



STRONG LIFE

THE FUSION OF FAITH & FITNESS

SPECIAL DOUBLE ISSUE!
Record Breakers,
Tony Conyers Extravaganza,
Last Chance 2015, & More!

Jacob Sudey sets a new
standard at the 2015 RAW
Record Breakers Meet!

VOLUME 3, ISSUE 16
DECEMBER 2015



RUM9
JAN. 31, 2016
PORT SAINT LUCIE, FL

STRONG LIFE

THE FUSION OF FAITH & FITNESS

**The Official Magazine of R.A.W. United
Volume 3, Issue 16
December 2015**

Editor:

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

Webmaster and Cover Art:

Hannah Brusca

Board Members:

Bill Beekley (Chairman), Loma Amore, Tony Conyers, Larry Dromerhauser, Kevin Prosser

Officers:

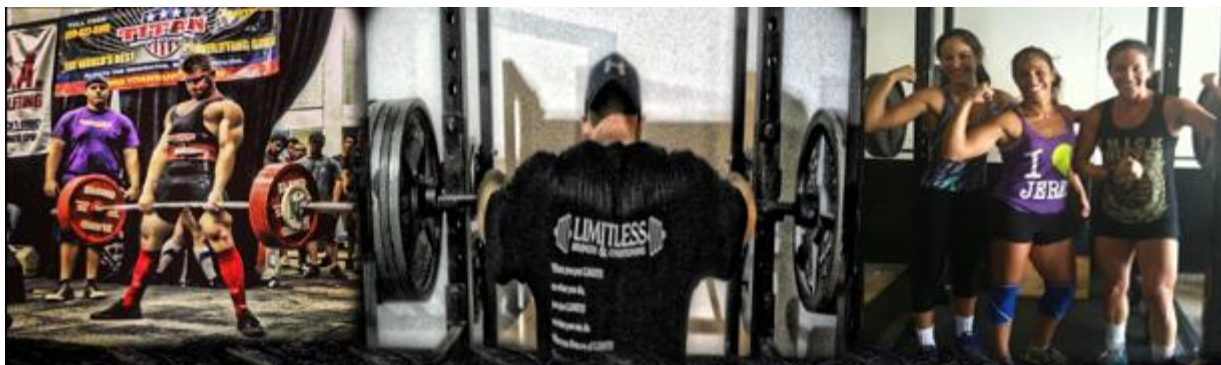
Dr. Spero S. Tshontikidis (President), Bob Gaynor (Vice President), Dulcy Olson (Secretary), Caryn Tshontikidis (Treasurer)

Publishing Dates:

March, June, September, 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.





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

STRONG LIFE

THE FUSION OF FAITH & FITNESS

The Official Magazine of R.A.W. United
Volume 3, Issue 16
December 2015



INSIDE THIS ISSUE:

On the Cover:
What's Inside

The Strong Shot:
Top Female Photo: Anita Medola

Jesus Zone:
Matthew 19:26: The Concert

Contest Features:

2015 Gym Warriors Classic
2015 Remembering Our Heroes
2015 RAW Record Breakers Meet
2015 Thunderbird Gym Spooktacular
2015 Tony Conyers Extravaganza
Last Chance 2015

Gaynor's Corner:

Plans for the 2016 Powerlifting Season

The Strong Shot:

Top Male Photo, Jake Benedix

Federation Updates:

2015 TCE, New Meets for 2016, and More!

RAW United Contest Schedule:

Includes Confirmed Contests for 2016!

Chaplain Paul's Prose, Prayer, & Praise:

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



Maria Bortz at the 2015 Senior Championships

A detailed illustration of an eagle with its wings fully spread, set against a dark blue background. The eagle's head is turned to the right, and its feathers are intricately detailed with shading. The eagle is positioned behind the main text.

Mike Witmer Memorial Florida State Championships

February 20 & 21, 2016
Strong Life Tampa Bay

Sanctioned by:

R.A.W. UNITED

**HAPPY
NEW YEAR!**



**MAY YOU REACH
100% BEAST
STATUS IN 2016!**

ON THE COVER: EDITOR'S REVIEW

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

WHAT'S INSIDE

What an incredible year! Our membership nearly doubled, the record books were shattered at virtually every meet, and the R.A.W. United family is stronger than ever! Thank you so very much for making 2015 such a memorable year!

As many of you are aware, the last several months of 2015 were filled with HUGE meets!

Starting with the Senior Championships in July, to the Tony Conyers Extravaganza in November, and December's Last Chance, we finished the year strong, and are looking forward to an awesome 2016 season! Results from these and several other meets are included in this issue of STRONG LIFE.



Killian Dewyer won the "Best Shirt" award at the 2015 Tony Conyers Extravaganza!

On the cover is Jacob Sunday of Lakeland, Florida. Jacob starting competing with R.A.W. United when he was 12 years old, and he recently turned 20. At Record Breakers, Jacob went 600, 390, 630 at 181 to post an impressive 1620 total at 181! Jacob was

scheduled to compete at Last Chance 2015, but he suffered a minor pec tear and was unable to make it. He is hoping to be fully recovered and back on the platform for RUM 9!

And speaking of Last Chance, those that were in attendance are aware that Emery Mullen broke his wrist attempting to rack his opening squat. Emery had a clean break, and is currently recovering. He hopes to be on the platform in the spring. Bill Beekley, who serves as the Chairman of the Board and runs Strong Life Tampa Bay with Tim Burns and Tony Conyers, is recovering from

shoulder surgery as well. Bill also hopes to be ready for the Masters Championships in April. Trevor Jaffe, who joined the R.A.W. United family at Record Breakers, pulled a hamstring last month that may keep him out of RUM 9. Please keep Jacob, Emery, Bill, Trevor, and all of our brothers and sisters in iron in your prayers this holiday season!



STRONG LIFE lifters Corla Ingram, Anna Feldbush, and Valery Linkenhoker took home Teenage Best Lifter honors at Last Chance 2015

Once again, thank you so much for an incredible 2015 season, and we look forward to seeing you on the platform in the New Year!

Enjoy the Reading, Spero

A detailed illustration of an eagle with its wings spread wide, set against a dark blue background. The eagle's head is turned to the right, and its feathers are intricately detailed with shading. The eagle is positioned behind the main text of the poster.

STRONG LIFE BENCH BASH I

Saturday, March 19, 2016
STRONG LIFE Training Facility
Melbourne, Florida

Sanctioned by:

R.A.W. UNITED



GRIP IT & RIP IT DEADLIFT CLASSIC I

Saturday, March 19, 2016
STRONG LIFE Tampa Bay
Tampa, Florida

Sanctioned by:

R.A.W. UNITED

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 Anita Medola of World Gym Port St. Lucie for sending us the August 2015 photos for *The Strong Shot*!



SINK IT DEEP!

Part I

**Anita Medola
of World Gym Port St. Lucie
powers through her final squat
at the 2015 RAW Record Breakers
Meet!**

JESUS ZONE: THE CONCERT

“But Jesus beheld them, and said unto them, “With men this is impossible, but with God all things are possible.”

Matthew 19:26

My wife, Caryn, and I recently joined three local musicians and formed a band that fuses the blues and good ol’ rock and roll. We’ve had four sessions together, and have completed our first set of songs and are currently working on our second of four sets.

When Caryn and I first decided to get “Red, Hot, and Blue” off the ground, we were in what is known as “The Basement” phase. In this stage we are vulnerable; it is a time when we must be willing to fail and/or look foolish. As we approached three very

talented musicians – Phil Hoffower on lead guitar, Billy Stephens on rhythm guitar, and Tom Behler on drums – and asked them to join us (Caryn plays bass guitar and I sing), we had to drop our egos, our beliefs (thinking we were right about everything), and our skepticism so we could create the sound we were looking for. Vulnerability of this sort – whether it’s starting a band or facing life and death situations - can actually come from a position of strength when God is part of the equation. Simply stated, with God we can risk big and win big!



Stepping out on the competitive stage can make us vulnerable, but the smile on Abi Johnson’s face illustrates that the risk can be most rewarding!

Once we shared our vision with Phil, Billy, and Tom, the five of us entered “The Garage” phase where collaboration is more than an activity, it’s a process. This process is governed by an agreed upon set of norms and behaviors that maximize individual contribution also leveraging the collective intelligence of everyone in the band. Similar to five training partners competing together in a meet, once we narrowed down our ten

song set and played it for the first time as a unit it was magic! Oftentimes when the right people have the right conversation at the right time, miracles can happen. Our strongest song, you ask? It’s a gospel, blues number written by Louisiana’s Tab Benoit shortly after Hurricane Katrina titled “Shelter Me” – a song that trusts in God to shelter us through all the storms life throws our way.



Girls Gone Strong started with 10 girls four years ago. Today, we have our own training facility with nearly 100 active student athletes.

Bob Marley once said that “the greatness of a man is not in how much wealth he acquires, but in his integrity and ability to affect those around him positively.” In other words, the strongest way to leave your mark is through influence. Soon enough, we will have our four sets ready and will enter “The Concert” phase of our journey as a band. This is the time to share what we’ve been doing with others; needless to say, we’re stoked to one day take the stage!

As Christians, our stage is the world and our concert is the Great Commission. When Jesus instructed the 11 remaining disciples: “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,” it seemed an impossible task. But with God, all things are possible!



A detailed illustration of an eagle with its wings spread wide, set against a dark blue background. The eagle's head is turned to the right, and its feathers are intricately detailed with black and white shading. The eagle is positioned behind the text, which is overlaid on the image.

MARIA BUCCHIONI MEMORIAL WOMEN'S MASTERS CHAMPIONSHIPS

Saturday & Sunday, April 16-17, 2016
STRONG LIFE Training Facility
Melbourne, Florida

Sanctioned by:

R.A.W. UNITED

A detailed illustration of an eagle with its wings spread wide, set against a dark blue background. The eagle is rendered in shades of purple, blue, and white, with intricate feather detail. It is looking slightly to the right.

PAT O'BRIEN MEMORIAL MEN'S MASTERS CHAMPIONSHIPS

Saturday & Sunday, April 16-17, 2016
STRONG LIFE Training Facility
Melbourne, Florida

Sanctioned by:

R.A.W. UNITED

CONTEST REVIEW: 2015 GYM WARRIORS CLASSIC

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

**Saturday, August 29
New Level Fitness * Summerville, Pennsylvania**

WOMEN

RAW

114	16-17	Shannon Kudlawiec	165	80	185	430
-----	-------	-------------------	-----	----	-----	-----

MEN

IRONMAN

66	7-U	Melvin Miller	90	55	155	300
77	10-11	Mason Gibson	125	90	185	400
97	12-13	Shane Katrancha	145	85	160	390
114	SNR	Erik Gibson	150	120	235	505
148	SNR	Ryan Gilpatrick	335	250	450	1035
220	SNR	Dave Secriskey	520	430	505	1455

RAW

148	16-17	Corey Katrancha	350	195	350	895
165	SNR	Matt Papinchak	470	340	515	1325
	SNR	John Alexander	260	240	415	915
181	SNR	Brady Wright	385	315	495	1195
198	18-19	Hunter Wright	290	225	390	905
220	SNR	Jon Moschgat	550	400	660	1610
242	SNR	Josh Gabany	385	310	520	1215

RAW PLUS

165	40-44	Bob Gregory	275	200	500	975
-----	-------	-------------	-----	-----	-----	-----

RAW PLUS, PUSH/PULL & SINGLE LIFT

165	40-44	John Stringa	-	300	-	-
181	SNR	Chad Stewart	-	261	-	-
220	16-17	Ben Plamadon	-	256	-	-
242	SNR	Jonathan Sanders	-	335	-	-
275	SNR	John Miller	-	355	650	1005
	16-17	Nate Wester	-	206	-	-
308+	SNR	Tom Murray	-	540	-	-





**SERIOUS
GEAR
FOR
SERIOUS
POWER**

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

WWW.EOSPORTSGEAR.COM

**CONTEST REVIEW:
2015 REMEMBERING OUR
HEROES**

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

Saturday, September 12

STRONG LIFE Training Facility * Melbourne, Florida



Jackie Mojica en route to her RUM 9 qualifying total!

WOMEN'S IRONMAN

105	14-15 Emma Remonsellez-Conde	60	35	120	215
114	12-13 Abi Johnson	90	50	150	290
123	16-17 Aisia Pedersen	115	70	200	385
132	14-15 Alicia Handley	95	55	135	285
148	16-17 Katelyn Kent 14-15 Daly Mann	80 65	45 50	135 125	260 240
165	50-54 Maria Bortz	95	55	170	320
198	16-17 Gabby McKessey	-	52	150	202



Suzanne LaForge will also be competing at RUM 9!

WOMEN'S RAW

105	40-44 Jackie Mojica	245	140	290	675
	14-15 Emma Remonsellez-Conde	60	35	120	215

123	16-17 Aisia Pedersen	115	70	200	385
132	14-15 Alicia Handley	95	55	135	285
148	16-17 Katelyn Kent	80	45	135	260
	14-15 Daly Mann	65	50	125	240
165	55-59 Suzanne LaForge	320	165	390	875
	50-54 Maria Bortz	95	55	170	320
198	16-17 Gabby McKessey	-	52	150	202

WOMEN'S RAW PLUS

105	40-44 Jackie Mojica	245	140	290	675
	14-15 Emma Remonsellez-Conde	60	35	120	215
123	16-17 Aisia Pedersen	115	70	200	385
132	14-15 Alicia Handley	95	55	135	285
148	16-17 Katelyn Kent	80	45	135	260
	14-15 Daly Mann	65	50	125	240
165	55-59 Suzanne LaForge	320	165	390	875
	50-54 Maria Bortz	95	55	170	320
198	16-17 Gabby McKessey	-	52	150	202

MEN'S IRONMAN

77	10-11 Zach Johnson	45	30	100	175
	8-9 Ian Giguere	37	22	100	159
97	12-13 Loren Nienajadlo	50	30	100	180
105	12-13 Trystan Hornby	100	65	155	320
123	16-17 Brian Drost	125	100	225	450
	16-17 Neill Johnston	135	70	180	385
	16-17 Billy Luu	130	92	160	382
	12-13 Lyle Ingram	95	75	145	315
	12-13 Bennett Kent	70	55	135	260
148	12-13 Anthony Giguere	110	52	165	327
165	14-15 Harrison Luu	105	82	185	372
220	16-17 Jacob Bortz	110	100	215	425



Jackson Browning pulling strong at his R.A.W. United debut!

MEN'S RAW

123	16-17	Brian Drost	125	100	225	450
	16-17	Neill Johnston	135	70	180	385
	16-17	Billy Luu	130	92	160	382
165	14-15	Harrison Luu	105	82	185	372
220	16-17	Jacob Bortz	110	100	215	425
SHW	SNR	Jackson Browning	505	345	495	1345

MEN'S RAW PLUS

123	16-17	Brian Drost	125	100	225	450
	16-17	Neill Johnston	135	70	180	385
	16-17	Billy Luu	130	92	160	382
165	14-15	Harrison Luu	105	82	185	372
220	16-17	Jacob Bortz	110	100	215	425
SHW	SNR	Jackson Browning	505	345	495	1345



STRONG LIFE Training Facility lifters



A detailed illustration of an eagle with its wings spread wide, set against a dark blue background. The eagle's head is turned to the right, and its feathers are rendered with fine lines and shading. The eagle is positioned behind the main text and above a green banner.

TEENAGE & YOUTH CHAMPIONSHIPS

Saturday & Sunday, April 16-17, 2016

STRONG LIFE Training Facility

Melbourne, Florida

Sanctioned by:

R.A.W. UNITED

CONTEST REVIEW: 2015 RAW RECORD BREAKERS MEET

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

**Sunday, October 18
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

WOMEN

IRONMAN

66	8-9	Haylee Luning	60	35	105	200
114	14-15	Anna Feldbush	135	55	175	365
	12-13	Abi Johnson	120	65	170	355
	14-15	Abby Mechachonis	112	70	145	327
123	16-17	Savannah Green	160	82	215	457
	16-17	Hannah Jefferson	165	70	202	437
	16-17	Aisia Pedersen	140	77	215	432
	16-17	Callia Karas	135	75	185	395



Hailey "The Hurricane" Luning of In-Gear Fitness pulling strong!

132	16-17	Alicia Handley	135	65	152	352
148	16-17	Megan Ward	120	57	152	329
	16-17	Katelyn Kent	112	55	145	312
165	OPEN					
181	OPEN					
198	16-17	Gabby McKessey	95	50	170	315
198+	16-17	Dulcy Olson	225	102	302	629
RAW						
105	SNR	Elizabeth Vigistan	180	85	195	445
114	SNR	Anita Medola	200	115	270	585
	14-15	Anna Feldbush	135	55	175	365
	14-15	Abby Mechachonis	112	70	145	327

123	16-17	Savannah Green	160	82	215	457
	16-17	Hannah Jefferson	165	70	202	437
	16-17	Aisia Pedersen	140	77	215	432
	16-17	Callia Karas	135	75	185	395
132	SNR	Mary Fleckenstein	225	125	300	650
	16-17	Alicia Handley	135	65	152	352
148	SNR	Nancy Swanson	270	170	350	790
	40-44	Paris Harary	225	140	305	670
	SNR	Georgia Huggins	215	105	275	595
	16-17	Megan Ward	120	57	152	329
	16-17	Katelyn Kent	112	55	145	312
165	SNR	Blair Ferrara	225	150	260	635
	70-74	Janet Reynolds	135	97	185	417
181	SNR	Gillian Perkins	315	160	260	735
198	16-17	Gabby McKessey	95	50	170	315
198+	16-17	Dulcy Olson	225	102	302	629



Dulcy Olson of Girls Gone Strong with a 302 pound pull!

RAW PLUS

105	SNR	Elizabeth Vigistan	180	85	195	445
114	SNR	Anita Medola	200	115	270	585
	14-15	Anna Feldbush	135	55	175	365
	14-15	Abby Mechachonis	112	70	145	327



Abi Johnson is quickly becoming a top-tier youth lifter

123	16-17	Savannah Green	160	82	215	457
	16-17	Hannah Jefferson	165	70	202	437
	16-17	Aisia Pedersen	140	77	215	432
	16-17	Callia Karas	135	75	185	395
132	SNR	Mary Fleckenstein	225	125	300	650
	16-17	Alicia Handley	135	65	152	352

148	SNR	Nancy Swanson	270	170	350	790
	40-44	Paris Harary	225	140	305	670
	SNR	Georgia Huggins	215	105	275	595
	SNR	Toni Karam	220	80	250	550
	16-17	Megan Ward	120	57	152	329
	16-17	Katelyn Kent	112	55	145	312
165	SNR	Blair Ferrara	225	150	260	635
	70-74	Janet Reynolds	135	97	185	417
	90-94	Edith Traina	-	65	140	205
181	OPEN					
198	16-17	Gabby McKessey	95	50	170	315
	14-15	Brettany Murdock	-	107	250	357
198+	16-17	Dulcy Olson	225	102	302	629



The host team, Port St. Lucie Civic Center, led by Matt Levine

MEN

IRONMAN

165	14-15	Paul Donahue	215	185	275	675
198	SNR	Jonathan Abrahamson	350	250	500	1100
275	65-69	Larry Bucchioni	375	250	500	1125

RAW

148	SNR	Jake Benedix	455	285	480	1220
	SNR	Christopher Newhart	265	215	320	800
165	SNR	Johnny Nocito	415	315	425	1205
	SNR	Robbie Reynolds	395	270	435	1100
	SNR	Matt Haney	365	260	455	1080
	16-17	Matthew Keech	275	165	410	850
	14-15	Paul Donahue	215	185	275	675



Eddie Ryckman will represent World Gym Port St. Lucie at RUM 9

181	SNR	Eddie Ryckman	545	345	600	1490
	SNR	Eric Blanco	500	355	605	1460
	SNR	Chris Jacobsen	525	280	525	1330
	SNR	Joey Kurtz	440	290	475	1205
	SNR	Patrick Fleckenstein	465	245	455	1165
	SNR	Brian Carroll	385	250	435	1070
	SNR	John Heisler	325	240	475	1040
198	SNR	Trevor Jaffe	600	370	710	1680
	SNR	Patrick O'Reilly	520	360	625	1505
	SNR	Alex Gregory	450	375	545	1370
	SNR	Jonathan Abrahamson	350	250	500	1100
	18-19	Matthew Carroll	315	215	400	930
220	SNR	Jared Duffy	500	325	585	1410
	SNR	Ryan Grai	475	290	580	1345
	SNR	Chris Lynn	465	300	575	1340
	SNR	Thomas Moviel	435	325	550	1310
	SNR	Dustin Piatkowski	445	315	520	1280
	SNR	Kristian Hollis	435	330	475	1240
242	SNR	Joshua Hawks	575	500	630	1705
275	65-69	Larry Bucchioni	375	250	500	1125



Jacob Sunday has become one of the nation's top 181 pounders

RAW PLUS

148	SNR	Jake Benedix	455	285	480	1220
	SNR	Christopher Newhart	265	215	320	800
165	SNR	Johnny Nocito	415	315	425	1205
	SNR	Robbie Reynolds	395	270	435	1100
	SNR	Matt Haney	365	260	455	1080
	16-17	Matthew Keech	275	165	410	850
	14-15	Paul Donahue	215	185	275	675
181	SNR	Jacob Sunday	600	390	630	1620
	SNR	Eddie Ryckman	545	345	600	1490
	SNR	Eric Blanco	500	355	605	1460
	SNR	Chris Jacobsen	525	280	525	1330
	SNR	Joey Kurtz	440	290	475	1205
	SNR	Patrick Fleckenstein	465	245	455	1165
	SNR	Andrew Williamson	425	255	450	1130
	18-19	Elias Matute	340	240	500	1080
	SNR	Brian Carroll	385	250	435	1070
	SNR	John Heisler	325	240	475	1040
	SNR	Joao Goncalves	475	320	135	795
	80-84	Bob Cseh	-	200	-	-
198	SNR	Trevor Jaffe	600	370	710	1680
	SNR	Patrick O'Reilly	520	360	625	1505
	SNR	Alex Gregory	450	375	545	1370
	55-59	Judson Costas	400	300	475	1175
	SNR	Jonathan Abrahamson	350	250	500	1100
	18-19	Calvin King	350	250	440	1040
	18-19	Matthew Carroll	315	215	400	930
220	SNR	Jared Duffy	500	325	585	1410
	SNR	Chris Rousch	465	335	555	1355

	SNR	Ryan Grai	475	290	580	1345
	SNR	Chris Lynn	465	300	575	1340
	SNR	Thomas Moviel	435	325	550	1310
	SNR	Dustin Piatkowski	445	315	520	1280
	SNR	Kristian Hollis	435	330	475	1240
	55-59	Keith Tillman	405	270	405	1080
	50-54	David Whitehead	-	320	-	-
242	SNR	Joshua Hawks	575	500	630	1705
275	SNR	Shawn Woolcock	530	315	615	1460
	65-69	Larry Bucchioni	375	250	500	1125



David Whitehead at the 2015 RAW Record Breakers Meet



STRONG LIFE BENCH BASH II

**Saturday, June 11, 2016
STRONG LIFE Tampa Bay
Tampa, Florida**

Sanctioned by:

R.A.W. UNITED

A detailed illustration of an eagle with its wings spread wide, set against a dark blue background. The eagle's head is turned to the right, and its feathers are intricately detailed with black and white shading. The eagle's talons are visible at the bottom, gripping a green banner.

GRIP IT & RIP IT DEADLIFT CLASSIC II

Saturday, June 11, 2016
STRONG LIFE Training Facility
Melbourne, Florida

Sanctioned by:

R.A.W. UNITED

CONTEST REVIEW:
2015 THUNDERBIRD GYM
SPOOKTACULAR

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

Saturday, October 31
Thunderbird Gym * Monessen, Pennsylvania

WOMEN

IRONMAN

198	SNR	Felicia Norris	215	150	325	690
-----	-----	----------------	-----	-----	-----	-----

RAW

132	SNR	Alexis Figueroa	315	215	380	910
-----	-----	-----------------	-----	-----	-----	-----

198	SNR	Felicia Norris	215	150	325	690
-----	-----	----------------	-----	-----	-----	-----

RAW PLUS

198	SNR	Felicia Norris	215	150	325	690
-----	-----	----------------	-----	-----	-----	-----

MEN

IRONMAN

OPEN

RAW

165	SNR	Ryan Gilpatrick	355	260	485	1100
-----	-----	-----------------	-----	-----	-----	------

181	SNR	Jared Shoaf	420	305	500	1225
-----	-----	-------------	-----	-----	-----	------

198	SNR	Hunter Wright	295	205	450	950
-----	-----	---------------	-----	-----	-----	-----

220	70-74	Dominick Amoroso	335	165	430	930
-----	-------	------------------	-----	-----	-----	-----

242	SNR	Jeff Bugajski	475	295	585	1355
-----	-----	---------------	-----	-----	-----	------

	45-49	Bob Fleming	365	255	560	1140
--	-------	-------------	-----	-----	-----	------

	14-15	Luke Farmer	385	245	450	1080
--	-------	-------------	-----	-----	-----	------

308	65-69	Ron Jeffery	400	260	500	1160
-----	-------	-------------	-----	-----	-----	------

RAW PLUS

165	SNR	Ryan Gilpatrick	355	260	485	1100
	40-44	John Stringa	-	305	-	-
	18-19	Joey Lipscomb	-	255	-	-
181	SNR	Jared Shoaf	420	305	500	1225
198	SNR	Tim Livingstone	435	295	500	1230
	SNR	Hunter Wright	295	205	450	950
220	70-74	Dominick Amoroso	335	165	430	930
242	SNR	Jeff Bugajski	475	295	585	1355
	45-49	Bob Fleming	365	255	560	1140
	14-15	Luke Farmer	385	245	450	1080
308	65-69	Ron Jeffery	400	260	500	1160
	40-44	John Jackson	-	475	565	1040
308+	SNR	Gino Frezzell	-	415	-	-



Girls Gone Strong lifters from Strong Life Training Facility at the 2015 RAW Record Breakers Meet

A detailed illustration of an eagle with its wings spread wide, set against a dark blue background. The eagle is rendered in shades of purple, blue, and white, with intricate feather detail. It is looking slightly to the right.

MEN'S & WOMEN'S SENIOR CHAMPIONSHIPS

Saturday & Sunday, July 9-10, 2016
STRONG LIFE Training Facility
Melbourne, Florida

Sanctioned by:

R.A.W. UNITED

**CONTEST REVIEW:
2015 TONY CONYERS
EXTRAVAGANZA**

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

**Saturday & Sunday, November 7-8
STRONG LIFE Tampa Bay * Tampa, Florida**



***Best Lifters from the Sunday morning session:
Geoff Doback, Joe Lazarin, Rashad Hobson, Garrett Highnote, Rev. Tony Conyers, Jacob Kent,
Zach Johnson, and Harley Entwistle***

WOMEN**IRONMAN**

105	12-13	Anya Johnson	140	70	172	382
132	SNR	Hattie Atterbery	175	100	210	485
148	16-17	Corla Ingram	185	92	200	477
	65-69	Lois Hall	135	90	190	415
	70-74	Carmen Gutwirth	-	55	-	-
165	74-79	Bonnie Thurston	85	82	170	337

RAW

97	SNR	Amanda Basista	175	115	215	505
114	40-44	Jackie Mojica	250	130	290	670
	SNR	Kathryn Lim	180	95	225	500
	18-19	Kristin Turner	155	95	195	445
132	SNR	Tiffany Conyers	220	80	300	600
	16-17	Anna Bolton	205	120	230	555
	SNR	Hattie Atterbery	175	100	210	485
148	SNR	Megan Eliason	300	155	320	775
	SNR	Rachel Jimenez	255	135	280	670
	SNR	Cady Huss	205	135	310	650
	SNR	Megan Dougherty	225	125	285	635
	60-64	Deb Davis	185	135	220	540
	16-17	Corla Ingram	185	92	200	477
	40-44	Stacey Doyen	165	90	210	465
	65-69	Lois Hall	135	90	190	415
	70-74	Carmen Gutwirth	-	55	-	-
165	55-59	Suzanne LaForge	310	170	415	895
	SNR	Leah Beeker	270	170	360	800
	SNR	Rachel Mattocks	225	145	295	665
	SNR	Jessica Asp	230	105	305	640
	74-79	Bonnie Thurston	85	82	170	337
181	SNR	Crystal Ink	315	150	360	825
	SNR	Monica Rochon	260	185	320	765
198	SNR	Sunny Royal-Boyd	225	-	240	-

RAW PLUS

97	SNR	Amanda Basista	175	115	215	505
114	40-44	Jackie Mojica	250	130	290	670
	SNR	Kathryn Lim	180	95	225	500
	18-19	Kristin Turner	155	95	195	445

132	SNR	Tiffany Conyers	220	80	300	600
	16-17	Anna Bolton	205	120	230	555
	SNR	Hattie Atterbery	175	100	210	485
148	SNR	Megan Eliason	300	155	320	775
	SNR	Rachel Jimenez	255	135	280	670
	SNR	Cady Huss	205	135	310	650
	SNR	Megan Dougherty	225	125	285	635
	60-64	Deb Davis	185	135	220	540
	16-17	Corla Ingram	185	92	200	477
	40-44	Stacey Doyen	165	90	210	465
	65-69	Lois Hall	135	90	190	415
70-74	Carmen Gutwirth	-	55	-	-	
165	55-59	Suzanne LaForge	310	170	415	895
	SNR	Leah Beeker	270	170	360	800
	SNR	Rachel Mattocks	225	145	295	665
	SNR	Jessica Asp	230	105	305	640
	74-79	Bonnie Thurston	85	82	170	337
	90-94	Edith Traina	-	67	145	212
	85-89	Trudy Daxon	-	47	162	209
181	SNR	Crystal Ink	315	150	360	825
	18-19	Cheyenne Highnote	310	140	320	770
	SNR	Monica Rochon	260	185	320	765
198	SNR	Sunny Royal-Boyd	225	-	240	-

MEN

IRONMAN

77	10-11	Zach Johnson	102	60	145	307
	8-9	Ian Giguere	90	50	117	257
97	12-13	Loren Nienajadlo	62	45	110	217
	8-9	Logan Acevedo	-	55	-	-
105	12-13	Christian Lutz	117	80	170	367
114	12-13	Ty Conyers	245	105	280	630
123	16-17	Brian Drost	175	130	235	540
	10-11	Collin Bogle	135	80	150	365
	12-13	Bennett Kent	97	75	170	372
132	14-15	Jacob Kent	225	127	265	617
	16-17	Neill Johnston	180	85	250	515
	12-13	Cale Butler	117	80	170	367
148	SNR	Ija Johnson	300	225	370	895
	16-17	Juan Torres	285	130	315	730
	14-15	Ben Johnson	155	95	235	485
165	SNR	Rashad Hobson	405	330	550	1285
	SNR	Paul King	350	310	435	1095

198	SNR	Barney Martin	285	230	400	865
242	SNR	Antwaun Plummer	-	340	600	940
275	45-49	Steve Smith	350	305	460	1115
308	16-17	Anthony Martinez	425 4 th 455	315	500	1240
SHW	SNR	Michael Teuton	425	365	560	1350
RAW						
123	16-17	Brian Drost	175	130	235	540
132	SNR	Alex Dai	315	165	295	775
	14-15	Harley Entwistle	260	160	310	730
	14-15	Jacob Kent	225	127	265	617
	16-17	Neill Johnston	180	85	250	515
148	55-59	Tony Conyers	550	385	630	1565
	SNR	Ija Johnson	300	225	370	895
	16-17	Juan Torres	285	130	315	730
	14-15	Ben Johnson	155	95	235	485
165	SNR	Vashon Perryman	580	320	660	1560
	SNR	Joe Lazarin	440	330	560	1330
	SNR	Rashad Hobson	405	330	550	1285
	SNR	Paul King	350	310	435	1095
	SNR	Vince Bajana	375	265	405	1045
	SNR	Carmen Musso	355	250	420	1025
	SNR	Juan Ramirez	300	205	325	830
181	SNR	Brian Adams	405	330	390	1125
198	SNR	James Fowler	455	350	635	1440
	SNR	Kai Chin	475	340	585	1400
	SNR	Roman Romanenko	470	315	545	1330
	SNR	Andres Hernandez	450	355	500	1305
	SNR	William Garcia	410	305	515	1230
	SNR	Dohnovan Simpson	385	335	500	1220
	SNR	Barney Martin	285	230	400	865
220	SNR	Kris Calhoun	510	315	585	1410
	SNR	Kyle Mishler	440	345	600	1385
	45-49	Jeoffrey Walters	370	310	405	1085
242	SNR	Michael Armour	575	455	675	1705
	SNR	Antwaun Plummer	-	340	600	940
275	SNR	Terry Boynton	590	415	660	1665
	SNR	Patrick Ford	510	370	575	1455
	45-49	Steve Smith	350	305	460	1115

308	16-17	Anthony Martinez	425 4 th 455	315	500	1240
-----	-------	------------------	----------------------------	-----	-----	------

SHW	SNR	Matthew Cormier	500	410	590	1500
	SNR	Michael Teuton	425	365	560	1350
	SNR	Stephen Cottrell	460	315	530	1305

RAW PLUS

123	16-17	Brian Drost	175	130	235	540
-----	-------	-------------	-----	-----	-----	-----

132	SNR	Alex Dai	315	165	295	775
	14-15	Harley Entwistle	260	160	310	730
	14-15	Jacob Kent	225	127	265	617
	16-17	Evan Simonson	200	130	250	580
	16-17	Neill Johnston	180	85	250	515

148	55-59	Tony Conyers	550	385	630	1565
	18-19	Geoff Doback	435	275	500	1210
	SNR	Ija Johnson	300	225	370	895
	16-17	Garrett Highnote	285	150	400	835
	16-17	Juan Torres	285	130	315	730
	14-15	Ben Johnson	155	95	235	485
	80-84	Joe Matthews	-	82	112	194

165	SNR	Vashon Perryman	580	320	660	1560
	SNR	Joe Lazarin	440	330	560	1330
	SNR	Rashad Hobson	405	330	550	1285
	SNR	Paul King	350	310	435	1095
	SNR	Vince Bajana	375	265	405	1045
	SNR	Carmen Musso	355	250	420	1025
	SNR	Juan Ramirez	300	205	325	830

181	SNR	Brian Adams	405	330	390	1125
	SNR	Kevin Linares	335	215	420	970

198	40-44	Rich Meyer	560	370	560	1490
	SNR	James Fowler	455	350	635	1440
	SNR	Kai Chin	475	340	585	1400
	SNR	Roman Romanenko	470	315	545	1330
	SNR	Andres Hernandez	450	355	500	1305
	SNR	William Garcia	410	305	515	1230
	SNR	Dohnovan Simpson	385	335	500	1220
	SNR	Harley Entwistle	425	225	425	1075
	SNR	Barney Martin	285	230	400	865
	14-15	Chad Doback	-	235	430	665

220	45-49	Anthony Payne	520	400	535	1455
	SNR	Kris Calhoun	510	315	585	1410
	SNR	Kyle Mishler	440	345	600	1385
	50-54	Ron McLeod	465	380	535	1380
	40-44	Steve Bogle	450	330	530	1310
	45-49	Jeffrey Walters	370	310	405	1085
	SNR	Killian Dewyer	370	300	365	1035
	18-19	Kris Hefner	-	275	415	690
	SNR	Danny Vega	605	-	-	-
	SNR	Clayton Long	-	315	-	-
242	SNR	Michael Armour	575	455	675	1705
	SNR	Jorge Suarez	450	275	515	1240
	SNR	Antwaun Plummer	-	340	600	940
	50-54	Ronald Squire	-	315	500	815
	40-44	Jorge Acevedo	-	420	-	-
275	SNR	Terry Boynton	590	415	660	1665
	SNR	Patrick Ford	510	370	575	1455
	55-59	Larry Grant	565	300	565	1430
	45-49	Steve Smith	350	305	460	1115
308	16-17	Anthony Martinez	425	315	500	1240
			4 th 455			
SHW	SNR	Donnie Kiernan	600	450	660	1710
	SNR	Matthew Cormier	500	410	590	1500
	SNR	Michael Teuton	425	365	560	1350
	SNR	Stephen Cottrell	460	315	530	1305



Girls Gone Strong lifter Hannah Jefferson at the 2015 RAW Record Breakers Meet

A detailed illustration of an eagle with its wings spread wide, set against a dark blue background. The eagle's head is turned to the right, and its feathers are intricately detailed with shading. The eagle is positioned behind the main text of the poster.

STRONG LIFE

PUSH / PULL, MELBOURNE

Saturday, September 17, 2016
STRONG LIFE Training Facility
Melbourne, Florida

Sanctioned by:

R.A.W. UNITED

A detailed illustration of an eagle with its wings spread wide, set against a dark blue background. The eagle's head is turned to the right, and its feathers are intricately detailed with black and white shading. The eagle's talons are visible at the bottom, gripping a green banner.

STRONG LIFE PUSH / PULL, TAMPA

**Saturday, September 17, 2016
STRONG LIFE Tampa Bay
Tampa, Florida**

Sanctioned by:

R.A.W. UNITED

CONTEST REVIEW: LAST CHANCE 2015

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

**Saturday & Sunday, December 12-13
STRONG LIFE Training Facility * Melbourne, Florida**



STRONG LIFE lifters at Last Chance 2015

WOMEN

IRONMAN

105	SNR	Toni Cabral	155 4 th 167	95	210	460
114	16-17 14-15	Anna Feldbush Abby Mechachonis	157 127	55 70	160 135	372 332

123	12-13	Kiara Akuna	145	80	185	410
	16-17	Callia Karas	152	77	65	294
132	16-17	Hannah Montgomery	145	77	205	427
	16-17	Alicia Handley	142	67	165	374
148	16-17	Corla Ingram	192	95	217	504
	14-15	Valery Linkenhoker	190	87	225	502
			4 th 200			
	14-15	Molly Luu	150	67	180	397
	14-15	Daly Mann	100	72	165	337
	16-17	Katelyn Kent	102	57	150	309
165	14-15	Piper Jenkins	185	97	245	547
198+	14-15	Taeghan O'Neill	145	87	190	422
RAW						
105	SNR	Toni Cabral	155	95	210	460
			4 th 167			
114	16-17	Anna Feldbush	157	55	160	372
	14-15	Abby Mechachonis	127	70	135	332
123	16-17	Callia Karas	152	77	65	294
132	16-17	Hannah Montgomery	145	77	205	427
	16-17	Alicia Handley	142	67	165	374
148	SNR	Cristi Woldridge	210	130	270	610
	SNR	Laura Martin	175	140	250	565
	16-17	Corla Ingram	192	95	217	504
	14-15	Valery Linkenhoker	190	87	225	502
			4 th 200			
	14-15	Molly Luu	150	67	180	397
	14-15	Daly Mann	100	72	165	337
	16-17	Katelyn Kent	102	57	150	309
165	55-59	Suzanne LaForge	320	175	410	905
	SNR	Jaimee Godfrey	225	155	275	655
	45-49	Michelle Lawless	165	120	260	545
	14-15	Piper Jenkins	185	97	245	527
181	SNR	Calise Godfrey-Munne	190	150	265	605
198+	40-44	Ami Gibbons	210	175	350	735
	40-44	Gabriela Cisternino	240	130	290	660
	14-15	Taeghan O'Neill	145	87	190	422
	40-44	Vaughan Chambers	-	120	220	340

RAW PLUS

105	SNR	Toni Cabral	155	95	210	460
			4 th 167			

114	16-17	Anna Feldbush	157	55	160	372
	14-15	Abby Mechachonis	127	70	135	332
123	16-17	Callia Karas	152	77	65	294
132	16-17	Hannah Montgomery	145	77	205	427
	16-17	Alicia Handley	142	67	165	374
148	SNR	Cristi Woldridge	210	130	270	610
	SNR	Laura Martin	175	140	250	565
	16-17	Corla Ingram	192	95	217	504
	14-15	Valery Linkenhoker	190	87	225	502
			4 th 200			
	14-15	Molly Luu	150	67	180	397
	14-15	Daly Mann	100	72	165	337
	16-17	Katelyn Kent	102	57	150	309
165	55-59	Suzanne LaForge	320	175	410	905
	SNR	Jaimee Godfrey	225	155	275	655
	45-49	Michelle Lawless	165	120	260	545
	14-15	Piper Jenkins	185	97	245	527
181	SNR	Calise Godfrey-Munne	190	150	265	605
198+	40-44	Ami Gibbons	210	175	350	735
	40-44	Gabriela Cisternino	240	130	290	660
	14-15	Taeghan O'Neill	145	87	190	422
	40-44	Vaughan Chambers	-	120	220	340

MEN

IRONMAN

97	12-13	Loren Nienajadlo	75	47	115	237
114	14-15	Justin Ho	142	100	165	407
	14-15	Ryan Feldbush	155	75	165	395
123	12-13	Bennett Kent	105	75	187	379
			4 th 117			
132	14-15	Jacob Kent	230	135	272	637
148	14-15	Trey Plyler	300	185	340	825
165	16-17	Jeremiah Fontaine	340	245	370	955
181	SNR	Brian Adams	425	355	420	1200
220	16-17	Malik Richardson	205	200	300	705
			4 th 235	4 th 215	4 th 335	
308	16-17	Anthony Martinez	465	335	515	1315

RAW

114	14-15	Justin Ho	142	100	165	407
	14-15	Ryan Feldbush	155	75	165	395
132	14-15	Jacob Kent	230	135	272	637
148	14-15	Trey Plyler	300	185	340	825
	40-44	Ronnie Earle	350	-	405	-
165	18-19	Michael Arenella	350	240	425	1015
	16-17	Jeremiah Fontaine	340	245	370	955
	14-15	Keith Daffern	320	155	350	825
181	SNR	Brian Adams	425	355	420	1200
198	40-44	Steve Hayden	-	315	500	815
220	45-49	Greg Prince	565	300	515	1440
	SNR	Chris Rousch	475	340	580	1395
	18-19	Josiah Austin	450	310	500	1360
	40-44	Jason Cobb	460	285	505	1350
	16-17	Malik Richardson	205	200	300	705
			4 th 235	4 th 215	4 th 335	
	SNR	Thomas Moviel	-	350	-	-
242	SNR	Joe Godfrey	480	325	530	1335
275	SNR	Matt Lecrone	500	365	600	1465
	SNR	Preston Eden	-	330	-	-
308	SNR	Scott Latour	500	375	500	1375
	16-17	Anthony Martinez	465	335	515	1315

RAW PLUS

114	14-15	Justin Ho	142	100	165	407
	14-15	Ryan Feldbush	155	75	165	395
132	14-15	Jacob Kent	230	135	272	637
148	14-15	Trey Plyler	300	185	340	825
	40-44	Ronnie Earle	350	-	405	-
165	18-19	Michael Arenella	350	240	425	1015
	16-17	Jeremiah Fontaine	340	245	370	955
	14-15	Keith Daffern	320	155	350	825
181	SNR	Brian Adams	425	355	420	1200
198	40-44	Steve Hayden	-	315	500	815

220	45-49	Greg Prince	565	300	515	1440
	SNR	Chris Rousch	475	340	580	1395
	18-19	Josiah Austin	450	310	500	1360
	40-44	Jason Cobb	460	285	505	1350
	16-17	Malik Richardson	205	200	300	705
			4 th 235	4 th 215	4 th 335	
	SNR	Thomas Moviel	-	350	-	-
242	SNR	Joe Godfrey	480	325	530	1335
275	SNR	Matt Lecrone	500	365	600	1465
	SNR	Preston Eden	-	330	-	-
308	SNR	Scott Latour	500	375	500	1375
	16-17	Anthony Martinez	465	335	515	1315



Tony Conyers



TONY CONYERS EXTRAVAGANZA

Saturday & Sunday, November 5-6, 2016

STRONG LIFE Tampa Bay
Tampa, Florida

Sanctioned by:

R.A.W. UNITED

GAYNOR'S CORNER: PLANS FOR THE 2016 POWERLIFTING SEASON

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

We look forward to the 2016 powerlifting season with great anticipation, beginning with the ninth annual RAW Unity Meet on January 31, at the Port Saint Lucie Civic Center. Many R.A.W. United alumni, to include Leah Becker, Brenda Christine, Anita Medola, Jen Rotsinger, Brett and Jake Benedix, Joe Lazarin, Adam Miller, Eddie Ryckman, and Jacob Sunday, will be competing. Following RUM, we will move to Tampa for the Florida States on February 20-21 at STRONG LIFE Tampa Bay.

In March, Spero and Bill will host the first meet in a series of three this year. Spero will host Bench Bash I at his gym in Melbourne, and Bill will host the Grip It & Rip It Deadlift Classic I in Tampa. Both meets will take place on Saturday, March 19. On June 11, the meets will flip-flop, with Spero hosting Grit It & Rip It II and Bill hosting Bench Bash II. Finally, on September 17 they will host Push/Pull events at their respective gyms.

Returning to April, we'll run the Men's & Women's Masters Championships, as well as the Men's & Women's Teenage Championships on April 16-17 in Melbourne. The Seniors will take place on July 9-10, and we're finalizing the location (it's currently scheduled in Melbourne, but may move to the Port Saint Lucie Civic Center) at this time. Following the Seniors, our next full power meet is the Tony Conyers Extravaganza on November 5-6 in Tampa, and Last Chance 2016 on December 10-11 in Melbourne.

Meets outside of Florida are currently being scheduled, and we'll update everyone on Powerlifting watch, our website, and via email before the end of January.

We wish everyone a Happy New Year, and all the best in the 2016 season – look forward to seeing you on the platform!



***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

A detailed illustration of an eagle with its wings spread wide, set against a dark blue background. The eagle's head is turned to the right, and its feathers are intricately detailed with shading. The eagle is the central focus of the poster.

LAST CHANCE 2016

Saturday & Sunday, December 10-11, 2016

**STRONG LIFE Training Facility
Melbourne, Florida**

Sanctioned by:

R.A.W. UNITED

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 Jake Benedix of World Gym Port St. Lucie for sending us the December 2015 photo for *The Strong Shot*!



SINK IT DEEP!

Part II

**Jake Benedix
of World Gym Port St. Lucie
powers through his final squat at the
2015 RAW Record Breakers Meet!**

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

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

2015 TONY CONYERS EXTRAVAGANZA!

On November 7-8, Strong Life Tampa Bay hosted the fifth annual Tony Conyers Extravaganza. Starting in 2011 with a roster of less than 20 lifters, the contest has steadily grown over the years and surpassed the 100 lifter mark this year. Our timeless host, Tony Conyers, led the charge totaling nearly 11 times his bodyweight on lifts of 550, 385, 630 to finish with an incredible 1565 total at 148! Numerous athletes from Rich Ficca's Gorilla Bench, Adam Miller's MI-40, and Eric Talmant's RAW Unity Barbell Club qualified for the 9th annual RAW Unity Meet (founded by Eric), and the record books were totally revamped after this one! Congratulations to all the lifters that competed, and many thanks to everyone that helped to make this year's TCE an overwhelming success!

2016 SCHEDULE UP & RUNNING!

Contests for the 2016 season have been posted on our website (www.StrongLife610.net) and have been submitted to Powerlifting Watch. The season will kick off at the 2016 Mike Witmer Memorial Florida State Championships on February 20-21 at Strong Life Tampa Bay in Tampa, Florida. The contest schedule has been revised to offer our lifters bigger, two-day events throughout the year. Entries for our 2016 contests are also available on the Strong Life website.

STRONG LIFE MAGAZINE MOVING TO A QUARTERLY PUBLICATION!

Beginning in January 2016, STRONG LIFE Magazine will transition to a quarterly publication dates in January, April, July, and October. We will continue to be a free, online publication with a stronger focus on our revised, annual contest progression.



CONTEST SCHEDULE: 2016

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

2 Timothy 2:5

JANUARY 2016

January 29-31

RUM 9

Port Saint Lucie Civic Center * Port Saint Lucie, FL

Entry deadline: December 19

Meet Director: Spero Tshontikidis

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

FEBRUARY 2016

February 20-21

Mike Witmer Memorial Florida State Championships

Strong Life Tampa Bay * Tampa, FL

Entry deadline: January 31

Meet Director: Spero Tshontikidis

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

MARCH 2016

March 19

STRONG LIFE Bench Bash I

STRONG LIFE Training Facility * Melbourne, FL

Entry deadline: February 27

Meet Director: Spero Tshontikidis

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

March 19

Grip It & Rip It Deadlift Classic I

Strong Life Tampa Bay * Tampa, FL

Entry deadline: February 27

Meet Director: Bill Beekley

Contact info: beek220@aol.com * 813-362-1908

APRIL 2016

April 16-17
Pat O'Brien Memorial Men's Masters Championships
Maria Bucchioni Memorial Women's Masters Championships
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: March 26
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

April 16-17
Men's & Women's Teenage and Youth Championships
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: March 26
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

JUNE 2016

June 11
STRONG LIFE Bench Bash II
Strong Life Tampa Bay * Tampa, FL
Entry deadline: May 21
Meet Director: Bill Beekley
Contact info: beek220@aol.com * 813-362-1908

June 11
Grip It & Rip It Deadlift Classic II
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: May 21
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

JULY 2016

July 09-10
2015 MEN'S & WOMEN'S SENIOR CHAMPIONSHIPS
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: June 18
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

SEPTEMBER 2016

September 17
STRONG LIFE Push/Pull, Tampa
Strong Life Tampa Bay * Tampa, FL
Entry deadline: August 27
Meet Director: Bill Beekley
Contact info: beek220@aol.com * 813-362-1908

September 17
STRONG LIFE Push/Pull, Melbourne
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: August 27
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

NOVEMBER 2016

November 5-6

Tony Conyers Extravaganza

Strong Life Tampa Bay * Tampa, FL

Entry deadline: October 15

Meet Director: Spero Tshontikidis

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



DECEMBER 2016

December 10-11

Last Chace 2016

STRONG LIFE Training Facility * Melbourne, FL

Entry deadline: November 19

Meet Director: Spero Tshontikidis

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

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

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



MANY THANKS TO

**DAVE BATES & JOHNNY
YASQUEZ**

OF

www.powerliftingwatch.com

FOR THEIR SUPPORT OF

STRONG LIFE!

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

By Chaplain Paul Simmons

**“Above all else, guard your heart, for out of it flow the wellspring of life.”
Proverbs 4:23**

As previously discussed, Pastor Steve Andrews recently delivered a sermon titled “Guard Your Heart,” focusing on Proverbs 4:23. In this issue of STRONG LIFE we will look at the first of four principles that King Solomon identified for guiding our heart: (1) recognizing the treasure of God’s blessings.

To experience the fullness of our faith, we must recognize the treasures of the heart.

“Above all else” communicates priority, and “wellspring of life” communicates an awesome promise. Our heart is the truest expression of who we are, and guarding our heart draws us closer to Christ. As He said, “Where your treasure is, there your heart will be also.” Simply stated, by guarding our heart we will, in turn, draw closer to our Lord. Can you think of a greater treasure?



Anita Medolla of World Gym, Port St. Lucie

In the next three issues of STRONG LIFE, we will examine (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.

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!”

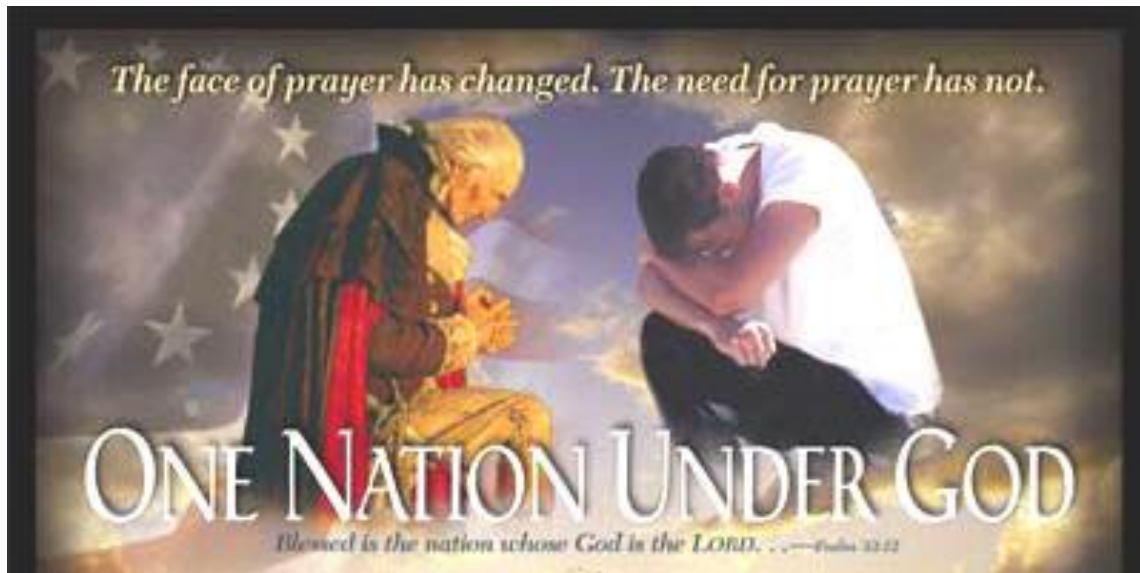


Please pray for Emery Mullen; Emery broke his wrist at Last Chance 2016, and is recovering.

Please continue to pray for R.A.W. United lifter Danny Aguirre; Danny recently had a heart attack, and is back home, at work, and training!

Please pray for Tom and “Crash” O’Donnell; they have adopted 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



YRIAMCITULOVES