

STRONG LIFE

THE FUSION OF FAITH & FITNESS

VOLUME 3, ISSUE 14
JUNE 2015

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- WESTERN AUSTRALIA STATES**
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2015 NORTHEAST CHAMPIONSHIPS

Saturday, July 11, 2015

Sanctioned by R.A.W. United



**Hosted by Gym Warriors
Peabody, Massachusetts**

DOWNLOAD YOUR ENTRY AT:

www.StrongLife610.net

Entry Deadline: Saturday, June 20, 2015

Meet Director: Paul DeSimone

More Information: 978-766-6280 *

pualdesimone01@aol.com

STRONG LIFE

THE FUSION OF FAITH & FITNESS

**The Official Magazine of R.A.W. United
Volume 3, Issue 14
June 2015**

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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) 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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Henry Day, owner of MusclePit in Perth, Australia, and his kids at the Western Australia State Championships

2015 STRONG LIFE BENCH BASH

**Saturday, August 1, 2015
Sanctioned by R.A.W. United**



**Strong Life Tampa Bay
Tampa, Florida**

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

**Entry Deadline: Saturday, July 11, 2015
Meet Director: Bill Beekley**

More Information: 813-362-1908 * beek220@aol.com

ON THE COVER: EDITOR'S REVIEW

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

WHAT'S INSIDE

Much is happening behind the scenes as we prepare for the 2015 Men's & Women's

Senior Powerlifting Championships – the Federation's biggest meet to date!



Ken Morris and Tony Conyers will both be competing at the 2015 Men's & Women's Senior Championships

With major announcements scheduled for the Seniors, the June issue of **STRONG LIFE** will give our lifters and readers some background information on what's in the works with regard to expansion, rules and policy changes, record keeping procedures, tax-exempt status, and new meets being added to the 2015 contest schedule.

In addition, Jon Drummond and JD Wennermark hosted the Determined Warrior Classic & Texas States at Olympic Gym in San Antonio, and the results can be found in the "Contest Review" section of the magazine. Moreover, Muscle Pit Gym in Perth, Australia hosted the Western Australia State Championships and we are **STOKED** to have full results and pictures from the event!



GIRLS GONE STRONG will have a full women's team at the 2015 Seniors!

Left to Right:

Savannah Green, Anna Feldbush, Hannah Montgomery, Mattie Shaw, Katy Johnson, Cheney Hess, Abby "Pure Awesomeness" Mechachonis, and Lauren Siefert

Several meets have been added to the 2015 schedule, and more are in the works, so be sure to check out the revised Contest Schedule in this issue of **STRONG LIFE!**

Finally, with summer upon us, we want to wish all of our Dads a Happy Father's Day! We hope and pray everyone was able to enjoy the weekend with family and friends! Moreover, with Independence Day just

around the corner, we want to wish all our lifters and families a blessed 4th of July weekend! Please pray for the brave men and women that made the ultimate sacrifice in defense of the freedoms we cherish as American citizens!

***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 Anya Johnson of Girls Gone Strong for sending us the June 2015 photos for *The Strong Shot*!



DEEP!

**ANYA JOHNSON
OF GIRLS GONE STRONG
TAKES IT INTO THE HOLE!**

JESUS ZONE: LIVING THE SALT LIFE

**"Let love be without hypocrisy. Abhor what is evil.
Cling to what is good ..."**

Romans 12:9-21

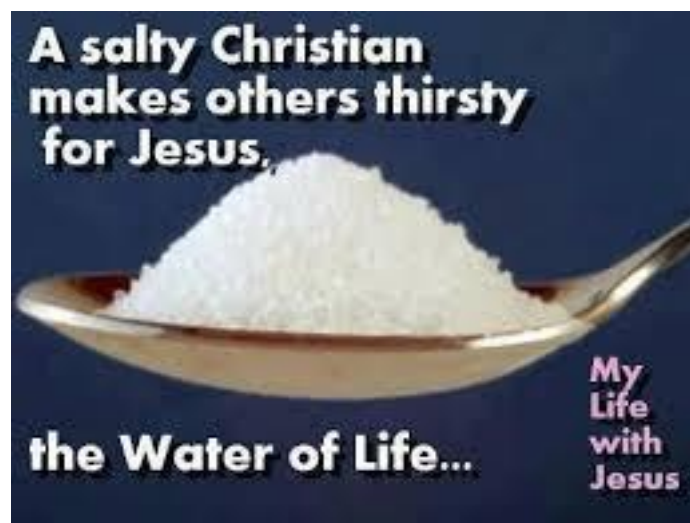
For those of us that live in Florida, we see "Salt Life" stickers on the backs of cars daily and associate the message with the ocean, surfing, fishing, and other water related activities. From a Scriptural point of view,

Jesus tells us that we "are the salt of the earth" and warns us that if our "salt loses flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men."



In other words, Jesus is telling us that we need to live our life in such a way – a salty manner – that introduces others to Him. Think of it as a scale with believers on one side and the world on the other and you can

see how huge a responsibility our Lord has left us with. Do people, outside of Sunday, know we are Christians? And are we making people thirsty for Christ?



There are five steps to help us fulfill Jesus' expectation for living a salty life:

First, we must love others sincerely. Romans 12:9-10 reads: "Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another." These two verses run counter to American culture, but we must love without an agenda. This unconditional love for people will build a bridge to Christ.

Second, our level of commitment to Jesus must be observed in our actions not just heard in our words. Romans 12:11-12 gives us the standard when it states: "not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer." In other words, people must see in our lives that we are committed to Christ and it makes them want it, too!



And here are a couple of important strength analogies. People see this every day when we're in the gym – our level of commitment is both evident and inspiring. We simply need to take our same level of commitment in the strength realm and build our Christian

walk! Second, just like time off is critical to allow our bodies to recover and build strength, taking time off in prayer is the remedy for desert experiences. We need to talk to God daily so he can strengthen our hearts!



Third, we must be the kind of friend to others that we would want to have. Romans 12:13-15 instructs us to “[distribute] to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice, and weep with those who weep.” A true friend is

someone who comes to you when everyone else is running away – especially when you’ve messed up really bad. Moreover, a true friend never feels so important that he or she cannot rejoice or mourn with you. We must listen to others and be compassionate like Jesus was.



Humility can sometimes be difficult for those of us in the strength arena, but it’s essential when following Christ. Just like there will ALWAYS be someone stronger than we are, we must also have the humility to realize that just like we make mistakes so do others. Romans 12:16-18 tells us to: “Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion. Repay no one evil for evil. Have regard for

good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men.” Forgiving someone doesn’t make what they did right it simply puts you in control of the situation. When we are unforgiving, others will question our walk with Christ. Being at peace with people who are evil to you is paramount in living a salty life.

Finally, living the salt life requires that we serve others and let God do His thing. Romans 12:19-21 instructs us: “Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, ‘Vengeance is Mine, I will repay,’ says the Lord. Therefore, ‘if your enemy is hungry, feed him; if he is thirsty, give him a drink. For in doing so you will heap coals of fire on his head.’ ” It is not our place to seek revenge; we must love and trust God to right the wrong. And just a historical side note – heaping coals of fire on

your enemy’s head does not mean what it sounds like. In Rome, coals were used to heat homes; thus, you will warm the heart of your enemy when you serve him.

In the end, good guys win.

Why?

Because God sees everything and, like the ZZ Top song says, “taking care of business is His name”!



2015 STRENGTH BEYOND STRENGTH

**Saturday, August 29, 2015
Sanctioned by R.A.W. United**



**Hosted by New Level Fitness
Summerhill, Pennsylvania**

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

**Entry Deadline: Saturday, August 8, 2015
Meet Director: Dave Lhota
More Information: 814-521-9182**



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**CONTEST REVIEW:
2015 DETERMINED WARRIOR
CLASSIC & TEXAS STATE
CHAMPIONSHIPS**

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

**Saturday, June 20
Olympic Gym ★ San Antonio, Texas**

Incredible lifting took place at this year's Determined Warrior Classic at JD Wennermark's Olympic Gym in San Antonio, Texas! Many thanks to JD and Air Force veteran Jon Drummond for hosting the event!

On the women's side, Penny Ramirez went 175, 150, 250 to become the number one ranked Master lifter in the 123s! Congratulations Penny! Jackie Wood, Rocio Arce, and Sabrina Davis all made it into the record books as well, with solid performances from all three ladies!

Austin Baraki posted an impressive 1505 total to win the 198s and find his way into the Top Twenty rankings! Richard Martinez and Jonathan Vasquez both finished at 1165, and

Eric Davidson rounded out the class with his 1020 total. Jordan Seago took the 220s on lifts of 475, 320, 635, with Cody Watson finishing with a 1240 total. Rene Maldonado and Tim Ingram battled it out in the 242s, with Rene holding on to win despite a strong 635 pound pull by Tim. David Martinez hit a huge 470 pound bench in the 275s, and Jason Rodriguez finished at 405 in the Supers.

Finally, and in his own paragraph, is Dan Fye. Dan is a combat veteran that lost one of his legs while serving our great nation. Thus, lifting on an artificial leg and a second leg that was both damaged and braced, Dan posted a 355 bench and a 500 pound PR deadlift. A "Determined Warrior," no doubt!



WOMEN

RAW

123	45-49	Penny Ramirez	175	150	250	575
132	SNR	Jackie Wood	220	125	315	660
148	SNR	Rocio Arce	285	155	330	770
181	40-44	Sabrina Davis	-	-	470	-



MEN

RAW

198	SNR	Austin Baraki	520	385	600	1505
	SNR	Richard Martinez	390	330	445	1165
	SNR	Jonathan Vazquez	390	275	500	1165
	SNR	Eric Davidson	350	235	435	1020
220	SNR	Jordan Seago	475	320	635	1430
	SNR	Cody Watson	430	275	535	1240
242	SNR	Rene Maldonado	585	440	575	1600
	SNR	Tim Ingram	550	360	635	1545
275	45-49	David Martinez	-	470	-	-
308	SNR	Dan Fye	-	355	500	855
SHW	SNR	Jason Rodriguez	-	405	-	-



CONTEST REVIEW: 2015 WESTERN AUSTRALIA STATE CHAMPIONSHIPS

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

**Saturday, June 6
Muscle Pit ★ Perth, Australia**

June cover man and owner of MusclePit Gym in Perth, Henry Davis, hosted the 2015 Western Australia State Championships earlier this month. Pictures and results (in kilos) are below.

We are STOKED to announce that our Australian brothers and sisters in iron will be hosting a RAW Unity Qualifier sometime in the late summer/early fall under a R.A.W. United sanction! Moreover, R.A.W. United is also teaming up with Steve Harris of

Australia's Harris Stability Systems (<http://www.harrisstabilitysystems.com.au/>) in an effort to afford our lifters quality lifting gear and products! Many thanks to original R.A.W. United webmaster and MusclePit lifter Ross Semplice for bringing us together!

Needless to say, we are STOKED to be a part of Australian Powerlifting, and look forward to seeing Ross, Henry, Steve, Brad Humble, and Matt van Beuningen, and the gang from "Down Under" sometime next year!



Eighteen year old Trent Harris

WOMEN (In Kilos)

RAW +

56	45-49	Dani Pearsill	115	72.5	130	317.5
	07-12	Paige Ngarotata	67.5	32.5	92.5	192.5
60	SNR	Kate Moore	100	57.5	115	272.5
	13-19	Amie Coe	95	50	110	255
	SNR	Christie Okuney	80	40	70	190
	07-12	Faith Suen	62.5	32.5	75	170
	13-19	Alyssa Beckhaus	50	30	75	155
67.5	SNR	Maria Isaac	112.5	50	150	312.5
	SNR	Jacqueline Taylor	80	47.5	110	237.5
75	SNR	Jess Ngarotata	132.5	77.5	165	375
	SNR	Alisha Rawlinson	100	55	145	300
82.5	SNR	Kat Becker	195	82.5	200	477.5
90	40-44	Frances Fitzpatrick	160	85	222.5	467.5
	50-54	Erika Schlemmer	70	42.5	100	212.5
90+	SNR	Ria Chapman	110	60	140	310



Colin Hogan

MEN (In Kilos)

RAW +

67.5	SNR	Rueben May	125	115	185	425
	13-19	Alexander Port-Louis	80	55	122.5	257.5
	85-89	Hercules Perryman	45	35	90	170
75	SNR	Yianni Magoulis	250	150	300	700
	13-19	Alex Cooney	90	65	122.5	277.5
82.5	SNR	Robert Storey	190	125	207.5	522.5
	SNR	Darren Joy	165	115	182.5	462.5
	SNR	Luke Rowlands	60	145	60	265
90	SNR	Colin Hogan	195	130	272.5	597.5
	SNR	Corey Millar	207.5	140	250	597.5



Joel McCaughan

100	SNR	Joel McCaughan	300	185	260	745
	13-19	Trent Harris	307.5	170	260	737.5
	SNR	Ozan Demir	245	155	275	675
	SNR	Gary McCartan	230	160	272.5	662.5
	SNR	Shane Hardie	255	140	260	655

SNR	Tom Coveney	187.5	107.5	205	500
SNR	Marc Leal	155	95	227.5	477.5
SNR	Jatz Rasmussen	165	112.5	180	457.5
13-19	Brendan Quilty	120	90	170	380
40-44	Greg Rawlinson	60	117.5	100	277.5



Muscle Pit owner and June cover man Henry Day

110	50-54	Henry Day	270	170	240	680
	SNR	Francis Cowan	250	160	260	670
	SNR	Kyle Love	220	180	250	650
	SNR	Stojan Stojanovic	220	155	270	645
	SNR	Kevin Llyod	180	212.5	212.5	605
	40-44	Dion Mepham	195	160	-	-
125	SNR	Ivan Kezic	287.5	170	275	732.5
	SNR	Stuart Macaulay	230	155	300	685
	SNR	Alec Harris	220	140	225	585
	45-49	Alex Biason	170	137.5	180	487.5
	SNR	Devin Sanghavi	140	112.5	210	462.5
140	SNR	George Okuney	300	210	250	760
	40-44	Shane Neha-Manihera	250	190	305	745



Devin Sanghavi

140+	SNR	Phil Wilde	305	200	300	805
	SNR	Abaddon Quinn	250	175	335	760



Abaddon Quinn

2015 VIRGINIA STATE CHAMPIONSHIPS

**Saturday, September 26, 2015
Sanctioned by R.A.W. United**



**Hosted by Crossfit Verify
Sterling, Virginia**

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

**Entry Deadline: Saturday, March 7, 2015
Meet Director: Kevin Prosser**

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

GAYNOR'S CORNER: **THE HISTORY OF POWERLIFTING,** **PART 10**

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

The 1972 World Championships was a two-day event. Those in attendance saw numerous records fall, and historic matchups in numerous weight classes.

The 123s had Dave Moyer, John Redding, and Mike Cross, but Precious McKenzie won the class by over 100 pounds.

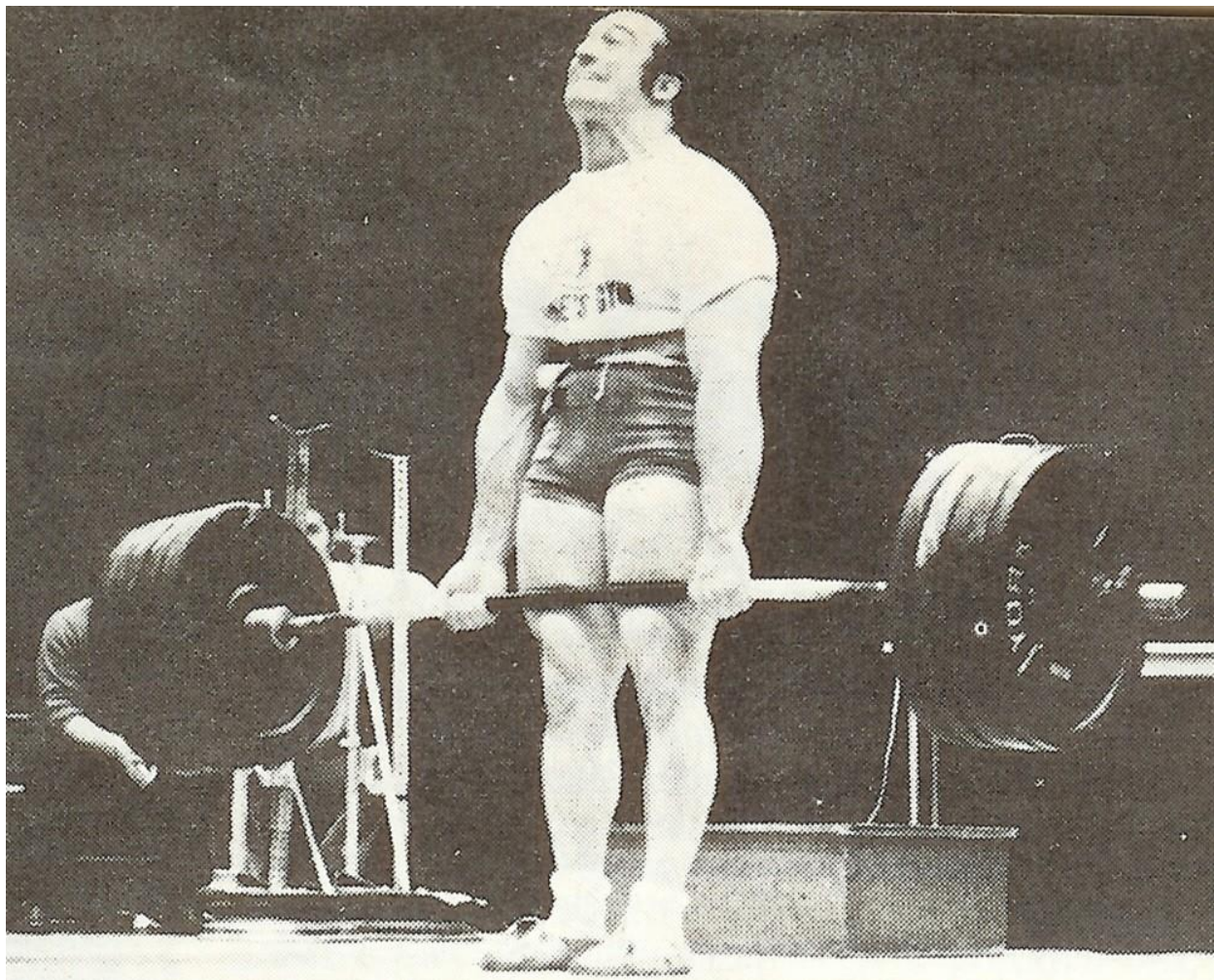


Precious McKenzie

At 132 there were eight lifters; four were Americans, and Franklin Riley had an easy victory. Ten competitors made up the 148s, including 1971 World Champion Michael Shaw and former National Champion Jack Welch. The competition was close, but Jack Kammerer's big 605 pound deadlift gave him the victory. Ron Collins took the 165s by 130 pounds. George Crawford did not lift, and Doc Rhodes continued to have problems in the squat missing 530 pounds on all three

attempts. If he had registered one of his squats, it might have been a different story. At this point in the competition, England had won two of the first four weight classes.

In the 181 pound class, Vince Anello moved down from the 198s and both Jack Barnes and Paul Wood moved up from the 165s. Vince posted a nice 1635 total to win. Vince Peterson of Rochester, New York was second.



Vince Anello

There was great competition at 198 with Jerry Jones, Jack Barnes, and Tony Fratto of Butler, Pennsylvania putting on quite a show. Barnes squatted 715 and benched 430 to have a 35 pound lead at the subtotal. Unfortunately, Jack only managed to pull 600 and had to settle for third. Fratto pulled 670 to move into second place, and Jones finished with an 1805 total to capture the World title.

Larry Pacifico moved up to the 242s, hoping to be the lightest man to bench 600 pounds at 227 pounds body weight. Mel Henessey was also looking for a big bench at 225 pounds. Mel finished at 565 and Larry nailed a 575 bench. Mel out-squatted Larry by ten pounds (710 to 700), but Larry's deadlift catapulted him to a first place finish with a 1975 total.

The line-up in the Supers was JoJo White, newcomer Paul Wrenn, Don Reinhoudt, Jim Williams, and Jon Kuc. As stated in the previous edition of STRONG LIFE, Jon Cole did not show.

JoJo White missed all three attempts in the squat. Jon opened at 805, Jim at 825, and Don at 830. Jon followed up at 860 on his second and nailed 905 on his third, giving him a five pound lead at the end of the squats. Don benched 590 using his wife, Cindy, for hand-offs. Jim opened with an easy 630, pushed 675 on his second, and had 700 halfway to lock out. But once the deadlifts began, it was all Jon Kuc. His opener at 800 sealed his victory, and he pulled 845 to finish his day (he attempted 875, but only got it to his knees).



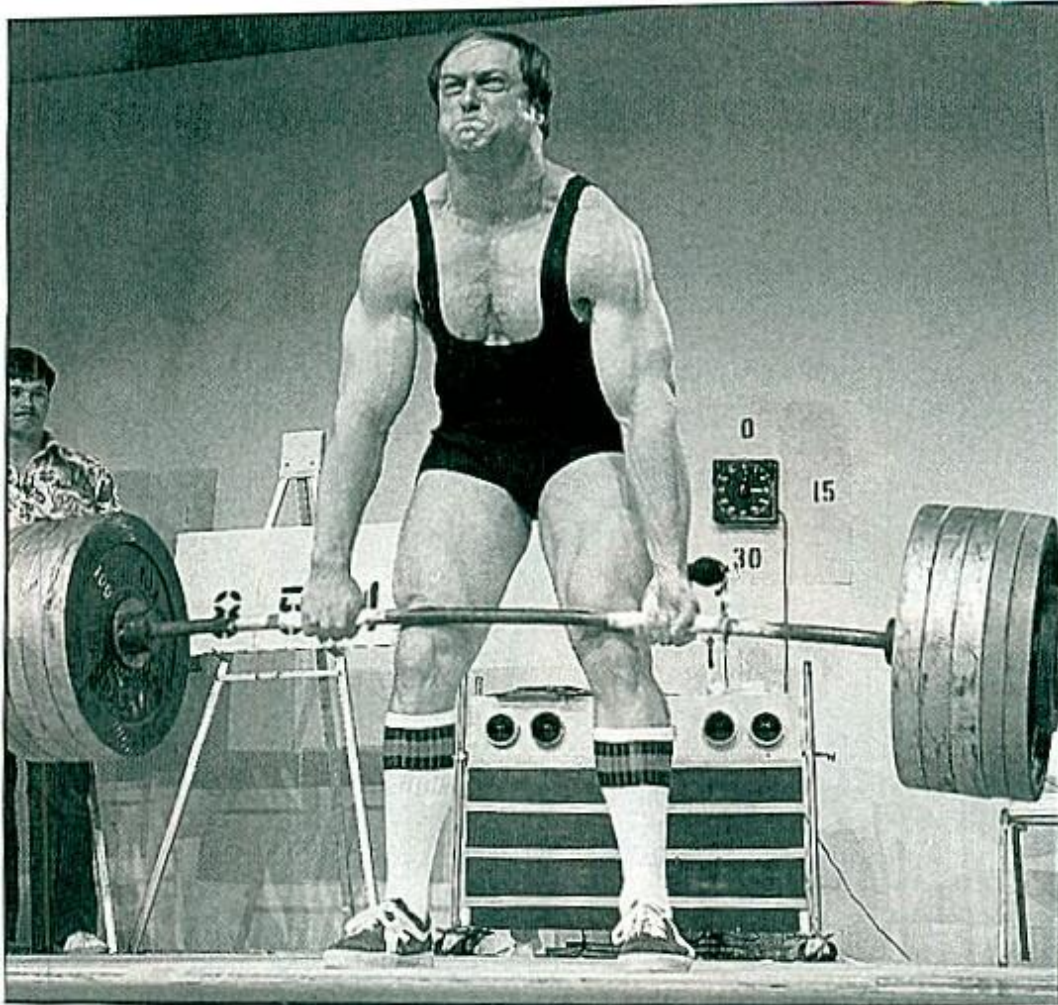
Larry Pacifico

Driving home after the meet, Jon – who was very conservative in planning what he could do – thought 2550 for next year was a

realistic goal. Two weeks later he had his blood pressure taken and immediately began reducing bodyweight.



Paul Wrenn



Jon Kuc



Bob Gaynor serves as Vice President 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

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 R.A.W. United's "Chairman of the Board" Bill Beekley for sending us the June 2015 photo for *The Strong Shot*!



WELCOME BACK!

After shoulder surgery and months of recovery, it's good to see "Chairman of the Board" Bill Beekley back on the platform!

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

After the terrorist attacks of September 11, 2001, I turned the reigns of 100% RAW over to my friend, Paul Bossi, and returned to military service. When I came home from Afghanistan at the end of 2006, Paul invited me to sit as head judge at the 100% RAW Nationals which were being held in Orlando, Florida. Paul had grown the federation in my absence to a national presence, and I was very happy for him, but had no intention of returning to the sport of powerlifting. Once in the judge's chair and being among lifters again, however, I realized a greater purpose in my civilian life would benefit me in my assimilation back into "the world."

Paul encouraged me to stay on board with 100% RAW, but I felt strongly that if I was

once again going to commit my life – as well as my family's – to the sport, it would be under a Christian banner just as 100% RAW was originally designed. After working with Paul for several months, I shared my happiness for his success with him and explained my need to step out in faith and start what has become the R.A.W. United Powerlifting Federation.

The transition was not easy at first, but I was fortunate to have three very close friends and training partners that encouraged me to press on with the creation R.A.W. United – Wolfgang "Wolf" Kermer, Pete Classon, and Larry Dromerhauser.



With Wolf on squat day at STRONG LIFE Training Facility

Wolf is a Melbourne Police Detective and veteran of the United States Air Force. We met at the Melbourne Athletic Club (MAC) shortly after I got home from the war, and instantly became 3:30 am training partners. The MAC had a small area called "The Pit," and Wolf and I did a number on the floor as a result of numerous deadlifts and power cleans. When the MAC closed down, Wolf and I opened "The Gym," a small warehouse gym where R.A.W. United became a reality. Wolf and I painted the place, had our friend

Steve Shores put some tile in the bathroom area, and bought some of the equipment from the MAC to get started. The 1300 square foot warehouse had quite the atmosphere, and we all share a lot of great memories in there. In fact, we had meets in which the likes of Tony Conyers, Beau Moore, and Eric Talmant broke All-Time RAW Records, and a young, skinny, 12 year old Jacob Sundry lifted in his first meet with us; as the saying goes, "Good Times!"



With Pete at STRONG LIFE on the 4th of July

Pete is a United States Navy veteran and small business owner. We also met at the MAC, and have been training partners ever since. Pete has been a mainstay on the R.A.W. United platform since its inception, serving our lifters as a spotter/loader and judge. Moreover, Pete has helped out with coaching the kids since we opened "The Gym" back in 2007 and at our current gym, STRONG LIFE Training Facility. Outside of

the gym, Pete is also a "cigar buddy," and we enjoy a good stick as often as possible. Pete has a gym bag that is known throughout central Florida because of its ability to store an endless supply of lifting equipment. Earlier this year, Juan Torres fell in and was MIA from practice for nearly a week; he was finally able to pull himself out using some bands Pete had stored in the depths of his bag!



Thomas and his dad, Jim, at STRONG LIFE Training Facility

Larry served with the United States Coast Guard before he began working with handicapped adults. We met through a young man named Thomas Gerhauser, a familiar face to the R.A.W. United family. Thomas has cerebral palsy, and is confined to a wheelchair. I met Thomas at a meet back in 2007, and encouraged him to stop by the warehouse to train. Larry was working with Thomas, and he quickly began training

with Pete, Wolf, and I. Today, Larry volunteers full-time at STRONG LIFE, and is always on the platform or in the judge's chair when we host events. Despite suffering two strokes, Larry continues to press on every day, beating the odds through perseverance and an uncanny ability to never oversleep ... not! Larry is also a cigar aficionado, and has a preference for a Drew Estate cigar called the "Extraordinary Larry."



Larry with Girls Gone Strong lifter Savannah Green

Without these three guys, R.A.W. United may never have come into existence. They are

great friends, and I can't imagine life without them!

LIFTER SPOTLIGHT: **YOU!**

A Look at What's in the Works for R.A.W. United Lifters

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

As our lifters are aware, several major announcements are scheduled for the Seniors, and we want to give YOU some background information on what's in the works with regard to the Seniors, international expansion, rules and policy changes, record keeping procedures, tax-exempt status, and new meets being added to the 2015 contest schedule.

The 2015 Seniors will be the Federation's biggest meet ever! Originally limited to 120 lifters, the contest closed five weeks before the entry deadline and capped with a roster of 135 athletes. The 2016 contest will transition into a three-day, national event, and we are hopeful to add an international contest as well in 2016 with the addition of Western Australia into the R.A.W. United family.



With regard to next month's Seniors, competitors are reminded to bring all equipment (singlet, belt, wrist wraps, neoprene knee sleeves, etc.), opening attempts, and \$10 cash for your 2015 membership (if applicable) to weigh-ins. Competitors will not be able to weigh-in until all equipment is checked, paperwork is

completed, openers are registered, and outstanding fees are paid in cash. Coaches are also reminded that team rosters must be submitted no later than 8:50 am on Saturday, July 18. Rosters must include the ten (10) scoring members for each respective team being entered; men's team, women's team, and/or mixed team (5 men, 5 women).

In an effort to attract more lifters at both the national and international levels, we will be adding a "RAW Plus" division that will allow knee wraps not to exceed 2.5 meters to be utilized in the squat. Lifters will be required to walk out the weight regardless of whether or not a monolift is utilized on the main platform. The RAW Plus division will mark its Championship debut at the All-Time RAW Record Breakers Meet on October 15-17.

The entry form for the Record Breakers event is currently being revised to include a RAW Plus division.

DONNIE KIERNAN AND THE GANG FROM GORILLA BENCH – YOU'RE NOT DREAMING! WE HAVE OFFICIALLY CROSSED-OVER TO THE DARK SIDE, AND LOOK FORWARD TO SEEING YOU ON THE PLATFORM REAL SOON!



Additionally, revised Rulebooks for the Federation, Australia, and the United States have been constructed; all three will post on our website the first week of August 2015. During the same week, Federation and Championship Records will be revised to include the RAW Plus division; existing RAW Records will simply transfer into the RAW Plus division until the Record Breakers event in October 2015.

With regard to 501C3 tax-exempt status, attorney Scott Hornby is assisting me, our

Officers, and our Board of Directors as we complete the necessary paperwork to submit to the IRS. Our goal is to file our paperwork prior to August 31, 2015. The transition, if granted, will enable us to seek tax-free donations for our college scholarship program, international competition and ministry outreach, etc.

Finally, several new meets have been added to the 2015 schedule. Be sure to scroll down and check out the revised 2015 schedule in this issue of STRONG LIFE Magazine!

R.A.W. UNITED FEDERATION UPDATE * JUNE 2015

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

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

Entries closed for the Seniors five weeks before the June 27 deadline, and the contest will see 135 lifters from nine teams! The Port St. Lucie Civic Center will host the event, and we will run two sessions of 30-35 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. View the contest letter, roster, and order of lifting in the SENIORS PREVIEW link on our website, www.StrongLife610.net.

2015 SENIOR CHAMPIONSHIPS



JULY 18 - 19

**PORT ST. LUCIE CIVIC CENTER
SANCTIONED BY R.A.W. UNITED, INC.**



EVEN MORE MEETS ADDED TO 2015 SCHEDULE!

Massachusetts State Chapter Leader Paul DeSimone will be hosting the 2015 Northeast Championships on Saturday, July 11, at Gym Warriors in Peabody, MA. Pennsylvania State Chapter Leader Dave Lhota has added three meets in the state: Strength Beyond Strength (August 29), the Thunderbird Gym Spooktacular (October 31), and the Thunderbird Gym Winter Classic (December 19), and there's more to come! Finally, the "Chairman of the Board," Bill Beekley, will host the STRONG LIFE Bench Bash on Saturday, August 1 at STRONG LIFE Tampa Bay. Entries for all of these events can be downloaded at www.StrongLife610.net.



See below ... more to come ...

COULD R.A.W. UNITED'S EXPANSION GO INTERNATIONAL?

We are STOKED to announce that lifters in Western Australia will be hosting a qualifier for RUM 9 and that the event will be sanctioned under R.A.W. United! Moreover, we look forward to meeting those that qualify at the 2016 event, and hope it sparks a long-term partnership within the Federation!



RAW UNITY QUALIFYING TOTALS FOR 2016!

The qualifying totals for RUM 9, scheduled for January 29-31 at the Port St. Lucie Civic Center, have been finalized and the 2016 entry will be available next month:

RUM 9 QUALIFYING TOTALS

Lifters must register a qualifying total
at a sanctioned meet between
December 12, 2014 and December 13, 2015

MEN'S FULL POWER:

Wt. Class	Total
132	900
148	1075
165	1255
181	1390
198	1520
220	1600
242	1675
275	1745
308	1790
SHW	1805

WOMEN'S FULL POWER:

Wt. Class	Total
97	475
105	510
114	560
123	640
132	700
148	735
165	785
181	820
198	920
198+	1025

MEN'S BENCH:

Wt. Class	Total
132	236
148	297
165	325
181	350
198	390
220	405
242	446
275	475
308	500
SHW	520

WOMEN'S BENCH:

Wt. Class	Total
97	85
105	125
114	132
123	150
132	160
148	180
165	198
181	203
198	220
198+	245

**MASTER LIFTERS AGES 50 AND ABOVE
SIMPLY NEED TO REGISTER A BENCH
AT A SANCTIONED CONTEST
BETWEEN DECEMBER 12, 2014 AND DECEMBER 13, 2015
TO COMPETE IN THE SINGLE-LIFT BENCH DIVISION
AT RUM 9**

MEN'S DEADLIFT:

Wt. Class	Total
132	350
148	425
165	495
181	550
198	600
220	620
242	650
275	660
308	670
SHW	680

WOMEN'S DEADLIFT:

Wt. Class	Total
97	270
105	280
114	300
123	310
132	320
148	340
165	360
181	380
198	400
198+	420

**MASTER LIFTERS AGES 50 AND ABOVE
SIMPLY NEED TO REGISTER A DEADLIFT
AT A SANCTIONED CONTEST
BETWEEN DECEMBER 12, 2014 AND DECEMBER 13, 2015
TO COMPETE IN THE SINGLE-LIFT DEADLIFT DIVISION
AT RUM 9**

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**

JULY 2015

July 11

Northeast Championships

Gym Warriors * Peabody, MA

Entry Deadline: Saturday, June 21, 2015

Meet Director: Paul DeSimone

Contact info: pauldesimone01@aol.com * 966-766-6280

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 * 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 * 321-505-1194

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

August 29

Strength Beyond Strength

New Level Fitness * Summerhill, PA

Entry deadline: Saturday, August 8

Meet Director: Dave Lhota

Contact info: 814-521-9182

SEPTEMBER 2015

September 26
Virginia State Championships
Crossfit Verify * Sterling, VA
Entry deadline: Saturday, September 5
Meet Director: Kevin Prosser
Contact info: 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 * 321-505-1194

October 31
Thunderbird Gym Spooktacular
Thunderbird Gym * Monessen, PA
Entry deadline: Saturday, October 10
Meet Director: Dave Lhota
Contact info: 814-521-9182

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 * 321-505-1194

DECEMBER 2015

December 5
4th Annual World Gym Push/Pull
World Gym * Port St. Lucie, FL
Entry deadline: Saturday, November 14
Meet Director: Bob Benedix
Contact info: worldgym@atlantic.net * 772-335-1269

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

December 19

Thunderbird Gym Winter Classic

Thunderbird Gym * Monessen, PA

Entry deadline: Saturday, November 28

Meet Director: Dave Lhota

Contact info: 814-521-9182



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MANY THANKS TO

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PAUL'S PROSE, PRAYER, & PRAISE: CHRISTIAN PATRIOTS

By Chaplain Paul Simmons

"Blessed is the nation whose God is the Lord."

Psalm 33:12

As we prepare to celebrate Independence Day and the 4th of July weekend, it is important to remember the Christian heritage of our nation – especially in a time when so

many are working steadfastly to rid America of Christian values and teachings. The following is an excerpt from a patriotic sermon delivered in 2009:



If we are to be honest with each other, just speaking the name of our nation and the name of God in the same sentence is offensive to many. This is especially true of that little phrase in the Pledge of Allegiance, 'one nation under God.'

What does it mean to be a nation under God?

Numerous writers have done the research to uncover our nation's historical, Christian sentiments. Here are a few facts you may not be aware of:

One writer indicated that 52 of the 55 signers of the Declaration of Independence were orthodox committed Christians. The three others were deists, who looked to the Bible for divine truth and knowledge about a Creator who intervened in history to direct America's destiny.

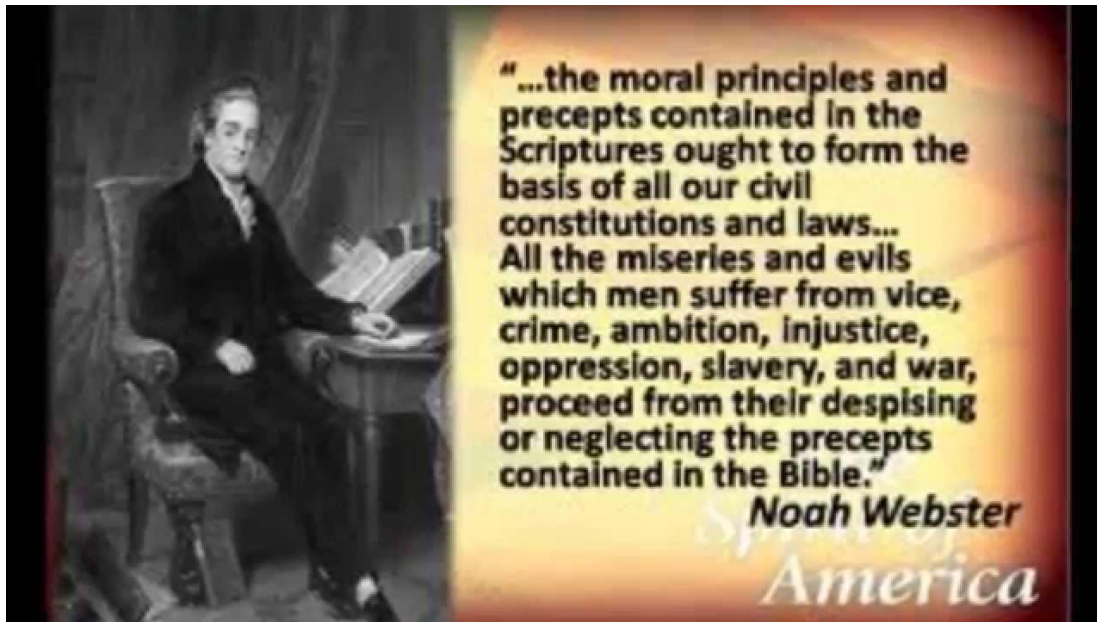
You would never believe it today, but it was actually Congress that formed the American Bible Society, and one of the first acts of Congress was to purchase 20,000 copies of the Bible for the nation's citizenry.

Patrick Henry spoke his famous “Give me liberty or give me death” speech in 1775. In 1776 he wrote: “It cannot be emphasized too strongly or too often that this great Nation was founded not by religionists, but by Christians; not on religions, but on the Gospel of Jesus Christ. For that reason alone, people of other faiths have been afforded freedom of worship here.”

President John Adams wrote on July 4, 1821: “The highest glory of the American Revolution was this: It connected in one

indissoluble bond the principles of civil government with the principles of Christianity.”

James Madison, the primary author of the Constitution wrote, “We have staked the whole future of our new nation not upon the power of government; far from it. We have staked the future of all our political institutions upon the capacity of each of ourselves to govern ourselves according to the moral principles of the Ten Commandments.”



And here's a tidbit of architectural history:

On the cap of the Washington Monument are the words *Laus Deo* – Praise be to God! From the top of the Washington monument one could see that the designer of the city, Pierre Charles l'Enfant, designed the city as to impose a perfect cross upon it with the White House to the north, the Jefferson Memorial to the south, the Capital to the east, and the Lincoln Memorial to the west.

In short, it is inarguably true that most of our founding fathers were Christians. Similarly, it is inarguably true that Christian values and teachings are under assault in America today.

President Obama said in a speech in Turkey that “America is not a Christian nation.” While that is offensive to many, it is at least

more true today that it was in 1776, when so many of our nation's founders expressed their Christian faith in their writings.

As Christians, we must “walk the walk” now more than ever if we want to preserve America's Christian founding! True Christian values include acknowledgement of Jesus Christ as the Savior of mankind, respect for life, respect for those in authority, good citizenship, moral decency, respect for marriage, obedience to the rule of law, honesty, compassion for those less fortunate, and patriotism (or love of God and family and nation).

As we celebrate our nation's independence and honor those that made the ultimate sacrifice in its defense, may the Lord lead us to be such Christian patriots today!

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

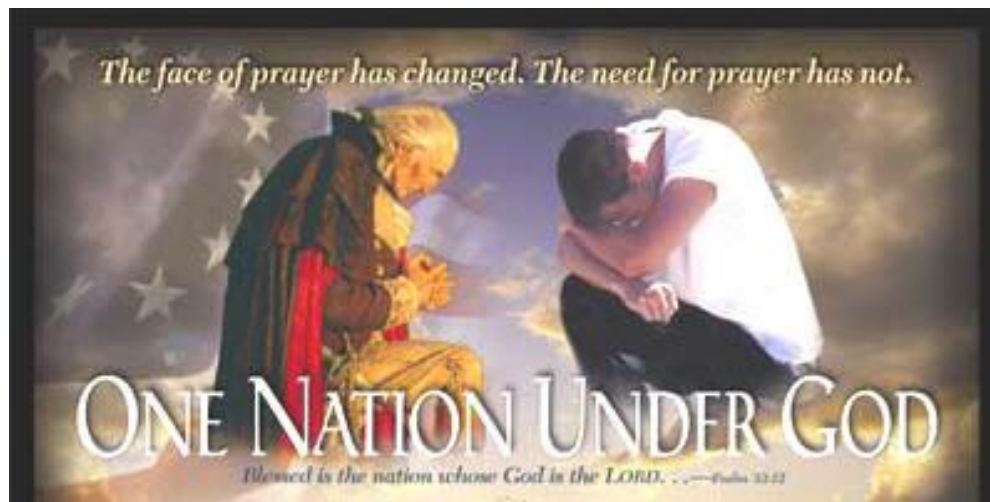
Please pray for Stan Friedman; Stan was recently diagnosed with lung cancer and traveled to the University of Pennsylvania Medical Center for treatment.

Please pray for Maryland lifter Don Berry; Don dislocated his shoulder and is recovering from surgery.

Please pray for the Conde family; Angel (dad) and Adrienne (daughter) are both battling terminal cancer on a daily basis.

Please pray for Tom and "Crash" O'Donnell; they are in the process of adopting their five year-old grandson, RJ.

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

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



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