

# STRONG LIFE

THE FUSION OF FAITH & FITNESS

The Official Online Magazine for RAW Powerlifters



## OLD SCHOOL

With weights on the floor and his friends spotting, Chuck Miller takes 600 lbs into the hole at the 2013 Mid-Atlantic Open!

## Inside:

- \* The Meaning of Strong Life 610
- \* Mike Witmer Memorial Florida State Championships
- \* The History of Powerlifting

**MORE!**

Volume 1, Issue 2  
June 2013

**2013 Orlando Athletics Challenge**  
**Saturday, July 13, 2013**  
**Sanctioned by R.A.W. United**



*Hosted by Orlando Athletics  
Orlando Athletics  
2507 Silver Star Road \* Orlando, FL 32804*

**DOWNLOAD YOUR ENTRY AT:**  
**[www.StrongLife610.org/r-a-w-united](http://www.StrongLife610.org/r-a-w-united)**

**Entry Deadline: Saturday, June 22, 2013**  
**Meet Director: Spero Tshontikidis**  
**More Information: 321-505-1194 or [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**

# STRONG LIFE

## THE FUSION OF FAITH & FITNESS

**The Official On-Line Magazine for RAW Powerlifters**  
**Volume 1, Issue 2**  
**June 2013**

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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 STRONG LIFE CHRISTIAN MINISTRIES, INC. ([www.StrongLife610.org](http://www.StrongLife610.org)). 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.

Advertising proceeds from STRONG LIFE are utilized to support the Sava Tshontikidis Memorial Scholarship Fund, a college scholarship fund for high school seniors.



**SERIOUS GEAR FOR SERIOUS POWER**

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

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

The advertisement features a central barbell with weights. To the left, the words 'STRONG' and 'LIFE' are written vertically in a stylized, distressed font. The background is dark with a repeating pattern of the words 'STRONG' and 'LIFE'. The gear items shown include a blue and red sock, a black knee sleeve with a logo, a black wrist/knee wrap, and two leather belts (one blue, one green) with buckles. The text 'SERIOUS GEAR FOR SERIOUS POWER' is in a large, red, distressed font at the top right. Below it, a list of gear items is shown in a white, distressed font. At the bottom, the website URL 'WWW.EOSPORTSGEAR.COM' is in a red, distressed font.

**Thanks to Mark Martin of EO Sports Gear for his support of STRONG LIFE!**

# STRONG LIFE

## THE FUSION OF FAITH & FITNESS

**The Official On-Line Magazine for RAW Powerlifters**  
**Volume 1, Issue 2**  
**June 2013**



*Faryn Antenucci, Allie Henderson, Chloe Desantis, and Megan Lee of "Girls Gone Strong"  
Ed Balboni, Spero Tshontikidis, and Justin Cruz*

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**GIRLS GONE STRONG \* 2013 FLORIDA STATE CHAMPIONS**

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

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

### **WHAT'S INSIDE**

This June issue of STRONG LIFE is dedicated to five year-old Ruby Miller, who went to be with her Jesus on May 18, 2013.



*Chuck and Ruby getting ready for some Halloween “Trick-or-Treating”*

“On the Cover” is Ruby’s dad, Chuck Miller, of Hagerstown, Maryland descending with a 600 pound record squat en route to his elite total at the 2013 Mid-Atlantic Open. Chuck thanks all of the STRONG LIFE family for their thoughts and prayers!

The June issue also features the 2013 Mike Witmer Memorial Florida State Championships, as well as articles by powerlifting legend Bob Gaynor and Chaplain Paul Simmons. Tom “Pipes” O’Donnell, an outstanding coach, mentor, and platform manager, is interviewed in our “Power Leaders” section, and rising teenage star Faryn Antenucci of “Girls Gone Strong” is featured in our “Brains & Brawn” section. Ken Morris’ gym – Limitless Strength & Conditioning – is the issue’s featured training facility.

Thanks to everyone that scrolls through the June edition of STRONG LIFE. Our magazine is FREE to the strength community, and we encourage RAW contest directors and lifters from other federations to list meets, submit articles, and join us in honoring God while showcasing the amazing talent, culture, and lifestyle of raw lifters.

Advertising proceeds from STRONG LIFE are utilized to support the Sava Tshontikidis Memorial Scholarship Fund, a college scholarship fund for high school seniors. We are offering a special rate of \$100 for a full-page, color advertisement in ALL remaining issues this year. In other words, \$100 will get you a full-page advertisement for the August, October, and December issues of STRONG LIFE! Just contact us at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) or 321-505-1194 to get started.

Thanks, enjoy the reading, and God Bless, *Spero*

# THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot*, and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Arielle Champagne of Wesley Chapel, Florida for sending us the inaugural photo for *The Strong Shot*!



**This isn't a hoodie for female bodybuilders or fitness contestants ...**

**Only a RAW powerlifter would go deep in this one ...**

**GIRLS GONE  
STRONG !**



# JESUS ZONE: THE FUSION OF FAITH & FITNESS

## THE MEANING OF STRONG LIFE 610: Living Strong in the Face of Evil

### The Book of Ephesians, Chapter 6, Verses 10-20 Written by Strong Life Chaplain Paul Simmons

There are many lessons we can take away from the gym. At my age (old), an intense workout leaves me feeling as though I've been beaten up; to the point sometimes that I am tempted to quit. Powerlifters know, however, that this is simply the process of tearing down our muscles so they can grow and give us greater strength to lift heavier weight. One of my favorite expressions about the process (which I believe originated with the Marines) states that "pain is simply weakness leaving the body."

The mission of Strong Life Christian Ministries, which is encompassed in Ephesians 6:10, contains a similar challenge to believers: **"Be strong in the Lord and the power of His might."** This principle applies to life as well. Paul, who authored the Book of Ephesians, was no stranger to facing evil. And at the same time, no one was more determined fight that evil off, grow stronger in their faith, and help others in that same journey.



***STRONG LIFE Chaplain Paul Simmons leads lifters in prayer at the 2013 Mid-Atlantic Open***

Another parallel is that the evil that we fight against is invisible. According to Paul, our battle is against forces which we cannot see. Isn't this evident when we watch the news and see people doing all sorts of evil? Recently, we have witnessed the bombing of innocent people in Boston, the kidnapping, rape, and ten-year abuse of three women and a little girl in Ohio, and the indiscriminant

murder of children in Philadelphia by a doctor with no belief in the sanctity of life. When these events occur, our television sets are bombarded with talk shows and news stations featuring so-called experts debating and discussing *why* these things happen. As believers we know why: there is evil in the world, and we must fight against this very powerful and invisible force.

Be encouraged - we will be fighting evil in the power of Almighty God, not in our own strength. And He provides us with the proper equipment for the battle in Ephesians 6:11-17:

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. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery

darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

In recent months, lifters within the R.A.W. United family have faced financial and occupational struggles, life temptations, relationship disappointment, and even tragedy. The only way we can lift the heavy weight that life puts on us is to reach to the body of Christ found in this community and fill our bodies with these simple but powerful God-given weapons. As believers, we are able to stand strong against evil armed with *God's Truth, Righteousness, Peace, Good News, Faith, Salvation, and Word*. No evil force can stand against them ... *just ask the devil how successful he was keeping Jesus in the grave!*

Be strong!



**FAITH, FELLOWSHIP, & FOCUS**



**THANKS TO BUD LYTE & BMF SPORTS  
FO THEIR SUPPORT OF STRONG LIFE!**

# **CONTEST REVIEW: MIKE WITMER MEMORIAL FLORIDA STATE CHAMPIONSHIPS**

**"I can do all things through Christ who strengthens me."  
Philippians 4:13**

It is an honor each year to host the Mike Witmer Memorial; Mike was an awesome human being who was always willing to serve. This year's contest became our inaugural Florida State Championships, and it will be held annually in Mike's honor.

Before we get to the lifting, let's thank those lifters from both the Tampa area and the Melbourne area that made the two-city, three-day event possible:

## **TAMPA:**

Thanks to Dave Bates of Powerlifting Watch for live-streaming the event, Bill Beekley of Bulldog Powerlifting for hosting the event, Terry Bishoff for judging, Tim Burns for spotting/loading, Rick Hoover for spotting/loading, James Jacobs for judging and spotting/loading, Tom O'Donnell for judging, and Ron Squires for spotting/loading!



*Caitlin Smith of World Gym in Port St. Lucie has become one of the nation's top teenage lifters*

## **MELBOURNE:**

Loma Amore, Bill Beekley, Bob Gaynor, Jack Stevens, and Caryn Tshontikidis for judging; Ed Balboni, Bill Beekley, Pete Classon, Justin Cruz, Larry Dromerhauser, Michael Anthony DiBiase, Mike Francis, Tom Harrier, Wolfgang Kermer, and Ryan Schrorer for spotting/loading; Fred Douglas, David

Forman, Bob Gaynor, Cathynia Hernandez, and Dave Whitehead for announcing/scoring; Joel and Denise Olson for concessions; Billy Paulsen for concession and shirt sales; Brittany Murdock and Amelia Lanford for set-up; Derrick Hamilton for set-up and clean-up; and the parents of Girls Gone Strong for supporting their kids!

**BOTH SITES:**

Sir Charles Venturella for the awesome eagle sculptures, Best Lifter plaques, and Team cups; Brigid and the folks at Sandpiper Sportswear for the awesome STRONG LIFE shirts and GIRLS GONE STRONG shirts; and Mike Roebuck and Good Impressions Printing for the awesome certificates!

**PRAISE:**

Thanks to our nation's armed forces for defending our freedom, and to our Lord and Savior Jesus Christ for defeating death and giving us eternal life!



*Courtney Warsh of Limitless Strength & Conditioning in Deerfield Beach*

And now to the lifting:

The Tampa event took place on Sunday, May 5, at the Jackson Springs Recreation Center. Hosted by Bill Beekley and the lifters of Bulldog Powerlifting, the contest was live-streamed by Dave Bates of Powerlifting Watch ([www.powerliftingwatch.com](http://www.powerliftingwatch.com)) and can be viewed at:

<http://www.ustream.tv/channel/powerlifting-watch>

Rising teenage star Anna Bolton of Tampa shattered the record books in the 114s, capturing Best Lifter honors and finishing with an impressive 465 total! Jessica Meder of Girls Gone Strong hit personal bests

across the board, and Carmen Gutwirth of Bulldog Powerlifting finished with a strong 320 pound total in the 70-74, 148s. Carmen's teammates, Trudy Daxon (80-84) and Edith Traina (90-94), brought the crowd to its feet; Trudy nailed a 145 pound deadlift and Edith went 60, 130 in the push/pull!

Lifters from Aesthetic Mafia lifted extremely well on the men's side. Led by brothers Bryon and Devon Palombo, the Hudson-based team broke numerous records and Bryon took home Best Lifter honors in the IRONMAN division. Dan Umansky (20-24, 181) and Tanner Wright (18-19, 198) posted impressive numbers, and Irish Iron lifter Kyle Mishler was the top RAW lifter finishing at 500, 385, 630 in the 25-29, 220s. Kyle is a mainstay on the competitive platform; when he is not competing, Kyle is ALWAYS on the platform serving as a spotter/loader and/or judge. Thanks brother!



*Priscilla Barrera getting set for a big squat!*



*Ed Balboni and Justin Cruz with Melbourne Best Lifters from Saturday morning:  
Mike Francis, Winnica McLean, Moriah Douglas, and Dave Forman*

Numerous records fell when the ladies took to the platform in Melbourne. Youth lifters Megan Lee (12-13, 88), Chloe Desantis (12-13, 97), Caitlin Harrier (10-11, 105), and Allie Henderson (12-13, 114) shattered the record books and placed first within their respective classes. Caitlin Smith of World Gym in Port St. Lucie was flawless, placing first in the

123s and taking home Best Lifter honors. Faryn Antenucci of Girls Gone Strong took the 132s, setting records across the board and putting her on the top of the teenage (14-19) record books. Jamie Harnett of Samson's Strength & Conditioning posted an impressive 645 pound total in the 148s, winning her class and Best Lifter honors in

the RAW division. High school senior Makayla Bentley had an awesome day, setting teenage records across the board and posting the top teenage (14-19) total in the federation. Loma Amore (60-64) took some time off of squatting and deadlifting, but nailed an all-time record 172 pound bench in the 148s. Courtney Warsh of Limitless Strength & Conditioning looked like a poised veteran in her R.A.W. United debut, going nine for nine and finishing first

in the 165 pound class. Ninth grader Dulcy Olson of Girls Gone Strong captured the 181s with teenage records across the board, and Winnica McLean posted the meet's biggest total at 735 pounds en route to her Best Lifter performance.

Congratulations to all the ladies that competed – we are currently scheduling a 2014 Women's Championships, and will inform everyone once a date is finalized!



*Seniors Moriah Douglas (above) and Makayla Bentley (below) of Girls Gone Strong recently graduated from West Shore Jr./Sr. High School in Melbourne*





**GIRLS GONE STRONG LIFTERS**  
*Megan Lee (top), Allie Henderson (center), and Dulcy Olson (bottom)*



Youth lifter Noan Harrier (10-11) started things off on the men's side, posting a 255 pound total in the 97 pound class. Teenage lifter Matt Jacobson of World Gym, Port St. Lucie, took the 114s and teammates/brothers Jake and Brett Benedix secured first place finishes in the 132 and 148s, respectively. Brett, who recently set a federation record 460 pound squat in the 148s, nailed a 465 squat and won Best Lifter honors in the RAW Division. Junior Chris Jacobson of World Gym posted the top total in the 165s, and Masters Champion Al "The Legend"

Annunziato posted an impressive 1030 total. Deadlift sensation Larry Russell pulled an awesome 635 pounds in the 65-69 year old age group; check out the video below! The 242s saw Anthony Infante of Rockledge, Joe Godfrey of Samson's, and Julian Zamora of World Gym battle for top billing, with Anthony finishing on top. Mike "Shotgun" Francis and Limitless Strength & Conditioning owner Ken Morris moved huge weight in the 275s, with Mike totaling 1750 and Ken posting a 1645 total.



*Masters Champion Larry Russell pulling huge weight; see video below!*

## **CONTEST VIDEOS:**

**<http://www.powerliftingwatch.com/node/25238>**

**Larry Russell pulls 635 @ 66**



Mike Francis Video.AVI



Eric Stepelton Video.AVI

**RESULTS:****Women's IRONMAN, NO BELT**

88	12-13	Megan Lee	100	60	157	317
97	12-13	Chloe Desantis	100	57	142	301
114	12-13	Allie Henderson	130	75	187	392
	12-13	Jessica Meder	102	60	135	297
123	16-17	Moriah Douglas	155	92	217	464
132	16-17	Faryn Antenucci	167	85	225	477
	30-34	Doreen Murray	155	75	190	420
	16-17	Ashanti Hernandez	135	77	170	382
	18-19	Shaye Wilson	125	77	150	352
	12-13	Brittany Barreiros	102	67	170	339
148	16-17	Makayla Bentley	155	85	205	445
	14-15	Briana Barrerios	145	70	200	415
	14-15	Amelia Langford	105	72	190	367
	70-74	Carmen Gutwirth	100	55	165	320
165	30-34	Courtney Warsh	175	110	200	485
181	14-15	Dulcy Olsen	160	82	225	467
	12-13	Brettany Murdock	142	85	200	427
	14-15	Audra Thomas	147	75	200	422

**Women's IRONMAN, BELT**

88	12-13	Megan Lee	100	60	157	317
97	12-13	Chloe Desantis	100	57	142	301
114	12-13	Allie Henderson	130	75	187	392
	12-13	Jessica Meder	102	60	135	297
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	16-17	Ashanti Hernandez	135	77	170	382
	18-19	Shaye Wilson	125	77	150	352
	12-13	Brittany Barreiros	102	67	170	339
148	16-17	Makayla Bentley	155	85	205	445
	14-15	Briana Barrerios	145	70	200	415
	14-15	Amelia Langford	105	72	190	367
	70-74	Carmen Gutwirth	100	55	165	320

165	30-34	Courtney Warsh	175	110	200	485
	90-94	Edith Traina	-	60	130	190
	80-84	Trudy Daxon	-	-	145	-

181	14-15	Dulcy Olsen	160	82	225	467
	12-13	Brettany Murdock	142	85	200	427
	14-15	Audra Thomas	147	75	200	422

**Women's RAW**

88	12-13	Megan Lee	100	60	157	317
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97	12-13	Chloe Desantis	100	57	142	301
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105	10-11	Caitlin Harrier	125	75	185	385
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114	14-15	Anna Bolton	160	75	230	465
	12-13	Allie Henderson	130	75	187	392
	12-13	Jessica Meder	102	60	135	297

123	18-19	Caitlin Smith	200	100	295	595
	16-17	Moriah Douglas	155	92	217	464

132	16-17	Faryn Antenucci	167	85	225	477
	30-34	Doreen Murray	155	75	190	420
	16-17	Ashanti Hernandez	135	77	170	382
	18-19	Shaye Wilson	125	77	150	352
	12-13	Brittany Barreiros	102	67	170	339
	20-24	Priscilla Barrera	165	-	230	-

148	30-34	Jamie Harnett	205	145	275	645
	16-17	Makayla Bentley	155	85	205	445
	14-15	Briana Barrerios	145	70	200	415
	14-15	Amelia Langford	105	72	190	367
	70-74	Carmen Gutwirth	100	55	165	320
	60-64	Loma Amore	-	172	-	-
	40-44	Sandra Lehtinen	-	-	240	-

165	30-34	Courtney Warsh	175	110	200	485
	90-94	Edith Traina	-	60	130	190
	65-69	Sandy Cseh	-	80	-	-
	80-84	Trudy Daxon	-	-	145	-

181	14-15	Dulcy Olsen	160	82	225	467
	12-13	Brettany Murdock	142	85	200	427
	14-15	Audra Thomas	147	75	200	422

198	70-74	Clara Miller	-	80	155	235
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198+	35-39	Winnica McLean	260	155	320	735
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**OLD GUYS RULE:**

***Above: Masters Champion Larry Bucchioni getting set for a record pull***

***Below: "Lifting without Limits" lifters at the Rules Clinic***



**Men's IRONMAN, NO BELT**

165	18-19	Bryon Palombo	375	305	475	1155
181	20-24	Dan Umansky	370	305	560	1235
198	50-54	Spero Tshontikidis	425	242	525	1192
	18-19	Ed Balboni	275	207	380	862
220	25-29	Preston Love	400	320	540	1260
	30-34	Adam Chaykin	325	275	475	1075
	18-19	Chris Dushane	300	235	405	940
242	35-39	Keith Hernandez	400	325	500	1225
	65-69	Chuck Venable	225	135	245	605
275	16-17	Justin Cruz	315	200	415	930

**Men's IRONMAN, BELT**

97	10-11	Nolan Harrier	75	55	125	255
123	75-79	Ron Crawford	-	145	-	-
148	25-29	Thomas Gerhauser	-	185	-	-
165	18-19	Bryon Palombo	375	305	475	1155
	40-44	David Foreman	375	235	405	1015
	45-49	Rory Torres	285	295	420	1000
	20-24	Cody Christian	285	205	415	905
	10-11	Will Remley	225	115	300	640
	25-29	Daniel Castricone	-	240	400	640
181	20-24	Dan Umansky	370	305	560	1235
	20-24	Daron Marino	315	185	440	940
	55-59	Pete Classon	235	237	365	837
	75-79	Robert Cseh	-	205	-	-
198	25-29	Will Borst	465	285	570	1320
	18-19	Tanner Wright	455	275	545	1275
	50-54	Spero Tshontikidis	425	242	525	1192
	18-19	Ed Balboni	275	207	380	862
	25-29	Brent Johnson	225	-	385	-
	20-24	David Castricone	-	350	-	-
	50-54	Paul Castricone, Sr.	-	280	-	-
220	25-29	Kyle Mishler	500	385	630	1515
	25-29	Drew Anderson	460	355	540	1355
	25-29	Preston Love	400	320	540	1260
	20-24	Chris Baptista	405	275	465	1145
	30-34	Adam Chaykin	325	275	475	1075
	18-19	Chris Dushane	300	235	405	940
	20-24	Andrew Sink	260	170	325	755
	55-59	Charlie Nelson	-	100	470	570
	50-54	Dave Whitehead	-	255	-	-
	80-84	Vito Lombardo	-	200	-	-

242	35-39	Keith Hernandez	400	325	500	1225
	65-69	Chuck Venable	225	135	245	605
	60-64	Larry Bucchioni	-	245	500	745
	12-13	Justin Schmidt	-	70	185	255

275	25-29	Ken Morris	580	405	660	1645
	40-44	Larry Dromerhauser	385	245	455	1085
	16-17	Justin Cruz	315	200	415	930

### Men's RAW

97	10-11	Nolan Harrier	75	55	125	255
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123	18-19	Matt Jacobson	240	125	315	680
	75-79	Ron Crawford	-	145	-	-

132	18-19	Jake Benedix	330	215	375	920
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148	16-17	Brett Benedix	465	215	435	1115
	20-24	Johnny Nocito	295	225	390	910
	30-34	Shawn Bosel	330	200	350	880
	25-29	Thomas Gerhauser	-	185	-	-

165	20-24	Chris Jacobson	455	240	500	1195
	18-19	Bryon Palombo	375	305	475	1155
	20-24	Devon Palombo	380	275	480	1135
	35-39	Sean Mathison	365	265	475	1105
	65-69	Al Annunziato	315	285	470	1030
	40-44	David Foreman	375	235	405	1015
	45-49	Rory Torres	285	295	420	1000
	20-24	Cody Christian	285	205	415	905
	10-11	Will Remley	225	115	300	640
	25-29	Daniel Castricone	-	240	400	640
	75-79	Bill Tinkler	-	215	315	530

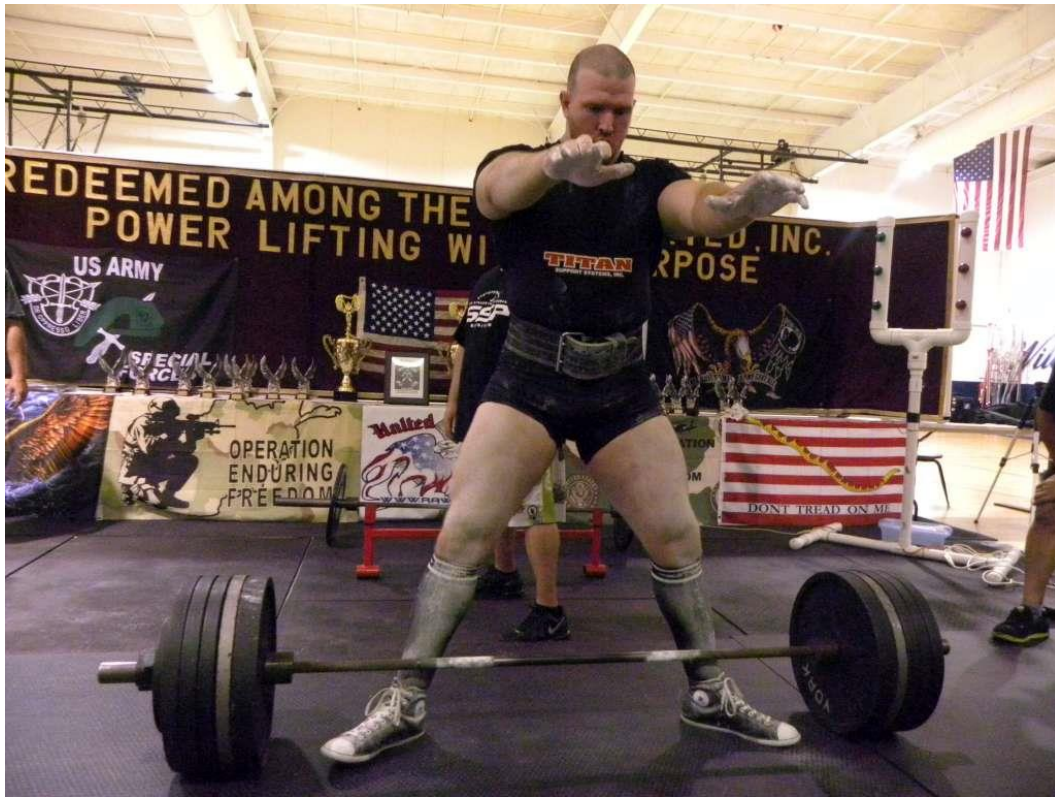
181	20-24	Dan Umansky	370	305	560	1235
	25-29	Charles McLean	315	250	485	1050
	30-34	Brock Hart	355	225	465	1045
	20-24	William Megby	350	220	425	995
	25-29	Jamie Guidry	305	235	405	945
	20-24	Daron Marino	315	185	440	940
	55-59	Pete Classon	235	237	365	837
	14-14	John Bolton	220	155	270	645
	75-79	Robert Cseh	-	205	-	-

198	25-29	Will Borst	465	285	570	1320
	18-19	Tanner Wright	455	275	545	1275
	50-54	Spero Tshontikidis	425	242	525	1192
	25-29	William Smith	330	235	455	1020
	18-19	Ed Balboni	275	207	380	862
	25-29	Brent Johnson	225	-	385	-
	20-24	David Castricone	-	350	-	-
	50-54	Stephen Pignato	-	300	-	-
	50-54	Paul Castricone, Sr.	-	280	-	-

220	25-29	Kyle Mishler	500	385	630	1515
	50-54	Todd Wright	560	300	550	1410
	25-29	Drew Anderson	460	355	540	1355
	25-29	Preston Love	400	320	540	1260
	25-29	Dan Ogle	445	305	500	1250
	20-24	Chris Baptista	405	275	465	1145
	30-34	Adam Chaykin	325	275	475	1075
	20-24	Bryan Stellfox	325	250	430	1005
	18-19	Chris Dushane	300	235	405	940
	20-24	Andrew Sink	260	170	325	755
	65-69	Larry Russell	-	100	635	735
	55-59	Charlie Nelson	-	100	470	570
	50-54	Dave Whitehead	-	255	-	-
	80-84	Vito Lombardo	-	200	-	-
242	25-29	Anthony Infante	500	405	575	1480
	25-29	Joe Godfrey	490	365	585	1440
	20-24	Julian Zamora	525	295	605	1475
	20-24	Matt Delgado	485	320	550	1355
	20-24	Chris Lynn	445	285	550	1280
	25-29	Adam Brammer	450	275	505	1230
	55-59	George Morning	415	300	515	1230
	35-39	Keith Hernandez	400	325	500	1225
	65-69	Chuck Venable	225	135	245	605
	60-64	Larry Bucchioni	-	245	500	745
	12-13	Justin Schmidt	-	70	185	255
275	50-54	Mike Francis	625	375	750	1750
	25-29	Ken Morris	580	405	660	1645
	35-39	Matthew Lecrone	470	315	515	1300
	25-29	Eric Stepelton	450	325	525	1300
	40-44	Larry Dromerhauser	385	245	455	1085
	16-17	Justin Cruz	315	200	415	930
	55-59	Fred Goldberg	-	470	-	-



*Dave Whitehead and Anthony Infante*



***Above: Ken Morris of Limitless Strength & Conditioning  
Below: Jamie Harnett of Samson Strength & Conditioning***







*Above: Samson Strength & Conditioning  
Below: Limitless Strength & Conditioning*





*World Gym, Port St. Lucie*



*Chris Jacobson of World Gym*

**2013 North American Championships  
Saturday, September 14, 2013  
Sanctioned by R.A.W. United**



**Hosted by Girls Gone Strong  
Lifepoint Church  
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**2013 Gary Gordon Memorial Armed Forces Championships**  
**Saturday, September 14, 2013**  
**Sanctioned by R.A.W. United**



**FREE CONTEST FOR ALL ARMED FORCES PERSONNEL & VETERANS!**

**Hosted by Girls Gone Strong**  
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## TEAM SPOTLIGHT:

# LIMITLESS

STRENGTH & CONDITIONING

**"As iron sharpens iron, so one man sharpens another."  
Proverbs 27:17**



***Ken Morris pulling huge weight at the 2013 Mike Witmer Memorial Florida State Championships***

Ken Morris opened Limitless Strength and Conditioning in Deerfield Beach, Florida in an effort to bring truth to the fitness industry, to bring real coaching to all people of all abilities, and to help them reach goals they never thought were possible. "We do things the right way here, we train hard, and we believe in what we do. Coaching is my life,

not something I decided to do by getting a week long certification and then claim to be a 'Fitness Guru.' I've learned from the best, learned from under the bar experience, and now I want to bring my knowledge to people looking for real training and real life changing results."

Limitless opened in September of 2012, and is rapidly approaching its one-year anniversary. “Things have gone better than expected in my first year with the gym. It’s a ton of work, a ton of stress, and a lot of long hours, but I love every minute of it! I started

with 1 power rack, some weights, and a few bars. Now the gym has 3 fully loaded 3x3 racks from Elitefts, a glute/ham developer, dumbbells, Texas power bars, tires, ropes, sleds, and a lot more!”



***Limitless Strength & Conditioning  
2013 Florida State Champions, Mixed IRONMAN***

Ken earned his Bachelor’s Degree in Exercise Science from Florida Atlantic University and his strength and conditioning certification through the Collegiate Strength and Conditioning Coaches Association (<http://cscqa.org/>). “The CSCCa SCCC is the new gold standard for collegiate and professional strength and conditioning coaches. It requires a Bachelor’s Degree in Exercise Science, time under a certified mentor, and a recommendation from that mentor just to sit for the test.” Throughout

his education, Ken has been mentored by multiple, high-level, strength and conditioning coaches to include Mick Marotti (Ohio State University), Steve Orros (NOVA Southeastern University), Matt Delancey (University of Florida), Scott Holsopple (University of Kansas), and Rudy Wade (University of Toledo). Ken has also logged over fourteen years of competitive lifting experience in both powerlifting and Olympic lifting.

His education, coupled with his time in the gym and on the platform, provided opportunities at both the University of Florida and the University of Toledo where he served as an Assistant Strength & Conditioning Coach. And, of course, these opportunities paved the way for his current position as owner of Limitless. "My mentors always told me I'd change the Strength and Conditioning world in the future, and owning Limitless now gives me that opportunity." While it goes without saying that Ken has to pay attention to the business side of Limitless, he is equally dedicated to creating and maintaining a positive atmosphere for training. "I strive to coach every person in the Limitless Family to the best of my ability. I write all the programs, keep track of every member's progress, am always available for questions or advice, and always making sure every member is seeing progress."

With regard to the Limitless Powerlifting team, Ken's leadership role requires him to set the tone at the onset of every training session and ensure it is maintained throughout the workout. "I always tell the lifters that it's not about what program, it's not about how many sets and reps you do, it's not about what assistance work you do, whether you squat wide or close, or deadlift conventional or sumo. It's about believing in what you're doing, sticking with it, and working hard every single time you train. Hard work is the foundation of training and without it, you might as well sit at home on the couch." Well said!

Ken began his Powerlifting quest five years ago at a R.A.W. United meet. "I was hooked ever since. I've competed in other federations but none of them really compare to the meets Spero puts on. There is such a great camaraderie between lifters, the judging is always strict and fair, and the meets are always run smoothly. When I talk about my Powerlifting accomplishments, I always tell people that Spero and R.A.W. United are the reason I am where I am today in the sport. R.A.W. United is a great federation for Limitless because it's so lifter friendly. I have a lot of beginners in the sport, and I always start them at R.A.W.

United meets because I know they will have fun and enjoy competing. I know my team will be judged fairly and I know they will be treated with great respect regardless of their experience level."

Limitless recently secured their first team title, capturing the Mixed IRONMAN crown at the 2013 Mike Witmer Memorial Florida State Championships sanctioned by R.A.W. United. Ken and a few of the guys will be competing at the Orlando Athletic Challenge (formerly known as the UPF Challenge) in July, and the team will be competing in September at the North American Championships. We asked Ken to introduce us to the members of his team:

**John (Dan) Ogle** – Dan was the first member of Limitless and has done so much for the gym. He really helped me get the Powerlifting team off the ground and I'm happy to have him as a huge part of it. He has been coming back from injury over the past year and seems to get stronger every week. He's finally lifting mostly pain free and is ready to be a force in the 220 division.

**Pieter (Will) Borst** – Will is an extremely strong 198'er with the potential to really do big things in his weight class in the near future. He won his first best lifter award at the Florida State Championships a few months ago and I know for a fact it won't be his last.

**Jamie Guidry** – Jamie is truly passionate about strength training and powerlifting. It's a huge part of his life and he shows it in his training. He's always in the gym helping new lifters learn the ropes and ending training sessions with a laugh because he's one of the funniest people I know. He is also the second member of Limitless and also has done so much for the gym and to help me build the business.

**Chris Baptista** – Chris is a true teammate and a great motivator. His voice always rings the loudest when anyone in the gym is going for a big lift. He loves strength training and powerlifting more than most people I know and it shows every time he's in the gym.

**Dan Downey** – Dan is one of our most intense team members. He takes great pride in his lifting and knows how to channel his intensity into his training. He is another one of our guys that has been with the gym since the beginning and has helped me tremendously.

**Doreen Murray** – Doreen is a soldier in the gym. No matter what happens, she's going to get her training in. She's one of the hardest working members on the team and when she's training it's usually all business.

**Cortney Warsh** – Cortney always comes in the gym ready to work. Once training starts she puts her head down and grinds through

anything the training session will throw at her.

**Daron Marino** – Daron came into the gym weighing about 170 pounds and surprised everyone with his strength considering he had no real previous training in strength training. Now less than 6 months with the team he has the potential to deadlift over 500 at 181 in September.

**Erik Stepelton** - Erik is an ex-college football player like myself so I know I can always count on him to be ready to go to work when he steps in the gym. He's new to the sport but his willingness to learn and grind in the gym will take him far.



*Limitless Strength & Conditioning is equipped with heavy duty, no frills power gear ENJOY!*

Limitless has given Ken the ability to use his talents as a coach and to give people something real in a world full of fads, gimmicks, and lies. "It brings joy to my life to have athletes or members come in and say thank you for what I'm doing for them or for what I've done for them. That is my favorite part of coaching, it's having the

ability to change someone's life completely and showing them that they can achieve much more than they ever thought possible. Now I can attach my name to a brand in Limitless S&C and build a business that allows far more people to experience life changing results and experiences."



STRONG LIFE wishes Ken and the lifters at Limitless all the best! For those that would like to visit the facility for a workout, the contact information is below.

Ken: "I'd just like to thank Spero for giving me the opportunity to share Limitless Strength and Conditioning with people out there and for making me feel like part of a family with R.A.W. United. Train Hard!"



**Limitless Strength and Conditioning**  
**5051 NW 13<sup>th</sup> Avenue**  
**Deerfield Beach, FL 33442**

**Phone: 954-629-0462**

**Email: [LimitlessSC@att.net](mailto:LimitlessSC@att.net)**

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**Facebook: [www.facebook.com/limitless.strengthandconditioning](http://www.facebook.com/limitless.strengthandconditioning)**



# **OLD SCHOOL: THE HISTORY OF POWERLIFTING**

**Written by STRONG LIFE Treasurer Bob Gaynor**

I attended my first powerlifting meet in 1962. I can't believe I have been involved in the sport for 50 years.

Early on I had a tremendous interest in the history of our sport. How did we get to where we are today? In discussing this with Johnny Vasquez and Dave Bates of

Powerlifting Watch, we agreed that it would be an interesting topic.

I read what little was available on the subject, but the very best source was the opportunity I had to interact with many of the folks who were instrumental in getting our sport started.



*Powerlifting pioneer Terry Todd, pictured with "The Terminator"*

Some of what will follow comes from this contact; so much of Powerlifting legend is word of mouth. In addition to this contact, the early issues of "Ironman," "Strength and Health," and "Muscular Development" were also used. Input came from many others – Jim Witt, John Grimek, Jim Messer, Hal Raker, Nate Harris, Ed Jubinville, Herb Glossbrenner, Bob Packer, and Terry Todd – just to name a few.

What follows is one individual's point of view. I feel it is accurate, and I present it as information; hopefully, the audience will enjoy it.

The origins of Powerlifting are not nearly as clear as other sports; it just seemed to evolve. I don't think anyone knows where the first power meet took place.

So, where did it begin?

It probably began with the caveman, lifting the heaviest weight to impress others. It was not until the 1950s that you actually found lifters who did all three lifts. In the late 1800s

and early 1900s, strongman events were held throughout the world. These events had all kinds of lifts, like the clean and press with a thick handle barbell as we see in today's Strongman Contests. One arm lifting was also very popular. This was done with both barbells and dumbbells.

Two names that have been seen on the pages of this publication are Henry Steinborn and Herman Goerner. Both of these men practiced these types of lifts. Steinborn was a squat specialist. Around 1920, Henry squatted 550 pounds. Before you say that this is not much, realize that he had to place the bar on his shoulders by himself! This stood as the official record for nearly thirty years. Goerner seemed to specialize in the deadlift, especially using one hand or just a couple of fingers. It seemed like the theme of that time was not only to lift heavy weights, but to do it in a very unusual style. Goerner held the record in the Deadlift with a lift of 790 pounds done in 1920.

This record stood for over forty years, though some claim that Paul Anderson exceeded it in the 1950s. The Strongman of

that era was not a specialist, but was able to compete in all types of events.



*Henry Steinborn*



*Herman Goerner*



*Paul Anderson*



The first official weightlifting meet was held in 1925. It was called weightlifting, but was really an odd lift competition. Keep that title in mind! The lifts contested were the Overhead Press, One Hand Clean & Jerk, Snatch, Two Hand Clean & Jerk, and the Deadlift.

Deadlifting was very popular in the early 1900s. It did not require much equipment and was very easy to understand. It was simple: who could lift the most weight. The deadlift of that time was much different than today. The barbells had very thick handles, at least twice the size of what is used today. There was no apparel, lifting suits, or wraps, and in most cases not even a belt. The lifter also had to keep his heels together.

In the 1930s the AAU controlled the weightlifting game. There were Olympic

lifting competitions, Physique contests and exhibitions with power movements, or what was being called odd lifts. Odd lifts at this time were deep knee bends, deadlift, barbell curl, the supine press (later called the bench press), and occasionally a two hand jerk from a rack.

The lifts were performed in a much different manner than today. Very few squat stands existed. In order to do the deep knee bend or squat you had to figure out how to get the bar on your shoulders. This was accomplished in two ways. You had helpers lift the barbell and place it on your shoulders, or the loaded barbell was stood on end and you had to rock it onto your shoulder. Using either method limited the amount of weight that could be used.



*Pretty amazing!*

Once the bar was on the shoulders the knee bend was done with feet close together. In order to go deep enough, the lifter's butt had to come very close to his heels.

The supine or bench press was done off the floor on a very low bench without uprights. The lifter did a pullover and pressed the weight, or the weight was handed to the lifter by helpers. The press had to be held in the locked out position for a count of two.



The back press evolved into the bench press.

Bill Lilly of Philadelphia, in the 1920s, weighing 165 pounds, did a belly toss (supine press) with 470 pounds. This is

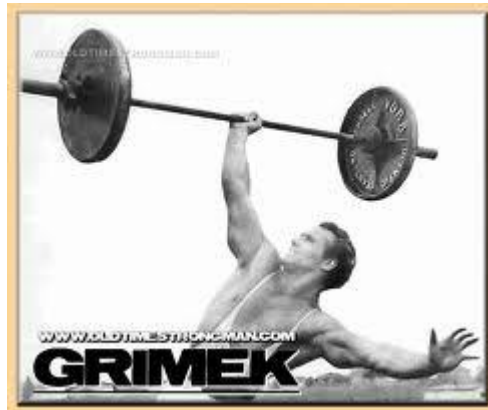
somewhat like the quipped bench pressing today. This lift was viewed as an act rather than a true test of strength.



*J.C. Hise*

Squatting gained even more popularity in the 1930s. J.C. Hise was a large and very strong man who touted the squat as the best building exercise one could do. He thought one could gain overall size and strength just by squatting. Perry Rader tried squats and found the exercise to be a great exercise for building bulk. They continually used the pages of Ironman Magazine to promote squats. Squatting became a very accepted strength exercise for all strength athletes.

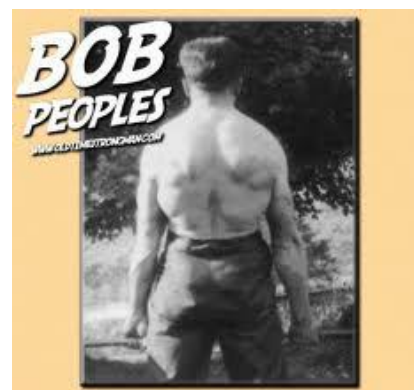
Bench pressing was not widely accepted at this time. The thinking of the day was that it tightened the shoulders, which would affect the overall lifts. Keep in mind that the AAU wanted Olympic lifters. John Grimek told me on more than one occasion that excessive chest development was frowned upon in the physique contests of that time. The top weightlifters of that era did squats and deadlifts, but no bench pressing.



The 1940s were much like the 1930s as far as Powerlifting was concerned. The “odd Lifts” were more exhibitions than competitions. They were usually performed at bodybuilding or Olympic competitions. The deadlift remained very popular.

country giving exhibitions. He would always pull at least 700 pounds at these shows, and that was usually the highlight of the show. Just to illustrate how good Bob was, he pulled 740 pounds sixty years ago weighing just 178 pounds! It would be an outstanding lift today.

Bob Peoples, who was one of the all-time best deadlifters, traveled throughout the



Throughout the period the AAU and the major players did whatever was needed to keep powerlifting on the back burner. Bob Hoffman, founder of York Barbell – who promoted physical fitness, bodybuilding, and especially Olympic lifting – was 100%

against Powerlifting. Even after Powerlifting was accepted, Mr. Hoffman tried to convert the top powerlifters to Olympic lifting. I was told by someone from York that the only thing that really interested Mr. Hoffman was another lapel pin for his sport coat.

In the late 1940s bench pressing was still frowned upon, but there were some exceptions. The winner of the 1948 Mr. America title, George Eiferman, was a big bench presser with a big chest. George

promoted the bench press as not only a way to develop the chest, but also being great for the shoulders and triceps. This, more than anything else, may have brought the bench press into the mainstream of weight training.



**George Eiferman**

As the 1940s ended, the AAU “somewhat” recognized the odd lifts. The movements that came under this heading were the Squat, Upright Row, Deadlift, Curl, and Bench

Press. Different areas of the country used these lifts or added their own. The Press or Jerk from Racks, and even the Zercher Lift, were used in some areas.



[http://www.youtube.com/watch?v=tK6\\_DD8vAoE](http://www.youtube.com/watch?v=tK6_DD8vAoE)

**Bob Gaynor is the All-Time Masters Record Holder in the Deadlift  
680 pounds @ 198  
See the lift by clicking the link above!**

**Bob currently serves as the Treasurer for STRONG LIFE  
and  
Chief Referee for R.A.W. UNITED**

**2013 Tony Conyers Extravaganza  
Saturday, November 9, 2013  
Sanctioned by R.A.W. United**



**Hosted by Girls Gone Strong  
Lifepoint Church  
Palm Bay, Florida**

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Meet Director: Spero Tshontikidis  
More Information: 321-505-1194 or [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**

## **POWER LEADERS: TOM "PIPES" O'DONNELL OF IRISH IRON**

**"As in water face reflects face, so a man's heart reveals the man."  
Proverbs 27:19**



*Tom "Pipes" O'Donnell*

Tom O'Donnell is a powerlifter – fierce competitor, loyal coach and teammate, and ardent supporter of the sport both on and off the platform. The original intent was to introduce Tom to our readers in standard article format, however, the Bug Man's responses were so "O'Donnell-esque," that it just didn't seem right to alter them in any way:

Age: 61 as of July 3  
Home: Clearwater, FL  
Occupation: Pest Control

**How did you get started in the sport of powerlifting?**

I took up the gym in the fall of 1984 after one year of sobriety. It took about a year after I parted with my friends "Jack Daniels" and "Bud Weiser" and their cousins "Smirnoff" and "Hein E. Ken", to get life's issues in order. I was just lifting in the gym and observed both the body builders and powerlifters. I tried a little of both, training-wise, but liked the powerlifting much more. If I were younger I'd like to mix powerlifting with strongman training. Father-time has already given me my wheel barrel of injuries to tote around, so I'll stick with what I know, powerlifting. I have helped some buddies out with judging some strongman contests, but never competed.



**What brought you to R.A.W. United, and how did you get involved as a platform manager, judge, etc.?**

My first meet was in August 1988 with the old ADFPA. I tried some AAU Raw, AAPF, APF, APA, WDFPA and eventually R.A.W. United because it was CTH (Close To Home). I actually went to help out. At that point, I had been a “victim”, I mean patient, at 4 orthopedic surgeons whose treatments were unsuccessful. I was able to train, but couldn’t compete with the homemade implements I needed to squat. Spero fixed that, and let me compete and have it count in the spring of 2012. I try to go to all the meets I can to lift or to help out, judge, spot, load, coach, etc. Spero calls it a platform manager, but I just try and make sure things run smoothly. I think the manager part is really a coach or mentor position, to show “young-bloods” comin’ up and who are willing to help out, how it’s done. I enjoy being involved quite a lot.

**Please share your return to the competitive platform with R.A.W. United.**

As I began to compete again last spring, it felt great! “Goal & God Oriented Training.” I got one meet in as a 59 year-old-275 and 2 meets as an over 60 year-old, one as a 275-er, and one as a 308-er. At this age, you can’t “sacrifice your passion for the glory”, so I didn’t go quite all out. There is a fine line between confident and conceited, and I do not want to cross it, but I am fairly sure I have more in the tank, but I don’t want to use it all up and be done. I’d like to get another several years of competing in.

**How has your involvement with R.A.W. United impacted your life?**

Being involved with R.A.W. United has been motivational and enjoyable. I like seeing the kids get involved and I hope they stick with it—from acorns, huge oaks are grown. If the sport is to stay alive and grow, kids have to be involved.

**Please introduce us to the members of your team, Irish Iron:**

I train with a group called Irish Iron and we train in a building that was once 24 handball courts. One court has been changed into a MMA gym, 2 into a wrestling school, 2 into cross-fit cage and several more exercise and massage areas. Irish Iron has one handball court as “our” area. Each member has some sort of financial interest in different pieces of equipment and we lock it when we leave. All are welcome as long as they are with a member that has combination to the lock, given to those with financial interest only. All federations are welcome. All training routines are welcome. All skill levels are welcome and coaching is free. If you don’t help spot and load, call depth or help out in some fashion; take a walk—you are not welcome.

Our team, or group, is just that “OUR”! Over the years I’ve had to answer to management about complaints of: Chalk and powder mess, bars left loaded, etc. Like most powerlifting groups, we have moved from gym to gym for a number of reasons, but we have stayed together and added a few newcomers. I don’t claim to call this “my” team, it is “OUR’s” and I’m darn proud to be part of it. Some of our members I have trained with for many moons.

Tom (T-Bone) Mahoney: The T-Bone nickname was acquired as a nickname because there were a number of Tom’s in our group. His affection for a large T-Bone explains the nickname and with the newcomers that come in he is the first to help with the nutritional info for those that want to grow. He asks them if they eat leftovers and when they respond “yes”, he booms back at them like a Master Chief, “There’s one problem, there shouldn’t be any!” It goes without saying that “Bone” lifts as a 308/Super. I think he hit 275 a short while back, but I blinked and missed. He has had my back on the squat for many moons, and I, his. Our greetings are a little coarser than most people are used to, but I do remember him calling me like my Momma did, “Thomas, Thomas”; when he had a squat or two get out of the groove on him and I was spotting.. He has competed in R.A.W. United, AAU, ADFPA, AAPF, APF, etc.—great student of the sport.



*T-Bone (left) and Kotzy (right)*

Dwayne Poucher: I only see Dwayne for a few minutes on Sunday squat sessions anymore. His vehicle sales job requires him

to work on Sunday and be there when they open. He comes in during the week, also, but not while I'm there.



*Jenn "Pup" Rotsinger is one of the nation's top powerlifters*

**Jenn “Pup” Rottsinger:** I have worked with Jenn in the gym going on 10 years. She is a great student of the game and readily helps others. I don’t get to train with her as much as I used to due to scheduling issues, but see her most Sundays. She is trying some Bulgarian methods now that are treating her real well. She dropped down to the 114s and pulled 400 lbs! I think she’s good for more. Hopefully! She is the only female in our group and doesn’t let our coarseness faze her, in fact she fires back. Jenn helps out judging, loading, spotting, etc. at meets when she is not lifting, and sometimes when she is. It is good to see lifters that have achieved high rankings still get there and help out.

**Larry Grant:** Larry comes from Brandon to train at Irish Iron—Great lifter and training partner. He is a very successful businessman and also does some sheep farming as a hobby. Probably something he learned in Alabama as he was growing up. Larry lifts mostly APF, but is always around to support any team member that is lifting in any federation. Larry squats in a pumpkin (colored) suit. I think I’m going to slip it away from him and draw a Jack-O-Lantern on the back of it.

**“Kotzy” Bachavanov:** Hales from Bulgaria and became an American citizen, and is very proud of it. He should be. He’ll be wearing the flag on his chest when he competes at the Pan-Am Games in Orlando this Summer. Kotzy videos most Irish Iron work-outs and puts some on YouTube. He is a truly dedicated training partner and good friend. I enjoy helping him on Sunday when he squats. He has come to the small gym in my garage to help me train and he is a great coach. He has first-hand experience in Eastern Routines and will share his knowledge...Great training partner!

**Dr. Andres “Andy” Bonelli:** Andy is a board certified physician, who began his education

at Harvard University. He graduated Magna Cum Laude. While an undergrad, he participated in medical research at Harvard Medical School and his research has been published. He attended medical school at both Southwestern Medical School and the University of South Florida and now practices in Clearwater. All that to be the brunt of our jokes at Irish Iron! Andy brings knowledge, humor and support to all in our group. He trained with Kotzy in Bulgaria for a while and knows the theories.

**Toty Ivanov:** Also from Bulgaria, is a great bench and nutritionalist. He’s just benching right now as his energy level is low as he builds his business in granite kitchens and baths—heavy stuff all day long! I don’t blame him for just benching. He is very supportive of all lifters at the meets he is able to attend. (Andy and Totyo were invited to my house for dinner on the night I had to go to the hospital. Dinner was all done, but we never got to eat. They met me at the hospital and stayed there ‘til 3 a.m. when I was taken to ICU-with viral pneumonia. Now, that’s good friends!

**Rich Ficca:** Rich, from Gorilla Bench stops in to squat on Sundays when he can. Great lifter. He competes in strongman as well, and excels at it also.

**“Little” Rich Nichols:** Comes in on Sundays and is a 132-er just starting out, but always pitches in on the spotting and loading.

**“Papa Joe” McDermott:** Is a 73-year-old multi-federation record holder in the bench and still has a lot left. Papa Joe will hit you with some wry Irish humor from time-to-time and crack us up!

**Dean Whitney:** a 69-year-old APF lifter in the 148-class and still pulling 500 lbs. Dean could be with us more often but work schedule and logistics make it tough. Great training partner.





*Kyle Mishler moving big weight at the 2013 RAW Record Breakers Meet*

**Kyle Mishler:** Kyle doesn't get to Irish Iron often as he works two full-time jobs. One as a tent fumigator, putting pest control tents on buildings—hot, nasty, heavy work—then he manages Pier 60 concessions on Clearwater Beach. Very focused for a young man! He trains at a small gym between jobs,

sometimes my garage, and sometimes with Irish Iron. He still finds time to spot and load at R.A.W. United meets and does a great job. Kyle's dead-lift is screaming up and his bench is coming back after a pec tear. Very mature lifter for mid-20's and a great training partner. I hope his energy holds out!



*Donnie Kiernan*

Donnie Kiernan: From Roman & Roman P.A. (Tom Roman) Strongman Gym is also fairly regular; recovering well from shoulder surgery and is promoting an upcoming strongman contest in July at Quaker Steak and Lube in Pinellas Park.

#### **What is your role as the leader of Irish Iron?**

My work schedule only allows me to be at Irish Iron on Sunday anymore. As I said, it is OUR group-but I've been told it is "kinda dead" if I'm not there to "set the tone". I just try to have a good time and train hard when I'm there.

#### **How has your involvement with Irish Iron impacted your life?**

I'm fortunate that they have let me train with them through my health problems and not able to spot and load; totally winded after only one or two reps. They were very supportive of me during my two stays in the hospital and continue to be very supportive and protective of me when I train and compete. I'm very fortunate to have their support.

#### **You recently had some health problems; how are you doing and are you currently training to get back on the platform?**

In October 2012, I fought a cold with over-the-counter products to no avail. I went to the "Doc-in-the-box" in November twice, to no avail. I ended up in Intensive Care on December 3rd for three days and on the ward for 4 days more. It turned out to be viral pneumonia, a strain not seen before. When I left the hospital, I was told that with proper meds, I would cough my lungs clear. No go, not one cough. The virus left my body as a liquid and as it left it passed through my heart. That's a form of Congestive Heart Failure. My doctor says that I wasn't on death's doorstep, but I was sprinting up the sidewalk! TWICE!! After my December hospital stay, I went to a follow-up

appointment in early February and was admitted back into the hospital. That's when they concluded that my heart was only working at about 15% due to the virus passing through it. After a week in the hospital, I was released but had to wear a "Life Vest" 24/7 for at least 30 days. This vest would defib my heart (like the paddles) if it shut down. Fortunately, it didn't go off and I returned it to the vest company, with their okay. The day I returned it, I "totaled" my truck. Nobody was hurt, thankfully, but anxiety was at an all-time high. They decided not to total the truck and did a great job fixing it.

#### **Anything else you'd like to share:**

My wife has been more than supportive through all this. The doc heard my talking to the health insurance company and told me to let the wife handle them because if I did I was gonna die. These people would enrage Gandhi! At present, I am recovering at a good pace and hope to compete in the R.A.W. United meet in September 2013 at Jackson Springs. A lite 308-er or full 275-er, over 60. So far, so good, and I'm using some real safe judgment. I'm very fortunate to have the Irish Iron's group support over this tough time. Very lucky! My wife has been very above phenomenal in her support, strength and patience. Picture this: a college-educated woman of mid-60's standing next to your truck in jeans, sneakers and a work shirt, tellin' ya' "Lets get goin'", when I had to spread fertilizer this Spring. I knew I would be out of breath every time I walked across a yard. I spread, she swept sidewalks and driveways; WE got it done. It wasn't pretty, I'm sure I looked like I was gonna croak several times, but the work got done. After helping out with the labor work, she beat the health insurance company down for almost \$10,000, that they wanted me to pay, but they, in fact, were supposed to. I'm very fortunate and thankful to have her.





*Tom and Crash checking out Irish Iron lifts*

Zac Brown, a pop-country musician with kind of a Jimmy Buffet flair, says his Daddy told him that the scars on a man's knees are the road map of his life; meaning, every time you get knocked to your knees and get up there's another scar. Well this past 6 months, I've added several "Interstates" of scars to my knees, but the support of the Irish Iron Clan, my family, and especially my wife, I am now

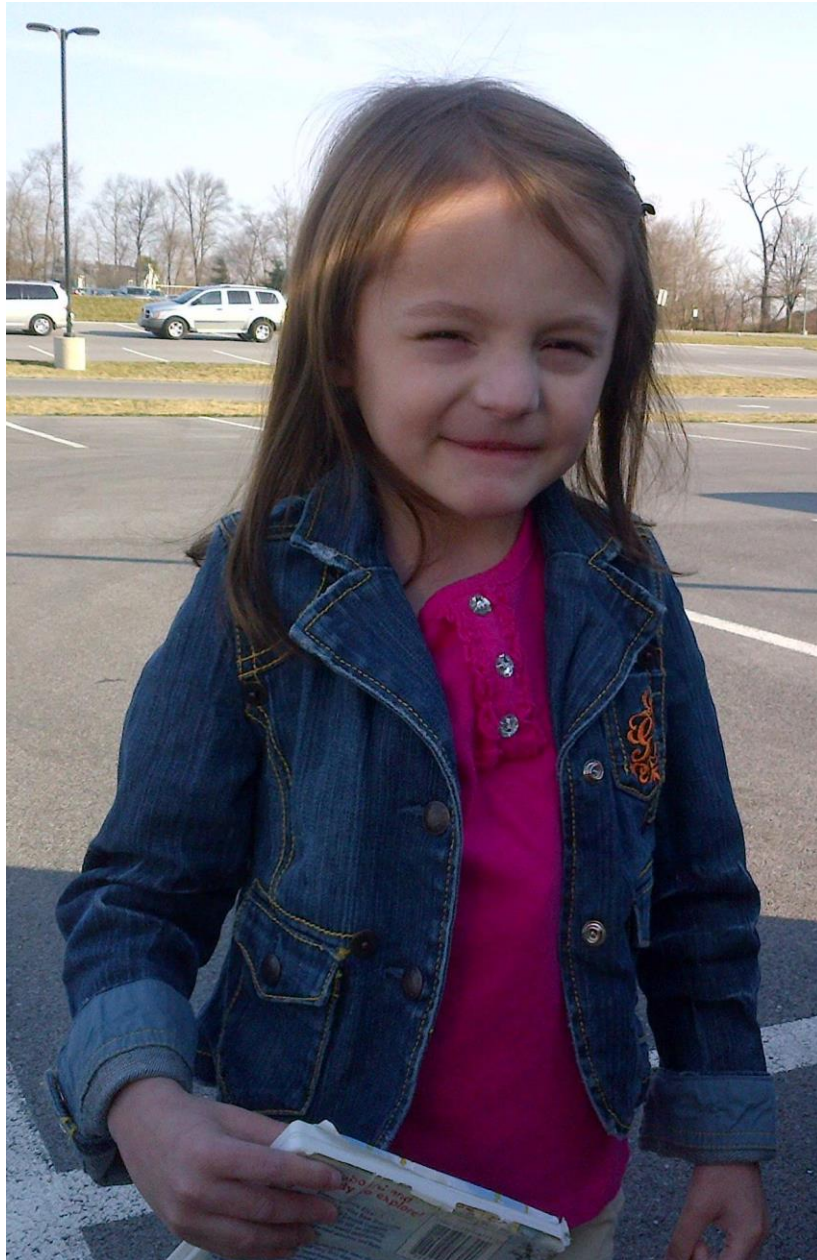
standing. The best way I think I can thank them is to get back on the platform and get after it. I'll be on the platform in September at Jackson Springs and I'll take all the support I can get.

Thanks, Spero for this award and recognition; it's very motivating and helpful to a tough recovery.



*Kyle Mishler (left) and Tom O'Donnell (center) spotting Tanya Magrino*

**THIS ISSUE OF  
STRONG LIFE MAGAZINE  
IS DEDICATED TO THE MEMORY OF**



**RUBY MILLER**



# **YOU GOTTA LOVE DOGS!**

**Check out this video**

**<http://www.youtube.com/watch?v=oCjRjlodLDw>**

**Our guess is Ruby would have loved it!**



# **THE TRAINING TABLE: SHEIKO, AND GETTING BACK TO BASICS**

**“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”**

**Hebrews 12:11**

While I have had the distinct pleasure of coaching teenage athletes for nearly three decades, I do not claim to be an expert in the field. The simple fact is that if you speak with ten high school coaches you will likely elicit ten different responses concerning training routines and competition strategies. With that said, I would like to share the training regimen we have utilized with the girls from “Girls Gone Strong,” and the results of their training.

65 x 5

95 x 3

## **Work Sets**

115 x 3

135 x 3

155 x 3

175 x 2

187 x 2

200 x 2

212 x 2

Thanks to Powerlifting Watch ([www.powerliftingwatch.com](http://www.powerliftingwatch.com)) administrator Dave Bates, our girls utilize one of the many versions of the Sheiko routine created by Russian coach Boris Sheiko; feel free to email me at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) and I will send you the program. As with most “programmed” routines, we have tweaked the format to meet our time constraints and equipment realities, and can also share our modified program with anyone that is interested.

As a coach, I like the Sheiko system for three reasons: (1) the focus on the competitive lifts perfects lifting technique, (2) the high volume builds lifter confidence, and (3) the weekly shift in sets and reps keeps the routine from becoming stagnant.

## **TECHNIQUE**

I have always professed that “the quality of the rep is far more important than the quantity of the weight.” I also believe this is true for lifters of all ages and especially true for teenage athletes. Perfecting technique is critical for long-term performance, significantly reduces the likelihood of injury, and keeps lifters “honest” with themselves on the competitive platform. There is an old saying that “practice makes perfect.” While this saying has stood the test of time, it is more correct to state that “perfect practice makes perfect performance.” The Sheiko routine’s focus on the competitive lifts affords lifters the opportunity to truly perfect their technique. Over the course of the past ten months, the girls’ technique in each of the three lifts improved significantly – especially in the squat and deadlift.

Over the course of the past ten months, our team had an average improvement of 81 pounds on their totals from the Tony Conyers Extravaganza in November 2012 to the Mike Witmer Memorial Florida State Championships in May 2013; a 19.56 percent increase. The girls trained three times per week, and focused on one lift each day. An example of one of our training days this summer, completed by 132-pounder Faryn Antenucci (225 deadlift in May), is as follows:

## **DEADLIFT**

## **Warm-Ups**



*Seventh grader Allie Henderson (above) and ninth grader Dulcy Olson (below) both demonstrating outstanding technique at the Florida State Championships*



#### **CONFIDENCE**

Lifter confidence, especially when working with youth and/or teenage lifters, is an essential element for optimal performance on the competitive platform. The routine provides ample opportunity to build confidence because the set and rep scheme includes heavy triples, doubles, and singles throughout its twelve-week duration. Moreover, it can be manipulated to run anywhere from eight to twelve weeks, and the work sets can be increased based on how the lifter feels during each training session. For example, seventh grader Megan Lee moved from the 77 pound class

to the 88 pound class at the Florida State meet. The records were 97 in the squat, 62 in the bench, and 155 in the deadlift; Megan's best lifts to date were 90, 57, and 135. We targeted Megan to go 100, 65, and 157, and ensured that she "felt" these weights in training. While the bench remained extremely difficult for her to control beyond 60 pounds, she was able to control both the squat and deadlift. On contest day, both the 100 pound squat and 157 pound deadlift moved without hesitation and, coupled with a 60 pound bench (she missed 65 on her third attempt), she broke the total record as well.

## LONG-TERM

Powerlifting is a sport that demands both discipline and perseverance over the long-term. The beauty of the Sheiko program that Dave provided us is that it can be utilized cycle after cycle. The fluctuation in the sets and reps the routine calls for changes from week to week, affording athletes the ability to set both short and long-term goals throughout the cycle and not get bored with the routine itself. We log the girls' training and refer to it throughout the cycle in an effort to push them in the gym. For example, in week one the squat calls for four sets of

five and this scheme is repeated in week five. And while none of us enjoy these two squat workouts, the increase in weight from cycle to cycle has been extraordinary. One of our girls, Brettany Murdock, was literally unable to squat when she first joined the team in August. In her first contest (November 2012), she only did the bench and deadlift. By January, she was squatting, and managed a 100 pound squat. In May, Brettany broke a youth record with a 142 pound squat, and she's targeted for 165-175 by the end of the year. Like I tell the girls, it's all about time under the bar.



*Senior Moriah Douglas had a record-setting day at the Florida States going 155, 92, 217 in the 123s*

As stated at the onset of this article, there are many programs available for powerlifters to utilize in their contest preparation. The Sheiko system has become very popular in

the raw community, and we have found it to be a very viable program – the numbers literally speak for themselves!



*Spero Tshontikidis is an Afghan war veteran and Head Coach of Girls Gone Strong*

## **BRAINS & BRAWN: FARYN ANTENUCCI OF GIRLS GONE STRONG**

**“Even youths grow tired and weary, and young men stumble and fall; but those that hope in the Lord will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not faint”**

**Isaiah 40:30-31**

Faryn Antenucci decided to see what the world's strongest sport was all about on a whim: “One day at lunch my friend and I heard the new guidance counselor at school announcing that if anyone was interested in being on a girl's powerlifting team to come up to a table and sign up.” Although her

friend did not follow through, Faryn did and hasn't looked back. “I am overjoyed that I did. Powerlifting is such an accomplishing sport, and I'm happy I was spontaneous enough to sign up for a sport I had no clue about that day at lunch.”



***Faryn's 140 pound opener at the 2013 Mike Witmer Memorial Florida State Championships;  
She finished the day with a 167 pound record squat***

Since that day, Faryn has taken on the sport with a vengeance. She now holds IRONMAN (no belt) records in both the 132s and 148s, with top lifts of 167 in the squat, 85 in the bench, and 225 in the deadlift. According to her coach, Spero Tshontikidis, Faryn has great potential in the sport. "Our team was featured in the local paper back in August when we first began. I shared with the reporter then, and am more convinced now, that Faryn is truly a national-caliber athlete. She has intense focus in the gym, great strength potential and, most important, the drive and discipline to succeed over the long-term." The team utilizes a modified version of the Sheiko training system that Powerlifting Watch administrator Dave Bates provided them. "We train three times a week; Spero handles the weight increments

depending on how I lift at practice. Before the end of the year, we have targeted me for a 200 pound squat, benching 95-100, and pulling 250 pounds."

In addition to powerlifting, Faryn is also an Honors student at West Shore Junior/Senior High School in Melbourne, Florida. West Shore serves academically talented students, and was selected as Florida's only National Yellow Ribbon School this year. Faryn currently maintains a 3.8 GPA, and is scheduled to take three Advanced Placement (AP English Language, AP Environmental Science, and AP Psychology) courses during her junior year. She intends to graduate from West Shore with an AP Diploma of Distinction and attend dental school to work toward a Doctorate of Dental Medicine.



*Faryn (left) is an attackman on West Shore's lacrosse team*

Faryn also participates on West Shore's lacrosse team. During the lacrosse season, she trained at 6:00 am, and practiced for lacrosse after school. Head Coach Sheila Owen was overwhelmed by the strength difference she saw in Faryn from her freshman year to this year, and hopes to get

more girls in the weight room. "Powerlifting definitely had a positive impact on my lacrosse skills. The muscles that I have developed from powerlifting helped me run for longer periods of time and they also helped me man-up on other players to win the ball." Spoken like a true powerlifter!



*Faryn (second from left) and her family at her sister Rae's graduation from West Shore*

"I think everyone should compete in powerlifting because the meets are so much fun, it is an extremely accomplishing sport, and your body gets fit and toned. My participation in powerlifting has shown me that if I really set my mind to something I can do it no matter what. Sometimes when I see

Spero putting weight on the bar I think to myself that I'm not Hercules and I'll never be able to lift that. But then I take a breath and smash the weight. Once you complete a lift you think you can't do, it's the most empowering feeling in the world!"





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# THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot*, and all featured lifters will receive a free shirt from STRONG LIFE. Congratulations to Ross Semplice of Wattle Grove, Western Australia for sending us the inaugural photo for *The Strong Shot*!



**Recognize the focused face from  
Down Under?**

**It's R.A.W. UNITED "poster man"  
Ross Semplice  
living the**

# STRONG LIFE!



## **CONTEST SCHEDULE: ALL FEDS**

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

**2 Timothy 2:5**

### **JULY 2013**

July 13

Orlando Athletics Challenge \* R.A.W. UNITED

Orlando Athletics \* Orlando, FL

Entry deadline: June 22

Meet Director: Spero Tshontikidis

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

### **SEPTEMBER 2013**

September 14

North American Championships \* R.A.W. UNITED

Lifepoint Church \* Palm Bay, FL

Entry deadline: August 24

Meet Director: Spero Tshontikidis

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

### **SEPTEMBER 2013**

September 14

Gary Gordon Memorial Armed Forces Championships \* R.A.W. UNITED

Lifepoint Church \* Palm Bay, FL

Entry deadline: Saturday, August 24

Meet Director: Spero Tshontikidis

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

### **NOVEMBER 2013**

November 2

Rev. Milton Simmons Memorial Open \* R.A.W. UNITED

Westminster Strength & Conditioning \* Westminster, MD

Entry deadline: Saturday, October 26

Meet Director: Spero Tshontikidis

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

### **NOVEMBER 2013**

November 9

Tony Conyers Extravaganza \* R.A.W. UNITED

Lifepoint Church \* Palm Bay, FL

Entry deadline: Saturday, October 19

Meet Director: Spero Tshontikidis

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

## **CONTEST RESULTS: ALL FEDS**

**“I have fought the good fight, I have finished the race, I have kept the faith.”**

**2 Timothy 4:8**



*Kevin Prosser taking it down at the 2013 Mid-Atlantic Open*

### **MID-ATLANTIC OPEN APRIL 20, 2013 ANYTIME FITNESS \* HAGERSTOWN, MD**

#### **Women's IRONMAN, NO BELT**

123	20-24	Cady Andrews	-	100	185	285
132	40-44	Claudia Lantz	170	120	245	535
	25-29	Kristina Wojtaszek	150	90	227	467
	20-24	Amanda Thatcher	115	65	215	395
148	20-24	Aubrey Mester	260	-	-	-
165	20-24	Megan Madigan	190	80	210	480

**Men's IRONMAN, NO BELT**

77	7-U	Max Forman	75	45	115 4 <sup>th</sup> 137	235
220	20-24 60-64	Alex Mooradian Marty Gallagher	365 445	360 270	605 505	1330 1220



*Aubrey Mester, Kristina Wojtaszek, Claudia Lantz, Megan Madigan, Emily Freeman, Cady Andrews, and Amanda Thatcher*

**Women's IRONMAN, Belt**

123	20-24	Cady Andrews	-	100	185	285
132	40-44	Claudia Lantz	170	120	245	535
	25-29	Kristina Wojtaszek	150	90	227	467
	20-24	Amanda Thatcher	115	65	215	395
148	20-24	Aubrey Mester	260	-	-	-
165	20-24	Megan Madigan	190	80	210	480
181	65-69	Candy Ramsburg	-	105	-	-

**Men's IRONMAN, Belt**

77	7-U	Max Forman	75	45	115 4 <sup>th</sup> 137	235
132	14-15	Scotty Meck	215	160	330	705
165	20-24	Sean Leach	385	205	415	1005



*Record setters Kris Becker & Bob Dahlhamer*

181	35-39	David Forman	405	240	405	1045
	35-39	Fred Corradini	-	310	505	815
198	50-54	Wayne Cotton	335	215	375	975
220	40-44	Chuck Miller	560	380	620	1560
			4 <sup>th</sup> 600			
	35-39	Ryan Massey	500	365	585	1450
	20-24	Alex Mooradian	365	360	605	1330
	35-39	Geoff McCammon	500	285	450	1235
	60-64	Marty Gallagher	445	270	505	1220
	45-49	Hil O'Herlihy	375	300	450	1125
	45-49	Matt Grizzard	335	225	425	985
	55-59	Dave Lhota	-	325	430	755
SHW	35-39	Kris Becker	380	360	440	1180



*Chuck Miller shattered the record books en route to his Elite total at the 2013 Mid-Atlantic Open*

### Women's RAW

123	20-24	Cady Andrews	-	100	185	285
132	40-44	Claudia Lantz	170	120	245	535
	25-29	Kristina Wojtaszek	150	90	227	467
	20-24	Amanda Thatcher	115	65	215	395
148	25-29	Emily Freeman	210	135	225	570
	20-24	Aubrey Mester	260	-	-	-
165	20-24	Megan Madigan	190	80	210	480
181	65-69	Candy Ramsburg	-	105	-	-



*Emily Freeman and Jon Dowdle were flawless on the platform*

### Men's RAW

77	7-U	Max Foreman	75	45	115 4 <sup>th</sup> 137	235
132	14-15	Scotty Meck	215	160	330	705
165	20-24	Sean Leach	385	205	415	1005
181	35-39	David Foreman	405	240	405	1045
	35-39	Fred Corradini	-	310	505	815
198	25-29	Ryan Crawbuck	375	305	475	1155
	50-54	Wayne Cotton	335	215	375	975
220	40-44	Chuck Miller	560 4 <sup>th</sup> 600	380	620	1560
	35-39	Ryan Massey	500	365	585	1450
	20-24	Alex Mooradian	365	360	605	1330
	35-39	Geoff McCammon	500	285	450	1235
	60-64	Marty Gallagher	445	270	505	1220
	45-49	Hil O'Herlihy	375	300	450	1125
	25-29	Jon Dowdle	325	220	425	970
	45-49	Matt Grizzard	335	225	425	985
	55-59	Dave Lhota	-	325	430	755
	75-79	Bob Dahlhamer	-	245	-	-

275	35-39	Dan Corridean	600	405	650	1655
308	40-44	Kevin Prosser	550	335	540	1425
SHW	35-39	Kris Becker	380	360	440	1180

**MORE PICS FROM THE 2013 MID-ATLANTIC OPEN:**



*Dan Corridean and David Forman*



*Max Forman and Amanda Thatcher*

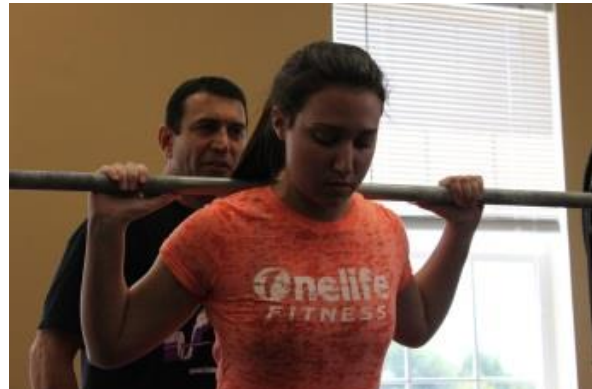


*Marty Gallagher and Ryan Massey*





*A ripped Claudia Lantz*



*Aubrey Mester and Megan Madigan*



*Sean Leach and Alex Mooradian*

CHECK OUT THIS VIDEO OF CHUCK MILLER FROM THE MID-ATLANTIC OPEN:

<http://www.youtube.com/user/chuckmillr1>

AND ENJOY THIS DEADLIFT SEQUENCE OF MARTY GALLAGHER FROM THE MEET:







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**DETERMINED WARRIOR CLASSIC  
MAY 25, 2013  
OLYMPIC GYM \* SAN ANTONIO, TX**



*Jon Drummond (left) presenting "Determined Warrior" Kedgerick Smith with his award*

**Men's IRONMAN, NO BELT**

198	25-29	Randy Hogue	425	300	455	1180
242	25-29	Travis Salari	435	305	460	1200

**Men's IRONMAN, BELT**

198	25-29	Randy Hogue	425	300	455	1180
220	25-29	Michael Meyer	430	315	480	1225
242	25-29	Travis Salari	435	305	460	1200
	30-34	David Pasnik	345	340	-	-
	40-44	John Pepin	-	340	-	-
	40-44	Kedgerick Smith	-	325	-	-
275	35-39	Patrick Walsh	365	275	405	1045



*John Pepin finished with a 340 pound bench at the Determined Warrior Classic!*

**Men's RAW**

165	45-49	Will Hoover	250	200	400	850
198	25-29	Randy Hogue	425	300	455	1180
220	25-29	Michael Meyer	430	315	480	1225
242	25-29	Travis Salari	435	305	460	1200
	30-34	David Pasnik	345	340	-	-
	40-44	John Pepin	-	340	-	-
	40-44	Kedgerick Smith	-	325	-	-
275	35-39	Patrick Walsh	365	275	405	1045



*Kedgerick Smith moving big weight with this 325 pound bench at the 2013 Determined Warrior Classic*

**PRAYER & PRAISE:  
PRAISE REPORTS  
&  
PRAYER REQUESTS  
FROM THE RAW COMMUNITY**

**“So I say to you, ask, and it will be given to you; seek, and you will find;  
knock, and it will be opened to you.”**

**Luke 11:9**

On June 14, Kevin Prosser and his mom, Ruth, experienced nothing short of what we often refer to as “divine intervention.” On that Friday, Kevin decided to stay local and work on his computer as well as with his local customers. Kevin met his mom at their church where she works so that he could access the internet.

Since Ruth didn’t have much going on at work, she decided to wash windows at the church. Kevin was working on his computer when his cell phone rang; it was Ruth telling him that she had fallen and needed his help. At first, Kevin was unable to find his mom, but finally realized she had fallen into the window well, a 7-8 foot drop.



*Kevin’s mom, Ruth Prosser, on left and Kevin and Ruth on right*

The first thing Kevin noticed when he looked down into the window well was all the blood and pieces of flesh on the grate. “Mom had fallen when the grate gave way; she fell directly on the grate, effectively impaling her left leg and leaving her dangling upside down with her legs on the grate. I realized mom had hurt herself really bad, and that I was going to have to do something very fast.”

Kevin was able to find a ladder, climb down, and get Ruth out of the well. Amazingly, she was able to put weight on her leg, and Kevin rushed her to the hospital.

Ruth had emergency surgery to repair the muscle and tissue in her leg, and is now recovering at home. Her doctors predict that in three months it will be difficult to know the accident ever occurred.

"I keep thinking of how different this situation could have been. Was it divine intervention that I happened to be working at the church, that mom had her cell phone which she rarely takes out of her purse, that mom was able to call and wasn't knocked

unconscious. Had not all of these occurrences happened the way they did, mother may not be with us today."

Praise God!



#### **PRAYER REQUESTS:**

Please pray for Chuck Miller and his family; Chuck's five year old daughter, Ruby, passed away due to complications from pneumonia.

Please pray for the recovery of Ruth Prosser who is recovering from emergency surgery after falling into a window well and severely injuring her left leg.

Please pray for R.A.W. United lifter Craig Rudolph who is currently serving in Afghanistan; and please pray for Craig's family as well.

Please pray for the brave men and women serving in our nation's armed forces, and please include their families as well.

**Please send your Prayer Requests to STRONG LIFE at**  
**[rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**

**THE REAL**



**YRIAMCITULOVES**