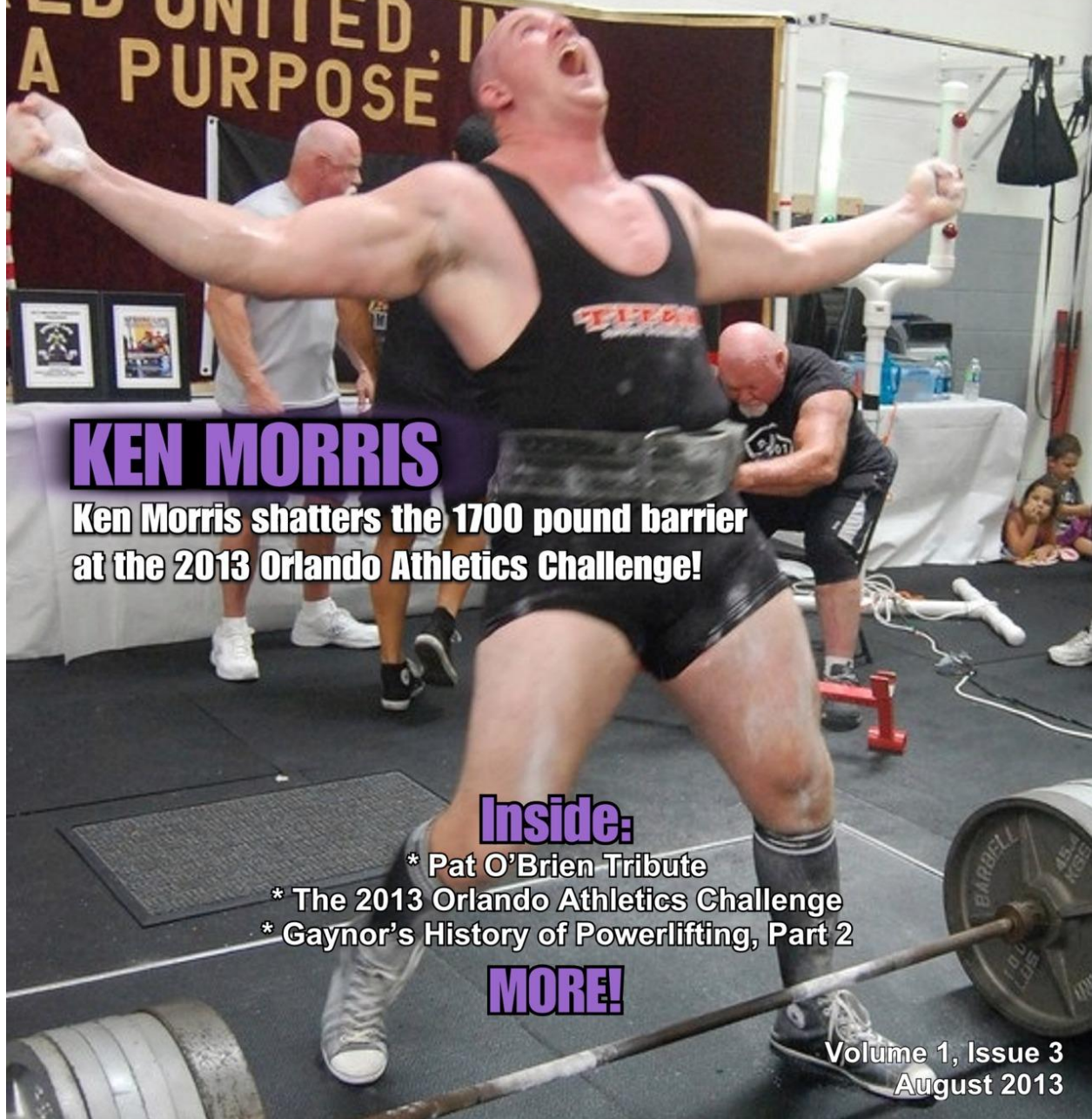


STRONG LIFE

THE FUSION OF FAITH & FITNESS

The Official Online Magazine for RAW Powerlifters



KEN MORRIS

Ken Morris shatters the 1700 pound barrier at the 2013 Orlando Athletics Challenge!

Inside:

- * Pat O'Brien Tribute
- * The 2013 Orlando Athletics Challenge
- * Gaynor's History of Powerlifting, Part 2

MORE!

Volume 1, Issue 3
August 2013

2013 Rev. Milton Simmons Memorial Open

**Saturday, November 2, 2013
Sanctioned by R.A.W. United**



**Hosted by Westminster Strength & Conditioning
Westminster Strength & Conditioning
Westminster, Maryland**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

**Entry Deadline: Saturday, October 12, 2013
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org**

2013 Tony Conyers Extravaganza

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



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

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

**Entry Deadline: Saturday, October 19, 2013
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org**

STRONG LIFE

THE FUSION OF FAITH & FITNESS

The Official On-Line Magazine for RAW Powerlifters
Volume 1, Issue 3
August 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). 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

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The advertisement features a dark background with a repeating pattern of the words 'STRONG LIFE' in a stylized, grey font. On the left, a barbell is shown with a large, stylized 'STRONG LIFE' logo in red and white. The central text is in a bold, red, distressed font. Below the text, there are images of various pieces of gear: a blue and red sock, a black knee sleeve, a black wrist/knee wrap, a blue lever belt, a green buckle belt, and a black bench belt. The website address is at the bottom in a red, distressed font.

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

STRONG LIFE

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The Official On-Line Magazine for RAW Powerlifters
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Justin Cruz and Bob Gaynor

Justin, a junior at West Shore Jr./Sr. High School in Melbourne, Florida, broke all four teenage records in the 16-17, 242s at the 2013 Orlando Athletics Challenge

ON THE COVER: EDITOR'S REVIEW

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

WHAT'S INSIDE

The August issue of **STRONG LIFE** is dedicated to Pat O'Brien, who went to be with our Lord on Friday, July 26, 2013. We wish Pat's family God's strength, and know in our hearts that he's pulling big weight at Lord's Gym!

“On the Cover” is Ken Morris, owner of Limitless Strength and Conditioning, showing what it means to be **TOTALLY STOKED** at the 2013 Orlando Athletics Challenge. Ken has been chasing the 1700 pound barrier for a while, and nailed a final pull of 700 pounds to take him over the top

with a 1725 pound finish; congratulations, brother!

The August issue also features a complete write-up of the 2013 Orlando Athletics Challenge, as well as articles by powerlifting legend Bob Gaynor and strength coach Alex Poptodorov. Dave Bates of Powerlifting Watch is featured in the “Power Leaders” section, and our contest staff from the Orlando Athletics Challenge is featured in the “Service” section. Zied “Zee” Hichri's new gym – Orlando Athletics – is the issue's featured training facility.



Mike “Shotgun” Francis pulling HUGE weight at the 2013 Orlando Athletic Challenge

And with our seventh annual Gary Gordon Memorial Armed Forces Championships just around the corner, here is an awesome

tribute to the brave men and women defending our freedom by the marching band at West Virginia University:

[Click here: 2011 West Virginia University Marching Band Armed Forces Salute - YouTube](#)

Thanks to everyone that scrolls through the August 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 \$75 for a full-page, color advertisement in ALL remaining issues this year. In other words, \$75 will get you a full-page advertisement for the October and December issues of STRONG LIFE! Just contact us at rawunitedinc@gmail.com or 321-505-1194 to get started.

Thanks, enjoy the reading, and God Bless,
Spero



Dr. Greg Pound with his record-setting pull at the 2013 Orlando Athletics Challenge!

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 Kat Fleming of Indialantic, Florida for sending us the August 2013 photo for *The Strong Shot*!



**After a heavy workout at the gym,
what girl doesn't want
to show off**

HER GUNS !!!

JESUS ZONE: A TRIBUTE TO OUR BROTHER, PAT O'BRIEN

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

**Written by STRONG LIFE Treasurer
Bill Beekley**

Our sport lost a lifting legend and a great man on Friday July 26, 2013, when Pat O'Brien went to train with our Lord!

Pat's lifting accomplishments are far too numerous to list in this letter but there are two that stick out in my mind. One would be an 800 pound deadlift at a bodyweight of 220 pounds. This was in the 1980's before deadlift suits or bars. The other would be a 365 pound deadlift at a bodyweight of 165 pounds at the 2013 Beau Moore Classic. A

normal 65 year old would be proud of this accomplishment but Pat was down to 165 bodyweight because he had been unable to eat solid food for nearly a year. Radiation treatments on his tumor had destroyed his salivary glands which left him unable to eat solid food for nearly a year; but Pat kept on training and competing. Still challenging his cancer, radiation, and chemo-ridden body, Pat was the embodiment of incredible will and drive!



Pat (right) with Ed Gillie back in the 1980s

This ferocious competitor had a flip side that was equally amazing as his lifting career. Anyone who was fortunate enough to know Pat off of the platform would immediately recognize that he was a genuine, kind, caring, and principled individual. After attending college and maturing into an outstanding collegiate wrestler, Pat spent 38

years as a middle school physical education teacher. And though he will be remembered as a compassionate educator, his greatest asset was his ability and passion in teaching our sport – an endeavor he continued until his final days. He was responsible for getting the legendary Beau Moore to begin his lifting career in the early 1990's, and was a big help

to me in coaching youth and the now famous deadlifting grannies! His kindness and

compassion were his most useful tools in this arena.



Pat inspired us all at the 2013 Beau Moore Classic

Not only our sport, but the world, is a little bit of a lesser place without Pat O'Brien. Our Lord has him now, and he is at peace and without pain. For that, I am happy.

John Wooden once said "nothing is stronger than kindness!" That IS Pat O'Brien. John Wooden also said "it is amazing what can be accomplished when no one cares who gets the credit for it!" Pat embodied these traits. Rest peacefully, my friend!



Bill Beekley serves as the Treasurer of STRONG LIFE as is the Head Coach of Bulldog Powerlifting and the Deadlifting Grannies

CALL FOR UNITY: A MESSAGE TO RAW LIFTERS, CONTEST DIRECTORS, & LEADERS

**“How good and pleasant it is when brothers live together in unity!”
Psalm 133:1**

I am very humbled to serve as President of both STRONG LIFE and R.A.W. UNITED. The lifters and families that I have met over the last 30 years have impacted my life in ways I could have never imagined. As lifters, contest directors, and federation leaders, I am sure many of you have had similar experiences.

One other thing we can all agree on is that raw powerlifting is something we all enjoy; the training, the meets, and, most importantly, the people, all make our sport very special. This is why Bob Gaynor, Bill Beekley, Paul Simmons, Shawn “Bud” Lyte, and I decided to publish STRONG LIFE magazine and offer it to the powerlifting community at no charge.

With that said, I want to encourage raw lifters, contest directors, and federation

leaders from all federations to support our efforts. It is not our intention or desire to simply promote R.A.W. United; we want STRONG LIFE to represent all raw competition taking place around the country.

And to “put our money where our mouth is,” I want to offer lifters the opportunity to send us pictures, training articles, and feedback. Contest directors can list your meets for free, send us results and pictures which we will feature in STRONG LIFE, and, most important, a FREE, full-page advertisement for both the October and December issues of STRONG LIFE. Finally, federation leaders can have a column in the “Chairmen’s Corner” section of each issue at no charge that conveys upcoming contests and/or general federation information. One more time:

RAW LIFTERS:

Send us pictures, training articles, and feedback

RAW CONTEST DIRECTORS:

List your meets with us for FREE, send us your contest results and pictures, and take advantage of our offer to run you a FREE, FULL-PAGE COLOR ADVERTISEMENT in the October and December issues of STRONG LIFE

FEDERATION LEADERS:

Send us a column conveying upcoming events, federation news, etc. for your federation to be published in the “Chairmen’s Corner” section of each issue of STRONG LIFE at no charge

To take advantage of these offers, please email me at spero@stronglife610.org or call me at 321-505-1194. Please join us in making STRONG LIFE a magazine for the entire raw community!



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



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

CONTEST REVIEW:
2013
ORLANDO
ATHLETICS CHALLENGE

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

For the fifth straight year, Zied "Zee" Hichri was a gracious host, affording us his gym once again for the 2013 Orlando Athletics Challenge. Zee is a strong supporter of drug-free, raw lifting, and is putting a team together at Orlando Athletics. Any Orlando-

based lifters looking for a place to train and an awesome group of men and women to train with can contact Zee at 407-913-2021 or at: zee@orlandoathletics.net. The gym is located at 2507 Silver Star Road in Orlando (32804). Thanks brother!



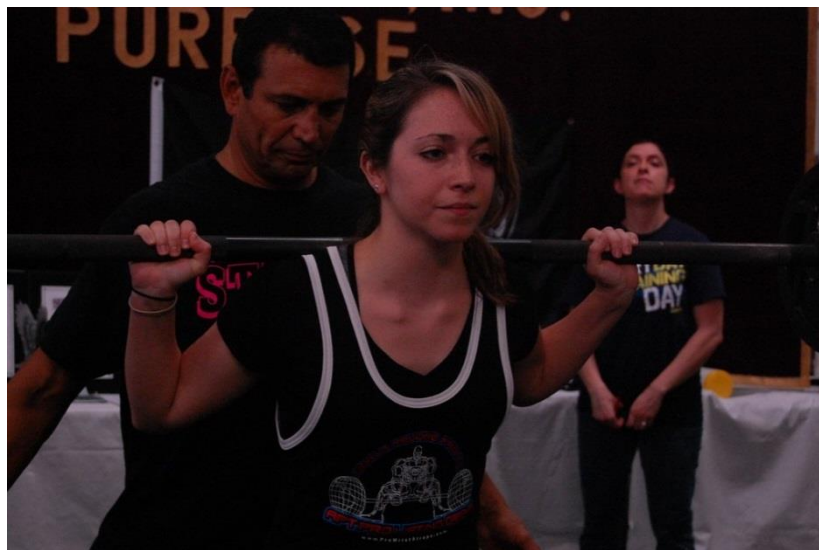
Danny Aguirre with Chelsea Almeyda (left) and Christa Bararella (right) at the 2013 Orlando Athletics Challenge

The ladies attacked the platform with a vengeance, shattering the record books and setting the stage for the 2014 Record Breakers Meet in January and the 2014 Women's Championships in July.

Megan Lee of Girls Gone Strong and Shannon Thompson of Orlando Barbell captured Best Lifter honors en route to their record-setting days. Megan (12-13, 88) nailed record lifts of 102, 65, and an easy 160 deadlift, while Shannon went 275, 130, and 300 to break all the records in the 20-24,

148s. Eleven year-old Caitlin Harrier, our featured lifter in the “Brains & Brawn” section, finished with an impressive 415 total on lifts of 115, 80, and 220 in the 114s. Caitlin’s 220 pound pull is the heaviest deadlift ever in the 10-11, 114s! Girls Gone Strong team captain Faryn Antenucci was flawless, going nine for nine and moving into the top of the teenage rankings in the 132s on lifts of 182, 92, and 230. Chelsea Almeyda of Gold’s Gym Fort Myers finished with a record-setting 590 total in the 132s; Chelsea and the girls from Gold’s Gym will be on the platform at the North American Championships in September. Dulcy Olson

of Girls Gone Strong continued to add to her top rankins in the 181s, finishing at 469. Dulcy has already surpassed her lifts in training, and is hoping to break records across the board at the North Americans. Kelly Hould and Elizabeth Steif traveled from Jacksonville to compete in their first meet with R.A.W. United and did not disappoint! Kelly went 215, 110, and 300, and Elizabeth rocked the platform, finishing with a 340 squat, 172 bench, and 375 deadlift. Elizabeth will be back on the platform at the North Americans, and is looking to breal the 400 pound barrier in the deadlift.



Christa Bararella of Gold's Gym Fort Myers in her R.A.W. United debut

Women's IRONMAN, NO BELT

77	10-11	Savannah Henderson	60	35	85	180
88	12-13	Megan Lee	102	65	160	327
97	12-13	Chloe Desantis	105	65	152	322
114	12-13	Allie Henderson	125	72	190	387
	20-24	Christa Bararella	130	60	150	340
132	16-17	Faryn Antenucci	182	92	230	504
	12-13	Brittany Barreiros	107	62	175	344
148	14-15	Briana Barreiros	147	72	205	424
181	14-15	Dulcy Olsen	162	80	227	469
	12-13	Brettany Murdock	145	80	202	427
198+	25-29	Elizabeth Steif	340	172	375	887



Best Lifter Shannon Thompson of Orlando Barbell taking 275 into the hole

Women's IRONMAN, BELT

77	10-11	Savannah Henderson	60	35	85	180
88	12-13	Megan Lee	102	65	160	327
97	12-13	Chloe Desantis	105	65	152	322
114	10-11	Caitlin Harrier	115	80	220	415
	12-13	Allie Henderson	125	72	190	387
	20-24	Christa Bararella	130	60	150	340
132	16-17	Faryn Antenucci	182	92	230	504
	12-13	Brittany Barreiros	107	62	175	344
148	20-24	Shannon Thompson	275	130	300	705
	14-15	Briana Barreiros	147	72	205	424
181	14-15	Dulcy Olsen	162	80	227	469
	12-13	Brettany Murdock	145	80	202	427
198	25-29	Kelly Hould	215	110	300	625
198+	25-29	Elizabeth Steif	340	172	375	887



Elizabeth Steif of Jacksonville squatting HUGE weight!

Women's RAW

77	10-11	Savannah Henderson	60	35	85	180
88	12-13	Megan Lee	102	65	160	327
97	12-13	Chloe Desantis	105	65	152	322
114	10-11	Caitlin Harrier	115	80	220	415
	12-13	Allie Henderson	125	72	190	387
	20-24	Christa Bararella	130	60	150	340
132	20-24	Chelsea Almeyda	205	120	265	590
	16-17	Faryn Antenucci	182	92	230	504
	12-13	Brittany Barreiros	107	62	175	344
148	20-24	Shannon Thompson	275	130	300	705
	14-15	Briana Barreiros	147	72	205	424
181	14-15	Dulcy Olsen	162	80	227	469
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198	25-29	Kelly Hould	215	110	300	625
198+	25-29	Elizabeth Steif	340	172	375	887

THE GIRLS OF GIRLS GONE STRONG:



Sisters Savannah (left) and Allie Henderson of Girls Gone Strong



Sisters Brittany (left) and Briana Barreiros of Girls Gone Strong



Megan Lee (left) and Chloe Desantis of Girls Gone Strong



Girls Gone Strong Team Captain Faryn Antenucci



Brittany Murdock (left) and Dulcy Olson of Girls Gone Strong



GIRLS GONE STRONG

MORE STRONG GIRLS:



Chelsea Almeyda (left) of Gold's Gym Fort Myers and Kellie Hould of Jacksonville, Florida



Shannon Thompson (left) of Orlando Barbell and Christa Bararella of Gold's Gym Fort Myers



Best Lifters Megan Lee (center) of Girls Gone Strong and Shannon Thompson of Orlando Barbell

Awesome lifting and camaraderie permeated the gym as the men took to the platform. Eleven year-old Nolan Harrier started things off, lifting strong in the 114s and finishing with a solid 245 pound total. Leland Goodwin hit big numbers in the 165s, nailing lifts of 335, 265, and 475. Al “The Legend” Annunziato shattered the Master’s record books in the 65-69, 165s, and eleven year-old

William Remley continued to boost his total on lifts of 235, 120, and 310. In the 181s, training partners Angello Noviello, Dustin Bledsoe, and Kevin Marotte battled it out in the 181s. Angelo finished on top, capturing Best Lifter honors and records across the board. Dustin finished second with a 1260 total and Kevin was right behind him at 1230.



Al “The Legend” Annunziato in a lighter moment at the 2013 Orlando Athletics Challenge



*From left to right:
Larry Dromerhauser, Angelo, Dustin, Kevin, and Leland*



*Dustin and his biggest fan on the left and going deep on the right
Leland taking it down below*



Nick Mavromates moved huge weight, going 485, 335, and 535 to take top honors in the 198s. Sean Rider and Justin Prince had a tight battle for second place, with Sean edging out Justin with respective totals of 1030 and 1020. Daniel Tinajero, who was nursing an injured shoulder, still managed to raise the bar in the record books on lifts of

600, 400, and 645 to capture both the 220 class and Best Lifter honors. Greg Prince, who was coming off elbow surgery, nailed a 585 squat before pulling a hamstring; Greg finished the day with a 1370 total. And congrats to Scott Simonson who nailed a 402 pound record bench to close out the 220s!



Greg Prince (left) and Nick Mavromates



Orlando lifter Dan Tinajero was flawless in the 220s

Mike Vasquez and Doug Cumbie had an awesome battle in the 242s, with Mike coming out on top with a 1410 total over Doug's 1380 total; Mike's strong squat (500) and bench (385) were able to hold off Doug's 610 pound deadlift. Master lifter Larry Bucchioni set records across the board en route to his 1130 total, and teenage lifter Justin Cruz broke the teenage records in the 16-17s with record lifts of 280, 205, and 405. Limitless Strength & Conditioning owner Ken Morris overcame the 1700 pound barrier, finishing at 1725 on lifts of 600, 425, and 700. Team member Erik Stepelton finished at 1295, and Mike "Shotgun" Francis and Jeremy Bennett battled it out in the

push/pull. Mike went 375 and 700 for a 1075 total, and Jeremy went 450 and 620 for a 1070 total. Finally, teammates Matt Karparis (30-34, 308) and Doug Rawnsley (40-44, SHW) competed unopposed but moved big weight nonetheless. Matt went 525, 475, and 700 and Doug posted lifts of 605, 475, and 550.

Congratulations to all the lifters that competed at the 2013 Orlando Athletics Challenge, thanks to all their friends and family for supporting them, and a special thanks to Zee for hosting the event and making everyone feel so welcome!



Larry Bucchioni donned the "Old School" singlet and nailed Master's records across the board



Matt Karparis taking it deep



Chris McDermott, Doug Rawnsley, Mike Vasquez, and Matt Karparis



IN THE MOMENT

Ken Morris of Limitless Strength & Conditioning breaks the 1700 pound barrier with this 700 pound deadlift, and Ken receiving Best Lifters honors shortly thereafter

Thanks to Sir Charles Venturella for the AWESOME plaques, Best Lifter sculptures, and Team cups; to Brigid and the folks at Sandpiper Sportswear for the AWESOME contest shirts; and Mike Roebuck of Good Impressions for the contest certificates!

More thanks to Shawn "Bud" Lyte for the AWESOME contest photos, website updates, and support of R.A.W. United. Thanks brother!

Even more thanks to Carmen and Danny Aguirre, Loma Amore, Bill Beekley, Larry

Dromerhauser, Bob Gaynor, Tom and Crash O'Donnell, Larry Russell, and everyone else who helped out judging. And to Bill Beekley, Pete Classon, Justin Cruz, Larry Dromerhauser, and everyone else who helped out spotting and loading. Thanks!

Finally, and most important, thanks to the brave men and women that selflessly put themselves in harm's way that we may live in the greatest country on earth! And to our Lord and Savior Jesus Christ for His unfailing love for each of us!



Men's IRONMAN, NO BELT

198	25-29	Sean Rider	325	240	465	1030
242	60-64	Larry Bucchioni	370	250	510	1130
	16-17	Justin Cruz	280	205	405	890
	30-34	Andrew Cumbie	485	-	565	-
	20-24	Adam McGee	465	-	565	-

Men's IRONMAN, BELT

97	10-11	Nolan Harrier	85	50	110	245
165	25-29	Leland Goodwin	335	265	475	1075
	20-24	Mario Colapella	285	165	405	855
	75-79	Bill Tinkler	-	210	275	485
181	20-24	Angelo Noviello	420	360	562	1342
	20-24	Kevin Marotte	420	270	540	1230
198	25-29	Sean Rider	325	240	465	1030
	30-34	Justin Prince	335	235	450	1020
220	18-19	Austin Cooper	315	290	450	1055
	45-49	Scott Simonson	-	402	-	-
242	60-64	Larry Bucchioni	370	250	510	1130
	16-17	Justin Cruz	280	205	405	890
	40-44	Greg Pound	45	45	555	-
	30-34	Andrew Cumbie	485	-	565	-
	20-24	Adam McGee	465	-	565	-
275	25-29	Ken Morris	600	425	700	1725
	25-29	Erik Stepelton	455	315	525	1295
	50-54	Chris Harris	-	315	-	-

Men's RAW

114	10-11	Nolan Harrier	85	50	110	245
123	16-17	Patrick Hemond	-	130	270	400
165	25-29	Leland Goodwin	335	265	475	1075
	65-69	Al "The Legend" Annunziato	285	235	475	995
	20-24	Mario Colapella	285	165	405	855
	10-11	William Remley	235	120	310	665
	75-79	Bill Tinkler	-	210	275	485
181	20-24	Angelo Noviello	420	360	562	1342
	25-29	Dustin Bledsoe	420	315	525	1260
	20-24	Kevin Marotte	420	270	540	1230
198	20-24	Nick Mavromates	485	335	535	1355
	25-29	Sean Rider	325	240	465	1030
	30-34	Justin Prince	335	235	450	1020
	25-29	Jesse Shelton	-	315	375	690
	50-54	Al Laporte	375	-	475	-

220	25-29	Daniel Tinajero	600	400	645	1645
	40-44	Greg Prince	585	285	500	1370
	30-34	Jason Pruitt	385	335	550	1270
	40-44	Chris McDermott	350	260	520	1130
	18-19	Austin Cooper	315	290	450	1055
	30-34	Cranford Roberts	-	365	470	835
	45-49	Scott Simonson	-	402	-	-
242	30-34	Mike Vasquez	500	385	525	1410
	35-39	Doug Cumbie	445	325	610	1380
	60-64	Larry Bucchioni	370	250	510	1130
	16-17	Justin Cruz	280	205	405	890
	40-44	Greg Pound	45	45	555	-
	30-34	Andrew Cumbie	485	-	565	-
	20-24	Adam McGee	465	-	565	-
	55-59	George Morning	-	-	455	-
275	25-29	Ken Morris	600	425	700	1725
	25-29	Erik Stepelton	455	315	525	1295
	25-29	Kyle Paulhus	355	355	405	1115
	50-54	Mike "Shotgun" Francis	-	375	700	1075
	35-39	Jeremy Bennett	-	450	620	1070
	50-54	Chris Harris	-	315	-	-
308	30-34	Matt Karparris	525	475	700	1700
SHW	40-44	Douglas Rawnsley	605	475	550	1630



Douglas Rawnsley going deep at the 2013 Orlando Athletics

MORE PICS:



The Remley Clan



Sometimes the young ones just can't hang!



Good times!



Tom O'Donnell, The Bug Man, serving the troops!



Danny, Larry, and Bob



Thanks Petel!



Robbie and Bill



George, Bob, and Bill



The Shotgun!



Justin Cruz

LIFTING WITHOUT LIMITS: JON STOKLOSA

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

Jon Stoklosa is a young man that does not let the word "disability" enter his vocabulary. And with the addition of our Lifting without Limits Championships, a contest for lifters of

all ages with physical and/or cognitive challenges, we wanted to showcase one of the nation's most inspiring young men, Jon Stoklosa.



Jon moving big weight in the bench

To date, Jon's top lifts are 440 in the squat, 402.3 in the bench, and 440 in the deadlift, and he competes in the 30-34, 220s. He is currently training for the UPA Iron Sport Power Frenzy on November 16 in Glenolden, Pennsylvania. For more information on the meet, contact Kate Baird at 302-381-0040 or at powerfrizzy@gmail.com.

Since my words will likely not do Jon justice, his dad, Hank, was gracious enough to send me two news clips that feature Jon's accomplishments. Take a look and be inspired!

<http://www.delawareonline.com/article/20130806/HEALTH/308060020/Born-Down-syndrome-Newark-man-wins-respect-powerlifting>



Jon competes at both small and large events

The Lifting without Limits Championships will take place on Friday and Saturday, April 25-26, at Lifepoint Church in Palm Bay, Florida. The meet is being run in conjunction with our inaugural Pat O'Brien

Memorial Master's Championships, and we encourage lifters of all ability levels to participate! Here's the second news clip featuring Jon:

<http://www.cbsnews.com/video/watch/?id=50154065n%3Ftag%3Dfacebook>

Jon is hoping to make it down south for the Lifting without Limits Championships; no doubt he will inspire us all!



TRAINING FACILITY FEATURE: ZIED HICHRI'S ORLANDO ATHLETICS



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

Zied "Zee" Hichri is a personal trainer, athletic conditioning coach, and nutritionist that has learned to balance work, powerlifting, and family. His new facility, Orlando Athletics, is a warehouse of power, loaded with equipment to suit any athlete's needs. And the conversion from his former

facility, Universal Power & Fitness, has enabled Zee to focus more on personal training and family. "Orlando Athletics is a smaller facility, and I am now better able to spend more time with Tonya and Zyden while focusing on greater quality time with individual lifters at the gym."



Zee with his wife, Tonya, and their two-year old son, Zyden

When Universal Power & Fitness opened in 2007, it quickly became known as Orlando's top powerlifting gym. With the help of long-time training partner and friend, Mike Francis, Zee introduced over 400 members to the world's strongest sport, and many joined the UPF team and competed. "We formed a very strong and versatile team that broke many state, national, and world records. Today we have a different facility but the mission is the same – raw and drug-free powerlifting."

Today, Zee and Mike train athletes ranging in age from twelve to eighty-four, covering a variety of training styles as well as differing fitness levels and goals. Last month they introduced their new members to powerlifting at the gym's fifth annual contest sanctioned by R.A.W. United (originally called the UPF Challenge, it has now become the Orlando Athletics Challenge). "We are now working on starting a new team that will represent Orlando Athletics at future competitions."



Mike "Shotgun" Francis going huge at the 2013 Orlando Athletics Challenge

Orlando-based lifters that would like to get involved with the team can contact Zee at 407-913-2021 or at zee@orlandoathletics.net. The gym is located at 2507 Silver Star Road in Orlando (32804).

"Mike and I have extensive knowledge in competitive powerlifting. We only ask that interested lifters be drug-free, come in with a positive attitude, be respectful, and willing to be part of a team. The training sessions will run two to three days per week, and we will train team members at no cost; all members, however, pay a monthly fee of \$39.99. We are powerlifters at heart, and are excited to get a strong team together so we can start training, competing, and breaking records!"

In addition to powerlifting, Orlando Athletics offers training in other genres, to include weightlifting, crossfit, and boot camp. "I believe that every lifter is different and no single style of training is perfect. That is why we customize training routines based on the individual's needs and goals." With that said, Zee utilizes the Russian Peak as his mainstay. "I like it because it helps lifters build a strong foundation and consistently increases their totals by thirty to forty percent. Tristan Norman increased his squat from 465 to 550, his bench from 385 to 425, and his deadlift from 585 to 635. Vickie Iliff improved her deadlift from 225 to 285, and Robert Meade increased his total by 245 pounds!"

In May 2012, Zee had the opportunity to compete in a Guinness World Record Event that afforded him the opportunity to break the world record for the most deadlifts in one

minute. The existing record was 10,300 pounds; Zee pulled 319 pounds for 34 reps in sixty seconds, good for 10,846 pounds and a new world record!



The dumbbell rack at Orlando Athletics

“I would like to thank Spero and the R.A.W. United family for their hard work to ensure a

successful meet every time they come to our gym!”



Orlando Athletics: A Warehouse of Power!

2013 North American Championships

Friday & Saturday, September 13-14, 2013

Sanctioned by R.A.W. United



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

**DOWNLOAD THE CONTEST ROSTER & SCHEDULE
OF EVENTS AT:**

www.StrongLife610.org/r-a-w-united

**Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org**

POWER LEADERS: DAVE BATES OF POWERLIFTING WATCH

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

Most sports publications focus on the accomplishments of star athletes and, unfortunately, their shortcomings as well. As with most sports, however, it is what happens “behind the scene” that truly keeps the world’s strongest sport growing.

Dave Bates, an evening manager at a local grocery store in Tampa, Florida, also serves

as the Operations Manager our sport’s most informative website, Powerlifting Watch (www.powerliftingwatch.com). The website is designed to give competitive strength athletes the ability to search for upcoming contests, learn about recent competitions, and how lifters rank against each other in the many genres that have found their way to the competitive platform.



Like most power leaders, Dave Bates makes a living as an evening manager at a local grocery store in Tampa, Florida, and spends numerous hours in his off-time promoting the world’s strongest sport

“We want to keep improving the lifter rankings for athletes that train so hard to make the list. Over 70% of our readers have asked us to separate the rankings into four classifications: raw, raw with wraps, single-ply, and multi-ply. We have recently added a new feature to our rankings section so that lifters can search their meet results. This way, lifters can track their progress from year to year. In addition, we now have

enough results compiled that we have added master’s rankings for lifters over forty years of age. If you have not joined the ranks, you can do so at: <http://www.powerliftingwatch.com/yearly-rankings>.”

In addition to his work at Powerlifting Watch, Dave also train’s many of the nation’s top lifters. “I have worked on and off with many

lifters over the years. Most contact me when they want to try some of Boris Sheiko's programs. What I have done is scaled them back so that any lifter can utilize them. We have created a forum to answer questions regarding training routines at: [http://bmf sports.proboards.com/index.cgi?board=sheiko.](http://bmf sports.proboards.com/index.cgi?board=sheiko)"

In this regard, I can applaud Dave's efforts from a personal level. When I returned from

Afghanistan I had suffered physical injuries that included permanent nerve damage in my left groin and permanent shoulder damage resulting from a fractured clavicle. Dave created a Sheiko routine for me and my lifts have steadily increased since returning home. He worked with me again and helped me design the Sheiko program that my team, Girls Gone Strong, utilizes. His dedication to ALL lifters, not just the elite, is both impressive and unique; thanks brother!



RAW Unity Meet director Eric Talmant has worked closely with Dave for several years

Dave is planning to take some time in the near future to visit the PowerSports Academy in Davie, Florida to work with RAW Unity director Eric Talmant and other lifters. "Basically, I want to observe their technique, then do some science voodoo using my Tendo unit and my GymAware unit. These are the tools of my coaching trade." For more information, check out these links:

<http://store.sorinex.com/Tendo-Weightlifting-Analyzer-p/t-2.htm>

<http://store.sorinex.com/gymaware-p/gymaware.htm>

With regard to Powerlifting Watch, Dave said "I was given the opportunity and I ran with it. I felt I could make a difference." That's what it's all about – service! And that is why we here at STRONG LIFE applaud leaders like Dave Bates for their tireless work in promoting our great sport!

Dave would also like to thank "the powerlifting community for continuing to support www.powerliftingwatch.com. I greatly appreciate it!"



MANY THANKS TO

**DAVE BATES & JOHNNY
YASQUEZ**

OF

www.powerliftingwatch.com

FOR THEIR SUPPORT OF

STRONG LIFE

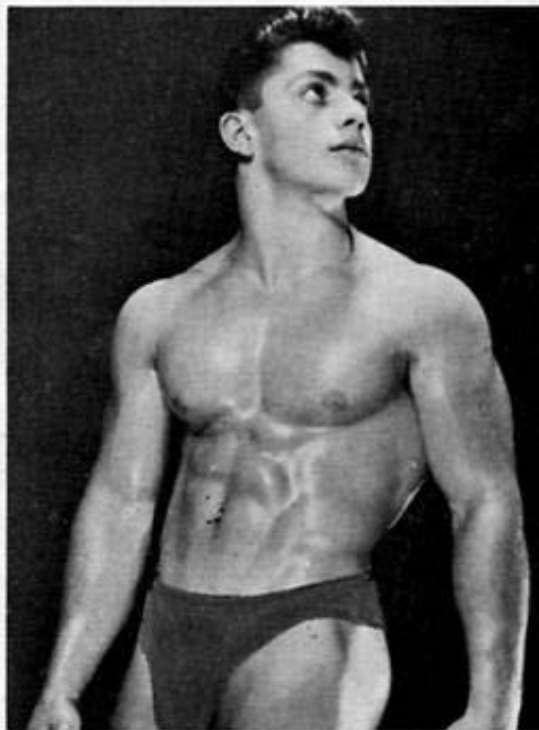
OLD SCHOOL: THE HISTORY OF POWERLIFTING, PART 2

Written by **STRONG LIFE** Treasurer Bob Gaynor

In the 1950's there still were not any sanctioned competitions, but there were contests. The Bench Press was gaining popularity. The narrow upright bench was in most health clubs and YMCA's. It was at least 1970 before all meets had wide upright benches. I competed in a sanctioned lifting meet in the late 1960's that used a narrow upright bench.

In the early 1950's a lifter from New York, Marvin Eder, began to work towards his goal

of benching 500 pounds. Marvin's early benching was done in the pullover style. He benched close to 500 pounds on a bench about six inches from the floor and legs extended out. John Terpak Sr., who ran the York Barbell Company for many years, told me of a remarkable feat of strength Marvin Eder performed. Marvin could hold his arms straight out in front of him and let a 170 pound man do dips between them.



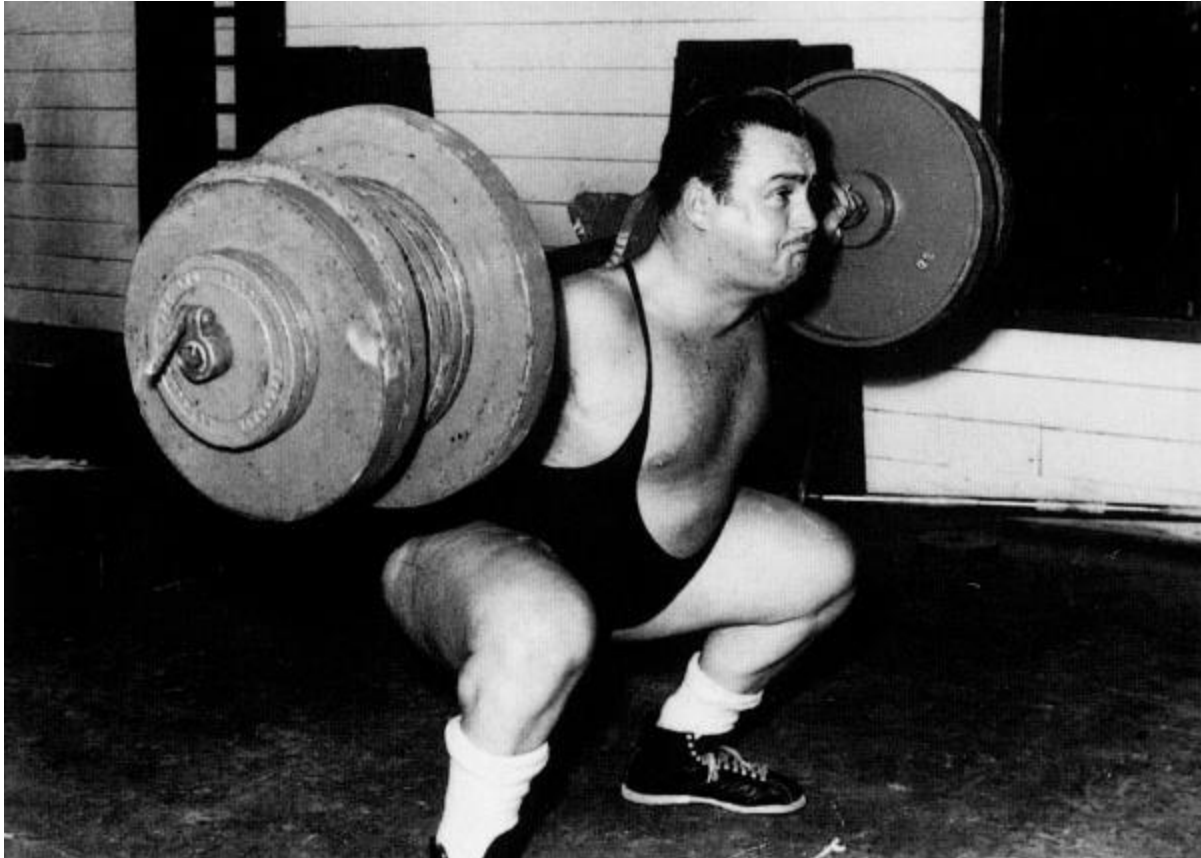
BEFORE In this picture, taken at around 16 years of age, Marvin shows good shape and potential but nothing like the giant of power and muscularity that Forced Reps training later made of him.



AFTER The end result! Marv just radiates brute power in this picture, and he's every inch as strong as he looks, having done 360 Olympic Press, 500 Bench Press, 540 Floor Press and Alternate Strict Curls with 100-pound dumbbells.

Doug Hepburn continued to push the bench press higher. He was the first to make 500 pounds. He actually attempted 600 pounds in 1956, but missed and injured his shoulder

to the degree that it ended his heavy bench pressing. Doug did most of his training with his feet on the bench or up in the air. It was a true test of upper body strength.



Doug Hepburn could squat, too!

In the late 1950's Pat Casey came on the scene. He did his first 400 pound bench in 1957 at seventeen years of age. That was only the beginning for Mr. Casey.

The squat, and who could squat the most weight, continued to draw interest throughout the 1950's. There is no exact record, but in the 1940's 600 pounds was the accepted best.

In the early 1950's, Doug Hepburn and Paul Anderson continued to push this number higher. Both were big men and credited the squat for much of their size. In the early 1950's Hepburn did a 760 pound squat with

no wraps or squat suit. In 1953, Anderson did 765 pounds and it took off from there. Anderson did some remarkable things, but his two week performance in Reno in 1957 may have been the most remarkable. Performing at a show three times per day, Paul squatted with an apparatus holding 7,500 silver dollars that weighed approximately 1,100 pounds. He did this three times per day for two weeks. My old training partner, and one of the greatest powerlifters of all time, John Kuc, saw Paul squat 800 pounds for eight reps in the mid 1960's. John said the squats were parallel, but the most amazing thing was that no one saw Paul do any warm-ups at all.



Paul Anderson performed squat lockouts from a hole in the ground.

Where and when the first powerlifting contest took place is difficult to determine. Leo Stern of California claims to have held a powerlifting contest in 1948. He continued to hold these meets through the 1950's. This is where Bill "Peanuts" West, Len Ingro, Pat Casey and that group got their start.

Texas, Pennsylvania, Massachusetts and Missouri were also holding meets. Bill Clark was promoting Odd Lift Meets and keeping records. He held the Heart of America Power Festival each year in Columbia, Missouri.

Jim Messer of the Holy Savior Club in Norristown, Pennsylvania was holding a couple of meets per year. Jim Witt of Texas was doing the same. Jim would later become the first Chairman for powerlifting.

The meets varied somewhat depending on where they were held. The benches usually required a two second pause on the chest. The squat depth varied from area to area, but everyone required deep to very deep squats. The idea of wraps and supportive gear had not gained popularity at that time.



Bill Clark doing some old school lifting!

It was the late 1950's that Peanuts West opened the legendary Westside Barbell Club in the garage behind his home in Culver City,

California. Peanuts got his name not from his size, but from the fact that at one time he consumed large quantities of peanuts.



*The Good Old Days!
Bill "Peanuts" West and his gym buddies*

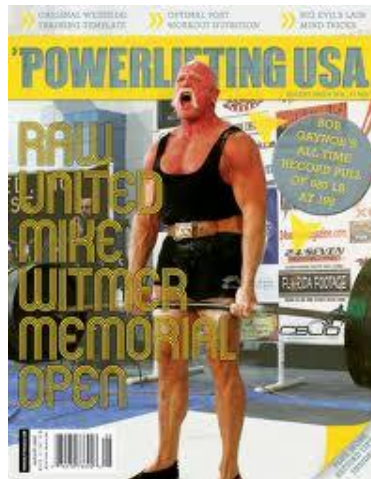
In the late 1950's the A.A.U. agreed to keep official records, but it was very difficult to do when the meets were not sanctioned.

Names that are familiar to most are Perry Rader, owner of IronMan Magazine and Bob Hoffman, founder of York Barbell, battled over powerlifting. Perry was 100% for powerlifting and Mr. Hoffman took the opposite side. There are many who

struggled to have powerlifting accepted by the A.A.U., but Perry was one of the few insiders to do so.

There was a Deadlift Championship held in 1959. That was probably the first single lift contest ever held.

Good things began to happen in the 1960's, and we will cover that in future articles.



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 Gary Gordon Memorial Armed Forces Championships

Friday & Saturday, September 13-14, 2013

Sanctioned by R.A.W. United



FREE CONTEST FOR ALL ARMED FORCES PERSONNEL & VETERANS!

Hosted by Girls Gone Strong

Lifepoint Church * Palm Bay, Florida

DOWNLOAD THE CONTEST ROSTER & SCHEDULE OF EVENTS AT:

www.StrongLife610.org/r-a-w-united

Meet Director: Spero Tshontikidis

More Information: 321-505-1194 or spero@stronglife610.org

THE TRAINING TABLE: JOINT HEALTH USING NATURAL METHODS, PART I

“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

How many times have you gotten all jacked up and excited for a workout only to be let down with joint pain and inflammation either during the workout or within days after? This causes a subconscious anxiety that takes the “enjoyment” out of working out. I know because I fought for a while with joint pains, aches and low levels of constant pain. Many lifters rely on the lotions, bengay rubs, creams and over the counter anti-inflammatories (if not worse things) such as ibuprofen, acetaminophen and aspirin to combat the inflammation and discomfort. It becomes a vicious cycle of working out and then “paying for it”. You rinse/repeat and begin the cycle all over. I embarked on my own journey to finding a natural, healthy way of protecting and caring for my joints so that I could continue to enjoy and thrive at my sport.

If you are an avid car collector or “baby” your car, let’s use this as an example. Your joints are your car: the better you care for them, nourish them with proper nutrition and supplements the longer they will last you. Eventually, if cared for properly they will still be shining and new as an “antique.” Basically, as you age (which is a natural part of life) you will still be able to do what you love, hit your lifts and enjoy pain free workouts, which are what it’s all about.

However, if you keep “masking” the problem and treating the symptoms, it is only a matter of time before your joints no longer work for you. Eventually, you will say goodbye to your workouts and these will become the “good ol’ days.” I don’t want to discourage you but rather encourage you to not only seek the time in the gym and focus on your lifts, but to focus on post workout joint rehab

and nutrition. If done properly, you will have many more years of time in the gym and lifting ahead.

This will be a 3 part series to joint health where I cover supplements (Part 1), trigger point therapy and releasing for joints (Part 2), and customized nutrition for joints (Part 3). At the end of this series it is my hope that you will have a protocol set in place to help you advance your lifts, increase your joint health and reduce inflammation and above all to enjoy pain free workouts! No one wants anxiety leading up to or after training.

Let’s start by covering NSAID’s which are non-steroidal anti-inflammatories. These are the acetaminophens, ibuprofens and aspirins which appear to have an unrecognized “dark side” including but not limited to damage of cardiovascular health, as well as kidney and/or liver damage. The NSAID’s (particularly acetaminophen) is the #1 cause of liver failure and liver related visits to the ER. Not to mention, by masking the pain these medicines PREVENT the proper healing and repair of the connective tissue. These block and do not allow the proper cellular matrix realignment and regeneration to occur in the tendons. You may temporarily relieve your pain but not without a price.

Another part to improving joint health is PROPER supplementation, which reduces and modulates proper inflammation response and helps you to build up the structure of your joints and connective tissues. This is why it is key to find a healthy long-term solution that directly addresses the root cause of the problem and offers a life-long lasting solution.

Below is a protocol that I have used successfully over the past 8 years with myself as well as our clients over the past

decade. The following ingredients when combined properly are a powerful formula that can work wonders.

SUPPLEMENTS:

- *Curamin Extra strength by Terry Naturally**
- *Zyflamend by New Chapter**
- * Healthy Knee and Joint formula by Terry Naturally**
- *Whole Mega by New Chapter**
- *Perfect Immune Multi by New Chapter**

TIMING/DOSING:

3 capsules of Curamin

3 capsules of Zyflamend

3 capsules of Healthy Knee and Joints

On non-training days take the above 3 items first thing in the morning on an EMPTY stomach or at night. On training days take in the morning on an empty stomach as well as before and after a workout on an EMPTY stomach).

3 Whole Mega Fish Oils – take any time of day with or without food.

3 Perfect Immune Multi- can be taken any time of day with or without food.



Please keep in mind, these are highly concentrated whole food based supplements, not your standard pharmaceutical medications; therefore, the dosing is going to be higher. This is why dosing and timing is essential. Many people write off natural supplements, however, the issue is really failing to use them properly.

In addition, taking some of these supplements on an empty stomach is a must because a lot of them compete for absorption with certain amino acids and/or other minerals present in food, particularly processed foods.

Last, be patient, even though the pain relieving aspects of the supplement are usually noticeable right away, it can take up to 3-4 weeks for the full effect to take place. Remember, the ultimate goal here is not only permanent pain relief, which does not rely on pharmaceuticals, but permanent joint health as well.

Give the above protocol a well-deserved try and reconsider employing this natural method into your training arsenal.

If you have any questions regarding this article please email me at aandawellnessS@gmail.com.



In Health,
Alexander M. Poptodorov, NSCA-CPT, NASM-CPT, USAW Coach II
aandawellnessS@gmail.com

Alex is a fitness professional and nutrition expert



BRAINS & BRAWN: YOUTH LIFTER CAITLIN HARRIER

“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



Larry Dromerhauser with Caitlin and Nolan Harrier at the 2013 Orlando Athletics Challenge

At just 12 years old, Caitlin Harrier is one of the sport's strongest youth athletes. A seventh grader at Narcoosee Middle School in St. Cloud, Florida, Caitlin has been training under the guidance of her dad, Tom

Harrier, for just over two years. To date, her best lifts are 130 pounds in the squat, 80 pounds in the bench, and 220 pounds in the deadlift.

CHECK OUT CAITLIN'S RECORD-SETTING VIDEOS:



Caitlin's 80 lb BP, July 2013.mpg



Caitlin's 220 DL.MPG

Caitlin trains three days per week; squats on Monday, bench on Wednesday, and deadlifts on Thursday. "None of my workouts last more than 25 minutes. My dad doesn't believe kids my age need to train a lot of sets. He says, 'Quality over Quantity.'"

Caitlin's routine consists of four sets on squat day, five sets on bench day, and four sets on deadlift day. These sets are made up of three warm-up sets and a work set of 7-9 reps. Four weeks out from a contest, Caitlin adds an additional set of 3-4 reps.



Caitlin setting up for a record-breaking squat at the 2013 Orlando Athletics Challenge

Caitlin is currently training for the 2013 Gary Gordon Memorial Armed Forces Championships / North American Championships. "This cycle, my dad has added a final set of maximum weight so I can adjust to the heavier weight. My most recent bench workout was 73 x 5, 73 x 5, 73 x 8, then 85 for a double negative. I actually did it for one rep easily; dad said I 'smoked it.'"

Caitlin's short-term goal is to pull a 300 pound deadlift before she turns thirteen. STRONG LIFE applauds Caitlin's dad, Tom, for her long-term goal: "to continue to be the best I can be, as long as I enjoy it. Dad says he wants us (Caitlin trains with her brother, Nolan) to lift because we enjoy it and have fun doing it, which is another reason he keeps our workouts short."

According to Caitlin, powerlifting has helped her confidence. "I think it's neat when my

teachers and classmates recognize my accomplishments. Nolan and I have both won for world championships and were able to set several world and national records. We've been written up in the school newspaper and that was pretty awesome!" Pretty awesome, indeed!

Caitlin and Nolan have traveled and competed in New Orleans, Los Angeles, Dallas, and Richmond. The brother-sister duo is hoping to compete at the recently scheduled Youth Championships sanctioned by R.A.W. United in April 2014. "I love powerlifting and would like to see more kids get involved. One of the best things I like about it is making new friends and seeing them again at competitions. Everyone always seems to be so encouraging and I don't see that in too many other sports. I'd like to thank my dad for coaching us and my mom for cheering us on!"



APPAREL GIFTS ACCESORIES



MOUSEMATS



KEYCHAINS



NECKLACES



WWW.EOSPORTSGEAR.COM

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 Michael "Shotgun" Francis of Orlando, Florida for sending us the August 2013 photo for *The Strong Shot*!



BOOM!

When the earth shakes
BEFORE
the bar hits the floor,

BOOM!

"The Shotgun"
is on the platform!

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

2013

SEPTEMBER 2013

September 13-14
North American Championships * R.A.W. UNITED
Lifepoint Church * Palm Bay, FL
Entry deadline: August 24
Meet Director: Spero Tshontikidis
Contact info: spero@stronglife610.org * 321-505-1194

SEPTEMBER 2013

September 13-14
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: spero@stronglife610.org * 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: spero@stronglife610.org * 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: spero@stronglife610.org * 321-505-1194

2014

JANUARY 2014

January 25-26

RAW RECORD BREAKERS MEET * R.A.W. UNITED

Westchase Recreation Center * Tampa, FL

Entry deadline: January 04

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

APRIL 2014

April 12-13

Men's & Women's Teenage Championships * R.A.W. UNITED

Ages 14-19

Westchase Recreation Center * Tampa, FL

Entry deadline: March 22

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

April 12-13

Boy's & Girl's Youth Championships * R.A.W. UNITED

Ages 13-Under

Westchase Recreation Center * Tampa, FL

Entry deadline: March 22

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

April 25-26

Pat O'Brien Memorial Men's & Women's Master's Championships * R.A.W. UNITED

Ages 40-Above

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, April 05

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

April 25-26

Lifting without Limits Championships * R.A.W. UNITED

Open to disabled athletes of all ages

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, April 05

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

MAY 2014

May 24-25

Mike Witmer Memorial Florida State Championships * R.A.W. UNITED

Westchase Recreation Center * Tampa, FL

Entry deadline: May 03

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

JULY 2014

July 19

Maria Bucchioni Memorial Women's Championships * R.A.W. UNITED

Open to women of all ages

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, June 28

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

SEPTEMBER 2014

September 20

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

FREE Contest for active duty personnel, reservists, guardsmen, and veterans

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, August 30

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

September 27-28

North American Championships * R.A.W. UNITED

Westchase Recreation Center * Tampa, FL

Entry deadline: Saturday, September 06

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

NOVEMBER 2014

November 08

Tony Conyers Extravaganza * R.A.W. UNITED

Westchase Recreation Center * Tampa, FL

Entry deadline: Saturday, October 18

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

November 15

Southern States Push/Pull * R.A.W. UNITED

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, October 25

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194



CHAIRMEN'S CORNER: ALL FEDS

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

R.A.W. UNITED

NEW MEETS:

In response to our growth in the last two years and the positive response received since the inception of STRONG LIFE, R.A.W. United is adding new meets to the 2014 powerlifting season and would like to encourage raw contest directors across the country to join our team!

The 2014 season will include the **RAW Record Breakers Meet** on January 25-26 at Westchase Recreation Center in Tampa, Florida. The contest drew 142 last year and numerous all-time world records were broken. Australian National Champions Matt van Beuningan and Brad Humble have already secured their slots to return, and several Florida-based teams will be returning to battle it out for the top spot!

On April 12-13, we will be hosting our first **Youth and Teenage Champions** at Westchase. Youth lifters (13-Under) and teenage athletes (14-19) from across the nation are invited to compete. The contest will offer awesome awards and focus on the future of our sport.

Two weekends later, we will move south to Lifepoint Church in Palm Bay, Florida for our inaugural **Pat O'Brien Memorial Master's Championships** on Friday and Saturday, April 25-26. In addition, we invite disabled athletes of all ages to compete in the **Lifting without Limits Championships**.

Following our annual **Mike Witmer Memorial Florida State Championships** at Westchase on May 24-25, we have scheduled our first **Maria Bucchioni Memorial Women's Championships** on Friday and Saturday, July

18-19, at Lifepoint Church. Our female membership and participation has exploded in the last year, and we want to give the ladies a meet of their own!

Finally, in September we will run our annual **Gary Gordon Memorial Armed Forces Championships** as a stand-alone meet for the first time on Saturday, September 20 at Lifepoint Church. As we have done for the past seven years, the contest will be FREE for all active duty personnel, reservists, guardsmen, and military veterans. The following weekend (September 27-28) we will host our **North American Championships** at Westchase as a stand-alone contest as well. The response for both events has grown each year, and we are STOKED to offer both next year!

MEET DIRECTORS:

In addition to adding new contests to our schedule in 2014, we would also like to encourage meet directors from throughout the United States to join us! As part of our recruitment package, we do not charge a sanctioning fee, will work with you to obtain venue insurance, will fly out and support you if necessary, and will afford you a free, full-page advertisement in STRONG LIFE for your inaugural contest. Interested contest promoters can contact us at spero@stronglife610.org or at 321-505-1194. Thanks!

Moreover, we also want to encourage raw meet directors from all federations to list your meets in STRONG LIFE. There is no charge for doing so, and we will also afford you discounted advertising rates for full-page, color advertising space in the magazine. Please contact us at spero@stronglife610.org or at 321-505-1194 to reach more lifters. Thanks!

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YOUR MEET / BUSINESS
ADVERTISEMENT!**

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\$75.00

FOR THE REST OF THE YEAR!

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AD IN THE OCTOBER &
DECEMBER ISSUES OF**

STRONG LIFE

FOR JUST \$75.00!

Contact Us At:

spero@stronglife610.org

**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 July 15, just two days after the Orlando Athletics Challenge, I received a letter from Masters Champion Larry Bucchioni. I wanted to share it with you in the “Praise” section because it embodies why we started R.A.W. United and STRONG LIFE and what we’re all about:

Dear Spero,

It was 24 years ago today that my wife, Maria, and I competed in our second IPA meet of yours in Maryland. We had been at your Nationals a few months earlier in Gaithersburg, and I still have the video of that meet. We both truly enjoyed your Push/Pull North Americans on 7/15/89, which took place in your high school football stadium as we lifted on a platform laid on the running track. It still remains as the most fun meet I’ve ever been in! Even my little boy (now 33 years old) enjoyed the meet as he played with your beagle, “Buddy,” and worked at keeping the dog off the platform while lifts were being attempted!

You gave Maria a nice “shout out” in your follow-up article in Powerlifting U.S.A. as she went six for six and a nice 315 pound deadlift.

In 2006, I lifted in Al Siegel’s ADAU Nationals which were held in my old hometown in upstate New York. The meet was fifteen years exactly after Maria’s passing and was held in the high school that I used to teach and coach at. Furthermore, that site looks over the cemetery where she is buried. You can actually see her stone from outside the gym. I had to compete on that day! Big Al gave a touching tribute to Maria prior to the start of the meet and dedicated it to her. He then had the loaders put 365 pounds on the bar and deadlifted it in her memory! 365 represented her best ever deadlift.

That is why I took 365 for my first attempt at the Orlando meet this past Saturday. It was to honor her memory!

Thank you for all you’ve done for me, Maria, and THOUSANDS of others.

I’m hoping that the attached newspaper article may inspire you as you have inspired thousands of others!

Sincerely, your Big Bro, Larry B.

After reading Larry’s letter and the article, and remembering Maria, the push/pull at Bullis, Buddy running around the track, Big Al Siegel, and coming full circle to the meet at Zee’s new gym in Orlando, the rush of emotion was pretty overwhelming. And it is in moments like these that we realize that it’s not about powerlifting, it’s about people. So we praise God for the opportunity to train and compete, but even more so, for the opportunity to know and love one another. Thanks Larry!

Bucchioni muscled cancer

By JOHN W. FOX
Sports Editor

Maria H. Bucchioni, who challenged cancer and its attack on her by becoming a national-champion power lifter, lost her fight this week.

Services for Mrs. Bucchioni, a Maine-Endwell Central School District teacher, will be 9:30 Saturday morning at Allen Memorial Home in Endicott, followed by a funeral Mass at 10 a.m. at Our Lady of Angels Church in Endwell. She died Monday at 42.

The family will receive friends at the funeral home from 2 to 4 and 7 to 8 p.m. today. A tribute service is scheduled for 8 p.m.

Mrs. Bucchioni's power-lifting victories began in December 1988, more than three years after she learned she had breast cancer.

In a *Press & Sun-Bulletin* article shortly thereafter relating her accomplishment, Larry P. Bucchioni said of his wife, "Courageous is getting up in the morning, going and throwing up blood, and then going to teach and not letting anyone know you're sick."

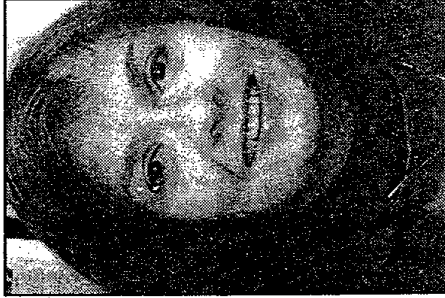
Larry Bucchioni is a former college football player — at the State Univer-

sity College at Cortland, where they met — minor league football player, and high school football coach.

"After that *Press* story, Maria went into 11 more competitions in 1989 and won them all, including a North American championship," said Ruth French of Endicott, a friend of Mrs. Bucchioni for 15 years. "On a Friday in December, she was told that the cancer had spread to her liver and she would have to have a bone-marrow transplant and . . . chemotherapy; the next day she traveled to Glens Falls to participate . . . and won Best Female Lifter in the meet."

"She was undergoing chemo treatment when she won a state championship in March (1990). And after going to Rochester in May of '90 for autologous bone-marrow transplant — an extremely tough procedure with an extremely difficult recovery period — she came bouncing back from it. She got her doctor's OK to start lifting weights again this January, and on Feb. 17 she won a first place in Buffalo."

"People tend to use superlatives all the time in a situation like this, but Maria fits all the superlatives," said Donald Conning, Mrs. Bucchioni's principal at Homer Brink Elementary



Maria H. Bucchioni

Didn't let cancer slow her School for the last 12 of her 20 years as a Maine-Endwell teacher. "She began the gifted program here, and that in itself is a story. She ran it for about five years, and there was not one parental complaint or even a conference in that time," he said.

"She was a creative teacher, the kind of person who could work with

'On a Friday in December, she was told that the cancer had spread to her liver and she would have to have a bone-marrow transplant and . . . chemotherapy; the next day she traveled to Glens Falls to participate . . . and won Best Female Lifter in the meet.'

— Ruth French
Mrs. Bucchioni's friend

children of any age. Children respected her, admired her, loved her." Conning added.

Mrs. Bucchioni taught at four grade levels before her final kindergarten assignment.

"Maria never dwelled on her illness," French said. "She did what so many of us forget to do: She counted her blessings and gave the fight everything she had."

Survivors beside her husband include a son, Joshua P. Bucchioni, who finished fifth grade at Homer Brink last year, and her mother, Winifred Matthews of Watkins Glen.



PRAYER REQUESTS:

Please pray for Patricia O'Brien and her family; Patricia's husband, Pat, a World Champion lifter, passed away on July 26.

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 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
spero@stronglife610.org

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