taylor Stallings:** 2011 EAE's Ultimate Women's Powerlifting Champion
- **Garrett Griffin:** 2011 QUEST Nutrition Ultimate Bench Presser
- **Zach Seymour:** 2011 QUEST Nutrition Ultimate Deadlifter Champion

The XPTV show schedule for 2012 is:

- **UPC 1 and Bench Press:** APF Gulf Coast Powerlifting Raw (raw/equipped, BP only), Jay Adams Xtreme Sports Extravaganza, January 21 and 22, 2012, New Port Richey, FL (one meet to win the 2012 raw Ultimate BP belt)
- **UPC 2:** Europa APF Raw and Single-Ply, April 28 and 29, 2012, Orlando FL
- **UPC 3:** APF Seniors Raw and Equipped Nationals and Open, June 1-3, 2012, Myrtle Beach, SC (qualifier for WPC Worlds in Las Vegas and Ultimate Championship belt)
- **UPC Deadlift:** Night of the Living Dead, October 20, 2012, Elizabethton, TN (one meet to win the Ultimate DL belt)
- **WPC World Equipped and Raw Championships,** November 6-10, 2012, Las Vegas (road to the WPC Worlds 2012)
- **UPC 4:** APF Gulf Coast Powerlifting Raw, Jay Adams Xtreme Sports Show, January 12, 2013, New Port Richey, FL (men's and women's championships belts will be awarded for the 2012 season); it all comes down to these four shows: one Ultimate Lifter Men's and Women's

XPTV will also be filming at:

- The Baddest Bench at the Big Show (raw and equipped) in Wyoming (date and time TBA)

In 2012, XPTV will also be filming a new two part series titled "Road to the WPC Worlds" that will culminate in Las Vegas 2012.

We would like to encourage all lifters to come and join us on the quest to for the Ultimate Powerlifting Championship belts in 2012. Stay tuned to the pages of *Powerlifting USA*, www.XtremePower.tv, and www.xptvnation.com to stay up to date on all of the action in 2012. ◀

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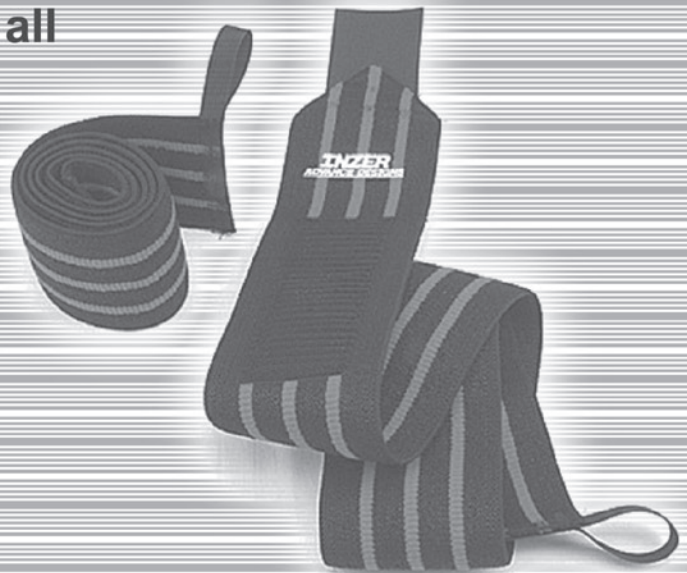


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QUESTIONS ANSWERED

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

DEAR MAURO: *It's been a while since we last spoke. I hope that you are well. The family and I are doing well.*

I have a question for you. I graduated from college in 1995 and since then concentrated on my lifting and living my life. I'm no longer lifting and other than the occasional weekly pickup basketball game at my local YMCA, I'm pretty sedentary. But the learning bug has caught me again and I'm seriously considering doing post graduate studies. I'm in the process of studying for some standardize admissions test and notice that I'm not as "sharp" as I used to be. My dad, who is a professor, agreed that I may just be intellectually "rusty." He suggested that a frequent and consistent study schedule would help get my mental acumen to return. I am noticing the benefits of his advice.

However, you crossed my mind today because I remember that when I was using your products when I competed and up to a few years ago, a side effect appeared to be increased mental stimulation. We spoke about it at that time and you seemed to concur with my observation. I know that you're usually on the cutting edge of these things, so I am wondering if there are any supplements that you can recommend for me to use as I study which improve mental alertness.

I've had my blood work checked and have attached a copy of the results. As you can see, there's nothing of consequence. I look forward to hearing from you.

Isaac

ISAAC: It's good to hear from you. There are a number that would help, including MVM, EFA+, and GHboost. I use all three consistently and for me they do help. You can have a look at them in detail in my store at www.MauroMD.com.

Here's how I would take them: take 2 MVM and 2 EFA+ in the morning and with supper. Take 2-3 GHboost about an hour before studying twice a day. You can also use the GHboost before training if you decided to get back into it, which I think you should at one level or another—see included article.

I've been training for over half a century so it's not an option for me not to do something physical almost every day, whether it's riding my bike 10-20 or so miles, or weight training. I find it helps me physically and mentally even if things are hectic and it's only as little as 15 minutes at a time.

Let me know how things work out.

Mauro

ARTICLE ON BRAIN FATIGUE

September 19th, 2011 in Research

HAVE BRAIN FATIGUE? A BOUT OF EXERCISE MAY BE THE CURE.

American Physiological Society » "Have brain fatigue? A bout of exercise may be the cure." September 19th, 2011. <http://medicalxpress.com/news/2011-09-brain-fatigue-bout.html>

ARTICLE—Researchers have long known that regular exercise increases the number of organelles called mitochondria in muscle cells. Since mitochondria are responsible for generating energy, this numerical boost is thought to underlie many of the positive physical effects of exercise, such as increased strength or endurance. Exercise also has a number of positive mental effects, such as relieving depression and improving memory. However, the mechanism behind these mental effects has been unclear. In a new study in mice, researchers at the University of South Carolina have discovered that regular exercise also increases mitochondrial numbers in brain cells, a potential cause for exercise's beneficial mental effects.

Their article is entitled "Exercise Training Increases Mitochondrial Biogenesis in the Brain." It appears in the Articles in Press section of the *American Journal of Physiology – Regulatory, Integrative, and Comparative Physiology*, published by the American Physiological Society.

The researchers assigned mice to either an exercise group, which ran on an inclined treadmill six days a week for an hour, or to a sedentary group, which was exposed to the same sounds and handling as the exercise group but remained in their cages during the exercise period. After eight weeks, researchers examined brain and muscle tissue from some of the mice in each group to test for signs of increases in mitochondria. Additionally, some of the mice from each group performed a "run to fatigue" test to assess their endurance after the eight-week period.

Confirming previous studies, the results showed that mice in the exercise group had increased mitochondria in their muscle tissue compared to mice in the sedentary group. However, the researchers also found that the exercising mice also showed several positive markers of mitochondria increase in the brain, including a rise in the expression of genes for proxisome proliferator-activated receptor- α coactivator 1- α , silent information regulator T1, and citrate synthase, all regulators for mitochondrial biogenesis; and mitochondrial DNA. These results correlate well with the animals' increased fitness. Overall, mice in the exercise group increased their run to fatigue times from about 74 minutes to about 126 minutes. No change was seen for the sedentary mice.

These findings suggest that exercise training increases the number of mitochondria in the brain much like it increases mitochondria in muscles. The study authors note that this increase in brain mitochondria may play a role in boosting exercise endurance by making the brain more resistant to fatigue, which can affect physical performance. They also suggest that this boost in brain mitochondria could have clinical implications for mental disorders, making exercise a potential treatment for psychiatric disorders, genetic disorders, and neurodegenerative diseases.

"These findings could lead to the enhancement of athletic performance through reduced mental and physical fatigue, as well as to the expanded use of exercise as a therapeutic option to attenuate the negative effects of aging, and the treatment and/or prevention of neurological diseases," the authors say.

DEAR MAURO: *I've been powerlifting for almost two decades and have used steroids on and off during most of that time. I've retired from competition and have gone off the steroids on the advice of my doctor since tests he did while I was on them showed I wasn't healthy on them as far as my cholesterol, heart and liver. Since going off them I used my usual PCT, which is tamoxifen, to get my testosterone going again. The only problem is that between cycles I never really*

checked to see if my PCT was working as I usually got back on the steroids after about a month or so. I assumed it was helping my system normalize before my next cycle. The only problem is that my doc checked my testosterone levels six weeks after going off and again two months later and both times my total and free testosterone were below normal with my LH being in the normal range. The last few months haven't been good for me as I'm tired out, and

USPA NORCAL DEC 10 2011 » Modesto, CA

BENCH	242 lbs.
FEMALE	<i>Submaster (35+)</i>
Raw	M. White 557
165 lbs.	308 lbs.
<i>Open</i>	<i>Master (45+)</i>
T. Hutchinson 231	M. Carter 408
181 lbs.	<i>Master (50+)</i>
<i>Junior (16-17)</i>	P. Rhoades 513
V. Heriford 88	308+ lbs.
MALE	<i>Master (60+)</i>
Raw	P. Cockerham 364
132 lbs.	DEADLIFT
<i>Master (55+)</i>	FEMALE
M. Russell 171	Raw
148 lbs.	148 lbs.
<i>Junior (18-19)</i>	<i>Master (45+)</i>
J. Lanham 298	M. Rodgers 254
181 lbs.	181 lbs.
<i>Open</i>	<i>Junior (16-17)</i>
G. Gonzales 292	V. Heriford 226
198 lbs.	MALE
<i>Master (50+)</i>	Raw
D. Cannataro 298	165 lbs.
D. Harvey 243	<i>Master (50+)</i>
<i>Open</i>	J. Stanley 513
R. King 386	181 lbs.
242 lbs.	<i>Open</i>
<i>Master (45+)</i>	Y. Ait 564
J. Smith 468	198 lbs.
275 lbs.	<i>Master (50+)</i>
<i>Open</i>	D. Harvey 435
F. Schuetz 430	<i>Master (55+)</i>
M. Gomez 397	B. Robinson 303
B. Meek 369	<i>Open</i>
<i>Single-Ply</i>	R. King 551
198 lbs.	242 lbs.
<i>Master (50+)</i>	<i>Master (45+)</i>
D. Cannataro 386	K. Rasool 557

<i>Master (50+)</i>	<i>Open</i>	165 lbs.
G. Cotterell 540	P. Tapia 502	<i>Masters (50+)</i>
<i>Open</i>	242 lbs.	J. Stanley 220 513 733
K. Rasool 557	<i>Master (45+)</i>	181 lbs.
<i>Junior (16-17)</i>	F. Martinez 650	<i>Open</i>
S. Sullivan 424	<i>Open</i>	G. Gonzales 292 468 761
<i>Open</i>	F. Martinez 650	198 lbs.
M. Gomez 601	M. White ---	<i>Junior (20-23)</i>
<i>Single-Ply</i>	<i>Submaster (35+)</i>	C. Sierra 265 529 794
198 lbs.	M. White ---	<i>Masters (50+)</i>
<i>Master (40+)</i>	308 lbs.	D. Harvey 243 435 678
P. Tapia 502	<i>Master (50+)</i>	<i>Open</i>
BP DL TOT	P. Rhoades 551	R. King 386 551 937
FEMALE		242 lbs.
Raw		<i>Junior (16-17)</i>
132 lbs.		M. Tupou 220 402 623
<i>Masters (55+)</i>		<i>Masters (40+)</i>
V. Moreno 99 204 303		B. Ticer 287 402 689
181 lbs.		<i>Masters (50+)</i>
B. Heriford 220 353 573		G. Cotterell 320 540 860
<i>Open</i>		<i>Open</i>
B. Heriford 220 353 573		M. Moran 454 540 994
MALE		275 lbs.
Raw		<i>Open</i>
114 lbs.		M. Gomez 397 601 998
<i>Junior (13-15)</i>		308 lbs.
J. Estrada 83 116 198		<i>Open</i>
123 lbs.		A. Fuller 331 402 733
<i>Junior (20-23)</i>		<i>Single-Ply</i>
W. Garcia 292 364 656		220 lbs.
<i>Open</i>		<i>Masters (60+)</i>
W. Garcia 292 364 656		E. Cutburth 254 353 606
132 lbs.		242 lbs.
<i>Junior (16-17)</i>		<i>Junior (18-19)</i>
R. Palmieri 143 248 391		S. Betancourt 276 419 694
148 lbs.		<i>Junior (20-23)</i>
<i>Masters (70+)</i>		R. Prout 342 606 948
S. Morabito 160 355 515		<i>Masters (45+)</i>
		F. Martinez 402 650 1053
		<i>Open</i>
		M. White 557 --- 557

<i>Submaster (35+)</i>	M. White 557 --- 557
308 lbs.	
<i>Masters (50+)</i>	P. Rhoades 513 551 1064
Powerlifting	SQ BP DL TOT
FEMALE	
Raw	
123 lbs.	
<i>Junior (20-23)</i>	K. Haffey 226 149 314 689
132 lbs.	
<i>Open</i>	C. Cohen 204 116 281 601
148 lbs.	
<i>Masters (45+)</i>	M. Rodgers 171 94 254 518
<i>Open</i>	T. Aletheia 160 127 220 507
165 lbs.	
<i>Masters (55+)</i>	M. Kuhns 88 72 176 336
<i>Single-Ply</i>	
148 lbs.	
<i>Masters (40+)</i>	S. Nix 314 160 314 788
<i>Open</i>	J. Jadallah 265 160 281 705
<i>Masters (55+)</i>	C. Krause 243 127 259 628
<i>Open</i>	S. Nix 314 160 314 788
MALE	
Raw	
114 lbs.	
<i>Junior (13-15)</i>	B. Brownfield 72 61 116 248
165 lbs.	
<i>Junior (20-23)</i>	B. Lopez 336 231 402 970
<i>Masters (50+)</i>	

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RESULTS »

J. Stanley	320	220	513	1053
<i>Open</i>				
J. Lin	309	220	402	931
181 lbs.				
<i>Junior (18-19)</i>				
Z. Justice	336	209	424	970
<i>Junior (20-23)</i>				
B. Carter	380	270	391	1042
<i>Masters (55+)</i>				
M. Kaplan	331	231	430	992
<i>Open</i>				
Y. Ait	397	265	564	1226
G. Gonzales	380	292	468	1141
T. Plummer	243	187	347	777
198 lbs.				
<i>Masters (50+)</i>				
D. Harvey	303	243	435	981
<i>Open</i>				
R. King	358	364	502	1224
D. Harvey	303	243	435	981
220 lbs.				
<i>Junior (20-23)</i>				
S. Berta	441	325	540	1306
<i>Open</i>				
D. Brownfield	452	369	535	1356
A. Young	430	276	573	1279
J. Miller	380	287	573	1240
J. Rutsch	254	187	408	849
242 lbs.				
<i>Junior (20-23)</i>				
J. Camp	375	220	491	1086
<i>Masters (45+)</i>				
J. Smith	452	468	507	1427
<i>Masters (50+)</i>				
G. Cotterell	402	320	540	1262
<i>Open</i>				
N. Kroncke	380	303	535	1218
N. Hemphill	408	276	474	1157
V. Quintero	---	---	---	---
275 lbs.				
<i>Junior (16-17)</i>				
S. Sullivan	254	187	424	865
<i>Open</i>				
D. Zyski Jr	601	430	656	1687
M. Gomez	551	397	601	1549
308+ lbs.				
<i>Masters (45+)</i>				
J. Rodgers	573	413	584	1571
<i>Open</i>				
J. Rodgers	573	413	584	1571
<i>Single-Ply</i>				
198 lbs.				
<i>Masters (60+)</i>				
J. Bernazzani	457	358	446	1262
<i>Open</i>				
M. Peraza	535	358	540	1433
220 lbs.				
<i>Junior (16-17)</i>				
A. Bidanian	403	220	452	1076
<i>Junior (18-19)</i>				
G. Khoudikian	529	281	584	1394
<i>Junior (20-23)</i>				
J. Gaudette	524	369	551	1444
<i>Masters (50+)</i>				
J. Ianco	562	353	502	1416
<i>Masters (60+)</i>				
E. Cutburth	309	254	353	915
<i>Open</i>				
T. Grenon	595	474	634	1703
J. Blanco	562	353	502	1416
D. Bradford	408	259	513	1179
242 lbs.				
<i>Masters (45+)</i>				
F. Martinez	529	402	650	1582
275 lbs.				
<i>Masters (55+)</i>				
B. McEwen	380	265	408	1053
308 lbs.				
<i>Masters (50+)</i>				
P. Rhoades	606	513	551	1670

Meet Director: Steve Denison. Best Lifters Raw Powerlifting: Raw Junior Men: Scott Berta. Raw Open Men: David Zyski Jr. Raw Master Men: Joe Rodgers. Best Lifters Single-Ply Powerlifting: Single-Ply Master

Women: Sylvia Nix. Single-Ply Junior Men: Grigor Khoudikian. Single-Ply Open Men: Travis Grenon. Single-Ply Master Men: Joe Bernazzani. Best Lifters Raw Bench Press: Raw Open Men: Frank Schuetz. Raw Master Men: James Smith. Best Lifters Single-Ply Bench Press: Single-Ply Master Men: Patrick Rhoades. Best Lifters Raw Deadlift: Raw Open Men: Yasin Aits. Raw Master Men: Jeff Stanley. Best Lifters Single-Ply Deadlift: Single-Ply Open Men: Fred Martinez. Single-Ply Master Men: Fred Martinez. Best Lifters Raw Push Pull: Raw Junior Men: Will Garcia. Raw Open Men: Ryan King. Raw Master Men: Salvatore Morabito. Best Lifters Single-Ply Push Pull: Single-Ply Master Men: Patrick Rhoades. Referees: Alan Aerts, International, Steve Denison, International, Bob Packer, International, Steve Matthews, National, Scott Cartwright, National, Suzanne Hedman, National, Jody Woods, National, John Deluca, State, Mike Koufos, State. Spotters: Branon Conzet, Nason Shelburn, Brett Simmons, Tommy Chandarliis, Jarett Borges, Leo Arias.
» courtesy Steve Denison

IPA NATIONAL PL/BP CHAMPIONSHIPS

19-20 NOV 2011 » York, PA

BENCH	R. Dahlhamer	260*
MALE		
<i>Raw</i>		
<i>Amateur</i>		
123 lbs.	B. Blough	220
<i>Teen (16-17)</i>		
E. Cooley	130*	B. Shatzer 290
MALE		
<i>Amateur</i>		
198 lbs.	D. Joy	280
<i>Master (50-54)</i>		
S. Dussault	---	Open
4th-500*		
242 lbs.	I. Giusti	365
<i>Master (40-44)</i>		
D. Wray	580	T. Murray 510*
<i>Master (45-49)</i>		
B. Yoder Sr.	570*	T. Murray 510
<i>Professional</i>		
198 lbs.		
<i>Master (65-69)</i>		
C. MulliQan	275*	J. Moore 240
<i>Open</i>		
4th-245*		
220 lbs.		
B. Rainone	455	<i>Master (65-69)</i>
242 lbs.		
<i>Master (40-44)</i>		
J. Roberts III	450	<i>Master (45-49)</i>
<i>Open</i>		
D. Smithy	765	<i>Master (60-64)</i>
<i>Submaster</i>		
D. Smithy	765*	<i>Open</i>
308 lbs.		
<i>Open</i>		
A. Bosnyak	720	<i>Police</i>
<i>Raw</i>		
DEADLIFT		
MALE		
<i>Amateur</i>		
181 lbs.		
<i>Teen (18-19)</i>		
B. Mose	340	<i>Master (60-64)</i>
198 lbs.		
<i>Master (70-74)</i>		
J. Moore	240	<i>SHW</i>
4th-245*		
<i>Master (75-79)</i>		
L. Jordan	440	<i>Master (60-64)</i>
Ironman		
BP		
DL		
TOT		
MALE		
<i>Raw</i>		
<i>Amateur</i>		
181 lbs.		
<i>Open</i>		
J. Mullany	355	400 755

SQ/DL									
MALE									
<i>Amateur</i>									
242 lbs.									
<i>Open</i>									
K. Nelson	525	500	1025						
Full Power									
MALE									
<i>Professional</i>									
105 lbs.									
<i>Open</i>									
E. Grimwood	375	200	350	925					
4th-DL-360*									
<i>Raw</i>									
<i>Amateur</i>									
148 lbs.									
<i>Master (40-44)</i>									
W. Tracey	165	125	235	525					
MALE									
<i>Amateur</i>									
275 lbs.									
<i>Open</i>									
T. Davis	655	430	555	1640					
P. Marcotti	640	405	530	1575					
308 lbs.									
<i>Open</i>									
E. Halvorsen	700	505	600	1805					
<i>Professional</i>									
165 lbs.									
<i>Open</i>									
D. Cyr	785	515	600	1900					
198 lbs.									
<i>Master (60-64)</i>									
J. Cash	445	330	555*	1330					
<i>Open</i>									
D. Kirschen	730	580	590	1900					
220 lbs.									
<i>Master (40-44)</i>									
D. Moore	750	500	500	1750					
<i>Master (45-49)</i>									
J. Howell	710	300	300	1310					
4th-SQ-802*									
<i>Open</i>									
D. Diemert	750	475	625	1850					
D. Snyder	605	360	450	1415					
J. Howell	710	300	300	1310					
4th-SQ-802									
242 lbs.									
<i>Open</i>									
J. Jones	800	610	630	2040					
J. Enes	800	505	710	2015					
308 lbs.									
<i>Open</i>									
J. Pegg	810	250	725	1785					
<i>Open</i>									
A. Vale	1000	520	650	2170					
<i>Raw</i>									
<i>Amateur</i>									
148 lbs.									
<i>Master (65-69)</i>									
I. Bonacci	310*	170	358*	838*					
165 lbs.									
<i>Junior</i>									
N. Akaleqbere	480*	375	507	1362					
4th-DL-517*									
<i>Master (55-59)</i>									
D. Kline	340*	280	440	1060					
4th-SQ-350									
DL-445*									
<i>Teen (16-17)</i>									
C. Koser	300	200	450	950					
181 lbs.									
<i>Open</i>									
E. Harrington	365	355	450	1170					
198 lbs.									
<i>Junior</i>									
C. Koser	450	340	550	1340					
<i>Raw Police</i>									
M. Boyd	480*	330	450	1260					
<i>Submaster</i>									
J. Stroud	330	315	500	1145					
<i>Teen (16-17)</i>									
G. Yeager	425	275	500	1200					
220 lbs.									
<i>Junior</i>									

C. Williams	600	435*	660*	1695*
242 lbs.				
<i>Open</i>				
C. Drader	405	315	500	1220
275 lbs.				
<i>Master (45-49)</i>				
B. Dayhoff	465	285	520	1270
SHW				
<i>Raw Police</i>				
A. Trostle	455	265	555*	1275
<i>Elite Amateur</i>				
181 lbs.				
<i>Open</i>				
L. Dyles	580	380	535	1495
4th-SQ-600*				
<i>Professional</i>				
181 lbs.				
<i>Master (65-69)</i>				
P. Mullaney	310	295	435*	1041
4th-SQ-315*				
<i>Open</i>				
L. Dyles	580	380	535	1495
4th-SQ-600*				
J. Winters	475	315	500	1290
220 lbs.				
<i>Junior</i>				
A. Truman	585*	455	600	1640
<i>Master (50-54)</i>				
R. Ingravera	410	270	540	1220
275 lbs.				
<i>Raw Police</i>				
J. Sauble	540	400	400	1340
4th-SQ-565*				
308 lbs.				
<i>Open</i>				
D. Kovacs	735	625	805	2165
4th-SQ-760*				
BP-637*				

*=IPA World Records. Venue: York Barbell Company. Full Power Best Lifters Equipped: Professional Woman - Elaine Grimwood, Amateur Men's Open - Eric Halvorsen, Professional Men's Open - Dustin Cyr, Professional Men's Master - James Cash. Full Power Best Lifters Raw: Amateur Woman - Wendy Tracey, Amateur Men's Teen - Griffen Yeager, Amateur Men's Open - Casey Williams, Professional Men's Open - Dan Kovacs, Amateur Men's Master - Italo Bonacci, Professional Men's Master - Patrick Mullaney. Bench Only Best Lifters Equipped: Professional Men's Open - Doug Smithy, Amateur Men's Master - Brian Yoder, Professional Men's Master - Chuck Mulligan. Bench Only Best Lifters Raw: Amateur Women's Teen - Elizabeth Cooley, Amateur Men's Teen - Brandon Mose, Amateur Men's Open - Tom Murray, Professional Men's Open - Bryce Peterson, Amateur Men's Master - Robert Dahlhamer, Professional Men's Master - John Moore. It is only fitting that the IPA Nationals be held at York Barbell Company where the very first National powerlifting meet was held in 1964. York Barbell is still a strong supporter of all the strength sports and we are proud to bring IPA lifters to its hallowed halls. Lifters from across the country joined the IPA and Chaillet's Private Fitness at York Barbell Company in York, Pennsylvania, for a weekend energized by dreams of breaking IPA records, and maybe an All-Time Record too. The quality of the venue is second to none. York Barbell sponsors its custom-built gym and adjoining auditorium for the annual IPA Nationals in November and IPA Strength Spectacular in June. The Company also agreed to sponsor their facility for two additional IPA events in 2012; the IPA Pennsylvania States, March 3rd, and the 2nd Annual IPA Raw Nationals, August 18th. Many thanks are extended to York Barbell from the IPA and all the lifters who love to lift there. The IPA Nationals is open to both equipped and raw lifters who can

choose to lift as professionals (no drug testing), amateurs (random drug testing) or elite amateurs (lifters who achieved a pro total and are 100% drug tested). The subdivisions are broken down as follows: men and women teens (age groups 14-15, 16-17, 18-19), and menís and womenís junior, open, submaster, and master (40-44, 45-49, 50-54 and on in five year increments to 80+ years). The IPA strives to create a level playing field for all lifters through the multi-divisional aspect of its structure. IPA records are kept in all divisions and subdivisions. FULL POWER: Clearly the mood was electric all weekend with some fantastic lifting on both days. One of the bright stars of the entire meet was Dan Kovacs. Dan arrived ready to break All-Time Record holder, Konstantin Konstantinov's 308 lb. raw total record of 2171.6 lbs. set March 7, 2010. Dan looks like some kind of Viking superhero ready to eat the weights. This was Dan's first meet since he tore his biceps successfully pulling 825 lbs. at the 2010 IPA Strength Spectacular and World Powerlifting Championships in June that year where he lifted unequipped as well. Dan was none the worse for the wear not missing one attempt going 11 for 9 with two IPA record breaking fourth attempts. Dan's IPA record-breaking 760 lb. record squat and 637.5 lb. bench press cleared the path to break the All-Time 308 lb. raw record with a 780 lb. second attempt deadlift and a 2177.5 lb. total. Dan left the new 2177.5 lb. total behind pulling a third attempt of 805 lbs. smashing the new record by an extra 25 lbs. for a 2202.5 lb. All-Time Record raw total. Dan lifts were done without a squat suit, knee wraps or a bench press shirt. The lifting started on Saturday with the women, teens and all men's weight divisions through 198 lbs. At just 16 years and 187 lbs., Griffen Yeager nearly missed breaking a couple IPA records with a 425 lb. squat and 500 lb. pull. Griffen finished his day with a very respectable 1200 lb. total winning the Amateur Men's Teen Best Lifter Award. Elaine Grimwood's had a memorable performance on Saturday. The pint-sized powerhouse came in weighing only 104 lbs. toting new gear that very apparently works for her. At 3.6 times her bodyweight, Elaine leveraged up a huge 375 lb. squat, missing the IPA record by only 10 lbs. A 200 lb. bench rounded out lift number 2, leaving plenty of power for some spectacular deadlifting. Elaine opened her dead with 330 lbs., took 350 lbs. for an unsuccessful 2nd attempt, and came back for a second try at 350 - and got it! In the IPA fourth attempts can be taken to break IPA records, so Elaine gave 360 lbs. a long . . . hard . . . awesome pull breaking the IPA record dead of 345 lbs. Elaine rightfully won the Professional Woman's Best Lifter Award. In our men's divisions Raw Amateur lifter, Nu Akaleghere, weighed in at 161.7 lbs., age 20 and knocked some IPA records out of the park with a 480 lb. squat, giving 515 lbs. an unsuccessful ride two times. Nu benched 375 lbs., and finished with a fourth attempt dead lift of 517.5 lbs. Great lifting. Nu. Also competing as a Raw Amateur lifter was Casey Williams who just missed breaking the records in all three lifts. Casey squatted 600 lbs., missing 640 lbs., benched a record 435 lbs., finishing with a record 660 lb. pull. Casey took 700 lbs. for the deadlift record, but missed. Casey's strong numbers earned him the Raw Amateur Men's Open Best Lifter Award. As impressive a lifter as they come, Dustin Cyr made the trip down from Maine to lift in the men's professional open division. At just 163 lbs. body weight, Dustin opened with a huge 725 lb. squat, 4.5 times his bodyweight. But Dustin didn't stop there. After his second successful attempt at 785 lbs. he had enough gas left in the tank to take 805 lbs. for a ride. He was unsuccessful this time, but we will no doubt see this number from him in the future. An opening bench of 515 lbs. was as heavy as Dustin managed, as two 540 lb. attempts were red-lighted. Dustin rounded out his day with a 600 lb. pull for a 1900 lb. total and the Pro Men's Open Best Lifter Award. At 62 years, lifting legend Jim Cash is still breaking records. Jim struggled for several hours trying to make weight admitting that it wasn't quite as easy to cut to 198 lbs. Jim finally made the mark at 198.2 lbs. and proceeded to pull 555 lbs. breaking the professional men's master dead lift record by 15 lbs. Jim finished with an IPA record tying 1330 lb. total and the Professional Men's Master Best Lifter Award. We were happy to have Jim Howell back on the IPA platform. It's been a couple of years since he joined us in York, and his comeback was incredible taking an IPA record breaking 802.5 lb. squat attempt out twice. Jim missed his third attempt, and came back like a champ with a fourth attempt successfully

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RESULTS »

grinding up a huge 802.5 lb. squat at a bodyweight of 211.9 lbs. breaking the Professional Men's Master (45-49) squat record. Jim will be running a couple of IPA meets in Ithaca, NY in the upcoming months. The dates will be posted soon on the IPA website (www.ipapower.com). In the Raw Master's division, Italo Bonacci and Patrick Mulligan earned the Masters Best Lifter Awards for some fantastic lifting. Italo Bonacci (148 lb. bodyweight) broke two IPA records in the amateur raw men's master (65-69) division with a 310 lb. squat and a 358 lb. dead lift taking home the Raw Amateur Men's Master Best Lifter Award. Patrick Mulligan never fails to grind out a record-breaking deadlift. Patrick pulled out two records at the nationals with a fourth attempt 315 lb. squat, and a 435 lb. dead lift earning him the Raw Professional Men's Master Best Lifter Award. Professional Men's Open Super-heavyweight, Andrew Vale had a great day of squats powering up a 1000 lb. squat. **BENCH ONLY:** Doug Smithey pulled off the biggest bench of the meet with an IPA professional submaster record-breaking 765 lb. bench weighing 248 lbs. bodyweight. Doug missed an 800 lb. fourth attempt. Great lifting that earned Doug the Professional Men's Open Best Lifter Award in the bench only division. On the raw side of the Professional Men's Open division, Bryce Peterson had a great day with a 535 lb. bench, besting his bench performance at the IPA Raw Nationals in August 2011 by 10 lbs. A great bench earned Bryce the Raw Professional Men's Open Best Lifter Award in the bench only division. At 18 years and 168.9 lbs. bodyweight, Brandon Mose gave

353 lbs. a hearty try for a fourth attempt IPA record, but it just wasn't in him on Saturday. Brandon posted a great 340 lb. bench winning the Best Lifter Raw Amateur Teen division. Brian Yoder never missed an attempt on Sunday finishing with a 570 lb. IPA record bench in the Amateur Men's Master (45-49) division. A picture-perfect series of benches won Brian the Amateur Men's Master Best Lifter Award. A super team of master lifters appropriately called 'Maryland Masters' stole everybody's heart with their wonderful sportsmanship and great lifting. Three of the six team members' superb performances won them Best Lifter Awards in the Bench Only Division. Chuck Mulligan, at 68 years and 193.8 lbs. bodyweight benched an IPA record 275 lbs. and took home the Professional Men's Master Best Lifter Award. At 75 years and 195 lbs. bodyweight, raw lifter Bob Dahlhamer benched a record breaking 260 lbs. winning the Raw Amateur Men's Master Best Lifter Award. John Moore, 74 years, posted a string of three IPA records ending with a fourth attempt 245 lbs. John took home the Raw Professional Men's Master Best Lifter Award. We'd like to extend our thanks first and foremost to the lifters who support the IPA and our meets. Your sportsmanship, camaraderie and performances are an inspiration, all qualities that strengthen the IPA credo 'Lifters for Lifters'. Our meets run smoothly thanks to our dedicated volunteers who tirelessly haul equipment, set-up the event, judge, spot, load, announce, track attempts, and greet our lifters and spectators. Thank you to York Barbell Company for continuing to sponsor their fabulous facility. The

incredible specialty bars used on the platform and in the warm-up room are donated by Iron Wolfe Barbell - thank you yet again! Thanks to Crazy Tomato for feeding our team of volunteers and all our guests. We are looking forward to seeing you all at upcoming IPA events. For a calendar, please visit www.ipapower.com.
» courtesy Ellen Chaillet



S. Ramirez	204	99	204	506
114 lbs.				
CL				
D. Estrada	303	143	286	732
123 lbs.				
Teen				
K. Krodle	242	132	259	633
132 lbs.				
CL				
A. Oropeza	275	143	264	683
165 lbs.				
CL				
B. Alba	380	237	385	1002
G. Guzman	380	215	358	952
A. Mancha	226	116	204	545
Masters				
S. Davis	424	182	385	991
198 lbs.				
Teen				
V. Garcia	314	132	308	754
Raw				
114 lbs.				
CL				
A. Tucker	182	94	231	506
148 lbs.				
CL				
S. Valdez	209	110	253	573
Junior				
C. Wrenn	264	143	369	776
Masters				
J. Hemby	121	---	---	121
Open				
C. Wrenn	264	143	369	776
165 lbs.				
CL				
O. Ramirez	226	110	264	600
Teen				
K. Johnston	209	110	242	562
198+ lbs.				
CL				
C. Cervantez	270	132	286	688
MALE				
123 lbs.				
CL				
M. Leos	363	237	407	1007
High School				
G. McNeil	---	121	286	407
132 lbs.				
CL				
L. Garza	369	231	336	936
High School				
R. Hurst	385	165	413	963
T. White	237	143	264	644
148 lbs.				
CL				
A. Escamilla	512	330	440	1283
J. Hertzing	391	226	413	1029
J. Perretti	292	---	303	595
165 lbs.				
CL				
M. Pyon	517	204	517	1239
K. Hernandez	407	264	380	1051
J. Solis	402	242	402	1046
E. Gonzalez	336	275	418	1029
Teen				
R. Carrasco	468	242	462	1173
181 lbs.				
CL				
A. Munoz	---	---	---	---
Open				
C. Brady	578	418	650	1646
198 lbs.				
CL				
I. Bell	705	402	771	1877
Masters				
D. Bartolet	407	231	418	1057
Open				
C. Wedeking	402	281	562	1244
220 lbs.				
CL				
T. Steele	418	275	473	1167
Open				
J. Wright	661	358	595	1613
242 lbs.				
CL				

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BENCH	Open	BP	DL	TOT
MALE				
M. Stone	429			
P. Arriaga	402			
Teen Raw				
G. Gigout	165			
181 lbs.				
Open				
C. Brady	418			
198 lbs.				
Teen				
R. Pena	---			
220 lbs.				
Push Pull				
FEMALE				
165 lbs.				
Master				
S. Davis	182	385	567	
Raw				
148 lbs.				
Junior				
C. Wrenn	143	369	512	
Open				
C. Wrenn	143	369	512	
MALE				
165 lbs.				
SO				
R. Pinto	182	270	451	
C. Barnett	138	259	396	
Z. Mickaels	127	182	308	
A. Quiroz	88	187	275	
181 lbs.				
SO				
B. Townsend	149	242	391	
198 lbs.				
CL				
I. Bell	402	771	1173	
220 lbs.				
Open				
J. Wright	358	595	952	
SO				
P. Teran	---	---	---	
275+ lbs.				
Junior				
R. Carrillo	517	528	1046	
Open				
V. Inniss	595	562	1156	
Raw				
132 lbs.				
Open				
G. Hunter	182	402	584	
198 lbs.				
Open				
M. Riebel	319	523	842	
220 lbs.				
Open				
C. Trionfante	341	633	974	
Teen				
R. Juarez	292	539	831	
F. Guadarrama	341	473	815	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
97 lbs.				
CL				
M. Vongsouvanh	226	99	248	573
105 lbs.				
CL				
M. Jaeger	286	127	303	716
C. Chambers	242	121	226	589
B. Ybarra	204	127	198	528
High School				

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E. Lopez 275 lbs. CL	517	501	534	1552
R. Garza	600	---	501	1101
G. Williams Masters	---	275	551	826
P. Andrich Open	661	435	551	1646
P. Andrich	661	435	551	1646
M. Rogers 275+ lbs. Junior	---	---	528	528
R. Carrillo Open	413	517	528	1459
V. Inniss Raw	---	595	562	1156
132 lbs. Junior				
X. Clark 148 lbs. CL	226	226	363	815
D. Morais Masters	380	242	385	1007
M. Peek 181 lbs. Open	226	116	325	666
T. Tran	512	369	506	1387
Z. Sedino 198 lbs. CL	429	259	501	1189
J. Davis	501	347	551	1398
T. Janusz	457	396	539	1393
J. Meador Junior	501	275	528	1305
S. Hodges Open	314	242	479	1035
M. Riebel	468	319	523	1310
C. Sun	413	275	506	1195
M. Gebhard Teen	341	264	446	1051
R. Montes 220 lbs. CL	325	226	380	930
G. Johnson	534	347	699	1580
J. Garcia Open	506	319	479	1305
T. Steele	275	303	363	941
C. Trionfante	567	341	633	1541
D. Morais Teen	407	292	451	1151
R. Juarez	484	292	539	1316
F. Guadarrama 275 lbs. CL	490	341	473	1305
A. Dennison Teen	501	352	551	1404
B. Bowman	407	286	374	1068

» courtesy USAPL

ADFPF MO STATE/ WORLD JR QUALIFIER DEC 17 2011 » Columbia, MO

BENCH	Open			
MALE	T. Morgan	264		
165 lbs.	220 lbs.			
Teen III	Teen II			
L. Lamphear	J. Fehr	286		
181 lbs.				
Powerlifting	SQ	BP	DL	TOT
FEMALE				
123 lbs.				
Open				
H. Stoy	154	105	237	495
Master I				
S. Frazier	121	72	209	402
138 lbs.				
Master VII				
L. Barker	88	72	209	369
154 lbs.				
Master V				
K. Walker	176	99	242	517
MALE				
181 lbs.				

Teen II
T. Stokes 413 286 402 1101
198 lbs.
Teen III
J. Broccard 380 314 506 1200
Teen II
K. Livingstone 325 248 336 908
T. Mann 330 209 352 892
220 lbs.
Junior
C. Gard 429 363 462 1255
Teen II
J. Muschenheim 385 286 424 1095
242 lbs.
Open
J. Hostetter 308 292 440 1040
SHW
Master III
B. Duncan 506 281 501 1288
End of the Line. Finals week and Christmas remind us that another year is coming to an end. The MU Strength Club and the ADFPF didn't let the year's end go to waste in Columbia as we teamed up to put on one last three lift meet in 2011 (a total of five meets this year). For some, the meet was like an early Christmas present, but for 23 year old Chris Gard, the 2011 Missouri State Powerlifting and Single Event Record Breakers and Worlds Qualifier was a graduation present. The financial situation in the Midwest continues to be difficult, but we ended up with 16 lifters (13 PL and 3 BP) from Missouri, Iowa, Illinois, and the country of Ghana. All 16 chose to participate unequipped (raw), wearing just a singlet, a t-shirt, and a belt. When the dust settled, 16 American records and four Single Event American records had been broken and 11 lifters had qualified for Powerlifting Worlds (Oct 27-28, 2012, in Boston) and three had qualified for Single Event Worlds in Autun France (June 22-24, 2012). Awards (really nice plaques) were given out by placing within weight classes; no best lifter awards were given due to low entry numbers going into the week of the meet (a good reason to get entries in early). Had a best lifter award been given, it would have been given to 19 year old Mizzou student Justin Broccard, who totaled 320 Wilks points and set a single event American record with his 172.5 kg. squat, an American record with his 142.5 kg. bench press, and an American record with his 230 kg. deadlift, weighing under 200 pounds. Justin also qualified to go to Powerlifting Worlds in Boston in October. On the women's side, Hannah Stoy would have taken best lifter by way of her single event American record 70kg. squat and her American record 107.5 kg. deadlift. Hannah also qualified for Powerlifting Worlds. Other record breakers include M1 lifter Shelly Frazier, who rewrote the American record books in the women's M1 55.5 kg. weight class with a 55 kg. squat, a 65 kg. bench press, a 95 kg. deadlift, and a 215 kg. total. 70 year old Lenna Barker (who was featured the day after the meet in the Columbia Missourian) also established all new records in the squat (40 kg.), bench press (32.5 kg.), deadlift (95 kg.), and total (167.5 kg.) in her first three lift meet. Demonstrating that we can continue to grow strong throughout our lives, Columbia resident and MU staff, Kate Walker, set American records with her 80 kg. squat and 235 kg. total. All four of our female entrants set records and qualified for Powerlifting Worlds. While the ages or our women ranged between 26 and 70, the ages or our men were between 16 and 52. 17 year old Tim Stokes drove down from Council Bluffs, IA with a couple of friends and proceeded to make his mark

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Tim set American records with his 187.5 kg. squat, 130 kg. bench press, and 500 kg. total at about 180 pound bodyweight. His friend James Muschenheim (16 yo) squatted 175 kg., benched 130 kg., pulled 192.5 kg., for a 497.5 kg. total. 17 year old Kyle Livingstone and 17 year old Trebor Mann made the trip from Illinois. Trebor set a single event American record with 150 kg. squat, and added a 95 kg. bench and 160 kg. deadlift for a 405 kg. total. Kyle squatted 147.5 kg., benched 112.5 kg., and pulled 152.5 kg. to total 412.5. Chris Gard chose to spend the early part of his day lifting heavy objects before going through commencement exercises as he received his Master of Business Administration degree from the University of Missouri in the evening. Chris set a single event American record with his 195 kg. squat and an American record with his 165 kg. bench press. He tacked on a 210 kg. deadlift to post a 570 kg. total. Chris walked away with two American records and a qualifying total to the Powerlifting Worlds. SHW 52 year old Bill Duncan has spent the past few months trying to reduce his prodigious bulk (i.e. lose weight). On less than a month's training, Bill managed to just qualify for Worlds by way of a 230 kg. squat, 127.5 kg. bench press, and a 227.5 kg. deadlift. About a week before the meet, Jeremiah Hostetter sent an email requesting information about the meet. Jeremiah grew up in Ghana, the son of missionaries. Jeremiah's wife, Brittany, is from nearby Fayette, Missouri, and the Hostetters are in the States raising financial support for their work in

Africa. Jeremiah and his brother-in-law, Attah Osebreh, came and lifted. Attah squatted 135 kg., benched 120 kg., and pulled 190 kg., for a 445 kg. total. Jeremiah squatted 140 kg., benched 132.5 kg., and pulled 200 kg. for a 472.5 kg. total. These men are great role models for the young people in Ghana with whom they work. The Hostetters will be moving next month to begin a new chapter of their lives in Cameroon. There were three men entered in the single event bench press. 16 year old Jacob Fehr came down from Iowa with his friends Tim and James. Jacob benched 130 kg. and qualified for the Single Event Worlds in France this summer. MU Strength Club member Lee Lamphear (19 yo) qualified for Worlds with a 112.5 kg. bench at 156 pounds bodyweight. 17 year old Travis Morgan benched 120 kg. and qualified for Single Event Worlds. Interestingly enough, Travis and his family had already planned a summer vacation trip to France. Now they can have a working vacation as Travis lifts in Autun in June. The MU Strength Club is proud to put on ADFPF sanctioned meets. Old friends Judy and Roger Gedney came from Macomb, Illinois to judge the meet. New ADFPF president Mike Stagg provided shirts and awards and came from Evansville, Indiana to judge. The Mizzou Student Rec Complex and Club and Rec Sports office have been gracious to us over the past several years. We are one of the smaller sports clubs on campus, but from our numbers have come the likes of Becky Rich, Eli Burks (who plans to be back for the upcoming Single Event Nationals in

RESULTS »

February), Jagath Gunasekera (who is just coming back from an injury, but showed up to spot and load), Chris Gard, Shelly Frazier, and Kate Walker—all of whom have seen success in large international meets. We are also blessed to have such great help from the likes of Putt Houston and Tim Towers. As mentioned above, MU Strength will be hosting the ADFPF Single Event Nationals on Saturday, February 4th, 2012. In order to avoid problems with having enough awards and shirts, we ask that lifters send their entries in by the posted entry deadline of January 20, 2012. Otherwise, Merry Christmas and Happy New Year.

» *courtesy Bill Duncan*

100% RAW VA/ CHRISTMAS CLASSIC DEC 10 2011 » Zion Crossroads, VA

BENCH	DEADLIFT	FEMALE	FEMALE
198+ lbs. Open	132 lbs. (30-34)	132 lbs. (30-34)	132 lbs. (30-34)
J. Read 237	B. Hyman 281	B. Hyman 281	B. Hyman 281
MALE 148 lbs. Open	148 lbs. (16-17)	148 lbs. (16-17)	148 lbs. (16-17)
J. Leavitt 264	D. Nelson 330	D. Nelson 330	D. Nelson 330
165 lbs. (20-24)	MALE 105 lbs. (12-13)	105 lbs. (12-13)	105 lbs. (12-13)
J. Fleming 264	J. Felix 176	J. Felix 176	J. Felix 176
M. Rice 231	165 lbs. (20-24)	165 lbs. (20-24)	165 lbs. (20-24)
(45-49)	M. Rice 462	M. Rice 462	M. Rice 462
R. Watson Sr 303	J. Richardson 418	J. Richardson 418	J. Richardson 418
Open	MALE 181 lbs. (16-17)	181 lbs. (16-17)	181 lbs. (16-17)
T. Grossman 226	A. Riveron 352	A. Riveron 352	A. Riveron 352
(45-49)	(25-29)	(25-29)	(25-29)
D. Koser 325	L. Dyles 528	L. Dyles 528	L. Dyles 528
(50-54)	(35-39)	(35-39)	(35-39)
D. Moss 325	C. Bryant 347	C. Bryant 347	C. Bryant 347
J. Ferrell 286	Law 347	Law 347	Law 347
Open	C. Bryant 347	C. Bryant 347	C. Bryant 347
D. Moss 325	Open	Open	Open
198 lbs. (20-24)	L. Dyles 528	L. Dyles 528	L. Dyles 528
(20-24)	M. Detty 275	M. Detty 275	M. Detty 275
T. Andrews 319	(16-17)	(16-17)	(16-17)
(45-49)	D. Brooks 396	D. Brooks 396	D. Brooks 396
M. Moyer 341	(20-24)	(20-24)	(20-24)
(70-74)	A. Zhmud 495	A. Zhmud 495	A. Zhmud 495
J. Moore 220	Law 363	Law 363	Law 363
Open	D. Chadwick 363	D. Chadwick 363	D. Chadwick 363
J. Moore 220	(20-24)	(20-24)	(20-24)
220 lbs. (55-59)	C. McGrath 468	C. McGrath 468	C. McGrath 468
C. Perry 391	(45-49)	(45-49)	(45-49)
(60-64)	N. Newton 61	N. Newton 61	N. Newton 61
G. Shultz 319	Open	Open	Open
(65-69)	N. Newton 61	N. Newton 61	N. Newton 61
B. Blough 226	MALE 198 lbs. (20-24)	198 lbs. (20-24)	198 lbs. (20-24)
Open	A. Zhmud 143	A. Zhmud 143	A. Zhmud 143
C. Perry 391	(70-74)	(70-74)	(70-74)
242 lbs. (45-49)	J. Moore 101	J. Moore 101	J. Moore 101
K. Hubbard 286	Open	Open	Open
(50-54)	J. Moore 101	J. Moore 101	J. Moore 101
B. Shatzer 292	242 lbs. (55-59)	242 lbs. (55-59)	242 lbs. (55-59)
275 lbs. (45-49)	J. Bosley 138	J. Bosley 138	J. Bosley 138
(45-49)	275 lbs. (45-49)	275 lbs. (45-49)	275 lbs. (45-49)
C. Felix 374	E. Stine 380	E. Stine 380	E. Stine 380
308 lbs. (20-24)	308 lbs. (50-54)	308 lbs. (50-54)	308 lbs. (50-54)
(20-24)	R. Simmons 319	R. Simmons 319	R. Simmons 319
R. Balboa 264	Open	Open	Open
(45-49)	M. Abbruzzese 451	M. Abbruzzese 451	M. Abbruzzese 451
R. Gains 429	Supers (25-29)	Supers (25-29)	Supers (25-29)
Powerlifting	J. Everhart 402	J. Everhart 402	J. Everhart 402
SQ			
BP			
DL			
TOT			
A. Jeter 237	116	270	622

N. Newton 171	110	248	528
Open			
A. Alas 204	121	231	556
N. Newton 171	110	248	528
148 lbs. (20-24)			
L. Aboulhouda ---	127	253	380
165 lbs. (25-29)			
K. Liman 220	105	242	567
Open			
J. Jackson 297	171	352	820
MALE 105 lbs. (45-49)			
K. Ryman 182	105	248	534
132 lbs. (20-24)			
D. Anderson 220	138	286	644
(55-59)			
J. Marchio 275	193	435	903
(65-69)			
I. Burgess 198	160	275	633
148 lbs. (35-39)			
J. Barry 391	154	336	881
(40-44)			
D. Buchanan 209	143	297	650
(65-69)			
L. Eggleston 303	187	366	855
165 lbs. (20-24)			
J. Bowers 369	292	424	1084
(40-44)			
D. Necessary 303	253	352	908
Open			
D. Necessary 303	253	352	908
181 lbs. (16-17)			
S. Truban 396	231	451	1079
(20-24)			
A. Riveron 352	226	429	1007
(25-29)			
L. Dyles 528	374	501	1404
(35-39)			
C. Bryant 347	297	435	1079
Law			
C. Bryant 347	297	435	1079
Open			
L. Dyles 528	374	501	1404
M. Detty 275	198	319	793
(16-17)			
D. Brooks 396	270	473	1140
(20-24)			
A. Zhmud 495	303	562	1360
Law			
D. Chadwick 363	242	440	1046
(20-24)			
C. McGrath 468	297	517	1283
(45-49)			
N. Newton 61	374	319	1112
Open			
N. Newton 61	374	319	1112
MALE 198 lbs. (20-24)			
A. Zhmud 143	363	297	451
(70-74)			
J. Moore 101	506	402	556
Open			
J. Moore 101	506	402	556
242 lbs. (55-59)			
J. Bosley 138	506	402	512
(20-24)			
R. Balboa 264	380	308	451
(45-49)			
R. Gains 429	319	330	407
Powerlifting			
SQ			
BP			
DL			
TOT			
A. Jeter 237	116	270	622

We had a great day at the Virginia State and Christmas Classic. There was a huge number of State and National records set. We had 70 lifters and were done at 4 pm. Great job meet staff and officials. We have a great 100% Raw schedule set for 2012 with at least six events all set for next year. A Merry Christmas and a Happy New Year to everyone.

» *courtesy John Shifflett*

APF GOLDEN STATE OPEN

OCT 15 2011 » Chatsworth, CA

BENCH	Raw	Raw	Raw
148 lbs. Masters (60-64)	148 lbs. Teen (13-15)		
S. Tamerius 242*	J. Taylor 193!		
275 lbs. Open	220 lbs. Masters (45-49)		
P. Holtz 451	K. Thunberg 402!		
308 lbs. Masters (55-59)	DEADLIFT Raw		
K. Tawzer 440!*	181 lbs. Open		
308+ lbs. Masters (45-49)	220 lbs. Junior (20-23)		
B. Darley 506*	G. Friedman 506		
308+ lbs. Masters (45-49)	220 lbs. Junior (20-23)		
R. Bullock 451*	J. Segura 435		
Powerlifting	BP	DL	TOT
Raw			
165 lbs. Junior (20-23)			
G. Lewin 209	198	330	738
198 lbs. Junior (20-23)			
B. Torres 374	231	440	1046
Open			
C. Grund 446	341	517	1305
242 lbs. Junior (20-23)			
C. Fanner 440!	264!	473	1178
Teen (16-17)			
A. Papiyan 286	209	407	903
*=State Records. !=American Records.			
Venue: Xert Gym.			
» <i>courtesy Steve Tamerius</i>			

USPA NY STATE

NOV 19 2011 » Niagara Falls, NY

BENCH	Raw	Raw	Raw
MALE Raw	165 lbs. Junior (16-17)		
148 lbs. Junior (18-19)	K. Patterson 209*		
T. Barke 275*	181 lbs. Junior (18-19)		
181 lbs. Submaster (35-39)	A. Patterson 380*		
E. Carter 363!*	220 lbs. Master (50-54)		
330 lbs. Submaster (35-39)	M. Becht 353		
E. Carter 408	242 lbs. Open (24-34)		
242 lbs. Open (24-34)	T. Schmidt 672		
D. Epolito 402	242 lbs. Master (45-49)		
C. Infurna 314	T. Schmidt 672		
Master (40-44)	DEADLIFT MALE		
M. Pizzella 374*	Raw		
Single-Ply	220 lbs. Open (24-34)		
148 lbs. Junior (18-19)	N. Eckert 408		
Push Pull	BP	DL	TOT
Raw			
181 lbs. Junior (20-23)			
N. Masur 297*	567!*	865	
198 lbs. Junior (20-23)			
A. Ferchen 385!*	617*	1003	
220 lbs.			

Open (24-34)				
J. Bagnoli 325	540	865		
Submaster (35-39)				
E. Carter 408	501*	909		
242 lbs. Submaster (35-39)				
S. Green 325*	485!	810		
275 lbs. Open (24-34)				
D. Wrazen 364	595*	959		
Submaster (35-39)				
T. Feaster 325*	523*	849		
Single-Ply				
198 lbs. Master (45-49)				
S. Medler 303*	523!*	827		
Powerlifting	SQ	BP	DL	TOT
FEMALE Raw				
123 lbs. Submaster (35-39)				
C. Wu 159!*	99*	214!*	474!*	
165 lbs. Submaster (35-39)				
A. Stroka 176!*	132!*	226!*	534!*	
Multi-Ply				
165 lbs. Open (24-34)				
B. Fineis 556!*	335!*	407!*	1300!*	
MALE Raw				
148 lbs. Junior (18-19)				
I. Krieger 330!*	237!*	369!*	937!*	
181 lbs. Junior (18-19)				
M. Mobus 358*	270	402	1030*	
T. Emmick 314	281*	402*	998	
Junior (20-23)				
A. Kukovica 402*	303*	451*	1157*	
Open (24-34)				
J. Aceti 424*	352*	523*	1300*	
C. Mondo 314	276	502	1091	
Master (50-54)				
I. Brascoupe 209*	192*	264*	666*	
198 lbs. Junior (20-23)				
A. Ferchen 501!*	385!*	617!*	1504!*	
V. Sokolov 408	309	485	1202	
N. Emmick 380	281	535	1196	
Open (24-34)				
S. Saxbury 374*	286*	440*	1102*	
220 lbs.				
Junior (20-23)				
R. Fabrizio 518*	391*	595	1504*	
L. Fugiani 469	364	650*	1483	
Open (24-34)				
S. Maciejewski 440*	314*	540*	1295*	
Master (50-54)				
P. Buchiero 325*	286*	391*	1003*	
242 lbs. Junior (20-23)				
I. Defranco 507*	336*	551*	1394*	
Open (24-34)				
A. Newman 655!*	469	677*	1802!*	
M. Daniels 518	485!*	601	1604	
Master (45-49)				
W. Wilkinson 319*	253*	429*	1003*	
Single-Ply				
220 lbs. Submaster (35-39)				
K. Dean 611!*	435!*	600!*	1647!*	
275 lbs. Open (24-34)				
P. Dick 600*	468*	600*	1670*	
Multi-Ply				
181 lbs. Open (24-34)				
M. House 584!*	490!*	573!*	1647!*	

275 lbs.
Junior (20-23)
 A. Buono 650!* 501!* 545!* 1697!*
Open (24-34)
 P. Emmick 782* 402* 600* 1785*
 *=New York State Records (109).
 !A=American Records (45). Venue:
 Quality Hotel & Suites at the Falls, 240
 First St, Niagara Falls NY 14303 Meet
 Director & Promoter: Dennis Brochey.
 Meet Announcer: Cathy Brochey. Meet
 Scorekeepers: June Petrie, Jean Watson,
 Rebecca Petrie. Master Score Sheet: Robert
 Petrie. Referees: Dennis Brochey, National,
 Thomas Delorimiere, National, Sean Hailey,
 State. Spotters & Loaders: Craig Hoplight,
 Peter Olson and Samuel Petrie. Outstand-
 ing Lifter Awards: Women Powerlifting
 Raw: Cindy Wu. Women Powerlifting
 Assisted: Brooke Fineis. Men Powerlifting
 Raw: Aaron Newman. Men Powerlifting
 Assisted: Christopher Sullivan. Men Bench
 Press Raw: Ernest Carter. Men Bench Press
 Assisted: Thomas Schmidt. Men Ironman
 Raw: Adam Frechen. Men Ironman Assisted:
 Scott Medler. 1st Place Team: Boom. P. Dick
 lifted raw except for knee wraps in squat.
 » courtesy Steve Denison

W. McAteer	634	485	502	1620
J. Connolly	562	347	606	1516
<i>Raw</i>				
<i>Masters (60-69)</i>				
165 lbs.				
J. Halprin	325	215	375	915
220 lbs.				
P. Couvillion	380	270	430	1080
<i>Teen (14-15)</i>				
198 lbs.				
D. Taylor	358	176	397	931
<i>Open</i>				
165 lbs.				
B. Robinson	347	325	441	1113
J. Halprin	287	215	375	876
181 lbs.				
B. Wietecha	110	215	491	816
198 lbs.				
M. Blackwelder	430	353	546	1328
T. Geist	424	303	452	1179
T. Dixon	276	215	347	838
220 lbs.				
R. Waterbury	386	265	430	1080
242 lbs.				
Z. Leonardo	535	309	601	1444
C. Huebner	419	331	518	1268

PRPA CLASH FOR CASH
NOV 12 2011 » Kenner, LA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
LWT				
P. Bartz	305	165	325	795
MWT				
T. Stallings	440	260	525	1225
I. Piatrovich	340	260	445	1045
A. Casey	230	175	350	755
S. Baker	265	165	315	745
V. Gale	265	130	320	715
HWT				
A. Vanderbush	405	275	505	1185
J. Proulx	325	180	440	945
S. Cichorek	290	145	330	765
M. Fuller	290	150	270	710
R. Weller	235	115	275	625
MALE				
132 lbs.				
C. Kellum	425	245	460	1130
Bill Lowrance	305	275	380	960
148 lbs.				
T. Conyers	530	365	585	1480
M. Broussard	445	355	565	1365
J. Morrow	430	315	600	1345
J. Scruggs	375	260	510	1145
165 lbs.				
Z. Waggner	475	350	530	1355
J. Turney	---	360	---	360
181 lbs.				
R. Brown	545	425	575	1545
Y. Marks	500	365	530	1395
J. Watson	525	300	565	1390
J. McElroy	475	360	545	1380
J. Unigarro	420	320	565	1305
198 lbs.				
T. Godawa	600	390	660	1650
G. Griffin	540	470	630	1640
220 lbs.				
J. Kellum	735	495	670	1900
C. Oliver	550	425	675	1650
N. Davis	630	365	640	1635
242 lbs.				
P. Maranto	635	425	635	1695
S. Vinet	475	370	500	1345
E. Downey	---	500	---	500
275 lbs.				
P. Ellis	785	490	785	2060
SHW				
B. Weller	690	430	700	1820
Best Lifters Taylor Stallings, Tony Conyers and Perry Ellis!				
» courtesy Jake Impastato				

USAPL SC STATE
DEC 10 2011 » Columbia, SC

BENCH	SQ	BP	DL	TOT
FEMALE				
<i>Raw</i>				
<i>Open</i>				
165 lbs.				
I. Alicea	94			
<i>Masters (50-59)</i>				
220 lbs.				
J. Hackworth	353			
<i>Masters (40-49)</i>				
242 lbs.				
W. McAteer	485			
<i>Open</i>				
148 lbs.				
C. Harper	276			
242 lbs.				
W. McAteer	485			
<i>Raw</i>				
<i>Masters (60-69)</i>				
181 lbs.				
K. Yates	248			
<i>Masters (50-59)</i>				
165 lbs.				
Powerlifting	SQ	BP	DL	TOT
FEMALE				
<i>Raw</i>				
<i>Open</i>				
114 lbs.				
S. Connolly	198	132	243	573
165 lbs.				
I. Alicea	160	94	226	480
181 lbs.				
T. Smith	226	132	303	661
MALE				
<i>Teen (18-19)</i>				
148 lbs.				
J. Harper	375	292	441	1108
198 lbs.				
D. Short	325	231	353	909
<i>Masters (60-69)</i>				
220 lbs.				
W. Rickards	254	292	380	926
275 lbs.				
D. Ricafrente Sr.	441	270	---	711
<i>Masters (40-49)</i>				
242 lbs.				
W. McAteer	634	485	502	1620
<i>Open</i>				
148 lbs.				
C. Harper	375	276	386	1036
242 lbs.				

USPlabs GETS THE FACTS ON DMAA

One billion doses. Not a million, but a billion. It's an eye-catching number, isn't it? Well, that's the number of doses of DMAA-containing products that have been used around the world over the past four years.

Zero. That's an eye-catcher too, right? Well, that's the number of reports of serious adverse health reports that have resulted from those billions of doses.

Those are the facts, and they're incontrovertible. That's another eye-catching word, incontrovertible. Anyone, or anything, that says otherwise is simply incorrect; claims to the contrary are based on rumor, hearsay or some incomplete combination of both.

But rumor and hearsay are hard to disprove. In the age of instant information that can be searched, shared, tweeted or blogged, no matter if it's true, getting the real story out there has become an even more herculean task.

That's why the team behind two of the most popular DMAA supplements, Jack3d and OxyElite Pro, grew tired of fighting back against rumors about the safety of their products. They could have gotten angry, or vowed to get even, or just given up, but instead...they decided to let an expert decide the facts for them. And not just any expert, but one of the country's leading minds when it comes to nutritional supplements.

Saying your product is safe is one thing; but the consumer has to have something more than a company's word to know that what they choose to put in their bodies is effective, and most importantly, one hundred percent safe. At the same time, anyone can say that they're not, even if they haven't done a second of research or provided a shred of evidence.

The team behind these products has just released five peer-reviewed medical studies, performed at one of the nation's leading research laboratories by one of the world's experts on supplements, and lo and behold, they all say the same incontrovertible (there's that word again) thing.

DMAA products, when used as directed, are both safe and effective. You can go online and read the results of the studies yourself; their conclusions all say the same thing. Is there any scientific evidence that says otherwise? Absolutely none, and the lack of scientific evidence to the contrary speaks volumes.

DMAA has become a hot topic for debate in the world of nutritional supplements, and the reasoning behind these mixed opinions is perfectly understandable—everyone wants to make sure that what's being sold around the world is safe to use.

But only USPlabs has gone out and done something to quell the unnecessary rumors meant to scare millions of consumers. In a world of nefarious innuendo, they've laid out the incontrovertible for all to see, and they've relied on the experts to do it. The facts, unlike the rumors, are hard to argue against.

ONE BILLION doses of DMAA used safely. **ZERO** evidence that any of them have caused serious health effects. **FIVE** medical studies, conducted by a foremost **EXPERT**, confirming that DMAA is **SAFE** and **EFFECTIVE**. The evidence is there for all to see for yourselves, and it's **INCONTROVERTIBLE**.

Eye-catching as those words might be, none are as much as this one: **FACTS**. Don't take anyone's word for it. Find the facts, and decide for yourself.

THE RAGE

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



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

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

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

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

RAGE X

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



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

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

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

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

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

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

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

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INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

PHENOM

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



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

RADICAL DENIM

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



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

ULTIMATE DENIM

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

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INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



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.

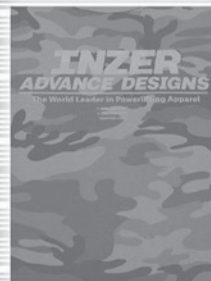
\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



Warm Up Pullover Crewneck

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

\$14.95



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

Warm Up Pants

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

\$23.95



Hoodie

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

\$19.50

Jersey Knit Short

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

\$12.95



Beanies

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

\$10.00



Gym Bag

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

\$25.00

Suit Slippers

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

\$19.95



Fitting Gloves

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

\$4.95

Gym Chalk

Essential for workouts and competitions, magnesium of carbonate block chalk.

\$10.00



Elbow Sleeves XT

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

\$55.00



Knee Sleeves XT

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

\$55.00

Stickum Spray

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

\$5.95



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.

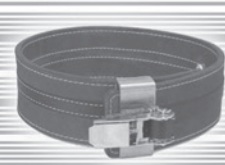
\$70.00



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



Lamar Gant at the 1984 IPF Worlds in Texas. The only way you can get his world records off the IPF list is to change the weight classes, like they recently did.



Miguel Castro at the 1993 ADFPA Nationals was born and raised to do the deadlift

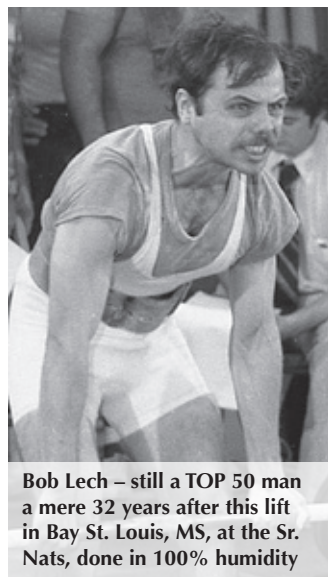
Rank	Deadlift	X-Bwt	Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	639.3 (290.0)	*5.18X	Lamar Gant/57 7/10/82 (290.0 kg. @ 56.0 kg.) (Dayton, Ohio) (USPF/IPF)
2.	600.0 (272.2)	4.86X	Chris Smith 3/13/10 (600.0 lb.) (Houston, Texas) (THSPA)
3.	578.7 (262.5)	*4.69X	Damarrio "Doc" Holloway/80 4/30/06 (262.5 kg. @ 56.0 kg.) (Duluth, Georgia) (USAPL)
4.	573.2 (260.0)	*4.65X	Richard Hawthorne/84 5/17/03 (260.0 kg. @ 123.4 lb.) (Gadsden, Alabama) (WABDL)
5.	573.2 (260.0)	*4.68X	Mike Ewoldsen/65 2/13/05 (260.0 kg. @ 122.5 lb.) (Oklahoma City, Oklahoma) (NASA)
6.	562.2 (255.0)	4.55X	Tim Taylor/66 10/28/89 (255.0 kg.) (Hills Air Force Base, Utah) (NSM)
7.	556.7 (252.5)	4.51X	Dave Pattaway/59 7/28/90 (252.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
8.	551.2 (250.0)	4.46X	Eric Kupperstein/66 3/6/04 (250.0 kg.) (Plymouth, Massachusetts) (USAPL)
9.	549.5 (249.2)	4.45X	Mike Cross/47 8/30/74 (550.0 lb., which later weighed out at 549.5 lb.) (Fort Worth, Texas) (AAU)
10.	548.3 (248.7)	4.44X	Allen Clark/38 2/19/72 (548.25 lb.) (Texas) (AAU)
11.	540.0 (244.9)	4.37X	Miguel Castro/57 11/19/88 (540.0 lb.) (Schererville, Indiana) (ADFPA)
12.	534.6 (242.5)	4.33X	Ernesto Milian/47 11/21/87 (242.5 kg.) (Dayton, Ohio) (APF/WPC)
13.	529.1 (240.0)	4.29X	Bobby Adams 3/11/89 (240.0 kg.) (Fort Hood, Texas) (USPF)
14.	525.0 (238.1)	4.25X	Joe Bradley/56 5/13/78 (525.0 lb.) (Port Edwards, Wisconsin) (USPF)
15.	523.6 (237.5)	4.24X	Clarence Fielder/69 7/31/92 (237.5 kg.) (Raleigh, North Carolina) (USPF)
16.	520.0 (235.9)	4.21X	Herb Blake/58 12/9/89 (520.0 lb.) (Adel, Georgia) (USPF)
17.	520.0 (235.9)	*4.28X	Anibal Martinez 2/27/10 (520.0 lb. @ 121.6 lb.) (Weslaco, Texas) (THSPA)
18.	518.1 (235.0)	*4.23X	Jeremy Scruggs/83 9/11/05 (235.0 kg. @ 55.6 kg.) (Fort Wayne, Indiana) (USAPL/IPF)
19.	513.7 (233.0)	4.16X	Dave Weiss/69 8/24/96 (233.0 kg.) (Chicago, Illinois) (ADFPA/WDFPF)
20.	512.6 (232.5)	4.15X	Bob Lech 8/18/79 (232.5 kg.) (Bay Saint Louis, Mississippi) (USPF)
21.	512.6 (232.5)	4.15X	M. Long 2/13/88 (232.5 kg.) (Dallas, Texas) (USPF)
22.	510.0 (231.3)	*4.21X	Eric Torres/92 2/27/10 (510.0 lb. @ 121.0 lb.) (Weslaco, Texas) (THSPA)
23.	507.1 (230.0)	4.11X	Alan Whigham/75 5/4/02 (230.0 kg.) (Saint Louis, Missouri) (USAPL)
24.	507.1 (230.0)	4.11X	Roman Garcia/84 12/4/04 (230.0 kg.) (Harlingen, Texas) (APF)
25.	507.1 (230.0)	*4.14X	Erwin Gainer/66 10/15/07 (230.0 kg. @ 55.5 kg.) (Soelden, Austria) (USAPL/IPF)
26.	507.1 (230.0)	*4.14X	Chris Tran/88 6/18/10 (230.0 kg. @ 55.6 kg.) (Palm Springs, California) (USAPL/IPF)
27.	501.6 (227.5)	*4.06X	Russ Steinhouser 6/2/84 (227.5 kg. @ 56.0 kg.) (Portland, Maine) (USPF)
28.	501.6 (227.5)	4.06X	Lance Mays 4/25/92 (227.5 kg.) (Dallas, Texas) (NASA)
29.	501.6 (227.5)	4.06X	Sinh Connolly 12/17/94 (227.5 kg.) (Kailua-Kona, Hawaii) (ADFPA)
30.	501.6 (227.5)	4.06X	Pete Gutierrez 3/15/97 (227.5 kg.) (Chicago, Illinois) (ADFPA)
31.	501.6 (227.5)	4.06X	Marc Morishige 11/15/01 (227.5 kg.) (Reno, Nevada) (WABDL)
32.	501.6 (227.5)	4.06X	Bobby Sanders 11/17/02 (227.5 kg.) (Reno, Nevada) (WABDL)
33.	501.6 (227.5)	*4.06X	Nick Laznovsky/92 4/3/09 (227.5 kg. @ 56.0 kg.) (Killeen, Texas) (USAPL)
34.	501.6 (227.5)	*4.10X	Billy Naquin/89 4/24/10 (227.5 kg. @ 55.77 kg.) (Marksville, Louisiana) (USAPL)
35.	500.0 (226.8)	4.05X	O'Neal Simmons 1995 (500.0 lb.) (Texas State Championships) (THSPA)
36.	496.0 (225.0)	4.02X	Glen Shoblock 10/4/80 (225.0 kg.) (Lebec, California) (USPF/IPF)
37.	496.0 (225.0)	4.02X	Cedric Butler 4/11/87 (225.0 kg.) (Fort Knox, Kentucky) (USPF)
38.	496.0 (225.0)	4.02X	Mark Hartman/73 7/25/92 (225.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
39.	495.0 (224.5)	4.01X	Julio Nunez/43 3/3/79 (495.0 lb.) (Denver, Colorado) (AAU)
40.	490.5 (222.5)	3.97X	Tim Durachta 6/15/96 (222.5 kg.) (Saint Louis, Missouri) (ADFPA)
41.	490.5 (222.5)	3.97X	Wil Taylor/69 3/29/98 (222.5 kg.) (Denver, Colorado) (USAPL)
42.	490.0 (222.3)	*4.12X	Roger Thompson 11/7/98 (490.0 lb. @ 119.0 lb.) (Effingham, Illinois) (NSM)
43.	486.1 (220.5)	3.94X	Vincent Niedoliwka/85 6/14/02 (220.5 kg.) (Killeen, Texas) (USAPL)
44.	485.0 (220.0)	*3.97X	Ralph Caputo 7/23/83 (220.0 kg. @ 55.44 kg.) (Austin, Texas) (USPF)
45.	485.0 (220.0)	*3.94X	Trey Cunningham/79 9/15/00 (220.0 kg. @ 55.8 kg.) (Chia Yi, Taiwan) (USAPL/IPF)
46.	485.0 (220.0)	*3.94X	Mika Kiletico/80 9/14/01 (220.0 kg. @ 55.9 kg.) (Sofia, Bulgaria) (USAPL/IPF)
47.	485.0 (220.0)	3.93X	Joseph Bernazzani 10/9/71 (485.0 lb.) (San Bernardino, California) (AAU)
48.	485.0 (220.0)	3.93X	Norb Paterniti 11/17/84 (485.0 lb.) (Slippery Rock, Pennsylvania) (NSM)
49.	485.0 (220.0)	*3.93X	Ken Snell/59 5/5/02 (485.0 lb. @ 56.0 kg.) (Lakeland, Florida) (NSM)
50.	480.0 (217.7)	3.89X	Eldrid Richard 2/6/88 (480.0 lb.) (Tacoma, Washington) (ADFPA)

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

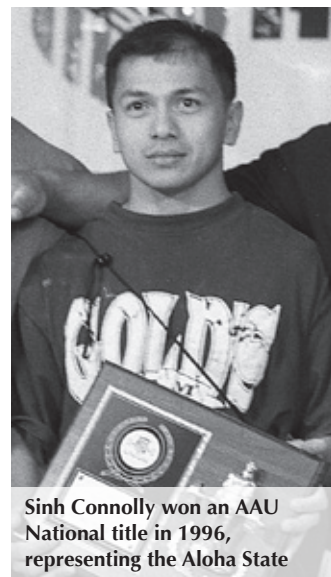
Records accurate as to my knowledge.



Tim Taylor won an unprecedented string of national titles in the lighter classes



Bob Lech – still a TOP 50 man a mere 32 years after this lift in Bay St. Louis, MS, at the Sr. Nats, done in 100% humidity



Sinh Connolly won an AAU National title in 1996, representing the Aloha State

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

Rank	Deadlift	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	490.5	(222.5)	*4.05X Carrie Boudreau/67 7/21/95 (222.5 kg. @ 54.9 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
2.	468.5	(212.5)	*3.82X Diana Rowell/57 6/1/85 (212.5 kg. @ 55.62 kg.) (Vienna, Austria) (USPF/IPF)
3.	451.9	(205.0)	*3.78X Margaret Kirkland/63 11/20/08 (205.0 kg. @ 54.3 kg.) (Palm Beach, Florida) (APF/WPC)
4.	450.0	(204.1)	3.64X Amy Weisberger/65 2/20/00 (450.0 lb.) (Columbus, Ohio) (IPA)
5.	440.9	(200.0)	*3.57X Tonya Myers/70 6/21/97 (200.0 kg. @ 56.0 kg.) (Atlanta, Georgia) (APF/WPC)
6.	435.4	(197.5)	3.53X Valeri Tyree/73 3/24/01 (197.5 kg.) (Fort Hood, Texas) (USPF)
7.	435.0	(197.3)	3.52X Diane Frantz/37 10/17/87 (435.0 lb.) (Victoria BC, Canada) (APF/WPC)
8.	424.8	(192.7)	*3.46X Vicky Steenrod/49 1/28/84 (192.5 kg. @ 55.7 kg., later weighed 424.8 lb.) (Austin, Texas) (USPF/IPF)
9.	424.4	(192.5)	*3.49X Monique Hayes/71 4/21/07 (192.5 kg. @ 55.2 kg.) (Duluth, Georgia) (USAPL)
10.	424.4	(192.5)	*3.51X Teale Magierek-Adelmann/71 8/7/10 (192.5 kg. @ 121.0 lb.) (Denver, Colorado) (NASA)
11.	418.9	(190.0)	*3.42X Lea Ann Adams/62 10/9/93 (190.0 kg. @ ~55.5 kg.) (Chilliwack, BC, Canada) (ADFPA/WDFPF)
12.	415.6	(188.5)	3.37X Carol Ann Myers/66 11/12/04 (188.5 kg.) (Reno, Nevada) (WABDL)
13.	415.0	(188.2)	3.36X Teresa Mims-DeVultz 8/27/88 (415.0 lb.) (Longview, Texas) (USPF)
14.	413.4	(187.5)	*3.39X Julie Sylvan-Thomas/60 1/29/83 (187.5 kg. @ 55.35 kg.) (Chicago, Illinois) (USPF)
15.	413.4	(187.5)	*3.42X Paulette Shepherd 11/13/83 (187.5 kg. @ 121.0 lb.) (Phoenix, Arizona) (USPF)
16.	413.4	(187.5)	*3.35X Evangeline Kizer-Kersey/41 1/26/85 (187.5 kg. @ 55.9 kg.) (Boston, Massachusetts) (USPF)
17.	413.4	(187.5)	3.35X Lisa Dellinger 12/13/86 (187.5 kg.) (Columbus, Ohio) (USPF/APF)
18.	413.4	(187.5)	*3.40X Mary Ryan-Jeffrey/60 7/16/88 (187.5 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
19.	407.9	(185.0)	*3.30X Michelle Amsden/79 9/11/02 (185.0 kg. @ 56.0 kg.) (Sotchi, Russia) (USAPL/IPF)
20.	405.0	(183.7)	3.28X Jacqueline Davis-Manzo/61 12/5/98 (405.0 lb.) (Omaha, Nebraska) (USAPL)
21.	405.0	(183.7)	*3.40X Alexa Schilling/91 3/12/10 (405.0 lb. @ 119.1 lb.) (Seymour, Wisconsin) (USAPL)
22.	402.3	(182.5)	*3.28X Denise Johnson 1/29/83 (182.5 kg. @ 55.58 kg.) (Chicago, Illinois) (USPF)
23.	402.3	(182.5)	*3.27X Felicia Johnson-Almy/58 1/26/85 (182.5 kg. @ 55.8 kg.) (Boston, Massachusetts) (USPF)
24.	402.3	(182.5)	3.26X Cathleen Kellii/54 12/3/95 (182.5 kg.) (San Anselmo, California) (NSM)
25.	402.3	(182.5)	3.26X Carly Nogle/87 10/11/03 (182.5 kg.) (Plainwell, Michigan) (USAPL)
26.	402.3	(182.5)	*3.39X Jenn "Pup" Rotsinger/78 6/13/09 (182.5 kg. @ 53.8 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
27.	400.0	(181.4)	*3.49X Yueh-Chun Chang/70 12/16/95 (400.0 lb. @ 114.75 lb.) (Seattle, Washington) (ADFPA)
28.	396.8	(180.0)	3.21X Gayla Crain/60 2/7/81 (180.0 kg.) (West Lafayette, Indiana) (USPF/IPF)
29.	396.8	(180.0)	*3.25X Eileen Todaro-Wadie/58 1/26/85 (180.0 kg. @ 55.4 kg.) (Boston, Massachusetts) (USPF)
30.	391.3	(177.5)	3.17X Pam Crisp 11/21/87 (177.5 kg.) (Dayton, Ohio) (APF/WPC)
31.	391.3	(177.5)	3.17X Kathy Baker/59 12/1/89 (177.5 kg.) (Stone, England) (APF/WPC)
32.	391.3	(177.5)	*3.31X Nance Greenspan-Avigliano/56 11/17/00 (177.5 kg. @ 53.6 kg.) (Las Vegas, Nevada) (APF/WPC)
33.	391.3	(177.5)	3.17X Ellen Stein/53 3/15/03 (177.5 kg.) (Rockaway, New Jersey) (USAPL)
34.	391.3	(177.5)	*3.22X Jo Walker/43 11/20/05 (177.5 kg. @ 121.6 lb.) (Reno, Nevada) (WABDL)
35.	391.3	(177.5)	*3.20X Rowena Lopez/77 5/21/11 (177.5 kg. @ 55.4 kg.) (Atlanta, Georgia) (USAPL/IPF)
36.	390.0	(176.9)	3.16X Monkee Caldwell 2/13/88 (390.0 lb.) (March Air Force Base, California) (APF)
37.	390.0	(176.9)	3.16X Maria Ferguson 8/6/04 (390.0 lb.) (Piscataway, New Jersey) (WNPF)
38.	388.0	(176.0)	3.14X Denise Ruff 7/28/07 (176.0 kg.) (Rando Cordova, California) (WABDL)
39.	385.8	(175.0)	*3.24X Caitlin Miller/90 5/27/05 (175.0 kg. @ 53.95 kg.) (Ylitornio, Finland) (USAPL/IPF)
40.	385.8	(175.0)	*3.18X Katherine "Kat" Clark/80 5/21/11 (175.0 kg. @ 55.0 kg.) (Atlanta, Georgia) (USAPL/IPF)
41.	385.0	(174.6)	3.12X Ruthi Shafer/57-10 11/21/81 (385.0 lb.) (Salem, Oregon) (USPF)
42.	385.0	(174.6)	*3.16X Natalie Carr-Harrington/83 2/6/10 (385.0 lb. @ 122.0 lb.) (Columbus, Ohio) (IPA)
43.	382.5	(173.5)	3.10X Robinson 1/26/95 (173.5 kg.) (Oklahoma City, Oklahoma) (NASA)
44.	380.3	(172.5)	3.08X Nancy Belliveau/53 9/14/85 (172.5 kg.) (Marysville, California) (USPF)
45.	380.3	(172.5)	*3.11X Amy Hinman 4/6/91 (172.5 kg. @ ~55.5 kg.) (Chicago, Illinois) (ADFPA)
46.	380.3	(172.5)	3.08X Gloria Rosado/65 6/19/92 (172.5 kg.) (Las Vegas, Nevada) (NASA)
47.	380.3	(172.5)	*3.25X Betty Lee/63 10/10/97 (172.5 kg. @ ~53.0 kg.) (Reading, England) (AAU/WDFPF)
48.	380.3	(172.5)	3.08X Sandy Mobley/59 1/29/00 (172.5 kg.) (Killeen, Texas) (USAPL/IPF)
49.	380.3	(172.5)	*3.09X Heather Hughes/63 2/15/04 (172.5 kg. @ 123.0 lb.) (Oklahoma City, Oklahoma) (NASA)
50.	375.0	(170.1)	3.04X Sherry Kahle 11/11/84 (375.0 lb.) (Carbondale, Illinois) (NSM)

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Jackie Davis at the 1996 WDFPF World Championships in Chicago where she won



Carrie Boudreau was untouchable during her heyday at the top of the USPF and IPF competition



Lea Ann Adams shows that a quality deadlift is keep you on the TOP 50 for a long time



Diane Frantz quietly lifted amazing weights that remain among the best in history



Gayla Crain at the inaugural IPF Women's World Championship event in Hawaii

CORRECTION: In the last issue, the Women's Top 50 123 lb. Bench list ran the Top 50 Squat numbers by mistake. PL USA apologizes for the error—this is the correct Top 50 Women's Bench list along with the Top 50 Women's Bench photos.



Eileen Todaro-Wadie didn't have the advantage of today's big time equipment, but still has a big number in the rankings



Margaret Kirkland, DDS – a high achiever (c. the Kirklands)

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

	Bench Press	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	347.0 (157.4)	*2.84X	Janet Faraone/67 12/15/07 (347.0 lb. @ 122.0 lb.) (Lake George, New York) (APF)
2.	345.0 (156.5)	*2.80X	Tina Rinehart/68 7/16/06 (345.0 lb. @ 123.0 lb.) (Worthington, Ohio) (APF)
3.	314.2 (142.5)	*2.54X	Mari Asp/75 11/20/08 (142.5 kg. @ 56.0 kg.) (Palm Beach, Florida) (APF/WPC)
4.	292.1 (132.5)	*2.37X	Amy Weisberger/65 2/26/00 (132.5 kg. @ 55.8 kg.) (Columbus, Ohio) (WPO)
5.	281.1 (127.5)	*2.32X	Teale Magierek-Adelmann/71 9/19/09 (127.5 kg. @ 121.0 lb.) (Gallup, New Mexico) (NASA)
6.	275.6 (125.0)	*2.24X	Mary Ryan-Jeffrey/60 7/16/88 (125.0 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
7.	275.6 (125.0)	2.23X	Ashley Awalt/83 4/16/05 (125.0 kg.) (Baton Rouge, Louisiana) (USAPL)
8.	275.0 (124.7)	2.23X	Anna Blakely 12/12/92 (275.0 lb.) (Port Charlotte, Florida) (APAWPCA)
9.	270.1 (122.5)	*2.27X	Jill Darling/78 12/2/05 (122.5 kg. @ 54.0 kg.) (Stockholm, Sweden) (USAPL/IPF)
10.	260.0 (117.9)	2.11X	Jenny Burke/70 11/29/03 (260.0 lb.) (Albany, New York) (IPA)
11.	260.0 (117.9)	*2.13X	Jenn "Pup" Rotsinger/78 10/24/09 (260.0 lb. @ 122.0 lb.) (Orlando, Florida) (APF)
12.	259.0 (117.5)	*2.12X	Carrie Boudreau/67 8/9/97 (117.5 kg. @ 55.3 kg.) (Lahti, Finland) (USPF/IPF)
13.	255.0 (115.7)	*2.15X	Margaret Kirkland/63 2/23/08 (255.0 lb. @ 118.5 lb.) (Orlando, Florida) (APF)
14.	253.5 (115.0)	*2.15X	Susan Rinn/63 10/15/04 (115.0 kg. @ 118.16 lb.) (Fresno, California) (APF/WPC)
15.	253.5 (115.0)	*2.06X	Becky Rich/81 9/16/11 (115.0 kg. @ 123.0 lb.) (Las Vegas, Nevada) (USPA)
16.	250.0 (113.4)	*2.03X	Jean Forgatsch-Fry/86 3/6/11 (250.0 lb. @ 123.2 lb.) (Knoxville, Tennessee) (SPF)
17.	248.0 (112.5)	*2.01X	Vicki Steenrod/49 7/7/84 (112.5 kg. @ 55.9 kg., no BP shirt.) (Dayton, Ohio) (USPF)
18.	248.0 (112.5)	*2.05X	Suzanne Hedman/60 9/16/11 (112.5 kg. @ 120.8 lb.) (Las Vegas, Nevada) (USPA)
19.	245.0 (111.1)	*1.99X	Natalie Carr-Harrington/83 5/23/09 (245.0 lb. @ 123.0 lb.) (Nashville, Tennessee) (SPF)
20.	242.5 (110.0)	*2.10X	Jennie Hollier/80 10/1/05 (110.0 kg. @ 115.25 lb.) (Elgin, Illinois) (Bench America3)
21.	242.5 (110.0)	1.96X	Ita Pantilat/51 6/28/08 (110.0 kg.) (Seattle, Washington) (WABDL)
22.	240.0 (108.9)	*1.98X	Janet Arel/67 3/18/00 (240.0 lb. @ 121.0 lb.) (Durham, Connecticut) (APAWPCA)
23.	237.0 (107.5)	*1.94X	Julie Sylvan-Thomas/60 1/29/83 (107.5 kg. @ 55.35 kg., no BP shirt.) (Chicago, Illinois) (USPF)
24.	237.0 (107.5)	1.92X	Mary Ryan-Jeffrey/60 7/14/89 (107.5 kg., no BP shirt.) (Las Vegas, Nevada) (USPF/IPF)
25.	237.0 (107.5)	1.92X	Shelley Radcliffe 5/4/02 (107.5 kg.) (Pasco, Washington) (WABDL)
26.	237.0 (107.5)	*1.93X	Ashley Matherne/83 11/4/08 (107.5 kg. @ 55.82 kg.) (Saint John's, Canada) (USAPL/IPF)
27.	231.5 (105.0)	*1.90X	Eileen Todaro-Wadie/58 1/26/85 (105.0 kg. @ 55.4 kg.) (Boston, Massachusetts) (USPF)
28.	231.5 (105.0)	1.88X	Cathleen Kelii/54 12/3/95 (105.0 kg.) (San Anselmo, California) (NSM)
29.	230.0 (104.3)	*1.87X	Juli Field 9/29/90 (230.0 lb. @ 122.75 lb.) (Fayetteville, North Carolina) (USPF)
30.	230.0 (104.3)	*1.92X	Jen Obum/75 3/12/05 (230.0 lb. @ 120.0 lb.) (Bradford, Pennsylvania) (USA)
31.	230.0 (104.3)	1.86X	Suzanne "Sioux-Z" Hartwig-Gary/68 7/15/06 (230.0 lb.) (Towson, Maryland) (AAU)
32.	230.0 (104.3)	1.86X	Robin Kilts/64 12/15/07 (230.0 lb.) (Lake George, New York) (APF)
33.	226.0 (102.5)	*1.84X	Felicia Johnson-Almy/58 1/26/85 (102.5 kg. @ 55.8 kg.) (Boston, Massachusetts) (USPF)
34.	226.0 (102.5)	1.83X	Kathy Baker/59 7/28/90 (102.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
35.	226.0 (102.5)	*1.83X	Michelle Amsden/79 9/11/02 (102.5 kg. @ 56.0 kg.) (Sotchi, Russia) (USAPL/IPF)
36.	226.0 (102.5)	1.83X	Ambyr Reyes 11/1/09 (102.5 kg.) (Reno, Nevada) (WABDL)
37.	226.0 (102.5)	*1.86X	Rowena Lopez/77 5/22/10 (102.5 kg. @ 55.0 kg.) (Cleveland, Ohio) (USAPL/IPF)
38.	226.0 (102.5)	*1.91X	Maura Shuttleworth/76 1/30/11 (102.5 kg. @ 53.6 kg.) (Los Angeles, California) (APF)
39.	225.0 (102.1)	1.82X	Becky Rich/81 3/12/11 (225.0 lb., without a bench press shirt.) (West Plains, Missouri) (USPA)
40.	220.5 (100.0)	1.79X	Paula Suzuki/68 4/7/91 (100.0 kg.) (Honolulu, Hawaii) (APF/WPC)
41.	220.5 (100.0)	1.79X	Jerri Lynn Lippert/73 3/2/96 (100.0 kg.) (Portland, Oregon) (USPF/IPF)
42.	220.5 (100.0)	1.79X	Lupe Aguilar 11/13/98 (100.0 kg.) (Portland, Oregon) (WABDL)
43.	220.5 (100.0)	1.79X	Carol Ann Myers/66 11/12/04 (100.0 kg.) (Reno, Nevada) (WABDL)
44.	220.5 (100.0)	1.79X	Sabra Lucchesi-Callahan/56 6/24/07 (100.0 kg.) (Marietta, Georgia) (APC/GPC)
45.	220.5 (100.0)	1.79X	Hedy Miller/52 6/11/11 (100.0 kg.) (Salt Lake City, Utah) (WABDL)
46.	216.1 (98.0)	1.75X	Teresa Mims-DeVOLT 8/19/89 (98.0 kg.) (Galveston, Texas) (USPF)
47.	215.0 (97.5)	*1.81X	Brenda Tarver 8/89 (215.0 lb. @ 119.0 lb.) (Baton Rouge, Louisiana) (USPF)
48.	215.0 (97.5)	1.74X	Brenda Day 10/7/95 (215.0 lb.) (Pueblo, Colorado) (NASA)
49.	215.0 (97.5)	1.74X	Bonnie Graube/55 6/22/02 (215.0 lb.) (Nazareth, Pennsylvania) (IPA)
50.	215.0 (97.5)	*1.76X	Eileen Todaro-Wadie/58 1/28/84 (97.5 kg. @ 55.3 kg., no BP shirt.) (Austin, Texas) (USPF/IPF)

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The two all time best women bench pressers in USA history, Janet Faraone (above) and Tina Rinehart (below) were both on the platform at the 2003 Bench of America competition



Julie Sylvan Thomas was part of a very rare commodity; a husband and wife who were both IPF World Powerlifting Champions (with her husband Walter Thomas)



Leonard Pokora (Pakora photo)



Special Olympian champion Bobby Lord (T. Meeker photo)



123 lb. Sarah Sanford benching 198.2 lb.!

THE 15TH ANNUAL WELKER ENGINEERING WABDL WORLDS



Bill Gillespie wins again!



Jo Ann Clough deadlifting 320.6 lb.!

THE PEPPERMILL HOTEL WAS VOTED ONE OF THE TOP TEN RESORT CASINOS IN THE NATION. IT HAS 1860 ROOMS. IT HAS 200,000 SQUARE FEET OF BANQUET-BALLROOM SPACE. THERE ARE 12 WORLD CLASS RESTAURANTS. THE LIFTING VENUE WAS 20,000 SQUARE FEET WITH 14,000 SQUARE FEET FOR THE COMPETITION AND 6,000 SQUARE FEET FOR THE WARM-UP AREA. THE CEILINGS ARE 25 FEET.



Triple Power – Sam Amauvae, Sarah Biddle and Gus Rethwisch



Law/Fire champions, Marv Hollan and Mike Harrison (T. Meeker photo)

We had lifters from India, Brazil, Cambodia, Finland, Mexico, Peru, Ecuador, Canada and 38 states for the USA. We had a grand total of 543 lifters over six days. On the first day, we had 11 flights, the second day 6 flights, the third day 9 flights, day four was 11, day five was 10 and day six was 8 flights, for a grand total of 55 flights.

IN THE DEADLIFT, in class 1 at 132, Homi Shivaie of California was very impressive with a state record 440.7 at age 53 and a world title. At 148, Dave Constantineau, the Wisconsin WABDL state chair, pulled 473.7 for the win at age 55. At 165, Chris McGrail of Utah won the Worlds with a 523.5 to edge out Owen Sanborn of Iowa who got an Iowa record 507. McGrail's 523.5 was a state record also. Aramiq Amirchian set an Arizona record 451.7. At 181, Dominic Narigi of California beat out four contestants with a 545.5 to capture his world title. At 198, the old veteran Mark Pearce, coached by an even older veteran, John Tyree, pulled 567.5 to win his third world title. Landon Cross of Michigan, who can pull 600 on most days, had to settle for 551. Newcomer Telford Allen of Maine was third with a Maine record 523.5. He is coached by Louis Harrison. At 220, 17 year old Cameron LaForge of Massachusetts set a Massachusetts record 628.2 to beat Arthur Haug of Iowa who also set a state record. 628.2 for Iowa but was the heavier man. At 242, Fateh Sihota of India set a national record 551 to beat Anthony Doyle of Arkansas on bodyweight but Anthony set an Arkansas record of 551. John Sotelo of Hawaii won 259 with 529. At 275, William Pontius of Washington won with 567 and at 308, Don Miskinis, the WABDL Ohio chairman set an Ohio record 446.2 to edge out Michael Pfabe, also of Ohio, on bodyweight.

IN THE DISABLED DIVISION, Vilmar Oliveira of Brazil won at 181 with 396.7 and at 198, John Herbein of Pennsylvania set a state record 403.3. John is a 1960 graduate of the US Naval Academy. During his senior year he was second company commander and a fullback on Navy's varsity soccer team. In addition, John was 155 lb. and 165 lb. brigade boxing champion for three years. He passed on a chance for the 1960 Olympic boxing team to report to his 1st duty station on the USS Beatty DD 756, a destroyer. He was 1st lieutenant and anti-submarine warfare officer. He served on three more destroyers then he was assigned to nuclear power school by Admiral Rickover where he qualified to nuclear engineer officer of the watch. He was assigned as inspector general for readiness command region four. In 1998 he retired as captain with a total of 42 years of service. After active duty, Captain Herbein served as vice president in charge of generating units for general public utilities. In March of 1979, John was called back from active reserve duty at the Philadelphia Naval Base to assist with the three mile nuclear accident, and if it were not for John, many people in the area would have

**WABDL WORLDS BP/
DL CHAMPIONSHIPS**
NOV 1-7 2011 » Reno, NV

BENCH	T. Dean	154*
FEMALE	D. Garcia	105
<i>Single-Ply</i>	<i>Submaster</i>	
105 lbs.	D. Leinwohl	154
<i>Master (54-60)</i>	<i>Teen (16-17)</i>	
P. Robinson	A. Graves	110*
<i>Teen (14-15)</i>	<i>Teen (18-19)</i>	
R. Ubertini-BRA 83#	M. Milesi	121
114 lbs.	148 lbs.	
<i>Disabled</i>	<i>Junior</i>	
V. Rocha-BRA 77#	K. Miller	231!*
<i>Junior</i>	M. Myer	99
J. Okimura	N. Caughey	99*
<i>Master (40-46)</i>	<i>Law/Fire (40-47)</i>	
Y. Hao	196!*	R. Knouse
<i>Master (61-67)</i>	<i>4th-226!*</i>	
J. Clough	132*	C. Hamp
R. Pierce	88*	<i>Master (47-53)</i>
<i>Master (68-74)</i>	B. Anolin	251
B. Lafferty	149	<i>4th-265!*</i>
<i>4th-155!*</i>	<i>Master (54-60)</i>	
<i>Open</i>	M. Goodman	127
J. Okimura	182	<i>Master (61-67)</i>
B. Lafferty	149	L. Read
A. Barajas	116	D. Cole
<i>Submaster</i>	<i>Master (75-79)</i>	
L. Ngo	116	G. Cloningier
<i>Teen (16-17)</i>	<i>Open</i>	
T. Campbell	88*	L. Richardson
123 lbs.	B. Anolin	251
<i>Junior</i>	<i>4th-265*</i>	
P. Villegas	111*	S. Sheffield
<i>Master (40-46)</i>	B. Rupley	121
R. Moore	127	<i>Teen (18-19)</i>
<i>Master (47-53)</i>	B. Villarreal	154
S. Sanford	198*	165 lbs.
J. Steele	—	<i>Junior</i>
<i>Master (54-60)</i>	E. Couture	149*
K. Denniston	138*	S. Valdez
<i>Master (85-89)</i>	<i>Law/Fire Open</i>	
D. Ward	45	B. Nolen
<i>Open</i>	<i>4th-276!#</i>	
A. Sweet	187*	<i>Law/Fire Submaster</i>
L. Stone	105	S. LeBlanc-CAN 248!*
R. Garcia-ECU 99#	<i>Master (40-46)</i>	
<i>Submaster</i>	C. Shockman	276
R. Garcia-ECU 99#	A. Couto-BRA 220	
<i>Teen (12-13)</i>	<i>4th-231#</i>	
P. Yamaguchi	—	L. Feraud-ECU 187
<i>Teen (18-19)</i>	<i>Master (47-53)</i>	
C. Thompson	116	S. Spero
<i>4th-132</i>	<i>Master (54-60)</i>	
132 lbs.	P. Presley	204
<i>Junior</i>	<i>4th-215!*</i>	
A. Harris	231!*	<i>Master (61-67)</i>
B. Clayton	138*	P. Robey
M. Sutton	127	M. Wexler
D. Wehner	105	<i>Master (68-74)</i>
<i>Law/Fire (40-47)</i>	G. Shupe	105
S. Fulginiti-BRA 88	<i>Master (75-79)</i>	
<i>Master (40-46)</i>	M. Sloan	66*
V. Panlasigui	171	<i>Master (80-84)</i>
<i>Master (47-53)</i>	M. Whinston	72
M. Godinez Shim 172*	<i>Open</i>	
T. Dean	154*	C. Shockman
K. Lee	132	A. Portillo-BRA 220
D. Garcia	105	<i>4th-231#</i>
<i>Master (54-60)</i>	P. Presley	204
J. Porter	160*	L. Feraud-ECU 187*
<i>Master (61-67)</i>	E. Couture	149*
N. Sylvester	77*	S. Perry
L. Perez	—	<i>Special Olympian</i>
<i>Master (68-74)</i>	C. Nelson	105*
J. Walker	149!*	<i>Submaster</i>
<i>Open</i>	S. LeBlanc-CAN 248!	
A. Harris	231*	<i>Teen (16-17)</i>
C. Luehrs	226*	A. Isnor
M. Godinez	172*	<i>Teen (18-19)</i>
V. Panlasigui	171	S. Biddle
J. Porter	160*	K. Johnston

181 lbs.	<i>Teen (18-19)</i>	
L. Hernandez	243	<i>Teen (18-19)</i>
I. Fatima-BRA 99#	<i>Master (54-60)</i>	
W. Cadavona	198	132 lbs.
<i>4th-209!*</i>	<i>Class I</i>	
<i>Master (68-74)</i>	J. Grubbs	276
B. Meraz	77	<i>Class I</i>
<i>Open</i>	H. Shivaie	209
L. Barlow	149	<i>Junior (20-25)</i>
<i>Submaster</i>	A. Moreno	282*
L. Barlow	149	<i>Master (47-53)</i>
198 lbs.	C. Mangra	243
<i>Master (47-53)</i>	<i>Master (75-79)</i>	
K. Campbell	452!*	L. Vincent
<i>Master (68-74)</i>	<i>Open</i>	
W. Pristell	160	G. Hunter
S. Bonifield	75*	<i>Teen (18-19)</i>
<i>Open</i>	J. Grubbs	276*
K. Campbell	452!*	J. Kimble
220 lbs.	B. Presto	231*
<i>Open</i>	A. Silva	171
M. Powell	254!*	148 lbs.
SUPER	<i>Class I</i>	
<i>Junior</i>	R. Nipp	331
R. Richey	227!*	D. Constantineau
<i>Double-Ply</i>	<i>Elite Open</i>	
114 lbs.	K. Unten	551
<i>Master (54-60)</i>	<i>4th-560!*</i>	
R. Nelson	116	<i>Law/Fire (56)</i>
123 lbs.	G. Miller	358!*
<i>Master (47-53)</i>	<i>Master (40-46)</i>	
N. Helms	127	D. Smith
<i>Master (61-67)</i>	<i>Master (54-60)</i>	
G. Camp	110	A. Evangelista
132 lbs.	D. Constantineau	316*
<i>Master (47-53)</i>	J. Montgomery	121
J. Montgomery	121	<i>Teen (14-15)</i>
<i>Open</i>	A. Pecktol	121!*
148 lbs.	<i>Master (40-46)</i>	
T. Jacobs	193	<i>Submaster (33-39)</i>
<i>Master (47-53)</i>	J. Arnold	354*
D. Sutton	121*	<i>Teen (14-15)</i>
<i>Open</i>	K. Nute	176*
D. Sutton	121	<i>Teen (16-17)</i>
165 lbs.	B. Jones	254
<i>Master (40-46)</i>	<i>Teen (18-19)</i>	
V. Pukkila-FIN 314	R. Nipp	331*
<i>4th-332!</i>	J. Lanham	303
<i>Master (54-60)</i>	M. Pina	298
J. Stabile	209*	R. Carrasco
<i>Open</i>	165 lbs.	
V. Pukkila-FIN 314	<i>Class I</i>	
<i>4th-332!*</i>	A. Amirchian	381*
181 lbs.	O. Rogers	327*
<i>Master (54-60)</i>	J. Sanborn	292*
M. Huston	177!*	<i>Junior (20-25)</i>
198 lbs.	I. DeNardi-BRA 397#	
<i>Master (54-60)</i>	M. Esparza	364
M. Lewis	154	L. Perez
<i>Open</i>	B. Singh	320
A. Bowman	254	J. Lozano
SUPER	R. Arispe	303
<i>Submaster</i>	<i>Master (40-46)</i>	
M. Zumwalt	292*	V. Plummer
MALE	<i>Master (47-53)</i>	
<i>Single-Ply</i>	F. White	347*
105 lbs.	K. Cunningham	320*
<i>Special Olympian</i>	<i>Master (61-67)</i>	
T. Moore-CAN 88#	G. Witzel	270
<i>Teen (12-13)</i>	<i>Master (68-74)</i>	
A. Coffey	105	J. Berrocal-PER 220#
<i>Teen (14-15)</i>	A. Agan	176
A. Ellis	143	<i>Master (80-84)</i>
123 lbs.	J. Cavness	187
<i>Junior (20-25)</i>	J. Withers	143*
A. Cruz	182	<i>Master (85-89)</i>
<i>Master (47-53)</i>	B. Mc Clelland	155*
G. Merino-ECU 320!#	<i>Master (90+)</i>	
<i>Open</i>	D. Dreyer	134!*
G. Merino-ECU 320#	<i>Open</i>	
V. Vooun-CAM 244#	A. Davila	502

A. Mastroine	364	A. Gwin	353
F. White	347*	T. Allen	353
L. Baerga	276	<i>Disabled</i>	
<i>Submaster (33-39)</i>	F. DaCosta-BRA 220#		
A. Mastroine	364*	<i>Junior (20-25)</i>	
J. Cabrera	287	E. Ximenez	402
<i>Teen (14-15)</i>	<i>4th-425</i>		
T. Rosenquist	121	A. White	380
<i>Teen (16-17)</i>	S. Rocha	320	
L. Overturf	386	<i>Law/Fire (40-47)</i>	
<i>4th-402!*</i>	R. Nipp Jr.	502!*	
D. Safley	254*	S. Boyle	477!*
<i>Teen (18-19)</i>	D. Stewart	276*	
J. Rogers	327*	<i>Law/Fire (48-55)</i>	
N. Mendizabal	309	L. Meireles-BRA 353	
J. Dosen	265	<i>Law/Fire (56)</i>	
181 lbs.	C. Mc Farland 303*		
<i>Class I</i>	<i>Law/Fire Open</i>		
B. Mc Laughlin	380	S. Boyle	477
J. Pelc	375	R. Nipp Jr.	---
D. Dejean	---	<i>Law/Fire Submaster</i>	
M. Jones	---	A. Gwin	353*
<i>Disabled</i>	<i>Master (40-46)</i>		
V. Oliveira-BRA 309	<i>Junior (20-25)</i>	T. Coduto	519*
C. Mata	457	L. Mansanas	502
I. Rojas	441	S. Aberman	403*
J. Hess	309*	<i>Master (47-53)</i>	
J. Mc Peek	270	D. Noebe	463
<i>Law/Fire (56)</i>	<i>Master (54-60)</i>	R. Kunz	265
M. Harrison	342	R. Wells	165
<i>4th-347!*</i>	T. Gonnering	386	
<i>Master (40-46)</i>	D. Woods	342	
K. Daniels	530!*	M. Cole	281*
<i>Master (47-53)</i>	<i>Master (61-67)</i>		
D. Agaran	452	D. Swift	457
M. Aguirre	430*	G. Holzinger	314
F. Dena III	424	N. Raymond	160
E. Lumpkin	403*	<i>Master (68-74)</i>	
<i>Master (54-60)</i>	R. Lozano	402!*	
K. Van Buren	386*	J. Herbein	248
P. Plush	369	R. Ford	143
C. Martin	358*	<i>Master (75-79)</i>	
J. McBroom	231	H. Smith	311!*
<i>Master (61-67)</i>	R. Cook	127	
G. Thornton	259	D. Baker	121
J. Mautner	243	<i>Master (80-84)</i>	
R. Bienvenu	215	C. Rice	259!*
D. Wentworth	---	<i>Master (85-89)</i>	
<i>Master (68-74)</i>	S. Perlis	171	
E. Angstrom	292	<i>4th-476!*</i>	
S. Miyahira	231	R. Graves	138
M. Dandini	231	<i>Open</i>	
A. Perez	227*	<i>Teen (14-15)</i>	
L. Joiner	220	T. Greene	198*
<i>Master (75-79)</i>	<i>Class I</i>		
J. Mc Ewen	215	N. Sultemeier	325
C. Vause	184*	<i>Submaster (33-39)</i>	
D. Boyes	132	C. Washburn	524
<i>Master (80-84)</i>	M. Domingos-BRA 220#		
N. Munly	149	<i>Teen (14-15)</i>	
G. Choi	121	K. Perez	237
<i>Open</i>	<i>Teen (18-19)</i>		
F. Dena III	424*	J. Moreno	380
C. Martin	358*	T. Ward	309
D. Wentworth	331	D. Gardner	276
<i>Special Olympian</i>	220 lbs.		
D. Kuehl	231*	<i>Class I</i>	
<i>Submaster (33-39)</i>	A. Haug	468*	
D. Dejean	309*	S. Unea	430
B. Caram	303	D. Martinez	391
<i>Teen (12-13)</i>	B. Blood	364	
S. Draayer	150*	W. LaForge	311*
<i>Teen (16-17)</i>	<i>Junior (20-25)</i>		
C. Hollingshead 397!*	P. Piispanen-FIN 430#		
S. Green	342	W. Villarreal	386
J. Hill	243	G. Carter	375
<i>Teen (18-19)</i>	A. Contreras	375	
P. Clark	342*	R. Bobula	331
I. Rojas	281	A. Hays	243
198 lbs.	B. Goughy	198*	
<i>Class I</i>	<i>Law/Fire (48-55)</i>		
N. Robino	514*	W. Denniston	413
J. Rohde	380*	<i>Law/Fire (56)</i>	
K. Herzik	353	B. Begue	403*

E. Stuart	303*	<i>Master (54-60)</i>
<i>Law/Fire Open</i>	M. Frizzell	529*
N. Berriman	540	<i>Master (61-67)</i>
<i>4th-574*</i>	T. Wright	254
<i>Open</i>		
H. Tyrvaiven-FIN 524#	J. Hunter	711
<i>Law/Fire Submaster</i>	T. Blas-MEX	628#
N. Berriman	540	J. Houston
<i>4th-574!*</i>	M. Desrosiers	546
J. Begue	347*	J. Pukkila-FIN 474
<i>Master (40-46)</i>	J. Kelly	645!*
R. Nipp Jr.	502!*	G. Gulseth
S. Boyle	477!*	502
D. Stewart	276*	C. Wright
<i>Law/Fire (48-55)</i>	J. Draayer	320
<i>Master (47-53)</i>	<i>Master (47-53)</i>	
B. Reynolds	474	G. Reynolds
G. Wenzel	231	B. Reynolds
J. Noblit	---	474
<i>Master (54-60)</i>	D. Martinez	391
R. Waldorf	342	R. Waldorf
J. Curley	---	J. Curley
<i>Master (61-67)</i>	<i>Master (61-67)</i>	
T. Haggemiller	254	T. Haggemiller
<i>Master (68-74)</i>	<i>Class I</i>	
J. Parham	380	L. Pokora
<i>4th-411!*</i>	C. Melillo	474
R. Urrea	287	N. Raymond
R. Kunz	265	441
R. Wells	165	J. Sotelo
W. Prince	---	424
<i>Open</i>	<i>Junior (20-25)</i>	
J. Kelly	645*	N. Raymond
S. Edmondson	590*	441*
J. Noblit	551	Z. Holloway
K. Paivoke-FIN 540		314
H. Tyrvaiven-FIN 524		<i>Master (40-46)</i>
W. Beavers	524	J. Murphy
P. Piispanen-FIN 430		639
J. Martinez	369	<i>Master (47-53)</i>
B. Blood	364	E. Jones
D. Mc Farland	331	424
A. Hays	243	<i>Master (54-60)</i>
<i>Special Olympian</i>		
B. Lord	259	M. Sinner
<i>Submaster (33-39)</i>	<i>Master (61-67)</i>	
S. Edmondson	590*	L. Pokora
A. Soto	574*	540*
K. Paivoke-FIN 540#		<i>Master (68-74)</i>
L. De Alva	524	W. Price
<i>Teen (12-13)</i>	<i>Open</i>	
J. Zumwalt	---	J. Tuomainen-FIN 694#
<i>Teen (14-15)</i>	<i>Submaster (33-39)</i>	
T. Greene	198*	J. Murphy
<i>Law/Fire (56)</i>	P. Mercado	502
W. LaForge	311*	<i></i>

WABDL WORLDS »



Colleen Loo, Craig DeSoto, Elizabeth Cabe and Verna Panishligu (HI Ladies DL Confederacy photo)



Cindy Shockman pulling 385 lbs.! (Shockman photo)



Tiny Meeker is far from tiny! (Tiny Meeker photo)

Law/Fire (40-47)	J. Mersberg —	Master (68-74)	D. Miskinis 402*	Master (54-60)	K. Miller 303*	Master (80-84)	Teen (14-15)
W. Orr-CAN 513	Master (54-60)	B. Bassman —	SUPER	K. Denniston 233*	N. Caughey 254*	M. Whinston 169	A. Ellis 281
4th-529#	J. Mickelson 551*	Open	Class I	Master (85-89)	M. Myer 226	4th-172!#	123 lbs.
Law/Fire (48-55)	L. Contreras 364	K. Millrany 672*	K. Sayles 309	D. Ward 771!#	Master (40-46)	Open	Junior (20-25)
D. Schultz 639*	Master (61-67)	S. Kaufman 463*	Master (40-46)	Open	T. Jacobs 375	S. Perry 424*	A. Cruz 347
Law/Fire (56)	A. Miluso 176	T. Reiher 457	T. Meeker 832	A. Sweet 287	Master (47-53)	C. Shockman 408	Open
R. Ryan 728!#	R. Patterson —	Submaster (33-39)	Master (47-53)	L. Stone 231	J. Mc Cubbin 419	A. Portilho-BRA 391#	V. Voeun-CAM 347
E. Acey 375*	Open	T. Reiher 457	K. Sayles 309	R. Garcia-ECU 209#	B. Anolin 386*	E. Couture 320*	4th-353#
Law/Fire Open	D. Forstner 645	S. Kaufman —	Open	Submaster	Master (54-60)	L. Feraud-ECU 298#	Teen (12-13)
R. Ryan 728!#	J. Mersberg 617	242 lbs.	T. Meeker 832	R. Garcia-ECU 209#	M. Goodman 244*	J. Fahrney 281*	G. Filardo 158*
M. Austin 364*	J. Mickelson 551	Class I	DEADLIFT	Teen (12-13)	M. Bartlett 243*	Submaster	Teen (18-19)
Law/Fire Submaster	J. Pritchett 529	J. Taylor 391*	FEMALE	P. Yamaguchi 277!#	Master (61-67)	S. LeBlanc-CAN 353#	A. Brooks 435
M. Austin 364	R. Nort-BRA 485	Junior (20-25)	Single-Ply	Teen (14-15)	L. Read 231*	J. Fahrney 281*	4th-452*
Master (40-46)	J. Taylor —	J. Taylor —	97 lbs.	G. Damasceno-BRA 220	D. Cole 138	Teen (16-17)	132 lbs.
W. Orr-CAN 513	S. Jordan —	Law/Fire (40-47)	Master (40-46)	4th-231#	Master (75-79)	A. Isnor 187	Class I
4th-529#	R. Lopez —	F. Wakakuwa —	E. Cabe 321!#	Teen (18-19)	G. Cloninger 165*	Teen (18-19)	H. Shivaie 441*
Master (47-53)	M. Mersberg —	Master (40-46)	Open	C. Thompson 292	Open	S. Biddle 303*	J. Grubbs 326*
J. Peshek 650	Special Olympian	F. Wakakuwa 623*	E. Cabe 321*	4th-303*	L. Okoro 481	K. Johnston 281*	Junior (20-25)
N. Kumar-IND 441#	J. Mayes 209	Master (54-60)	105 lbs.	132 lbs.	4th-502!#	181 lbs.	A. Moreno 402
B. Fisher-CAN —	Submaster (33-39)	R. Duncan 612	Open	Junior	J. Mc Cubbin 419	Master (47-53)	4th-443
Master (68-74)	R. Nort-BRA 485	4th-624!#	C. Loo 309!#	M. Sutton 309	B. Anolin 386	T. Holte 364	Master (47-53)
E. Acey —	4th-507#	W. Caughey 248*	Open	B. Clayton 237*	S. Sheffield 303	D. Kesper 321	C. Mangra 243
Master (75-79)	L. Christensen 353	259 lbs.	C. Loo 309	D. Wehner 171	B. Rupley 287	J. Jackson 309*	Master (75-79)
J. Krachunis 220!#	M. Mersberg —	Open	4th-314	Law/Fire (40-47)	Teen (16-17)	I. Fatima-BRA 220	L. Vincent 343!#
Open	Teen (16-17)	J. Ihalainen-FIN 606#	Teen (14-15)	S. Fulginiti-BRA 199#	K. Cohen 281	Master (54-60)	Open
J. Peshek 728	R. Gutierrez 441!#	K. Crafts 590*	C. deAndrade-BRA 187	Master (40-46)	Teen (18-19)	M. Huston 325!#	G. Hunter 403*
J. Dennison 579	Double-Ply	Submaster (33-39)	4th-204#	V. Panlasigui 309	B. Villarreal 336	Master (68-74)	Teen (18-19)
S. Collins 353*	105 lbs.	J. Ihalainen-FIN 606#	114 lbs.	L. Rogers 204*	165 lbs.	B. Meraz 143	J. Kimble 444*
Submaster (33-39)	Junior (20-25)	275 lbs.	Disabled	Master (47-53)	Junior	Open	A. Silva 369
M. Pfabe 502	J. Hulliger 220!#	Class I	V. Rocha-BRA 132#	D. Garcia 292	A. Wass 364*	D. Kesper 321*	J. Grubbs 326*
SUPER	165 lbs.	J. Sipes 540	Junior	A. Barnhill 287	E. Couture 320*	198 lbs.	148 lbs.
Class I	Class I	J. Sipes 540	J. Okimura 259*	M. Godinez 276	S. Valdez 265	Master (47-53)	Class I
G. Castling 518*	J. Lin 287*	Law/Fire (40-47)	Master (40-46)	Master (54-60)	Law/Fire Open	Master (68-74)	D. Constantineau 474
L. Contreras 364	Master (47-53)	T. Lundin —	Y. Hao 303	J. Porter 277*	A. Wass 364	Master (54-60)	Law/Fire (56)
Disabled	R. King 298	Law/Fire Open	Master (61-67)	Master (61-67)	4th-375!#	M. Lewis 325	G. Miller 320
A. Miluso 176	Master (68-74)	L. Lundin —	J. Clough 309	N. Sylvester 176*	Law/Fire Submaster	Master (68-74)	4th-331!#
Elite Open	S. Schacher 193!#	Law/Fire Submaster	4th-321!#	Open	S. LeBlanc-CAN 353!#	W. Pristell 265*	Master (47-53)
M. Womack —	181 lbs.	J. Sipes 540	Master (68-74)	M. Klundby 353	Master (40-46)	S. Bonifield 149*	Open
Junior (20-25)	Law/Fire Open	4th-546!#	B. Lafferty 216	V. Panlasigui 309	C. Shockman 408*	Open	D. Edmondson 463*
A. Tupuola 623	D. Carr 391*	Master (47-53)	4th-217!#	D. Garcia 292	A. Portilho-BRA 391#	Open	Master (54-60)
Law/Fire (56)	Master (40-46)	T. Moon 661!#	Open	J. Porter 277*	L. Feraud-ECU 298	K. Campbell 419	D. Kaneshiro 563!#
R. Patterson —	J. Riley 441	M. Stanford 584*	J. Clough 309	Submaster	Master (47-53)	Teen (16-17)	A. Evangelista 502
Law/Fire Open	Master (54-60)	Open	4th-320*	M. Klundby 353	S. Spero 376*	Open	D. Constantineau 474
H. Kaikaina 635*	D. Clayton 342	Open	Open	D. Leinwohl 265	Master (54-60)	SUPER	Open
Law/Fire Submaster	Master (68-74)	M. Stanford 584*	A. Barajas 270	Teen (14-15)	J. Stabile 375!#	Junior	A. Gallo 563*
H. Kaikaina 635*	E. Conway 226!#	308 lbs.	L. Ngo 257*	A. Pecktol 312	R. Richey 303	Master (61-67)	D. Kaneshiro 563
K. Reich —	Master (61-67)	Master (40-46)	S. Francisco-BRA 441#	4th-320!#	MALE	Submaster (33-39)	A. Gallo 563!#
Master (40-46)	J. Beteta —	Master (47-53)	123 lbs.	Teen (16-17)	105 lbs.	Teen (12-13)	Teen (12-13)
D. Forstner 645*	D. Hofeditz —	Master (47-53)	Junior	A. Graves 209	Junior (20-25)	Teen (14-15)	Teen (14-15)
S. Wright 402	Master (47-53)	B. Gillespie 750!#	P. Villegas 237	Teen (18-19)	J. Hulliger 353!#	Special Olympian	Teen (14-15)
S. Jordan —	220 lbs.	D. Miskinis 402*	4th-248	M. Milesi 303*	T. Moore-CAN 143#	Teen (14-15)	C. Nute 303
R. Lopez —	Master (47-53)	Open	Master (40-46)	148 lbs.	114 lbs.	Teen (16-17)	
Master (47-53)	K. Millrany —	B. Gillespie 750*	R. Moore 254	Junior	M. Sloan 154!#		



Suzanne Spero pulling 375 off the floor!
(Al Bianchi photo)



Al Bianchi pulling an insane 717 DL!
(Al Bianchi photo)



Law/Fire 165 lb. Amanda Wass pulling a world record 374 DL!
(Robert Wass photo)

B. Jones 369*	A. Barajas 463	198 lbs.	E. DiFruscia 612	Master (54-60)	Master (40-46)	R. Exum 601	Master (47-53)
Teen (18-19)	Teen (14-15)	Class I	L. Cross 551	D. Burlingame 573*	M. Woody 694*	Master (54-60)	J. Peshek 672
R. Carrasco 519*	G. White 325	M. Pearce 568	J. Taylor 502	J. Curley 513*	L. Davis 535	K. Huffer 524	B. Fisher-CAN 590
M. Pina 402	T. Rosenquist 187	L. Cross 551	N. Sultemeier 452	Master (61-67)	D. Hamblin 502	D. Wolf 513	4th-602#
165 lbs.	Teen (16-17)	T. Allen 524*	G. Trevino 369	B. Anderberg 507	Master (47-53)	Open	Master (54-60)
Class I	L. Overturf 507	K. Herzik 496	Submaster (33-39)	T. Haggenmiller 480*	E. Merrill 530*	J. Tuomainen-FIN 773!#	T. Stewart 529*
C. Mc Grail 524*	181 lbs.	S. Pontius 408	J. Hansen 551	Master (68-74)	S. Gaytan 485	G. Muro 705	Master (75-79)
O. Sanborn 507*	Class I	Disabled	M. Domingos-BRA 507#	T. Overholzer 402	Master (54-60)	N. Lepine 705*	J. Krachunis 204!#
H. Robbins 502*	D. Narigi 546	J. Herbein 403*	M. Knott 502	R. Urrea 397	E. Morgan 659!#	T. Putman 701*	Open
A. Amirchian 452*	B. Mc Laughlin 535	F. DaCosta-BRA 320#	Teen (12-13)	Open	M. Frizzell 623*	N. Raymond 673	J. Nickerson 733
Junior (20-25)	J. Pelc 513	N. Sinardi —	Teen (14-15)	B. Rice 752*	R. L' Huillier 612*	T. Arterburn 606	S. Collins 474
M. Esparza 540	J. Boyd 468	Junior (20-25)	Teen (18-19)	T. Sparkes 656	M. Hollan 606*	Special Olympian	D. Miskinis 446*
I. DeNardi-BRA 529#	D. Dejean 452	E. Ximenez 584	T. Ward 613*	D. Mc Farland 601	R. Duncan 551	N. Ceglia 464*	Submaster (33-39)
R. Arispe 518	Disabled	Z. Heppner 601	K. Perez 342	H. Richmond 579	W. Caughey 413	275 lbs.	M. Pfabe 446*
J. Lozano 507	V. Oliveira-BRA 397	S. Rocha 540	T. Ward 613*	D. Burlingame 573	Master (61-67)	Class I	Teen (14-15)
B. Singh 474	Junior (20-25)	Law/Fire (40-47)	J. Moreno 602*	S. Unea 562	C. Sandberg 551	W. Pontius 568	A. De Soto 507*
Law/Fire (48-55)	I. Rojas 524	R. Nipp Jr. 507*	D. Gardner 474	K. Paivoke-FIN 507	R. Wass 408	Master (40-46)	SUPER
L. Esquivel 402*	J. Mc Peek 452*	D. Stewart 502*	S. Pontius 408	B. Blood 502*	T. Wright 353	P. Holloway 772	Disabled
Master (47-53)	Law/Fire (56)	Law/Fire (48-55)	220 lbs.	A. Hays 474	Master (68-74)	Master (47-53)	A. Miluso 226
K. Cunningham 529	M. Harrison 492!#	D. Guches 602!#	Class I	W. Caughey 463	B. Davis 606!#	B. Driskill 672	Law/Fire (56)
F. White 485	Law/Fire Open	L. Meireles-BRA 508#	W. LaForge 628*	Special Olympian	Open	Master (61-67)	R. Patterson 551!#
P. Knight —	D. Wellemeyer 529	Law/Fire (56)	A. Haug 628*	B. Lord 524	A. Bianchi 717*	M. Fryar 563!#	Law/Fire Open
Master (54-60)	Master (47-53)	C. Mc Farland 557!#	M. Rowe 601*	Submaster (33-39)	M. Woody 694	T. Morgan 480*	K. Reich 722*
R. Cirigliano 562	C. Goyes 502	Law/Fire Open	S. Unea 518	K. Paivoke-FIN 507#	K. Pontinen-FIN 683	Open	Law/Fire Submaster
Master (54-60)	Master (54-60)	D. Guches 602*	B. Blood 502*	Teen (16-17)	B. Howard 634	P. Holloway 772	K. Reich 722
D. Felton 546	D. Clayton 513*	Master (40-46)	J. Richmond 579	W. LaForge 628!#	R. L' Huillier 612	H. Kumar-IND 601	Master (40-46)
D. Higgins 391	Master (61-67)	E. DiFruscia 612	B. Rice 752!#	H. Hawkins 480*	R. Schleder 606	Submaster (33-39)	T. Guiney 679*
Master (61-67)	J. Shetka 518	M. Pearce 568	H. Richmond 579	Z. Sperrazza 475*	M. Desrosiers 601	Teen (16-17)	T. Meeker 612
J. Christian 424	J. Rankin 441	S. Aberman 474	Z. Beghin 551	Teen (18-19)	Submaster (33-39)	Teen (16-17)	S. Wright 551*
Master (68-74)	D. Wentworth 402	Master (47-53)	R. Bobula 546*	J. Fernandez 502	K. Pontinen-FIN 683	W. Bronaugh 402	D. Edgell —
M. Montgomery 474	G. Thornton 358	D. Noebe 552*	A. Hays 474	K. Kubiak 480*	M. Desrosiers 601	308 lbs.	Master (47-53)
Master (80-84)	R. Bienvenu 310*	Master (54-60)	W. Villarreal 435	242 lbs.	R. Curran 568	Class I	J. Mersberg —
J. Cavness 215*	Master (68-74)	D. Woods 535	G. Carter —	Class I	F. Sihota-IND 551	D. Miskinis 446*	Master (54-60)
Master (85-89)	S. Miyahira 331	Master (61-67)	Law/Fire (40-47)	Disabled	S. De Soto 502	M. Pfabe 446*	J. Mickelson 601*
B. Mc Clelland 237	Master (80-84)	B. Hochstein 518	T. Fryar 634*	A. Doyle 551*	Teen (12-13)	Junior (20-25)	Master (61-67)
Master (90+)	G. Choi 143	M. Stevens 496*	Law/Fire (48-55)	C. Colchado 502	J. Jessup 248	J. Garza 502	R. Patterson 551!#
D. Dreyer 165	Open	M. Joyce 485	W. Denniston 468	Junior (20-25)	4th-276!#	S. Collins 474	A. Miluso 226
4th-171!#	B. Mc Laughlin 535	G. Holzinger 457	Law/Fire (56)	J. Garbush 656	Teen (14-15)	Law/Fire (40-47)	Open
Open	Submaster (33-39)	R. Jones 375	J. Wolbers-CAN 569!#	A. Shipley 650	N. Pastorello 342*	W. Orr-CAN 524#	J. Mickelson 601
R. Snelling 601	D. Dejean 474*	Master (68-74)	T. Overholzer 402*	A. Rodriguez 551	K. Capewell 320	Law/Fire (48-55)	D. Edgell —
R. Cirigliano 562	C. Bitton 474	R. Eriksen 430	E. Stuart 375	I. Thomas 529	259 lbs.	D. Schultz 562	R. Nort-BRA —
D. Felton 546	J. Huffaker 463	J. Herbein 403*	Law/Fire Open	J. Ramirez 474	Class I	Law/Fire Open	J. Pritchett —
C. Mc Grail 524	B. Caram 446	R. Ford 209	T. Fryar 634	B. Overholzer 424	J. Sotelo 529	M. Austin 408	Special Olympian
A. Mastroine 503	Teen (12-13)	Master (75-79)	N. Berriman 524	Law/Fire (40-47)	Junior (20-25)	Law/Fire Submaster	J. Mayes 292
F. White 485	S. Draayer 281*	J. Felten 276	Law/Fire Submaster	A. Bianchi 717!#	G. Muro 705!#	M. Austin 408	Submaster (33-39)
L. Baerga 468	Teen (16-17)	C. Cook 270*	C. Newton 540	L. Davis 535	N. Raymond 673*	Master (40-46)	L. Christensen 524
R. Meier 408	C. Hollingshead 546	D. Baker 215	N. Berriman 524	D. Hamblin 502*	Z. Holloway 551*	W. Orr-CAN 524#	R. Nort-BRA —
Special Olympian	4th-568!#	Master (80-84)	Master (40-46)	B. Splawn 496*	Law/Fire (48-55)	*=State Records. !=World Records.	
C. Mc Farland 433*	M. Ramsdell 529	O. Van Buskirk 353	T. Sparkes 656	Law/Fire (56)	I. Soekardi 625!#	#=National Records. Venue=Peppermill	
Submaster (33-39)	J. Hill 380	Master (85-89)	J. Westleigh 579*	M. Hollan 606!#	Law/Fire (56)	Hotel in Reno, Nevada. The 2012 WABDL	
A. Mastroine 503*	Teen (18-19)	R. Graves 198	C. Draayer 502	Law/Fire Open	M. Burruel 551!#	Worlds will be held in Las Vegas at Bally's	
H. Robbins 502	J. Caldwell 480	Open	Master (47-53)	R. Schleder 606	Master (40-46)	Hotel and Casino. See you there!	
J. Cabrera 474	I. Rojas 314	E. Manmano 650	G. Wenzel 463*		T. Putman 701*	» courtesy Gus Rethwisch	



The legendary Whinstons set records again at the 2011 WABDL Worlds



Martha Godinez-Shim making a world record bench press

lost their lives due to a reactor meltdown. Back to Vilmar Oliveira who brought 12 lifters from Brazil. The Brazilian team finished third in team competition and Vilmar has been coming to WABDL Worlds since 1997. Cody Calchado in disabled pulled 501.5 at 242.

IN DISABLED WOMEN, Valesca Cristina Rocha of Brazil won at 114 with 132.2. In junior 105, Jerel Aaron Hulliger set a world record 352.5 deadlift at 105, which is 3.5 times his bodyweight. At 132, Antonio Moreno of Texas set a world record 442.8, which is an exceptional lift for a 21 year old, more than three times bodyweight. At 165, Martin Esparza of Texas pulled 540 with a 'damn the pain' I'm going to get this SOB attitude to beat out a field of five. At 198, Zach Heppner pulled three times bodyweight with a 600.7 to capture the Worlds and to beat Eric Ximenez who pulled a competitive 584 for second. At 220, Ben Rice was circling the globe while practically every other deadlifter in the meet was on the launching pad. He smoked a 751.7 weighing only 203.8 at age 21. That's a 433.2 coefficient without benefit of age, 3.75 times his bodyweight. You don't see many 800 lb. deadlifters anymore and then when you talk WABDL drug free, you have Patrick Holloway, Josh Kubeck, Jerry Capello, Brian Oldham and that's about it. Some lifters know how to beat tests. Anyway, in 16 years of WABDL existence, four at 800 is the limit. Patrick Holloway is a fantastic all time deadlifter with 843 at 266. When he went 259, he got 771. Brian Oldham is 400 lb.

Josh Kubeck is only 21 but weighs 285. Jerry Capello was 242. Andy Ramos deadlifted 755 and weighed 385. Now compare Ben Rice at 21 weighing 203.8 with 751. Now you have 'the rest of the story' as Paul Harvey would say. Ben has been tested twice and passed both. He's also a full time student at Central Washington University. Ryan Bobula set a Nevada record 545.5 in junior 220 to finish fourth. In junior 242, Jake Garbush and Austin Shipley had a battle to the wire, a wire that was thinner than usual. Garbush takes a while to set up. A picture of total concentration and then he added ball busting fight to the equation and pulled a 655 out of where the sun doesn't shine to beat Shipley's 650. Shipley is from Arizona and Garbush is from Washington. At 259, junior Garrett Muro set a world record 705.2 to beat Dan Pasholk's world record of 701.9. That was Garrett's opener. He's been battling injuries and at 275 and a light 308, he's a high 700 lb. deadlifter. In second place was Nicholas Raymond of Oregon with an impressive 673.3 state record. Zachary Holloway was third with a Nevada record 551. Best lifters in class 1 lightweight 114-181 was Homi Shivaie with 440.7 at 129.6. In class 1 middleweight 198-242, William Cameron LaForge was best lifter with 628.2 at 208.2 and age 17. In class 1 heavyweight 259-supers, best lifter was William Pontius with 567.5 at 274. Best lifters in junior at lightweight was Jerel Aaron Hilliger with 352.5 at 105.4, middleweight was Ben Rice with 751.7 at 203.8 and junior heavyweight

best lifter was Garrett Muro with 705.2.

IN JUNIOR WOMEN, 105-lb. Colleen Loo set a world record 308.5. She is coached by Craig DeSoto of Lahaina, Maui, a great place to live. Craig has a stable of lightweight women that are all world class deadlifters. At 114, Jessica Okimura of Hawaii set a state record 259. At 123, Petra Villegas of Texas set a state record 248. At 132, Mary Ann Sutton coached by a very capable Al Garcia pulled 308.5 to beat Brenda Clayton of Wyoming who set a state record 236.7. At 148, Krystal Miller of Nevada set a state record 303 to cop the 148s. In second was Natalie Caughey of Utah who pulled a Utah record 253.5. At 165, Amanda Wass pulled an Oregon record 363.7 and Elizabeth Couture was in second place with a Massachusetts record 319.5. Outstanding lifter for junior women was Colleen Loo.

IN LAW/FIRE MEN 40-47, Ronald W.C. Nipp set a Hawaii record 507 at 198. In second place was Daniel Stewart of Arkansas with a 501.5 state record. At 220, Troy Fryar who is in the Coast Guard pulled a Washington record 633.7. At 242, Al Bianchi of Massachusetts set a world record 717.3. Al is very knowledgeable in the deadlift in both sumo and conventional. He is a personal trainer and has a very good business. He gave me some very good tips on the deadlift. I stayed at Al's house in Clinton, Massachusetts and we had a good visit. We shared many stories. Then we went over to Fred Peterson's house and had a great visit. Fred has over 500 books in his house and



Team Headquarters, coached by Joe Head, won team champions at the WABDL Worlds! (Joe Head photo)

he's taught 185 different subjects in various colleges in Massachusetts including Holy Cross and U of Massachusetts. In third place in law/fire 242/40-47 was Donnie Hamblin with an Arizona record 501.5. At 308, Warren Orr of Canada set a national record 523.5. He is the Canadian chairman.

IN LAW/FIRE 48-55, Dan Guches of Oregon set a world record 601.8 in 198. Luis Fernando Meireles Dias of Brazil was second with a national record 502.1. At 259, Yanto Soekardi set a world record 624.9. Yanto has been competing in WABDL for 11 years and he has tremendous speed in the deadlift. He has fun and he enjoys the lift.

IN LAW/FIRE 56+, Gary Miller set a world record 330.5 at 148. Gary is also a world class bencher. He has a WABDL meet in Pahrump, Nevada on March 10th at the Nuggett Hotel. Anybody that sets a world record gets a crystal trophy that is valued at \$250. At 181, Mike Harrison of Texas set a world record 491.6. He has broken that record three times in the last 18 months. At 198, Charles McFarland of Oregon set a world record 556.5. Charles' deadlift has not gone down one bit in the last ten years. If anything, it has gone up. Jon Wolbers of Canada set a world record 568.6. Jon has been competing for over 20 years. In second place was Tommy Overholtzer with 402. Tommy is 72 and has been competing non-stop since 1964. He used to belong to the original Westside Barbell Club of Peanuts West. At 242, Marvin Hollan of Texas set a world record at

259 with 606.1. Manny Burruel set a WR 551. Randy Patterson set a WR 551 at super. Randy has done a 705 bench at age 60 and in his day squatted 914 the right way, no monolift, no 108" wraps, you walk with the weight and legal depth and single-ply squat suit.

IN THE LAW/FIRE OPEN DEADLIFT, Dan Guches set an Oregon record 601.8. Troy Fryar pulled 633.7 to win the 220. Douglas Wellemeyer won the 181 with 529 and Robert Schleder won at 242 with 606.2. Keoni Reich pulled 722 at super to cop both law/fire open and law/fire submaster.

IN LAW/FIRE WOMEN, Simone Fulginiti Putzenreuter of Brazil set a national record 199.3 at 132. Amanda Wass set a world record in law/fire open with a solid in control 374.7 at 165.

IN LAW/FIRE SUBMASTER, Shanna LeBlanc of Canada set a world record 352.5 at 165. Best lifters for law/fire 40-47 was Al Bianchi with 717.3 at 233.2; for law/fire 48-55 was Dan Guches with 601.8 at 189.4. For Law/Fire 56+, it was Jon Wolbers with 568.6 @ 212, and Law/Fire Open was Dan Guches with 601 @ 189.4.

IN MASTER MEN 40-46, Eddie DiFruscia of New Hampshire pulled 611.7 or the world title. At 220, Tim Sparkes of Arizona popped a 655.7 to win his world title. John Westleigh of Maine was second with a state record 578.5. At 242, Mike Woody, a lawyer from Indianapolis, set a state record 694.2 to win his world title. At 259, Terry Putnam of Oklahoma had

a rough road, literally, in his quest for a world title and his first 700 lb. deadlift. On the plane he was suffering from low blood sugar and fell and banged up his nose significantly. Then he had to lose six pounds to make weight in 5 hours. Mission Impossible accomplished - an Oklahoma state record 700.8 and a world title. At 275, Patrick Holloway is having trouble getting back on track and opened with 771.5 and jumped to 854 and missed. He started doing cardio a few months back and jumped down to 259 and got a world record 771 and had 859 over his knees. Change in the deadlift is a bad idea. Pat had done world records over the last two years of 812, 821, 832 and 843, and then when he changed it up by dropping weight and doing cardio he hit a wall. If you're on a roll, don't change anything! At 308, Warren Orr got a Canadian national record 523.5. At super, the favorite David Edgel, who had done 733, bombed. David gave no excuses. However some lifters are not used to lifting on a 2.5 foot high stage. David and a few others did allude to that condition. Your line of sight is skewed, if you don't adapt you tend to be visually pulled over. Thomas Guiney of Oklahoma took advantage and won the supers with 678.8. Tiny Meeker of Texas, who has done only two deadlifts in meets over the last 13 years pulled very respectable 611.7 for second. Stephen Wright of Maine in only his second contest, pulled a state record 551. He is coached by Al Stork. Best lifters in 40-46 were lightweight Eddie DiFruscia 611.7 at 194.6, and Patrick Holloway at heavyweight

with 771.5 at 266.6.

IN MASTER 47-53, at 132, Chetram Mangra won with 242.5. At 148, David Edmondson is back on the platform after dealing with injuries over the last few years and he pulled a 462.7 Utah record. At 165, Keith Cunningham ripped up a 529 for the win. At 198, Doug Noebe set an Ohio record 552.1 for his title, and at 220 another Ohioan Gene Wenzel set a record 462.7. At 242, Eugene Merrill of Arkansas set a state record 530.1. At 275, Bobby Driskill, who has an extremely difficult manual labor job, working on a section going on the railroad, pulled 672.2 to win his fourth world title over the last eight years. At 308, Jeff Peshek, who is more noted for his benching, pulled 672.2 to beat Blair Fisher of Canada who pulled 601.8 for second and a Canadian national record. Jeff also passed his drug test. Best lifters for 47-53 in lightweight was Keith Cunningham with 529 at 162 and heavyweight was Bobby Driskill with 672.2 at 265.4.

IN MASTER 54-60, at 148, Dean Kaneshiro was phenomenal with a world record 563.1 and a co-efficient of 476.4 including masters. It was more than triple bodyweight at age 56. Freddie Evangelista was second with 501.5 and Dave Constantineau was third with 473.7. Dave has done 490+ recently and normally a 490 in this age group at 148 would be a sure winner. At 165, Richard Cirigliano, who is usually good for 600, had to settle for 562. David Felton of Wisconsin who can do as much as 573 on a good day pulled 545.5 for second. At 181, Doug Clayton of Wyoming set a state record with 512.5 to win his world title. At 220, Duane Burlingame beat Jim Curley of Colorado 573 to 512.5. Both lifts were state records. At 242, there were some fierce competitors, as none of these guys like to lose. Eddie Morgan, who played football at Arkansas state in the early 1970s was a first round draft pick of the New York Giants, weighing only 248 at defensive tackle. He hurt his neck and had to sit out a year and ended up playing in the CFL for a couple years. Eddie set a world record 659 deadlift, Mike Frizzell of Illinois was second with 622.7 and third was Ron L'Huilier of Michigan with 611.7. Marvin Hollan of Texas was fourth with 606.2. They were all state records. At 259, Keith Huffer won over David Wolf of Wyoming 523 to 512. At 308, Ted Stewart of Nevada set a state record with 529. At super, the Washington WABDL state chairman Joe Mickelson was the world champion with a state record 600.7. Best lifters in 54-60 in lightweight was Dean Kaneshiro with 563.1 at 148 and Eddie Morgan 659 at 237 at heavyweight.

IN MASTER 61-67 DEADLIFT at 165 James Christian pulled 424.2 for his sixth world title over the last 14 years. At 181, Jerry Shetka opened with an easy 578 at 129.8 at age 64 and jumped to 592. The bar was mis-loaded due to a scorekeeper error and it discom-bobulated Jerry's psyche as he had to go back down the stage and regroup. He got 592 over his knees and halfway up his thighs but not good enough. He had set the world record in Madison, Wisconsin on July 23rd with a 589.2 preceded by a smoke at 573. In Minneapolis

he had 592 on August 13th, but lost his grip at the very top. He's only been lifting for two years, two years ago he couldn't hold onto 380. Jerry has run 12 marathons with a best time of three hours 12 minutes. He also plays amateur hockey and runs a very successful electrical engineering business out of his house. Harley Davidson is one of his high visibility clients. At 198, Bob Hochstein had a subpar day too with a 518. He also did 573 in Madison on July 23rd. What possibly the main problem was with both Jerry and Bob is they competed in four meets in 2011. John Kuc, who was the best deadlifter ever, always said two meets a year if you want to be perfect in your training and are drug free. Mick Stevens was second to Bob Hochstein with 496. Mick is trained by Bull Stewart. At 220, Bill Anderberg of Oregon was the world champion with 507. Bill is usually good for 550-580. In second place was Tom Haggemiller, the WABDL state chair for Minnesota with a state record 479.5. At 242, Cliff Sandberg was the easy world champion with 551. At 275, an old friend and training partner when I lived in Portland, Oregon, Mike Fryar set a world record 563.1. Tom Morgan of Arkansas was in second with a state record 479.5. At super, Randy Patterson set a world record 551. Last year Randy was put in the WABDL Hall of Fame. Best lifters for master 61-67 deadlift were Jerry Shetka for lightweight and Mike Fryar for heavyweight.

IN MASTER 68-74, Martin Montgomery at 165 pulled 473.7 for a world title. At 198, Roy Eriksen of Nevada pulled 419.7 to beat John Herbein who set a Pennsylvania record 403.3. At 220, Tommy Overholtzer won with 402.2 in his 267th meet! At 242, the other worldly back of Bud Davis hauled in 606.2 at 242 at age 69. Bud was also the best lifter in 68-74.

IN MASTER 75-79, 132-lb. Larry Vincent set a world record 342.6. At 198, John Felton of Minnesota beat a field of three with 275.5. At 308, J.P. Krachunis set a world record 203.7. He weighed 303 and was a pro wrestler for 35 years. It is very unusual for a 300+ man to be walking around healthy at age 75.

IN MASTER 80-84, Owen Van Buskirk pulled 352.5 at 187.4, a very impressive lift at age 82.

In 90+, Dr. Donald Dreyer set a world record 170.7 at 163.6. Dr. Dreyer was inducted into the WABDL Hall of Fame. Best lifter for 75+ was Owen Van Buskirk.

IN MASTER WOMEN 40-46, at 97 lb., Elizabeth Cabe of Hawaii set a world record 320.6, weighing only 93.6. She's 43 and all things considered, she may be the best lightweight female deadlifter in WABDL or at least right up there. She is coached by Craig Desoto and is one of the great lightweight female deadlifters in his stable. At 114, Yuxin Hao pulled an impressive 303 weighing 108.2. At 132, Velma Panlasigui pulled 308.5. She is another of Craig Desoto's pupils. At 148, Teresa Jacobs hauled in 374.7 for her world title. She's usually over 400 but not on this day. At 165, Cindy Shockman of Oregon set a state record 407.7. Ana Catia Portilho Couto of Brazil was second with a national record 391.2. Lucia Feraud Montene-

gro of Ecuador was third with 297.5. Best lifters for master women 40-46 was Elizabeth Cabe with 320.6 at 93.6.

IN MASTER WOMEN 47-53, at 132, Dolores Garcia-Munro edged out Allison Barnhill 292 to 286.5. Martha Godinez Shim was a close third with 275.5. At 148, Jane McCubbin of Wisconsin lifted huge with 418.7. Beverly Anolin of California was second with a very good 385.7. At 165, Suzanne Spero of Massachusetts was the world champion with a state record 375.8. Her son also lifted. They are both very good deadlifters. At 181, Theresa Holte of Oregon had an off day with 363.7. She has done 433 as recently as two years ago, but it was good enough for the world title in a field of four. At 198, Karen Campbell, who set the world record of 485 earlier in the year, only got her opener of 418.7 and missed 462.7. But wait until we get to her bench press! Best lifter in 47-53 was Jane McCubbin with 418.7 at 144.

IN MASTER WOMEN 54-60, 123-lb. Karen Denniston of Michigan was the world champ with a state record 233.4. At 132, Jill Porter set a Texas record 276.6. At 148, Marsha Goodman of Arizona, coached by Patrick Holloway, edged out Mary Bartlett Sweet of Wisconsin by the smallest of margins 243.6 to 242.5. Both lifts were state records. At 165, Jane Stabile of Massachusetts got a PR bench and a world record deadlift of 374.7 to win the world championship. At 181, Margie Huston of Washington set a world record 325 to capture her gold. At 198, Marilyn Lewis was the world champion with 325 and she got valuable points for Team Headquarters who won the world team championships and is coached by Joe Head. Best lifter for 54-60 women was Jane Stabile with 374.7 at 162.2.

IN MASTER WOMEN 61-67, at 114, Jo Ann Clough actually had a higher co-efficient than Elizabeth Cabe because of her age, 387.9 to 380.2. She set a world record 320.6 weighing 110. It is not triple bodyweight, but it's close. At 132 and 148 respectively, Naomi Sylvester and Linda Reed set Nevada records of 176.2 and 231.2. At 165, Karen Harding of Massachusetts set a state record 303 to win her world title. Marlene Wexler of Minnesota who has lost a lot of weight under the tutelage of Randy Waldorf, was third with a state record 225.7. Best lifter in women's 61-67 was Jo Ann Clough of Bangor, Maine.

IN MASTER WOMEN 68-74, at 114, Betty Lafferty weighing 108.8 set a world record 216.9. She has set more world records in both bench and deadlift than any female in WABDL. She was inducted into the WABDL Hall of Fame at this meet. At 165, Gerda Shupe set a California record 209.2. At 198, Winifred Pristell set a Washington record 264.5. In second place was Sandy Bonifield with a California record 148.7.

IN MASTER WOMEN 75-79, Grace Cloninger of Nevada set a state record 165.2. Grace is also one of WABDL's sponsors. She sells House of Pain shirts and gear. 'Mike' Sloan set a world record 154.2 at 165 and in 80-84/165, Melicent Whinston set a world record 177.3 at age 84 weighing 152.4. At age 89,

Dottie Ward set a world record 77 at 120.4. Best lifter for 68+ women was Betty Lafferty with 216.9 at 108.8 at age 69.

IN OPEN MEN, Vin Voeun of Cambodia set a national record of 352.5 weighing only 117.4, which is a triple bodyweight deadlift. At 132, Gary Hunter of Texas set a Texas record with 403.3 at 131.2 which is triple bodyweight. At 148, Antonio Gallo and Dean Kaneshiro had a battle but unfortunately they didn't go head to head. Dean Kaneshiro from Hawaii, age 57, lifted on Thursday and set a world record of 563.1. Antonio lifted on Saturday in the open and tied Dean and won on bodyweight 146.6 to 148. At 165, Ryan Snelling, who competed in his 12th straight WABDL World's had an off day and pulled 600.7. He's done 655 within the last year. Richard Cirigliano, age 56, was in second with 562. There were eight contestants at 165. At 198, Edwin Manmano beat out six contestants with a subpar 650.2. He's done 705.2. At 181, there was only one contestant, Brian McLaughlin or Oregon, who pulled 524.5. Last year there were six. We gave out trophies up to seventh - first place, which were Niels Anderson, Atlas & the Globe sculptures. Second through 7th were four inch diameter medals. Gold for second, silver for third and bronze for fourth through seventh. They weigh 14 ounces and have a red, white and blue ribbon. Best lifter trophies were the large Atlas & the Globe. There were 89 BEST LIFTER trophies. We put nine lifters in the Hall of Fame and gave out the Jerry Capello award, which went to Gary Miller, the WABDL Chairman for Nevada and a lifetime achievement award to the only lifter to come to every WABDL Worlds, 15 in all, Frank Wakakuwa. The total cost for trophies was \$18,435. At 220 open, Ben Rice, as I stated earlier, was phenomenal going 751 weighing 203.8. in second place was Tim Sparkes with a solid 655.7. Dustin McFarland was third with 600.7. Dustin, after years of trying, is now out deadlifting the father, Charles McFarland, who at age 58 is still doing 556 at 198. At 242, Al Bianchi won the open with 717.3 over seven contestants. Kari Pontinen from Finland was third with 693.2. He tore his tricep in benching. He's usually good for 715-735 range. Mike Woody was second with 694.2. Mike is a medical malpractice attorney out of Indianapolis. At 259, Jussi Tuomainen of Finland set a world record of 772.6. He passed his drug test. In second place was Garrett Muro of Nevada and third was Terry Putnam from Oklahoma with 700.8. There were six contestants at 259. At 275, Patrick Holloway opened at 771 and got 854 to his knees. Patrick will be back. Harjit Kumar of India was second with 600.7. At 308, Jim Nickerson of Oregon pulled 733 for an easy win. At super, David Edgell of Utah, Richardo Nort of Brazil and Jerry Pritchett of Arizona bombed and Joe Mickelson picked up the win with 600.7. Best lifters for open in lightweight, Antonio Gallo 563.1 at 146.6, middleweight Ben Rice 751.7 at 203.8 and heavyweight was Jussi Tuomainen 772.6 at 251.2.

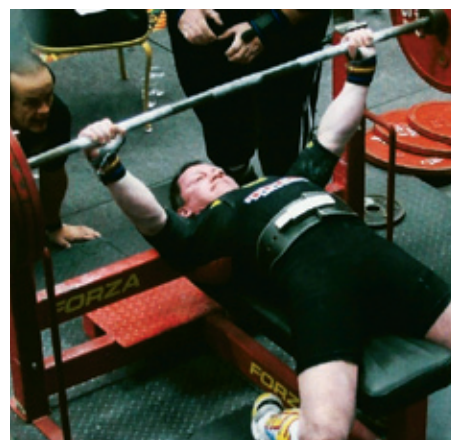
IN OPEN WOMEN, at 97, Elizabeth Cabe 320.6 at 97, weighing just 93.6 and Colleen

Loo did 314 at 104.8. Both girls are trained by Craig Desoto. USA Powerlifting eliminated the 97 lb. class for women and I think 105 is going by the wayside too. At WABDL we won't mess with history or long established tradition. We will add divisions or weight classes on occasion, like the 259 for men and 220 for women, but we will never eliminate them. Once you do that it's like they never existed. At 97, the female legend Anne Santiago Odonez holds the world record of 330.5. She was from Guatemala and met a lifter from Germany at the 2000 WABDL Worlds. She had an argument with him about a male lifter from Guatemala showing up late. Then, believe it or not, they got married. She set her world record on November 17, 2000. Elizabeth Cabe has her sights set on Cheryl Anderson of Minnesota who deadlifted 325 at 97 and Anna Santiago Odonez who deadlifted 330.5. with Craig De Soto as her coach it's just a matter of time before she sets the world record at 331.6. Back to women's open deadlift. Joann Clough set a Maine record 320.6 weighing 110.6 at 114. In second place was Amparo Barajas of Texas with a 270, a very good deadlift for a 114 lb. female. At 123, Angela Sweet of Pennsylvania ripped up 286.5 with plenty of room to spare. Rommey Garcia of Ecuador was third with a national record 209.2. At 132, Melissa Klundby of California pulled a 352.5 to beat Velma Panlasigui of Maui, Hawaii who only got 308.5 but is capable of about 340 on a good day. At 148, Linda Okoro got the only standing ovation of the meet with a 501.5 weighing 146.4. On the lift before that, she beat Judith Sverchek's world record 479.5 with 480.6. She lifts conventional which is usually more difficult for women than sumo. Am I saying all women should do sumo? No. I believe that it's a completely different lift and eventually if a lifter, male or female, does conventional that they will eventually lift more than sumo. Linda Okoro also passed her drug test. In second place was 53 year old Jane McCubbin who pulled 418.7. At 165, Shauna Perry of Hawaii set a Hawaii record 424.2 to beat out a field of six. Cindy Shockman was second with 407.7 and is in the masters division. In third place was Ana Catia Portho Couto of Brazil with a national record 391.2. In fourth place was Elizabeth Couture of Massachusetts who set a state record 319.5. In fifth place, Lucia Feraud Montenegro of Ecuador who set a national record 297.5. Jennifer Fahrner of Utah was sixth with a state record 281. At 181, Deb Kesper was the world champion with a 320.6 Massachusetts state record. At 198, Annie Bowman beat Karen Campbell 424.2 to 418.7. It was the first time Karen ever lost in a deadlift contest. She had 462.7 to lockout but hitched. Best lifters in open women lightweight deadlift was Linda Okoro with 480.6 at 146.4 (her 501.5 was done on a fourth attempt) and heavyweight open women was Shauna Perry with 424.2 at 160.

IN SPECIAL OLYMPIAN MEN, at 105, Todd Moore of Canada weighing only 97.2 pulled 143.2 a national record. At 165, Chad McFarland of Oregon pulled a state record 433. His brother Dustin lifting in open pulled 600 and his



Don Miskinis takes home a couple trophies
(Tina Epting photo)



David Smith makes a world record bench press of 446 lb.!

WABDL WORLDS »



Coby Washburn won the 198 lb. Open and Submaster class! (Washburn photo)



Rudy Lozano set a world record bench of 402.2 lb.

father Charles pulled 556 in law/fire master, so the whole family are accomplished deadlifters. At 220, Bobby Lord pulled 523.5 with perfect form. At 275 he pulled 600.7. Nick Ceglia of Oregon hauled in a state record 463.8. Nick and Chad and four other special Olympian deadlifters from Oregon are coached by Charles McFarland.

IN SUBMASTER MEN, at 148, Antonio Gallo set a world record 563.1. At 165, with four competitors, Augustine Mastroine of Ohio set a state record and edged Heath Robbins of Illinois 502.6 to 501.5 for the world title. At 181, submaster Dietrich Dejean of Nevada set a state record 473.7 to beat Craig Bitton on bodyweight 177.6 to 180.6. So first and second did 473.7 and in third was Justin Huffaker of Utah with a 462.7. At 198, Jason Hansen of Utah won his first world title with 551. HE did 600.7 in Salt Lake City on June 11th. He was a sponsor for the Worlds. His company is called the Body Evolution and their protein powder is as good as or better for strength gains than any on the market. His company phone number is 866-231-6512. Their web site is thebodyevolution.com. In second place was Marcos Paulo Domingos of Brazil with a national record 507. At 220, Kim Paivoke of Finland was the world champion with 507. He was the only contestant which is unusual for that weight class. At 242, Kari Pontinen of Finland beat out a field of five with 683.2. Mike Desrosiers of Arizona was second with 600.7. Fateh Sihoto of India was fourth with 551. At 275, Harjit Kumar of India was the world champion with 600.7 and at 308 Michael Pfab of Ohio set a state record 446.2. At super, Lance Christensen beat Ricardo Nort of Brazil by default with a 523.5. Ricardo bombed. Best lifter in submaster men light-weight was Antonio Gallo with 563.1 at 146.6. In submaster heavyweight best lifter was Kari Pontinen of Finland with 683.2 at 240.8.

IN SUBMASTER WOMEN, at 114, Linh Ngo of Washington set a state record 256.8. At 123, Rommey Garcia set a national record 209.2 to bring home gold to Ecuador. At 132, Melissa Klundby of California pulled a way above average 352.5 for her world title. At 165, Shawna LeBlanc of Canada set a national record 352.5 to bring gold back to Canada. Best lifter was Melissa Klundby.

IN TEEN MEN 12-13, Gino Filardo set a California record 157.5 at 123, weighing only 121.8. At 148, Antonio Waldorf of Minnesota set a state record 303 for his world title. At 181, Storm Draayer of Minnesota set a state record 281 to bring gold back to Austin, Minnesota the home of Hormel Meats. Kaylin Kullman of California set a state record 203.7 at 198 and Jameson Jessup of California set a world record 275.5 at 242.

IN TEEN MEN 14-15, at 114, Austin Ellis of Texas catapulted 281 and won the world title and best lifter for 12-15. At 148, Caleb Nute of Maine tied the state record of 303 held by Josh Car but won his world title. He is ably coached by Al Stork. At 165, Gaven White of Arizona won his world championship with a respectable 325. At 198, Keven Perez of California pulled 341.5 for his world title. At 242, Nick

Pastorello of Nevada set a state record 341.5 and at 308 Alex DeSoto or Arizona set a state record 507 and picked up a world title.

IN TEEN MEN 16-17, Brandon Jones of Hawaii set a state record at 148 with a good looking form all the way to 369.2. He's only 16. Lonny Overturf of Texas was huge with 507 at 165. At 181, C.J. Hollingshead of Kansas set a world record 567.5 to beat Matthew Ramsdell of Maine who has done 545.5 but settled for 529 in this contest for second place. At 220, Cameron LaForge of Massachusetts, trained by Al Bianchi, manhandled a world record 628.2 weighing only 208.2. If he keeps at it the sky is the limit. Al Bianchi told me he picked up a Thomas Inch dumbbell with each hand that weighs 173 lb. In second place was Hayden Hawkins who set an Oregon record 479.5. Zach Sperrazza of Texas was third with 474.8. Best lifter in 16-17 was William LaForge with 628.2 at 208.2.

IN TEEN MEN 18-19, at 123, Andrew Brooks of Texas set a Texas record 451.7, close to four times bodyweight and won best lifter to boot. At 132, John Kimble of Texas was quite impressive also with a 444 state record. At 148, Robert Carrasco of Texas was equally impressive with a 519.1 state record. At 181, Josh Caldwell of California pulled a 479.5 for the world title. At 198, Timothy Ward and Jeffrey Moreno of Texas lined up for battle and both set state records. When the dust cleared, Timothy Ward was sitting at 612.8 and Jeffrey Moreno at 601.8. At 220, Jacob Fernandez of Texas pulled a 501.5 to beat Kyle Kubiak of Minnesota who got a state record 479.5 for second.

IN TEEN WOMEN 12-13 @ 123, Pomaikai Yamaguchi of Hawaii was phenomenal with a world record 276.6.

IN TEEN WOMEN 14-15 at 105, Rafaela de Andrade Ubertini of Brazil set a national record 231.2 weighing 119.6. Those last two world champions for Brazil on the sixth and last day of competition propelled Brazil into third place in the team standings. At 132, Alexandra Pecktol of Oregon set a world record 319.5. She competed from age 11 to age 12 and then concentrated on soccer for a couple of years and realized her real passion was deadlifting. I feel everybody's passion should be deadlifting, but then what do I know?

IN TEEN WOMEN 16-17, Katrina Cohen of California pulled 281 at 148 to out class everybody in that age group.

IN TEEN WOMEN 18-19, Chastitee Thompson of Texas set a Texas record 303, weighing only 121.8. At 132, Michaela Milesi of California set a state record of 303. At 148, Briana Jo Villarreal pulled a fast 336, a Texas record, weighing 144 16 lb. from the world record. She was unopposed. At 165, Sarah Biddle set a Wisconsin record 303 to beat Keisha Johnston who set a Texas record 281 for second place. Best lifter for teen women was Chastitee Thompson.

IN BENCH PRESS, two names stand out. Karen Campbell with a 451.7 bench weighing 193 that was smoked and a 473.7 that she got half way up. Then she passed her drug test. She was wearing a single-ply shirt. Has any

other woman under those conditions done that? Kerwin Unten at 148.4 benched 559.96 in a single-ply shirt and passed his drug test. Other great lifts were Sam Aumavae who grew up in American Samoa and was exposed to a lot of manual labor smoked 760.5 at 274. Roger Ryan at age 56 weighing 295.2 set a world record 727.5 in law/fire 56+. Bill Gillespie set a world record 749.5 in master 47-53/308. The lift had a lot of controversy. Numerous people thought it was bad and numerous people thought it was good. The judges agreed and disagreed. I didn't see the lift so I will leave it at that. Tiny Meeker got an 832 and tried 958 and moved it a few inches off his chest. He was wearing a double-ply shirt as was Bill Gillespie. Roger Ryan and Sam Aumavae? were wearing single-ply shirts. Jeff Peshek got 727.5. Roger Ryan, Jeff Peshek and Tiny Meeker passed their drug tests. James Kelly of Hawaii 644.7 at 218 passed his drug test. Leonetta Richardson 308.5 at 147.8 passed her drug test. Virpi Pukkila of Finland who benched 331.6 at 163.2 passed her drug test.

IN CLASS 1 BENCH, Josh Grubbs of Arizona won at 132 with 275.5. At 148, Ronald A.C. Nip won with 330.5. Dave Constantineau was second at 148 with a Wisconsin record 316.2. At 165, Aramiq Amirchian of Arizona set a state record 381.3 to beat a field of three. Jacob Rogers of South Carolina was second with 327.2 a state record. At 181, Brian McLaughlin edged Jason Pelc of Michigan 380.2 to 374.7. At 198, Nathaniel Robino of Hawaii set a state record 513.6 to beat a field of five. John Rohde of Idaho was second with a state record 380.2. At 220, there were five contestants with Arthur Haug of Iowa, the world champion with 468.2, a state record. Shayne Unea of Oregon was second with 429.7. At 242, Fateh Sihota of India brought gold back to his country with a NR 429. Joseph Taylor of Nevada won the double-ply divisions with 391.2. At 259, 63 year old Leonard Pokora of Michigan was a clear winner over Chris Melillo of Texas, 540 to 473.7 Leonard's 540 was a Michigan record. At 275, Joshua Sipes set a Texas record 545.5. At 308, Michael Pfabe of Ohio won the Worlds with 501.5. In super, Gordon Castling of Arkansas weighing in at 333.6 and looked the strongest and most impressive of any lifter in the contest. Heis 6i4i and benched 518 for a state record. Keith Sayles of Texas won the double-ply with 308.5. Best lifters in class 1 were in the lightweight. Aramiq Amirchian 381.3 at 165.2, in the middleweight Nathaniel Rabino 513.6 at 197.2 and heavyweight Leonard Pokora 540 at 249.

IN DISABLED, Cody Colchado of Texas benched 402.2 at 242. Cody's picture was on the poster for the IPF Blind Worlds in Istanbul, Turkey, but he wasn't allowed to lift because he competed in the WABDL Worlds the previous year. He said they 'tore my heart out' and he quit lifting for five months. I paid for his room and got him to come out and he was back to his old self. At 181, Vilmar Oliveira of Brazil benched 308.5 and won unopposed.

IN JUNIOR MEN, Jerel Aaron Hulliger of California set a world record at 105 of 220.2.

At 132, Antonio Moreno set a Texas record of 282.1. At 165, there were six contestants and Ismael Filipe De Nardi of Brazil was the world champion with 396.7. At 181, Carlos Mata of Texas blew up a 451.2 to win the world title. At 198, Eric Ximenez of Texas set a state record 425.3 for his world title. At 220, there were seven contestants with Pauli Pilspanen of Finland the world champion at 429.7. The other lifters were from Nevada, Utah, Arizona, Texas and California. At 242, Austin Shipley or Arizona set a state record 512.5 to win out over a field of four. Isaiah Thomas of Hawaii was third with a Hawaii record 451.7 and Anthony Rodriguez of Texas was close behind with a state record 446.2. At 259, Nicholas Raymond of Oregon was the world champion with 440.7. At 308, Javier Garza of Texas came out on top with 451.7 and at super, Arthur Tupuola was huge with 622.7. Best lifters were in lightweight, Carlos Mata, middleweight, Austin Shipley, heavyweight, Arthur Tupuola.

IN JUNIOR WOMEN, at 114, Jessica Okimura at 113.8 benched 187.2. At 123, Petra Villegas set a Texas record 111.1. At 132, there were four competitors with Amanda Harris setting a world record 231.2 and winning the world championship. Brenda Clayton of Wyoming was second with a state record 137.7. At 148, Krystal Miller of Nevada set a world record 231.2. Her father Gary set a world record in law/fire 56+ at 148 with 358. They are the only father-daughter team in WABDL to set world records in the same meet. At 165, Elizabeth Couture of Massachusetts won the Worlds with a state record 148.7 and in super Rachel Richey of Texas set a world record 226.8. Best lifter for junior women was Amanda Harris.

In LAW/FIRE 40-47, Ronald A.C. Nipp Jr. set a world record 501.5 at 198. On the previous lift Sean Boyle of Washington had set a world record of 477. At 242, Donnie Hamblin of Arizona beat Frank Wakakuwa who bombed. Donnie set a state record 418.7. At 275, J.J. Warren of South Carolina set a state record 479.5. At 308, Warren Orr of Canada set a national record 529. He has improved his bench about 70 pounds over the last two years. Best lifter for 40-47 law/fire was Ronald W.C. Nipp Jr.

IN LAW/FIRE WOMEN 40-47, Ronelle Krouse of California set a world record 225.7 at 148. Christine Hamp of Washington was second with 170.7.

IN LAW/FIRE 48-55, at 198, Luis Fernando Meireles Dias of Brazil was world champion with 352.5. At 220, William Denniston of Michigan won the Worlds with a 413.2. At 275, Michal Johnson of California set a state record 353.6. At 308, Dennis Schultz set a California record 629.2.

IN LAW/FIRE 56+, 148-lb. Gary Miller set his ninth world record in WABDL with a 358. He puts on a great meet in Pahrump, Nevada, and the next one is March 10, 2012 at The Nuggett Hotel. At 181, Mike Harrison set his fourth world record in WABDL with a 347 bench. At 198, Charles McFarland can bench as well as deadlift and put up a 303 Oregon state record. At 220, Bruce Begue set an Ohio

record 403.3. He trains at the Iron Chamber Gym with his son Jeff. In second place was Ernest Stewart of Texas with 303. At 275, Eldon Olson competed for five years from 2000 to 2006 and 'disappeared' for a few years due to his wife's illness. He's been back for about a year and picked up where he left off, setting records. At 308, Roger Ryan set a world record 727.5 which is pretty amazing at his age. Ed Acey was second with a 374.7. Best lifter for law/fire 48+ was Roger Ryan.

IN LAW/FIRE OPEN, at 181, Darren Carr set a Utah record 391.2. Darren was 'missing in action' for about 18 months due to a shoulder injury. At 198, Sean Boyle got a 477. At 220, Nick Berriman was huge with 574.1, an Oregon record. Heikki Tyrvaainen of Finland was second with 523.5. At 308, Roger Ryan's 727.5 carried over from law/fire 56+ and he also got best lifter for law/fire open. Marcus Austin of Oklahoma was second with a state record 363.7. He lifted raw. At super, Hiram Kaikaina of Hawaii set a state record 634.8.

IN LAW/FIRE OPEN WOMEN, Brenda Nolen set a world record 275.5 and was named best lifter for law/fire women.

IN LAW/FIRE SUBMASTER, 198-lb. Adam Gwin of Alabama set a state record with 352.5. At 220, Jeff Begue lifted raw and set an Ohio record 347 and Nick Berriman set an Oregon and world record 574.1, which was a good 35 lb. jump for Nick over last year. At 242 lb., Darryl Zuchelli of Alabama set a state record 468.2. At 275, Joshua Sipes set a world record 535.5 to go along with his Texas state record. At 308, Marcus Austin was the sole competitor and put up 363.7 raw. At super, Hiram Kaikaina set a Hawaii record 634.8. So Hiram was world champion in both open and submaster in the law/fire divisions and had a Hawaii state record in both divisions.

IN LAW/FIRE SUBMASTER WOMEN, Shawna LeBlanc of Canada set a world record with 248. Best lifter for law/fire submaster was Hiram Kaikaina.

IN MASTER MEN 40-46, at 148, David R. Smith set a world record 446.2. David is a WABDL sponsor and goes to many different meet locations, like Wisconsin Dells, Phoenix, Houston, Dallas and at all the Worlds. At 165, Valentino Plummer of Oregon set a state record 474.8 at 159.4. He is coached by Terry Luehrs. At 181, Party loving Keith 'Primo' Daniels set a world record 530.1. Jerry Riley of Oregon, who was benching 314 seven years ago, has made steady gains and shot up a 440.7 for second. At 198, Louie Mansanas of Hawaii was good for 501.5 but Tony Coduto of Illinois was good for more, a 519.1 Illinois record. Sean Aberman was third with a Utah record of 403.3. At 220, James Kelly passed his drug test and put up a world record 644.7. Gary Gulseth, the co-state chair for Wisconsin, was second with a 501.5. Gary was a pro wrestler for 15 years and his dad played in the NFL. At 242, James Hunter who has passed six drug tests, benched 677.7. Last year he was on the World's cover for Powerlifting USA. Frank Wakakuwa was in second place with a state record 622.7. Frank benched 600 back in 1993 and has been doing it for 19

years. He also is the only lifter in WABDL to attend every WABDL world championship, 15 in all, and he was given a commemorative plaque for that achievement. Roland Garza was third with an Oregon record 575.2. At 259, Joey Murphy of Georgia was the world champion with 639.2. At 275, Patrick Holloway proved he can bench as well as deadlift and rammed up a 661.2 to go along with his 771 deadlift. He lost to Tiny Meeker in the total 1,432.2 to 1,432.7, 0.5 of a point. J.J. Warren of South Carolina was second with a 479.5 state record. At 308, Warren Orr of Canada beat Silvio Edson Francisco Braga of Brazil 529 to 440.7. Both lifters set national records. Warren is the Canadian national chairman and is doing a great job of recruiting Canadian lifters for WABDL. At super, Tiny Meeker won in double-ply with an 832 and he tried 958 and moved it off his chest about six inches. Dave Forstner was the world champion in single-ply with 644.7. Best lifters in master men 40-46 bench were Keith Daniels in lightweight 520.1 at 177.2, and in heavyweight, Tiny Meeker 832 at 322.6.

IN MASTER MEN 47-53 at 123, Gerardo Merino Jaramillo set a world record 319.5 and took both the world record and the world title back to Ecuador. At 132, Chetram Mangra of New York put up 242.5 and lifted unopposed. At 165, Rick King of Oregon won in double-ply with 297.5 and Fulton White of Nevada won in single with a 347 Nevada record. At 181, four lifters were over 400 with Deron Agaran of Hawaii pushing 451.7 for the world title. The other lifters were very competitive with Martin Aguirre setting a Nevada record 429.7 for second. Fil Dena III, also from Nevada, was close behind with 424.2 for third. In 4th was Eric Lumpkin who has been competing in my meets since 1994. He got a PR state record for Oregon with 403.3. At 198 Doug Noebe of Ohio put up a 462.7 for his world title. He represents Iron Chamber Gym. At 220, Brian Reynolds, who is a pilot and competes at various airshows, won his first world title with a 473.7. At 242, Ed Macauley of Oregon beat Juha Pukkila of Finland 545.5 to 473.7. Juha set a Finnish national record and his wife Virpi set a world record. At 275, Tim Moon set a world record and passed his drug test. He blasted up a 661.2 for a Georgia and world record. John Stewart of Texas was a close second with 655.7 and Mark Stanford of Arizona was third with a state record 584. At 308 there were five contestants. In first was Bill Gillespie with a 749.5 world record. Jeff Peshek of Ohio is back after dealing with injuries. He passed his drug test and put up 650.2. Naresh Kumar of India was third with a national record 440.7 and Don Miskinis of Ohio was fourth, a state record 402.2. Don and his girlfriend Tina Epting were very helpful at the scorer's table, bar loading chart and Don also is a competent head judge. Speaking of the Indian lifters, we would usually get 6-8 lifters but I was told by the head of the Indian delegation that somebody in the embassy was told to deny visas to the Indian lifters because somebody involved with USA Powerlifting & IPF intervened. First lifters and officials from the USA Powerlifting &

IPF say WABDL doesn't get many international lifters, then they do everything in their power to keep them from coming to WABDL Worlds. The vast majority of USA Powerlifting lifters are content with tinplate medals that cost about \$3 or \$4 for all places. They are content with very little coverage because then meet directors are too lazy to write a detailed meet story. The venues are usually sub-par. The officials aren't friendly and don't dare speak to them and now they are changing weight classes. You have to pay for your drug tests and certificates. What do you get? They will tell you that 'unlike WABDL we get to compete against many different countries.' Sure you do. Russia, Ukraine, and other soviet state like countries. Let's see, the entire Russian team was banned, I think twice. Then they came back from suspension and they finish 1st, 2nd, or 3rd in all men's and women's weight classes in both bench and powerlifting, with a few exceptions. When I was competing in the 1970s and 1980s, the USPF card money was used to pay for all expenses for the team and coaches. That included junior, masters and open teams, men and women. The IPF hated the USA because the United States won every team title, held 37 out of a possible 44 world records and would win seven or eight out of 11 weight classes at the Worlds. I had a representative for the IPF from Canada in 1982 said we will teach the United States a lesson. They sure did! Back to 47-53 bench at super, Keith Sayles benched 308.5 to win at super. Best lifters in 47-53 bench were Deron Agaran lightweight with 451.7 at 178.6, Ed Macauley middle-weight with 545.5 at 234.8 and Bill Gillespie with 749. At 306.

IN MASTER MEN 54-60, Freddie Evangelista was the world champion at 148 with 418.7. Freddie has set more world record than any lifter in WABDL and has won world championships at 12 WABDL Worlds. Any time he's ready, Freddie will be inducted into the WABDL Hall of Fame. There are many WABDL lifters who prefer to set records in their backyard and won't go to Worlds. the criteria for WABDL Hall of Fame is simple: longevity, world records and world championships. In second place was Dave Constantineau of Wisconsin with a state record 316.2. at 181, Doug Clayton of Wyoming in double-ply was the world champion with 341.5. Ken Van Buren of Arizona was the world champion in single-ply with 385.7. Perry Plush was second with 369.2 and Charles Martin was third with a California state record 358. At 198, Tom Gonnering of Alabama was the world champion with 385.7. Tom is a diehard Alabama football fan. At 220, 'Butch' Martinez won his sixth world title with a 391.2. At 242, Ric Duncan set a world record in double-ply with 623.8 and passed his drug test. Ric is from Texas and needless to say in his age group, any age group for that matter, 623.8 is world class at 242 when you can pass a drug test. Mike Frizzell of Illinois was the world champion in single-ply with a 529 state record. Mike has been competing for over 25 years. At 259, Mike Sinner of Washington beat David Wolf of Wyoming 418.7 to 314 with David setting a state record. At 275, Will Crossen Jr. is another lifter who will

be in WABDL Hall of Fame when he retires. Will put up a 661.2 to win his world title. He holds the world record in both 259 and 275 with 628.2 and 677.7 respectively. He has won seven world titles and set 12 world records. At super, Joe Mickelson set a Washington record 551 to win his fourth world title in bench. He is also extremely helpful in the northwest in promoting lifting for WABDL. Leo Contreras competed in his 12th WABDL Worlds and came in second. Best lifter in men's 54-60 lightweight bench was Freddie Evangelista and heavyweight best lifter was Willard Crossen Jr., 661.2 to 263.2.

IN MASTER MEN 61-67, 165-lb. Gary Witzel won his first world title with 270. His team Headquarters Fitness won the team award and his coach is Joe Head. This is Team Headquarters third world team title. John Hudson, the coach of University of Houston Downtown team was second. John coached Team Illini to two world titles. At 181, Jeffrey Thorton of Arizona won the Worlds with 259. At 198, Dan Swift, the world record holder at 507, had an off day with 457.2 but still won his sixth world title in a row. At 220, Tom Haggemiller of Minnesota, who has gone to 13 WABDL Worlds got the luck of the draw and lifted unopposed with 253.5 for first. At 242, Dr. Thomas Wright, who is the chair of the Behavior Science Department at Kansas State, won his first world title with a 253.5 raw and has 308.5 raw was mis-loaded to 363. So Dr. Wright has a 300 raw bench at 63 and is 611 238 lb. His physique is more suited for basketball or boxing. Speaking of boxing, he was a top amateur fighter in his day in Golden Gloves. At 259, 63 year old Leonard Okoro of Michigan was superb, a state record 540. In single-ply, Leonard holds the world record in 242 with 502.6. He's 11 lb. shy of the world record held by Robert C. Lincoln of California. At 275, Eldon Olson of Montana set a state record 413.2 and beat Mike Fryar of Washington who got a 380.2. Mike, however, got a world record deadlift of 563.1. At super, Allen Miluso who is handicapped with a foot and leg injury won with a 176.2. He has a nut company, almonds, cashews, walnuts, etc., located in the Napa Valley that is very prosperous. Best lifter for 61-67 heavyweight was Leonard Pokora with 540 at 249.

IN MASTER MEN 68-74, Julio Cesar Berrocal Cerriedo of Peru set a national record 220.2 to win the world title in single-ply in the 165 division. In the double-ply, Skip Schacher of Montana set a world record 192.7. At 181, Ed Angstrom of Iowa won the single-ply division with 292 and Earl Conway of Arizona won the double-ply division with 225.7. Arnold Perez of Hawaii set a state record 226.8 to place fourth in the single-ply. At 198, Rudy Lozano of California set a world record 402.2. Rudy will be going into the WABDL Hall of Fame next year. At 220, Jim Parham of Oklahoma set a world record 411 to beat Dr. Robert Urrea who put up 286.5. At 259, Whitley Price was phenomenal with 374.7 raw weighing 249.4 at age 70. Best lifter lightweight for master 68-74 was Rudy Lozano with 402.2 at 187.8 and Jim Parham was heavyweight best lifter with 380.2

at 217 and a 411 on a fourth attempt.

IN MASTER 75-79, Larry Vincent of Oregon set a world record 237.8. Larry is another lifter who has competed at WABDL Worlds on 11 different occasions winning seven. He currently holds the world record in 68-74/148 with 281 and formerly held the same record in 61-67 and also 68-74/132. He has set nine world records and will be in the hall of fame next year. At 181, retired Colonel in the Air Force, John McEwen benched 214.7 to beat a field of three. His wife was also a colonel in the Air Force. At 198, Korean war hero (Silver Star Nomination) Harold Smith set a world record 301.7. Harold is from Montana and his wife told me that Harold received the Purple Heart, bronze star and was nominated for the Silver Star. He received a serious head injury while taking heavy fire from Chinese forces while manning a machine gun nest and single handedly aided in the escape of over 30 of his platoon members while he was surrounded by over 100 Chinese forces. Air strikes arrived just in time as Harold had been wounded to the point where he was no longer able to return fire. At 08, J.P. Krachunis set a world record 220.2. He gave me a 30 lb. box of lifting and bodybuilding magazines that pre-date Weider and go back to a magazine called 'Physical Culture' - some go back to 1920. Best lifter for 75-59 was Larry Vincent with 237.8 at 131.8.

IN MASTER MEN 80+, we had 10 lifters. Two were put into the Hall of Fame, Dr. Donald Dreyer and Arthur Whinston, who was a patent attorney for 54 years. Dr. Dreyer set a world record in the 90+ divisions with a 134.4 at 165. Arthur Whinston, who is in a wheelchair and is 87, got 77 lb. Charles Rice of California was pretty amazing with 259 world record in 80-84/198. Bladen McClelland who is 89 got a Michigan record 155.3 weighing 161.6. In 85-89, 89 year old Seymour Perlis put up a world record 176.2. All of those lifts were done raw! Best lifter in 80+ was Charles Rice.

IN MASTER WOMEN 40-46, at 114, Yuxin Hao set a world record 196 weighing only 108.2. She is from Ohio and out-benched all the master 40-46 women up to and including 148 lb. Velma Panlasigui of Hawaii put up a good 170.7 at 132. At 165, Virpi Pukkila of Finland passed her drug test and got a world record 331.6 in double-ply, and Cindy Shockman was first in single ply with a very respectable 275.5. Ana Catia Portillo Couto of Brazil was second with a national record 231.2 in single-ply. Lucia Feraud Montenegro of Ecuador was third with 187.2 weighing 163.2.

IN MASTER WOMEN 47-53, Nan Helms benched 126.7 at 120.6 to win the double-ply division. In single-ply, Sarah Sanford of Minnesota set a state record with 198.2 at 121.6. She is a massage therapist and practices acupuncture. I go to her on a regular basis and she is very good at keeping my 65 year old back pain free. At 132, Martha Godinez Shim set a Hawaii record 171.8. Janet Montgomery of Oregon won the double-ply division with 121.2. Tiffany Dean of Nevada was second in single-ply with 154.2 state record. At 148, Beverly Anolin set a world record 264.5 to win in the



Keith Daniels of Hawaii (Daniels photo)



The remarkably fit Larry Vincent (L. Vincent photo)



Shawna LeBlanc and Warren Orr of Canada



Cynthia Nelson set a Nevada state record of 104.5 lb. in the bench press



Cameron LaForge of MA set a world record with his 628 lb. pull



Rick Duncan benched a world record 623 lb. at 242 lb. (Duncan photo)

single-ply division. In double-ply Diana Sutton set an Oregon record 121.2 to win her world title. At 165, Suzanne Spero set a Massachusetts record 154.2. At 181, Iraci Fatima Fenner of Brazil set a national record with 99 lb. for her gold. At 198, Karen Campbell as stated earlier was on another planet, a new species if you will, with a smoked perfect lockout 451.7. In training she had done 485. Her coach is Al Stork and they live in Winterport, Maine. She passed her drug test for the fourth time. She got 473.7 about six inches off her chest in a single-ply shirt and needless to say she was best lifter.

IN MASTER WOMEN 54-60, Pamela Robinson of California benched way above her bodyweight with 148.7 at 100.4 lb. At 114, Robyn Nelson of Oregon benched 115.5 weighing only 108.6. At 123, Karen Denniston of Michigan benched 137.7 for a state record. She and her husband both won world titles and they have been to the last five WABDL Worlds. At 132, cancer survivor Jill Porter set a state record for Texas with 159.7. At 165, Peach Presley weighing only 150.6 set a world record with 214.7 to win in single-ply and Jane Stabile of Massachusetts won in double-ply with a state record 209.2. Peach and Jane have become friends through their competition and communicate on Facebook. At 181, Wilma Lee Cadavona of Idaho who has been competing at WABDL Worlds since 1999 set a world record 209.2 in single-ply. Margie Huston of Washington set a world record in double-ply. Best lifter in master women 54-60 was Pamela Robinson with 148.7 at 100.4 lb.

IN MASTER WOMEN 61-67, Jo Ann Clough of Maine set a state record 132.2 to best Rosalind Pierce of California who set a state record 88 lb. At 123, Gloria Camp won her world championship in double-ply with 110 and dedicated her victory to her husband Terry who recently passed away. Terry was also inducted into the WABDL Hall of Fame. Terry Camp had set numerous world records and he and his wife started competing in WABDL in 1998. At 132, Naomi Sylvester set a Nevada record 77 for her victory and Linda Read also of Nevada set a state record 93.5 for her triumph at 148. At 165, Pat Robey won best lifter and set a world record 214.7. Marlene Wexler of Minnesota was second in only her second meet at 99 lb. She has been training under the guidance of Randy Waldorf and has lost almost 75 lb. and feels great and looks great.

IN MASTER WOMEN 68-74, Betty Lafferty set a world record with 155.3 at 108.8 lb. She was inducted into the WABDL Hall of Fame at this meet. At 132, Jo Walker, who was inducted into the Hall of Fame last year, set a world record bench of 148.7. Jo still has the most impressive deadlift with 440.7 at 129 lb. at age 62 and 391 at 123 at age 63. At 165, Gerda Shupe was a winner with 104.5. At 181, Barbara Meraz was a winner with 77. At 198, Winnifred Pristell beat Sandy Bonifield with a 159.7 Sandy got a state record. 74.8 in only her second meet. Best lifter was Betty Lafferty for 68+.

IN OPEN MEN, David R. Smith set a world record 446.2 to beat Freddie Evangelista who

lost for the first time ever in the bench. Freddie is 55 and he put up a 424.2 and had to deal with a couple of misloads. At 123, Gerardo Merino Jaramillo of Ecuador beat Vin Voeun of Cambodia 319.5 to 243.6 with both lifters setting nationals records. At 165, Chino Davila popped a 501.5 for his world title over four competitors. At 181, Fil Dena III set a Nevada record 424.2 to beat Charles Martin of California who set a state record 358. At 198, Coby Washburn rammed up 523.5 to reign victorious in a field of three. At 220, there were some great lifts. Ken Millrany won in double ply with a Tennessee record 672.2 with Steven Kaufman of Texas second with a state record 462.7. In single-ply James Kelly was victorious with 644.7 and he passed his drug test. Scott Edmondson was second with an Oregon record 589.5 and Jim Noblit was third with 551. At 242, James Hunter got a 710.7 to beat Tony Blas of Mexico who got a 628.2. James Houston of California was third with 600.7 and Mike Desrosiers who got his first 600 lb. deadlift, blasted a 545.5 to complete a satisfying lifting day. Mike is very helpful in making the Phoenix meet a very successful meet with 100 lifters now attending. Five years ago we would get about 50 in Phoenix. Juha Pukkila of Finland was fifth with 473.7. At 259, Finland reigned supreme. Jussi Tuomainen of Finland in his first WABDL Worlds muscled up 694.2 in single ply to beat fellow countryman Jani Ihalainen who put up 606.2. Both were national records. Jussi passed his drug test. Jani's lift was in double-ply so both lifters were from Finland and won world titles. Joey Murphy of Georgia was second in single-ply with 639.2 and Kaleb Crafts of Utah was second in double-ply with 589.5. At 275, Adrian Larsen of Oregon set a state record 672.2 in single-ply and Tim Moon of Georgia passed his drug test and set a state record 672.2 in double-ply for their world titles. Patrick Holloway was second in single-ply with 661.2 and Mark Standord was second in double-ply with 584. Harjit Kumar of India was third in single-ply with 501.5. At 308, Bill Gillespie of Virginia won in double-ply with 749.5 and Jeff Peshek won in single-ply with 727.5. John Dennison of Utah who is usually good for 611-620 was second in single-ply with 578.5. Don Miskinis of Ohio was second in double-ply with 402.2. At super, there were three bomb-outs. There were also three bomb-outs at 242. Four of the six bomb-outs were 700 lb. benches. At super, Tiny Meeker, who has broken numerous record in four different federations benched 832 for the win in double. Dave Forstner of Michigan who was the first WABDL lifter to bench and deadlift 700, won in single-ply with 644. Nobody in WABDL has benched and deadlifted 700 in the same meet and passed the drug test. In second and third place in single-ply were Jim Mersberg of Hawaii who benched 617.2 and Joe Mickelson who benched 551. Best lifters in open in lightweight was Adolfo 'Chino' Davila with 501.5 at 165.2, in open middleweight it was James Hunter with 710.7 at 239.4 and heavyweight in the open was Tiny Meeker with 832 at 322.6.

IN OPEN WOMEN, at 114, Jessica Okimura

won with an impressive 181.7. Sixty-nine year old Betty Lafferty was second with 148.7. At 123, Angela Sweet of Pennsylvania set a state record 187.2. Rommey Garcia of Ecuador was second with 99 lb. At 132, Amanda Harris beat a field of seven with 231.2. Christie Luehrs of Oregon was a close second with 225.7. AT 148, Leonetta Richardson of Hawaii passed her drug test and benched 308.5. Beverly Anolin of California was second with 264.5. At 165, Virpi Pukkila of Finland set a world record 331.6 to win the double-ply and Cindy Shockman of Oregon won the single-ply with 275.5. In second place in single-ply was Ana Catia Portilho Couto of Brazil with a national record 231.2. In third place was Peach Presley of California with 203.7 on a third and 214.7 on a fourth attempt. In fourth place was Lucia Feraud Montenegro of Ecuador with 187.2, a national record. At 181, there was only one competitor and Lori Barlow benched 148.7. At 198, Karen Campbell benched an easy 451.7 which is the highest ever for a female in single-ply shirt drug free. Annie Bowman of Washington was second with 253.5, 200 lb. behind. Annie Bowman's lift is very good for a woman but Karen Campbell is the greatest female bencher ever. I have lifted at Al Stork's house for five weeks at a time and I see how they train. It's brutal and intense. Nobody trains as hard as she does. She's done 485 in the deadlift twice but at this meet 418 was heavy and she couldn't get 462. At 220, Melissa Powell of Oklahoma set a world record 253.5. Best lifter lightweight women, Leonetta Richardson with 308.5 at 147.8 and Karen Campbell with 451.7 at 198.

IN SPECIAL OLYMPIAN, 181-lb. Dylan Kohl of Washington set a state record 231.2. Bobby Lord of Texas got 259 at 220 and Jock Mayes of California who attended his world championship benched 209.2.

IN SPECIAL OLYMPIAN WOMEN, Cinthia Nelson set a Nevada state record of 104.5 in winning her world championship.

IN SUBMASTER, at 148, Jason Arnold of California set a state record 353.6. At 165, Augustine Mastroine of Ohio set a state record 262.7. AT 181, Dietrich Dajejan of Nevada set a state record 330.5. At 198, Coby Washburn was the clear world champion with 523.5. Coby is also a loyal sponsor and supporter. At 220, Scott Edmondson, a high school principal from Bend, Oregon, got an Oregon record 589.5 to win the single-ply Worlds and Armando Soto of Texas won the double-ply with 574.1, a Texas record. Kim Paivoki of Finland set a national record 540 weighing only 204.4 to finish second in the single-ply. Lawrence De Alva of Arizona was third with 523.5. Lawrence has done 573. He has a personal training business and five trained at his gym. He has everything you need right in his garage. At 242, James Houston of California beat Tony Blas of Mexico. They both did 600.7 but James only weighed 226.6. Mike Desrosiers of Arizona was third with 545.5. Fateh Sihota of India was fourth with a national record 429.7. At 259, Jani Ihalainen of Finland won the Worlds in double-ply with 606.2. Paul Mercado of Illinois won in single-ply with 501.5. At 275, Sam Aumavae of Oregon set

a world record 760.5 and passed his drug test. Ben Rogers of Washington was second with a state record 639.2. Harjit Kumar of India was third with 501.5. At 308, Ricardo Nort of Brazil benched 507. Best Lifters for submaster men lightweight was Jason Arnold with 353.6 at 144.6 and Same Aumavae for submaster men heavyweight 760.5 at 274.

IN SUBMASTER WOMEN 165, Shawna LeBlanc of Canada set a world record of 248 and Melissa Zumwalt of Oregon set a state record 292 at super. Dede Leinwohl of California benched 154.2 at 132 and Rommey Garcia of Ecuador set a national record 99 at 123. Best Lifer for submaster women was Shawna LeBlanc.

IN TEEN MEN 12-13, at 181, Storm Draayer of Minnesota set a state record 149.8. At 242, Jameson Jessup of California set a state record 110.

IN TEEN 14-15 in the 114s, Austin Ellis of Texas won the Worlds with 143.2 and was named best lifter in teen 12-15. At 148, Caleb Nute of Maine lost out to Austin Ellis for best lifter by 0.42, less than half a point. He benched 176.2 at 133.6. At 198, Kevin Perez of California benched 236.7 to win his world title and at 242 Nick Pastorello set a Nevada record 242.5.

IN TEEN 16-17, 165-lb. Lonnie Overturf set a world record 402.2 at age 16. In second place was Devin Safley of Oregon with a state record 253.5. At 181, C.J. Hollingshead, who had set a world record in the deadlift with 567.5, also set one in the bench with 396.7. He hails from Kansas. At 220, Cameron LaForge of Massachusetts set a state record 310.7 to add the bench to his world record deadlift of 628.2. At super, Raymond Gutierrez of California set a world record 440.7. Lonnie Overturf was best lifter with 385.7 at 162.2 and 402.2 on a fourth.

IN TEEN MEN 18-19, there were 19 lifters. No world records were set. At 132, Josh Grubbs set an Arizona record 275.5. At 148, Ronald A.C. Nipp of Hawaii set a state record 330.5. At 165, Jacob Rogers of South Carolina set a state record 327.2. At 181, Pat Clark set a Montana record 341.5. At 198, Jeffery Moreno of Texas punched out a 380.2, the highest bench in the whole division. Best lifter was Ronald A.C. Nipp with 330.5 at 148.

IN TEEN WOMEN 12-13, 105-lb. Rafaela de Andrade Ubertini of Brazil set a national record with 82.5.

IN 14-15, 132-lb. Alexandra Pecktol of Oregon set a world record 121.2 to go along with her world record deadlift of 319.5.

IN TEEN WOMEN 16-17, at 114, Tessa Campbell set a California record 88. At 132, Amy Graves set a California record 110. In teen 18-19, Sarah Biddle of Wisconsin set a state record of 159.7 and at 148, Briana Jo Villarreal of Texas hit 154.2 and won best lifter. Sarah Biddle made the cover of Powerlifting USA magazine a couple of issues ago for being named the winner of the Sullivan award for top amateur high school athlete for her music, academic, ROTC and athletic accomplishments.

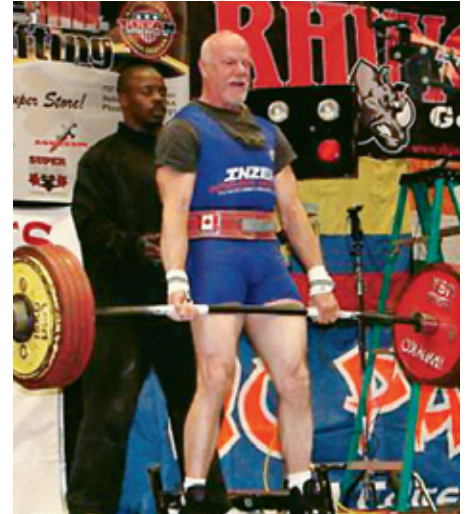
IN THE TEAM STANDINGS, Joe Head's

Headquarters Fitness won the world championship title with 288 points. They had 12 world champions and three second place finishers. It was the third time that they had won the team title. In second place was Dr. John Hudson's University of Houston Downtown with 284 points. They had 11 world champions and Dr. Hudson had won two team world titles with the University of Illinois. In third place was Team Brazil with 278 points. They are coached by Vilmar Oliveira. In fourth place was Chuys Custom Sports & Pac A. Their captain is Gary Hunter. They had 264 points. They also entered another team, Chuy's Custom Sports & Pack B and they came in ninth. In fifth place was Tiny Meeker's Power Station with 259 points and in sixth place was Team Nevada with 244 tied with Team Hawaii AA with 244. In the teen division, Team VIP of Vacaville, California, coached by Sanford Graves was the world championship team.

The 2012 World Championships will be at Bally's Hotel and Casino in the middle of the strip in a 18,000 square foot ballroom. It's connected to the Paris Hotel by a walk bridge. November 13-18, 2012. Room rates are \$69. Nine lifters were inducted into the WABDL Hall of Fame. Victor Starkel of Ronan, Montana, competed in WABDL meets from 1997-2010. He died June 17, 2011. He set five world records and won five world championships. In march of 2010 he was in a wheel chair and on oxygen and benched 187.2 at age 88. Harold Smith, also of Ronan, Montana, was a Korean war hero with the purple heart and bronze star. He benched 369 raw at 220 at age 74. He has set numerous world records and set one this year at age 78 with a 310 bench at 194.6. Terry Camp, who died August 23, 2011, had been the class of the 54-60/198 from 1998-2004. He also competed in WABDL events from 1997 until he died. Betty Lafferty of Gulf Shores, Alabama, has set more WABDL world records and won more WABDL world championships than any other female. She won the Worlds in both bench and deadlift this year with a 216.9 deadlift at 108.8 at age 69, and a bench of 155.3. Robert Cortes of Garden Grove, California, who used to train with Wayne Bouvier in the Detroit, Michigan area. He still holds the world record deadlift of 493.8 at 148 in age group 68-74 and 451.7 at 148 in masters 75-79. Russell Combost of Canton, Ohio, deadlifted 490 one month shy of age 80 at 235 lb. He didn't wear a deadlift suit or belt. He holds the world record 440.7 at 75-79/259. He has competed in numerous world championships since 2003. Arthur and Melicent Whinston of Portland, Oregon, have been competing in WABDL events since 1998. Melicent won a championship 13 years in a row. She competed in masters track & field until two years ago. Arthur is 87 and Melicent is 84. Dr. Donald Dreyer from Baton Rouge, Louisiana, competed in WABDL from 1997 to 2007. He had a stroke and recovered nicely. He came back this year at age 90 to set a world record bench of 134.4 at 165 and a world record deadlift 179.7. The longevity award was handed to Frank Wakakuwa for the only lifter to com-



Brenda Nolen benched a WR 275.5 lb., winning best lifter for Law/Fire women (Nolen photo)



Canada's Jon Wolbers (W. Orr photo)

pete in all 15 WABDL world championships. The Capello Award, in honor of Jerry Capello, was presented to Gary Miller, the WABDL state chairman for Nevada who has set numerous world records and won multiple world championships. The award signifies a lifter who has helped others to achieve their best in both lifting and humanity. I want to thank Gary Thomas who ran the weigh-in room with patience and efficiency. Elma Thomas was on the computer. They checked into the Peppermill Hotel on Friday, October 28th and they checked out Monday, November 7th. They stuffed 400 packets for lifters who bought t-shirts and programs up front. The program by the way was 160 pages with a color cover, back page and color inside and back. Gary & Elma are 73 years of age and they have more energy and dedication to their jobs than live ever seen. Elma and Gary grew up in Burbank, California, and she graduated #1 in her class of 800 students at John Burroughs High. She modeled with Debbie Reynolds and with Debbie Reynolds was offered a contract with Warner Brothers, by one of the last of the movie moguls, Dorrie Scherry. I never believed her until I saw a special on movie moguls on the Biography show. Elma had the lead in Kiss Me Kate at Occidental College. Dorrie Scherry was in attendance. She was 18 at the time and her parents felt that teaching was a much more useful profession and that the movie business would chew you up and spit you out. The offer was made in 1955 at the height of the movie musicals. To be in a movie musical, you had to be able to act, sing and dance. Elma could do all three. She acted in community theatre in Los Angeles and Bend, Oregon, for 30 years and taught high school and middle school from 1960 to 2000. She taught talented and gifted kids English, history and creative writing. Gary and Elma were childhood sweethearts and went their separate ways in 1958 and got back together after Gary's wife died of cancer and got married in 1999. I also want to thank Al Stork and Karen Campbell who were at the hotel the same amount of time and helped with stuffing of packets, selling tickets, door security and Al also

judged. The emcee was James Greene, who at super can bench 500 raw and deadlift 720 raw. He did two-thirds of the emceeing. I did the other third. His wife Linette was the scorekeeper. Dave Edmondson was the head judge on bench and side judge on deadlifts. He also brought a bench kilo set and some warm-up weights from Ogden, Utah. Gary Miller also brought a bench and weights from Pahrump, Nevada. His wife Cynthia worked the bar loading chart computer for six days. The scorekeepers were Don Miskinis, Tina Epting, Linette Greene, Diane Sutton, Margie Huston and Christie Luehrs. Jocelyn Ronolo, Don Miskinis and Tina Epting were the warm-up room computer facilitators. The judges were Brent Biddle, Terry Luehrs, Jim Snodgrass, Kris Boehmer, Mark Clevett, Dave Edmondson, Ron L'Huillier, Craig Desoto, Mike Saito, Don Miskinis, Dave Constantineau, Jim Sheffield, Martha Godinez-Shim, and Al Stork. Weigh-in room staff were Jim Noblit, Diana Sutton, Dave Constantineau, Al Stork, Karen Campbell, Gary Miller, Ron Jones, Betty Lafferty, Christie Luehrs, and Don Miskinis. Spotter loaders were Troy Pia, Colby Bannister and Galen Harper. Security was Kanoe Kelly. Selling tickets and door security were Lisa Leong, Karen Campbell, Al Stork, Kris Boehmer and Betty Hansen. Colby Bannister brought a bench. Helping with trophies were Sarah Biddle, Gary Miller, Troy Pia and Kanoe Kelly. I want to thank our sponsors, Brian Welker, of Welker Engineering, pretty much single-handedly has kept this federation financially viable where we can have a big staff at the Worlds to give a smoother running world championship. We have great venues throughout the year and give great trophies to go with those venues. Also, Anderson Powerlifting and Titan Support Systems have been very helpful. Ken Anderson has helped recruit sponsors over the years. Pete Alaniz has been a sponsor of my meets, Hawaii, the northwest, since 1986. Jim Snodgrass has recruited thousands of dollars worth of sponsors. Tiny Meeker has recruited some big sponsors. Shawn Madere and GLC 2000, the greatest joint formula on the planet, has

been very helpful as a sponsor since 2002. Rick Brewer and House of Pain has been a sponsor for most of WABDL's existence. Mike Lambert and *Powerlifting USA* magazine have been both exposure and financially supportive of my meets since 1977, the year of the first Hawaii Record Breakers. It is hard to believe I've been promoting meets for 35 years, 227 meets to be exact. Grace Cloninger of House of Pain West has been on board for four years. Coby Washburn and David R. Smith are great sponsors. Jon Doyle of USP Labs has been a sponsor for five years. He has a great supplement company. Odd Haugen has helped me with sponsorship since 1993 with Apex, 24 Hour Fitness and now Dot-Fit. His partner is Neal Spruce. Dot-Fit has the best creatine on the market. Chet Groskreutz of Ivanko Barbell has donated numerous barbell sets and continues to give discounts. Giorgio Usai and Giorgio Usai Jr., of Forza still give discounts and were a sponsor for 10 years. Keith Lemm of CSS Sports photos has the best equipment and therefore the best pictures. He supplied three video screens. Two were for the audience and one was for the warm-up room. Lisa Denison of Rhino gear had a great booth Jason Hansen of Body Evolution of Salt Lake City also had a good booth with some new supplements that seemed to be effective. Demetri Tijerina and Kevin Bartholomew of Ben E. Keith Beers in Dallas have been very supportive since 1998. See you in Las Vegas in 2012 at Bally's.

I would like to give a special acknowledgment to Mike Lambert of *Powerlifting USA*. I started promoting meets at the same time he started his magazine, March of 1977. He has been a beacon of light with no rest since then. He covers the entire planet. That unbroken string of coverage has given inspiration to many powerlifters who strive to make the cover or just have their picture or name on the inside. *Ironman* with Perry Rader and *Muscular Development* use to be the source of coverage and it was never as extensive as *Powerlifting USA*. Mike Lambert and *Powerlifting USA* gives hope and inspiration to lifters and meet directors everywhere. «

PR BELT

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

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



HOW THE PR BELT IS WORN

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

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

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The World Leader in Powerlifting Apparel

MASSIVE MUSCLE GROWTH AND RAPID FAT LOSS WITH STRATEGIC NUTRITION

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

SETTING GOALS IS THE EASY PART

Want to lose body fat fast and gain muscle? Then read on. We have been providing the proven plans to clients for years. Now that you have had some time to think about goals for 2012 and where you came up short during 2011 you can move on and realize that setting goals is the easy part—having the right strategies in place for your specific needs is the key

to success. Here is the tricking part! Training and nutrition plans that worked for you in the past may not be as effective the second or third time around as the body adapts quickly to many stimuli. Also keep in mind that your metabolic and hormonal conditions are constantly changing based on stress, injuries, age, sleep and more. Very few can get away with eating and training like then did when they were in their

20s. All of these elements make the program design just as important as your work ethic. A determining factor to your success in 2012 is your willingness to change in an effort to reach aggressive goals. Below is part one of a one year example road map to success explaining the thought process behind ensuring that each phase builds on the success of the one prior.

MAKE STRATEGIC CHANGE OR WATCH YOUR RESULTS DIE

When was the last time your nutrition plan underwent a strategic change more significant than swapping chicken breasts with chicken thighs? Do you find yourself eating the same 5 to 10 foods every day for months on end? Maybe your whole life? Have you manipulated macronutrient percentages to increase rates of fat burning and muscle growth? If not you are missing the speed boat to success.

KICKING OFF THE NEW YEAR: FOUR SEASONS STYLE

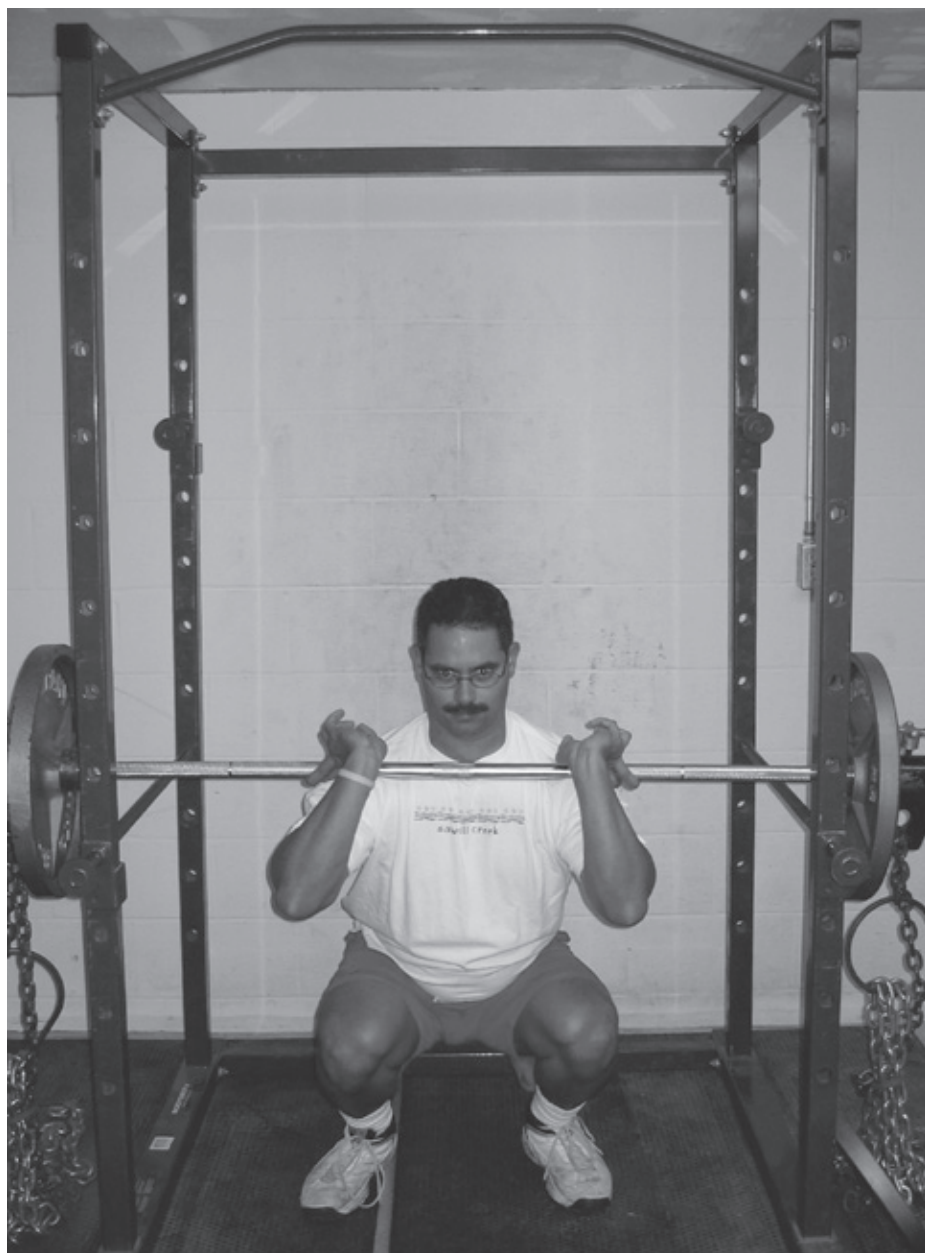
During November and December we get countless phone calls from new clients wanting to make the new year a fresh start with more muscle, less fat and improved performance. We begin the discussion identifying the top barriers for success and then put together a long term plan to cover a year of nutrition and training. We split the year into four 12 week phases which leaves four weeks for active rest, illness, travel, etc. to fill out the 52 weeks in a year. You cannot chase the same goals all year without stalling out the system. Taking a more narrow focus during each 12 week phase adds up to more success over the course of a year.

PLANNING FOR LONG TERM SUCCESS

Many new clients want to either maximize fat loss or gaining muscle ASAP and a result want to focus exclusively on factor or the other. Around the new year, fat loss is a common goal stretching into the spring. Following 12 weeks of aggressive fat loss, the best move is to transition to gaining muscle which will help to elevate metabolism and anabolic hormone levels. The body catches on to nutrition and training plans very quickly which is why most trainees will struggle with plateaus after 12 weeks of any specific plan. Keep in mind that the body is a survival machine and after a significant loss of body fat the brain may begin to detect starvation signals which in turn slow down fat burning to preserve survival. Focusing on fat loss for too long can keep you in “diet hell” forever as your primal instincts of survival will always win out over your body composition aspirations.

DO NOT RUN UP HILL

Over the long term our clients have had great



Dr. Eric Serrano of Infinity Fitness (Infinity Fitness photos)

CYCLING - PT. 1



success with alternating the focus of their programs. Instead of fighting up hill, we change routines at the correct points to keep progress going. Following a phase dedicated to muscle growth without gaining body fat, the body is again primed for fat loss without sacrificing hard earned muscle. Rotating the focus of your training and nutrition efforts also keeps things fresh mentally for clients preventing boredom.

Let's take a look a common client profile and how we would organize a plan of attack to deliver the goals ASAP:

SUBJECT:

- Male strength athlete age 38
- 266 lb. with 26% body fat concentrated in the mid section

GOALS:

- Increase the total from 1,500 to 1,700 while getting into the 242 weight class
- Get rid of useless body fat (especially around the mid section) while adding more muscle to look good with his shirt off
- Compete in the 242 lb. class with as much muscle as possible to support higher strength levels

ACTION:

- Our calculations lead us to set the goal of reducing body fat to 13% which would also allow for gaining 11 lbs of muscle and still getting into the 242 weight class

PHASE 1: JANUARY-MARCH AGGRESSIVE FAT LOSS WHILE PROTECTING EVERY OUNCE OF LEAN MUSCLE MASS

We begin by correcting nutrition mistakes which can range from making bad food choices to eating the same items all of the time which creates poor reactions to food. These changes not only accelerate fat loss and performance, but also lead to huge increases in daily energy in many cases related to eliminating food sensitivities. Creating proper habits with food choices, meal frequency and timing provide a strong foundation for long term success. The right nutrition strategy for client needs helps to force the body into using more stored fat as fuel. This could be a low carb type of program, but not a 0 carb plan as some carbs are needed to put a log on the metabolic fire so to speak. Those who have had low energy using low carb plans in the most likely were not doing the right things with carb cycling and dietary fat levels.

EAT GOOD FATS TO STRIP 10-15 LB. OF BODY FAT QUICKLY!

Dietary fats are one of the most overlooked success factors of a nutrition plan. We ask clients about their good dietary fat intake and

many respond that they never even considered tracking this vital macronutrient. Consuming the right fats helps to boost anabolic hormone levels, lubricates joints and lower body fat levels amongst many other benefits. One of our first moves is to provide the right dietary fats to help to body kick out the bad fats that are clogging up fat cells. Forcing the fat cells to perform this exchange is one of the fastest methods for shedding 10 to 15 lb. of body fat quickly. Extra virgin olive oil, avocados, raw nuts, organic meat choices and Alpha Omega M 3 are all example of good fat sources which must be a part of every meal.

KEEPING EXECUTION SIMPLE TO LOSE FAT FAST

We concentrate on using easy accessible natural food sources that body can easily digest and use for energy. A couple days of the week will include some different food choices such as more red meat from organic sources to help increase anabolic dietary fat levels which support big increases in testosterone levels and fat burning enzymes for example. Body fat can be lost at the rate of 1 to 3 lb. per week which adds up fast over 12 weeks to great success.

EATING MORE WITH NO ADDITIONAL CALORIC BURDEN!

To optimize meal frequency while avoiding spending all day prepping meals clients will Amino Load with 100% MR and Muscle Synthesis a couple times per day at flexible times. The proprietary blend of aminos assembled by Dr. Serrano make the brain believe a tremendous amount of food has been consumed by sending various positive signals to the brain. As a result metabolic rate increases, but there is nothing to burn except stored fat since the 100% MR and Muscle Synthesis have no caloric burden. Additionally clients experience a big increase in daily energy, accelerated recovery, reduced cravings for sugar and improved mental focus.

PHASE 2: APRIL-JUNE SWITCHING GEARS TO GAIN MUSCLE

The old school way of gaining muscle by eating everything in sight which also supported body fat gains is a 1 step forward, 2 steps backward approach. This type of plan is what many trainees do as an excuse to eat bad food choices, telling themselves that it will support muscle growth. This is a bad strategy as garbage raw materials do not result in new muscle mass!

Phase 1 created specific metabolic, enzymatic and hormonal patterns which have to be considered when building phase 2 to prevent staleness and capitalize on the current conditions. Some fat loss plans during phase 1 may

ABOUT INFINITY FITNESS

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



Scott Mendelson of Infinity Fitness

ABOUT SCOTT MENDELSON

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

STRATEGIC NUTRITION CYCLING »

involve less food intake than what is normal for a trainee which not only stimulates fat loss, but also makes the body more efficient with its nutrient usage to support muscle growth. Changing up the amounts of proteins, dietary fats and carbohydrates during phase 2 helps to prevent metabolic staleness, increase fat burning/muscle growing enzymes and optimizes the anabolic hormonal environment.

Phase 2 in this case would use a higher daily carb intake than the prior 12 weeks to support muscle growth and performance goals. This requires clients to be very careful with their insulin sensitivity to make sure that excess carbohydrate does not spill over into fat cells. Alpha Omega M3 contains a special combination of essential fats which help to optimize insulin sensitivity and as a result forces more raw materials into muscles into fat cells, especially during the post workout meal.

POST WORKOUT NUTRITION STRATEGIES FOR MAXIMIZING MUSCLE WITHOUT BODY FAT

A combination of quickly digested proteins combined with a high sugar content following training to support muscle growth and recovery has been a common formula for years. These

outdated methods were based on the assumption that the body needs to replace much more carbohydrate following exercise than what is actually needed. Research moves slowly, but the real world works fast! High sugar intake post workout may replace some glycogen, but also sends fat storing signals along with the ideal materials needed to fuel fat accumulation. Who would want that? You are much better off consuming your largest carbohydrate sources from real food during the 45-60 minutes following training. Consume Alpha Omega M 3 during the meals with the highest carb intake of the day to help the body force raw materials into muscles instead of fat cells. Why all of this hurry to get in the sugar? To surge Insulin levels upward- the bodies most anabolic hormone, this is a double edged sword for many reasons typically leading to accumulation of muscle mass and body fat in an equal ratio.

Dr. Serrano's patient trials and researched led him to the conclusion that the right combination of amino acids found within the 100% MR and Muscle Synthesis can optimize insulin levels post training- taking full advantage of the anabolic rush without spilling over raw materials that can be converted into stored fat. Post training is a vital opportunity to fill hungry muscle

bellies with easily assimilated Amino Acids to support rapid growth and repair.

SMASHING PLATEAUS WITH MACRONUTRIENT CYCLING

Strategically changing the macronutrient cycling plan four times per year makes a huge difference in the bottom line. It is commonly known that you must change your training program frequently to prevent plateaus. The same holds true for nutrition. Think of protein, fat and carbohydrate as the equivalent of sets, reps and rest periods. Breaking up your nutrition plan into four seasons is an easy way to set up your macronutrient cycling while keeping execution very simple. Advanced programs involve manipulating macronutrient cycling every week for the fastest rates of progress. The key is setting up plans that are easy for clients to execute. «

Email scott@infinityfitness.com or call (614) 868-7521 with your top 5 problems and get a personal response within 12 hours by phone or email with proven solutions. Ask for the "2012 Goal Achievement File," "Belly Fat Slashing" special report and "Fat Cell Cleansing" special report.

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TIRED OF BUSTING YOUR ASS FOR ONLY AVERAGE RESULTS?

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



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

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NASA HIGH DESERT HOLIDAY CLASSIC

DEC 3 2011 » Albuquerque, NM

BENCH	BP	DL	TOT
FEMALE			
Raw			
181 lbs.			
Master I			
Push Pull			
FEMALE			
123 lbs.			
Master I			
R. Jones	83	259	341
198 lbs.			
Master III			
B. Gill	127	220	347
MALE			
198 lbs.			
Master V			
K. Edwards	297	534	831
220 lbs.			
High School			
J. Quintana	220	407	628
Master III			
B. Richardson	143	303	446
Powerlifting	SQ	BP	DL
FEMALE			
148 lbs.			
Novice			
S. Tideman	187	105	204
181 lbs.			
Master III			
K. Lax	138	77	231
Novice			
K. Lax	138	77	231
Raw			
148 lbs.			
Master II			
C. Ferris	138	132	270
Teen			
R. Barnreiter	143	110	171
165 lbs.			
Intermediate			
A. Scarberry	143	77	220
181 lbs.			
Pure			
J. Hinzman	204	132	292
MALE			
165 lbs.			
Master IV			
H. Richardson	281	154	358
Novice			
S. Heyman	402	242	440
181 lbs.			
Master I			
A. Caceres	551	253	402
Master V			
A. Caceres	551	253	402
220 lbs.			
Open			

J. Garcia	672	407	622	1701
M. Chavez	545	341	446	1332
242 lbs.				
Open				
A. Stanley	501	385	484	1371
275 lbs.				
Pure				
S. Baker	440	303	694	1437
Submaster II				
D. Christopher	275	—	—	275
308 lbs.				
Master V				
N. Barnreiter	661	479	639	1778
SHW				
Open				
F. Contreras	672	446	650	1767
Raw				
148 lbs.				
Junior				
T. Gallagher	314	198	325	837
Submaster II				
L. Gomez	341	248	335	924
165 lbs.				
Junior				
S. Jones	281	193	429	903
Master III				
A. Gonzales	165	154	242	562
181 lbs.				
Junior				
J. Chavez	385	242	506	1134
Z. Primiano	374	—	457	831
Submaster Pure				
D. Torrez	501	297	484	1283
Teen				
L. Chavez	297	165	402	864
198 lbs.				
High School				
T. Trainum	143	143	187	473
Intermediate				
A. Schendel	473	319	600	1393
Master I				
K. Edwards	440	297	534	1272
Master V				
K. Edwards	440	297	534	1272
Submaster Pure				
M. Hettinger	352	248	440	1040
220 lbs.				
Junior				
W. Coyne	440	297	473	1211
Submaster I				
B. Long	484	385	495	1365
Submaster II				
W. Lee	595	402	539	1536
242 lbs.				
Master I				
M. Hunter	352	275	446	1073
Novice				
B. Lovato	435	341	501	1277
M. Baron	402	259	413	1073
275 lbs.				
Novice				

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J. DeBord	413	363	451	1228
Power Sports				
MALE				
148 lbs.				
Submaster II				
L. Gomez	116	248	335	698
181 lbs.				
Intermediate				
E. Reed	182	341	589	1112
Master IV				
B. McNeil	83	121	143	347
Open				
J. Conroy	160	352	501	1013
J. Jaramillo	160	325	501	985
220 lbs.				
Master III				
B. Richardson	83	143	303	528

WISCONSIN STATE FAIR BP/DL

AUG 13 2011 » Milwaukee, WI

BENCH				
MALE				
Equipped				
Lightweight				
J. Kachar	225			
Heavyweight				
C. Broadway	475			
Masters I				
A. Bellinger	330			
Raw				
Masters I				
Lightweight				
D. Cooley	285			
Heavyweight				
D. Leslie	390			
TEEN				
Heavyweight				
N. Crouch	400			
Lightweight				
M. Fischer	205			

FEMALE				
A. Castonguay 100				
Masters II				
Heavyweight				
G. G. Selburg	275			
G. Carlson	265			
BENCH				
Raw				
MALE				
Open				
Lightweight				
B. Carus	270			
S. Hong	280			
D. Cooley	285			
Middleweight				
T. McBride	345			
W. Thomas	315			
Heavyweight				
D. Caldwell	410			
J. Wickland	365			
C. Schmitz	340			
DEADLIFT				
Raw				
FEMALE				
A. Castonguay 240				
TEEN				
Open				
Lightweight				
N. Sorenson	500			
M. Fischer	360			
K. Kelenie	425			
Heavyweight				
C. Broadway	630			
Masters I (40-49)				
Best Overall: Bench (Equipped) – Charles Broadway with 630 lb.; Deadlift – Mark Ruplinger with 580 lb.				
» courtesy Sherry Ellis				

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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.

21 JAN » WNPf Georgia Ironman Record Breakers (Thomasville, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
21 JAN » APF Raw Gulf Coast PL/BP Meet (New Port Richey, FL) » Rick Lawrence, 727.376.1707, www.worldpowerliftingcongress.com
21 JAN » APF/AAPF Great Lakes Open (Kentwood, MI) » Andy Briggs, 616.935.2380, www.worldpowerliftingcongress.com
21 JAN » SLP Mississippi State BP/DL Championship (Tupelo, MS) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
21 JAN » Python Power League Snellville Open Powerlifting Championships (Snellville, GA) » Tee "Skinny Man" Meyers, 706.513.7515, pythongym@aol.com, www.pythonpowerleague.info
21-22 JAN » NASA Natural Nationals (OKC, OK) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
28 JAN » USAPL Wisconsin State Meet (Racine, WI) » Bruce Sullivan, 262.639.3210, www.usapowerlifting.com
28 JAN » RAW United "United We Stand" Benefit Meet (Port Charlotte, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com
28 JAN » USAPL Capitol City Clash Championships (Lincoln, NE) » Bill Sindelar, 402.986.1784, www.usapowerlifting.com
28 JAN » WNPf Winter Classic Ironman/BP/DL Championships (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnpf.net
28 JAN » USPA Maine State PL/BP Championship (Bangor, ME) at Silo Barbell » Paul Dosen, pdosen03@aol.com, 207.951.3507, www.uspla.org
28 JAN » 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.virginiaipowerlifting.blogspot.com
28 JAN » 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
28 JAN » SLP Smokey Mountains Open BP/DL Classic (Stanton, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
28-29 JAN » RPS 3rd Annual NJ State & North American Powerlifting Championship (Newark, NJ) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
29 JAN » 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 » SLP New Elite Fitness Open BP/DL/Curl Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
4 FEB » USAPL High School Qualifier (Sioux Falls, SD) » Joe Kunzman, 605.338.6762, www.usapowerlifting.com
4 FEB » APF/AAPF Orlando Barbell Florida State Meet (Orlando, FL) » Brian Schwab, lightweightpower@aol.com, 407.687.2447, www.worldpowerliftingcongress.com

4 FEB » NASA Arizona State (Mesa, AZ) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
4 FEB » ADFPF Single Event National Championships (Columbia, MO) » Bill Duncan, 410.474.1071, mopowrltr@yahoo.com, www.adfpf.org
11 FEB » SLP Brickyard Open BP/DL Championship (Milwaukee, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
11 FEB » ADAU Raw Power Single Lift Open (Hooversville, PA) at Scrappy Joe's Gym » Joe Caola, 814.798.8032, www.adaurawpower.com
11 FEB » APA 3rd Annual Lion Heart

Sunshine State Raw BP Meet (Clearwater, FL) at Lion Heart Gym » Stephen Byer, 727.743.1515, lionheartgym@tampabay.rr.com, www.apa-wpa.com
11 FEB » AAU Nevada State and Southwest Regional Championships (Las Vegas, NV) at Xtreme Strength Training Center » naturalpowerlasvegas@yahoo.com, www.aausports.org
11 FEB » WABDL Central US Arkansas BP/DL Championships (Jonesboro, AR) at the Holiday Inn » Al Stork, 207.356.9946, storkspower@aol.com, www.maineipowerlifting.com, www.wabdl.org
11 FEB » ADAU/100% RAW Emmanuel PL/Single Lift Championships (Johnstown, PA) » Joe Caola, 814.798.8032, jcougar250@yahoo.com, www.adaurawpower.com
11 FEB » WNPf All Raw Tournament of Champions (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
11 FEB » WNPf Southeastern PL Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
11-12 FEB » USAPL California State Meet (Santa Clarita, CA) » Adam Johnson, 701.610.1205, www.usapowerlifting.com
12 FEB » WNPf Ohio State PL Championships (Youngstown, OH) » Ron DeAmicis, powerlt103@aol.com, www.wnpf.net
12 FEB » WNPf All Raw Tournament of Champions (Youngstown, OH) » Ron DeAmicis, powerlt103@aol.com, www.wnpf.net
18 FEB » WNPf U.S. Open Championships (Orlando, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
18 FEB » SLP Bluegrass Open BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
18 FEB » RAW United Wounded Warrior Project Benefit Meet (San Antonio, TX) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com
18 FEB » IBP 11th Annual Regional Push Pull Championships (McAdenville, NC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.com
18 FEB » USAPL FL State PL Championships (Davie, FL) » Robert Keller, 954.790.2249, www.usapowerlifting.com
18 FEB » USPA Red Brick IX BP Championship (Buffalo, NY) » Dennis Brochey, dennis.brochey@gmail.com, 716.200.3533, www.uspla.org
18 FEB » WNPf All Raw Tournament of Champions (Orlando, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
18 FEB » WABDL Winter Classic BP/DL Competition (Orlando, FL) at the Doubletree Hotel » Al Stork, 207.356.9946, www.wabdl.org
18 FEB » NASA Missouri State (Joplin, MO) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
18 FEB » WABDL Winter Classic (Orlando, FL) at the DoubleTree Hotel » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org
18 FEB » RPS Barno-Newman Classic & Master's Police Nationals (Allentown, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
18 FEB » WABDL Texas State BP/DL Championships (Houston, TX) » Tiny Meeker, 832.423.7662, www.wabdl.org
19 FEB » SPF Brute Strength Gym's Hampton VA Sports Expo (Raw/Multi-ply, BP/PP) (Hampton, VA) » Stella Krupinski, 757.893.9111, brando_waterfront@yahoo.com, www.brutestrengthgym.net
24-25 FEB » USAPL Alabama State Championships (Orange Beach, AL) » Daryal Haskew, 251.928.6987, 2haskews@bellsouth.net, www.usapowerlifting.com
25 FEB » WABDL East Coast BP/DL Championships (Lynchburg, VA) at Liberty University » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org
25 FEB » USAPL 6th Annual Aggie Showdown (College Station, TX) » Kayla James, 254.223.2991, www.usapowerlifting.com
25 FEB » USPA West Coast Open (Single-ply) (Concord, CA) at Diablo Barbell Club » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org
25 FEB » NASA Tennessee State (Counce, TN) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
25 FEB » USAPL Omro Last Chance Meet (Omro, WI) » Jason Kallas, 920.203.0468, www.usapowerlifting.com
25 FEB » RPS Fair Haven Fitness Winter Classic (Fair Haven, VT) at Fair Haven Fitness » James Matta, 802.265.3470, capejam@hotmail.com, www.revolutionpowerlifting.com
25 FEB » SLP IL Open BP/DL Classic & USA Raw BP Federation Spring Nationals (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
25 FEB » USAPL Whitehall HS Meet (Whitehall, WI) » John Kleinhaus, 715.530.3861, www.usapowerlifting.com

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26 FEB » WNPf Powerfest 2K12 (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

26 FEB » APF/AAPF 3rd Annual Ohio Cup (Plainfield, OH) at the Lincoln Community Center » John Blackstone, 746.502.4964, Wade Butcher, 614.316.6170, www.worldpowerliftingcongress.com

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

3 MAR » NASA Colorado State (Denver, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

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

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

3-4 MAR » 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 » WNPf Ukraine Ironman Open & BP Championships (Keiv, Ukraine) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

4 MAR » 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 » 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

9-10 MAR » USAPL South Dakota State PL/BP Meet (Rapid City, SD) » Nicole Craig, 605.393.2151, www.usapowerlifting.com

9-10 MAR » USAPL Wisconsin HS State Meet (Milwaukee, WI) » Andy Chromy, 262.884.4986, www.usapowerlifting.com

10 MAR » SLP Iron House Open BP/DL Championship (St. John's, MI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

10 MAR » USAPL Georgia HS State PL Championships (Duluth, GA) » Josh Rohr, 330.464.4061, www.usapowerlifting.com

10 MAR » RAW United Beau Moore Classic (Tampa, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

10 MAR » 3rd Annual Bristol's Big Bench Competition (Bristol, PA) » Matt Esche, mesche@pttransformations.com

10 MAR » WABDL National Collegiate BP/DL Championships (San Antonio, TX) at Palo Alto College » Dr. John Hudson, 217.377.4640, hudsonj@uhd.edu, www.wabdlcollegiate.info

10 MAR » USPA Iron Works Gym Push/Pull Championships (Jacksonville, FL) » Brian Burritt, bburritt@scvl.com, 812.204.2886, www.uspla.org

10 MAR » USAPL Georgia High School State Championships (Duluth, GA) » Josh Rohr, strongerisbetter@yahoo.com, www.usapowerlifting.com

10 MAR » AAU Raw National Championship & International Raw BP/DL Championships (Rockland, MA) at the Holiday Inn » Dave Mansfield, 781.294.4201, Rich DeLeon, 781.789.9511, bigironpowerlifting@comcast.net, www.aapowerlifting.org

10 MAR » NASA Texas State (Dallas, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

10 MAR » WABDL National Collegiate BP/DL Championships (San Antonio, TX) at Palo Alto College » Dr. John Hudson, 217.377.4640, www.wabdl.org

10 MAR » WABDL Nevada State BP/DL Championships (Pahrump, NV) at the Nugget Hotel & Casino » Gary Miller, 775.209.4916, www.wabdl.org

11 MAR » AAU Equipped National Championship & International Equipped BP/DL Championships (Rockland, MA) at the Holiday Inn » Dave Mansfield, 781.294.4201, Rich DeLeon, 781.789.9511, bigironpowerlifting@comcast.net, www.aapowerlifting.org

17 MAR » SLP 7th Street Gym Open BP/DL Classic (Clinton, IN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

17 MAR » NASA Indiana State (Kokomo, IN) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

17 MAR » WABDL California State BP/DL Championship (Chico, CA) at the Holiday Inn » Gus Rethwisch, 503.901.1622, www.wabdl.org

17 MAR » ADAU Bragging Rights Meet (Sicklerville, NJ) » Jackson Lee, 267.566.2119, brobasteam@aol.com, www.adaurawpower.com

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

18 MAR » RAW United Shamrock American Hero Power Classic (San Antonio, TX) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

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

24 MAR » SLP Body Shop Fitness Open BP/DL/Curl Championship (Mt. Juliet, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

24 MAR » NASA Midwestern States (Kansas City, MO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

24 MAR » WABDL North American BP/DL Championships (Portland, OR) at the Shilo Inn Airport » Gus Rethwisch, 503.901.1622, www.wabdl.org

APF/AAPF/WPC Schedule

21 JAN, APF Raw Gulf Coast PL/BP Meet

21 JAN, APF/AAPF Great Lakes Open

4 FEB, APF/AAPF Orlando Barbell FL State Meet

24 MAR, AAPF 16th Annual Frank Kostyo Meet

24 MAR, APF/AAPF Relentless Meet

MAR, APF/AAPF Illinois State Meet

8 APR, APF Ironworx Single-Ply Ohio Push/Pull

13-15 APR, AAPF Nationals

14-15 APR, APF HS Nationals

17-22 APR, WPC/AWPC European Championship

27-28 APR, APF Europa Show of Champions

28 APR, APF/AAPF Washington State Open

26-27 MAY, APF Master/Teen/Jr. Nationals

MAY, APF Gulf Coast PL/BP Meet

1-3 JUN, APF Senior Nationals

21 JUL, Can/Am Bench Press Championships

JUL, WPC South America Championships

6-11 AUG, AWPC World Championships

30 AUG - 2 SEP, APF/AAPF Record Breakers

8 SEP, APF/AAPF Summer Heat VIII

OCT/NOV, AWPC/WPC World Cup PL/BP/DL

6-11 NOV, WPC World Championships

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- 24 MAR** » AAPF 16th Annual Frank Kostyo Memorial PL Championship (Lakeland, FL) at All American Gym » All American Gym, 863.687.6268, www.allamericangym.com
- 24 MAR** » APF/AAPF Relentless Meet (Apple Valley, MN) » Scott Nutter, 952.215.2588, www.worldpowerliftingcongress.com
- 24 MAR** » USAPL Alaska State PL Championships (Anchorage, AK) » Ron Burnett, 907.345.7996, www.usapowerlifting.com
- 24 MAR** » USPF Region 7 Championship Meet (Tombstone, AZ) at Cold Iron Gym » coldirongym@aol.com, www.uspf.net
- 24 MAR** » AAU 9th Annual Triple Crown Classic & East Coast BP/PP Classic & VA State Championship (Mechanicsville, VA) at Lee Davis HS » Judy Wood, 804.559.4624, Jill Meads, 804.730.8810, vapowerlifting@aol.com, www.aapowerlifting.org
- 24 MAR** » USAPL Battle on the Border VI (Fort Mill, SC) » Jon Mouzon, 864.844.0083, www.usapowerlifting.com
- 24-25 MAR** » USPA California State PL Championship (Corona, CA) at UFC Gym » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org
- 31 MAR** » 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** » WNPf Georgia Powerlifting Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 31 MAR** » SLP Teenage Nationals & Ohio Open BP/DL Championship (Mansfield, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
- 31 MAR** » WABDL Montana State BP/DL Championships (Missoula, MT) at Ruby's Inn » Gus Rethwisch, 503.901.1622, www.wabdl.org
- 31 MAR** » RPS 3rd Annual New England Revolution (Johnston, RI) » Gene Rycklak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rycklakpowersystems.com
- 31 MAR** » WNPf New England Ironman/Powercurl & Reps (New Haven, CT) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 31 MAR** » Ultimate Athletics Ultimate PL Challenge (Ithaca, NY) » James Howell, 607.330.2665, jh198@hotmail.com, www.uagym.com
- 31 MAR** » 100% RAW/ADAU Great Lakes PL/SQ/BP/DL Championships (Erie, PA) » Joe Oregia, 814.833.3727, joesgymerie@live.com, www.rawpowerlifting.com, www.adaurawpower.com
- 31 MAR** » USAPL Equinox Open (Columbia, MD) » Evan Davidson, 301.919.4071, www.usapowerlifting.com
- 31 MAR - 1 APR** » USAPL PA State (Clarks Summit, PA) » Steve Mann, 570.309.6316, www.usapowerlifting.com
- 31 MAR - 1 APR** » NASA High School Nationals (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
- 31 MAR - 1 APR** » American Powerlifting Championship (BP/DL/Curl/BP for Reps/Rep Challenge) (Runnemedede, NJ) at the Runnemedede Inn » Bob Marcelino, 856.340.5721
- 31 MAR - 1 APR** » 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
- MAR** » APF/AAPF Illinois State Meet (IL) » Dick Zenzen, 815.761.7055, www.worldpowerliftingcongress.com
- MAR/APR** » WNPf South Georgia PP/PC Championships (Fitzgerald, GA) » Adrian Locklear, wnpfpower@aol.com, www.wnpf.net
- 4 APR** » WABDL National High School BP/DL Championships (Houston, TX) at the University of Houston Downtown » Dr. John Hudson, 217.377.4640, www.wabdl.org
- 4 APR** » 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** » SLP National Raw & Assisted BP/DL Championship (Arkadelphia, AR) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
- 7 APR** » USPF Lockout-Knockout (Niles, OH) at Eastwood Expo Center » Scott Cook & Nick Busick, 304.224.1137, wjlax14@yahoo.com, www.uspf.net
- 7 APR** » USPA Hawaii State PL Championship (Honolulu, HI) » Ata Edralin & Darren Matsumoto, nalomightymouse@yahoo.com, windocwindow@yahoo.com, 808.256.6542, 808.224.3433, www.uspla.org
- 7 APR** » NASA Oklahoma State (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
- 8 APR** » APF Ironworx 1st Annual Single-ply Ohio Push/Pull (OH) » Wade

Butcher, 614.316.6170, www.butchsbarbell.com, www.worldpowerliftingcongress.com

12 APR » 13th Annual Pittsburgh Monster BP/DL (Pittsburgh, PA) » Mike Baravecchio, 152 Dover Dr., Moon Township, PA 15108, 412.264.9996, vecks4@verizon.net

13-15 APR » **AAPF Nationals** (Equipped & Raw) (Burr Ridge, IL) » Eric Stone & Amy Jackson, 866.389.4744, amyjackson@aol.com, www.worldpowerliftingcongress.com

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

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

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

14 APR » SLP Wisconsin State BP/DL Championship (Delavan, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

14 APR » NASA Ohio State (Springfield, OH) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

14 APR » **WABDL World Cup BP/DL Championships** (Wisconsin Dells, WI) at the Chula Vista Resort » Gus Rethwisch, 503.901.1622, www.wabdl.org

14 APR » SPF Brute Strength Gym's Spring Powerlifting Meet (Raw/Single-ply/Multi-ply, PL/BP/PP) (Norfolk, VA) » Stella Krupinski, 757.893.9111, brando_waterfront@yahoo.com, www.brutestrengthgym.net

14 APR » USAPL Richmond Open (Mechanicsville, SC) » Gary Emrich, 843.711.9482, www.usapowerlifting.com

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

14-15 APR » **AAU National BP/DL/PP & International Record Breakers PL** (Laughlin, NV) at the Edgewater & Colorado Belle Hotel/Casino » Martin Drake, 951.928.4797, naturalpower@earthlink.net, www.aapowerlifting.org

14-15 APR » RPS 14th Annual Powerpalooza (XPC Coalition Qualifier) (York, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

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

15 APR » WNPf 600 LB. Deadlift Challenge (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

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

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

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

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

21 APR » **SLP National BP/DL Championship** (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

21 APR » CPF Atlantic Canadian Power Challenge Spectacular (Amherst, Nova Scotia, Canada) » Nathan Robertson, ns.powerlifter@hotmail.com, www.canadianpowerliftingfederation.com

21 APR » NASA Iowa State (Des Moines, IA) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

21 APR » WABDL FL State BP/DL Championship (Lakeland, FL) at All American Gym » Ken Snell/All American Gym, 863.687.6268, www.allamericangym.com

21 APR » USPF NV State Championship Meet (Laughlin, NV) at Harrah's Hotel & Casino » coldirongym@aol.com, www.uspf.net

21 APR » RAW United Mid Atlantic Open (Ashburn, VA) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

21 APR » USPA Texas State Meet (Austin, TX) at Metroflex Gym » Steve Denison/Chris Pappillion, steve@uspla.org, 661.333.9800, www.uspla.org

22 APR 2012 » USPA Wild Iron Spring Classic (San Jose, CA) at Wild Iron Gym » Marcus Wild, marcus@wildirongym.com, 408.613.5716, www.uspla.org

22 APR » WNPf Upstate New York PL Championships (Rochester, NY) » Ron

UPCOMING SLP COMPETITIONS

14 JAN, *SLP Meat Heds New Year Open* (Indianapolis, IN)

21 JAN, *SLP Mississippi State Championship* (Tupelo, MS)

28 JAN, *SLP Smokey Mountains Open* (Stanton, KY)

25 FEB, *SLP IL Open & USA Raw BP Federation Spring Nationals* (Tuscola, IL)

Son Light Power

206 South Washington Street, Tuscola, IL 61953

217.508.9297

www.sonlightpower.com | sonlightgym@frontier.com

Deamicis, powerlt103@aol.com, www.wnpf.net

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

28 APR » SLP Southwest Missouri Open BP/DL Championship (Branson, MO) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

28 APR » New Jersey High School Powerlifting Championship (BP/DL/Curl/BP for Reps/Rep Challenge) (Runnemede, NJ) at the Runnemede Inn » Bob Marcelino, 856.340.5721

28 APR » North Virginia Raw Meet (Centreville, VA) at Bull Run Regional Park Shelter #2 » John James, 703.475.9885, PO Box 230522, Centreville, VA0, www.northernvirginiarawpower.com

28 APR » USPA Santa Barbara Open (Santa Barbara, CA) at Fisher Strength & Health Gym » Steve Denison, steve@uspla.org, Kevin Fisher, 808.963.3439, www.uspla.org

28 APR » NASA New Mexico State (Gallup, NM) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

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

28 APR » APF/AAPF Washington State Open (Aberdeen, WA) » Don Bell, 360.532.8339, www.worldpowerliftingcongress.com

28 APR » NASA WV State PL/BP/PS/PP Championship (Ravenswood, WV) » Greg Van Hoose, 304.273.3110, greg@vhpower.com, www.vhpower.com

28 APR » USAPL Southeastern High School State Wars (Atlanta, GA) » Josh Rohr, strongerisbetter@yahoo.com, www.usapowerlifting.com

28 APR » USPA Santa Barbara Open (Santa Barbara, CA) at Fisher Strength and Health Gym » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org

29 APR » 100% RAW/ADAU 32nd Annual Power Day (BP/DL/Strict Curl) (Bigler, PA) at the Bigler YMCA » Jay Siegel, 814.765.3214, engrave2@verizon.net, www.rawpower.com, www.adaurawpower.com

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

APR » **APA Raw National Championships** (Defuniak Springs, FL) » Bobby Myers, 850.974.2880, alaqu-pits@netzero.net

5 MAY » **SLP Lifetime Natural Powerlifting Nationals** (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

5 MAY » USPA Las Vegas Open and Southwest Regional Championship (Las Vegas, NV) » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org

5 MAY » **NASA Western States Nationals** (Mesa, AZ) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com


5 MAY » RPS Championship of the Virginia's (Manassas, VA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

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

12 MAY » SLP Platinum Fitness Open BP/DL Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

12 MAY » **Exile Barbell Association Slingshot Nationals "1 in 8 Charity" Weightlifting Contest** (cash prizes) (Celina, OH) at the Overdrive Event Center » Mike Wolfe, 419.953.9009, bigbadwolfe900@yahoo.com

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

21 JAN, WNPFA Georgia Ironman Record Breakers
(Thomasville, GA)

28 JAN, WNPFA Winter Classic Ironman/BP/DL Championships
(Middletown, NY)

11 FEB, WNPFA All-Raw Tournament of Champions
(Greenville, SC)

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

12 MAY » NASA South Texas Open (Alvin, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

12 MAY » WABDL Buckeye Hall of Fame Classic (Canton, OH) at The McKinley Grand Hotel » Don Miskinis, 216.272.9409, www.wabdl.org

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

16 MAY » NASA West Texas Open (Amarillo, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

19 MAY » SLP Ho-Chunk Nation Open BP/DL Championship (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

19 MAY » RAW United Dungeon Power Day (Port Charlotte, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

19 MAY » NASA KY State PL/BP/PP Championship (Morehead, KY) » Greg Van Hoose, 304.273.3110, greg@vhepower.com, www.vhepower.com

19 MAY » Suffolk Special Olympics Bar Bender (Suffolk, VA) at Kings Fork High School » Rob Kelly, robkellypl@gmail.com, 757.771.7361

19 MAY » USPA Grass Valley Open (Grass Valley, CA) at IronWorks Athletic Club » Steve Matthews, smatthews24@yahoo.com or matthews6624@yahoo.com, 530.844.2080 or 530.272.9462, www.uspla.org

19 MAY » Big Apple Powerlifting Championship (Bronx, NY) at Astral Fitness » astralfitness@aol.com, www.astralfitness.net

19 MAY » NASA Bench Press Nationals (Denver, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

19 MAY » NASA Power Sports Nationals (Denver, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

19 MAY » RPS 3rd Annual South Jersey Rumble (Paulsboro, NJ) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

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

19 MAY » 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.com

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

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

26 MAY » Bench Press & Deadlift Meet (cash prizes for biggest BPs) (Allenwood, PA) » Chris Kitchen, 570.428.4344, chriskitchen700@yahoo.com

26 MAY » USPA Florida State Single-ply/Raw PL/Single Lift/PP Classic (Stuart, FL) » Brian Burritt, bburritt@scvl.com, 812.204.2886, www.uspla.org

26 MAY » USPA Patriot Games PL Championship (Santa Maria, CA) at Santa Maria Athletic Club » Ken Tawzer, 805.344.2186, kmctawzer@verizon.net, www.uspla.org

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

26-27 MAY » East Coast Powerlifting Championship (BP/DL/Curl/BP for Reps/Rep Challenge) (Runnemede, NJ) at the Runnemede Inn » Bob Marcellino, 856.340.5721

MAY » APF Gulf Coast PL/BP Meet (New Port Richey, FL) » Rick Lawrence, 727.376.1707, www.worldpowerliftingcongress.com

MAY/JUN » WNPFA International Invitational BP/DL Championships (Tibulis, Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

1-3 JUN » APF Senior Nationals (Raw & Equipped - WPC Qualifier) (Myrtle Beach, SC) » Kieran Kidder & Amy Jackson, 866.38934744, amyjackson@aol.com, www.worldpowerliftingcongress.com

2 JUN » Summer Push/Pull Meet (Elkhart, IN) » Jon Smoker, jjrcsmoker@hotmail.com

2 JUN » NASA Missouri Grand (Joplin, MO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

2 JUN » WABDL National Push-Pull Championships (Phoenix, AZ) at the Sheraton Crescent » Gus Rethwisch, 503.901.1622, www.wabdl.org

2 JUN » WABDL Northwest Regional BP/DL Championships (Medford, OR) at Ramada Inn » Dan Guches, 541.890.3258, Sam Pecktol, 541.690.4165, www.wabdl.org

2 JUN » RPS 3rd Annual Philly Push/Pull (Bristol, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

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

9 JUN » SLP Superman Classic BP/DL Championship (Metropolis, IL) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

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

9 JUN » WABDL Rocky Mountain Regional BP/DL Championships (Salt Lake City, UT) at the Hampton Inn » Gus Rethwisch, 503.901.1622, www.wabdl.org

9-10 JUN » NASA USA Nationals (Springfield, OH) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

16 JUN » SLP Michigan Open BP/DL Championship (St. John's, MI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

16 JUN » WABDL National BP/DL Championships (Portland, ME) at the Fireside Inn and Suites » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org

16 JUN » WABDL Great Northern BP/DL Championships (Olympia, WA) at the Red Lion Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

22-24 JUN » RAW United Mike Witmer Memorial Open (Tampa, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

23 JUN » SLP Samson's Gym Open BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

23 JUN » USPA Central State PL Championship (Blue Springs, MO) » Jay Shelton/Rodney Woods, 417.293.6717, rodwood1967@yahoo.com, www.uspla.org

23-24 JUN » 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

27 JUN » USPA National Championship (Costa Mesa, CA) at the Hilton Hotel » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org

30 JUN » WABDL Southern National BP/DL Championships (Birmingham, AL) at the Sheraton Downtown Hotel » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org

30 JUN » RPS 4th Annual Connecticut State Championships/Europa Battle of Champions Sports Expo (Hartford, CT) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468,

www.rychlakpowersystems.com

30 JUN » WNPF National Championship Tournament of Champions (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

JUN » WNPF New York State PL Championships (Yonkers, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

JUN » WNPF Alabama PL Championships (Birmingham/Montgomery, AL) » Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

1 JUL » WABDL Sonny's 8th Annual Push-Pull (Honolulu, HI) at the Hawaii Convention Center » Mike Saito, 808.221.0129, Jocelyn Ronolo, 808.387.8776, www.wabdl.org

8 JUL » WNPF National Tournament of Champions (Philadelphia, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

14 JUL » WNPF National Tournament of Champions (Plantation, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

14 JUL » ANPPC World Cup PL Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

14 JUL » NASA Grand Nationals (Des Moines, IA) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

14 JUL » WABDL Midwest Regional BP/DL Championships (Minneapolis, MN) at the Marriott Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

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

15 JUL » WNPF National Tournament of Champions (Youngstown, OH) » Ron DeAmicis, powerlt103@aol.com, www.wnpf.net

21 JUL » SLP Northwest Arkansas Open BP/DL/Curl Championship (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

21 JUL » NASA High Desert Classic (PL/PP/BP/PS) (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, www.liftinglarge.com, www.nasa-sports.com

21 JUL » RAW United UPF Challenge (Orlando, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

21 JUL » NASA WV Open PL/BP/PS/PP Championship (Ravenswood, WV) » Greg Van Hoose, 304.273.3110, greg@vhepower.com, www.vhepower.com

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

28 JUL » SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

28 JUL » WABDL Southwest BP/DL Championships (Dallas, TX) at the Sterling Hotel » Alex Calvo, 817.403.3525, www.wabdl.org

28 JUL » WABDL Great Lakes Regional BP/DL Championships (Lansing, MI) at the Causeway Bay Hotel » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org

28 JUL » RPS Pennsylvania State Powerlifting Championships & Bench Nationals (Lancaster, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

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

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

28 JUL » USPA Jill Mills PL Classic (San Antonio, TX) » Steve Denison/Chris Pappillion, steve@uspla.org, 661.333.9800, www.uspla.org

JUL » WNPF National Tournament of Champions (Rochester, NY) » Ron DeAmicis, powerlt103@aol.com, www.wnpf.net

JUL » WPC South America Championships (Barranquilla, Columbia) » Leonardo Cavaglia, powerlifting76@gmail.com, www.aaapowerlifting.com.ar, www.worldpowerliftingcongress.com

JUL/AUG » WNPF North Carolina PL Championships (Asheville, NC) » Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

4 AUG » SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

4 AUG » WABDL West Coast BP/DL Championships (Rancho Cordova/Sacramento, CA) at the Marriott Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

4 AUG » RPS New York State Powerlifting Championships (Rochester, NY) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

4 AUG » USPA Baddest Bench at the Big Show (Rock Springs, WY) » John King, soxfan1919@yahoo.com, 307.389.2112, www.uspla.org

5 AUG » USPA Rocky Mountain Regional PL Championship (Rock Springs, WY) » John King, soxfan1919@yahoo.com, 307.389.2112, www.uspla.org

5 AUG » USPA Treasure Coast Classic Single-ply/Raw PL/Single Lift/PP Championships (Stuart, FL) » Brian Burrirt, bburrirt@scvl.com, 812.204.2886, www.uspla.org

6-11 AUG » AWPC World Championships (Equipped & Raw) (Ukraine) » Vitaliy Bobchenko, www.worldpowerliftingcongress.com

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

11 AUG » RPS Raw Dog Nationals & AMVETS Powerfest Fundraiser (Allentown, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

11-12 AUG » NASA World Cup of Power (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

12 AUG » SLP Missouri State Fair BP/DL Championship (Sedalia, MO) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

18 AUG » 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

18 AUG » SLP Indiana State Fair Outlaw BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

18 AUG » RAW United Rev. Milton Simmons Memorial Open (Ashburn, VA) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

19 AUG » SLP Illinois State Fair BP/DL Championship (Springfield, IL) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

25 AUG » SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

25 AUG » NASA Colorado Grand (Loveland, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

25 AUG » WABDL Tom Foley BP/DL Classic (Nanuet, NY) at Premier Fitness » Brian Fahrenfeld, 201.463.5250, brianf@premierfitnessny.com, www.wabdl.org

25 AUG » USPA Hawaii BP/DL Championships (Honolulu, HI) » Ata Edralin & Darren Matsumoto, nalomightymouse@yahoo.com, windocswindow@yahoo.com, 808.256.6542, 808.224.3433, www.uspla.org

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

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

AUG » Ultimate Athletics Ultimate PL Challenge (Ithaca, NY) » James Howell, 607.330.2665, jh198@hotmail.com, www.uagym.com

1 SEP » SLP Florida State BP/DL Championship (Kissimmee, FL) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

1 SEP » NASA Texas Powerlifting Picnic (Gilmer, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

7-9 SEP » RPS Supreme Iron Warrior World Championships (Newark, NJ) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

8 SEP » SLP Tennessee State Fair BP/DL Championship (Nashville, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

8 SEP » RAW United Armed Air Forces Championships (Tampa, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

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

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

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

15 SEP » SLP Bodyworks Gym Open BP/DL Classic (Dry Ridge, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

COMING EVENTS »

15/22 SEP » WNPf Ironman Nationals & Florida BP/DL/PC (Orlando, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
22 SEP » SLP National Powerlifting Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
29 SEP » NASA New Mexico Regional (Roswell, NM) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
29 SEP » SLP Tennessee State BP/DL Championship (Oakland, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
SEP » WNPf Upstate NY II (Rochester, NY) » Ron DeAmicis, powerlt103@aol.com, www.wnpf.net
6 OCT » RAW United Tony Conyers Extravaganza (Tampa, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com
6 OCT » WNPf Palmetto Ironman Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
6 OCT » SLP Indiana State Open BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
6 OCT » NASA Tennessee Regional & State Picnic (Counce, TN) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
13 OCT » SLP Western Nationals Open & Oklahoma State BP/DL Championships (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
13 OCT » NASA 31st Oklahoma Grand (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
20 OCT » ANPPC National Powerlifting Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
20 OCT » NASA Ohio Regional (Springfield, OH) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
20 OCT » RPS 16th Annual Power Challenge (Attleboro, MA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
20-21/27-28 OCT » WNPf 21st World Championships (FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
27 OCT » NASA KY Regional PL/BP/PS/PP Championship (Morehead, KY) » Greg Van Hoose, 304.273.3110, greg@vhpower.com, www.vhpower.com
27 OCT » SLP Open Northern Grand National BP/DL/Curl Championship (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
27 OCT » NASA Iowa Regional (Des Moines, IA) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
2-4 NOV » RAW United National Championships (Tampa, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com
3 NOV » ADAU Raw Power 30th Annual Central PA Open PL Championships (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com
3 NOV » SLP Kentucky Muscle Southern States National BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
3 NOV » RPS 3rd Annual RPS Autumn Apocalypse (Egg Harbor Township, NJ) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
3-4 NOV » NASA Masters/Sub Masters Nationals (Mesa, AZ) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
3-4 NOV » NASA Arizona Regionals (Mesa, AZ) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
4 NOV » WNPf BP/BP for Reps/DL/PC Nationals (TBA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
4 NOV » USPA House of Pain Single-ply/Raw PL/Single Lift/PP Championships (Stuart, FL) » Brian Burritt, bburritt@scvl.com, 812.204.2886, www.uspla.org
6-11 NOV » AWPC/WPC World Cup PL/BP/DL (Raw & Equipped) (Russia) » Yuriy Ustinov & Evgeniy Chugunov, wpc@wpc-wpo.ru, www.wpc-wpo.ru, www.worldpowerliftingcongress.com
7 NOV » NASA Texas Equipped State (Dallas, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
10 NOV » NASA WV Regional PL/BP/PS/PP Championship (Ravenswood, WV) » Greg Van Hoose, 304.273.3110, greg@vhpower.com, www.vhpower.com

10 NOV » SLP Ohio State BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
13-18 NOV » WABDL World BP/DL Championships (Las Vegas, NV) » at Bally's Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
17 NOV » WNPf Raw Nationals PL Championships & USA Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
17 NOV » USA Raw Bench Press Federation World Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
17-18 NOV » 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
17-18 NOV » NASA Unequipped Nationals (Dallas, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
NOV » NASA Colorado Regional (Loveland, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
NOV » WPC World Championships (Equipped & Raw) (USA) » Keiran Kidder, www.worldpowerliftingcongress.com
1 DEC » NASA High Desert Holiday Classic (PL/PP/BP/PS) (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, www.liftinglarge.com, www.nasa-sports.com
1 DEC » SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Oakland, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
1 DEC » RPS 8th Annual Christmas Carnage (Allentown, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
2 DEC » WNPf 2nd International Georgia Open BP/DL Championships (Tbilisi, Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
8 DEC » RAW United Support the Troops Benefit Meet (San Antonio, TX) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com
8 DEC » 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 » WNPf Sarge McCray Push/Pull Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
17 DEC » WNPf All Raw Classic (Middletown, NY) » Mike Manzo, manzo-powerlifting@yahoo.com, www.wnpf.net
29 DEC » SLP The Last One BP/DL/Curl Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

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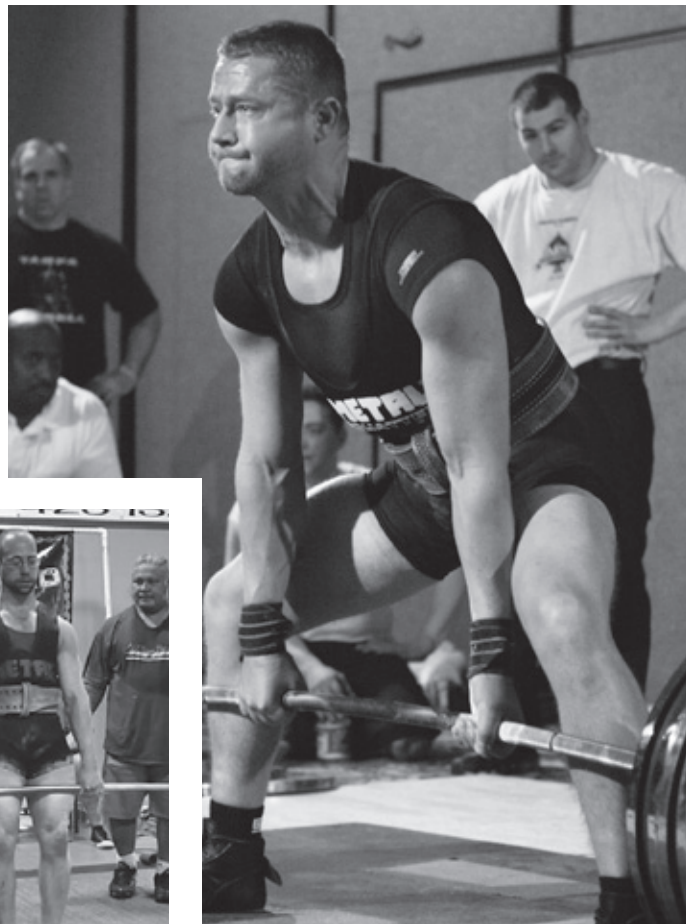
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TOP 100 PHOTOS



Greg Simmons – the IPF Star is a long time veteran of competition in this weight class



Eric Talmant moved down a weight class and up the ranking lists



Dean Kaneshiro keeps bumping his Masters World Record Bench Press up a notch almost every time he competes



Max Misch pulling 550 raw an an IPA competition



David R. Smith remains one of the top benchers in WABDL history



Scott Layman has been a big time squatter in the 148s for many years

Will you make the upcoming TOP 100 list for the 181 lb. class? Last time we ranked this class the minimum lifts to make that list were 560 lb. in the squat, 407 lb. in the bench press, 573 lb. in the deadlift, and 1,460 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 181 class will be February 2011 through February 2012. 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 FACEBOOK 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 148 lb./67 kg. USA lifters in results received from OCT 2010 through OCT 2011

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

NEXT MONTH » TOP 165

CORRECTIONS: Brandon Cass's 837 deadlift at 220, described as the heaviest lift in history in that weight class, was actually done in the raw category, and not the open division as some have assumed.

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.

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- 325 Okubo, M..4/30/11
- 325 Deltrick, T..5/14/11
- 325 Jackson, A..7/16/11
- 325 Asselin, S..7/23/11
- 325 Simmons, G..9/27/11
- 320 Malmberg, D..3/6/11
- 319 Hackaspker, R..8/20/11
- 315 Blough, D..4/8/11
- 315 Constantineau, D..7/9/11
- 314 Otsuka, D..1/16/10
- 314 Lyons, L..1/19/10
- 314 Blum, D..7/30/11
- 314 Perry, S..8/27/11
- 310 Irby, T..3/11
- 310 Edward, V..7/23/11
- 309 Yager, B..1/23/11
- 308 Pellegrino, J..10/23/10
- 308 Barnett, J..4/1/11
- 305 Helgert, B..2/12/11
- 305 Martinez, J..3/11
- 305 Bamber, L..3/11
- 305 Ramirez, A..3/11
- 305 Sales, C..3/11
- 305 Stone, B..6/17/11
- 303 Hoosier, M..3/12/11
- 303 McAllister, P..4/1/11
- 303 Grimaldi, A..4/1/11
- 303 Hernandez, M..4/1/11
- 303 Beaudry, J..5/7/11
- 303 Ritucci, S..5/14/11
- 303 Moore, T..7/28/11
- 300 Huber, M..11/13/10
- 300 Roberson, D..12/18/10
- 300 Wilson, S..2/19/11
- 300 Robinson, K..3/20/11
- 300 Salinas, R..3/11
- 300 DiFrancisco, P..5/8/11
- 300 Hinkle, D..6/25/11
- 300 Lowrance, B..7/27/11
- 299 Nipp, R..7/10/11
- 297 Torres, L..4/1/11
- 297 Schwanke, S..5/28/11
- 295 Ford, G..11/10/10
- 295 Butterhof, J..12/10/10
- 295 Bauer, F..3/12/11
- 295 Ramirez, L..3/11
- 292 Dear, J..4/1/11
- 292 Murphy, D..4/1/11
- 292 Euland, D..6/4/11
- 292 Lanham, J..8/13/11
- 290 Talmant, E..10/2/10
- 290 Serrano, W..11/6/10
- 290 Conaway, B..2/19/11

DEADLIFT

- 610 Talmant, E..10/2/10
- 606 Conyers, T..10/2/10
- 600 Morrow, J..3/5/11
- 575 Snelling, R..4/2/11
- 573 Rios, S..2/26/11
- 567 Bareng, J..9/11
- 565 Spencer, C..4/16/11
- 562 Lenhart, N..12/10/10
- 562 Kaneshiro, D..7/10/11
- 560 Silas, J..4/16/11
- 551 Nelson, J..1/29/11
- 551 Tejero, M..6/11/11
- 550 Misch, M..5/21/11
- 550 Irby, T..3/11
- 545 Keough, K..7/9/11
- 545 Gallo, A..8/13/11
- 530 Boutte, N..11/13/10
- 530 Hackett, L.J..8/11
- 530 Ianno, J..9/3/11
- 529 Layman, S..3/26/11
- 529 Broussard, M..4/1/11
- 525 Mohammed, T..11/6/10
- 525 Logan, K..4/16/11
- 525 Page, G..4/16/11
- 525 McCoy, W..7/31/11
- 523 Evangelista, A..5/14/11
- 523 Carpenter, D..7/11
- 523 Gonzales, J.J..10/1/11
- 520 Infante, A..3/11
- 520 Young, C..4/16/11
- 512 Desengano, R..7/2/11
- 507 Washington, H..2/19/11
- 507 Moya, D..3/26/11
- 507 Hackaspker, R..8/20/11
- 501 Otsuka, D..11/6/10
- 501 Phillips, A..1/29/11
- 501 McCord, M..2/12/11
- 501 Molina, S..4/1/11
- 501 Phillips, J..8/20/11
- 501 Tancredi, M..8/20/11
- 501 Flagg, D..8/20/11
- 501 Simmons, G..9/27/11
- 500 Rogers, S..11/20/10
- 500 Avilez, O..3/11
- 500 DeVore, B..3/11
- 500 Flores, E..3/11
- 500 Alfaro, L..3/11
- 500 Starling, B..4/16/11
- 500 Harris, D..4/16/11
- 500 Manso, R..9/10/11
- 498 Constantineau, D..7/9/11
- 496 Barnett, J..4/1/11
- 496 Bareng, C..7/2/11
- 495 Sesay, A..2/19/11
- 495 Morgan, D..4/16/11
- 495 Morgan, M..6/17/11
- 490 Stover, R..3/5/11
- 490 Leos, A..3/11
- 490 Gonzalez, R..3/11
- 490 Torres, L..4/1/11
- 490 Gerber, C..6/4/11
- 485 Hitchcock, A..11/7/10
- 485 Foddrill, B..1/29/11
- 485 Kinkel, B..3/12/11
- 485 Ramirez, A..3/11
- 485 Cattell, B..8/11
- 480 Miller, S..10/30/10
- 480 Oyer, R..2/5/11
- 480 Sandell, E..3/11
- 480 Carter, D..3/11
- 480 Johnson, K..4/16/11
- 479 Jacobs, J..9/27/11
- 475 Dubiel, N..3/12/11
- 475 Walker, K..3/11
- 475 Dockens, N..3/11
- 475 Markiewicz, N..3/11
- 475 Fuselier, T..3/11
- 475 Golightly, D..10/22/11
- 473 Esposito, R..9/27/11
- 473 Wilson, D..3/5/11
- 473 Johnson, S..3/12/11
- 473 McAllister, P..4/1/11
- 473 Duke, P..4/16/11
- 470 Salinas, R..3/11
- 470 Hunter, A.J..3/11
- 470 Wheat, C..4/8/11
- 470 Weisberger, A..8/11
- 468 Okoro, L..5/21/11
- 465 Carlisle, J..3/11
- 465 Brewer, D..3/11
- 465 Hall, M..3/11
- 465 Law, C..10/30/11
- 462 Thompson, B..10/23/10
- 462 Wong, C..11/18/10
- 462 Divin, Z..4/1/11
- 462 Grimaldi, A..4/1/11
- 462 Kang, A..5/28/11
- 462 Szalman, K..6/4/11
- 462 Rodriguez, N..7/30/11
- 460 Martinez, J..3/11

TOTAL

- 1642 Tejero, M..6/11/11
- 1580 Morrow, J..3/5/11
- 1559 Broussard, M..4/1/11
- 1526 Bareng, J..9/11
- 1488 Layman, S..9/11
- 1483 Nelson, J..1/29/11
- 1470 Stover, R..3/5/11
- 1466 Conyers, T..4/30/11
- 1445 Hackett, L.J..8/11
- 1399 Rios, S..2/26/11
- 1385 Bawcum, K..3/11
- 1375 Gonzales, J.J..3/11
- 1365 Avilez, O..3/11
- 1365 Spencer, C..4/16/11
- 1345 Talmant, E..10/2/10
- 1335 Boutte, N..11/13/10
- 1333 Phillips, A..1/29/11
- 1333 Simmons, A..9/27/11
- 1330 Silas, J..4/15/11
- 1317 Bareng, C..7/2/11
- 1310 Weisberger, A..8/11
- 1300 Leos, A..3/11
- 1300 Salinas, R..3/11
- 1300 Hackaspker, R..8/20/11
- 1295 McCoy, W..7/31/11
- 1273 Torres, L..4/1/11
- 1273 Martinez, J..3/11
- 1250 Butler, R..3/11
- 1250 DeVore, B..3/11
- 1245 Otsuka, D..11/6/10
- 1245 Divin, Z..4/1/11
- 1245 Dear, J..4/1/11
- 1240 Sandell, E..3/11
- 1240 Walker, K..3/11
- 1240 Starling, B..4/16/11
- 1234 Washington, H..2/19/11
- 1230 Solis, J..3/11
- 1230 Bamber, L..3/11
- 1230 Ramirez, A..3/11
- 1229 McAllister, P..4/1/11
- 1229 Keough, K..7/9/11
- 1223 Grimaldi, A..4/1/11
- 1220 Manso, R..9/10/11
- 1218 Hitchcock, A..11/7/10
- 1215 Webster, J..3/12/11
- 1215 Young, C..4/16/11
- 1215 DeLaCruz, M..11/13/10
- 1210 Carrasco, R..3/11
- 1210 Walker, T..3/11
- 1210 Logan, K..4/16/11
- 1210 Schwanke, S..5/28/11
- 1200 Dockens, N..3/11
- 1200 Flores, E..3/11
- 1195 Guerrero, A..3/11
- 1195 Salas, N..3/11
- 1195 Barnett, J..4/1/11
- 1190 West, R..9/11
- 1185 Blough, D..4/8/11
- 1180 Carlisle, J..3/11
- 1180 Truong, G..3/11
- 1179 Carpenter, D..7/11
- 1175 Miller, S..10/30/10
- 1175 Tran, P..3/11
- 1175 Varela, O..3/11
- 1175 Infante, A..3/11
- 1175 Miles, M..6/17/11
- 1173 Desengano, M.R..7/2/11
- 1173 Phillips, J..8/20/11
- 1170 Carter, D..3/11
- 1170 Alfaro, L..3/11
- 1170 Wetuski, J..3/11
- 1170 Sigmon, A..4/30/11
- 1165 Sesay, A..2/19/11
- 1165 Sellars, V..3/11
- 1162 Dammings, D..6/11/11
- 1155 Trevino, J..3/11
- 1155 Garza, M..3/11
- 1155 Dodge, G..3/11
- 1151 Murphy, D..4/1/11
- 1150 Rollins, J..1/15/11
- 1150 Green, K..3/11
- 1150 Cantu, E..3/11
- 1150 Gudino, S..4/23/11
- 1146 McCord, M..2/12/11
- 1146 Hernandez, M..4/1/11
- 1146 Whitney, D..5/28/11
- 1145 Brewer, D..3/11
- 1140 Pham, B..2/26/11
- 1140 Bateman, B..3/5/11
- 1140 Moya, D..3/26/11
- 1140 Markiewicz, N..3/11
- 1140 Page, G..4/16/11
- 1140 Stone, B..6/17/11
- 1140 Trinidad, A..7/9/11
- 1140 Golightly, D..10/22/11
- 1135 Foddrill, B..1/29/11
- 1135 Keathley, W..3/11
- 1135 Benavides, M..3/11
- 1135 Green, M..4/16/11





HENRY THOMASON HAS THE BIGGEST SINGLE-PLY SQUAT IN THE WORLD FOR SQUATTING 1,058 POUNDS. Nobody has squatted more—past or present. Henry also plans on setting other records in the future. Let's meet this powerlifting great!

Henry, tell readers about yourself.

My name is Henry Thomason. I am a 32 year-old elite/pro, single- and double-ply powerlifter currently living in Sherman, Texas. I work as a night shift material lead at Stanley Black & Decker, Kwikset Plant.

How did you get started in powerlifting?

I started weight training in high school for football. My senior year I started the school's first powerlifting team. I ended up winning both the state and national title. I had a short college football career at Tabor College in Hillsboro, Kansas. I then transferred to Grayson College to be closer to my family. The following year I began competing in powerlifting at the collegiate level and won several junior, teenage and collegiate national championships from 1999–2001. I also made several national teams. I left the sport from 2002–2006 and returned to competition 2007. I had to take some time off from the sport to focus on work and school. Then in the summer of 2006, my co-workers encouraged me to start lifting again. I haven't looked back since.

What federation do you compete in and what are your best lifts?

I compete with NASA, USAPL, APF, SPF, IPA, and USPA, but the majority of my lifting has been in single-ply gear with NASA.

Best Lift at 275/308/SHW:

- **Raw:** 765 SQ (NASA) - 405 BP (USPA) - 661 DL (NASA) - 1,760 Total (NASA)
- **Single-ply:** 1,058 SQ (USPA) - 750 BP (SPF) - 700 DL (NASA) - 2,403 Total (USPA)
- **Double-ply:** 1,207 SQ (APF) - 755 BP (SPF) - 716 DL (APF) - 2,650 Total (SPF)

**Editor's note: Henry's single-ply squat is the best in the world today*

----- read more »

HENRY THOMASON

interviewed by Ben Tatar of CriticalBench.com
photos courtesy Thomason/CriticalBench.com

When it comes to SQ/BP/DL, how did you train as a beginner? How did you train for a bigger squat as an intermediate to get past that barrier? And now how are you training the SQ/BP/DL as an elite powerlifter?

As beginner I bought everyone's book, training video and magazine on the market. I traveled to as many powerlifting and strongman events as I could get to. I started asking more experienced lifters questions about training and how to be successful. The biggest thing was to develop good technique. Shelby Jones (NASA), a top super heavy lifter, did a great job of pointing out things to work on at every meet. I learned new things to work on for the next one and how to track my process.

As an intermediate, I started to look for a powerlifting gym. My biggest problem was not having regular training partners and spotters. A friend suggested Bad Attitude Gym, which is a hardcore powerlifting gym in Dallas, Texas, which produces top level lifters every year. They taught me how to put together a strength program and how to wear single and double gear correctly. It was also a great team environment. I also got tons of advice about meet planning and fine tuning my lifts on meet day from Rich Peters (NASA).

As an elite lifter, I started to video my lifts and started posting a training log. I now have a library of information about my lifts making it easier to troubleshoot issues and become more efficient in my training. I try to keep an open mind about training and new ways to get stronger. Sean Donegan and Phil Wylie (Bad Attitude Gym) have been a very positive influence. They help training by keeping my ego in check. These guys are always teaching technique, training planning, rest, and meet day strategy.

Tell us about your diet and what are your favorite supplements?

I try to take in more calories on heavy training days, anywhere from 4,000–5,000 calories and less on off training days, around 1,500–2,000 calories. As for supplements, I take a daily multi-vitamin or training pack. During training sessions I started taking protein shakes a couple weeks out from a meet to help with recovery. Pre-workout I use normal energy drinks.

So far in your powerlifting journey, list us a favorite moment, crazy moment, funny moment, and a moment that changed you?

- **Favorite moment:** winning the men's 2001 USAPL College Nationals in Lafayette, Louisiana. Also, squatting 1,058 at the LA Fit Expo in February of 2011, breaking the single-ply all-time record.
- **Crazy moment:** my first APF Senior Nationals in West Palm Beach in June 2009. Everyone in my flight was opening with 1,000 plus squats. Only three lifters made their attempts. Everybody else bombed out.
- **Funniest moment:** it wasn't funny at the time, but looking back... knocking my front teeth out after squatting my first 1,100 lb. squat in training. I tripped over the front of the mono-lift and landed face first into a bench press.





HENRY THOMASON »



▪ **Changing moment:** lifting on the USAPL Team at the 2001 IPF Junior Worlds in Sofia, Bulgaria, September 2001 during the 9/11 crisis. That's where I realized that powerlifting was bigger than just one person.

What was the best and worst advice you ever received?

Worst advice? Nothing comes to mind. Best advice? Stay out of the politics of powerlifting and focus on lifting.

What are your future goals?

▪ **Short term goals:** to be the first person to squat 1,102 (single-ply) and 1,300 (double-ply) pounds.

▪ **Long term goals:** to break 2,600 (single-ply) and 2,800 (double-ply) pounds total and also make an IPF World Team.

Those are big goals, to be the first person to ever squat 1,102 single-ply and 1,300 pounds double-ply! You are well on your way. What do you enjoy doing away from powerlifting?

Most of the time I am working 60 hours a week, so I try to spend time with my family and friends.

It's amazing that you can be a champion in powerlifting as well as work that much. That takes heart! How does your training change during the different seasons of the year?

That's a little tricky because of all the meets that I compete in. I average around 15 meets per year and in different federations with different equipment standards. I generally follow a West-side style of training, but I'm always focusing on form and technique.

What gym do you train at?

Currently, I train at a couple of gyms because of my work schedule. During the week I train at the local health club in Sherman, TX, for light days. Then drive one hour to Sean Donegan at Bad Attitude Gym in Dallas, TX, for my heavy days on the weekend. If I miss a bench training session I will train with Mike Womack at Kingdom Power Gym in McKinney, TX. But my



home gym is with Bad Attitude.

Who in powerlifting inspires you?

There have been several people that inspired me in the sport, but two individuals come to mind. Sean Donegan: he's showed me how lessons can be learned on the platform and how they can be applied to a person's life outside of powerlifting. Lee Eliff: he always gives back to high school lifters.

How do you see the future of powerlifting?

We need unification with the different federations. Take out the "money and ego" aspect of lifter versus organization and to focus on developing the sport from youth lifters up to the

elite level. If we don't, the sport will stay regional and we won't see the best lifters compete against one another.

How are you going to remember your powerlifting journey?

With no regrets and having reached all my goals.

How do you want to be remembered?

How about the greatest squatter of all-time!!! No, seriously, I want to be remembered as a person who gave back to the sport and, hopefully, inspired people to lift.

What is your message to the PL world?

Focus on technique, and have fun with your lifting.

Do you have a creed or motto that you live by?

"Say it on the platform." – Mark Swank

Well, you have really left a mark on the powerlifting world. Congratulations on your world record, and we can't wait to see what you have in store for us next! In closing, who would you like to thank?

My family and friends, Sean Donegan, Rich Peters, Lee Eliff, Shelby Jones, Ken Anderson, Phil Wylie, Mark Swank, Adam Korenke, Scott Prosek, Jim and Amanda DuVall, Alan Borden, Adam Nunnallee, Pete Alaniz, Derek Brixius, Mike Womack, Bad Attitude Gym, Titan Support Systems Team, and NASA Powerlifting. «

WESTSIDE FOR BEGINNERS »

the range of motion; with the general presumption that practitioners not be using powerlifting gear.

- There is a general presumption that practitioners will not be using steroids, especially in regard to an overall lower volume of work.
- Max effort primary exercises change after 3 weeks. This is to provide structure and to show clear increases in strength.
- Structured numbers of sets and reps. Clear lists of exercise choices, again for structure.
- No Circa-max.
- No delayed transformation information or concentrated loading other than that inherent in the program.

Aside from these changes, all other elements of the Westside program are largely intact. Advanced progressions not included in this program are there to be taken. They won't do any good for people new to the program, but will obviously be useful tools as strength and experience grows and new adaptations are required. This idea is communicated within the program.

Maximum effort day rep ranges of 3–5 obviously do not represent the program in its purest form. Nonetheless, this will provide simple regulation and structure to increasing resistance. When 5–6 reps are reached, weight is added such that only 2–3 reps may be completed. This relationship between earning higher loads with higher reps is easily grasped, safe, and will build more mass. Further, the directive to keep all of these sets above 90% ensures the effects of the method of maximal efforts remains intact. Finally, male practitioners will almost all want the increased hypertrophy that this repetition range will provide over singles. For ladies, this is still a low enough range that hypertrophy is not optimized. Regardless, hypertrophy with females will be of little concern given a recommended diet that will not result in caloric surpluses and no use of performance enhancing drugs.

Regarding the inclusion of the basic bench press, squat, dead-lift as part of the regular rotation of exercises on max effort day; the follow-

ing logic applies:

- It is expected that very few, if any practitioners of this program will be competing in power lifting. So, there is no need to treat these lifts any differently than their variations as they are simply excellent, additional multi-joint movements
- There will be no added worry about CNS fatigue for these lifts; no added stress or stigma.
- The bench press, squats and deadlifts are excellent “indicator exercises” to measure progress.

Certain exception rules have been removed from the details of this program to keep it simple to follow. One example is: “Deadlifts of any kind should not be done for more than 2 weeks on a row.” Most beginners will not be using enough weight or have enough experience in engaging as many muscle fibers as advanced lifters, making this lift less taxing on the CNS.

On speed days, this program recommends 5 sets to start for all of the lifts: box squats, deadlifting and bench pressing. The logic here is simple: one can always increase the volume progressively, but not if a lifter “crashes” due to too much volume and CNS stress. This opening volume will still create the required effect of the speed portion of the program, especially for newer lifters who require far less volume to effectively trigger adaptations. Also, this will generally ensure enough recovery for steady increases on maximal effort days. Finally, the least amount of time in the gym will always be paramount to most of the target participants.

Instruction on use of the repetition method has been simplified with sets to be completed until “form can no longer be maintained.” Further, all repetitive assistance exercises are to be completed explosively with an emphasis on speed of movement. This idea is emphasized throughout the program and is meant to get participants over the “slow, controlled movements” so predominant in the body-building fitness culture. No mention of long, slow tempo sets was included to avoid confusion.

At Westside the repetition method is said to be used instead on max effort day “sometimes.” “Sometimes, especially during a heavy mini-period like circa-max we don't do any max effort work but rather train the muscles using the repetition method” – Book of Methods, page 155. This program regulates this and other temporal variations with clear direction to complete 3 weeks of max efforts with the 4th week devoted to repetitions. This will provide auto-regulation for restoration and help ensure participants don't over-train or over-stress the CNS. The 3 week period is the obvious choice given the abundant research of Medvedyev, Siff, Kurz, et.al. The same research reinforces a 1–2 week period of active rest after 3 months, or 3 blocks of 3 + 1 transition week of training.

Anyone with experience who reads this program will notice the low overall volume of work. This again is such that beginners may benefit the most since they will need very little volume at first to progress. Conversely, nothing good can result from erring on the side of too much volume. Additional sets and exercises may be added to this program as required by the individual as accommodation sets in and new adaptations are required. Summarizing, the reasons for limiting total work include:

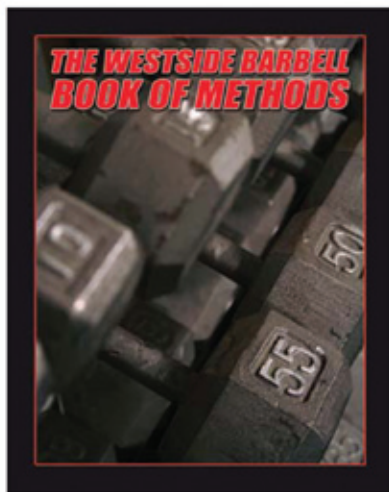
- Prime adaptations will occur with new practitioners with very little volume required.
- Juxtaposition of advanced strength methods to those used to create primarily muscle size.
- Experience and evidence of “less is more” relationship between training and intensity.
- The experience and understanding that as intensity increases, so must rest and restoration.
- Experience and understanding that strength training requires less time in and at the gym.

Three straight weeks provides obvious evidence of progress to the new lifter—physical proof of strength gains and strong, positive psychological reinforcement. Both will condition the mind, CNS, and muscles for more intense single repetition efforts in the future. Finally, this provides the structure required for those using an advanced strength training program for the first time.

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Regarding box squats, a simple progression has been provided in addition to the 40%–50% low range for beginners. The majority of concern regarding spinal compression and safety—especially with respect to an accident—has been nullified by simply removing the box squat altogether from the lower body max effort day. Further, options such as belt squats are mentioned for box squatting to completely remove any danger of spinal injury.

It is not the idea that box squats, especially if done with correct supervision and training, are dangerous. Rather it is the broadly held perception that placing a weighted bar on the top of one's spine and sitting down onto a hard surface can easily result in spinal trauma. This is a widely held and accepted view with a multitude of doctors, chiropractors, and physiotherapists. Indeed, lifters are cautioned about simply dropping down onto a bench with dumbbells in their hands as even this common mistake has been proven to cause spinal cord injury. As such, great care must be taken when introducing the box squat to novices for a myriad of reasons.

Regarding good-mornings, this program contra-indicates anything other than the "low-bar" back position. This is especially important for the safety of novices given the shearing force created in the more vulnerable vertebrae of the neck area by placing loads in the higher bar positions. The lower bar position will also create less strain on the vertebrae of the lower back. The benefits of higher bar positions here are highly outweighed by the costs of potential injury.

Short, special workouts present a unique opportunity for beginners to progress. This is especially pertinent to people who are logistically "closer to the gym." This concept also provides a true answer to a general absence of performance enhancing drugs among beginners. Aside from being convenient and entirely natural, the effects on burning body fat for the average person will be dramatic compared to what they have experienced. Indeed, this is likely to be new and unusual

information for the target participants.

Finally, the program itself becomes more referential as one reads it; so the reader can begin using it after the first 20 pages. If they need more explanation or resources, they can read further. The final 20 or so pages include at least a cursory explanation of the scientific methods involved along with other practical resource information. The website provides demonstrations of the different exercises along with an expansive Q & A. ◀

Download your free copy of *Westside for Beginners* here: www.eco-diet.com/westside.html

ABOUT THE AUTHOR: Sean Kelly an NSCA (National Strength and Conditioning Association) CSCS (Certified Strength and Conditioning Specialist) and CPT (Certified Personal Trainer). He holds a Westside Barbell certification from elite athletic strength trainer and Westside founder, Louis Simmons. Sean holds over a dozen national and world raw powerlifting records. Sean's main areas of interest include advanced strength training and anthropology & diet. Specifically, his two main areas of practical study have been adapting advanced strength methodologies to the goals of the general public and successfully following an evolutionary diet in contemporary society. Sean puts the ideas in this program into practice every day at Fortis gym, www.fortisfitness.ca. Here, the uniquely effective philosophies regarding diet, exercise and building muscle are combined and put into practice. The unification of these proven ideas is detailed in the book *Why We are Fat and How Not To Be, Ever Again!* at www.eco-diet.com. Sean is 46 years old. For over 20 years he has been researching and discovering the endemic causes of our society's obesity and diet related ill-health epidemics. He has practiced and applied these unconventional but highly effective solutions with great success.

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June 1-3, 2012 Myrtle Beach SC

The Baddest Bench The Big Show WyRaw & Equipped WY TBA

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THINGS I'VE LEARNED PT. 4 »

that we have control of our own destiny, that we can achieve whatever we want to achieve. We have the power.

Defeat is in your head, nowhere else. If you think you can't, you won't; conversely, if you believe in yourself, really believe, there is nothing you can't do. If you study the people who consistently defeat the odds in life, you'll find they are people who have a special talent for believing in themselves.

They are aware that there is an awesome power in belief and they seem more than adept at using that power. They understand that positive thinking is of paramount importance to their success. They are able to see the positive in even the worst situations, and they are aware that what initially looks like disaster may actually be a blessing in disguise. They're not so preoccupied by what is but rather with what can be.

Ardis Whitman said, "If we live our lives well in suffering, hardship, or failure, if we can use all our talents and courage, then something of great worth will emerge and be added to the common good." This longing to beat the odds, to conquer our own weaknesses, has carried humanity through its long history. Undoubtedly, the true measure of any athlete or any man for that matter is how well he deals with adversity.

Norman Vincent Peale said something very profound concerning this very issue. He said: "If you think defeat, you will foster the circumstances that lead to defeat. If you think

inadequacy, you will ultimately fail to perform in an adequate manner. But if you think victory and success—really think it and believe it, really believe it—you will perform in a manner that leads to victory and success."

I've lived long enough, experienced enough, and learned enough to know that anyone who believes in himself has the potential for greatness. Trust me on this one, belief is power. People who believe they can move mountains do. People who believe that they can't, cannot. A man is what he believes.

You know most people invariably assume that adversity is inherently bad. I don't believe that for a second. Show me a man who hasn't had adversity in his life and I will show you someone who hasn't lived. Adversity constitutes a sign of life. In fact, I would venture to say that the more adversity you have, the more alive you are. Adversity helps you grow; it builds character, and endurance. Perhaps Martin Luther King, Jr. put it best when he said, "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in moments of challenge amid controversy." Great men are generally at their best when their backs are against the wall. Adversity stimulates them to rise to the occasion, and in many cases, it drives them beyond their mental and physical parameters. It takes them into the stars.

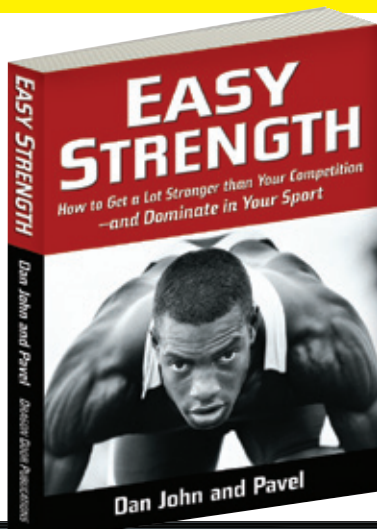
There are a lot of things in this life over

which you have no control: natural disasters or what insurance companies call "Acts of God." On the other hand, we're not exactly helpless, otherwise, the notion of "free will" would never have been necessary.

It has been said that the trials of life are far less important than how one deals with them. Sometimes you can't choose what happens to you, but you can choose how you will react to the situation. Over the years I've learned to know myself. I know the real person deep within me. I have an awesome power within me...we all do. Unfortunately, only a few of us discover it. I believe I can do almost anything, even control circumstances that seem beyond control. I believe in miracles, too, because miracles are also the product of people who can because they think they can. There is an awesome power in belief. When you believe, nothing is out of reach.

Many of life's barriers and obstacles come from within. Success is a choice to be chosen wisely because the choice you make today will determine your world tomorrow. The power to transform our lives, to make the dreams of today the realities of tomorrow, lies waiting within us all. Each and every one of us has the power to change our lives, mold our perceptions and shape our world. We have the power! In America, the greatest country in the world, we have unlimited opportunity. We are only limited by ourselves. In fact, the truth is that we are limitless. Don't be afraid to be amazing. «

"Easy Strength is a masterpiece from two of the best in the business of strength and conditioning. Pavel and Dan John's book will help you improve your performance—no matter what your sport. It doesn't matter whether you are a weekend gym warrior, competitive athlete or coach... you owe it to yourself to read this book. The bottom line is that it will help you become stronger, faster and more powerful in the most efficient way possible..." —Andy Bolton, 6-Time World Powerlifting Champion



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"As a retired teacher of 32 years, and a non-retired competitive lifter of 50 years, I always cringed over the so-called strength strategies employed by high school/college coaches and their athletes. Not that these hard working, serious competitors could be blamed; it was just that much confusion and misinformation about supposed power building programs were everywhere. Unfortunately, many young men and women were placed on time consuming, energy robbing 'bodybuilding' programs; their muscles would pump up, but their strength gains proved negligible.

Now, fortunately, Pavel Tsatsouline and Dan John, perhaps the two foremost strength coaches in the world have written *Easy Strength*. They have removed the myths behind truly EFFICIENT strength work for athletes, spelling out exactly how simple proper programs need be. Football players, wrestlers, track & Field people, and others can now ENJOY a much more direct route to useful total body power without wasting grueling hours in the weight room. About the only downside is that many schools may now have to question why they previously spent so much on rooms full of expensive machines!"

—John McKean, IAWA world champion, multi-world record holder

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« THE SQUAT

WEEK 2	BAR WEIGHT (LB.)	BAND TENSION (LB.)	REPS
SET 1	240	700	2
SET 2	330	700	2
SET 3	420	700	1
SET 4	480	700	1
SET 5	510	700	1

**THE 510 POUNDS PLUS 700 POUNDS OF BAND TENSION WAS ALSO A NEW PERSONAL RECORD*

This concluded a two week strength cycle with two new records. Remember, a strength speed cycle lasts only two weeks. It is done twice a year. Why? Because A.J. normally competes twice a year. In 2011, A.J. broke the world record total three times. While doing this, two circa-max squat cycles were also done. It is very similar to a strength speed cycle, but with more bar weight and less band tension. The total lifts over 90% of a 1-rep max are 4 minimum, 7 optimal, and 10 maximal. Westside lifters stay close to the optimal.

Here is an example of A.J.'s circa-max phase. It is recommended to count lifts at 70% and above with a suit and briefs.



WEEK 1	BAR WEIGHT (LB.)	BAND TENSION (LB.)	REPS
SET 1	240	440	2
SET 2	330	440	2
SET 3	460	440	2
SET 4	550	440	2
SET 5	660	440	1
SET 6	710	440	1

**SET 6 WITH 710 POUNDS WAS A PERSONAL RECORD WITH JUST PREDATOR BRIEFS*



WEEK 2	BAR WEIGHT (LB.)	BAND TENSION (LB.)	REPS
SET 1	240	440	2
SET 2	330	440	2
SET 3	460	440	2
SET 4	510	440	2

WEEK 3	BAR WEIGHT (LB.)	BAND TENSION (LB.)	REPS
SET 1	240	140	2
SET 2	330	140	2
SET 3	460	140	2

This concludes the circa-max phase in a 3-week wave. The third week with the 140 pounds of band tension is the second week of delayed transformation. Providing a week of rest gives A.J. 21 days from the heaviest squat. This makes it possible to be fully rested regarding the bench and deadlift. Seventy-two hours later the max effort workout is done on Monday.

All squat bars are used, but never a regular

squat bar, and on some type of box. Deadlifts of all kinds are done, but seldom a regular deadlift, and an assortment of good mornings. Each week the exercise is rotated and is never done twice in a row. Below is a sample list of special exercises:

- **Week 1:** Front squat on a variety of boxes
- **Week 2:** Safety squat bar on a variety of boxes
- **Week 3:** 14" cambered bar on a variety of boxes
- **Week 4:** Bow bar on a variety of boxes
- **Week 5:** Rack pulls, plates 3" off the floor
- **Week 6:** Rack pulls, plates 6" off the floor
- **Week 7:** Rack pulls, plates 9" off the floor
- **Week 8:** Rack pulls, plates any height with 250 lb. of band tension
- **Week 9:** Rack pulls, plates any height with 350 lb. of band tension
- **Week 10:** Box pulls on a 2" or 4" box conventional
- **Week 11:** Box pulls on a 2" or 4" box sumo
- **Week 12:** Deadlift with 220 or 280 lb. of band tension

- **Week 13:** Concentric good mornings
- **Week 14:** 14" cambered bar good mornings
- **Week 15:** Safety squat good mornings

A.J. has his favorites and uses a rotation of five or six special exercises. A.J. knows it does not do him any good to be strong in the wrong exercises, so he picks them carefully. Just like on speed day A.J. will do three or four special exercises for the low back, erectors, lats, hamstrings, and abs. His main exercises are as follows:

- Reverse Hyper machine
- Inverse curls
- 45-degree hyps
- Bent-over rows with a bar or dumbbells
- Sled pulls
- All type of abs

This is a standard program for A.J. and his training partners. Our top 5 official squats average 1,160 pounds and are constantly going up. Keep an eye out for A.J.'s progress. There is always progress at Westside. «

WHAT WOULD YOU CHANGE? »

single-ply lifting suits and it was fun to tell friends and relatives I officially squatted 650 with national refs, weighing 175, when the truth was that I'd have been lucky to squat 100 lb. less with the same rigorous judging without my suit and wraps. The problem is that it's just gotten out of hand. Now for a lot of lifters, technology figures into their performances as much, and in some cases more, than their actual training. And then it becomes insider information and who knows what and who's connected to the right designers and gets the latest technological advances before anyone else, etc. I remember lifting at the 2002 USAPL Bench Nationals, and one lifter in my weight class was wearing the latest technological design by one company before it had been made available to the general public. It had stitching and sections like I had never seen before on a single-ply shirt, which meant he now had an unfair advantage over the other lifters in his weight class (no sour grapes here; I was in the Masters IV and raw divisions) regardless of whether or not he had actually, in fact, gotten any stronger. As Tom Skiver—the Michigan lifter who hit 600 raw, but could never master the finer points of bench shirts—famously said years ago, “I'm getting tired of getting beaten by a piece of cloth.” I know some will argue that it's no different than other sports like fiberglass poles for pole vaulters, high tech tracks for sprinters and advances in ball and club technology in golf, etc. The difference is that this stuff is available to everyone and it's regulated, i.e. club heads for drivers have a maximum size that is legal.

The shame of it all is that it's made it very difficult to tell who the strongest lifters are. Nick Winters passed away a year ago, and was one of the strongest benchers ever, yet he's little more than a footnote because he did his lifting raw. When every time you turn around, bench and squat records are just falling left and right because of technological advances, it really just makes the records more and more meaningless, anonymous. One doesn't see this in the deadlift as much since all the gear in the world isn't going to help you break the platform with a weight you're not strong enough to lift, although gear undoubtedly helps from that point on. Thus there is no doubt who the deadlift stars in the sport are and have been. Andy Bolton, Ed Coan, anyone? And thus the deadlifts that I made decades ago in the 132 and 148 classes would still rank pretty much the same in any given year. It's just hard to put up big numbers when you're holding your weight down and lifting unequipped, but it's an honest pursuit.

Will gear ever go away completely? No, there will always be pockets of lifters who will use it, especially the pro divisions; but for the average lifter coming up, the sport is more and more getting back to the good old days, when people would just show up at a meet with a singlet and then proceed to see who's stronger. And that is just way cool. It is called powerlifting after all, not gearlifting. Need evidence this is happening? Then look no further than the raw meet the excellent promoter Eric Stone has put on the last three Decembers. This year he just about tripled the number of lifters that showed up for each of the first two meets and actually had to start turning lifters away since the venue was just not big enough and it was a one day meet with one platform. Back to the future? More like to the past. And it's happening fast.



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RICKEY DALE CRAIN: Go back to two federations...

AL CASLOW: If I could change one “thing” with powerlifting, it wouldn't be a thing per se but a situation. Powerlifting is missing the complete system of sport. Besides the USAPL with the IPF there is no legitimate annual system to intrigue and promote purposeful competition. Powerlifting has now become a friendly, neighborhood sandlot sport. If you can put the equipment together, put a meet on and call it “Worlds” if you want. Powerlifting is now clear as mud.

KEN WHEELER: Excellent question. Two things: first thing that came to my mind was the need for us to, somehow, standardize judging across federation lines. I don't believe for a second that this is do-able or even practical to seriously think about considering the way our sport is splintered, but that's what I would like to see nonetheless. There are many who believe that judging is not rocket science and I tend to agree—it's much harder than that because many times you have a wall of spotters in the way, but the disparity of judging between the various federations is beyond my understanding. I'm not pointing fingers at any particular feds or individuals (Lord knows I have made my share of goofs while in the chair), and I'm fine with the concept of “lift where you want to lift.” It's just curious to me as to why there is such a contrast between feds when it comes to passing or failing a lift.

Secondly, and I'm sure to catch heat for this one, I would like to see raw divisions be just that—raw. No supportive gear whatsoever—no belt, no wraps, period. This levels the field to it's ‘rawest,’ most basic level; lifter against weight. If you're worried about hurting your back or knees because you can't use a belt or wraps, then don't lift raw. It's powerlifting; people are going to get hurt with or without gear. Raw should be ‘truly’ raw in my opinion.

Anyone wishing to comment directly to me regarding these thoughts or any others, especially those of you in the USPA (I'm a VP in that fed), please don't hesitate to send me an email: hotpit804@yahoo.com.

MIKE TUCHSCHERER: If I had my way, I would change it so that there was more honesty in the sport. Do what you say you will do. It's not about accidents or mistakes. I understand that. I'm not talking about “bad calls,” or anything like that either. I'm talking about people doing shady stuff that they know is questionable, but they do it anyway. If you've been to a few contests, I'm sure you can think of some things that would qualify. Now, before people say I'm pointing a blaming finger at one faction of powerlifters or another, take a look in the mirror. There are places where all of us can improve regardless of whether you're multi-ply, single-ply, or raw. If we cleaned out our own houses, then powerlifting wouldn't need to be “fixed.”

BOB BENEDIX: Quoting Bob Gaynor, “Put the respect back!” Years ago it meant something to lift in the Nationals or break state/national or world records! Now everyone is a world record holder because some new organization has opened. Please don't say your 350-pound shirted bench at 198 is a world record when someone benched that at 132 raw 8 years ago. It has become a joke and is disrespectful to the guys that really have the records. Call it a meet record. I blame this on the organization leaders. Somehow we need to regroup.

STEVE DENISON: The one thing I would like to see is less negativity on the blogs because it's just hurtful to the sport, and for people to accept the differences and accept each others style. It's like being a Christian. There are many different religions in Christianity and the common denominator is Jesus Christ. It's the same with powerlifting: many different styles (raw, single ply, and multi ply), but the bottom line is that we all love the sport of powerlifting and the challenge of lifting heavy. ☺

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.

when they suffer a major health problem that drinking all the soda will contribute to sooner or later than maybe they will think twice about their soda consumption—that is, if it's not too late!

MORE PRODUCT REVIEWS PLEASE

Q: I just wanted to let you know how much I liked your “Will it Blend Series?” I have been using a junky 30-dollar blender for many years and because I work this thing like a mule I have killed my fair share of them over the last decade. I went out and got myself a Blendtec and I simply love this thing. It is so amazing and powerful—I have never seen anything like it. To say that it is just a blender would be an understatement because it is so much more and has replaced many different appliances on my kitchen counter. I was wondering if you have any more product reviews for either supplements that you like or anything else that could help us living the lifestyle that you teach us each and every month. I love my Blendtec and I am so happy you brought this into my daily schedule. I also purchased the smoothie book by Kevin Gianni that you mentioned sometime back and with my new powerhouse blender I have been making at least two smoothies every day. Thanks again for all your very informative interviews and articles as they really liven up the pages of *PL USA*; not only with your expertise knowledge, but also your off the wall humor. Please keep up the good work as I look forward to your column each month!

Sincerely, Tina Cammarata

A: I am happy to hear that you love your Blendtec as much as I love mine. You see, I always try to bring my loyal *PL USA* readers the best most down to earth usable information each month that you can actually put to real use. This way you can actually benefit from the work I present to you every month in many different facets of health and nutrition. I am also happy to hear that you liked your smoothie book that I recommended as well. The book contains so many good recipes and I am sure you will love each and every one in there. I have tried all of them at least twice, while there are a few that are my personal favorites. In terms of new things that I have been studying and reviewing, I have something that you will most definitely love. Kevin Gianni has teamed up with one of the most knowledgeable doctors in the world for numerous health conditions from not only a western perspective but also a holistic perspective as well. In my opinion, this is very important because there many other ways to treat almost all conditions without resorting to high powered drugs which many times give you a slew of other side effects that you really didn't want to sign up for in the first place. The well renowned doctor and author of several books is none other than Dr. J.E. Williams. These two intellectual powerhouses teamed up to present to you an audio and book kit on improving your immune health. It's called the Complete Immune Health Program and after going through the materials I give it two thumbs up, without a doubt. There is a ton of good information

in here that all of you can take advantage of. Usually this time of the year people are catching colds and flus like they are going out of style, but with the knowledge presented to you in this kit, that will now be a thing of the past.

I know many of you will want to know more so I will touch on just some of the many topics covered in this amazing kit. One of the things I liked is the section they discussed how many MDs overlook the most common cause of illness and how they treat only one part of the problem while ignoring an even more important factor. They also covered how the immune system really works and why your doctor may not be targeting your illness from the proper angle. They also dispel many old-school myths that seem to go from one generation to another while most of it holds little to no scientific accuracy. They also talked about the genetics you are born with in relation to your immunity strength and how you can help to improve this situation. The part about toxic chemicals and how they destroy your immune system is also not to be missed. They talk about what you can do to keep these chemicals that you most likely have contact with on a daily basis away to keep your immune system strong and healthy. They also go in depth in discussion on how to treat the most common cold and flu, which is something all of us seem to get at least 2 to 3 times per year. They even have a section on combating herpes as well, which this alone is worth the cost of the kit if this problem affects you. They also talk in depth on how inflammation in the body affects the immune system and what you need to do to keep it at bay. Another section I am sure all the Power Vixens will love is how a strong immune system is related to the rate at which your body ages. They cover what the best foods are to help keep your immune system in tip-top shape. They also go in depth on the key biological role players that lead to chronic diseases like cancer and diabetes as well as the cellular deficiency that helps make them active. They also talk about how you can help generate healthy cells instead of diseased ones that many of you reading this are guilty of. Lastly, they let you in on 10 key steps on fixing your immune system once and for all. They help lay out diet and supplement tips and much more to make sure you are healthier than ever! So, as you can see, this is one very comprehensive kit on immunity and it is one that I recommend fully for all my readers to take advantage of. There is way too much good information in here to simply ignore. For those of you interested in finding out more about the kit simply go to Kevin's website at www.renegadehealth.com and check it out in the online store. Believe me, once you have devoured all this information and put it to use you will wish you had this available to you a decade ago—believe me, it's that good.

SODA LINKED TO METABOLIC SYNDROME AND TYPE II DIABETES

Q: I just wanted to drop you a line and let you know how much I like your column. Some time back you did an interview with Adams about the dangers of drinking soda. My brother is a huge soda drinker and what is even more annoying

than that fact is that he totally doesn't believe it's bad for you. I had him read your series and all he said was that he wanted to see the studies to prove it. I was wondering if there were any new studies relating to soda and the many bad health ailments they cause. Thanks in advance as I want to shut him up once and for all. Is there anything new that has been put out that I can use since I need some more ammo to shut this soda guzzler up once and for all? Thanks again for your great work, it truly is a great addition to this magazine.

Yours in strength, Vito Cotali

A: Thanks for the kind words about my work. I try really hard to bring you the most up to date and informative information that you can use in your daily life. There are some new studies and if you are reading this issue, then previously I quoted the new study on how drinking even one diet soda a day increases your chances for cardiovascular incidents. Now, I'll give you some data on another study that has been out recently as well. So, let's take a look at what it covers.

This new study shows that by drinking sugar laced sodas it can increase your chances for Type II Diabetes. Okay, tell us something that we haven't heard at least a million times. Well, folks, here it is! What was very interesting about this study is the fact that those that seem to stay skinny and not gain any fat from drinking all the soda they like are actually more likely to get diabetes than those that put on weight from soda. Oh boy, do fat people finally get their sweet revenge or what! I can see 300 pound women all across the nation loving this one now that these skinny babes get a dose of their own medicine. This goes to show you that poor eating and lifestyle habits can still kick you in the ass even if you fit into a size 2 dress.

The researchers did a very thorough job putting this one together and I'll show you why. They took data from close to a dozen different studies, which involved well over 300,000 different people. What all this data showed was that for those that drank one to two soda cans per day had a 20% increase risk of getting Metabolic Syndrome and a 26% chance of getting Type II Diabetes when they were compared to those that drank little or no sweetened drinks. This shows you that facts are facts and when you consume garbage drinks that are going to spike your insulin levels through the roof you are creating the perfect environment for causing Insulin resistance no matter if you are thin or not. Victory one for fat people! As you can see, if you are fat or thin, drinking soda will help make you a diabetic in no time at all. So, there you go, Vito, let your brother know about this study and see if it sinks through his neanderthal-like skull. If it does, good for him, but if he likes to remain a foolish ignoramus who keeps pounding back the soda then at least you can buy him a nice glucometer machine next Christmas and some nice warm thermal socks to keep his crusty diabetic feet warm. Until next month, eat clean, train hard and please don't give yourself diabetes by drinking that garbage in a can. Believe me, it's not worth it! «

COACHING BEGINNERS »

lifters from the commercial gyms they came from. The loads need to be dropped and the volume of work needs to be increased. This way the weights are light enough to practice form and they will have several sets to practice their form. On top of that add minimal rest periods between sets to get them in better cardiovascular shape and you are on the right track. The Big Evil says to hold the reigns back on them increasing weight on the bar. You must be stern about this; the beginner wants to be lifting the weights his peers are lifting but he lacks the proper foundation to do this safely. Make this clear to them: you will increase the weight when you feel they can handle the weight they are doing now easily.

GEAR I find this is the hardest hurdle to get over with newbies. Let me say first off your lifter should have at least a good three months of training in before you start them on gear as they need to build a base first. The Big Evil says for their first gear experience your lifter should acquire used gear. This way it's already broken in and will be a little easier to get used to. When they get comfortable with their old gear they can buy some brand new gear and break it in on their own. A newbie is not ready to break in a Triple Phenom bench shirt or a Inzer canvas squat suit the first time they try gear. This is the time you really need to monitor your lifter. Be very cautious of the loads you put on them. Remember, their CNS is not used to these new crazy heavy loads you can handle with gear. With bench press shirts, start out with board presses and every week keep dropping the board until they can get the weight to touch. *Do not let your lifter ever compete in a meet until they have actually touched a weight to their chest before the meet!* How many lifters base what they can do off a one board press, then get to the meet and bomb because they can't touch—this is ridiculous. I'm sure a high-end shirt bencher can make this work, but not someone with limited experience.

In closing, the Big Evil also says: *be patient with your new lifters.* Be

there for them and most of all encourage them, but yet be firm and always push them to do better. I love my guys at Steel City Barbell; I can live my powerlifting dreams through them. I have tried to dump all my knowledge into them and in a few months our presence will be felt on the national level. Of course we have work to do, but we will climb each mountain as it appears. Our guys are so loyal to Steel City Barbell and I have been very lucky to have such a talented group of men represent our gym. The Big Evil says if you live in Pittsburgh and want to find out the true meaning of powerlifting camaraderie, we have room for you here at Steel City Barbell: 1501 Rt. 51, Jefferson Hills, PA 15025, or call (412) 758-2830. Until next month, adios and God Bless! «

THE BIG EVIL SAYS:
BELIEVE TO
ACHIEVE!



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ASK THE DOCTOR »

my libido is in the basement, which isn't going over too well with my wife. My doc doesn't know what to do other than start me on testosterone therapy, which he says I'll have to stay on for the rest of my life. I'm not too keen on that as I'm just barely out of my 30s. I've looked this stuff up on the internet and it's pretty confusing so I thought I'd email you and see if you could give me some solid advice since I respect you and your knowledge and have followed your column in PL USA for almost as long as I've been powerlifting. For example, do you know if combining something with the tamoxifen might do the trick. Any advice will be deeply appreciated.

James

JAMES: Over the last four decades I've been aware of, treating, and writing about the effects of anabolic steroids on the hypothalamic-pituitary-testicular axis and how to deal with the hypogonadotropic hypogonadism that is one of the most troubling adverse effects of the chronic use of anabolic steroids, although it can also occur in some after short term use. Although I'd been using various treatments much before that, I outlined some potential therapies in my 1986 book, *Anabolic Steroid Side Effects, Fact, Fiction and Treatment*. The information in that book is still amazingly relevant but it is out of print. While I intend to update and expand that book in a second edition within the next year, there are a number of articles and information on the topic on my new master site, www.MauroMD.com. There information under the Education tab in the Q&A, blog, and articles.

For example in the articles have a look at the following:

- *Testosterone Series - Article One*
- *Getting Off the Steroid Roller Coaster*
- *Boosting Endogenous Testosterone Naturally with the New TestoBoost version IV*
- If you search under ghrh in the Q&A section, you'll also find some useful information.

It might be a good idea to show *Getting Off the Steroid Roller Coaster* to your doctor. If he has any questions, he can email me, as have many doctors in the past.

The bottom line is as I've stated in the article *Getting Off the Steroid Roller Coaster*, that I have used various combinations of drugs and hormones to treat persistent hypogonadotropic hypogonadism secondary to the use of anabolic steroids. This includes the sequential or combination use of GnRH analogs, estrogen receptor modulators such as tamoxifen and clomiphene, aromatase inhibitors, such as anastrozole, Letrozole, and exemestane. Depending on the individual and their condition and response various combination usually worked better than monotherapy.

Mauro «

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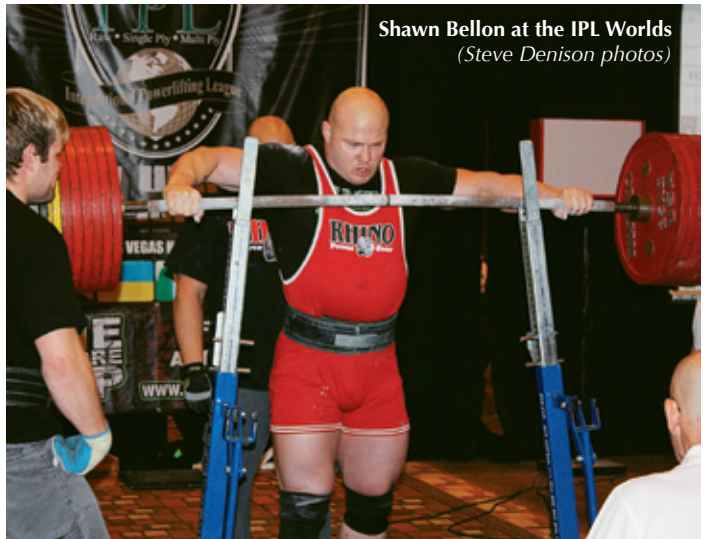
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IPL WORLD PL/BP/DL NOV 30-DEC 4 '11 » Las Vegas, NV

BENCH		Open		Obere-NGR			
FEMALE		D. Smith III	364	D. Douglas	761	J. Buys	419
Raw		Masters (70+)		308+ lbs.		198 lbs.	
165 lbs.		L. Negriff	375	Masters (45+)		Masters (40+)	
Masters (60+)		Masters (75+)		E. Welch		441	
P. Wynne	72	H. Strange	204	DEADLIFT		Masters (65+)	
181 lbs.		Open		FEMALE		B. Kinsey	
Masters (45+)		I. Richards	468	Raw		J. Sanchez	
T. Marquez	143	J. Mundo	380	123 lbs.		220	
Open		Masters (50+)		Masters (50+)		T. Rodriguez	
T. Marquez	143	A. Herrera	—	220 lbs.		220 lbs.	
198+ lbs.		Masters (40+)		Junior (20-23)		A. Grissinger	
Open		M. Killion	485	Masters (40+)		G. Strassberg	
I. Scott	187	G. Witcher Jr	402	Masters (45+)		M. Dean	
Single-Ply		Masters (45+)		Open		M. Dunlap	
148 lbs.		S. Hoekstra	513	A. Kelske		298	
Masters (40+)		Masters (55+)		148 lbs.		242 lbs.	
T. Ryan	204	A. Aerts	364	Masters (45+)		Masters (40+)	
Masters (50+)		Open		N. Navarrette		231	
K. Parnow	182	S. Hoekstra	513	Masters (55+)		Masters (45+)	
Open		M. Killion	485	L. Adam		220	
T. Ryan	204	A. Aerts	364	Open		T. George	
198 lbs.		Masters (50+)		Masters (45+)		303	
Masters (45+)		Q. Bremes	430	Masters (60+)		M. Balina	
N. l'Anson	287	D. Douglas	551	P. Wynne		176	
Open		D. Patrick	502	181 lbs.		J. Mundo	
N. l'Anson	287	R. Ficca	—	Masters (45+)		275 lbs.	
MALE		308+ lbs.		Masters (55+)		M. Sandstrom	
Multi-Ply		Teen (15-19)		Open		K. MacMillan	
165 lbs.		L. Dedrick	419	Masters (70+)		Open	
Open		Single-Ply		Masters (45+)		S. Brooks	
181 lbs.		148 lbs.		Masters (50+)		C. McGrail	
Open		B. Risenhoover	336	K. Parnow		292	
M. Saunders		165 lbs.		Open		Open	
—		Open		M. DiGiuro		314	
242 lbs.		M. Reep	435	Masters (70+)		T. Ryan	
Masters (40+)		M. Risenhoover	408	Masters (45+)		287	
F. Wakakuwa		181 lbs.		Masters (50+)		314	
639		Masters (75+)		K. Coleman		380	
308 lbs.		J. Lopez	281	Open		W. Jandoc	
Open		Open		Masters (70+)		275 lbs.	
308+ lbs.		S. Brooks	—	Masters (45+)		Masters (45+)	
Open		198 lbs.		Masters (50+)		R. Garcia	
C. Jenkins		Open		B. Spann		276	
—		A. Fregoso		198 lbs.		E. Cutburth	
Raw		A. Fregoso	237	Open		242 lbs.	
148 lbs.		Masters (45+)		Masters (45+)		M. Tronske	
Masters (70+)		S. Dedrick	518	MALE		Masters (50+)	
S. Morabito		Open		Raw		568	
154		T. Kosanouvong	496	148 lbs.		275 lbs.	
Masters (70+)		242 lbs.		Masters (70+)		Masters (45+)	
J. Merlino		Masters (45+)		S. Morabito		353	
220		R. Ross	491	Open		Masters (50+)	
Open		Masters (50+)		Ugorji-NGR		441	
M. Reep		J. Hunter	562	181 lbs.		J. Dentice	
375		Masters (60+)		Junior (20-23)		Open	
M. Daisa		C. Jones	320	A. Dawson		386	
364		Masters (65+)		Masters (45+)		Nwamkpa-NGR	
Masters (65+)		B. Evans	441	Open		452	
B. Kinsey		L. Negriff	—	Powerlifting		SQ	
182		Masters (70+)		FEMALE		Raw	
J. Sanchez		H. Strange	231	105 lbs.		Masters (45+)	
154		Masters (75+)		Masters (45+)		121	
Masters (70+)		S. Mecham	761	Open		123 lbs.	
C. Baumohl		D. Reneau	672	Chew-SIN		209	
270		275 lbs.		Open		N. Johnson	
Masters (75+)		Masters (45+)		132 lbs.		165	
H. Packer		A. Aerts	441	Junior (20-23)		187	
160		D. Knapp	402	M. Hefley		187	
Teen (15-16)		Open		Masters (60+)		138	
B. Moores		A. Aerts	441	V. Walter		132	
193		R. Garcia	402	Open		77	
220 lbs.		308 lbs.		E. Jones		226	
Junior (20-23)		Masters (45+)		C. Grissinger		231	
A. Grissinger		Masters (75+)		DL		204	
Masters (45+)		Masters (75+)		TOT		408	
S. Dedrick		H. Strange		Open		149	
463		Open		Chew-SIN		209	
Masters (70+)		231		Open		N. Johnson	
S. Bloom		231		132 lbs.		165	
220		231		Junior (20-23)		187	
Open		231		M. Hefley		187	
T. Kosanouvong		231		Masters (60+)		138	
386		231		V. Walter		132	
M. Dunlap		231		Open		77	
353		231		E. Jones		226	
242 lbs.		231		C. Grissinger		231	
Masters (50+)		231		DL		281	
B. Hegel		231		TOT		650	
391		231		Raw		105 lbs.	
R. Cox		231		Masters (45+)		Masters (45+)	
342		231		121		83	
		231		204		408	
		231		123 lbs.		Open	
		231		Open		Chew-SIN	
		231		209		149	
		231		320		678	
		231		Open		N. Johnson	
		231		165		116	
		231		243		524	
		231		132 lbs.		Junior (20-23)	
		231		187		138	
		231		314		639	
		231		Open		M. Hefley	
		231		187		138	
		231		314		678	
		231		138		281	
		231		650			



Shawn Bellon at the IPL Worlds
(Steve Denison photos)



David Douglas



Darren Matsumoto

<i>Open</i>				
D. Aldrich	485	408	562	1455
R. Tillet	485	320	446	1251
S. Buckley	711	402	—	1113
Chidi-NGR	441	254	397	1091
220 lbs.				
<i>Masters (40+)</i>				
R. Wood	683	535	606	1824
J. Deluca	540	452	513	1505
<i>Masters (50+)</i>				
G. Pessell	661	485	705	1852
M. Womelsdorf	254	303	254	810
<i>Masters (55+)</i>				
G. Baxter	601	325	628	1554
<i>Masters (60+)</i>				
E. Cutburth	303	254	342	898
<i>Masters (65+)</i>				
H. Myers	485	364	617	1466
<i>Open</i>				
G. Pessell	661	485	705	1852
B. O'Brien	612	513	606	1731
242 lbs.				
<i>Masters (50+)</i>				
W. Jandoc	590	441	573	1604
<i>Masters (55+)</i>				
T. Kezerian	491	375	485	1350
<i>Masters (65+)</i>				
R. Pagal	480	342	468	1290
<i>Open</i>				
C. Pappillion	755	562	728	2045
275 lbs.				
<i>Masters (50+)</i>				
J. Dentice	485	413	546	1444
<i>Open</i>				
B. Luedtke	805	358	739	1901
Toledano-MEX	645	452	645	1742
P. Tabone	—	—	—	—
308 lbs.				
<i>Masters (65+)</i>				
B. Meek	474	386	513	1372
<i>Open</i>				
C. Smith	—	—	—	—
<i>Multi-Ply</i>				
148 lbs.				
<i>Masters (50+)</i>				
D. Edmondson	463	265	457	1185
165 lbs.				
<i>Open</i>				
N. Lenhart	639	452	562	1653
S. Westwood	—	408	551	959
220 lbs.				
<i>Open</i>				
A. Mohr	821	584	650	2056
E. Kinsey	744	529	612	1885
242 lbs.				
<i>Open</i>				
J. Mancini	722	524	700	1946
B. Keller	551	331	568	1450
M. Wild	—	—	—	—
275 lbs.				
<i>Masters (45+)</i>				
R. Bills	546	435	601	1582
<i>Open</i>				
Beyer-CAN	667	502	705	1874
<i>Teen (15-19)</i>				
J. Gibson	672	331	485	1488
Z. Gibson	402	298	424	1124
308 lbs.				
<i>Masters (40+)</i>				
W. Gibson	502	457	502	1461
<i>Open</i>				
Mehan-CAN	1036	788	705	2530
J. Gibson	904	705	612	2221
R. Lee	777	661	568	2006
B. Newman	854	—	—	854
308+ lbs.				
<i>Open</i>				
S. Cartwright	—	—	—	—
Best Lifters Raw Powerlifting: Raw Open Women: Stephanie Powell, Raw Master Women: Lynne Castellanos, Raw Junior Men: Joseph Sonntag, Raw Open Men: Shawn Bellon, Raw Master Men: Louie Hernandez. Best Lifters Single-Ply Powerlifting: Single-Ply Open Women: Liz Freel,				



Ron Scott



Karen Parnow



Mike Tronske



Roy Eriksen



George Pessell

RESULTS »



Rodney Woods



Gordon Santee



John Bostick

Single-Ply Master Women: Nicki I'Anson, Single-Ply Open Men: Chris Pappillion, Single-Ply Master Men: Howard Myers. Best Lifters Multi-Ply Powerlifting: Multi-Ply Master Women: Bernice Fuss, Multi-Ply Open Men: Jason Gibson, Multi-Ply Master Men: David Edmondson. Best Lifters Raw Benchpress: Raw Open Women: I-Esha Scott, Raw Master Women: Tracie Marquez, Raw Open Men: David Douglas, Raw Master Men: Larry Negriff. Best Lifters Single-Ply Benchpress: Single-Ply Open Women: Nicki I'Anson, Single-Ply Master Women: Nicki I'Anson, Single-Ply Open Men: Scott Mecham, Single-Ply Master Men: Bob Evans. Best Lifters Multi-Ply Benchpress: Multi-Ply Open Men: Matthew Daisa. Best Lifters Raw Deadlift: Raw Open Women: Anna Kelske, Raw Master Women: Bonnie Aerts, Raw Open Men: John Bostick, Raw Master Men: Salvatore Morabito. Best Lifters Single-Ply Deadlift: Single-Ply Open Women: Kristin Coleman, Single-Ply Master Women: Monica DiGiuro, Single-Ply Open Men: Michael Scurry, Single-Ply Master Men: Roy Taylor. Venue: Golden Nugget Casino. Meet Director: Steve Denison. Referees: Ken Wheeler, International, Lisa Wheeler, International, Joe Dentice, International, Alan Aerts, International, Bernice Fuss, International, Ron Scott, International, Jim Merlino, International, Jose Hernandez, National, Rodney Woods, National, Ron Moormeister, National, Tom Miller, National, Steve Bloom, State, John Deluca, State, Tracy Marquez, State, Mike Tronske, State, John Bostick, State. Spotters: Tom Moormeister, Elliott Shults, Danny Hernandez, Zach Anthony Rivera.

» courtesy Steve Denison

USAPL LONGHORN OPEN

NOV 12 2011 » Austin, TX

BENCH		C. Hargett		209	
148 lbs.		L. McClain		435	
L. Okoro	176	M. Riebel	314		
165 lbs.		P. Schwarz		396	
S. Davis	176	B. Kline	385		
114 lbs.		R. Juarez		275	
G. Gigout	171	F. Guadarrama	242		
165 lbs.		R. Lloyd		402	
J. Barnett	347	A. Acheson	380		
C. Martinez	243	275 lbs.			
T. Edwards Jr.	—	B. Propst	—		
181 lbs.		—			
Powerlifting		SQ	BP	DL	TOT
FEMALE					
97 lbs.					
Open					
S. Cooper	160	83	193	435	
Teen II					
C. Haase	176	116	237	528	
H. Bazan	160	66	154	380	
114 lbs.					
CL					
K. Cannon	182	105	231	517	
Junior					
V. Maltos	—	—	—	—	
Master I					
N. Forage	132	83	209	424	
Open					
C. Mershon	127	105	176	407	
Teen I					
T. Sweitzer	154	61	182	396	
123 lbs.					
Master II					
D. Puente	143	138	259	539	
Teen II					
A. Garcia	204	77	253	534	
132 lbs.					
Open					
L. McGuill	226	116	297	639	
S. Belanger	138	88	204	429	
Teen I					
L. Trejo	209	94	226	528	
Teen II					
B. Mitchell	176	94	237	506	
Teen III					
A. Villegas	215	94	220	528	
148 lbs.					
Open					
K. Van Dusen	429	270	385	1084	
L. Okoro	330	176	440	947	
Teen I					
S. Rivas	176	88	226	490	
165 lbs.					
Master I					
S. Davis	413	176	429	1018	
Teen I					
C. Turner	209	99	248	556	
S. Walker	215	94	242	551	
Teen II					
S. Waters	275	154	303	732	
181 lbs.					
CL					
S. O'Brien	407	187	358	952	
Teen II					
R. Massey	347	160	314	820	
B. Smallridge	187	88	237	512	
Teen III					
J. Hernandez	253	—	—	253	
198+ lbs.					
Teen I					
M. Shepard	187	77	220	484	
Teen II					
K. Jones	391	204	385	980	
MALE					
132 lbs.					
CL					
X. Clark	330	259	391	980	
Teen III					
D. Chapa	413	215	391	1018	
R. Chapa	396	209	391	996	
148 lbs.					
CL					
R. Whitaker	468	303	446	1217	
165 lbs.					
CL					
A. Smith	567	380	479	1426	
C. Fouch	242	242	347	831	
Junior					
A. Osborne	407	303	506	1217	
H. Garcia	369	281	418	1068	
Master II					
D. Young	325	226	424	974	
Master III					
C. Martinez	110	243	281	634	
Open					
S. Frasquillo	451	352	501	1305	
T. Lamando	468	264	501	1233	
E. Reeves	314	226	380	919	
Teen II					
J. Gonzalez	534	352	534	1420	
Teen III					
T. Crabtree	374	248	369	991	
181 lbs.					
Junior					
R. Williams	639	352	639	1629	
R. Espinosa	435	336	506	1277	
Master I					
D. Yochem	363	204	380	947	
Master III					
J. Espinoza	363	286	413	1062	
Open					
T. Autrey	352	264	402	1018	
C. Hargett	336	209	385	930	
Teen III					
L. Brite	484	—	—	484	
198 lbs.					
CL					
C. Murchison	666	462	688	1817	
R. Parmelee	446	264	501	1211	
R. Tatum	517	220	440	1178	
C. Campbell	374	270	402	1046	
Master II					

D. Bartolet	418	—	418	837	T. Land	325	325	429	1079
Master III					Junior				
J. Lucio	275	220	325	820	E. Lopez	556	—	551	1107
Open					Master II				
L. McClain	512	435	600	1547	B. Eaton	198	363	352	914
T. Grogan	506	336	545	1387	C. Turco	551	—	—	551
M. Riebel	451	314	506	1272	Open				
R. Hopes	407	286	523	1217	R. Lloyd	551	402	639	1591
J. Baker	413	275	462	1151	S. Sarnella	528	385	628	1541
P. Hedrick	402	270	407	1079	J. King	528	330	600	1459
J. Rodriguez	330	286	402	1018	A. Acheson	418	380	545	1343
Teen III					L. Ferguson	—	—	—	—
J. Garcia	578	374	501	1453	275 lbs.				
220 lbs.					CL				
CL					R. Garza	573	473	473	1519
C. Vickery	765	479	633	1877	K. Olenych	545	138	512	1195
G. Briggs	528	462	528	1519	Master II				
O. Myklebust	495	352	672	1519	R. Lubojasky	407	253	457	1118
Master I					Open				
K. Young	589	435	501	1525	E. McKelvey	639	523	611	1773
D. Lemons	314	248	402	963	R. Grant	407	275	402	1084
Master II					275+ lbs.				
C. Akers	402	303	451	1156	Open				
K. Hopper	303	160	303	765	J. Portillo	606	435	424	1464
Master III					Best Raw Lifter Female: Dora Punte. Best				
R. Kuriger III	132	94	231	457	Support Lightweight Lifter Female: Katie				
Open					Van Dusen. Best Support Heavyweight				
W. Jackson	347	248	402	996	Lifter Female: Sebrina Davis. Best Raw				
Teen II					Lightweight Lifter Male: Shawn Frasquillo.				
R. Juarez	429	275	539	1244	Best Support Lightweight Lifter Male:				
Teen III					Ricky Williams. Best Support Heavy-				
F. Guadarrama	451	242	501	1195	weight Lifter Male: Cornelius Murchison.				
242 lbs.					Best Raw Heavyweight Lifter Male: LS				
CL					McClain.				
J. Rich	551	429	523	1503	» courtesy Kim Beckwith				

NASA GILMER OPEN JAN 7 2012 » Gilmer, TX

BENCH					FEMALE				
FEMALE					97 lbs.				
Raw					High School				
97 lbs.					P. Garner	72			
High School					PS CURL				
P. Garner	72				FEMALE				
Junior					97 lbs.				
P. Garner	72				Teen				
132 lbs.					P. Garner	50			
Junior					123 lbs.				
A. Gingery	110				Youth				
MALE					N. Withers	33			
Raw					MALE				
181 lbs.					55 lbs.				
High School					Youth				
B. Willis	297				G. Garvin	22			
Teen					220 lbs.				
I. Gingery	143				Master II				
220 lbs.					J. Parsons	149			
High School					PS DEADLIFT				
N. Rhame	215				MALE				
Master Pure					220 lbs.				
D. Waltz	237				Teen				
PS BENCH					D. Ford	330	573	903	
Push Pull					Powerlifting	SQ	BP	DL	TOT
FEMALE					FEMALE				
132 lbs.					Raw				
High School					132 lbs.				
L. Vaughn	99	253	352		High School				
Junior					M. Batchelor	187	83	237	506
A. Gingery	110	176	286		Open				
Teen					M. Batchelor	187	83	237	506

L. Vaughn	99	253	352		148 lbs.				
Master Pure					Master Pure				
R. Hedrick	116	231	347		MALE				
181 lbs.					181 lbs.				
High School					High School				
B. Arnold	253	413	666		Novice				
B. Willis	297	352	650		Teen				
I. Gingery	160	275	435		198 lbs.				
Junior					Junior				
T. Tamplin	226	429	655		Submaster II				
J. Roberts	358	586	944		Teen				
T. Tamplin	226	429	655		220 lbs.				
N. Rhame	215	352	567		High School				
L. Kelly	413	551	963		242 lbs.				
D. Ford	330	573	903		Submaster I				
Powerlifting	SQ	BP	DL	TOT	Master II				
FEMALE					J. Parsons	525			
Raw					FEMALE				
132 lbs.					Raw				
High School					132 lbs.				
M. Batchelor	187	83	237	506	High School				
Open					M. Batchelor	187	83	237	506
M. Batchelor	187	83	237	506	Open				
M. Batchelor	187	83	237	506	M. Batchelor	187	83	237	506

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RESULTS »

Pure					High School				
M. Batchelor	187	83	237	506	D. Ford	600	330	573	1503
148 lbs.					275 lbs.				
Master I					High School				
R. Hedrick	—	116	—	116	A. Devine	402	226	413	1040
MALE					Police/Fire				
242 lbs.					B. Thurston	391	297	501	1189

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308 lbs.									
High School					M. Harper	484	297	457	1239
Junior					A. Gonzales	842	545	644	2031
Pure					Pure				
A. Gonzales	842	545	644	2031	A. Gonzales	842	545	644	2031
Raw					148 lbs.				
Pure					M. Burch	303	193	—	495
Teen					M. Burch	303	187	—	490
181 lbs.					Open				
A. Muntz	303	231	413	947	Junior				
T. Tamplin	391	226	429	1046	Power Sports				
CR					BP				
DL					TOT				
FEMALE					123 lbs.				
High School					M. Ramey	66	94	237	396
Open					M. Ramey	66	94	237	396
132 lbs.					High School				
L. Vaughn	72	99	253	424	148 lbs.				
Master Pure					R. Hedrick	61	116	231	407
MALE					High School				
M. Burch	118	193	429	740	Junior				
S. McGee	132	242	473	848	High School				
181 lbs.					B. Arnold	110	253	418	782
High School					High School				
B. Willis	121	297	352	771	198 lbs.				
Submaster II					J. Roberts	182	358	586	1125
J. Roberts	182	358	586	1125	High School				
N. Rhame	105	215	352	672	Open				
G. Wotkyns	165	341	534	1040	Submaster II				
G. Wotkyns	165	341	534	1040	242 lbs.				
Submaster I					L. Kelly	165	413	551	1129
L. Kelly	165	413	551	1129	» courtesy Rich Peters				

RIO GRANDE VALLEY WINTER CLASSIC

DEC 10 2011 » McAllen, TX

BENCH					198 lbs.				
Open					J. Saldana	551			
220 lbs.					Open				
C. Calderon	562				C. Flores	435			
DEADLIFT					BP				
MALE					DL				
TOT					165 lbs.				
High School					J. Bailey	99	187	286	
High School					High School				
B. Foster	325	506	831		Masters				
M. Flores	352	479	831		275 lbs.				
Masters					E. Molina	407	457	864	
Raw					Raw				

165 lbs.									
Junior					D. Santivanes Jr.	281	457	738	
275 lbs.					Open				
J. Pillado	451	754	1206		Powerlifting				
SQ					BP				
DL					TOT				
FEMALE					165 lbs.				
Masters					G. Mendez	242	110	281	633
Raw					105 lbs.				
High School					A. Garay	160	66	171	396
114 lbs.					High School				
V. Haggstrom	132	72	176	380	High School				
G. Savvedra	127	55	154	336	132 lbs.				
High School					Y. Gutierrez	198	105	242	545
181 lbs.					High School				
A. Argullin	193	105	292	589	High School				
198 lbs.					M. Garza	264	127	303	694
High School					198+ lbs.				
E. Williams	303	143	341	787	High School				
MALE					Open				
E. Torres	440	270	501	1211	148 lbs.				
High School					J. Pena	308	138	352	798
165 lbs.					High School				
A. Guerra	473	303	501	1277	High School				
181 lbs.					E. Canales	374	286	402	1062
High School					198 lbs.				
Open					J. Montez	462	275	528	1266
J. Saldana	314	—	551	864	J. Saldana	314	—	551	864
Open					Open				
J. Fraga	407	385	352	1145	Teen				
A. Dixon	—	253	457	710	R. Garay	363	253	407	1024
132 lbs.					High School				
O. Maestro	204	154	286	644	High School				
R. Valdez	501	253	484	1239	275 lbs.				
» courtesy Wes Zunker & Molly Jaeger									

APA APOLLON WINTER IRON CLASSIC

DEC 11 2011 » Edison, NJ

BENCH					J. Manenkoff	530			
MALE					242 lbs.				
Raw					Open				
181 lbs.					Y. Meirovitch	610			
Junior					275 lbs.				
B. Krebs	320				Submaster				
DEADLIFT					Wojciechowski	600			
MALE					341 lbs.				
Raw					Master II				
165 lbs.					J. Roskoski	425			
Open					Push Pull				
BP					DL				
TOT					MALE				
Raw					148 lbs.				
Teen					Teen				

T. Wilkerson	225	445	670		
198 lbs.					
<i>Junior</i>					
A. Trammell	305	545	850		
242 lbs.					
<i>Teen</i>					
B. Rink	290	500	790		
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
<i>Raw</i>					
132 lbs.					
<i>Open</i>					
J. Sanders	135	95	220	450	
MALE					
198 lbs.					
<i>Open Gear NT</i>					
S. Kammerer	455	285	500	1240	
220 lbs.					
<i>Master II Gear</i>					
G. Muchen	275	220	390	885	
<i>Raw</i>					
181 lbs.					
<i>Junior</i>					
C. Aydin	335	285	350	970	
<i>Open</i>					
S. Codcodo	350	220	410	980	
C. Aydin	335	285	350	970	
198 lbs.					
<i>Master II</i>					
T. Evans	415	245	460	1120	
E. Coleman	245	285	350	880	
242 lbs.					
<i>Junior NT</i>					
P. Moser	550	330	525	1405	
<i>Submaster</i>					
M. Bossowski	575	405	635	1615	
R. Bossowski	535	345	575	1455	

M. Auslander	325	315	440	1080	
275 lbs.					
<i>Open</i>					
B. Dewig	475	250	625	1350	
308 lbs.					
<i>Master III</i>					
C. Dargenio	460	280	450	1190	
341 lbs.					
<i>Master I</i>					
L. Holman	500	335	525	1360	
» <i>courtesy APA</i>					

5TH CHILDREN'S CHRISTMAS CLASSIC BENCH PRESS
DEC 3 2011 » Celina, OH

BENCH					
FEMALE					
<i>Multi-Ply</i>					
181 lbs.					
<i>Open</i>					
S. McNelly	225				
<i>Raw</i>					
165 lbs.					
<i>Open</i>					
J. Sturgil	95				
SHW					
<i>Open</i>					
S. Flaute	120				
MALE					
<i>Multi-Ply</i>					
198 lbs.					
<i>Open</i>					
J. Moyar	405				
220 lbs.					
<i>Open</i>					
J. McNett	—				

<i>Single-Ply</i>					
181 lbs.					
<i>Masters (50-60)</i>					
R. Francis	355				
220 lbs.					
<i>Open</i>					
L. Short	390				
242 lbs.					
<i>Open</i>					
J. Wells	—				
<i>Raw</i>					
123 lbs.					
<i>Kids (10-12)</i>					
C. Wolfe	45				
165 lbs.					
<i>Open</i>					
S. Sawmiller	250				
<i>Teen (13-15)</i>					
Host: Exile Barbell Association. We had 26 lifters total from all ages and all experience levels. Lots of really good solid contest lifts. Seth Hipply, a junior at Parkway High School in Rockford Ohio bench pressed an amazing 600 pounds at 16 years old in the teen 275 pound class. We also ran the 1st annual Charity Cookie eating contest at this event also. Four people were brought out of the crowd to compete. The first to finish six monster cookies and a glass of milk won a \$50 GNC gift card. The winner was Adam Smith from St. Marys Ohio with little Amy Wells a very close 2nd place. We raised about \$2500 in toys and money to be distributed to needy children in the Grand Lake Ohio area. Corporate sponsors for the vent were Cellucor, AtLarge Nutrition, Westside					

D. Wolfe	150				
198 lbs.					
<i>Masters (50-60)</i>					
A. Zimmerman	290				
<i>Teen (13-15)</i>					
J. Mobley	245				
242 lbs.					
<i>Open</i>					
T. Huser	470				
K. Rhodes	225				
C. Fetters	195				
275 lbs.					
<i>Open</i>					
T. Jenkins	375				
J. Rodriguez	285				
SHW					
<i>Open</i>					
S. Schmidt	500				

USAPL GARAGE INK "ONE MORE MEET"
DEC 17 2011 » Brogue, PA

Powerlifting	SQ	BP	DL	TOT	
FEMALE					
<i>Raw</i>					
148 lbs.					
<i>Open</i>					
P. Maizels	300	135	315	750	
MALE					
148 lbs.					
<i>Open</i>					
A. Kang	465	---	---	465	
242 lbs.					
<i>Junior</i>					
S. Peters	435	325	500	1260	
<i>Raw</i>					
148 lbs.					
<i>Open</i>					
J. Pham	310	190	365	865	
165 lbs.					
<i>Junior</i>					
J. Mink	375	265	465	1105	
275 lbs.					
<i>Open</i>					
R. Gill	585	405	580	1570	
» <i>courtesy Niko Hulslander</i>					



JOHN IANNO III

JOHN IS 22 YEARS OLD, COMPETES AT A BODY WEIGHT OF 158 LB. AND IS A RAW (UNEQUIPPED) JUNIOR LIFTER. ON SEPTEMBER 3, 2011, IN KISSIMMEE, FL, HE DEADLIFTED 530 LB. RAW IN SONLIGHT POWERLIFTING AND WON OVERALL BEST LIFTER, AS WELL AS SETTING FLORIDA STATE RECORDS.

ON NOVEMBER 5, 2011, HE COMPETED IN THE AAU WORLD AND INTERNATIONAL MEET IN KISSIMMEE, FL. HE SET NEW AMERICAN AND WORLD DEADLIFT RECORDS IN RAW (UNASSISTED) OF 523.59 LB. HE SHATTERED THE EXISTING RECORDS BY OVER 60 LB.

HE FOLLOWS IN HIS FATHER'S FOOTSTEPS, AS HE WAS A CHAMPION BODYBUILDER IN THE '60S AND A PLACE WINNER IN SEVERAL MR. AMERICA CONTESTS. JOHN IS A RECENT GRADUATE OF FLORIDA ATLANTIC UNIVERSITY, GRADUATING WITH HONORS AND A DEGREE IN COMPUTER SCIENCE. HE IS NOW PURSUING HIS GRADUATE DEGREE IN COMPUTER SCIENCE. (IANNO PHOTO)



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SCI DALLAS SMOKEY SMOCHARSKI MEET

AUG 27 2011 » Dallas, PA

Powerlifting	SQ	BP	DL	TOT
123 lbs.				
S. Figueroa	175	1275	295	645
148 lbs.				
T. Carter	315	265	430	1010
165 lbs.				
G. Hardy	330	255	425	1010
181 lbs.				
J. Favinger	445	265	505	1215
E. Rosario	455	305	450	1210
R. Brinson	400	275	500	1175
L. Congleton	335	245	500	1080
J. Perez	300	205	365	870
198 lbs.				
S. Darrington	450	295	570	1315
M. Love	350	325	485	1160
E. Sanchez	350	275	525	1150
D. Arnold	285	275	355	915
220 lbs.				
T. Allen	455	315	505	1275
T. Harris	315	225	465	1005
K. Robinson	155	175	265	595
242 lbs.				
C. Crenshaw	455	305	555	1315
J. Howe	375	300	405	1080

275 lbs.				
M. Fields	275	335	400	1010
SHW				
T. Montgomery	655	385	705*	1745*
A. Penzort	515	405	505	1425
M. Mayer	405	410	470	1285

* Denotes new SCI-Dallas record. On Saturday, Aug. 27th, SCI-Dallas held the first Annual "Smokey Smocharski" Powerlifting meet in the gymnasium. The meet featured 21 lifters competing in 9 weight classes. The Activities Staff wishes to thank the culinary and security staff who were instrumental in the success of the event. We also wish to thank the inmate spotters, loaders, table workers and others who assisted with the overall running of the meet.

» courtesy E.G. Salerno

9TH APF BIG DOG CLASSIC

NOV 13 2011 » W. Lafayette, OH

BENCH	MALE	FEMALE
181 lbs.	181 lbs.	
181 lbs.		
Master (55-59)	J. McNeil	265*
K. Wetenhall	185!	198 lbs.

Open				
T. Fuller	425			
220 lbs.				
Master (50-54)				
S. Picklesheimer	465*			
Submaster				
D. Menefee	500			
A. Dotson	525			
Junior Raw				
D. Kinsey	285			
242 lbs.				
Submaster				
J. Lafferty	480			
275 lbs.				
Master (65-59) Raw				
M. Brown	365!			
Open AAPF				
J. Neuhard	450*			
308 lbs.				
Submaster				
B. Porter	415*			
Master				
S. Nail	480*			
SHW				
!=American Records. *=State Records. Best Lifter Bench Press: Avery Dotson. Best Lifter Deadlift: Jimmy Kolb. This meet was held at Blackstone's Gym. Meet Directors: Wade Butcher & John Blackstone. Spotters: Rusty				

Black & Wade Butcher. Judges: Tracy Wylor, Avery Dotson, Jim Setenhall, Kathy Wetenhall, John Blackstone. Score table: Kayleen Blackstone & Gerry Griffith.

» courtesy John Blackstone

USAPL LA TECH POWERLIFTING

NOV 12 2011 » Ruston, LA

Powerlifting	SQ	BP	DL	TOT
148 lbs.				
K. Parker	135	250	305	690
165 lbs.				
I. Meade	290	375	410	1075
181 lbs.				
A. Alfred	275	500	500	1275
198 lbs.				
M. Bellot	275	400	400	1075
242 lbs.				
C. Hughes	350	550	545	1445
J. Wallace	350	500	455	1305
275 lbs.				
C. Sharp	375	565	600	1540
SHW				
S. Davis	400	550	600	1550
H. Cherry	160	250	300	710

» courtesy Barb Born

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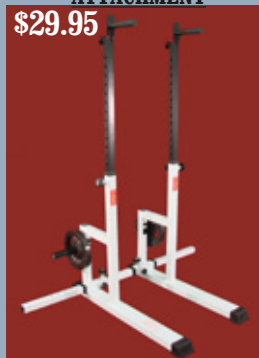
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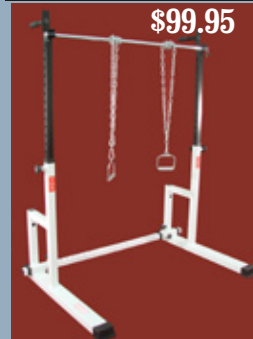


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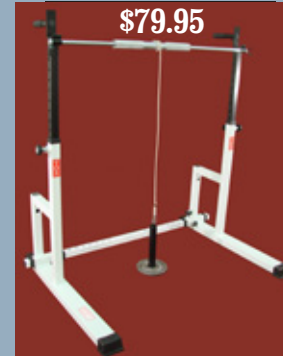
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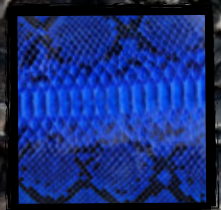
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