

STRONG LIFE

THE FUSION OF FAITH & FITNESS

Volume 2, Issue 11
December 2014

INSIDE:

- Contest Reviews
- Training Tips
- 2015 Rules Updates

MORE!

Brett Benedix breaks ALL-TIME Records at the North Americans!



2015
**MIKE WITMER MEMORIAL OPEN &
FLORIDA STATE CHAMPIONSHIPS**

Saturday & Sunday, January 24, 2015
Sanctioned by R.A.W. United



Hosted by Strong Life Tampa Bay * Tampa, Florida

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Entry Deadline: Saturday, January 3, 2015
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or
rawunitedinc@gmail.com

STRONG LIFE

THE FUSION OF FAITH & FITNESS

**The Official Magazine of R.A.W. United
Volume 2, Issue 11
December 2014**

Editor:

Dr. Spero S. Tshontikidis * rawunitedinc@gmail.com

Webmaster:

Hannah Brusca

Photography:

Jessi Irons, Dan Martinez, Charles McLean, Sr., & Melissa Foreman Photography

Cover Art:

Mitch Braun

Powerlifting Watch Administrator:

Danny Aguirre

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STRONG LIFE is the premier, on-line publication for raw powerlifters, and is offered free of charge to the powerlifting community through the R.A.W. United Powerlifting Federation (www.StrongLife610.net) and STRONG LIFE Training Facility. From contest reviews to feature stories, training tips to nutritional guidelines, spiritual truths to behind-the-scenes fun, STRONG LIFE covers everything the strength community needs to know through high profile interviews, awesome photography, and intense editorial coverage.

The only publication of its kind, STRONG LIFE focuses on the positive influences that the world's strongest sport has on families and communities. Our mission is to honor God while showcasing the amazing talent, culture, and lifestyle of raw lifters.





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STRONG LIFE

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**The Official Magazine of R.A.W. United
Volume 2, Issue 11
December 2014**



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Family – it's what R.A.W. United is all about!

2015 GARY GORDON MEMORIAL POLICE, FIREFIGHTER, & ARMED FORCES CHAMPIONSHIPS

**Saturday, February 21, 2015
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Training Facility
Melbourne, Florida**

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MERRY CHRISTMAS



**AND HAPPY NEW YEAR TO THE
R.A.W. UNITED FAMILY!**

2015 SUPPORT THE TROOPS OPEN

**Saturday, February 22, 2015
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**Hosted by STRONG LIFE Training Facility
Melbourne, Florida**

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Entry Deadline: Saturday, January 31, 2015

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More Information: 321-505-1194 or

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ON THE COVER: EDITOR'S REVIEW

**“Commit your plans to the Lord and they will succeed.”
Proverbs 16:3**

WHAT'S INSIDE

As the 2014 powerlifting season comes to an end, we look forward with great anticipation to see all that God has planned for the New Year! Our new contest format will begin with State meets in the first four months of the

year, followed by Championship events during the months of April through August, and culminating with the ALL-TIME RAW RECORD BREAKERS MEET in November at Strong Life Tampa Bay.



Loma Amore is one of the strongest Master lifters in the sport!

Inside the December issue of **STRONG LIFE**, R.A.W. United Treasurer and Chief Referee Bob Gaynor will continue to inform lifters of rules updates and changes that go into effect on January 1, 2015, in addition to his eighth installment on the “History of Powerlifting.” Contest features include the Tony Conyers Extravaganza, Central PA Single Lift Championships, Strong Life Invitational, World Gym Push/Pull, and Thunderbird Winter Classic. In our “Brains & Brawn” section, teenage sensation and cover man Brett Benedix shares his training routine, and **STRONG LIFE** Training Facility is featured in “Power Gyms.”

Thank you very much for supporting **STRONG LIFE** magazine and R.A.W. United’s mission to serve God both on and off the platform! We are so excited for the 2015 powerlifting season, and encourage interested lifters that would like to join us as State Chapter Leaders, Meet Directors, and members of the R.A.W. United family to contact us at 321-505-1194 or via email at rawunitedinc@gmail.com.

Enjoy the Reading, Spero

THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at rawunitedinc@gmail.com, and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Suzanne LaForge for sending us the December 2014 photo for *The Strong Shot*!



SUZANNE LAFORGE

**GOING DEEP
AT LAST CHANCE 2014!**

2014 PENNSYLVANIA STATE CHAMPIONSHIPS

**Saturday, March 21, 2015
Sanctioned by R.A.W. United**



**Hosted by Thunderbird Gym
Monessen, Pennsylvania**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net**

**Entry Deadline: Saturday, February 28, 2015
Meet Director: Dave Lhota
More Information: 814-521-9182**

JESUS ZONE: THANKSLIVING

Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ.

For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power.

In Him you were also circumcised with the circumcision made without hands, by putting off the body of the sins of the flesh, by the circumcision of Christ, buried with Him in baptism, in which you were also raised with Him through faith in the working of God, who raised Him from the dead.

And you, being dead in your trespasses and the uncircumcision of your flesh, He has made alive together with Him, having forgotten you all trespasses, having wiped out the handwriting of requirements that was against us, which was contrary to us.

And He has taken it out of the way, having nailed it to the cross.

Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it.

Colossians 2:8-15

In today's high-tech, fast paced world, it can be difficult to put life on "pause" and reflect on the many blessings we have. This is especially true when we are experiencing a troubled time in our lives. Nonetheless, it is critical for our well-being as athletes and people to make time to slow things down and give thanks for the good we have in our lives. When we have Jesus, it is easier to live a life of THANKSLIVING, and here's why:

**I AM THANKFUL I AM FREE
Colossians 2:8**

Traffic, red light, can't go right, can't go left - nobody likes to be bound up. From a strength training point of view, none of us

like being injured because it limits our training.

Spiritually, we relinquish the freedom we have in Christ when we take our eyes and hearts off of Him. Galatians 5:1 encourages us to "stand fast in the liberty by which Christ has made us free" and to not be "entangled again by a yoke of bondage." Yet, with all the temptation in our lives, how do we walk in freedom? The answer is found in Psalm 119:105, which reads: Your Word is a lamp to my feet and a light to my path." As Christ followers, we must be rooted in God's Word. Just as we train in the gym, we must be disciplined to spend time reading the Bible, reflecting on God's Word, and doing our best to live God's Word in our daily lives.

2 Corinthians 3:6 teaches us that God “made us sufficient as ministers of the new covenant, not of the letter but of the Spirit; for the letter kills, but the Spirit gives life.” In other words, those who embrace religions that bind their followers to rules will always fall short of their god’s expectations.

Believers of Christianity, on the other hand, rely on God’s grace through Christ. As the Holy Spirit enlightens and invades your life, God’s Word literally becomes AWESOME! This takes time (our greatest resource), but the pay-off is eternal!



Spending time in God’s Word and prayer is time well spent!

I AM THANKFUL FOR ALL I AM IN CHRIST
Colossians 2:9-10

All of God is in Jesus – He walked among us in bodily form and overcame sin – something we cannot do ourselves. And Scripture teaches that we “are complete in Him.” We all feel empty at times, but as Christ

followers we’re always “full.” This does not mean that we’ll never experience trials or tribulations, but we must remind ourselves that we are children of the Living God and in the great scheme of things we’re going to be okay ... even if we miss a lift every now and then!

I AM THANKFUL FOR MY ANCHOR
Colossians 2:11-12

What we are anchored to determines where we turn in both triumph and adversity, and ultimately determines our peace. Psalm 18:1-3 reads: "I will love you, O Lord, my strength. The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield, and the horn of my salvation, my stronghold. I will call upon the Lord, who is worthy to be praised." As Christ followers, we are anchored to salvation.

Those who do not follow Christ are anchored to relationships, finances, and even the gym. What happens when relationships end, when finances are lost, when lifts are missed? In the end, we have nothing if we anchor ourselves to things or people that are imperfect.

On the other hand, when we are anchored to salvation, we're good! Why? Because Christ died and rose, and He is our anchor!



Giving thanks to our Creator comes easy for those grounded in God's Word!

I AM THANKFUL FOR FORGIVENESS
Colossians 2:13-14

It is difficult for us to give forgiveness when others have hurt us. Similarly, it is difficult for us to accept forgiveness when it is freely given to us. But we need it ... badly! I'll be very concise on this one – we can't expect God to forgive us if we're not willing to forgive each other. And life is too short to be angry all the time!

I AM THANKFUL FOR VICTORY
Colossians 2:15

As competitive lifters, we focus a great deal of time and energy on our training. Once on the competitive platform, victory is an awesome feeling as evidenced in Ken Morris' cover shot below!



STRONG LIFE
THE FUSION OF FAITH & FITNESS
The Official Online Magazine for RAW Powerlifters

KEN MORRIS
Ken Morris shatters the 1700 pound barrier
at the 2013 Orlando Athletics Challenge!

Inside:

- * Pat O'Brien Tribute
- * The 2013 Orlando Athletics Challenge
- * Gaynor's History of Powerlifting, Part 2

MORE!

Volume 1, Issue 3
August 2013

Areas in our life that do not point to victory in Christ, however, are areas where we

cannot see God working. That's why it is important to remember that God is always

working, and the cross is where our grace begins. This is the essence of God's work and our victory.

The only power Satan has over us is when we release our power in Christ. When we have Jesus, Satan is disarmed. Why give it back?



NO JESUS, NO VICTORY ... KNOW JESUS, KNOW VICTORY!





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**CONTEST REVIEW:
ALL-TIMES RECORDS FALL AS
R.A.W. UNITED CLOSES OUT THE
2014 SEASON!**

**“Be strong in the Lord and the power of His might.”
Ephesians 6:10**



Loma Amore, Brett Benedix, Tony Conyers, Melissa Reyes, and Jen Rotsinger closed out the 2014 season with new ALL-TIME RAW Records, solidifying R.A.W. United's credibility as a federation attracting some of the nation's top strength athletes! Many

thanks to Bill Beekley (Tony Conyers Extravaganza), Bob Benedix (World Gym Push/Pull), and Dave Lhota (Thunderbird Winter Classic) for hosting the year's final events and supporting the federation!



Dan Ogle of Limitless Strength & Conditioning takes it into the hole at Last Chance 2014!

2014 TONY CONYERS EXTRAVAGANZA

Saturday, November 8
STRONG LIFE Tampa Bay * Tampa, Florida

The Tony Conyers Extravaganza marked our return to Tampa and our first meet at Strong Life Tampa Bay. Tony was flawless, totaling 1565 at a bodyweight of 155 pounds despite a pulling a hamstring on his third squat!

On the women's side, Melissa Reyes and Jenn Rotsinger rocked the house, breaking

ALL-TIME records in their respective classes! Melissa started things off, going 205 in the squat, 130 in the bench, and pulling an incredible 300 pound deadlift at a bodyweight of just 96 pounds! Jenn was simply awesome, going 340, 200, 400 at a bodyweight of 113 pounds!



Melissa Reyes shattered the ALL-TIME record books with this 300 pound pull!!

USF lifter Veronika Buran was unopposed in the 105s, and Brianna Otto and teammate Amanda Crawford had record-setting days, capturing the 132s and 148s, respectively. Rachel Mattocks and Tonya Cianci, both lifting with us for the first time, had record-

setting days as well en route to their wins in the 165s and 181s.

On the men's side, Tony went 560, 405, 600 to take the 165s. Nicholas Gonzalez (1195), Nikki Thai (1195), Connor Krieger (1150), and

Robert Paxtot (1145) all lifted extremely well as they battled for the next four placings. Adam Miller, lifting with us for the first time, captured Best Lifter honors and qualified for RAW Unity with his 1515 total in the 181s. USF lifter Hanif Carroll lifted extremely well, going 470, 360, and 605 to win the IRONMAN and place second overall in the RAW 181s. Bill Holton and Josh Vogel battled it out in the 198s, with Bill securing the win on his final pull at 605. Kyle Mishler dominated the 220s, going 525, 350, 655 for the win, and Jordan Wong captured the 242s with lifts of 760, 460, and 650. Both of these young men

are not only incredible lifters, but can always be found spotting, loading, judging, and helping out when they are not on the platform. Larry Grant (275) and Roy Gatlin (308) closed things out on an amazing day of lifting!

Many thanks to Rich Ficca and all the guys and gals from Gorilla Bench for spotting and loading; Carmen and Danny Aguirre, Bill Beekley, Tony Conyers, Tom O'Donnell, Jenn Rotsinger, Caryn Tshontikidis, and Andrew Yerrakadu for judging, and Bill Beekley for hosting the event!



Jen Rotsinger buries 345 pounds at the Tony Conyers Extravaganza!

WOMEN

IRONMAN, No Belt

105	20-24	Veronika Buran	130	75	185	390
148	70-74	Carmen Gutwirth	105	62	192	359
198+	65-69	June Paciga	105	82	250	437

IRONMAN, Belt

105	20-24	Veronika Buran	130	75	185	390
148	18-19	Mariya Topchy	180	105	255	540
	25-29	Kiahhn Jackson	200	80	250	530
	65-69	Lois Hall	100	105	200	405
	70-74	Carmen Gutwirth	105	62	192	359
	75-79	Sarah Hand	-	57	127	184
165	65-69	Sandy Friedman	-	75	170	245
	80-84	Trudy Daxon	-	45	152	197
	90-94	Edith Traina	-	62	132	194
198+	65-69	June Paciga	105	82	250	437

RAW

97	20-24	Melissa Reyes	205	130	300	635
105	20-24	Veronika Buran	130	75	185	390
114	30-34	Jenn Rotsinger	340	200	400	940
	40-44	Jackie Mojica	225	135	280	640
	20-24	Ana Espinal	175	100	245	520
	20-24	Lisbet Alvarez	170	100	190	460
132	20-24	Brianna Otto	265	135	330	730
	25-29	Gillian Tedeschi	250	135	330	715
148	25-29	Amanda Crawford	290	175	355	820
	20-24	Erika Young	230	175	280	685
	20-24	Demiree Durkin	230	115	285	630
	18-19	Mariya Topchy	180	105	255	540
	25-29	Kiahhn Jackson	200	80	250	530
	65-69	Lois Hall	100	105	200	405
	70-74	Carmen Gutwirth	105	62	192	359
	75-79	Sarah Hand	-	57	127	184
165	25-29	Rachael Mattocks	250	160	320	720
	65-69	Sandy Friedman	-	75	170	245
	80-84	Trudy Daxon	-	45	152	197
	90-94	Edith Traina	-	62	132	194
181	30-34	Tonya Cianci	180	82	225	487



Nikki Thai is an up and rising junior, raw lifter!

MEN

IRONMAN, No Belt

165	25-29	Paul King	400	330	-	-
181	20-24	Devon Palombo	440	315	520	1275
	45-49	Gene Marcotte	280	285	405	970
198	25-29	Scott Brumett	365	215	420	1000
220	18-19	Josue (Josh) Deslauriers	275	265	415	955
242	40-44	Victor Mandia	410	345	445	1200

IRONMAN, Belt

97	12-13	Ty Conyers	190	70	200	460
148	80-84	Joe Matthews	-	65	115	180
165	18-19	Connor Krieger	440	260	450	1150
	25-29	Paul King	400	330	-	-
181	20-24	Hanif Carroll	470	360	605	1435
	20-24	Devon Palombo	440	315	520	1275
	20-24	Bryon Palombo	405	330	475	1210
	45-49	Gene Marcotte	280	285	405	970
198	60-64	Marc Hamburg	340	260	420	1020
	25-29	Scott Brumett	365	215	420	1000
	45-49	Bill Trimble	-	325	-	-
	70-74	Christian Corey	-	295	-	-

220	25-29	Kyle Mishler	525	350	655	1530
	18-19	Josue (Josh) Deslauriers	275	265	415	955
242	40-44	Victor Mandia	410	345	445	1200
	55-59	Ret Tanner	-	320	-	-

RAW

148	80-84	Joe Matthews	-	65	115	180
165	55-59	Tony Conyers (GUEST)	560	405	600	1565
	25-29	Nicholas Gonzalez	390	315	490	1195
	20-24	Nikki Thai	425	265	505	1195
	18-19	Connor Krieger	440	260	450	1150
	18-19	Robert Patxot	415	230	500	1145
	20-24	Nigel Clark	350	265	470	1085
	18-19	Alek Jahnke	300	200	425	925
	25-29	Paul King	400	330	-	-
	45-49	Edwin Walker	-	370	-	-



Adam Miller is a force to be reckoned with in the raw community!

181	30-34	Adam Miller	545	395	575	1515
	20-24	Hanif Carroll	470	360	605	1435
	45-49	Jon Wisenbaker	425	310	550	1285
	20-24	Devon Palombo	440	315	520	1275
	20-24	Bryon Palombo	405	330	475	1210
	65-69	Jack Stevens	405	205	455	1065
	45-49	Gene Marcotte	280	285	405	970



Josh Vogel is destined to be a champion lifter!

198	25-29	Bill Holton	540	365	605	1510
	20-24	Josh Vogel	555	365	540	1460
	25-29	Andres Hernandez	450	335	500	1285
	20-24	John Henriquez	430	315	530	1275
	60-64	Marc Hamburg	340	260	420	1020
	25-29	Scott Brumett	365	215	420	1000
	65-69	Lonnie Lykins	230	200	300	730
	45-49	Bill Trimble	-	325	-	-
	70-74	Christian Corey	-	295	-	-



Andres Hernandez lifted extremely well in his R.A.W. United debut!



Kyle Mishler was flawless, as always!

220	25-29	Kyle Mishler	525	350	655	1530
	30-34	Gil Adams	365	265	485	1115
	18-19	Josue (Josh) Deslauriers	275	265	415	955
	20-24	Lance Hickey (GUEST)	660	335	690	1685
242	20-24	Jordan Wong	760	460	650	1870
	45-49	James Jacobs (GUEST)	650	430	700	1730
	20-24	John Peck	485	365	555	1405
	50-54	Rick Hoover	480	280	525	1285
	40-44	Victor Mandia	410	345	445	1200
	20-24	Steven Toole	-	455	-	-
55-59	Ret Tanner	-	320	-	-	
275	55-59	Larry Grant	530	295	540	1365
	20-24	Michael Nikolich	405	280	525	1210
	40-44	Don Daubert	-	480	-	-
308	30-34	Roy Gatlin	530	345	545	1420
	30-34	Brock Pasteur	-	500	715	1215



Junior sensation Jordan Wong and powerlifting legend Tony Conyers



GOD BLESS OUR TROOPS!

**2014 VIRGINIA STATE
CHAMPIONSHIPS**
Saturday, April 4, 2015
Sanctioned by R.A.W. United



**Hosted by Crossfit Verify
Sterling, Virginia**

DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net

Entry Deadline: Saturday, March 14, 2015

Meet Director: Kevin Prosser

More Information: 240-329-8187 * jkprosser@yahoo.com

2014 CENTRAL PA SINGLE LIFT CHAMPIONSHIPS

Saturday, November 8

Crossfit Duration * Hanover, Pennsylvania

Hosted by newly appointed Mid-Atlantic Regional Chairman Kevin Prosser and Maryland State Chapter Leader Desirae Williams, the Central PA Single Lift event afforded athletes the opportunity to compete in all three lifts, and numerous federations fell as a result!

Jessica Snell started things off with solid lifts of 180, 110, and 266 to take the 123s, and Desirae buried a 245 squat, posted a 140 bench, and pulled 295 in the 181s. On the

men's side, teenager Cody Hartlaub posted impressive numbers in the 181s, going 315, 280, 500 for his 1095 total. Master lifter David Starr took the 198s, and Bill Huling went 520, 380, 625 without a belt to capture top honors in the 220s! Brigham Henderson, who will be our West Virginia State Chapter Leader in 2015, continued to gain strength, posting lifts of 525, 315, and 560 in the 220s. Bench press specialist Sherm Pensyl nailed a 445 pound bench in the 242, and his "Haus of Fury" team captured the team title.



Jessica Snell posted STRONG numbers in the 123s!

WOMEN

IRONMAN, No Belt

148	25-29	Nicole Redick	205	115	235	555
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IRONMAN, Belt

123	30-34	Jessica Snell	180	110	266	556
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132	40-44	Nicole Roop	-	85	200	285
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148	25-29	Nicole Redick	205	115	235	555
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165	35-39	Cathy Zollickoffer	190	-	-	-
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181	30-34	Desirae Williams	245	140	295	680
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198+	30-34	Rachael Dill	255	150	345	750
	12-13	Makayla Garrett	-	-	200	-



Newly appointed Maryland State Chapter Leaders Desirae Williams buried this 245 pound squat!

RAW

123	30-34	Jessica Snell	180	110	266	556
132	40-44	Nicole Roop	-	85	200	285
148	25-29	Nicole Redick	205	115	235	555
165	35-39	Cathy Zollickoffer	190	-	-	-
181	30-34	Desirae Williams	245	140	295	680
198+	30-34	Rachael Dill	255	150	345	750

MEN

IRONMAN, No Belt

220	45-49	Bill Huling	520	380	625	1525
	40-44	Jason Henderson	405	265	505	1175
	35-39	Daniel Carter	345	260	440	1045
242	30-34	Greg Kossuth	450	315	550	1315



Bill Huling posted HUGE numbers at the Central PA Single Lift Championships!

IRONMAN, Belt

105	10-11	Jaden Giaccone	-	-	100	-
181	16-17	Zachary Garrett	335	175	335	845
220	45-49	Bill Huling	520	380	625	1525
	40-44	Jason Henderson	405	265	505	1175
	35-39	Daniel Carter	345	260	440	1045
	45-49	Bill Rogers	-	300	-	-
242	30-34	Greg Kossuth	450	315	550	1315
	40-44	Sherm Pensyl	-	445	-	-
275	30-34	Adam Broe	365	245	455	1065
	45-49	David Price	-	355	500	855
	12-13	Samuel Auker	-	170	-	-



HAUS OF FURY * BEDFORD, PA

*Front Row: Dave Price, Ryan Kegg
Second Row: Sam Auker, Gym Owner Sherm Pensyl, and Bill Rogers*

RAW

148	20-24	Cole Hernandez	315	275	410	1000
181	18-19	Cody Hartlaub	315	280	500	1095
	16-17	Zachary Garrett	335	175	335	845
198	40-44	David Stair	445	275	515	1235
	20-24	Ryan Kegg	-	-	575	-
220	45-49	Bill Huling	520	380	625	1525
	35-39	Brigham Henderson	525	315	560	1400
	40-44	Jason Henderson	405	265	505	1175
	45-49	James Mingle	385	240	435	1060
	35-39	Daniel Carter	345	260	440	1045
	45-49	Bill Rogers	-	300	-	-
242	30-34	Greg Kossuth	450	315	550	1315
	40-44	Bill Kuhn	350	225	405	980
	40-44	Sherm Pensyl	-	445	-	-
275	30-34	Adam Broe	365	245	455	1065
	45-49	David Price	-	355	500	855
	12-13	Samuel Auker	-	170	-	-
308	40-44	Kevin Prosser	600	315	395	1410



Many thanks to "Captain Kirk" Karwoski, pictured with Bill Huling, for judging and supporting our lifters!

**2015
YOUTH & TEENAGE
CHAMPIONSHIPS**

**Saturday & Sunday, April 18-19, 2015
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Training Facility
Melbourne, Florida**

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**Entry Deadline: Saturday, March 14, 2015
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or rawunitedinc@gmail.com**

2014 STRONG LIFE INVITATIONAL

Saturday & Sunday, November 15-16
STRONG LIFE Training Facility * Melbourne, Florida

The 2014 Strong Life Invitational saw ALL-TIME Records fall thanks to World Gym lifters Loma Amore, Brett Benedix, and Fred Goldberg! Loma posted a 207 bench and 365 pound deadlift, Brett went 515, 230, 505 in the 148s, and Fred hit a 525 pound bench in the 55-59, 275s to set the tone for the event!

On the women's side, Strong Life lifters Emma Remonsellez-Conde, Anna Feldbush, Jessi Irons, Cheney Hess, and Valery

Linkenhoker all had awesome days, with Cheney and Valery battling it out in the 123s. The girls will be joined by the gym's full women's team at the Florida State Championships in January at Strong Life Tamp Bay. World Gym lifters Anita Medolla, Caitlin Smith, Gerogia "Peach" Huggins, Marisa Mele, and Loma all posted impressive numbers, and Master lifter Michelle Sothen shattered the record books going 285, 165, 345 in the 40-44, 148s!



Anita Medolla, Caitlin Smith, Georgia "Peach" Huggins, and Marisa Mele of World Gym, Port St. Lucie

On the men's side, youth lifters Ryan Feldbush, Harley Entwistle, Andrew Kearney, and Cheyne Johnson all lifted extremely well, with Harley nailing record lifts en route to his 540 total in the 123s. Brett (148) was joined by teammates Johnny Nocito (165) and Eddie Ryckman (181) in their sweep of the lighter

classes, and teenage sensation Jacob Sunday took the 198s on record lifts of 515, 335, and 585. Master lifter Richard Meyer went huge in the 220s, Nikolas Goodenow (1510) edged out Michael Armour (1440) to take the 242s, and Preston Eden finished on top in the 275.

WOMEN

IRONMAN, No Belt

97	12-13	Emma Remonsellez-Conde	60	40	125	225
105	14-15	Anna Feldbush	135	47	145	327
114	14-15	Jessi Irons	87	57	145	289
123	16-17	Cheney Hess	172	97	202	471
	14-15	Valery Linkenhoker	172	75	220	467

IRONMAN, Belt

97	12-13	Emma Remonsellez-Conde	60	40	125	225
105	14-15	Anna Feldbush	135	47	145	327
114	14-15	Jessi Irons	87	57	145	289
123	16-17	Cheney Hess	172	97	202	471
	14-15	Valery Linkenhoker	172	75	220	467



GIRLS GONE STRONG lifters Anna Feldbush, Jessi Irons, Valery Linkenhoker, and Cheney Hess at the Strong Life Invitational

RAW

105	14-15	Anna Feldbush	135	47	145	327
114	20-24	Anita Medolla	175	95	255	525
	14-15	Jessi Irons	87	57	145	289
123	16-17	Cheney Hess	172	97	202	471
	14-15	Valery Linkenhoker	172	75	220	467
132	20-24	Caitlin Smith	220	125	300	645
	25-29	Georgia "Peach" Huggins	180	80	215	475
148	40-44	Michelle Sothen	285	165	345	795
	25-29	Marisa Mele	235	115	225	575
	60-64	Loma Amore	-	207	365	572



Youth lifter Harley Entwistle pulling a Youth record 240 pound deadlift!

MEN

IRONMAN, No Belt

77	12-13	Ryan Feldbush	107	52	130	289
123	12-13	Andrew Kearney	157	95	187	439
132	14-15	Trey Plyler	175	140	245	560
	12-13	Cheyne Johnson	135	85	155	375
165	16-17	Jeremiah Fontaine	350	225	345	920
	14-15	Brandon Cox	235	175	405	815

IRONMAN, Belt

77	12-13	Ryan Feldbush	107	52	130	289
123	12-13	Harley Entwistle	195	105	240	540
	12-13	Andrew Kearney	157	95	187	439
132	14-15	Trey Plyler	175	140	245	560
	12-13	Cheyne Johnson	135	85	155	375
148	25-29	Thomas Gerhauser	-	190	-	-
165	16-17	Jeremiah Fontaine	350	225	345	920
	14-15	Brandon Cox	235	175	405	815



Teenage sensation Jacob Sudey buried this 515 record squat!

RAW

132	14-15	Trey Plyler	175	140	245	560
148	18-19	Brett Benedix	515	230	505	1250
	20-24	Jake Benedix	430	260	445	1135
	25-29	Thomas Gerhauser	-	190	-	-
165	20-24	Johnny Nocito	375	280	465	1120
	35-39	Sean Mathison	365	275	405	1045
	16-17	Jeremiah Fontaine	350	225	345	920
	14-15	Brandon Cox	235	175	405	815
181	20-24	Eddie Ryckman	465	325	575	1365
	20-24	Chris Jacobsen	475	265	525	1265
198	18-19	Jacob Sundry	515	335	585	1435
	20-24	Dylan McGuirt	410	280	505	1195
	25-29	Charles McLean	350	280	430	1060
	20-24	William Megby	355	205	405	965
	60-64	Michael Hodge	-	150	195	345
	60-64	Paul Kwilecki	-	-	400	-
220	40-44	Richard Meyer	530	400	570	1500
	20-24	Chris Lynn	450	275	575	1300
	20-24	Ken Massa	-	330	520	850
242	20-24	Nikolas Goodenow	540	370	600	1510
	25-29	Michael Armour	455	400	585	1440
	25-29	Gabriel Wood	440	275	500	1215
275	25-29	Preston Eden	500	300	600	1400
	30-34	Todd Yorde	400	265	520	1185
	18-19	Nick DeLucia	405	290	410	1105
	55-59	Fred Goldberg	-	525	-	-



Bob Benedix (far left) and the World Gym team

2015 KEYSTONE CLASSIC

Saturday, April 25

Sanctioned by R.A.W. United



Hosted by Crossfit Hanover
Hanover, Pennsylvania

DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net

Entry Deadline: Saturday, April 4, 2015

Meet Director: Desirae Williams

More Information: 910-985-1299 * dmlwill.dw@gmail.com

2014 WORLD GYM PUSH/PULL

Saturday, December 6

World Gym, PSL * Port St. Lucie, Florida

Gym meets are always fun, and the World Gym Push/Pull was no exception! Loma Amore continued to raise the bar, pulling an impressive 375 pound, ALL-TIME Record deadlift in the 148s, and the “Brothers Benedix” led the men’s charge along with

teammate Eddie Ryckman. Many thanks to Bob Benedix for hosting the event; Bob Gaynor, Larry Bucchioni, and Caryn Tshontikidis for judging; and Jack Stevens for his AWESOME 495 pound pull in a tie dye shirt!



Loma Amore gets stronger every time she sets foot on the platform!

WOMEN

RAW

114	20-24	Anita Medolla	95	245	340
132	20-24	Caitlin Smith	115	320	435
	25-29	Georgia “Peach” Huggins	95	215	310
148	60-64	Loma Amore	200	375	575
	30-34	Nancy Swanson	170	270	440
	40-44	Gisella Gibbons	135	260	395
	25-29	Marisa Mele	115	215	330



Best Lifters Brett Benedix and Eddie Ryckman with Spero and Jack in his famous tie dye!

MEN

RAW

165	18-19	Brett Benedix	255	520	775
	20-24	Johnny Nocito	280	475	755
	20-24	Jake Benedix	275	450	725
181	20-24	Chris Jacobson	275	525	800
	65-69	Jack Stevens	210	495	605
198	20-24	Eddie Ryckman	330	580	910
	25-29	Charles McLean	305	455	760
	25-29	Ryan Grai	250	500	750
220	40-44	Richard Hodges	360	500	860
	18-19	Mike Vitello	260	425	685
	30-34	Michael Kaz	260	405	665
242	20-24	Chris Lynn	295	550	845
	35-39	Kritian Hollis	325	475	800
275	40-44	Jason Ward	375	550	925
	55-59	Fred Goldberg	485	-	-
308	20-24	Matt Delgado	365	625	990



Anita Medolla, Marisa Mele, and Georgia "Peach" Huggins above, and "good times" below!



2015 PAT O'BRIEN MEMORIAL MASTER'S CHAMPIONSHIPS

**Saturday & Sunday, May 16-17
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Tampa Bay
Tampa, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net**

**Entry Deadline: Saturday, April 25, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or
rawunitedinc@gmail.com**

LAST CHANCE 2014

Saturday, December 13
STRONG LIFE Training Facility * Melbourne, Florida

When Greg Prince called and asked if we were holding a December meet at Strong Life, we both figured it would be a small gym meet with Greg and some of our kids. Once we announced it, the contest drew the likes

of Ken Morris and his crew from Limitless Strength & Conditioning, Masters Champion Jackie Mojica, and Florida's newest resident lifter, Suzanne LaForge.



Masters Champion Jackie Mojica gets stronger every time she sets foot on the platform!

While Greg and I accurately predicted that "Last Chance" would be a small gym meet to close out the year, we had no idea that the quality of lifting would be so awesome! Jackie and Suzanne both posted record numbers, as did Greg and Ken. Additionally,

teenager Anthony Martinez nailed EASY lifts of 415, 285, and 500.

Many thanks to all the lifters for coming out and supporting the federation, and congratulations to Ken for shattering the 1800 pound barrier!

WOMEN

IRONMAN, No Belt

132 16-17 Hannah Montgomery 110 62 155 327



STRONG LIFE teammates Hannah Montgomery and Anthony Martinez

IRONMAN, Belt

132 16-17 Hannah Montgomery 110 62 155 327

RAW

105 40-44 Jacqueline Mojica 215 130 250 595

132 16-17 Hannah Montgomery 110 62 155 327

148 50-54 Suzanne LaForge 292 145 385 822

198 50-54 Karen Iseman 170 95 220 485

MEN

IRONMAN, No Belt

181 16-17 Sam Woodford 275 250 300 825

198 55-59 Spero Tshontikidis 435 255 535 1225

275 16-17 Anthony Martinez 415 285 500 1200

IRONMAN, Belt

148	25-29	Thomas Gerhauser	-	200	-	-
181	16-17	Sam Woodford	275	250	300	825
198	55-59	Spero Tshontikidis	435	255	535	1225
275	16-17	Anthony Martinez	415	285	500	1200



Ken Morris shattered the 1800 pound barrier at Last Chance 2014!

RAW

148	25-29	Thomas Gerhauser	-	200	-	-
181	25-29	Jamie Guidry	375	245	430	1050
	16-17	Sam Woodford	275	250	300	825
198	55-59	Spero Tshontikidis	435	255	535	1225
220	40-44	Greg Prince	600	300	550	1450
	20-24	Elliott Flignor	345	230	425	1000
	30-34	Chip Shomberg	320	185	360	865
242	25-29	Dan Ogle	515	320	515	1350
	25-29	Billy Chadwick	350	215	460	1025
275	16-17	Anthony Martinez	415	285	500	1200
308	25-29	Ken Morris	640	455	715	1810



Greg Prince captured Best Lifter honors at Last Chance 2014, and the crew from Limitless Strength & Conditioning!



2015 WOMEN'S SENIOR CHAMPIONSHIPS

**Saturday & Sunday, July 18-19, 2015
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Training Facility
Melbourne, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net**

**Entry Deadline: Saturday, June 27, 2015
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or
rawunitedinc@gmail.com**

2014 THUNDERBIRD WINTER CLASSIC

Saturday, December 20

Thunderbird Gym * Monessen, Pennsylvania

Pennsylvania State Chapter Leader Dave Lhota hosted the Thunderbird Winter Classic to close out the 2014 powerlifting season. Richelle Tharp, Caitlin Brooks, and Madison Brooks all had record setting days to lead

the women's charge, and Bob Fleming and John Jackson rewrote the record books on the men's side. Many thanks to Dave, Kevin Prosser, Sam Contakes, and all the folks that made the Thunderbird Winter Classic!

WOMEN

IRONMAN, No Belt

148	20-24	Richelle Tharp	175	140	275	590
181	16-17	Caitlin Brooks	185	95	315	595

IRONMAN, Belt

148	20-24	Richelle Tharp	175	140	275	590
181	16-17	Caitlin Brooks	185	95	315	595

RAW

148	20-24	Richelle Tharp	175	140	275	590
181	16-17	Caitlin Brooks	185	95	315	595
198	14-15	Madison Brooks	185	95	300	580

MEN

IRONMAN, No Belt

242	45-49	Bob Fleming	405	265	555	1225
308	40-44	John Jackson	425	435	505	1365

IRONMAN, Belt

165	18-19	Brandon Swindell	-	165	-	-
198	35-39	Uriah Jones	-	315	425	740
220	25-29	Darryl Jarvis	-	405	-	-
	45-49	Bill Rogers	-	305	-	-

242	45-49	Bob Fleming	405	265	555	1225
	40-44	Sherm Pensyl	-	435	-	-
275	14-15	Sam Auker	-	200	-	-
308	40-44	John Jackson	425	435	505	1365
308+	30-34	Gino Frezzell	-	385	-	-

RAW

165	18-19	Brandon Swindell	-	165	-	-
181	40-44	Bob Gregory	-	-	500	-
198	35-39	Uriah Jones	-	315	425	740
220	25-29	Darryl Jarvis	-	405	-	-
	45-49	Bill Rogers	-	305	-	-
242	45-49	Bob Fleming	405	265	555	1225
	40-44	Sherm Pensyl	-	435	-	-
275	14-15	Sam Auker	-	200	-	-
308	40-44	John Jackson	425	435	505	1365
308+	30-34	Gino Frezzell	-	385	-	-



Girls Gone Strong lifter Cheney Hess at the Strong Life Invitational

2015 MEN'S SENIOR CHAMPIONSHIPS

**Saturday & Sunday, August 1-2, 2015
Sanctioned by R.A.W. 1-2 United**



**Hosted by STRONG LIFE Tampa Bay
Tampa, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net**

**Entry Deadline: Saturday, July 11, 2015
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or
rawunitedinc@gmail.com**

**POWER GYMS:
STRONG LIFE Training Facility
Melbourne, Florida**

**"It is God who arms me with strength, and makes my way perfect."
Psalm 18:32**

"POWER GYMS" features powerlifting-friendly gyms across the country and the lifters they train. In this month's issue we'll visit STRONG LIFE Training Facility in Melbourne, Florida. The Facility is specifically designed for youth and teenage athletes, and also serves as the headquarters for the R.A.W. United Powerlifting Federation.

If you would like your gym to be featured in "POWER GYMS," please contact us at rawunitedinc@gmail.com or by phone at 321-505-1194. *Thanks, Spero*



The newly constructed platform area at STRONG LIFE has great stability and will include a new ER combo at the end of January

STRONG LIFE TRAINING FACILITY / GENERAL INFORMATION:

Owner(s)	Dr. Spero Tshontikidis
Gym Address	249 Babcock Street Melbourne, FL 32935
Phone	321-505-1194
Gym Hours	Monday – Friday 4:30 am to 7:00 am * 3:30 pm to 5:30 pm Saturday 10:00 am to noon
E-Mail Address	rawunitedinc@gmail.com
Website	www.Strong Life 610.net

Please share your experience in opening up your facility to include what motivated you to become a gym owner.

We started the Girls Gone Strong program in August 2012 with ten girls. Over the course of the first year, the team grew to over 20 girls and our school's weight room was too small to sustain the growth. We rented a small, 1500 square foot unit off campus in January 2014, and our numbers doubled overnight. By April 2014 we could no longer train safely in the space, and moved to our current, 5300 square foot facility.



Teenage Champion and charter member of Girls Gone Strong Dulcy Olson at the Strong Life Invitational

The “journey” itself has been extremely rewarding, especially for my wife and I, my business partner Larry Dromerhauser, and the four girls that have been with us since the beginning – Faryn Antenucci, Megan Lee, Brettany Murdock, and Dulcy Olson. We recently renovated the entire gym, and are STOKED for the meets we will be hosting during the 2015 powerlifting season!



STRONG LIFE is a no-frills, powerlifting gym for student-athletes

Please inform our readers about the equipment at your gym and how it is different from non-power gyms such as Planet Fitness.

STRONG LIFE is a training facility for middle school and high school kids. We train competitive lifters and teams looking for off-season and in-season strength training. As such, our gym is power-oriented. We have three power racks, a set of competitive squat racks, three leg press machines, three benches, three lat machines, three adjustable incline/decline benches, and three deadlift platforms with jacks. Each station has its own weight tree, and we have Texas squat bars (4), Texas power/bench bars (3), and Texas deadlift bars (3) at the ten main areas. We also allow chalk and the occasional scream without any sirens or gym police surrounding the lifter!



STRONG LIFE has a study area with wireless internet for our kids and a seating area for parents.

Please inform our readers about the type(s) of training routine(s) your competitive lifters follow and the successes that they have had. Be sure to include individual and/or team titles won and the federation(s) your members compete in.

Our kids train on a progressive system, working their way up to a modified Shieko routine that Dave Bates of Powerlifting Watch designed for us. Initially, the kids work on a 4-3-2 rotation for nine to twelve weeks in an effort to learn the proper technique in the three lifts and obtain a “max” in each lift. Next, they progress into the first of three levels of the Sheiko routine, culminating in an aggressive, twelve week system that has them doing squats and bench on Mondays, deadlift and bench on Wednesdays, and squats and bench on Fridays. The program has the flexibility we need to back off and increase intensity when necessary, and it has proven to be extraordinarily successful with our kids. Moreover, the set and reps schemes change on a daily basis, and this builds confidence in our kids; for example, hitting a double one week and tripling the same weight a couple of weeks later.

Here are a few training samples from our kids’ current training cycle for the Florida State Championships; feel free to contact us at rawunitedinc@gmail.com if you have any questions:



Mattie Shaw is a new lifter with extraordinary potential; her background in gymnastics, dance, and cheerleading have given her a solid core to begin her powerlifting career

Mattie is going into her third week of training with us. She is on the 4-3-2 rotation; please note that we do 4 work sets with increasing weight followed by a heavier single. Here are her deadlift numbers for weeks one and two, and her projected numbers for week three:

Week 1

90 x 4, 105 x 4, 120 x 4, 135 x 4, 150 x 2

Week 2

105 x 3, 125 x 3, 145 x 3, 165 x 3, 185 x 1

Week 3

120 x 2, 140 x 2, 160 x 2, 180 x 2, 200 x 1



Teenage Champion Faryn Antenucci pulling 265 for 4 reps in Week 7 of the Sheiko routine

Faryn Antenucci is an experienced lifter in her third year with us. She is on a more advanced version of the Sheiko routine, and her competition PR in the squat and deadlift are 242 pounds and 277 pounds, respectively. Here are her numbers from this week's training in the two lifts:

Squat: 135 x 4, 155 x 4, 175 x 3 x 3, 195 x 3, 215 x 3, 235 x 3, 245 x 3
Deadlift: 165 x 4, 195 x 2 x 4, 225 x 4, 245 x 4, 265 x 4

We work in nine to twelve week cycles, depending on when the kids will be competing. The team is currently preparing for the Florida State Championships, and will use the contest as a tune-up for the Teenage Championships in April. Since the facility also serves as the headquarters for R.A.W. United, our kids compete exclusively within the federation because it is both convenient and cost-effective.



Soccer player Valery Linkenhoker hitting a 200 pound triple in preparation for the Florida States

Please share any personal thoughts you have regarding your gym, your members, coaching, and/or competitive lifting.

Our gym is very special because we work with young boys and girls and have the privilege of watching them grow both as athletes and young adults. Like R.A.W. United, the gym is a family, and it's more fun than work to train and compete with our kids and their parents!



Anna Feldbush, Jessi Irons, Valery, and Cheney Hess at the Strong Life Invitational

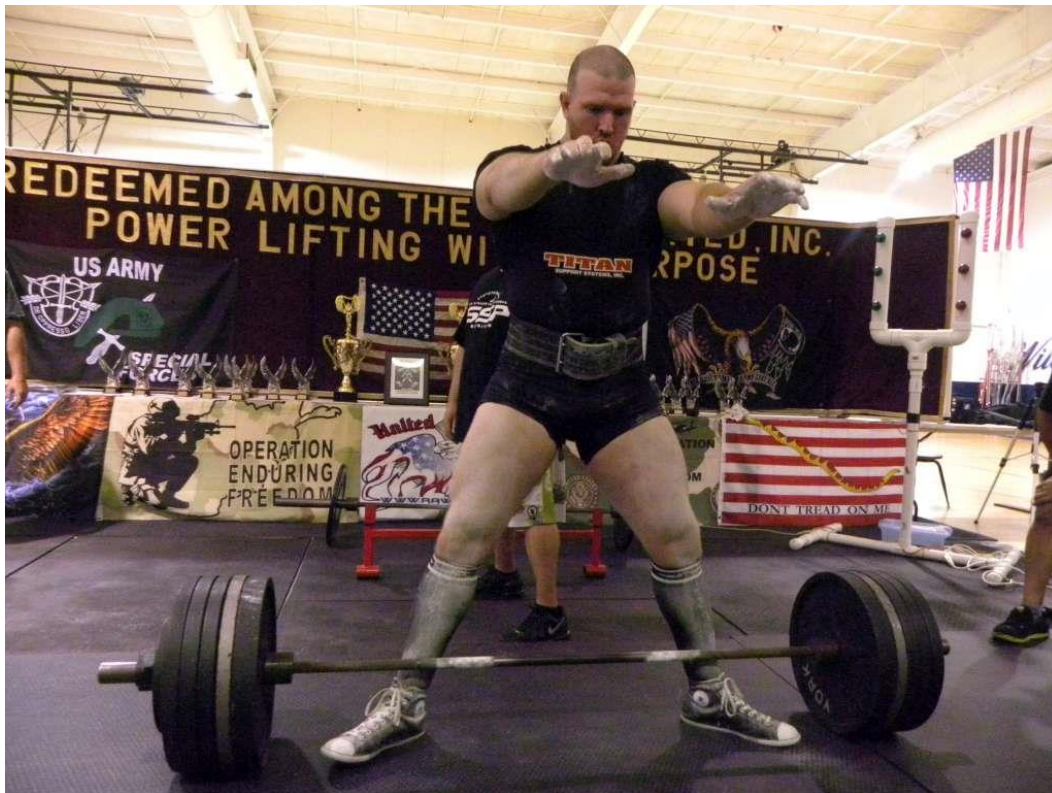
Larry and I are looking forward to having the kids compete at RAW UNITY next year when the meet includes teenage and master lifters!



Spero and Youth Champion Abby Mechachonis in front of the new STRONG LIFE banner

2015 MID-ATLANTIC MEN'S & WOMEN'S CHAMPIONSHIPS

Saturday & Sunday, September 26-27, 2015
Sanctioned by R.A.W. United



Hosted by Crossfit Verify
Sterling, Virginia

DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net

Entry Deadline: Saturday, September 5, 2015

Meet Director: Kevin Prosser

More Information: 240-329-8187 * jkprosser@yahoo.com

**CALL FOR UNITY:
Bob Gaynor & Spero Tshontikidis join
Barry Gershman as Co-Meet Directors**

**“How good and pleasant it is when brothers live together in unity!”
Psalm 133:1**

As many lifters may be aware, RAW Unity Meet Founder and Director Eric Talmant has stepped down for health reasons. We want to thank Eric for his years of service and wish him all the best!

On Saturday, December 20, Barry Gershman, Bob Gaynor, and Spero Tshontikidis met to discuss RUM 8 and how to best move

forward in Eric’s absence. The three will serve as the event’s Meet Directors, each bringing an area of expertise that will allow RUM to continue to grow and serve the sport’s strongest athletes. In addition, Johnny Vasquez of Powerlifting Watch will continue to serve as an advisor for the annual event.



Jill Mills of Olympic Gym in San Antonio, Texas, will be competing at RUM 8

Barry will be in charge of platform personnel, technological support, and sponsorship acquisition. Bob and Spero, who have been running meets together since 1985, have been affiliated with RUM since its inception. Bob will continue to serve as Chief Referee and Spero will take care of future entry forms and redesign and maintain the RUM website.

Contest information will now be communicated on a regular basis via Powerlifting Watch. For this year’s event, please direct all questions to Barry; he can be reached at bgershman65@cfl.rr.com.

2015 "GRIP IT & RIP IT" BENCH / DEADLIFT CLASSIC

**Saturday, October 17, 2015
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Training Facility
Melbourne, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net**

**Entry Deadline: Saturday, September 26, 2015
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or
rawunitedinc@gmail.com**

RULEBOOK: R.A.W. UNITED PUBLISHES 2015 RULEBOOK

Written by R.A.W. United Treasurer & Chief Referee Bob Gaynor

Bob Gaynor's column will be back in February so we can continue to focus on R.A.W. United's expansion efforts, the revised 2015 contest schedule, and update rules and records policies. With our expansion efforts underway, Bob constructed the Federation's new Rulebook (you can access it on the RULES link on our website at www.StrongLife610.net) and Referee's Exam. From Bob:

Several new policies and procedures will go into effect on January 1, 2015, and we want to continue to take time to inform lifters of the direction the Federation will be taking next year with regard to divisions and age groups, records and referees, and the annual contest schedule. All revised changes from the October issue of STRONG LIFE are highlighted in red text.



Chris Lynn of World Gym PSL taking it to the hole at the Strong Life Invitational

DIVISIONS & ATTIRE:

Divisions will be reduced to IRONMAN and RAW.

IRONMAN competitors must wear a one-piece, non-supportive singlet.

RAW lifters must wear a one-piece, non-supportive singlet and can utilize a belt, wrist wraps, and non-fastening, **neoprene** knee sleeves.

Youth lifters are restricted to competing solely in the IRONMAN Division, and are permitted to utilize a belt in competition.

ALL lifters must wear a t-shirt during the squat and bench.

AGE GROUPS:

Youth

7-Under, 8-9, 10-11, 12-13

Teenage

14-15, 16-17, 18-19

Senior

14-Above

Masters

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-Above

ENTRIES & ENTRY FEES:

In an effort to ensure that meets are organized and well run in a timely manner, single session meets are limited to 45 lifters per day, and two-session meets are limited to 60 lifters (30 per session).

In an effort to ensure that Meet Directors are compensated for their efforts and lifters are not over-charged, entry fees will not exceed \$75.00 per individual lifter.

Lifters will compete in their specific age group and are automatically crossed-over as an "open" lifter in the senior division.

IRONMAN competitors will automatically crossover to the RAW Division for both placing and record purposes. Youth lifters are restricted to compete in the IRONMAN Division.



Savannah Green of Girls Gone Strong at the North Americans!

RECORDS & REFEREES:

Records will be revised prior to January 1, 2015 in accordance with the new age group sequence and division structuring.

Three types of records will be maintained – State, Federation, and Championship.

State records will be maintained by State Chapter Leaders; Federation and Championship records will be maintained by the National Office.

State Records and Federation Records can be set/broken at all contests sanctioned by R.A.W. United.

Championship Records can only be set/broken at our six Championship events: (1) Police, Firefighter, & Armed Forces Championships, (2) Youth & Teenage Championships, (3) Masters Championships, (4) Women's Senior Championships, (5) Men's Senior Championships, and (6) All-Time RAW Record Breakers Meet.

Federation and Championship Records will be maintained in a "Top Twenty" format by total; maintenance of State Records will be determined by each state's State Chapter Leader.

Only sanctioned referees will be permitted to officiate at R.A.W. United events after January 1, 2015; we are testing our current staff to ensure everyone is certified prior to the New Year.

Anyone interested in joining our contest staff should send a resume to the National Office; the address is: R.A.W. United, Inc. * 1085 Highway A1A, Unit 1302 * Satellite Beach, FL 32937.



Chris Musillo will be back for his third Armed Forces Meet in February!

ANNUAL CONTEST SCHEDULE:

As a result of our expansion, the contest schedule is being revised to afford lifters the opportunity to qualify for our Championships events.

State contests will be held the first four months of each year, followed by age-specific Championship events between April and August, culminating with the All-Time RAW Record Breakers Meet in November.

Championship events, with the exception of the Police, Firefighters, & Armed Forces Championships in February, will require qualifying totals that will be revised annually.

Entry forms and qualification standards can be accessed in the CONTEST SCHEDULE link on our website at www.StrongLife610.net.



*Bob Gaynor serves as Treasurer and Chief Referee for R.A.W. UNITED, and is the All-Time Masters Record Holder in the Deadlift
680 pounds @ 198
See the lift by clicking the link below!*

http://www.youtube.com/watch?v=tK6_DD8vAoE



2015 ALL-TIME RECORD BREAKERS MEET

**Saturday & Sunday, November 21-22, 2015
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Tampa Bay
Tampa, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net**

**Entry Deadline: Saturday, October 31, 2015
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or
rawunitedinc@gmail.com**

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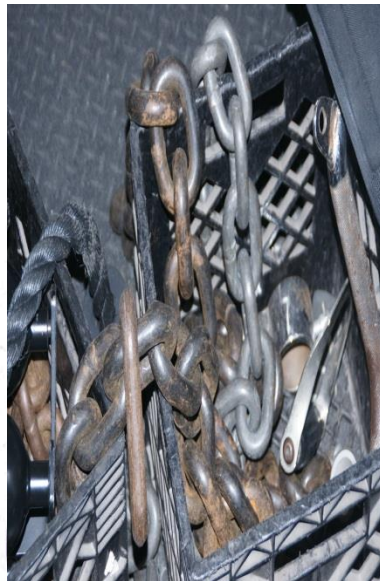
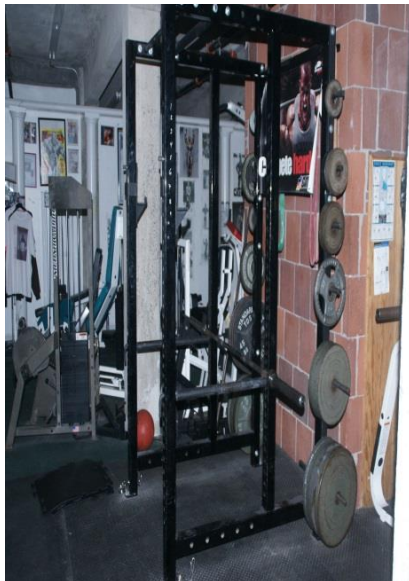


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Gym Warriors is a gym that supports bodybuilding, powerlifting, and strong man, and is home to some of the best deadlifters in the world. We have all the equipment for your needs. We also hold powerlifting competitions and bodybuilding competitions each year. We run several different sanctions for all types of lifters. Support the sport of powerlifting and join Gym Warriors today. We also offer a clothing line and diet and supplement programs. People from all genres fly in to train with Paul DeSimone, owner and founding father of Gym Warriors. Week end training sessions with this add are just \$150.00 for 3 sessions. You must print out this add and call 978-766-6280 or email pauldesimone01@aol.com and mention this offer (discmag).

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BRAINS & BRAWN: BRETT BENEDIX

“He who walks with wise men shall be wise, but the companion of fools will be destroyed.”

Proverbs 13:20

Brett Benedix is one of the nation's strongest teenage lifters. Competing in the 148 pound class at just 18 years of age, Brett holds the ALL-TIME raw record in the squat

at 518 pounds (628 in single-ply), has registered a 260 pound bench, and a 530 pound deadlift!



Cover man Brett Benedix at the Strong Life Invitational

Competitive in all sports as a youth, Brett began training when he turned thirteen under the guidance of his father, World Champion powerlifter and bodybuilder Bob Benedix. Bob owns World Gym in Port saint Lucie, Florida, and Brett and his older brother Jake began training and competing in powerlifting in their early teens.

“My dad is my coach, mentor, trainer, and hero. Jake and I both wanted to follow in our father's footsteps, and he has always stressed the importance of proper form and being a class-act lifter.” As a member of the World Gym Power Team, Brett and his teammates push each other the best they can. “The team is like my second family, and I couldn't have gotten where I am today without their support and encouragement.”

Brett trains four days per week, working in a progressive manner with regard to the power movements and spends an additional ninety minutes doing accessory work. "I do my best to train like a powerlifter and look like a bodybuilder."

Tuesday / Light Bench Day:
Bench, Accessories – Chest, Shoulders, Biceps, Triceps

Wednesday / Light Leg Day:
Heavy Leg Press, Light Squats, Accessories - Quads, Hamstrings, Calves, Back, Abs

Friday / Heavy Bench Day:
Bench, Accessories – Chest, Shoulders, Biceps, Triceps

Sunday / Heavy Leg Day:
Light Leg Press, Heavy Squats, Heavy Deadlifts, Accessories – Quads, Hamstrings, Calves, Back, Abs

Brett intends to compete in raw meets throughout the year as well as The Europa Supershow in April (Orlando, Florida) as a single-ply lifter. Additionally, he hopes to qualify for the National and World Championships as well.



Brett (kneeling in front with Eddie Ryckman) and his teammates at the World Gym Push/Pull

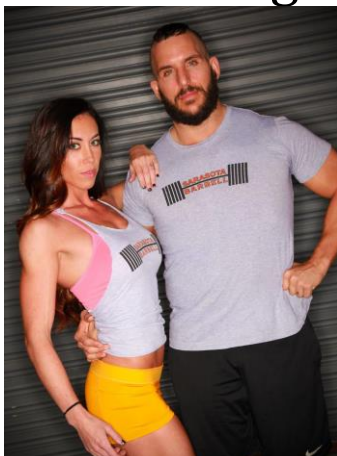
Off the platform, Brett currently attends Indian River State College. After earning his Associate Degree, he intends to transfer to the University of South Florida to study Chemical Engineering. And wherever he

ends up, Brett will be engaged in the gym atmosphere. "Whether it's at my family-owned gym or another gym, training will always be a part of my life. I want to follow in my father's footsteps."

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Sarasota, FL 34233
(941)993-1227
SarasotaBarbell@gmail.com



THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at rawunitedinc@gmail.com, and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Ken Morris for sending us the December 2014 photo for *The Strong Shot*!



KEN MORRIS

**TOTALS 1810 AT LAST CHANCE
2014!**

CONTEST SCHEDULE: CONFIRMED MEETS FOR 2015 SEASON

**"If anyone competes as an athlete, he does not receive the victor's crown
unless he competes according to the rules."
2 Timothy 2:5**

JANUARY 2015

January 24-25

Mike Witmer Memorial Open & Florida State Championships * R.A.W. United

Strong Life Tampa Bay * Tampa, FL

Entry deadline: Saturday, January 3

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194

FEBRUARY 2015

February 7-8

8th Annual RAW Unity Meet * Unsanctioned

Wayne G. Sanborn Activity Center * DeLand, FL

Entry deadline: November 18, 2014

Meet Director: Barry Gershman, Bob Gaynor, Spero Tshontikidis

Contact info: bgershman65@cfl.rr.com

February 21

Gary Gordon Memorial Police, Firefighter, & Armed Forces Championships

STRONG LIFE Training Facility * Melbourne, FL

Entry deadline: Saturday, January 31

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194

February 22

Support the Troops Open

STRONG LIFE Training Facility * Melbourne, FL

Entry deadline: Saturday, January 31

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194

MARCH 2015

March 21

Pennsylvania State Championships

Thunderbird Gym * Monessen, PA

Entry deadline: Saturday, February 28

Meet Director: Dave Lhota

Contact info: 814-521-9182

APRIL 2015

April 4
Virginia State Championships
Crossfit Verify * Sterling, VA
Entry deadline: Saturday, March 07
Meet Director: Kevin Prosser
Contact info: jkprosser@yahoo.com * 240-329-8187

April 18-19
Youth & Teenage Championships
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: Saturday, March 14
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

April 25
Keystone Classic
Crossfit Hanover * Hanover, PA
Entry deadline: Saturday, April 04
Meet Director: Kevin Prosser & Desirae Williams
Contact info: jkprosser@yahoo.com * 240-329-8187
Dmlwill.dw@gmail.com * 910-985-1299

MAY 2015

May 16-17
Pat O'Brien Memorial Master's Championships
Strong Life Tampa Bay * Tampa, FL
Entry deadline: Saturday, April 25
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

May 23
Northeast Men's & Women's Championships
Thunderbird Gym * Monessen, PA
Entry deadline: Saturday, May 2
Meet Director: Dave Lhota
Contact info: 814-521-9182

JUNE 2015

June 20
MAJ Robert Marchant Military Open
Hagerstown Sports Club & Fitness * Hagerstown, MD
Entry deadline: Saturday, May 30
Meet Director: Michael Shuman & Kevin Prosser
Contact info: michaelshuman1@gmail.com * 717-377-8506
jkprosser@yahoo.com * 240-329-8187

JULY 2015

July 18-19
Women's Senior Championships
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: **Saturday, June 27**
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

AUGUST 2015

August 1-2
Men's Senior Championships
STRONG LIFE Tampa Bay * Tampa, FL
Entry deadline: **Saturday, July 11**
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

SEPTEMBER 2015

September 26-27
Mid-Atlantic Men's & Women's Championships
Crossfit Verify * Sterling, VA
Entry deadline: **Saturday, March 07**
Meet Director: Kevin Prosser
Contact info: jkprosser@yahoo.com * 240-329-8187

OCTOBER 2015

August 1-2
"Grip It & Rip It" Bench & Deadlift Classic
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: **Saturday, September 26**
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

NOVEMBER 2015

November 21-22
ALL-TIME Record Breakers Meet
STRONG LIFE Tampa Bay * Tampa, FL
Entry deadline: **Saturday, July 11**
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

DECEMBER 2015

December 12

Last Chance 2015

STRONG LIFE Training Facility * Melbourne, FL

Entry deadline: Saturday, November 21

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194



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R.A.W. UNITED FEDERATION UPDATE

**“The way of the Lord is strength for the upright.”
Proverbs 10:24**

HAPPY THANKSGIVING, MERRY CHRISTMAS, AND HAPPY NEW YEAR!

We hope everyone had a Happy Thanksgiving & Merry Christmas with family and friends, and wish all a Happy New Year! And thanks so much for all the holiday wishes from everyone! R.A.W. United lifter

Dave Duncan sent us an email saying, “Happy Thanksgiving to you and your family and to all our weight lifting brothers and sisters and God bless you for what you do!” What an AWESOME email! We are so blessed and so humbled to be a part of the R.A.W. United family!



GIRLS GONE STRONG lifters Anna Feldbush, Jessi Irons, Valery Linkenhoker, and Cheney Hess at the Strong Life Invitational

2015 CONTEST SCHEDULE

The 2015 contest schedule can be viewed at the **CONTEST SCHEDULE** link on our website (www.StrongLife610.net). The meets currently listed represent those dates and

venues that have been confirmed; more meets are being added! Entries for all confirmed meets in 2015 can be accessed on the website as well. We're growing, and our meets are AWESOME, so join us!



Teenage powerhouse Jacob Sundry buries a 515 record squat at the Strong Life Invitational

2015 RULES & RECORDS

On January 1, 2015, our new Rulebook will go into effect. The Rulebook can be accessed at our website, www.StrongLife610.net, and updates can be read in this issue of STRONG. Please contact us at rawunitedinc@gmail.com or at 321-505-1194 if you have any questions.

Our new Records format will also go into effect on January 1, 2015. The revised

records can be viewed on our website at www.StrongLife610.net.

We are also actively recruiting State Chapter Leaders to fuel our expansion. Lifters interested in becoming a State Chapter Leader and/or Meet Director can contact us at rawunitedinc@gmail.com or at 321-505-1194.



Dan Ogle of Limitless Strength & Conditioning at Last Chance 2014



MANY THANKS TO

**DAVE BATES & JOHNNY
YASQUEZ**

OF

www.powerliftingwatch.com

FOR THEIR SUPPORT OF

STRONG LIFE!

PAUL'S PROSE, PRAYER, & PRAISE: THE POWER OF TEAM

By Chaplain Paul Simmons

“So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”

Luke 11:9

With the New Year upon us, it's a good time to focus on the positive things in our lives as opposed to the bad stuff. When our thoughts give way to anxiety or unease, we allow our mind to dwell on our troubles. Conversely, peace can be attained when we experience freedom from disturbance and have a quiet and tranquil mind. This, of course, is easier said than done. The world's solution is counseling and pills. God's

solution can be found in Philippians 4:4-7 which reads: “Rejoice in the Lord always, again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”



Don Daubert benching HUGE at the Tony Conyers Extravaganza!

Peace cannot co-exist with worry. When we are troubled, it is essential to worship God for all the good in our lives. Reading Scripture, listening to positive music, and

spending time in prayer helps us to realize that as Christians, in the end, it's all good!

With that said we cannot simply put our heads in the sand and expect everything to be awesome all the time. Peace is found in prayer and petition, and finding peace is not a simple task. Like our training, it's hard work. When was the last time you spent as much time with God as you do at the gym? We must align our prayers with God's Word, go to Him with humble hearts, and praise Him through our trials. We must trust in God – worry results in a divided devotion; is He

God or not? We have to believe in order for our prayers to be fruitful.

Simply stated, peace is found in Jesus. In John 14:27, Jesus says, "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." Approach God with boldness – He's been through it and overcame it. And He can change your heart!

PRAYER REQUESTS

Please continue to pray for R.A.W. United lifter Kris Clark. Kris is battling esophageal cancer and we appreciate your thoughts and prayers!



Please pray for Gavin Leiba; Gavin is battling leukemia and we greatly appreciate your thoughts and prayers.



PRAYER REQUESTS:



Please pray for Maryland State Chapter Leader Desirae Williams; Desirae recently lost her Grandmother.

Please pray for STRONG LIFE lifter Veronika Buran. Veronika is recovering from an illness that kept her out of Last Chance 2014.

Please pray for Texas State Chapter Leader Jon Drummond; Jon is returning to the platform after serious heart issues.

Please pray for Paul King; Paul injured his pec at the Tony Conyers Extravaganza and hopes to return to the platform early in 2015.

Please pray for Masters Champion Tony Conyers; Tony pulled a hamstring at his annual Extravaganza, and is recovering.

Please pray for the brave men and women serving on the front lines defending the freedoms we cherish as Americans.

Please send your Prayer Requests to STRONG LIFE at
rawunitedinc@gmail.com



PUT ON THE FULL ARMOR OF GOD!

“Finally, my brothers, be strong in the Lord and the power of His might. Put on the whole armor of God that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.”

Ephesians 6:10-13

THE REAL



YRIAMCITULOVES