



STRONG LIFE

THE FUSION OF FAITH & FITNESS

VOLUME 3, ISSUE 15
AUGUST 2015

2015 SENIORS

2015 RAW RECORD BREAKERS MEET

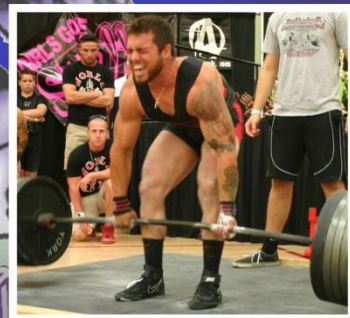
October 17-18
Post St. Lucie Civic Center
Sanctioned by R.A.W. United

For more information, contact:

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www.StrongLife610.net



STRONG LIFE

THE FUSION OF FAITH & FITNESS

The Official Magazine of R.A.W. United
Volume 3, Issue 15
August 2015

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STRONG LIFE is the premier, on-line publication for raw powerlifters, and is offered free of charge to the powerlifting community through the R.A.W. United Powerlifting Federation (www.StrongLife610.net) and STRONG LIFE Training Facility. From contest reviews to feature stories, training tips to nutritional guidelines, spiritual truths to behind-the-scenes fun, STRONG LIFE covers everything the strength community needs to know through high profile interviews, awesome photography, and intense editorial coverage. The only publication of its kind, STRONG LIFE focuses on the positive influences that the world's strongest sport has on families and communities. Our mission is to honor God while showcasing the amazing talent, culture, and lifestyle of raw lifters.





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Tony Conyers with Strong Life Tampa Bay lifters Trudy Daxon and Edith Traina at the 2015 Seniors

ON THE COVER: EDITOR'S REVIEW

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

WHAT'S INSIDE

There is no argument – the 2015 Seniors were an overwhelming success! The contest saw nine teams with a roster of over 120 lifters, and the record books were shattered

in all four sessions! Contest results and an array of photographs are included in the August issue of STRONG LIFE.



The 2015 Seniors was, in a word, AWESOME !!!

On a sad note, our beloved sister Kris Clark went to be with our Lord after her brave and courageous fight with esophageal cancer. Kris' story is a part of the "Jesus Zone," and

she will always be remembered within the RAW United family. We extend our deepest sympathies to her children, Zach and Carly.



Behind the scenes, this young powerlifting fan was caught on Candid Camera!

Meets from Massachusetts (Gym Warriors Classic), Tampa (Strong Life Bench Bash), and Texas (Determined Warrior Classic) join the 2015 Seniors in the "Contest Features"

section. Many thanks to Paul DeSimone, Bill Beekley, and Jon Drummond and JD Wennermark for hosting R.A.W. United events!



It was standing room only at San Antonio's Olympic Gym for the 2015 Determined Warrior Classic!

R.A.W. United judge and coach Andrew Yerrakadu offers coaching tips in "The Training Table," and Paul DeSimone introduces us to Strongman training, Massachusetts style! We'll also take a look at the new RAW PLUS division, and share a RAW Unity update.

Thank you very much for your support of STRONG LIFE and the R.A.W. United Powerlifting Federation!

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 Sarah Markle of Crossfit Fort Myers for sending us the August 2015 photos for *The Strong Shot*!



POWER SCREAM!

JESUS ZONE: ETERNAL BUILDINGS

“For we know that if our earthly house, this tent, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.”

2 Corinthians 5:1

Back in my days with the 10th Special Forces Group, I was quite the tent man. On active duty back in the early 1980s, we lived in tents for weeks at a time, to include a six week stay in a snow cave high atop the Rocky Mountains. In Afghanistan, I revisited my tent days a few nights as well. At times,

these experiences were majestic, and it was easy to forget the heat/cold when observing the glory of God's creation. My wife, Caryn's, idea of camping, however, is staying at an extended-stay hotel. Hiking the Appalachian Trail, therefore, is not going to be a part of our bucket list!



Good times!

Our bodies are a lot like tents. No matter the season or the mission, tents have to continuously be maintained. They wear out, they sag, and they wrinkle. Likewise, over time our heart slows down, our back is

stooped, and our muscles weaken. No matter how much protein we consume or how many vitamins we take, we cannot delay the aging process forever.



Yikes!

As competitive lifters, we pay close attention to diet (some of us, anyway!) and exercise. These are both good things; it's good to be in shape and stay in shape. Recently, I had two very close friends suffer heart attacks. Both are competitive lifters; both are in good shape. Since speaking with each of them, I have finally begun what I've been putting off since Afghanistan – cardio work. A recent elbow injury was the catalyst, and the rest is history as they say. My workouts are high

volume (I'm in my fifth week of 5 sets of 10) and I'm up to 40 minute sessions (working toward 60 minutes) on the elliptical. The result to date is a ten pound weight loss and a much easier paddle out when I surf. I feel better, can see my abs again, and have more stamina. That said, like a tent, my body is going to break down one day. Not trying to be somber, it's just reality ... and it's a reality we must come to terms with and prepare for spiritually.



The late, great Kris Clark at the 2014 RAW Unity Meet

As many of you are aware, Kris Clark lost her fight to esophageal cancer earlier this month. After nearly losing the battle last year, she had been in remission for several months when we had the opportunity to see

her at the 2015 Florida State Championships. As you can see in the picture below, Kris looked amazing! She was hard as a rock, training again, and happy. It was a blessed time in her life, a true gift from God.



Spero, Kris, and Tony at the 2015 Florida State Championships

Fortunately, Kris is a believer; she trusted in God and knew He was ultimately in control. When the cancer returned this past February, Kris knew her time on earth would be over soon. In essence, she knew she would be trading in her tent for God's building.

Think about the difference between a tent and a building. Tents are temporary and flimsy, easily torn, and meant to be replaced. A building is strong, built on a foundation, and not meant to be moved.

2 Corinthians 5:1 teaches us that one day, like Kris, we will give up our tent and replace it with a building made by God Himself. That one fact tells us something very important about death.

Death is not the end; rather, it is a trade-in.

One day, like Kris, we will trade in our broken bodies for a new body; a new body from God that is not earthy, but rather is eternal. How AWESOME it will be to train with Kris one day in the Lord's gym!



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CONTEST REVIEW: 2015 SENIOR POWERLIFTING CHAMPIONSHIPS

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

**Saturday & Sunday, July 18-19
Port St. Lucie Civic Center * Port St. Lucie, Florida**



Justin Prince of Team Gavin raised over \$10,000.00 for Gavin Leiba, a two-year old battling childhood leukemia

Holy Powerlifting Meet, Batman! The 2015 Senior Powerlifting Championships was “over-the-top” AWESOME, and we look forward to moving the contest to our National Championships in 2016!

Before we get started, many thanks to Matt Levine, Kelly Tiger, and all the great folks at the Port St. Lucie Civic Center for hosting us! More thanks to Carmen and Danny Aguirre, Loma Amore, Eric Brown, Bob Gaynor, Dr. Greg Hayes, Jack and Kathy Stevens, Caryn Tshontikidis, and Yanni Tshontikidis for judging and running the score table; to Rob Conti, Jaoa Goncalves,

Robert Matt, and Robert Riccard for spotting and loading; to Anna Gu, Joel Olson, Neil Kent, and Kelly Jefferson for photographing the event; to Hannah Brusca for updating the website following the Seniors; to Sir Charles Venturella for the AWESOME awards; to Brigid and the folks at Sandpiper Sportswear for the AWESOME contest shirts; and to Mike Roebuck and the folks at Good Impressions for the AWESOME certificates and event posters! And even more thanks to our event sponsors: American Barbell Club, ANS Performance, Blackstone Labs, GNC, Muscle Elements, Port St. Lucie Civic Center, Quality Muscle, and the Vitamin Shoppe!



Matt Levine (left) and Carmen Gutwirth and Edith Traina (right) accept team awards for the Port St. Lucie Civic Center Powerlifting Team and Strong Life Tampa Bay



Corla Ingram of Girls Gone Strong

On the women's side, the young ladies of West Shore Jr./Sr. High School's "Girls Gone Strong" captured the Women's Team title. Led by Team Captain Faryn Antenucci, team members placed in the top five in each weight class to solidify their win. Individually, Anita Medolla (114) and Nancy Swanson (148) of World Gym were flawless, shattering the record books and winning their respective classes. Brenda Christine (123) of Team Gavin set a new standard in both the Open and Masters divisions, Crossfit Fort Myers lifters Christi Woldridge

(132), Julie Wilson (165), and Michelle Kithcart (181) took their classes, and Tempest Zigglar of Limitless Strength & Conditioning posted big numbers to take the 198s. It is important to note that World Gym lifter Loma Amore, who had to enter the push/pull because of a hip injury, went 215, 385 to destroy the All-Time RAW Records in the Masters, 148s. Additionally, Limitless lifter Ayse Jones was posting huge numbers in the 165s until an injury prevented her from a strong pull. Congratulations to all the ladies that competed in this year's event!



Lifters from Crossfit Fort Myers

WOMEN

97	Anya Johnson	GGS	150	62	185	397
	Jasmine Luning	TG	110	65	175	350



Nancy Swanson of World Gym, Port St. Lucie (left) and Brenda Christine of Team Gavin (right) were the top female lifters at the 2015 Seniors

114	Anita Medolla	WG	175	105	250	530
	Brittani Earle	CFM	155	95	215	465
	Hannah Jefferson	GGS	165	65	185	415
	Anna Feldbush	GGS	155	52	160	367
	Abby Mechachonis	GGS	122	67	140	329
123	Brenda Christine	TG	255	135	310	700
	Brandi Earle	CFM	165	112	260	537
	Cheney Hess	GGS	195	100	225	520
	Savannah Green	GGS	165	80	200	445
	Gabby Jefferson	GGS	105	67	140	312



Limitless Strength & Conditioning lifters

132	Cristi Woldridge	CFM	200	125	265	590
	Sherri Prosser	n/a	150	107	225	482
	Cheyenne Delano	PSLCC	155	95	225	475
	Mattie Shaw	GGS	170	95	210	475
	Hannah Montgomery	GGS	185	75	210	470
	Kelly Johnston	GGS	150	67	195	412
	Megan Ward	GGS	100	52	135	287
148	Nancy Swanson	WG	290	180	335	805
	Paris Harady	WG	200	140	300	640
	Enza Denino	TG	175	100	250	525
	Valery Linkenhoker	GGS	195	85	210	490
	Corla Ingram	GGS	150	82	182	414
	Carmen Gutwirth	SLTB	115	65	202	382
	Lauren Seifert	GGS	102	52	145	299
	Loma Amore	WG	—	212	385	597
				4 th 215		

165	Julie Wilson	CFM	305	170	325	800
	Faryn Antenucci	GGG	245	107	302	654
	Sarah Markle	CFM	225	150	275	650
	Ayse Jones	LSC	275	170	185	630
	Eddaliz Martinez	LSC	200	115	255	570
	Maria Bortz	GGG	105	65	165	335
	Edith Traina	SLTB	-	65	142	207
	Trudy Daxon	SLTB	-	45	160	205



*Many thanks to our sponsors!
American Barbell Club above and GNC below*

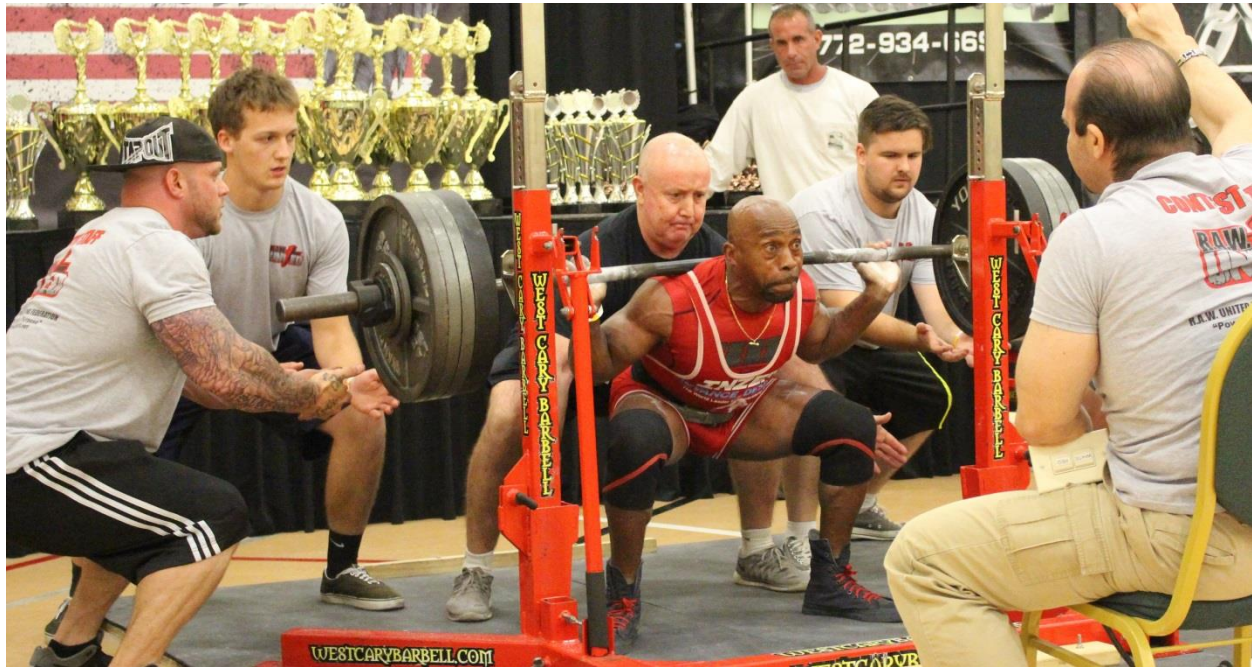




And Quality Muscle!
Below:
World Gym, Port St. Lucie lifters Johnny Nocito and Chris Jacobsen



181	Michelle Kithcart	CFM	195	145	315	655
	Amber Luning	TG	250	100	300	650
	Piper Jenkins	GGs	205	95	230	530
198	Tempest Ziegler	LSC	295	215	385	895
198+	Lorre-Kaye Leslie	GGs	185	135	305	625
	Dulcy Olson	GGs	205	90	270	565
	Taeghan O'Neill	GGs	140	75	185	400



The timeless Tony Conyers

The World Gym men's team captured top honors, led by strong efforts from veteran lifters Brett and Jake Benedix (148), Chris Jacobsen (165), Johnny Nocito (165), and Eddie Ryckman (181). The timeless Tony Conyers of Strong Life Tampa Bay once again stunned the powerlifting community with lifts of 532, 380, 630 to break All-Time RAW Records in the 148s! Bryon Palombo of Hudson, Florida and Joao Goncalves and Angelo Camelo of the the host Port St. Lucie Civic Center Powerlifting Team, went 1170, 1150 to finish in the top five in the 165s. Teenage sensation Austin Rathvon and Eric Friedman of Limitless went two, three in the 181s, and Andres Hernandez and Justin Prince went one, two in the 198s. And many

thanks to Team Gavin leader Justin Prince; Justin raised over \$10,000.00 toward the medical expenses of young Gavin Leiba, a two-year old boy suffering with childhood leukemia. In the 220s, Matthew Karbowski (1430) of Limitless, Jason Cobb (1325) of Crossfit Fort Myers, and Dustin Piatkowski (1310) of Team Gavin had an exciting battle, and Nikolas Goodenow of the RUM 8 Platform Crew captured the 242s. Another great battle occurred in the 275s, with RUM 8 Platform Crew lifters Mike Armour (1635) and Emory Mullen (1625) taking first and second, and UCF lifter Dominic Beswick (1620) finishing third. Finally, Limitless owner Ken Morris posted an 1865 total to win the 308s.



Strong Life Training Facility / Girls Gone Strong

MEN

114	Ryan Feldbush	SLTF	120	52	150	322
123	Jacob Kent	SLTF	220	107	252	579
	Chris Johnson	SLTF	155	92	230	477
132	Andrew Kearney	SLTF	200	120	255	575
	Joey D'Agati	LSC	155	105	225	485
	Ben Johnson	SLTF	140	92	225	457
148	Tony Conyers	SLTB	532	380	630	1542
	Brett Benedix	WG	505	250	530	1285
	Jake Benedix	WG	440	290	480	1210
	Kyle Prince	TG	285	300	450	1035
	Ronnie Earle	CFM	340	280	400	1020
	Trey Plyler	SLTF	250	175	315	740
	Thomas Gerhauser	SLTF	-	205	-	-
165	Chris Jacobsen	WG	470	270	575	1255
	Bryon Palombo	n/a	410	315	500	1225
	John Nocito	WG	415	315	465	1195
	Joao Goncalves	PSLCC	440	260	470	1170
	Angelo Camelo	PSLCC	420	255	475	1150
	Tim O'Brien	n/a	405	275	445	1125
	Matt Haney	WG	360	265	450	1075
	Ron Fellows	TG	325	245	470	1040
	Joel VanNatta	RPC	310	225	465	1000
	Matthew Keech	PSLCC	290	165	350	805



Ron Fellows of Team Gavin

181	Eddie Ryckman	WG	525	325	550	1400
	Austin Rathvon	LSC	455	265	485	1205
	Eric Friedman	LSC	430	265	500	1195
	Joe Kurtz	WG	420	270	470	1160
	Jody Hug	TG	405	265	455	1125
	PJ Drolet	LSC	405	235	475	1115
	Glenn Pedreira	TG	405	275	420	1100
	Evan Weisenberg	LSC	365	290	435	1090
	Robert Reynolds	WG	315	250	445	1010
	Jason Harwood	RPC	335	245	425	1005
	Alex Kunesh	TG	345	245	355	945
	Austin Linkenhoker	SLTF	260	185	365	810
	Alex Autenrieb	SLTF	265	160	355	780
	Kyle Fitzgerald	SLTF	205	160	385	750
	Nick Shriner	n/a	250	160	305	715



World Gym, Port St. Lucie

198	Andres Hernandez	n/a	500	355	550	1405
	Justin Prince	TG	500	315	560	1375
	Adam Flesner	n/a	460	325	555	1340
	Devon Palombo	TG	455	325	555	1335
	John D'Agati	LSC	440	300	465	1205
	Ryan Grai	WG	385	290	525	1200
	Brian Adler	n/a	420	250	460	1130
	Jamie Guidry	LSC	385	260	480	1125
	Andrew Hung	SLTF	315	192	365	872
220	Matthew Karbowski	LSC	525	355	550	1430
	Jason Cobb	CFM	435	290	600	1325
	Dustin Piatkowski	TG	450	330	530	1310
	Kristian Hollis	WG	425	340	500	1265
	Devon Dwyer	RPC	405	315	465	1185
	Erik Rakoczy	LSC	375	225	500	1100
	Bill Beekley	SLTB	360	210	500	1070
	Elliott Flignor	LSC	345	245	445	1035
	Ray Rivera	LSC	315	300	385	1000
	Jeremy Hoffower	SLTF	335	200	460	995
	Sean Casey	SLTF	300	160	340	800
	Kyle Mishler	n/a	-	350	655	1005
242	Nikolas Goodenow	RPC	545	405	640	1590
	Shawn Woolcock	PSLCC	460	320	600	1380
	Preston Eden	RPC	505	310	550	1365
	Andrew Olmstead	CFM	480	335	520	1335



UCF lifter Dominic Beswick

275	Mike Armour	RPC	550	445	640	1635
	Emory Mullen	RPC	600	395	630	1625
	Dominic Beswick	n/a	620	365	635	1620
	Nick DeLucia	RPC	475	355	545	1375
	Jordan Halgopian	LSC	500	315	525	1340
	Brian Dolan	TG	440	350	535	1325
	Dour Orr	n/a	405	290	500	1195
	Anthony Martinez	SLTF	-	315	500	815
308	Ken Morris	LSC	675	465	725	1865



Team Gavin lifters from In-Gear Fitness



A panoramic view from the 2015 Seniors



TONY CONYERS EXTRAVAGANZA

November 7, 2015
Strong Life Tampa Bay

For more information contact:

321-505-1194

rawunitedinc@gmail.com

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CONTEST REVIEW: 2015 GYM WARRIORS CLASSIC

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

**Saturday, July 11
Gym Warriors * Peabody, Massachusetts**



MEN

IRONMAN

165	16-17	Ledyard McFadden	240	226	365	831
198	18-19	Garrison Plamowski	221	186	360	767
275	SNR	Paul DeSimone	506	308	543.6	1357.6

RAW

165	16-17	Ledyard McFadden	285	226	435	946
181	SNR	Chad Stewart	429	261	558.5	1248.5
198	18-19	Garrison Plamowski	221	186	360	767

220	SNR	Andrew Schofield	501	384	626.5	1511.5
	16-17	Ben Plamadon	329	256	435	1020
275	SNR	Paul DeSimone	506	308	543.6	1357.6
	16-17	Nate Wester	365	206	410	981

BENCH ONLY

181	SNR	Chad Stewart	-	261	-	-
220	16-17	Ben Plamadon	-	256	-	-
275	16-17	Nate Wester	-	206	-	-



POWER SPORTS: STRONGMAN & POWERLIFTING “The Ultimate Strength Sports”

By Paul DeSimone

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

We live in a society that rewards people for losing, for being average (Crossfit), and for literally not going all the way. So why would I want to be apart of that; I am sorry, but I don't. I wanted to only make people more motivated to try harder - to do their best and create the best person possible.

I started www.pdsmclub.com for Strongman competition. Here is the reason why I started



I have competed in other Strongman companies, and had very bad experiences for several reasons: (1) the events, (2) the weigh-ins, and (3) the rules changing 24 hours before a contest. How can you train 6 months for something, cut weight, and have the rules change on you the day before the

this Strongman club. In Strongman, only the top winner of each weight class (and only 4 classes exist) wins a trophy. In this past year, I have held 7 Strongman contests and we have grown to about 35 members. We are looking to expand and grow throughout the country. We keep track of records in each lift or event. We do both reps and single lift events. We want to be the best Strongman event around.



contest? Guess what, no more! That's why we started this Strongman federation. Best of all, we are using all the original events. Let's face it, not everyone is 7 feet tall. So why would you have an event that only helps people over 6 feet, 5 inches. To me, that makes no sense.

Since strong man involves both agility and strength, I find it to be a great parallel to powerlifting. This reality makes it possible to do both at the same time, and

www.pdsmclub.com fits that criteria. We will be drug testing all competitors, which will in turn differentiate tested and non-tested competitors. How cool is that?



So if you want to compete or just try Strongman, et in touch with us at pauldesimone01@aol.com. And if you want to put on a contest, also contact me. It's great fun, and you don't need a ton of equipment either. So it makes it affordable, and we will post it on our website to afford

you the publicity and sanctioned information. We have also linked up on YouTube now to post video footage; it's directly embedded to our website so competitors can watch and link to our website.

Thanks so much.



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

CONTEST REVIEW: 2015 STRONG LIFE BENCH BASH

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

Saturday, August 1 Strong Life Tampa Bay * Tampa, Florida

The 2015 Stronglife Tampa Bay Bench Bash had a small but mighty turnout. The inaugural event featured a strong team from Gorilla Bench spearheaded by their leader Richard Ficca who completed a monstrous 585 and barely missing 615 at the top. Donnie Kiernan had a strong performance going 3 for 3 and finishing with 430. Paul King of Kissimmee, Florida lifted huge with a 330 pound second attempt just missing 340

on his third. The Remley family legend continues with 13 year old Will finishing with a strong 215 pound bench. Richard Ficca also captured best lifter honors and his Gorilla Bench team took the title as well. Special thanks to Greg Jurkowski for judging and spotting and the Strong Life Tampa Bay team of Jon Wisenbaker, Tony Conyers, Patrick Ford, Juan Ramirez, and Tim Burns!

WOMEN

123	SNR	Olivia Mustain	110
-----	-----	----------------	-----

MEN

165	SNR	Paul King	330
-----	-----	-----------	-----

181	SNR	Monquil Parks	390
	SNR	Chris Parks	275
	SNR	Khori Whitakker	250

198	18-19	Ben Gnat	305
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220	SNR	Victor Mandia	380
	50-54	Bill Trimble	350

242	45-49	Scott Simonson	455
	12-13	Will Remley	215

275	40-44	Patrick Ardizzone	405
	45-49	Woody Wood	350

SHW	40-44	Rich Ficca	585
	SNR	Donnie Kiernan	430

**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	-	-



GAYNOR'S CORNER: WHY WE ADDED THE RAW PLUS DIVISION

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

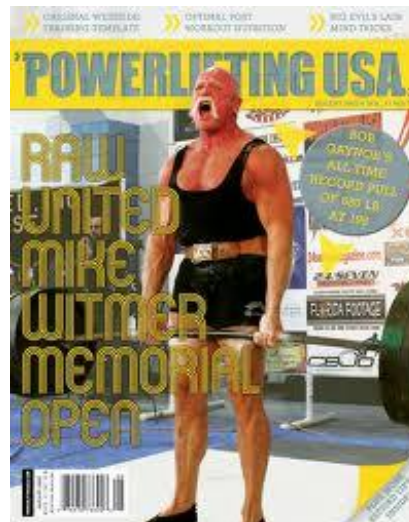
As of July 20, 2015, R.A.W. United has added the RAW PLUS Division. Joining the IRONMAN (singlet only) and RAW (singlet, belt, neoprene knee sleeves, and wrist wraps) Divisions, RAW PLUS affords lifters the opportunity to utilize knee wraps not to exceed 2.5 meters (in addition to a singlet, belt, and wrist wraps).

The decision to add a knee wrap division was three-fold: (1) several lifters within our ranks, especially heavier lifters and Master lifters, requested the division be added, (2) the addition generates the potential for new lifters to join our ranks and support R.A.W. United's mission, and (3) it increases the potential for affiliations abroad, such as our current discussions with Australia and the potential for hosting a RUM 9 qualifier under a R.A.W. United sanction. In short, the move allows us to expand our membership without changing our Rules of Performance (lifters

will still be required to walk their squats out, and monolifts are not required).

Our new format will also include the utilization of the Wilks Formula to determine Best Lifter results. The decision to move to the Wilks Formula was generated by the growth of our meets; utilizing the Wilks Formula will "even the playing field" for both Master lifters and lifters in the heavier classes. Similar to the addition of the RAW PLUS Division, our move to the Wilks Formula will take place immediately.

We are confident that over the next twelve months, we will have many new lifters join the R.A.W. United family as a result of adding the RAW PLUS Division and utilizing the Wilks Formula to determine Best Lifter results. We look forward to meeting them, and adding a new dimension to our meets!



**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 Johnny Nocito of World Gym Port St. Lucie for sending us the August 2015 photo for *The Strong Shot*!



**GO
JOHNNY,
GO!**

**Johnny Nocito
of World Gym Port St. Lucie
powers through his final squat with
encouragement from the platform crew
at the 2015 Seniors!**

THE TRAINING TABLE: COMMENTS ON COACHING

Written by Andrew Yerrakadu

**“But the path of the just is like the shining sun,
That shines ever brighter unto the perfect day.”**

Proverbs 4:18

After some 27 years of competitive lifting, coaching, and officiating in Powerlifting across several federations and variations of the sport, I've noticed that I find myself answering the same questions and making the same observations over and over again. It's possible that I'm just a repetitive guy, but in case there's some essential truth in some of these observations that might be worthwhile to lifters or coaches, I've concluded that I should go ahead and write some of these things down.

I should point out that while many of these things are well known and even obvious to the more experienced lifters and coaches out there, I had many of these questions myself over the years, and the answers only became obvious when more insightful and experienced training partners and coaches pointed out many of these truths to me. I have waxed lyrical on each of these points at great length, (and I'm happy to expand on these thoughts if anyone wants to contact me), but I've tried to be brief and select some of the most common observations.



Author Andrew Yerrakadu and the late, great Kris Clark

1. The fact that something is harder does not mean it is more worthwhile.

I hate to be 'that guy' that slithers around the gym telling people that they're 'doing it wrong', and dispensing unsolicited and unwanted training advice. Largely because it's none of my business how people train, I don't know what their goals are, I have no

idea what their physical limitations might be, and if they're being trained by a 'professional' I certainly don't want to make anyone look bad or interrupt their livelihood, and it's quite possible they know something that I don't.



Faryn Antenucci of Girls Gone Strong simply focuses with the three competitive lifts in her training

Having said all that, several years ago I was training with a most excellent team in Long Island (in a commercial gym) and I saw a man taking his trainee/captive through a superset that involved holding a dumbbell in each hand and jumping over a flat bench followed by standing on one leg on half a bosu ball and balancing while doing shoulder laterals. I watched (anxiously) for a while, but this was not all that unusual for this particular facility. I've seen this sort of nonsense many times before and since, so I eventually continued my workout. The trainee was a nice lady who always smiled politely at us when we were stuffing 300 pound men into 5 pound bags (squat briefs), so I thought I would try and save her life by having a word with her trainer after she left. I asked him, as nicely as I could, why he was trying to cripple that nice lady. Specifically, I pointed out that if she clipped her foot on the bench she would fall on her face, and since she was holding a dumbbell in each hand, she would not be able to grab anything or protect her face in any way, to which he rolled his eyes and said he would catch her (extremely unlikely with his hands in his pockets, but fair enough). I then asked him what value there was to doing shoulder laterals on one leg on half a bosu ball. He said, "Obviously, that makes it harder." After pointing out that there was no naturally occurring surface on the face of the earth that is similar to that half bosu ball, and the human ankle was never designed to contend with such a surface, I conceded that yes, it does make the exercise harder. It doesn't, however make the exercise better, or more beneficial to the trainee, which after all, is the point. He looked confused, so I suggested that if he grabbed the dumbbells, and started doing laterals, I would hit him in the forehead with a hammer between each rep, and that he would find this to be a very hard set to complete, maybe the hardest set of shoulder laterals he's ever done, but it wouldn't be beneficial to his shoulder size or strength. It

would be very hard, but it's not better. He shrugged.

2. Technical corrections are vastly more important than training protocols.

German Volume Training; Starting Strength; 5-3-1; Linear periodization; progressive overload; conjugate training; block periodization; Sheiko; Smolov; and many others. Good arguments can be made for many different training protocols and programs, but if you're squatting every rep high on these programs you'll get really good at squatting high. This is the reason I don't coach anyone online, despite being asked many times - there are plenty of good online programs out there, many available for nothing or next to nothing. You must make the technical corrections needed to really get better, and these need to be made in real time, in person. Clearly there are programs that are significantly superior to others for increasing strength, and the gains will no doubt be there if you follow some of the better programs correctly. There are plenty of people who simply don't have access geographically or logistically to a good crew, no question, and a good online coach who personalizes and adjust the program for you is of course well worth it for those people. Proper technical corrections in person, however, could add 50 pounds (adjust for weight class and experience) to a given lift in one day by changing stance, starting position, timing, grip, bar path, range of motion, etc. Corrective or reinforcing cues have to be given in real time, and can't be done via video. Just as importantly, if no one you're training with tells you (or knows enough to tell you) that you're squatting high, or your butt is coming off the bench, or your knees are soft on your deadlift, etc. - you will work really, really hard only to bomb out on meet day. Whatever program you are doing, find experienced eyes to adjust your technique.



Tony Conyers at the 2015 Seniors

3. You are not Tony Conyers.

“Tony trains all three lifts on one day”

“Tony trains once a week”

“Tony didn’t eat or drink for 36 hours and squatted a world record”

“Tony never goes over 225 for reps and benched 405 at the meet”

“Tony doesn’t do direct grip/core/assistance work”

“Tony doesn’t use leg drive”

All of these things (and many others) have been true or false at various times of the great Tony Conyers, and my time training with him and similar freaks of nature (Jon Bernor, James Jacobs, Joe Hill, Hennis Washington, Chris Taylor, Pat Susco, etc.) have frequently elicited similar protestations from our young training partners.

You are not Tony Conyers.

4. In battle, you don’t rise to the occasion, you sink to your level of training.

This quote has variously been attributed to the Greek soldier Archilochus and anonymous Special Forces types, and it remains true. I’m not saying you can’t get fired up and enter a heightened state of arousal and hit a nice, maybe unexpected PR when the stars align at a meet. Having a best squat of 500 pounds, however, will never yield a 600 pound meet squat no matter how many people smack you and jump on your chest and shove ammonia caps up your nose - you have to train to bridge that gap, and train hard, and smart. When you get really good, and the weights get really, really heavy, and putting that bar over your face or on your back confronts you with your own mortality - when the anxiety and fear battles the passion in your heart and you can hear your own bones singing under the pressure of the weight, you better be ready - you need to train for that. And all that jumping up and down and yelling and smacking to get hyped up? For most of us, it doesn’t work, so quiet down and focus. There are exceptions (cough Layne Norton cough).

5. Anyone can select and collect the best lifters and claim that they are great coaches and trainers.

“I got 15 World Champions, I’ve trained 50 elite lifters, I got 8 guys benching over 600 pounds, blah, blah, blah.” That’s nice, but if they were all benching 550 pounds when you met them, I’m not impressed. There is

certainly a value to putting high level athletes together with proper equipment and conditions to push each other to get better, and they undoubtedly will, but that’s management, not coaching. You want to impress me, take a bunch of 14 and 15 year olds and produce some elite totals in a few years, and you’ll have my attention.



Ken Morris trains numerous competitive lifters at his Limitless Strength & Conditioning gym

6. It’s ok to miss.

I’m never disappointed when my lifters miss. I’m disappointed when they don’t work, when they’re not coachable, and when they don’t try. If they try and they miss, I’m ok with that - if they’re trying hard and they miss over and over, it’s my fault, not theirs, and it’s time to reevaluate something I’m doing wrong with this lifter.

7. Powerlifting is a long game, and patience is key.

People have frequently asked over the years what I and my lifters and training partners ‘take’ to get so strong. I tell them that we take our time. Of course there are various available enhancements of different types, targeted nutrition, refined training protocols, and so on that will help, but there are no short cuts. Show up and do the work, over and over.

8. Respect criticism, and humility is not weakness.

It's a fairly recent phenomenon in my observation, but all of a sudden, everyone is an expert, especially when it comes to their own assessment of themselves. When I'm coaching, and you don't want to listen and do what you're told, you'll quickly find the door, and that's fine with me. I coach for fun, and I don't need to argue with people I'm trying to help, and there might be less abrasive, kinder, gentler coaches out there anyway, so knock yourself out. This is not new. What I find interesting is all the people I don't know who want to argue with me. If you ask me to watch your depth for you in the gym, and I tell you it's high, don't argue with me. Even worse, if I throw a red when I'm judging you at a meet, I will gladly tell you why, but if I tell you why, accept it and move

on, even if you think and know deep in your heart that I'm wrong. That last part is important. You can be disappointed, you can think I'm wrong, but take it like a grown up. I swear in the last few years I've had more lifters at meets want to physically fight me over catching a red. If I tell you that your thumbs can't be in the wrist wrap thumb loops, and the loops are illegally touching the bar before you start the lift, and you curse me instead of just pulling them off your thumb, I'm throwing a red. You got your warning and you ignored it. Respect the sport, respect the rules, and respect those that came before.

9. Powerlifting is not for everyone.

We are not normal. Truly, this is not for everyone, and that's fine. I have met several nice people who are not powerlifters.



Coach Bob Benedix (far right) and his lifters from World Gym in Port St. Lucie

10. I have no idea what “having lots of potential” means.

Talent doesn't work when talent doesn't work (hard). What I mean by that is that the most apparently talented newbie will quickly get smoked by his harder working friends with less obvious gifts if he doesn't recognize that his talent needs to be pushed and worked hard to reveal true value. I have periodically had an influx of new young people who want to start training with our team, and they all know which one of them is the 'strong' one - so and so benched 250 in the 8th grade or whatever. Often they lament they're not as strong as so and so, and I tell them that experience has proven that I have no idea which one of them will be any good in a few years, let alone whether any of them will be great. Some start out strong and can't

stay focused, some stop showing up completely, and some constantly shift into higher and higher gears, and get fantastic results. And I can never really tell which will be which. My martial arts instructor, the great Kyoshi Romeo, used to say that he observed that people will invariably behave one of three ways after receiving a big promotion in rank - they will show up more, they will show up less, or they will show up the same.

11. Everybody 'knows a guy'.

Everybody used to bench more than you in high school or knows a guy.

“How much you bench?”

“400 pounds”

“I know a guy ...”

It's fine.



Best Lifters (from left to right) Dominic Beswick (UCF), Nikolas Goodenow (Total Nutrition), and Matthew Karbowski (Limitless Strength & Conditioning) all train in conducive environments

12. Training environment is hugely important, and the expectations of others can be very powerful, for better or worse.

Being around better lifters than you, who work harder than you, and want you to be better, is the quickest way to improve. You will get better because it is expected of you, and you will learn to expect it of yourself. Or you will quit. Conversely, if you are around naysayers, and pessimists, who whine and complain and who expect you to fail and are pleased when you do, you will learn to fail, and badly. Find the best crew you can, and get there. When I trained at Iron Island in the early 90s with the legendary Dr. Ken Leistner, I drove an hour and a half each way 4 times a week to be there, and passed literally dozens of gyms on the way. I felt lucky, since some of my training partners drove from Pennsylvania or Connecticut to train. It was the same with training under Kyoshi Romeo - you find the people already doing what you want to do, you ask them to teach you, and you show up and do what you're told. When I started training with Jon Bernor and Chris Taylor, I found myself in a world of enormous totals, and suddenly, I wasn't the strongest guy in the room again (by far), and it was the kick I needed to break through some long time barriers - I saw my partners as peers, and I couldn't allow myself to be so much weaker than them - and they didn't allow it either.



Ron Fellows, who is legally blind, moved HUGE numbers at the 2015 Seniors!

13. a. You are not special. Spot. Load. Clean up. Help out. Show up, and on time.

I don't know how much more clearly this can be said. I do not care who you think you are. If you have earned enough respect from your

years of battle that your training partners honor you by going the extra mile for you, you are blessed, but the greatest lifters invariably are the most reliable and help out the most. Watch them carefully if you are ever lucky enough to train amongst them.

13. b. Being strong doesn't mean you can handle yourself.

Being strong is nice, but bench pressing and self-defense are completely unrelated. This one comes up more than you might think.

14. There is no modesty in powerlifting.

Especially in geared lifting. I don't like putting my hands down your underwear, but it's the nature of the thing. In raw lifting there's plenty of unintended intimacy also, and that's ok. Straining under heavy weight can affect the bladder and the bowels in unintended ways, and high protein diets don't help. Just get a paper towel and move on.



Savannah Green of Girls Gone Strong at the 2015 Seniors is encouraged by her coaches, Spero Tshontikidis and Larry Dromerhauser

15. I'm not necessarily impressed.

There was a time when coming 3rd, or 5th, in a State or Regional Championship was a tremendous accomplishment. Now it seems like everyone is a World Champion. If you hit great numbers, and you had a great day, God bless, and it's not your fault that no-one else showed up in your weight class or division. But I'm not (necessarily) impressed. Go toe to toe with a couple of good lifters, battling and strategizing for every pound (or kilo), and when the chalk settles, and we see where you are - now you've done something. This is not always the lifter's fault, unless

you're running around looking for federations and titles where there is little competition - but please - get after the big meets, look for the competition, and do your best against good opponents. Having said that, I've been very impressed by some of the young guys coming up right now and meets like RUM and others like it around the country are bringing us back to a new golden age - meets where the classes are loaded with terrific competitors, all of whom know that they can't all win, but they battle their hearts out anyway. I'm glad I stuck around long enough to see us start to get back on track.

R.A.W. UNITED FEDERATION UPDATE SEPTEMBER 2015

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

RAW PLUS DIVISION ADDED AT RECORD BREAKERS!

Lifters will have three divisions to choose from beginning on October 17-18 at the 2015 RAW Record Breakers Meet: IRONMAN, RAW, and PAW PLUS. In the RAW PLUS division, lifters can wear knee wraps not to exceed 2.5 meters. Lifters must walk their squats out even if a monolift is utilized, and all rules of performance for the squat, bench, and deadlift will remain intact.



Tony Conyers of Strong Life Tampa Bay shattered the record books once again at the 2015 Men's & Women's Senior Powerlifting Championships

RECORDS UPDATED!

The R.A.W. United website (www.StrongLife610.net) has been updated to include American Records (formerly known as Federation Records), Championship Records, and Single-Lift American Records for both men and women.

RESULTS UPDATED!

Results from recent meets in Florida, Massachusetts, and Texas, are available at www.StrongLife610.net, and will be featured in the August issue of STRONG LIFE magazine.



EVEN MORE MEETS ADDED TO 2015 SCHEDULE!

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).

Florida lifters have numerous meets to choose from to finish out the 2015 season: Remembering our Heroes (September 12 in Melbourne), Record Breakers (October 17-18 in Port St. Lucie), Tony Conyers Extravaganza (November 7 in Tampa), World Gym Push/Pull (December 5 in Port St. Lucie), and last Chance 2015 (December 12 in Melbourne).



Nancy Swanson of World Gym Port St. Lucie dominated the platform at the 2015 Senior Championships!

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 is available at both the RUM website (www.rawunitymeet.com) and at www.StrongLife610.net:

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**

SEPTEMBER 2015

September 12
STRONG LIFE Power Day
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: Saturday, September 26
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

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
RAW Record Breakers Meet
Port St. Lucie Civic Center * Port St. Lucie, 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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PAUL'S PROSE, PRAYER, & PRAISE: CHRISTIAN PATRIOTS

By Chaplain Paul Simmons

**“Keep your heart with all diligence, for out of it springs the issues of life.”
Proverbs 4:23**

Pastor Steve Andrews recently delivered a sermon titled “Guard Your Heart,” focusing on Proverbs 4:23. Over the next several issues of STRONG LIFE, we will look at this

powerful verse and discuss it’s truth within our lives during times of both triumph and adversity.



World Gym lifters Johnny Nocito and Chris Jacobsen at the 2015 Seniors

Fairweather Mountain is one of the most spectacular mountains in North America. Located off the southeast coast of Alaska, the mountain reaches 15,000 feet above sea level. Massive granite walls with deep ravines cut by cascading glaciers create an

inspiring view. This view, however, can only be seen about twenty days a year when the weather is fair. The mountain is called Fairweather because you can only see the full glory and beauty of the mountain when the fog clears.



Fairweather Mountain, Alaska

Author John Eldridge uses Fairweather Mountain as an illustration to describe how most people live their lives:

“Twenty days a year – that sounds like my life. I think I see what’s really going on about that often. The rest of the time, it feels like a fog ... I’d love to wake up each morning

knowing exactly who I am and where God is taking me. Zeroed in on all my relationships, undaunted in my calling - it’s awesome when I do see. But for most of us, life is more like driving with a dirty windshield; you can make out the shapes ahead, and think the light is green.”



Much of our confusion results from a failure to understand the truth proclaimed in Proverbs 4:23 and other Scriptures that describe the significance of the heart. In this brief passage, the wise king Solomon identified four principles of guiding our heart: (1) recognizing the treasure of God’s

blessings, (2) prioritizing the task of guarding our heart, (3) minimizing the trash from our lives, and (4) energizing ourselves and our lives with God’s Word. We will explore each of these principles in the next four issues of STRONG LIFE Magazine.

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 went to be with our Lord, and we appreciate your thoughts and prayers for her family!



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

PRAISE REPORT:



Please continue praying for Stan Friedman; Stan (pictured above with his wife, Sandy) was recently diagnosed with lung cancer and traveled to the University of Pennsylvania Medical Center for treatment. He is recovering well, is back home, and “no more radiation!”

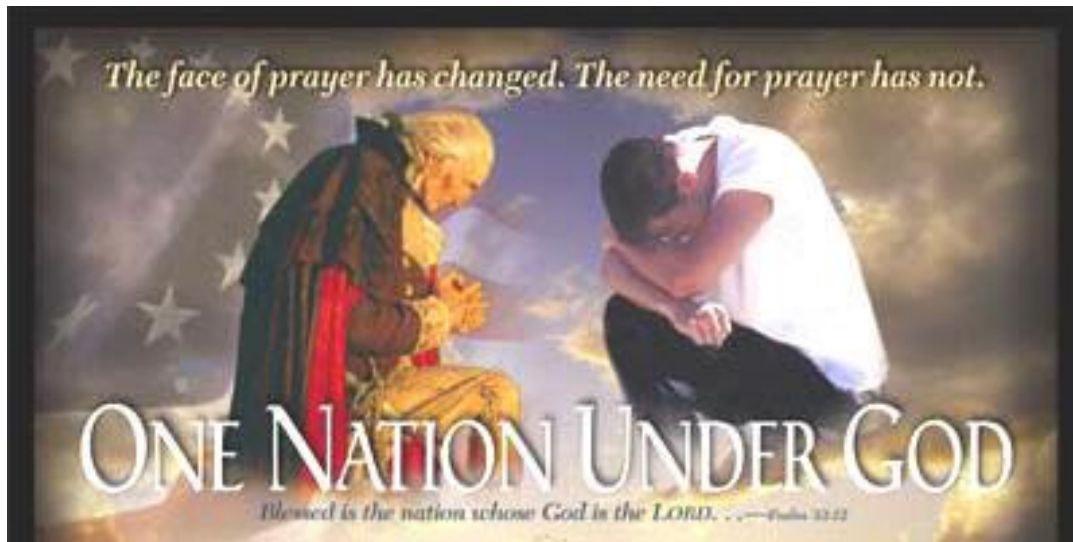
Please pray for Caroline Rice; Caroline recently suffered a stroke, and is home recovering.

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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