



STRONG LIFE

THE FUSION OF FAITH & FITNESS

VOLUME 4, ISSUE 17

WINTER 2016

PAUL NGUYEN

SHATTERS THE RECORD BOOKS AT RUM 9!

STRONG LIFE

THE FUSION OF FAITH & FITNESS

**The Official Magazine of R.A.W. United
Volume 4, Issue 17
Winter 2016**

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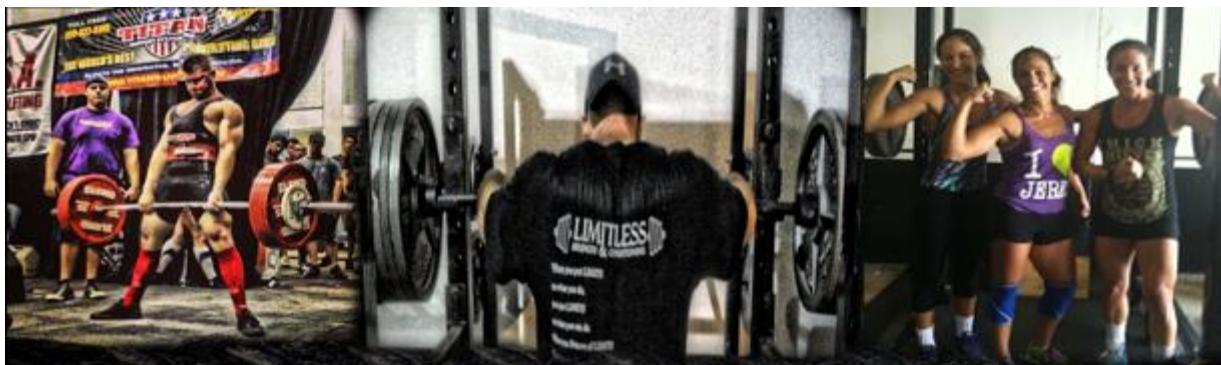
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STRONG LIFE is the premier, on-line publication for raw powerlifters, and is offered free of charge to the powerlifting community through the R.A.W. United Powerlifting Federation (www.StrongLife610.net) and STRONG LIFE Training Facility. From contest 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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Ashley Cooper of Melbourne, Florida taking it into the hole at the 9th annual RAW UNITY Meet!

WELCOME



TO THE GUN SHOW!

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.

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's head is turned to the right, and its feathers are intricately detailed with shading. The eagle is the central focus of the poster.

PAT O'BRIEN MEMORIAL MEN'S MASTERS CHAMPIONSHIPS

Saturday & Sunday, April 16-17, 2016

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ON THE COVER: EDITOR'S REVIEW

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

WHAT'S INSIDE

What an incredible day of lifting we experienced at the ninth annual RAW UNITY Meet! With record setting performances and

lifter's moving to the top of the Rankings, the contest served as an awesome kick-off for the 2016 powerlifting season!



Shelby Talon of Deerfield Beach, Florida en route to her RUM 9 win in the 148s!

Many thanks to all the staff members that supported the sport's strongest RAW lifters – without our judges, loaders, table help, photographers, etc. the contest could not

have run as smoothly as it did! The platform crew was flawless, the judging was consistent, and the table kept the meet moving. With that said, many thanks to:

Danny Aguirre (Judge)
Loma Amore (Judge)
Rob Conti (Platform Manager)
Brent Delgado (Platform Crew)
Preston Eden (Platform Crew)
Bob Gaynor (Chief Referee)
Giselle Gibbons (Score Table)
Jeremy Gluck (Live Stream)
Dr. Greg Hayes (Judge)
Toni Kabral (Announcer)
Matt Levine (PSLCC Host)
Oliver Minton (Platform Crew)
PSLCC Staff Members (Everything!)
Larry Russell (Judge)
Carmen Soto-Aguirre (Scoring Table)
Caryn Tshontikidis (Photographer)
Brett Wattigney (Loading/Scoring Program)
Tyler Weaver (Platform Crew)
Andrew Yerrakadu (Judge)
Molly Yerrakadu (Judge)

And congratulations to all the athletes that competed at RUM 9 - your presence on the platform alone signifies that you are one of the best! Congratulations to each of you on your efforts and accomplishments!

This special "RUM 9" winter edition of STRONG LIFE will feature this year's RAW UNITY Meet, the Florida State Championships, and preview the 2016 season.

Enjoy the Reading, Spero



A focused Sin Leung of Flushing, New York at RUM 9

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 Brianna Otto of Orlando, Florida for sending us the Winter 2016 photo for *The Strong Shot*!



SHE KEPT PULLING!

**Brianna became famous overnight
after her final deadlift at RUM 9!**

**Despite losing her lunch, she locked out
this 155 kilo deadlift and became a
YouTube Sensation!**

JESUS ZONE: OVERCOMING ADVERSITY

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”

James 1:2-3

Perhaps you have seen the bumper sticker or heard the phrase, “When life hands you a lemon, make lemonade!” It is easier for most to smile at this statement rather than practice it, but the basic philosophy is both sound and Biblical.

As athletes, we are all too familiar with the adversity that comes with injuries, plateaus in our training, and having a bad day on the platform. Six weeks prior to RUM 9, Trevor Jaffe of Coral Springs, Florida experienced a slight hamstring tear and was concerned that

he would not be able to lift. Trevor and I stayed in contact during the weeks leading up to the meet, and through disciplined training and rehab, Trevor persevered and captured the 198 pound class with a 755 kilo (1661 pounds) total!

As Christians, we will also face physical and/or emotional adversity in our lives. The question as both an athlete and a believer is whether or not we will be a victim or a victor when adversity finds us.



Elite athletes like Ashley Cooper will experience adversity throughout their careers.

The key in turning trials into triumphs can be found in the Epistle of James; the Scripture (James 1:1-6) reads:

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts

is like a wave of the sea, blown and tossed by the wind.

From this Scripture, we can find four imperatives that will allow us to turn trials into triumph. The first is found in verse two where we are instructed to “consider it pure joy” when we fall into various trials. Despite our efforts to avoid tribulation, it’s going to find us! And whether it’s in the form of an injury or sickness, disappointment or the loss of a loved one, or being attacked for our beliefs, we will all experience trials in our lives. Regardless of the reason, our first step is to thank God and adopt an attitude of joy.



Big Jeff Barnes recently overcame arm/shoulder surgery and rocked the platform at RUM 9

How, you may ask, is it possible to rejoice in the midst of trials? Verse three teaches that “the testing of [our] faith produces perseverance.” This knowledge concerning the value of trials makes it possible to have a positive, joyful attitude. My guess is that in Trevor’s case, his performance at RUM 9 was that much “sweeter” as a result of his injury. The injury forced him to rethink his training

and, in the end, his perseverance resulted in victory! When our trial is more serious, such as a life-altering injury or terminal sickness, we are “forced” to decide whether to strengthen our faith or abandon it. If we choose the former, we will mature and become well prepared to enter the Kingdom. The latter will simply leave us alone and bitter.

The second imperative teaches that trials produce patience (or perseverance). In the Bible, patience not a passive acceptance of circumstances, but rather it is an ability to exhibit steadfastness and constancy in the

face of formidable difficulty! Having this knowledge will help us maintain a joyful attitude through the various trials in our life and, more importantly, will allow “perseverance” to “finish its work.”



Raising a family and competing when you're six months pregnant is no easy task, but Nancy Swanson has found the strength to persevere!

To truly benefit from our trials, we must also obey the third imperative found in verse four which is to “let perseverance finish its work so that you may be mature and complete, not lacking anything.” Too often, we want our injury to heal, our sickness to end, and/or the pain from our loss to disappear before God has had an opportunity to help us learn and grow as a result. When we are experiencing a trial in our life, it is critical to patiently endure the trial and continue doing God’s work. To be “mature and complete” does

not mean to be without sin but rather to have attained spiritual maturity in Christ. By way of example, consider a twelve-week training cycle for a meet. It requires a great deal of time and patience to complete set after set, day after day, when we’re in training. If we desire to have a strong meet spiritually, we must log a lot of hours in “resistance training” as well. In short, allowing ourselves to persevere through trials with a joyful attitude requires the wisdom that enables us to see the value of our trials.

This brings us to the fourth and final imperative, which teaches us that “if any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.” God will not reproach any of us for making such a request; the more spiritual wisdom we have, the more honor toward our Creator we will exhibit in our lives. Simply

stated, it’s a win-win! The one key truth we must realize, however, is that wisdom is not the same as knowledge. Knowledge involves information, facts, etc.; wisdom is the ability or insight to properly use those facts in the most expeditious way. The wisdom, therefore, to properly use God’s Word can only be received through reading the Scriptures and prayer. Finally, proper prayer is that which is asked in faith without doubt.



Cover man Paul Nguyen is all smiles en route to his All-Time Record Total in the 165s!

Thus, the key to turning trials into triumph involves having the knowledge and perspective that adversity can produce much good! And by allowing the patient enduring

of adversity to accomplish its work while using the wisdom God offers in prayer, we can find joy even in our trials!

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 entire graphic.

TEENAGE & YOUTH CHAMPIONSHIPS

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

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CONTEST REVIEW: RAW UNITY MEET 9

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

**Sunday, January 31
Port St. Lucie Civic Center * Port St. Lucie, Florida**

The 9th annual RAW Unity Meet returned to its roots, and the end result was a host of shattered records and positive comments from the athletes that competed!

Before we get into the results, three issues must be discussed:

First, and most important, we want to thank several folks, to include our sponsors for

supporting the athletes that competed at RUM 9:

**Bodybuilding.com
American Barbell Club
Anderson Powerlifting
Apeman Strong
GlycoForce**



RUM 9 Gold Sponsor Bodybuilding.com was professionally represented by Senior Manager for Offline Marketing Kirk Calzacorta (left) and Program Manager for Gyms and Military Personnel Lance Henning (right) pictured with Best Lifters Jen Rotsinger, Dani Overcash, and Ashley Cooper

In addition, a very special thanks to two very special ladies:

Marilia Cou
Thabby Regiani

Marilia was responsible for securing our sponsors, and she worked tirelessly behind

the scenes to do so. Marilia also teamed up with fellow Brazilian lifter Thabby Regiani to design the RUM 9 logo and monitor RUM's social media sites; a necessary and critical task in which Bob and I have no skill set whatsoever!



Dr. Carlos Llosa of Brazil taking it into the hole at RUM 9

Second, we knew that the decision to return RUM to its roots and eliminate knee wraps would result in a smaller turnout. Our intent was, and is, to begin the process of rebuilding the event as it was originally founded. And while the turnout was smaller than previous years, the lifting was first-class and the feedback was extremely positive. Many thanks to all the lifters that contacted us after the event; several of your

comments are posted in this issue! Our plan for RUM 10 is to continue building the meet and get it back to a two-day event with 100+ lifters. With that said, all lifters that competed in RUM 1-9 are eligible for next year's contest, and the qualifying totals will remain the same as this year's event. We will raise the qualifying standards when the 100 lifter roster is once again reached.



Hey Spero! I wanted to say thanks for a great meet. It was great meeting you and Mr. Gaynor. You ran, by far, the tightest, most organized, professional meet I've EVER been to by far. Your move to remove knee wraps and the monolift, in my opinion, was a good one. You brought the sport back to its roots and I sincerely thank you for that. Was an honor to lift at your meet.

Thanks so much.

Joseph Steel



Brett Benedix heading north with his All-Time record squat!

Third, and finally, is the controversy that surrounded the kilo set utilized at RUM 9. As most are aware, Jason Manenkoff, an elite lifter that had competed in all previous RUMs but was unable to attend this year, posted from New Jersey that the kilo set was not calibrated. As explained in a previous email to all those that attended RUM 9, Bob Gaynor and I were under the impression that the set Bob purchased for the meet was competition ready. Fortunately, Johnny Vasquez of Powerlifting Watch made the decision to honor the decades that Bob and I have spent running meets and serving the powerlifting community, and agreed to have the set weighed. Thanks to the support of the

United States Air Force, the kilo set was weighed on a calibrated scale and it met the standards set by Powerlifting Watch, allowing the All-Time Records set by Danielle Overcash, Paul Nguyen, and Brett Benedix to stand! While it is unlikely that we will never learn what motivated Jason's post, his ensuing defamatory comments toward Bob and I, and/or his mean-spirited texts to lifters while they were competing, we are happy that the controversy is behind us as we prepare for RUM 10!

And now to the pictures and results from the ninth annual RAW Unity Meet!



Jackie Mojica



Amanda Basista

RESULTS ARE IN KILOS !!!

WOMEN'S FULL POWER

Wt Class	Lifter	Squat	Bench	Deadlift	Total
105	Jackie Mojica	110	65	130	305
	Amanda Basista	90	55	97.5	242.5
114	Jen Rotsinger	142.5	85	170	397.5
	Blanca Villoch	132.5	80	142.5	355
	Anita Medolla	85	52.5	117.5	255
123	Danielle Overcash	160	80	192.5	432.5
	Stefanie Cohen	150	75	175	400
	Sin Leung	132.5	87.5	167.5	387.5
	Naomi Kutin	137.5	52.5	142.5	332.5
	Meredith Pastucha	92.5	60	147.5	300
	Brenda Christine	115	55	130	300
132	Ashley Cooper	170	115	200	485
	Kendra Garwin	127.5	77.5	157.5	362.5
	Brianna Otto	112.5	65	155	332.5



"I just wanted to say thank you for putting on an amazing meet! I had a great time, and it probably was my best meet to date."

Shelby Talon

148	Shelby Talon	160	87.5	197.5	445
	Amanda Crawford	145	95	185	425
	Suzanne LaForge	140	80	185	405
	Kate Hart	145	77.5	162.5	385
	Haley Mestey	135	70	172.5	377.5
165	Michelle Sothen	150	90	170	410
	Nancy Swanson	137.5	87.5	152.5	377.5
	Rebecca Lorch	135	87.5	155	377.5
	Leah Becker	130	80	155	365



"I just wanted to thank you so much for taking the time and effort to make sure everything went smoothly this weekend.

*There is so much behind the heart of RUM that I love,
and you and the rest of the staff made that continue to shine through.*

*RUM really is an incredibly special event,
and one that I'm so blessed to have been a part of again.*

*Thank you for ALL you do –
can't wait to be back next year!"*

Dani Overcash





"I just wanted to say Thank You so much for ALL the hospitality and support shown by you and the RUM 9 committee.

The meet was run extremely well, and I had a blast.

Bodybuilding.com did a great job Live Streaming the event.

All of my family and friends back home in Pensacola were watching every minute, and highly enjoyed it.

I hope to attend another one of your meets again in the near future.

*Thank you for a Great Meet,
and an amazing experience."*

Meredith Pastucha





Amanda Crawford



Anita Medolla



Blanca Villoch



Brenda Christine



Haley Mestey



Jen Rotsinger



Kate Hart



Kendra Garwin



Leah Becker



Michelle Sothen



Nancy Swanson



Naomi Kutin



Rebecca Lorch



Suzanne LaForge



Carlos Llosa

MEN'S FULL POWER

<u>Wt Class</u>	<u>Lifter</u>	<u>Squat</u>	<u>Bench</u>	<u>Deadlift</u>	<u>Total</u>
132	Mark Brandenburg	195	140	242.5	577.5
	Jon Maneen	170	132.5	197.5	500
	Manuel Prieto	165	120	192.5	477.5
	Gustavo Teixeira	142.5	87.5	180	395
148	Brett Benedix	255	112.5	237.5	605
	Jake Benedix	210	135	217.5	562.5
	Dan Antonucci	175	115	252.5	542.5
	Justin Osano	187.5	142.5	212.5	542.5
165	Paul Nguyen	265	162.5	330	757.5
	Kyle Keough	250	175	292.5	717.5
	Joe Brandenburg	255	147.5	255	657.5
	Joe Lazarin	227.5	152.5	265	645
	Chance Brady	225	142.5	265	632.5

181	Carlos Llosa	272.5	172.5	280	725
	Matthew Schenone	270	147.5	280	697.5
	Francesco Catalano	235	182.5	277.5	695
	Hayden Bowe	240	175	265	680
	Eddie Ryckman	245	157.5	265	667.5
	Chris Wallace	227.5	157.5	250	635
	Jordan Fender	205	152.5	257.5	615
	Chris Jacobsen	235	132.5	245	612.5



Chris Jacobsen

198	Trevor Jaffe	277.5	165	312.5	755
	Joseph Steel	267.5	187.5	297.5	752.5
	James Fowler	230	170	295	695
220	Lance Hickey	300	182.5	347.5	830
	James Knoles	250	165	272.5	687.5
242	BJ Barabas	305	180	340	832.5
	Emilio Paez	275	195	300	770
SHW	Jeff Barnes	295	237.5	375	907.5



Emilio Paez



Francesco Catalano



Gustavo Teixeira



Hayden Bowe



James Knoles



Justin Osano



Kyle Keough



Lance Hickey



Mark Brandenburg



Matthew Schenone



Single-lift competitors Hugo Quinteiro, Dustin Washington, David Earp, and Vaughan "The Adventurous Amputee" Chambers with Kirk and Lance

WOMEN'S BENCH

Wt Class	Lifter	Bench
198+	Vaughan Chambers	67.5

MEN'S BENCH

Wt Class	Lifter	Bench
132	Dustin Washington	100
198	Lee Wilcoxon	197.5
242	Jacob Harlan	197.5
275	David Earp	160

WOMEN'S DEADLIFT

Wt Class	Lifter	Deadlift
198+	Vaughan Chambers	82.5

MEN'S DEADLIFT

Wt Class	Lifter	Deadlift
275	Hugo Quinteiro	350
	David Earp	262.5

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CONTEST REVIEW:
2016 MIKE WITMER MEMORIAL
FLORIDA STATE CHAMPIONSHIPS

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

Saturday, February 21, 2016
STRONG LIFE Tampa Bay * Tampa, Florida

Many, many thanks to Bill Beekley, Tim Burns, and Tony Conyers of Strong Life Tampa Bay for hosting the seventh annual Mike Witmer Memorial Florida State Championships! And many more thanks to

Danny Aguirre, Rick Hoover, James Jacobs, Tom O'Donnell, Carmen Soto-Aguirre, Ron Squires, Caryn Tshontikidis, and everyone that helped out to make the States a successful event!



Thank you, thank you, THANK YOU for putting on such a great event!!!! The meet was incredibly well organized, moved along at a great pace, had such good energy, and the loaders/spotters were phenomenal! This was the most fun I've ever had at a competition and I have you and the wonderful people associated with R.A.W. United and Strong Life to thank for it. I really cannot thank you enough. Amazing job!!!!

Warm regards, Joshua Whalen



Aisia Pedersen



Amber Cook and Bill Beekley



Cheyenne Highnote



Dulcy Olson



Haley Hoover



Mariela Soza



Mindy Leatherberry



Monica Rochon



Yvette Fox

WOMEN'S IRONMAN

WC	Age	Lifter	Squat	Bench	Deadlift	Total
123	16-17	Aisia Pedersen	140	87	185	412
132	18-19	Hannah Montgomery	175	82	215	472
	16-17	Katy Johnson	112	70	180	362
148	14-15	Valery Linkenhoker	182	85	247	514
198+	16-17	Dulcy Olson	245	105	305	655

WOMEN'S RAW

WC	Age	Lifter	Squat	Bench	Deadlift	Total
123	55-59	Yvette Fox	155	102	185	442
	16-17	Aisia Pedersen	140	87	185	412
132	SNR	Mindy Leatherberry	260	160	300	720
	18-19	Hannah Montgomery	175	82	215	472
	16-17	Katy Johnson	112	70	180	362
148	18-19	Amber Cook	190	120	230	540
	14-15	Valery Linkenhoker	182	85	247	514
181	SNR	Monica Rochon	260	190	365	815
198+	16-17	Dulcy Olson	245	105	305	655



Valery Linkenhoker, Part 1



Valery Linkenhoker, Part 2



Valery Linkenhoker, Part 3

WOMEN'S RAW PLUS

WC	Age	Lifter	Squat	Bench	Deadlift	Total
123	55-59	Yvette Fox	155	102	185	442
	16-17	Aisia Pedersen	140	87	185	412
132	SNR	Mindy Leatherberry	260	160	300	720
	18-19	Hannah Montgomery	175	82	215	472
	16-17	Katy Johnson	112	70	180	362
148	18-19	Amber Cook	190	120	230	540
	14-15	Valery Linkenhoker	182	85	247	514
165	18-19	Cheyenne Highnote	315	135	325	775
	SNR	Haley Hoover	225	110	325	660
	90-94	Edith Traina	-	67	150	217
	85-89	Trudy Daxon	-	50	167	217
181	SNR	Monica Rochon	260	190	365	815
	SNR	Mariela Soza	-	145	330	475
198+	16-17	Dulcy Olson	245	105	305	655



Strong Girls!



Hannah Montgomery



Strong Guys!



Ryan Feldbush

MEN'S IRONMAN

WC	Age	Lifter	Squat	Bench	Deadlift	Total
114	14-15	Ryan Feldbush	160	77	175	412
123	16-17	Brian Drost	160	120	232	512

132	14-15	Jacob Kent	237	137	285	659
148	14-15	Trey Plyler	305	175	370	850
	14-15	Andrew Kearney	210	137	300	647
165	SNR	Rashad Hobson	455	340	560	1355
198	16-17	Andrew Hung	325	190	335	850
220	18-19	Malik Richardson	285	225	375	915
			4 th 315			
242	70-74	Chuck Venable	210	130	235	575
308	16-17	Anthony Martinez	465	330	510	1305



Brian Drost



Jacob Kent



Trey Plyler



Andrew Hung



Andrew Kearney

MEN'S RAW

WC	Age	Lifter	Squat	Bench	Deadlift	Total
114	14-15	Ryan Feldbush	160	77	175	412
123	16-17	Brian Drost	160	120	232	512
132	14-15	Jacob Kent	237	137	285	659
148	14-15	Trey Plyler	305	175	370	850
	14-15	Andrew Kearney	210	137	300	647
165	SNR	Rashad Hobson	455	340	560	1355
	45-49	Jason McElroy	425	300	500	1225
181	45-49	Jon Wisenbaker	430	310	585	1325
	SNR	Brian Adams	450	370	450	1270
	SNR	Bryan Trejos	-	295	425	720
198	SNR	Kris Bagnara	405	315	475	1195
	16-17	Andrew Hung	325	190	335	850
220	40-44	Josh Whalen	410	380	465	1255
	18-19	Malik Richardson	285	225	375	915
			4 th 315			
242	SNR	George Anthony	475	325	575	1375
	70-74	Chuck Venable	210	130	235	575
308	SNR	Shane Haller	680	430	737	1847
	16-17	Anthony Martinez	465	330	510	1305



Blessed Iron Barbell



Anthony Martinez



Bryan Adams

MEN'S RAW PLUS

WC	Age	Lifter	Squat	Bench	Deadlift	Total
114	14-15	Ryan Feldbush	160	77	175	412
123	16-17	Brian Drost	160	120	232	512
132	14-15	Jacob Kent	237	137	285	659
148	14-15	Trey Plyler	305	175	370	850
	14-15	Andrew Kearney	210	137	300	647
165	SNR	Rashad Hobson	455	340	560	1355
	45-49	Jason McElroy	425	300	500	1225
181	45-49	Jon Wisenbaker	430	310	585	1325
	SNR	Brian Adams	450	370	450	1270
	SNR	Bryan Trejos	-	295	425	720



Chuck Venable

198	SNR 16-17	Kris Bagnara Andrew Hung	405 325	315 190	475 335	1195 850
220	40-44 18-19	Josh Whalen Malik Richardson	410 285 4 th 315	380 225	465 375	1255 915
	50-54 18-19	Ron McLeod Ben Genet	- -	390 315	550 500	940 815
242	SNR 70-74	George Anthony Chuck Venable	475 210	325 130	575 235	1375 575
308	SNR 16-17	Shane Haller Anthony Martinez	680 465	430 330	737 510	1847 1305



George Anthony



Jason McElroy



Malik Richardson



Rashad Hobson



Shane Haller

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 talons are visible at the bottom. The text is overlaid on this illustration.

GRIP IT & RIP IT DEADLIFT CLASSIC II

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

Sanctioned by:

R.A.W. UNITED

CONTEST PREVIEW: PUSH / PULL TRIFECTA

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

Saturday, March 19 **Bench Bash: STRONG LIFE, Melbourne** **Grip It & Rip It: STRONG LIFE, Tampa**

Strong Life Training Facility in Melbourne, Florida and Strong Life Tampa Bay in Tampa will be hosting three contests – a “Trifecta” if you will – beginning on Saturday, March 19. The first meet will take place at each location on Saturday, March 19 with the Bench Bash I in Melbourne and the Grip It & Rip It Deadlift Classic I in Tampa.

Three months later on Saturday, June 11, the meets will flip-flop with Tampa hosting

Bench Bash II and Melbourne hosting Grip It & Rip It II. Finally, on Saturday, September 17, both gyms will host the Strong Life Push/Pull.

The concept was created by Bill Beekley, R.A.W. United’s Chairman of the Board, and the March meets are both off to an awesome start! For more information, contact us at rawunitedinc@gmail.com!



Lifters from STRONG LIFE Training Facility in Melbourne, Florida will host Bench Bash I at their gym on Saturday, March 19



STRONG LIFE BENCH BASH II

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

Sanctioned by:

R.A.W. UNITED

GAYNOR'S CORNER: **PREVIEW OF THE 2016 SEASON**

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

As we get the 2016 season underway, let's take a look at our Championship events in this issue of STRONG LIFE Magazine.

APRIL 16-17

**Men's & Women's Masters Championships
Men's & Women's Teenage Championships
STRONG LIFE Training Facility * Melbourne,
Florida**

Combining the Masters and Teenage age groups has proven to result in a fun weekend of lifting and an excellent opportunity for our younger lifters to have fellowship with our veteran lifters. Entries for this event must be received no later than Saturday, March 26!

JULY 9-10

Men's & Women's Senior Championships

**Gary Gordon Memorial Armed Forces,
Police, & Firefighters Championships
Port Saint Lucie Civic Center * Port Saint
Lucie, Florida**

The 2015 Seniors was an incredible event, and we're hoping to that this year's contest will be even bigger! We have added the Gary Gordon Memorial into the weekend, and have included police officers and firefighters (in addition to armed forces personnel) in the mix! ALL lifters are invited to the Seniors, and those actively serving in the three branches of service, as well as veterans, are eligible to compete in the Gary Gordon Memorial. Armed forces personnel, police officers, and firefighters must enter both events (the Gary Gordon Memorial is FREE), and must include proof of service with their completed entry!



**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 positioned behind the main text and above a green banner.

MEN'S & WOMEN'S SENIOR CHAMPIONSHIPS

Saturday & Sunday, July 9-10, 2016

Port Saint Lucie Civic Center

Port Saint Lucie, 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 Joshua Whalen for sending us the Winter 2016 photo for *The Strong Shot*!



GRIP IT & RIP IT!

Joshua Whalen lets out a warrior cry on his final pull at the 2016 Florida State Championships!

R.A.W. UNITED FEDERATION UPDATE MARCH 2016

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

MASTERS & TEENAGE CHAMPIONSHIPS!

The first Championship event of the 2016 season will take place at STRONG LIFE Training Facility in Melbourne, Florida on Saturday and Sunday, April 16-17. Entries for the Men's & Women's Masters Championships and the Men's and Women's Teenage Championships must be received no later than Saturday, March 26!

BENCH, DEADLIFT, & PUSH/PULL TRIFECTA!

Strong Life Training Facility in Melbourne and Strong Life Tampa Bay in Tampa will host three single-lift events on the same Saturdays throughout the year. The trifecta will begin on Saturday, March 19 and culminate on September 17. Here is the schedule:

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

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

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

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

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

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

STRONG LIFE MAGAZINE MOVING TO A QUARTERLY PUBLICATION!

Beginning in January 2016, STRONG LIFE Magazine will transition to a quarterly publication dates in February (WINTER), March (SPRING), August (SUMMER), and November (FALL). 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

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

April 16

Pennsylvania State Championships

Monessen Civic Center * Monessen, PA

Entry deadline: March 26

Meet Director: Dave Lhota

Contact info: lhotamfg@netzero.net * 814-521-9182

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
Port Saint Lucie Civic Center * Port Saint Lucie, FL
Entry deadline: June 18
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

July 09-10
2015 GARY GORDON MEMORIAL ARMED FORCES, POLICE, & FIREFIGHTERS
CHAMPIONSHIPS
Port Saint Lucie Civic Center * Port Saint Lucie, FL
Entry deadline: June 18
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

AUGUST 2016

August 6
2016 Montana State Championships
Holiday Inn Bozeman * Bozeman, MT
Entry deadline: July 16
Meet Director: Scott Grimm
Contact info: scottgrimm@hotmail.com * 406-579-1415

August 6
Strength Beyond Strength
New Level Fitness * Summerhill, PA
Entry deadline: July 16
Meet Director: Dave Lhota
Contact info: lhotaamfg@netzero.net * 814-521-9182

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 Chance 2016
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: November 19
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

December 17
Thunderbird Winter Classic
Thunderbird Gym * Monessen, PA
Entry deadline: November 26
Meet Director: Dave Lhota
Contact info: lhotamfg@netzero.net * 814-521-9182



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 second of four principles that King Solomon identified for guiding our heart: (1) prioritizing the task of guarding our heart.

Many of us find the instruction to guard our heart unfamiliar because of an abundance of teaching on denying self to follow Christ. As a result, we often make the false assumption that taking care of the heart is a selfish pursuit.

Guarding our heart, however, is more about feeding our soul than avoiding sin. When our heart is strong, we are able to resist the temptations that cause us to stumble. While the book of Proverbs identifies many things to avoid, it also contains numerous instructions to pursue wisdom, grace, discipline, and life.

In the next two issues of STRONG LIFE, we will examine (3) minimizing the trash from our lives, and (4) energizing ourselves and our lives with God’s Word.



RUM 9 CONTEST SHIRTS (Modeled by Naomi Kutin)



\$10.00

RUM 9 ENTRY

(Modeled by Eddie, Ashley, & Stephanie)



\$100.00

GETTING THE KILO SET “LOADING PROGRAM & PHOTO READY,”



PRICELESS!

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 and her family. 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!”

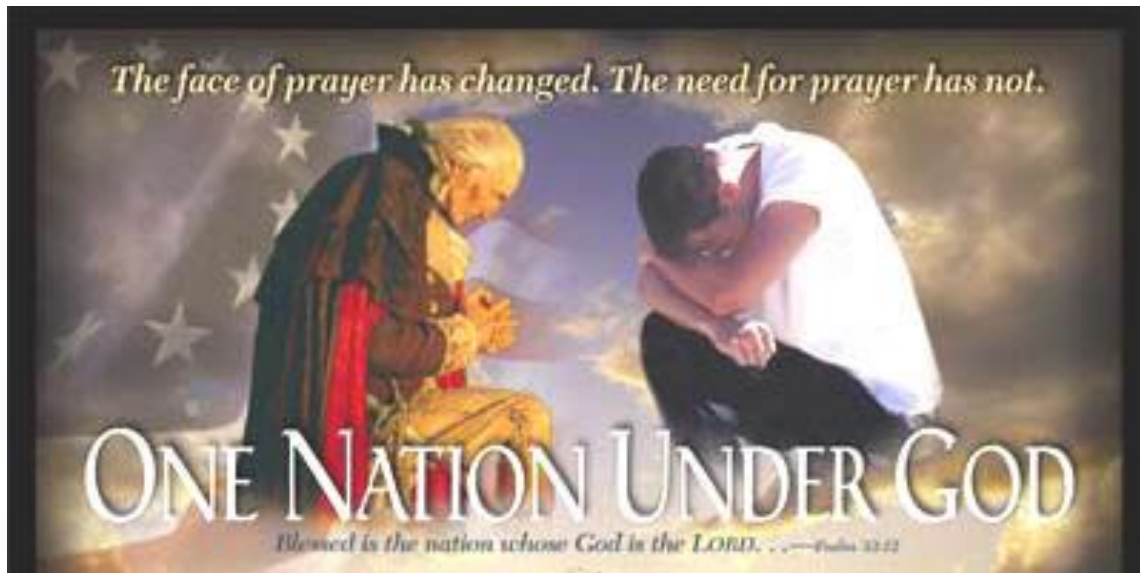


Please pray for Emery Mullen; Emery broke his wrist at Last Chance 2016, and is recovering from surgery.

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! And he recently judged at the Florida State Meet!

Please pray for Tom and “Crash” O’Donnell; they have adopted their five year-old grandson, RJ. Tom was also sitting in the judge’s chair at the Florida States!

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