



# **STRONG LIFE**

**THE FUSION OF FAITH & FITNESS**

**VOLUME 3, ISSUE 13**

**APRIL 2015**

**INSIDE:**

**Masters & Teenage Championships \* State Meets**

**MORE!**

# **2015 MEN'S SENIOR CHAMPIONSHIPS**

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



**Hosted by the Port St. Lucie Civic Center  
Port St. Lucie, Florida**

**DOWNLOAD YOUR ENTRY AT:**

**[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, June 27, 2015**

**Meet Director: Spero Tshontikidis**

**More Information: 321-505-1194 or**

**[rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**



# **2015 WOMEN'S SENIOR CHAMPIONSHIPS**

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



**Hosted by the Port St. Lucie Civic Center  
Port St. Lucie, Florida**

**DOWNLOAD YOUR ENTRY AT:  
[www.StrongLife610.net](http://www.StrongLife610.net)**

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

# STRONG LIFE

## THE FUSION OF FAITH & FITNESS

**The Official Magazine of R.A.W. United  
Volume 3, Issue 13  
April 2015**

Editor:

**Dr. Spero S. Tshontikidis \* [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**

Webmaster and Cover Art:

**Hannah Brusca**

Powerlifting Watch Administrator:

**Danny Aguirre**

Board Members:

**Dr. Spero Tshontikidis, Bob Gaynor, Bill Beekley**

Publishing Dates:

**February, April, June, August, October, December**

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](http://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.







# LIMITLESS

STRENGTH & CONDITIONING

**LIFT  
YOUR  
LIMITS**



**Owner/Head Coach Ken Morris**  
-CSCCa SCCC  
-Elite Powerlifter  
-S&C Specialist  
-Coached The Florida Gators  
& Toledo Rockets

**Programs for Men, Women, & Kids of All Fitness Levels**

**Personal/Private Coaching**

**Strength & Conditioning Classes**

**Strength & Conditioning for Athletes of All Ages**

**Powerlifting/Strongman**

**Power Hour Bootcamp**

**Kids Group Fitness Classes (7 & Up)**

**Call For Your FREE Trial Session**

**954-629-0462**

**5051 NW 13th Ave, Suite F  
Deerfield Beach, FL 33442**

**[www.LimitlessSC.com](http://www.LimitlessSC.com)**

# STRONG LIFE

**THE FUSION OF FAITH & FITNESS**

**The Official Magazine of R.A.W. United  
Volume 3, Issue 13  
April 2015**



## **INSIDE THIS ISSUE:**

**On the Cover:**  
What's Inside

**The Strong Shot:**  
Top Female Photo: Dulcy Olson & Faryn Antenucci

**Jesus Zone:**  
Luke 23:43: The Good News of Good Friday



**Contest Features:**

2015 Masters & Teenage Championships  
2015 Seniors Qualifier  
2015 Pennsylvania State Championships  
2015 Massachusetts State Championships  
2015 Keystone Classic

**Gaynor's Corner:**

History of Powerlifting, Part 9

**The Strong Shot:**

Top Male Photo, Ken Morris

**Behind the Scenes: Powerlifting's Unsung Heroes**

Hannah Brusca

**Lifter Spotlight:**

2015 Sava Tshontikidis Memorial College Scholarship Recipients  
Faryn Antenucci and Jeremy Hoffower

**Federation Updates:**

Important Updates for R.A.W. United Lifters

**RAW United Contest Schedule:**

Includes Confirmed Contests for 2015 and 2016!

**Chaplain Paul's Prose, Prayer, & Praise:**

Scriptural Truths, Prayer Requests, & Praise Reports from the R.A.W. United Family of Lifters



***GIRLS GONE STRONG lifters Savannah Green, Anna Feldbush, Hannah Montgomery, Mattie Shaw, Katy Johnson, Cheney Hess, Abby "Pure Awesomeness" Mechachonis, and Lauren Siefert living the STRONG LIFE!***



# **2015 MEN'S & WOMEN'S NORTHEAST CHAMPIONSHIPS**

**Saturday, May 23, 2015**

**Sanctioned by R.A.W. United**



**Hosted by Thunderbird Gym  
Monessen, Pennsylvania**

**DOWNLOAD YOUR ENTRY AT:**

**[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, May 2, 2015**

**Meet Director: Dave Lhota**

**More Information: 814-521-9182**

## **ON THE COVER: EDITOR'S REVIEW**

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

### **WHAT'S INSIDE**

April has proven itself to be a consistently strong month for contests, and 2015 was no exception! Combining the Masters and Teenage components and adding a stand-alone flight for lifters between the ages of 20 and 39 to qualify for the Senior Championships resulted in a huge event that rewrote the “Top Twenty” rankings and set the stage for July! State meets in Pennsylvania and Massachusetts also took place, as well as the Keystone Classic, continuing to broaden the Federation’s influence in the sport. Many thanks to State Chapter Leaders Dave Lhota (PA), Paul DeSimone (MA), and Desirae Williams (MD) for hosting April meets, and Regional

Chairman Kevin Prosser for supporting our lifters in the Mid-Atlantic and Northeast.

On the cover and pictured below is Masters Champion Rich Meyers who, despite a minor tear in his quad on his third squat, went on to bench 370 and pull 550 to take the 242s with a 1315 total. Rich emailed us and let us know that he would not be needing surgery, just some “squat free” rest for six to ten weeks. And he added: “thanks again for the spot – it could have been really bad without your fast reaction.” We wish Rich a speedy recover, and look forward to seeing him on the platform again!



We also streamlined our website ([www.StrongLife610.net](http://www.StrongLife610.net)) during this publishing cycle, affording viewers the opportunity to choose from three drop-down menus on the Home Page: R.A.W. UNITED POWERLIFTING FEDERATION, RAW UNITY MEET, and STRONG LIFE TRAINING FACILITY. Many thanks to Hannah Brusca,

our webmaster and cover art specialist, for making this happen! We encourage you to “meet” Hannah in this issue’s “Behind the Scenes” feature – she is an integral part of the R.A.W. United family, and we greatly appreciate her selfless dedication to our mission and our lifters!



Our “Lifter Spotlight” feature will introduce you to this year’s Sava Tshontikidis Memorial College Scholarship recipients, Faryn Antenucci and Jeremy Hoffower. Both athletes lift at Strong Life Training Facility and are seniors at West Shore Junior/Senior High School in Melbourne, Florida, the state’s top academic school.

Finally, with RUM 8 completed and preparations for RUM 9 underway, Bob Gaynor’s “History of Powerlifting” makes its return to the pages of STRONG LIFE, and we have several announcements to share in our “Federation Updates” to include the potential

for international expansion within the federation!

One important side note – with Bob and I joining Barry Gershman as Meet Directors for RAW Unity, there has been a rumor circulating that we are making RUM a part of R.A.W. United. For the record, this is not the case, period! RUM is, and will continue to be, a non-sanctioned event. Our goal is to continue Eric’s dream of hosting THE event that draws the world’s best lifters on to a single platform.

*Enjoy the Reading,  
Spero*



***Limitless Strength & Conditioning owner Ken Morris (left) and Masters Champion Tony Conyers of Strong Life Tampa Bay at the awards ceremony***



# THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com), and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Dulcy Olson and Faryn Antenucci of Girls Gone Strong for sending us the April 2015 photos for *The Strong Shot*!



## 300 LB. PULLS!

**DULCY OLSON &  
FARYN ANTENUCCI  
OF GIRLS GONE STRONG!**

## **JESUS ZONE: THE GOOD NEWS OF GOOD FRIDAY**

**“I tell you the truth, today you will be with Me in paradise.”**

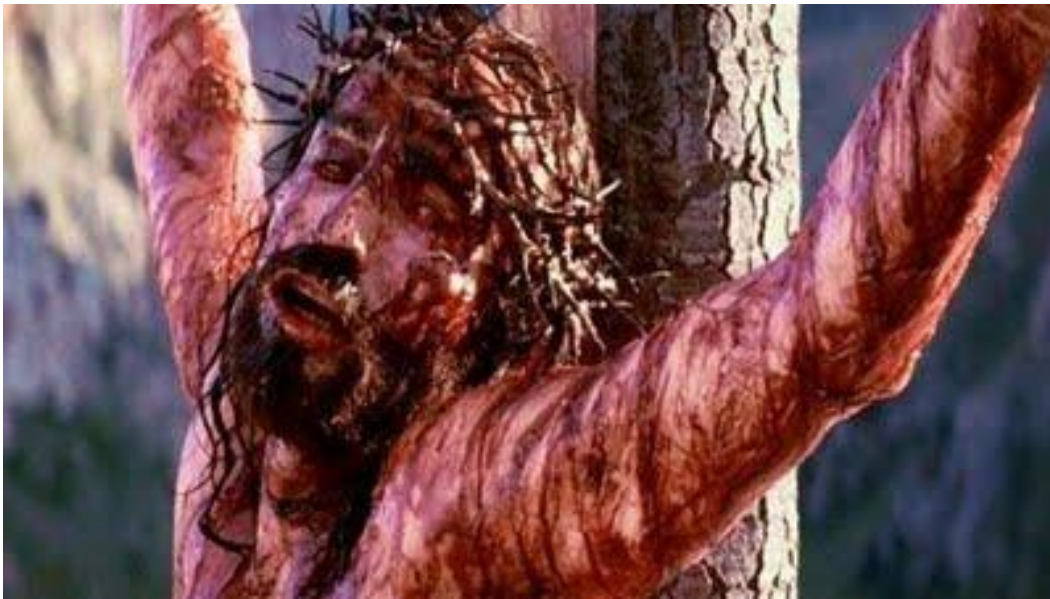
**Luke 23:43**

When reflecting on the crucifixion of Jesus Christ, most tend not to focus their attention on two men – the criminal and the centurion. In the course of time that these two men witnessed Jesus’ actions on the Cross, however, their hearts were pierced. Unlike those around them who mocked Jesus, spit on Him, and beat Him, these two men came to believe in Him.

Why?

What was it that caused their conversion?

I believe that God chose these two men to look beyond those around them and into Jesus’ heart; and what they found was pure, perfect love.



**LOVE**

***affords each of us the strength to endure extraordinary circumstances***

As competitive strength athletes, many of us are uncomfortable talking about love. We think it isn’t “manly” to talk about love with our brothers and sisters in iron, so we choose to keep it, and many other emotions, locked up inside of us. In reality, however, there is nothing more powerful on earth than love. God is love. Love is what makes us long for home. Love is what gives us the courage to risk our lives for each other. Love, not the nails, is what kept Jesus on the cross. And love, God’s pure and perfect

love, is what raised Jesus from the grave, and will raise each of us one day.

The criminal realized this. Knowing his life was near its end, he turned to Jesus naked and unashamed, and asked to be remembered when Jesus came into His kingdom.

Imagine the peace that permeated his entire being when Jesus told him, “Today, you will be with Me in paradise.”



### ***Saving Souls***

Imagine the celebration that occurred in heaven when the criminal repented since we know from Luke 15:10 that “there is rejoicing in the presence of the angels of God over one sinner who repents.”

And isn't it amazing that while in agony, nailed to a cross, our Lord was still saving souls!

The criminal had no church affiliation, he had never been baptized, and he hadn't done any “good works of faith.” Yet one day we will meet him in God's kingdom and have the opportunity to hear him share his incredible story of salvation!

The centurion, on the other hand, was tasked to oversee the execution of three prisoners of Rome. Since Scripture does not mention that he knew or cared about any of the three men being crucified, we are left to discern

that his sole purpose was to ensure that order was maintained until the three prisoners were dead.

Thus, he stood by while his subordinates mocked Jesus, beat Him, and cast lots for His clothes. He stood by as the Jewish leaders hurled insults at Jesus. And he stood by as one of the prisoners ridiculed Him.

Conversely, the centurion also witnessed Jesus' response to these and other events that occurred that Friday. He witnessed Jesus' prayer to His Father to forgive His accusers. He witnessed Jesus directing John to care for His mother. He witnessed a criminal's conversion and redemption. And He witnessed Jesus' faith and trust in His Father as He breathed His last. Simply stated, he witnessed the pure and perfect love of Jesus Christ.





From an outsider's viewpoint, the centurion witnessed both sides of the "Jesus Debate" that Friday, and he chose to believe in Jesus Christ. "Surely this man was the Son of God," are the only words that Scripture records him as saying, but few are as powerful!

What does Good Friday mean to me? Like the criminal and centurion, it is an open invitation for a sinner like me to go to the Cross and experience the pure and perfect love of Jesus Christ and find the hope of eternal glory with Him!

And what happened on Sunday?



***HE IS RISEN !!!***

# **2015 MARYLAND STATE CHAMPIONSHIPS**

**Saturday, June 6, 2015**

**Sanctioned by R.A.W. United**



**Titan Crossfit  
Cockeysville, Maryland**

**DOWNLOAD YOUR ENTRY AT:**

**[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, May 16, 2015**

**Meet Director: Desirae Williams**

**More Information: 910-985-1299 \***

**[rawunitedmidatlantic@gmail.com](mailto:rawunitedmidatlantic@gmail.com)**





# SERIOUS GEAR FOR SERIOUS POWER



DEADLIFT SOCKS  
KNEE SLEEVES  
WRIST/KNEE WRAPS  
LEVER, BUCKLE, BENCH BELTS



EXHAUSTIVE  
LIFTING  
EQUIPMENT

[WWW.EOSPORTSGEAR.COM](http://WWW.EOSPORTSGEAR.COM)



# **CONTEST REVIEW: 2015 TEENAGE & YOUTH CHAMPIONSHIPS**

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

**Saturday & Sunday, April 18-19**

**STRONG LIFE Training Facility \* Melbourne, Florida**



***Austin Rathvon of Limitless pulling strong!***

Bringing teenage, youth, and Master lifters together on a single platform resulted in an awesome weekend of lifting; and when joined by a single flight of lifters qualifying for July's Senior Championships, it further strengthened both the caliber of lifting and excitement that permeated throughout the venue!

The home team from Strong Life Training Facility dominated the youth and teenage

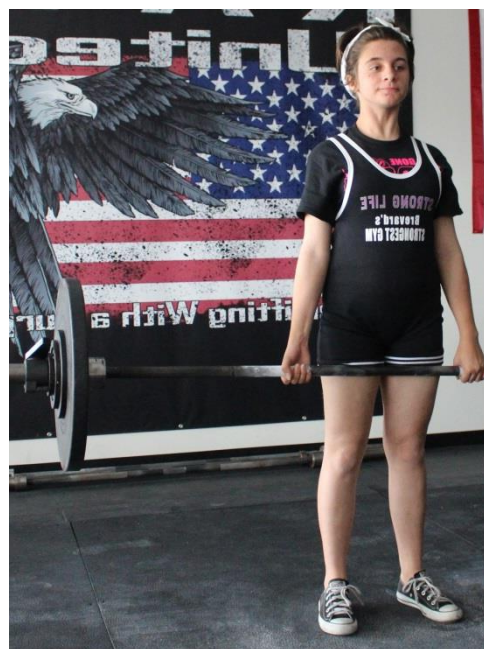
ranks, with Faryn Antenucci and Dulcy Olson leading the women's charge. Dulcy posted Saturday's biggest total (627) on lifts of 225, 102, 300, and Faryn captured Best Lifter honors with her 667 total (262, 105, 300) on Sunday. Faryn, who serves as captain of Girls Gone Strong, will be heading off to college in August and will turn her team over to Dulcy after the Senior Championships in July.



*Anya Johnson brings new meaning to the phrase "sink it deep!"*

Youth lifters Anya Johnson, Jorday Evans, and Victoria Short comprised the 88 pound class. Anya took the Best Lifter Award home with her 380 pound total, and Jorday and Victoria did extremely well in their first meet! Emma Remonsellez-Conde lifted unopposed in the 97s, and Savannah Green set records across the board on lifts of 200, 85, 205 to win the 114s. Cheney Hess had a strong day, going 215, 95, 225 in the 132s, and

Brandi Earle (487) and Mattie Shaw (475) battled it out for second place. The three will "meet again" at the Seniors and it will likely be the final deadlift that determines the outcome. Lauren Seifert was unopposed in the 148s with Faryn weighing in at 149.2; as a result, both finished with top honors. Dulcy and Lorre-Kaye Leslie each took their respective classes to round off the women's contingent.



*Youth lifters Emma Remonsellez-Conde and Jackie Mateosky of Girls Gone Strong*

## WOMEN'S YOUTH (13-Under) & TEENAGE (14-19)

### IRONMAN

88	12-13	Anya Johnson	150	60	170	380
	8-9	Jorday Evans	70	40	110	220
	8-9	Victoria Short	70	40	110	220
97	12-13	Emma Remonsellez-Conde	95	50	140	285
114	16-17	Savannah Green	200	85	205	490
	14-15	Abby Mechachonis	135	67	152	354
	12-13	Jackie Mateosky	115	67	152	334
	16-17	Anna Feldbush	135	45	150	330



*Seniors Cheney Hess and Faryn Antenucci both won their respective classes*

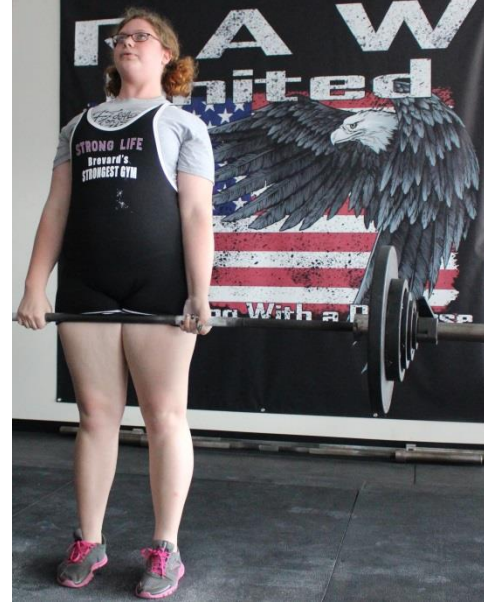
132	18-19	Cheney Hess	215	95	225	535
	16-17	Mattie Shaw	175	85	215	475
	16-17	Hannah Montgomery	175	65	190	430
	16-17	Katy Johnson	135	70	190	395
148	14-15	Lauren Seifert	125	47	160	332
165	18-19	Faryn Antenucci	262	105	300	667
	14-15	Piper Jenkins	202	97	235	534
181	16-17	Dulcy Olson	225	102	300	627
198+	16-17	Lorre-Kaye Leslie	185	135	277	597
	14-15	Taeghan O'Neill	135	80	202	417

### RAW

114	16-17	Savannah Green	200	85	205	490
	14-15	Abby Mechachonis	135	67	152	354
	16-17	Anna Feldbush	135	45	150	330



132	18-19	Cheney Hess	215	95	225	535
	18-19	Brandi Earle	150	102	235	487
	16-17	Mattie Shaw	175	85	215	475
	16-17	Hannah Montgomery	175	65	190	430
	16-17	Katy Johnson	135	70	190	395



*Training partners Piper Jenkins and Taeghan O'Neill of Girls Gone Strong*

148	14-15	Lauren Seifert	125	47	160	332
165	18-19	Faryn Antenucci	262	105	300	667
	14-15	Piper Jenkins	202	97	235	534
181	16-17	Dulcy Olson	225	102	300	627
198+	16-17	Lorre-Kaye Leslie	185	135	277	597
	14-15	Taeghan O'Neill	135	80	202	417



*Lorre-Kaye Leslie, Dulcy Olson, and Piper Jenkins*



***Strong Life lifters Anthony Martinez and Jeremy Hoffower lifted and loaded all weekend***

On the men's side, youth lifters Ryan Feldbush (88), Alex Matta (97), Ty Conyers (105), Trystan Hornby (114), Andrew Kearney (123), Chris Johnson (132), Anthony Guigere (148), and Will Remley (220) won their respective classes. Ty's 540 total was over five times his bodyweight, and afforded him Best Lifter honors. Will's lifts of 300, 210, 400 were extremely impressive, especially at just 13 years of age! In the teenage ranks, Harley Entwistle and Jacob Kent posted strong numbers in the 123s, and Juan Torres' 740 total in the 132s earned him Best Lifter honors. Jeremiah Fontaine was unopposed in the 165s, and spotted and

loaded the entire weekend as well – thanks brother! Michael Arenella, who is still recovering from a hip injury, went 202 and 365 in the push/pull. In the 181s, Austin Rathvon of Limitless had a solid day, going 415, 240, 455 for the win. Teenage sensation Jacob Sundry, still recovering from the Florida State Weightlifting Championships, did a push/pull and went 360 and 600! Jacob will be back on the platform at the Seniors and is looking to post a HUGE total! Jeremy Hoffower nailed a strong 445 pound pull and won the 198s to round out the men's, full power lifting.



***A focused Ty Conyers taking it into the hole!***





*Representing Lakeland High School, Jacob Sundry won the 183 pound class at Class 2A, District 6 Championships with this 275 pound lift on Saturday and went 360 in the bench and 600 in the deadlift on Sunday!*

## **MEN'S YOUTH (13-Under) & TEENAGE (14-19)**

### **IRONMAN**

88	12-13	Ryan Feldbush	140	62	145	347
97	12-13	Alex Matta	120	50	155	325
105	12-13	Ty Conyers	220	90	230	540
	12-13	Luke Dickinson	130	80	175	385
114	12-13	Trystan Hornby	135	72	180	387
123	14-15	Jacob Kent	210	112	250	572
	12-13	Andrew Kearney	175	107	245	527
132	16-17	Juan Torres	300	140	300	740
	12-13	Chris Johnson	155	87	205	447
	12-13	Joey D'Agati	150	80	210	440
	14-15	Ben Johnson	135	95	205	435
	12-13	Cheyne Johnson	150	75	200	425
148	12-13	Anthony Guigere	125	67	160	352
165	16-17	Jeremiah Fontaine	315	245	405	965





*Jacob Kent went on to pull 250 to win the Ironman, 123s*

181	16-17	Sam Woodford	280	252	375	907
	16-17	Brandon Cox	235	185	405	825
198	16-17	Jeremy Hoffower	330	190	445	965
	16-17	Andrew Hung	330	172	360	862
	16-17	Austin Linkenhoker	267	175	340	782
	14-15	Jordan Evans	200	115	300	615
220	12-13	Will Remley	300	210	400	910



*Chris Johnson went nine for nine in the youth division*



*Austin Rathvon getting set to pull strong!*

**RAW**

123	14-15	Harley Entwistle	240	125	260	625
	14-15	Jacob Kent	210	112	250	572
132	16-17	Juan Torres	300	140	300	740
	14-15	Ben Johnson	135	95	205	435
148	16-17	Michael Arenella	-	202	365	567
165	16-17	Jeremiah Fontaine	315	245	405	965



*STRONG LIFE Training Facility lifters from Saturday's roster*





***Sunday's crew from STRONG LIFE***

181	18-19	Austin Rathvon	415	240	455	1110
	16-17	Sam Woodford	280	252	375	907
	16-17	Brandon Cox	235	185	405	825
	18-19	Jacob Sundry	-	360	600	960
198	16-17	Jeremy Hoffower	330	190	445	965
	16-17	Andrew Hung	330	172	360	862
	16-17	Austin Linkenhoker	267	175	340	782
	14-15	Jordan Evans	200	115	300	615
220	18-19	Sean Casey	-	170	-	-
275	16-17	Anthony Martinez	-	300	-	-



***Savannah Green is all smiles with her Best Lifter cup!***



**CONTEST REVIEW:  
2015 PAT O'BRIEN MEMORIAL  
MASTERS CHAMPIONSHIPS**

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

**Saturday & Sunday, April 18-19  
STRONG LIFE Training Facility \* Melbourne, Florida**



*Pat O'Brien in his final meet before meeting our Lord*

What more fitting tribute to our brother Pat O'Brien than to have his former training partners lift in his honor! Representing Strong Life Tampa Bay, Tony Conyers broke the All-Time Masters total record with his 1650 effort in the 165s and Bill Beekley returned to the platform after shoulder surgery!

Pat's picture above was his final deadlift on a competitive platform. While we miss him every day, it is an honor to pay homage to such an outstanding lifter, coach, and man! Thanks for the memories, brother!



***Tony Conyers (above) pulled an All-Time record deadlift and immediately shouted words of praise to his Father, and R.A.W. United Secretary Bill Beekley returned to the platform for the first time since having shoulder surgery to honor Pat's memory!***





Our Master lifters always serve as outstanding role models for the young men and women lifting in R.A.W. United, so it seemed fitting to combine our Masters and Teenage contingents. Masters Champion Suzanne LaForge had an awesome day,

going 315, 165, 410 in the 148s to shatter the record books and capture Best Lifter honors! Carmen Gutwirth, Sarah Markle, and Karen Iseman also had record setting days, and Sandy Friedman and Edith Traina both lifted strong in the push/pull category.

## WOMEN'S MASTER (40-Above)

### IRONMAN

148	70-74	Carmen Gutwirth	105	55	200	360
198	50-54	Karen Iseman	200	112	250	562



*Masters Champion Suzanne LaForge got the kids to hit a single bicep for the Best Lifter picture!*

### RAW

148	55-59	Suzanne LaForge	315	165	410	890
	70-74	Carmen Gutwirth	105	55	200	360
165	65-69	Sandy Friedman	-	77	170	247
	90-94	Edith Traina	-	62	132	194
181	40-44	Sarah Markle	205	135	260	600
198	50-54	Karen Iseman	200	112	250	562





***Sarah Markle of Crossfit Fort Myers will be back at the Seniors in July!***

On the men's side, Tony Conyers had the crowd on its feet as he shattered the All-Time Masters Records in both the deadlift and total, going 580, 405, 665 at a bodyweight of just 155 pounds! Jon Wisenbaker and Jack Stevens both had strong days in the 181s, and Richard Meyer took the 220s despite a minor quad tear on his final squat. Greg Prince finished with a 1340 total and came back Sunday to judge. Bill Beekley made his

return to the platform, and finished with a 1060 total. Air Force veteran Michael Hodge went 160, 200 in the push/pull, and David Whitehead nailed a 320 bench to round out the 220s. Rick Hoover posted a solid 1315 total in the 242s, and Larry Bucchioni hit a 1075 total in the IRONMAN division. Patrick Ardizzone, who served in both Afghanistan and Iraq, hit a PR 435 pound bench in the 275s to complete the men's lifting.



***Tony Conyers never ceases to amaze!***





*United States Air Force veteran Michael Hodge pulling strong!*

## **MEN'S MASTER (40-Above)**

### **IRONMAN**

242    65-69    Larry Bucchioni                      365                      225                      485                      1075



*Larry "Old School" Bucchioni*





*Greg Prince taking it into the hole*

**RAW**

165	55-59	Tony Conyers	580	405	665	1650
181	45-49	Jon Wisenbaker	450	310	580	1340
	65-69	Jack Stevens	365	210	480	1055



*Jon Wisenbaker of Strong Life Tampa Bay*

220	40-44	Richard Meyer	550	370	550	1470
	40-44	Greg Prince	570	270	500	1340
	55-59	Bill Beekley	380	205	475	1060
	60-64	Michael Hodge	-	160	220	380
	50-54	David Whitehead	-	320	-	-
242	50-54	Rick Hoover	500	275	540	1315
	65-69	Larry Bucchioni	365	225	485	1075
275	40-44	Patrick Ardizzone	-	435	-	-
308	45-49	Tim Burns	405	355	405	1165



*Masters Champion Jack Stevens and Tony's Devotion*





# **CONTEST REVIEW: 2015 SENIORS QUALIFIER**

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

**Saturday & Sunday, April 18-19  
STRONG LIFE Training Facility \* Melbourne, Florida**



*Jamie Guidry of Limitless Strength & Conditioning*

With the Qualifier bringing in several lifters from Limitless and Crossfit Fort Myers, the stage is now set for July's Men's & Women's Senior Championships!

Jason Cobb and the gang from Crossfit Fort Myers brought sisters Brandi (Teenage) and

Brittani Earle and Sarah Markle (Master); their addition to Jason's team gives them the ability to enter men's, women's, and mixed teams to at the Seniors! Brandi, Brittani and Sarah lifted extremely well in their R.A.W. United debut, and we look forward to seeing them all at the Seniors!





**Crossfit Fort Myers**

The Limitless crew, led by gym owner and Coach Ken Morris, brought ten lifters to the meet. Ivette Johnsen and Eddaliz Martinez made up the gym's female contingent, and both posted strong totals. On the men's side, Joey D'Agati (Youth) lifted with the youth and teenage contingent. Ken's team also included 181 pounders PJ Drolet (1055) and Evan Weisenberg (1015), and Lee

Cessna (1205), John D'Agati (Joey's day; 1185), Jamie "Missload" Guidry (1135), and Tom Johnsen (965) in the 198s. Erick Feinberg (1340) and Chip Shomberg (915) competed in the 220s, and 275 pounder Dan Ogle (1405) and Ken rounded out the Limitless squad. Ken went 705, 460, 735 in the 308s, hitting a 1900 pound total!



**Squatting Limitless!**





***Limitless Strength & Conditioning***

Senior lifters and training partners Chris Rousch and Thomas Moviel competed in the 220s, with Chris finishing at 1325 and Thomas at 1220. Strong Life Tampa Bay lifter Patrick Ford lifted extremely well in the

275s, finishing at 1475 on lifts of 495, 390, and 590. Finally, STRONG LIFE Training Facility lifter Thomas Gerhauser defied the odds once again and finished with a 200 pound bench in the 148s.



***Patrick Ford of Strong Life Tampa Bay***

## WOMEN'S SENIOR (14-Above)

### RAW

114	SNR	Brittani Earle	135	85	205	425
148	SNR	Eddaliz Martinez	160	115	235	510
	SNR	Ivette Johnsen	135	60	185	380



*Training partners Chris Rousch and Thomas Moviel*

## MEN'S SENIOR (14-Above)

### RAW

148	SNR	Thomas Gerhauser	-	200	-	-
181	SNR	PJ Drolet	365	245	445	1055
	SNR	Evan Weisenberg	335	275	405	1015
198	SNR	Lee Cessna	405	300	500	1205
	SNR	John D'Agati	425	295	465	1185
	SNR	Jamie Guidry	385	275	475	1135
	SNR	Tom Johnsen	315	225	425	965
220	SNR	Erick Feinberg	475	365	500	1340
	SNR	Chris Rousch	450	345	530	1325
	SNR	Thomas Moviel	405	315	500	1220
	SNR	Chip Shomberg	315	215	385	915
275	SNR	Patrick Ford	495	390	590	1475
	SNR	Dan Ogle	555	325	525	1405
308	SNR	Ken Morris	705	460	735	1900



# **2015 DETERMINED WARRIOR CLASSIC & TEXAS STATE CHAMPIONSHIPS**

**Saturday, June 20, 2015  
Sanctioned by R.A.W. United**



**Hosted by Olympic Gym  
San Antonio, Texas**

**DOWNLOAD YOUR ENTRY AT:  
[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, May 30, 2015**

**Meet Director: Jon Drummond**

**More Information: 210-367-2302 \***

**[jonathan.drummond.3.ctr@us.af.mil](mailto:jonathan.drummond.3.ctr@us.af.mil)**



**Thus says the Lord God of Israel:  
'Let My people go.'**

# **HAPPY PASSOVER**





# **CONTEST REVIEW: 2015 PENNSYLVANIA STATE CHAMPIONSHIPS**

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

**Saturday, March 21  
Thunderbird Gym \* Monessen, Pennsylvania**

The second annual Pennsylvania State Championships took place at Thunderbird Gym in Monessen, Pennsylvania, and all in attendance were well served by gym owner and State Chapter Leader Dave Lhota!

Master lifter Mary Fleming lifted solo and showed the boys how it's done, making her way into the Master's "Top Twenty" rankings on lifts of 175, 105, and 290 in the 148s.

Master lifter Chris Goepper (40-44, 181) started things on the full power, men's side, finishing with a 1025 total. Senior lifter Dustin Leonard went 365, 260, 560 in the 220s and passed our National Referee's Exam. Travis Stillwell posted a strong 1335 total in the 242s, and teenage lifter Luke Farmer finished at 845. John Leonard went 580, 450, 655 to finish with the meet's biggest total at

1685 in the 308s. Master lifter John Jackson totaled 1360, and senior lifter Nick Mersing rounded out the full power lifting at 785.

Master lifter Bob Fleming went solo in the push/pull, and went 255, 450 in the 242s. On the single lift side, John Stringa nailed a 275 bench in the 165, Fred Corradini pushed 315 in the 220s, and Jim Dillon finished with a huge 435 pound bench in the 65-69, 220s.

Many thanks to Dave Lhota for hosting the event, and we look forward to seeing everyone – and more – at the Northeast Championships on Saturday, May 23 at Thunderbird Gym! More thanks to Domenick Amoroso, Sam Contakes, Dustin Leonard, and Dave Lhota for judging, and to everyone that supported Dave and the lifters!

## **WOMEN**

### **IRONMAN**

148	40-44	Mary Fleming	175	105	290	570
-----	-------	--------------	-----	-----	-----	-----

### **RAW**

148	40-44	Mary Fleming	175	105	290	570
-----	-------	--------------	-----	-----	-----	-----

## **MEN**

### **IRONMAN**

181	40-44	Chris Goepper	345	255	425	1025
242	SNR	Travis Stilwell	425	355	555	1335
	14-15	Luke Farmer	300	190	355	845

308	40-44	John Jackson	400	460	500	1360
	SNR	Nick Mersing	235	205	345	785

**RAW**

165	40-44	John Stringa	-	275	-	-
181	40-44	Chris Goepper	345	255	425	1025
220	SNR	Dustin Leonard	365	260	560	1185
	65-69	Jim Dillon	-	435	-	-
	SNR	Fred Corradini	-	315	-	-
242	SNR	Travis Stilwell	425	355	555	1335
	14-15	Luke Farmer	300	190	355	845
	45-49	Bob Fleming	-	255	450	705
308	SNR	John Leonard	580	450	655	1685
	40-44	John Jackson	400	460	500	1360
	SNR	Nick Mersing	235	205	345	785



**Youth, Teenage, Senior, and Master lifters – GOOD TIMES !!!**



# **2015 MAJ ROBERT MARCHANT MILITARY OPEN**

**Saturday, June 27, 2015  
Sanctioned by R.A.W. United**



**Hosted by Hagerstown Sports Club & Fitness  
Hagerstown, Maryland**

**DOWNLOAD YOUR ENTRY AT:  
[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, May 30, 2015  
Meet Director: Kevin Prosser  
More Information: 240-329-8187 or  
[jkprosser@yahoo.com](mailto:jkprosser@yahoo.com)**

# **CONTEST REVIEW: 2015 MASSACHUSETTS STATE CHAMPIONSHIPS**

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

**Saturday, April 18  
Gym Warriors \* Peabody, Massachusetts**

Many thanks to Massachusetts State Chapter Leader and Gym Warriors owner Paul DeSimone for hosting the second annual Massachusetts State Championships!

Teenage lifters Lauren Johnson and Kerriann Malea both lifted extremely well, posting

solid numbers in their R.A.W. United debut. On the men’s side, teenager Nate Ebster and Master lifters Lenny McLaine and Frank McKarty joined Paul on the platform. All four posted full power totals, with Paul registering the biggest total at 1342 pounds.

## **WOMEN**

### **IRONMAN, Full Power**

148	16-17	Lauren Johnson	130	96	256	482
165	16-17	Kerriann Malea	90	60	189	339

### **RAW, Full Power**

148	16-17	Lauren Johnson	130	96	256	482
165	16-17	Kerriann Malea	90	60	189	339

### **RAW, Bench Only**

148	16-17	Lauren Johnson	-	96	-	-
165	16-17	Kerriann Malea	-	60	-	-

### **RAW, Deadlift Only**

148	16-17	Lauren Johnson	-	-	256	-
	40-44	Lisa Figucia	-	-	206	-
165	16-17	Kerriann Malea	-	-	189	-

## **MEN**

### **IRONMAN, Full Power**

242	40-44	Lenny McLaine	301	163	429	893
-----	-------	---------------	-----	-----	-----	-----



275	SNR	Paul DeSimone	492	291	559	1342
	50-54	Fran McKarthy	358.5	303	350	1011.5

308	16-17	Nate Webster	359	188	365	912
-----	-------	--------------	-----	-----	-----	-----

**RAW, Full Power**

242	40-44	Lenny McLaine	301	163	429	893
-----	-------	---------------	-----	-----	-----	-----

275	SNR	Paul DeSimone	492	291	559	1342
	50-54	Fran McKarthy	358.5	303	350	1011.5

308	16-17	Nate Webster	359	188	365	912
-----	-------	--------------	-----	-----	-----	-----

**RAW, Bench Only**

242	40-44	Lenny McLaine	-	163	-	-
-----	-------	---------------	---	-----	---	---

275	SNR	Paul DeSimone	-	291	-	-
	50-54	Fran McKarthy	-	303	-	-

308	16-17	Nate Webster	-	188	-	-
-----	-------	--------------	---	-----	---	---

**RAW, Deadlift Only**

242	SNR	Steven Mower	-	-	451	-
	40-44	Lenny McLaine	-	-	429	-

275	SNR	Paul DeSimone	-	-	559	-
	50-54	Fran McKarthy	-	-	350	-



**Rick Hoover of Strong Life Tampa Bay**

## **CONTEST REVIEW: 2015 KEYSTONE CLASSIC**

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

**Saturday, April 25**

**Crossfit Hanover \* Hanover, Pennsylvania**



*Keystone Classic Lifters*

There is something very special about small, gym meets. The camaraderie, intensity, and fellowship are ever present, and oftentimes lasting friendships can be made! The 2015 Keystone Classic was one such meet – hosted by Crossfit Hanover, directed by Maryland State Chapter Leader Desirae Williams, and posting numerous Top Twenty totals!

Desirae and Nicole Rupp got things going, with Nicole moving into the number three slot in the Master's rankings on solid lifts of 205, 95, and 245 in the 132s. After burying a 235 pound squat, Desirae finished with a 635

total that moved her into the number four slot in the Senior rankings.

On the men's side, Rob Cochran posted a strong 1050 total in the 165s, and James Mingle III followed suit with in the 181s with his 1185 total. Daniel Esan looked strong in the 198s, going 505, 315, 500 for his 1320 total. Master lifters Tom Haifley (1415) and James Mingle, Jr. (1115) lifted in the 220s, and Carlos Hernandez posted the meet's biggest total at 1625. Adam Broe (1105) joined Carlos in the 275s, and Regional Chairman Kevin Prosser got in a squat (605) and deadlift (500) day while he spotted, loaded, and officiated.



Thanks to all the lifters for supporting R.A.W. United and Desirae, and we look forward to

seeing everyone at the Hanover Rhinos Classic in July!



*Nicole Roop and Desirae Williams*

## WOMEN

### RAW

132	40-44	Nicole Roop	205	95	245	545
198	SNR	Desirae Williams	235	135	265	635

## MEN

### RAW

165	SNR	Rob Cochran	365	255	430	1050
181	SNR	James Mingle III	425	275	485	1185
198	SNR	Daniel Esan	505	315	500	1320
220	40-44	Tom Haifley	455	365	600	1415
	45-49	James Mingle II	405	265	445	1115
275	SNR	Carlos Hernandez	585	430	610	1625
	SNR	Adam Broe	405	235	465	1105
308+	40-44	Kevin Prosser	605	-	500	-



*Carlos Hernandez (above) and Nicole Rupp (below) moved BIG weight at the Keystone Classic!*





# Happy Easter

CROSScards.com

This is how  
we know  
what love is:  
Jesus Christ  
laid down his  
life for us.

1 JOHN 3:16

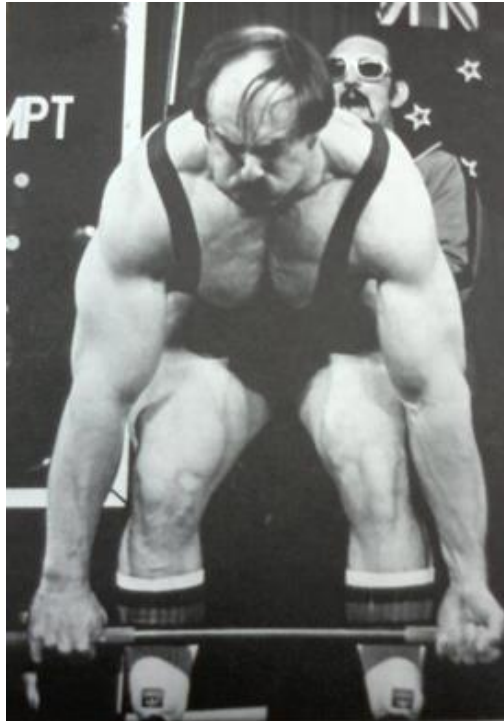


# **GAYNOR'S CORNER: THE HISTORY OF POWERLIFTING, PART 9**

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

The National Collegiates was a big meet in the 1970s and 1980s; the 1972 contest had 85 lifters including Carlton Snitkin, Jake Boyer,

Enrique Hernandez, Bill Ennis, and Ralph Sesso.



*Jon Kuc*

John Kuc traveled to Cincinnati, Ohio for an Open Meet promoted by Charles Geschwind and went 586, 865, 840, 2290 for three American records.

The Juniors in Cambridge, Wisconsin had 57 lifters. Gary Wardell (132), Richard Luckman (148), and Tony Carpino (165) all won their class. At 181, Paul Woods defeated Marty Joyce on bodyweight; Paul won numerous titles in this manner. Tom Farchione at 198, Mike MacDonald at 242, and Lyle Schwartz at Superheavyweight were the other winners. John Kuc and I were scheduled to attend, but a devastating flood hit our area in June. Communication was limited for weeks, and some areas were not livable for months. This changed our plans.

Ron Chrysler promoted the Seniors in Denver, Colorado, and the turnout was light. At that time there was no requirement to lift in the Worlds, so many lifters skipped the Seniors. John Redding and Richard Luckman added the Seniors title to their Junior titles that they had won a few weeks before. Franklin Riley won at 132, and Joe Spack secured his first National win at 165. Doc Rhodes and American record holder Jess Woods both bombed, giving Jack Barnes an easy victory in the 181s. Jerry Jones won the 198s, Ernie Doe took the 242s, and Jon Cole went 865, 570, 820, 2255 to win the Supers.

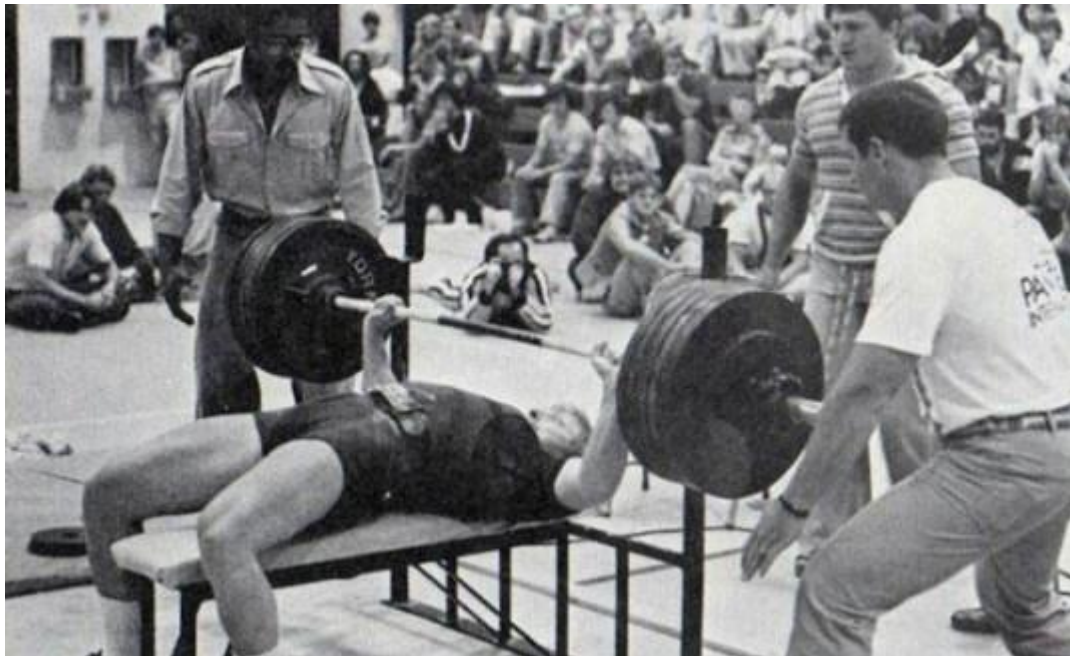




*Don Reinhoudt*

There seemed to more focus on the 1972 World Championships than any previous Worlds, with the possible exception of the first year drug testing was administered. And whether it was Muscular Development,

Ironman, or Powerlifting News, the Supers were all they talked about! The line-up for 1972 included Jim Williams, Jon Cole, Don Reinhoudt, JoJo White, Don Cundy, and John Kuc.



*Mike MacDonald*

Williams posted a letter in Muscular Development and Powerlifting News inviting all the Supers. He also personally called them to ensure attendance. Supposedly, all

except Cundy were going to show. Williams talked to Cole three weeks before and he said he was coming.



*Vince Anello*

One week before the Worlds, however, Cole lifted in Arizona and set squat, deadlift, and total records. He then announced he would not go to the Worlds, and hoped Williams and Kuc would be subject to the same judging he had in Arizona. It's hard to

imagine a local meet would have stricter judging and weighing of records than a World meet. Williams was furious and Kuc was disappointed. Cole was lucky because Kuc would have destroyed him!

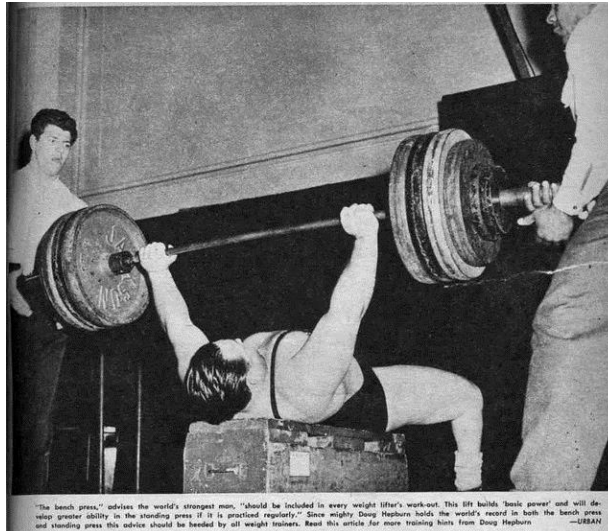


*Larry Pacifico*



I have always admired Jon Cole, but his failure to show at the 1971 and 1972 Worlds bothered me. In 1971, he claimed he tripped the day before he was scheduled to leave.

York, however, never had an entry. In 1972 an Arizona lifter told me that Cole was fearful his deadlifts would not be passed. I guess we'll never know!



"The bench press," advises the world's strongest man, "should be included in every weight lifter's workout. This lift builds 'bench power' and will develop greater ability in the standing press if it is practiced regularly." Since mighty Doug Hepburn holds the world's record in both the bench press and standing press this advice should be heeded by all weight trainers. Read this article for more training hints from Doug Hepburn. —DEBAN

### OLD SCHOOL LIFTING!

In the June issue of STRONG LIFE, we will look at the 1972 World Championships



*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](http://www.youtube.com/watch?v=tK6_DD8vAoE)

# THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com), and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Ken Morris for sending us the April 2015 photo for *The Strong Shot*!



**HUGE!**  
**KEN MORRIS LOOKING HUGE AND PULLING HUGE!**



## **BEHIND THE SCENES: POWERLIFTING'S UNSUNG HEROES**

**"But the path of the just is like the shining sun,  
That shines ever brighter unto the perfect day."  
Proverbs 4:18**

*"Behind the Scenes" is a new column that will feature the folks that make things happen in the world's strongest sport.*



*Hannah Brusca holding her award from the Melbourne Arts Festival with AP Digital Arts teacher Jim Finch*

Born in Wichita, Kansas, seventeen year old Hannah Brusca serves as R.A.W. United's webmaster and cover art specialist. A junior at West Shore Jr./Sr. High School in Melbourne, Florida, Hannah interests include computer science, journalism, and art and design.

When Shawn (Shawn "Bud" Lyte, the Federation's former webmaster) had to

discontinue volunteering with R.A.W. United, Federation President Spero Tshontikidis approached the school's Journalism teacher, Mark Schledorn, and asked for a student that could assist him with webpage design and cover art for our magazine. "Mark didn't hesitate when he recommended Hannah, and we have been blessed to have her on board!"

Within the school's award-winning Journalism program, Hannah maintains the school's website, serves as Social Media editor for the school's newspaper, and is a cartoonist. She is likely to maintain these positions and responsibilities in her senior year, while taking on greater leadership roles in the program. Additionally, Hannah studies under James Finch as part of our school's Advanced Placement Graphic Design

program. Utilizing talents derived from both classes, Hannah has streamlined the R.A.W. United website, maintains the site with updates every two to four weeks, and designs and produces magazine covers for STRONG LIFE and certificates for our contests. Over the course of the past year, she has become an integral part of the R.A.W. United family!



*Hannah with award-winning Journalism teacher Mark Schledorn*

And speaking of the R.A.W. United family – Hannah came out to the gym recently to see where the team trains and joined us for a squat workout. She's got great potential, and we're hoping she'll join our Girls Gone Strong program this summer!

Looking into her future, Hannah hopes to focus her studies in Computer Programming

and Visual Arts and Design and prepare herself for a career as a computer programmer for a major software company or as an animator or graphic designer for companies such as Disney or Dream Works. We'll keep you posted as Hannah makes her college decisions in the fall!





**LIFTER SPOTLIGHT:  
FARYN ANTENUCCI  
&  
JEREMY HOFFOWER**

**“In God is my salvation and my glory;  
The rock of my strength,  
And my refuge, is in God.”  
Psalm 62:7**

The Sava Tshontikidis Memorial College Scholarship is awarded annually to the federation's top male and female high school seniors. Selection criteria include platform performance, academic success, and community service related to the federation

and sport. On April 23, seniors Jeremy Hoffower and Faryn Antenucci of West Shore Jr./Sr. High School were selected as the 2015 recipients; what follows is the presentation speech delivered at the school's High School Awards Ceremony:



*Spero, Faryn, Jeremy, and West Shore Principal Rick Fleming*

“Tonight marks the end of an era, and the beginning of the second phase of a journey that began with just ten girls.

Three years ago, these ten girls trained before school in the West Shore weight room, and our sanctioning body – the R.A.W. United Powerlifting Federation - was a Florida-based company with 300 members.



Today, our men's and women's teams total over 70 competitive lifters and we train in a state of the art, 5300 square foot facility just off campus. R.A.W. United is now active in six states, has a membership of over 1500 athletes, and further growth is expected in 2016.

Over the past three years, we have launched an online magazine called **STRONG LIFE**,

host an annual event for armed forces personnel, police officers, and firefighters in tribute to Medal of Honor recipient Gary Gordon and all of our nation's fallen heroes, and created a college scholarship program in honor of my dad who passed away in February 2013. Recipients, upon graduation, receive \$500.00 toward their post-secondary endeavors.



*Jeremy at the 2014 Teenage Championships*

The two seniors we honor tonight have played a pivotal role in the team's growth and the federation's expansion, serving as National referees, platform managers, and contest directors.

Our first honoree has served as the men's team captain since his junior year. At last weekend's Teenage Championships, he led our men's team to a first place finish with lifts of 330 in the squat, 190 in the bench, and 445 in the deadlift. Moreover, his 965 pound total moved him up to the number three ranking in the federation and his 445 pound deadlift is at the top of the rankings.

In addition to his accomplishments on the competitive platform, he has logged hundreds of volunteer hours at the gym, served as Contest Director at the 2014 North American Championships as part of his Senior Project, maintains a 4.12 weighted GPA, and has been an outstanding role model for our younger lifters.

He will be attending the University of South Florida in the fall, and will continue training at our Strong Life affiliate in Tampa under the direction of World Champion lifters Tony Conyers, Bill Beekley, and Tim Burns.

Ladies and gentlemen, please join me in congratulating this year's scholarship recipient, Jeremy Hoffower.

Our second honoree is one of three girls still actively competing since the team's inception three years ago. Prior to their first contest back in September 2012, our team was featured in Florida Today. When asked

about this young lady's potential, my response was simple: "She'll be a National Champion. There's no doubt in my mind."

Today, she is the number one ranked teenage powerlifter in her class, with best lifts of 262 in the squat, 110 in the bench, and 300 in the deadlift, and has no intention of leaving the sport behind.



*Faryn's 300 pound deadlift at the 2015 Teenage Championships*

Like Jeremy, she has logged hundreds of volunteer hours, received the Jefferson Leadership Award for volunteering over 100 hours during the 2014 powerlifting season, was the first lifter in our program to successfully pass the National Referee's exam, and sat as Head Judge at the 2014 North American Championships.

It has been an absolute joy to coach her these last three years, and her accomplishments embody the simple athletic truth that excellence in effort results in excellence in performance.

Her 4.23 weighted GPA earned her admission to the University of Central Florida where she will study dentistry, and continue to serve within the federation. I can't tell you how stoked we are to continue working with her and see her on the platform at the 2015 Men's and Women's Senior Powerlifting Championships in July!

Ladies and gentlemen, please join me in congratulating this year's scholarship recipient, Faryn Antenucci.





*A tear-jerking moment above and Jeremy and Faryn at STRONG LIFE Training Facility*



# **R.A.W. UNITED FEDERATION UPDATE**

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

## **2015 MEN'S & WOMEN'S SENIOR POWERLIFTING CHAMPIONSHIPS!**

Entries are rolling in for the Seniors, and it appears that the meet will fill before the entry deadline. Capped at 120 lifters, we will run two sessions of 30 lifters per session each day, with lifting for the morning sessions beginning at 9:00 am and the afternoon sessions starting at 3:00 pm. We have already received over 40 entries that include teams from the “RUM 8 Platform Crew” and Strong Life Training Facility; additionally, teams from Limitless Strength & Conditioning, Port Saint Lucie Civic Center, Crossfit Fort Myers, and World Gym Port Saint Lucie are expected to enter. This meet is going to be HUGE, so get your entry in ASAP if you want to compete!



*Dulcy, Emma, and Spero at the Teenage Championships*



**STATE MEETS COMING UP IN  
MARYLAND & TEXAS!**

Many thanks to State Chapter Leaders Desirae Williams (MD) and Jon Drummond (TX) for hosting State Championship events in their respective states during our next publishing cycle; the Maryland meet will take place on Saturday, June 6, and Texas on Saturday, June 20. And more thanks to Mid-Atlantic Regional Chairman Kevin Prosser for supporting our lifters throughout the northeast! Information on these contests can be accessed on the CONTEST SCHEDULE link at our website: [www.StrongLife610.net](http://www.StrongLife610.net).

**NEW MEETS ADDED TO 2015 SCHEDULE!**

Two new meets have been added to the 2015 schedule with more on the horizon! On Saturday & Sunday, July 18-19, Desirae Williams and Kevin Prosser will be hosting the Hanover Rhinos Classic at Crossfit Hanover in Hanover, Maryland. And on Saturday, August 1, Bill Beekley, Tim Burns, and Tony Conyers will be hosting the Strong Life Bench Bash at Strong Life Tampa Bay in Tampa, Florida. Entries for both contests are available now!



*Dan Ogle of Limitless Strength & Conditioning taking it deep at the Seniors Qualifier*

**COULD R.A.W. UNITED GO INTERNATIONAL?**

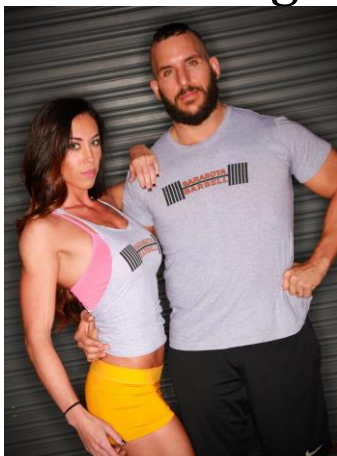
In an effort not to “put the cart before the horse,” we want to inform everyone that we are currently discussing a potential merger outside of the United States. If our discussions result in a second country coming on board with us, there will be some minor changes to our divisions and records keeping procedures – all good! We will keep everyone posted, and hope to make a big announcement at the Seniors!



# SARASOTA BARBELL



Sarasota's Strongest Gym  
5426 Ashton Ct, Unit 7  
Sarasota, FL 34233  
(941)993-1227  
SarasotaBarbell@gmail.com





# **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**

## **MAY 2015**

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



*Strong Girls at the Teenage Championships*

## **JUNE 2015**

June 6  
Maryland State Championships  
Titan Crossfit \* Cockeysville, MD  
Entry deadline: Saturday, May 16  
Meet Director: Desirae Williams  
Contact info: [rawunitedmidatlantic@gmail.com](mailto:rawunitedmidatlantic@gmail.com) \* 910-985-1299

June 20  
Determined Warrior Classic & Texas State Championships  
Olympic Gym \* San Antonio, TX  
Entry deadline: Saturday, May 30  
Meet Director: Jon Drummond  
Contact info: [jonathan.drummond.3.ctr@us.af.mil](mailto:jonathan.drummond.3.ctr@us.af.mil) \* 210-367-2302

June 27

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](mailto:michaelshuman1@gmail.com) \* 717-377-8506  
[jkprosser@yahoo.com](mailto:jkprosser@yahoo.com) \* 240-329-8187

## **JULY 2015**

July 18-19

Men's Senior Championships

Port St. Lucie Civic Center \* Port St. Lucie, FL

Entry deadline: Saturday, June 27

Meet Director: Spero Tshontikidis

Contact info: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 321-505-1194

July 18-19

Women's Senior Championships

Port St. Lucie Civic Center \* Port St. Lucie, FL

Entry deadline: Saturday, June 27

Meet Director: Spero Tshontikidis

Contact info: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 321-505-1194

July 18-19

Hanover Rhinos Classic

Crossfit Hanover \* Hanover, MD

Entry deadline: Saturday, June 27

Meet Director: Desirae Williams

Contact info: [rawunitedmidatlantic@gmail.com](mailto:rawunitedmidatlantic@gmail.com) \* 910-985-1299

## **AUGUST 2015**

August 1

Strong Life Bench Bash

STRONG LIFE Tampa Bay \* Tampa, FL

Entry deadline: Saturday, July 11

Meet Director: Bill Beekley

Contact info: 813-362-1908 \* [beek220@aol.com](mailto:beek220@aol.com)

## **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](mailto:jkprosser@yahoo.com) \* 240-329-8187

## **OCTOBER 2015**

October 17-18

ALL-TIME Record Breakers Meet

STRONG LIFE Training Facility \* Melbourne, FL

Entry deadline: Saturday, September 26

Meet Director: Spero Tshontikidis

Contact info: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 321-505-1194



## **NOVEMBER 2015**

November 7

Tony Conyers Extravaganza

**STRONG LIFE Tampa Bay \* Tampa, FL**

**Entry deadline: Saturday, October 15**

**Meet Director: Spero Tshontikidis**

**Contact info: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 321-505-1194**

## **DECEMBER 2015**

December 12

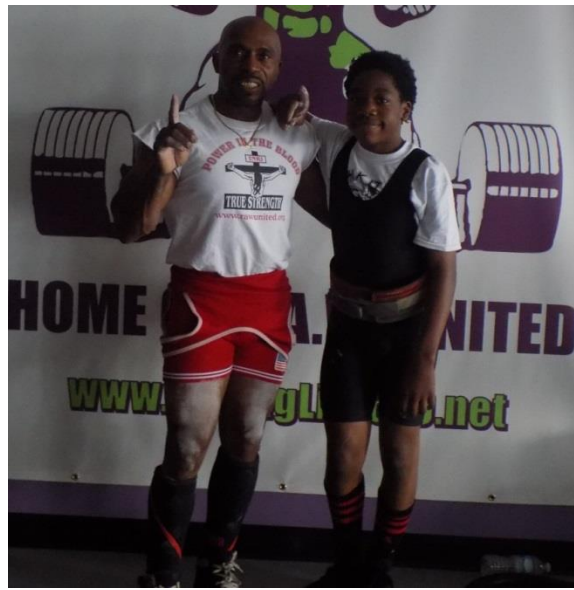
Last Chance 2015

**STRONG LIFE Training Facility \* Melbourne, FL**

**Entry deadline: Saturday, November 21**

**Meet Director: Spero Tshontikidis**

**Contact info: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 321-505-1194**



*Tony Conyers and his son, Tykius "Ty" Conyers,  
and Tim Burns of Strong Life Tampa Bay at the Masters Championships*



# Disaster Preparation Service



## Central Florida's Full Service Proactive Natural Disaster Preparation Service

- Home and Business
- Evacuation Plans
- Custom Designed Packages
- Free Consultations
- Homesteading Supplies
- Interior and Exterior Protection

***Veteran and Powerlifter Discounts Available!***

**Pinellas/Pasco: (727)466-8044**

**Tampa: (813)407-9035**

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

**\*\*\*Proudly Veteran Owned & Operated\*\*\***



**MANY THANKS TO**

**DAVE BATES & JOHNNY  
YASQUEZ**

**OF**

**[www.powerliftingwatch.com](http://www.powerliftingwatch.com)**

**FOR THEIR SUPPORT OF**

**STRONG LIFE!**



# **PAUL'S PROSE, PRAYER, & PRAISE: THE SECOND JOURNEY**

**By Chaplain Paul Simmons**

**“And that you put on the new man which was created according to God, in true righteousness and holiness.”**

**Ephesians 4:24**

Many people between the ages of thirty and sixty – whatever their stature in the community and whatever their personal achievements – undergo what can truly be called a second journey.

For the Christian, this second journey is often accompanied by a second call from the Lord Jesus. The second call invites us to serious reflection on the nature and quality of our faith in the gospel of grace, our hope in the new and not yet, and our love for God and people. The second call is a summons

to a deeper, more mature commitment of faith where the naiveté, first fervor, and untested idealism of the morning and the first commitment have been seasoned with pain, rejection, failure, loneliness, and self-knowledge.

Our second call may come upon us with wind and fire, or it may be a gradual journey to greater maturity and closeness to God. Regardless, let us not miss our call to a greater commitment to the One who gave His life for us.



# **PRAYER REQUESTS FROM THE R.A.W. UNITED FAMILY:**

**“When my heart is overwhelmed;  
Lead me to the rock that is higher than I.”  
Psalm 61**



*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.*

Please pray for Maryland lifter Don Berry; Don dislocated his shoulder and will be having surgery this month.

Please pray for the family of Harriet Collins; Harriet went to be with the Lord earlier this month, and her family greatly appreciates your thoughts and prayers!

Please pray for Adrienne Conde; Adrienne is battling terminal cancer on a daily basis.

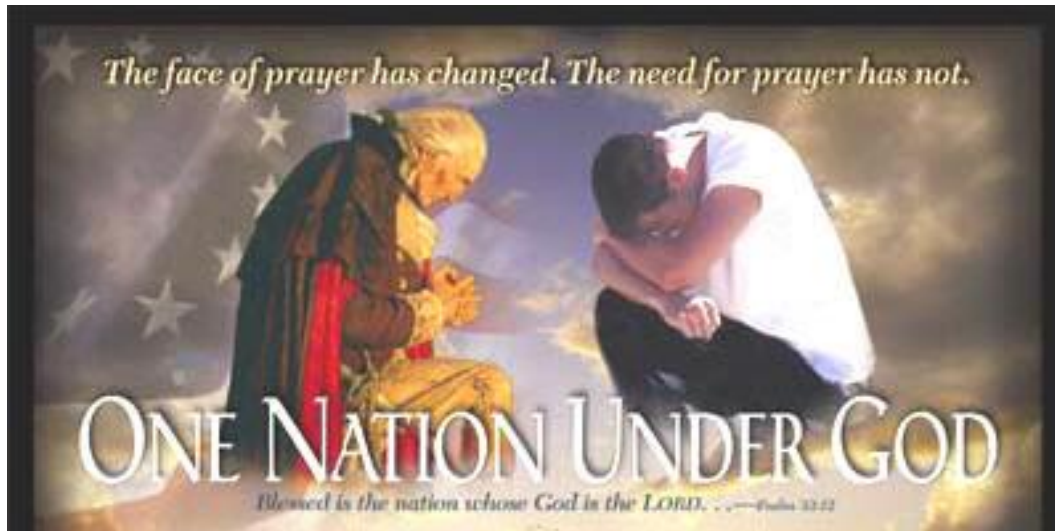
Please pray for Angel Conde, Adrienne's dad; Angel was recently diagnosed with terminal, pancreatic cancer.

Please pray for STRONG LIFE lifter and dad, Neil Kent; Neil is having eye surgery the first week of May.

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

Please pray for STRONG LIFE lifter Glenn Nichols; Glenn is recovering from surgery, and we look forward to his return to the gym!

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](mailto:rawunitedinc@gmail.com)

BEING A CHRISTIAN **ATHLETE** DOESN'T MEAN PRAYING FOR YOUR TEAM TO **WIN**. GOD DOESN'T GIVE AN EDGE TO THOSE WHO **PRAY** OVER THOSE WHO DON'T. HARD WORK DOES THAT. BEING A **CHRISTIAN** ATHLETE MEANS **COMPETING FOR CHRIST**, IN A WAY IN WHICH YOU ALWAYS GIVE YOUR ALL FOR **HIM**. WIN OR LOSE, YOU THANK HIM FOR THE **ABILITY AND OPPORTUNITY** TO PLAY. IT MEANS GIVING ALL THE **GLORY** TO GOD, NO MATTER THE OUTCOME.





## **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**