

STRONG LIFE

THE FUSION OF FAITH & FITNESS

The Official Online Magazine for Powerlifters

RIPPED!

A shredded Ian Brown of the United States Navy pulling strong at the 2013 Gary Gordon Memorial Armed Forces Championships!

Inside:

- * 2013 Gary Gordon Memorial Armed Forces Championships
- * 2013 North American Championships
- * Gaynor's History of Powerlifting, Part 3
- * Joint Health, Part 2

MORE!

Volume 1, Issue 4
October 2013

2014 RAW RECORD BREAKERS MEET

Saturday & Sunday, January 25-26, 2014

Sanctioned by R.A.W. United



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**Hosted by Bulldog Powerlifting & The Deadlifting Grannies
Westchase Recreation Center
Tampa, Florida**

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

Entry Deadline: Saturday, January 4, 2014

Meet Director: Spero Tshontikidis

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

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The Official On-Line Magazine for RAW Powerlifters
Volume 1, Issue 3
October 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

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 a muscular arm silhouette. The gear items shown include a blue and red sock, a black knee sleeve with a logo, a black wrist wrap, a black lever belt, a black buckle belt, and a green bench belt with 'GARAGE INK' written on it.

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

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INSIDE THIS ISSUE:

On the Cover:
What's Inside

The Strong Shot:
Top Female Photo, Marie Fejeran

Jesus Zone:
Glory in Tribulations * Romans 5:3-5

Call for Unity:
Message to RAW Lifters, Contest Directors, & Federation Leaders

Contest Feature:
2013 Gary Gordon Memorial Armed Forces Championships
2013 North American Championships

Lifting Without Limits:
Thomas Gerhauser

Power Leaders:
Service-Oriented Lifters: A Thanks in Pictures

Gaynor's Corner:
Histry of Powerlifting, Part 3 * Bob Gaynor

The Training Table:
Joint Health Using Natural Methods, Part 2 * Alexander M. Poptodorov

Brains & Brawn:
Justin Cruz

The Strong Shot:
Top Male Photo, Larry Russell

RAW Contest Schedule & Results:
Contest Dates and Results from Contributing Federations

Chairmen's Corner:
News & Events from Federation Leaders

Prayer & Praise:
Prayer Requests & Praise Reports from the RAW Community



ON THE COVER: EDITOR'S REVIEW

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

WHAT'S INSIDE

The October issue of STRONG LIFE features the 2013 Gary Gordon Memorial Armed Forces Championships and the 2013 North American Championships which were held simultaneously at Lifepoint Church in Palm Bay, Florida. The contest, now in its seventh year, will be split into two meets next year as a result of its growth and support; thanks to everyone for supporting our nation's heroes!

On the cover is a shredded Ian Brown of the United States Navy. Ian and fellow sailor Scott Grant lifted in their first Armed Forces Championships this year, and will be joining us next month at the 2013 Tony Conyers Extravaganza.



© Shawn Lyte for RAW United

Powerlifting legend and U.S. Army veteran Bob Gaynor shattered the All-Time records at the 2013 Gary Gordon Memorial Armed Forces Championships

Also featured in the October issue of STRONG LIFE is Bob Gaynor's "History of Powerlifting, Part 3" and spotlight's on disabled lifter Thomas Gerhauser and teenage lifter Justin Cruz.

Welcome to 100% RAW Meet Director John Shifflett whose 2014 contests are listed in

the "RAW Contest Schedule & Results" section. We wish John all the best this year and next, and thank him for his support of STRONG LIFE Magazine!

Enjoy the Reading!
Spero

THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at spero@stronglife610.org, and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Marie Fejeran of the United States Army for sending us the October 2013 photo for *The Strong Shot*!



You won't find this girl training at Planet Fitness!

**OIF Veteran Marie Fejeran
of the United States Army
pulling HUGE at the
Armed Forces Championships ...**

**SCREAMING
ALLOWED!**

JESUS ZONE: GLORY IN TRIBULATIONS

“But we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope.”

Romans 5:3-4

When we first decide to become competitive lifters, dreams of platform glory are likely to enter our thought processes. The ensuing muscular fatigue and pain resulting from our first real squat, bench, and deadlift workouts, however, can often push those dreams aside, at least for a few weeks!

Powerlifting is a sport that demands us to push our bodies through muscular soreness and pain in a smart, consistent manner. We learn, over time, that platform success comes with a price. And for those that endure over the long-term, the training – and all the time, aches, and pains associated with it – becomes reinforcing in itself.

The Apostle Paul shares a similar correlation to the problems we encounter in life. When we accept Christ as our Savior and become a Christian, many of us assume that God will shield us from problems. Jesus, however, reminds us in John 16:33 that “in the world [we] will have tribulation.” The difference is that problems and trials work for the believer, not against him. Although rejoicing during times in our lives when problems confront us runs contrary to human nature,

as believers we know that personal growth will result, molding us more into the image of Christ.

Romans 5:3 teaches that “tribulation produces perseverance.” According to www.BibleTeachingNotes.com, the word “tribulation” means “intense pressure,” and the word “perseverance” means “staying under.” It denotes staying power. Those justified by faith can rest in the assurance that tribulation produces perseverance, and perseverance produces character. The term “character” comes from a word that was used to describe the process of purifying metal by removing the impurities. God uses tribulation to prove and improve our character, and “character” produces “hope.” Believers that enjoy peace with God face life’s problems and trials differently than others because they face them with the confident assurance that they will work to strengthen the believer’s character and develop steadiness in life. Since the believer experiences the sustaining hand of God through life’s difficulties, hope in God is never disappointed.



Thomas Gerhauser (left) and Sarah Crane (right) have faced tribulation with grace and courage

In this month's "Prayer & Praise" section, you will read about many lifters experiencing various forms of tribulation in their lives. In addition, you will read about men and women that have never set foot on the competitive platform that are facing insurmountable odds. We need to pray for them, encourage them, and be there for them.

Sarah Crane is a young teenage girl that has been diagnosed with Stage 4 colon cancer. To the best of my knowledge she has never lifted competitively; she is, nonetheless, a child of God that an entire community has rallied around (www.sarahstrong.org). Lucy

Gallo is a second grader that just lost her dad; she's hurting, and needs our prayer. You'll also read about members of our family – the powerlifting family – that are experiencing tribulation and need our support.

As stated at the onset, powerlifting requires us to persevere. And while our quest can result in great reward, it is one of choice. Our brothers and sisters listed in "Prayer & Praise" did not choose to experience their current tribulation. We need to pray for them; as our friend Tony Conyers often says, "it's not about powerlifting, it's about people."



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 December issue 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 December issue 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
GARY GORDON MEMORIAL
ARMED FORCES CHAMPIONSHIPS

2013
NORTH
AMERICAN CHAMPIONSHIPS

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

Many thanks to Pastor Troy Robertson, Nina Paul, and Joel and Denyse Olson of Lifepoint Church in Palm Bay, Florida for affording us the opportunity to utilize God's house for our seventh annual Armed Forces Championships dedicated in honor of Medal of Honor recipient Gary Gordon! The Church is an incredible venue, and we look forward to hosting next month's Tony Conyers Extravaganza and several meets next year at Lifepoint!

More thanks to Carmen and Danny Aguirre, Loma Amore, Faryn Antenucci, Pete Classon, Justin Cruz, Larry Dromerhauser, Bob Gaynor, JD Gaynor, Tom O'Donnell, Jenn Rotsinger, Larry Russell, Jack Stevens, and Eric Talmant for officiating; Danny Aguirre, Pete Classon, Justin Cruz, Larry Dromerhauser, and Jenn Rotsinger for spotting/loading; Dani Hansen for scoring; Jim Gerhauser for concessions; and Joel and Denyse Olson for monitoring the sound system!

And more thanks to Larry Dromerhauser and Denyse Olson for setting up; to ALL the lifters and West Shore parents for helping load the equipment and set up the sanctuary for Sunday services; and to the Antenucci family, DeSantis family, Dromerhauser family, and Lee family for transporting the equipment back to West Shore and putting the weight room back together!

And more thanks to Sir Charles Venturella for the AWESOME awards, Brigid and folks at Sandpiper Sportswear for the AWESOME contest shirts, and to Mike Roebuck and the folks at Good Impressions Printing for the AWESOME certificates!

Finally, thanks to Gary Gordon and Randy Shughart for their heroism and sacrifice, to the brave men and women serving in the United States Armed Forces, and to our Lord and Savior Jesus Christ for His love and grace. God Bless!



Savannah Henderson (left) and Zarlakhta Wayand with Eric Talmant



Megan Lee (above), Chloe DeSantis (below, left), and Allie Henderson of Girls Gone Strong



To the lifting:

Youth lifters Savannah Henderson (10-11, 77), Megan Lee (12-13, 88), and Olivia Webb (12-13, 97) started things off. Savannah hit PR lifts, Megan went nine for nine, breaking all four records, and Olivia registered solid lifts in her R.A.W. United debut. Jessica Cockreham of Gold's Gym in Fort Myers, Florida cut down to the 105s and buried an All-Time record, 255 pound squat en route to capturing the Champion of Champions award. Jessica Lee of Miami, Florida, competing in her first R.A.W. United meet, captured the 114s with an impressive 630 pound total; to include a fourth attempt, 312 pound record deadlift. Teenage lifter Anna Bolton of Tampa, Florida took advantage of a 165 pound squat to secure a first place finish

in the 123s, and Carmen Soto-Aguirre nailed a record 205 pound squat before straining her hamstring to take the 132s. Melanie Camden and Gillian Tedeschi battled it out in the 148s; Melanie's 170 pound bench proved to be the deciding factor despite Gillian's strong deadlift. Teenage lifter Faryn Antenucci finished with record lifts of 200, 90, and 242 to move her to the top of the teenage rankings. Combat veteran Marie Fejeran shattered the record books in the 165s, going 300, 190, and 360 for a first place finish. Kris Clark registered the meet's biggest total at 970 pounds, to include a strong final pull of 405 pounds to take the 181s. Finally, Cortney Warsh of Limitless Strength & Conditioning captured the 198s on lifts of 155, 100, and 250.



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Above:
Champion of Champions Jessica Cockreham

Below:
U.S. Army and OIF veteran Marie Fejeran



© Shawn Lyte for RAW United



© Shawn Lyte for RAW United

Above:
Kris Clark of Tampa, Florida

Below:
Jessica Lee of Miami, Florida



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Briana (left) and Jahanna Dewey of Gold's Gym in Fort Myers, Florida

Congratulations to all the ladies that competed in the meet! In response to the strong turnout we have had in 2013, R.A.W. United will be hosting our first ever “Maria

Bucchioni Memorial Women’s Championships” on Saturday, July 19 at Lifepoint Church in Palm Bay, Florida.



***Above: Allie Henderson (left) and Brettany Murdock of Girls Gone Strong
Below: Girls Gone Strong Team Captain Faryn Antenucci and Justin Cruz***



Nolan and Caitlin Harrier



© Shawn Lyte for RAW United

Above:
Melanie Camden (left) and Marie Fejeram

Below:
Best Lifters
Megan Lee, Jessica Cockreham, Justin Cruz, Carmen Soto-Aguirre, and Kris Clark



© Shawn Lyte for RAW United

Women's IRONMAN, NO BELT

77	10-11	Savannah Henderson	70	35	100	205
88	12-13	Megan Lee	112	67	175	354
97	12-13	Olivia Webb	95	60	127	282
105	12-13	Chloe Desantis	115	67	155	337
	14-15	Savannah Green	100	57	107	264
	12-13	Abby Mechachonis	65	50	100	215
114	12-13	Allie Henderson	135	77	192	404
	12-13	Piper Honaker	85	57	147	289
	12-13	Breanna Gallagher	80	47	127	254
123	12-13	Avery Kloeppel	110	72	140	322
	12-13	Victoria Hahn	80	55	125	260
132	16-17	Katy Morgan	115	67	175	357
	16-17	Rana Karycki	102	80	165	347
	14-15	Brittany Barreiros	102	67	177	346
148	16-17	Faryn Antenucci	200	90	242	532
	30-34	Doreen Murray	145	95	200	440
	14-15	Briana Barreiros	155	77	195	427
165	12-13	Erin O'Brien	107	75	155	337
181	14-15	Dulcy Olson	165	85	230	480
	12-13	Brettany Murdock	155	85	225	465
	18-19	Genna Owen	127	80	185	392
	14-15	Audra Thomas	127	70	165	362
	16-17	Cassie Hughey	75	77	162	314
198	30-34	Cortney Warsh	155	100	250	505
	12-13	Karly Hudson	77	57	145	279

Women's IRONMAN, BELT

77	10-11	Savannah Henderson	70	35	100	205
88	12-13	Megan Lee	112	67	175	354
97	12-13	Olivia Webb	95	60	127	282
105	12-13	Chloe Desantis	115	67	155	337
	14-15	Savannah Green	100	57	107	264
	12-13	Abby Mechachonis	65	50	100	215
114	12-13	Allie Henderson	135	77	192	404
	12-13	Piper Honaker	85	57	147	289
	12-13	Breanna Gallagher	80	47	127	254
123	12-13	Avery Kloeppel	110	72	140	322
	12-13	Victoria Hahn	80	55	125	260

132	35-39	Carmen Soto-Aguirre	205	105	245	555
	16-17	Katy Morgan	115	67	175	357
	16-17	Rana Karycki	102	80	165	347
	14-15	Brittany Barreiros	102	67	177	346
148	16-17	Faryn Antenucci	200	90	242	532
	35-39	Jahnna Dewey	140	85	230	455
	30-34	Doreen Murray	145	95	200	440
	14-15	Briana Barreiros	155	77	195	427
165	12-13	Erin O'Brien	107	75	155	337
181	14-15	Dulcy Olson	165	85	230	480
	12-13	Brettany Murdock	155	85	225	465
	18-19	Genna Owen	127	80	185	392
	14-15	Audra Thomas	127	70	165	362
	16-17	Cassie Hughey	75	77	162	314
198	30-34	Cortney Warsh	155	100	250	505
	12-13	Karly Hudson	77	57	145	279

Women's RAW

77	10-11	Savannah Henderson	70	35	100	205
88	12-13	Megan Lee	112	67	175	354
97	12-13	Olivia Webb	95	60	127	282
105	30-34	Jessica Cockreham	255	150	290	695
	16-17	Briana Dewey	150	65	210	425
	12-13	Chloe Desantis	115	67	155	337
	14-15	Savannah Green	100	57	107	264
	12-13	Abby Mechachonis	65	50	100	215
114	25-29	Jessica Lee	220	120	290	630
	12-13	Caitlin Harrier	150	80	227	457
	12-13	Allie Henderson	135	77	192	404
	12-13	Piper Honaker	85	57	147	289
	12-13	Breanna Gallagher	80	47	127	254
123	14-15	Anna Bolton	165	85	165	415
	12-13	Avery Kloeppel	110	72	140	322
	12-13	Victoria Hahn	80	55	125	260
132	35-39	Carmen Soto-Aguirre	205	105	245	555
	30-34	Zarlakhta Wayand	150	95	205	450
	16-17	Katy Morgan	115	67	175	357
	16-17	Rana Karycki	102	80	165	347
	14-15	Brittany Barreiros	102	67	177	346

148	20-24	Melanie Camden	230	170	330	730
	25-29	Gillian Tedeschi	200	115	340	655
			4 th 220			
	16-17	Faryn Antenucci	200	90	242	532
	35-39	Jahna Dewey	140	85	230	455
	30-34	Doreen Murray	145	95	200	440
	14-15	Briana Barreiros	155	77	195	427
165	40-44	Marie Fejeran	300	190	360	850
	12-13	Erin O'Brien	107	75	155	337
181	50-54	Kris Clark	315	250	405	970
	30-34	Jaclyn Pressley	205	145	265	615
	14-15	Dulcy Olson	165	85	230	480
	12-13	Brettany Murdock	155	85	225	465
	18-19	Genna Owen	127	80	185	392
	14-15	Audra Thomas	127	70	165	362
	16-17	Cassie Hughey	75	77	162	314
198	30-34	Cortney Warsh	155	100	250	505
	12-13	Karly Hudson	77	57	145	279

On the men's side, U.S. Army veteran Richard Nichols shattered the record books, captured Best Lifter honors, and placed first in the 148s. Jacob Grimes went unopposed in the 165s, and cover man Ian Brown of the

U.S. Navy edged out Jose Pena (1175 to 1145) to take the 181s. Navy sailor Scott Grant, who will join Ian at the Tony Conyers Extravaganza next month, took third.



Scott Grant of the U.S. Navy pulling strong

Brian Highnote of Blessed Iron Barbell dominated the 198s, setting records across the board and winning Best Lifter honors. Dave Adams of Gorilla Bench also posted strong numbers. Powerlifting legend Bob Gaynor, lifting in the 65-69, 220s, broke the All-Time deadlift and total records to win the

class and secure Best Lifter honors. Bob also judged the afternoon session after competing in the morning session; thanks, Bob! Preston Love of the United States Navy and Matt Karbowski of Limitless battled it out for second place, with Preston edging out Matt 1295 to 1270.



© Shawn Lyte for RAW United

Above:

Best Lifters from left to right:

Richard Nichols (IRONMAN, No Belt), Bob Gaynor (RAW), and Brian Highnote (IRONMAN, Belt)

Below:

Dave Whitehead (left) with Larry Dromerhauser, and Preston Love of the U.S. Navy



© Shawn Lyte for RAW United



© Shawn Lyte for RAW United

Limitless Strength & Conditioning lifters Eddie Alvarez (30-34, 242), Erik Stepelton (25-29, 275), and Ken Morris (25-29, 308) swept the heavyweight classes. Eddie posted a solid 1240 total, and was followed by Master's lifter Gerry Guenther (1095) and teenage lifter Justin Cruz (921). Erik upped his PRs in preparation for the RAW Record

Breakers Meet, going 485, 335, and 555 for a 1375 total. Ken posted a 1700 pound for the second consecutive time, with OIF veteran Donnie Kiernan of Gorilla Bench finishing at 1315. UCF Coach Barry Gershman, who will be bringing a team to the Tony Conyers Extravaganza next month, posted an impressive 515 bench to finish out the day.



© Shawn Lyte for RAW United
Ken Morris (center) and the folks from Limitless Strength & Conditioning in Deerfield Beach, Florida



© Shawn Lyte for RAW United
Dave Hardic (left) of the U.S. Air Force and OIF veteran Donnie Kiernan



© Shawn Lyte for RAW United
Gorilla Bench

Men's IRONMAN, NO BELT

148	25-29	Richard Nichols	285	180	365	830
198	50-54	Spero Tshontikidis	375	215	475	1065
220	25-29	Preston Love	405	330	560	1295
	18-19	Charles Pate	405	315	465	1165
	40-44	Lance Betts	400	-	485	-
242	16-17	Justin Cruz	307	207	407	921
	60-64	Larry Bucchioni	-	240	470	710
275	40-44	Larry Dromerhauser	395	245	485	1125

Men's IRONMAN, BELT

77	7-U	Logan Acevedo	-	40	-	-
97	10-11	Nolan Harrier	95	55	120	270
148	25-29	Richard Nichols	285	180	365	830
	25-29	Thomas Gerhauser	-	200	-	-
	20-24	Joshua Branham	-	185	-	-
	45-49	Rory Torres	-	-	445	-
181	18-19	Jose Pena	380	285	480	1145
198	35-39	Brian Highnote	440	320	535	1295
	50-54	Spero Tshontikidis	375	215	475	1065
	20-24	Casey Schumacher	335	255	455	1045
	25-29	Brent Johnson	325	235	415	975
	50-54	David Whitehead	-	275	-	-
220	25-29	Preston Love	405	330	560	1295
	18-19	Charles Pate	405	315	465	1165
	40-44	Lance Betts	400	-	485	-
242	30-34	Eddie Alvarez	445	315	480	1240
	16-17	Justin Cruz	307	207	407	921
	60-64	Larry Bucchioni	-	240	470	710
275	25-29	Erik Stepelton	485	335	555	1375
	40-44	Larry Dromerhauser	395	245	485	1125
308	25-29	Ken Morris	580	420	700	1700

Men's RAW

77	7-U	Logan Acevedo	-	40	-	-
97	10-11	Nolan Harrier	95	55	120	270

148	25-29	Richard Nichols	285	180	365	830
	25-29	Christian Nieves	150	150	250	550
	25-29	Thomas Gerhauser	-	200	-	-
	20-24	Joshua Branham	-	185	-	-
	45-49	Rory Torres	-	-	445	-
165	18-19	Jacob Grimes	275	180	410	865
181	35-39	Ian Brown	405	295	475	1175
	18-19	Jose Pena	380	285	480	1145
	25-29	Scott Grant	325	270	475	1070
	25-29	Jamie Guidry	305	245	405	955
198	35-39	Brian Highnote	440	320	535	1295
	45-49	Dave Adams	340	300	505	1145
	25-29	William Smith	330	255	515	1100
	50-54	Spero Tshontikidis	375	215	475	1065
	20-24	Casey Schumacher	335	255	455	1045
	25-29	Brent Johnson	325	235	415	975
50-54	David Whitehead	-	275	-	-	
220	65-69	Bob Gaynor	460	340	595	1395
	25-29	Preston Love	405	330	560	1295
	20-24	Matt Karbowski	435	315	520	1270
	18-19	Charles Pate	405	315	465	1165
	40-44	Lance Betts	400	-	485	-
	65-69	Larry Russell	-	-	645	-
242	30-34	Eddie Alvarez	445	315	480	1240
	55-59	Gerry Guenther	385	265	445	1095
	16-17	Justin Cruz	307	207	407	921
	60-64	Larry Bucchioni	-	240	470	710
275	25-29	Erik Stepelton	485	335	555	1375
	40-44	Larry Dromerhauser	395	245	485	1125
308	25-29	Ken Morris	580	420	700	1700
	30-34	Donnie Kiernan	435	335	545	1315
	40-44	Barry Gershman	-	515	-	-

Just for fun, take a look at one of the funniest commercials in history:



<http://www.youtube.com/watch?v=kWBhP0EQ1IA>



GIRLS GONE STRONG



© Shawn Lytle for RAW United

LIFTING WITHOUT LIMITS: THOMAS GERHAUSER

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

Thomas Gerhauser began training with weights when his trainer, Al "The Legend" Annunziato, recommended strength training as a means to improve his mobility. Born with cerebral palsy, the twenty-six year old

entered his first contest two years later with Al by his side. "From there my life changed, and powerlifting has grown into a passion of mine."



Left:
Thomas' first strength coach, Al "The Legend" Annunziato, is the founder of "Lifters without Limits," a powerlifting team of disabled athletes and Master lifters

Right:
Thomas trained with Larry Dromerhauser at THE GYM before taking a hiatus from May 2011 to May 2013

"Having a disability presents its own challenges, like being stared at and being asked questions like 'What's wrong with you?' or 'How did you get this way?' Getting up and doing everyday activities take extra time and energy. Sometimes life can become boring because I don't drive and I need assistance with activities. Not having control of your life is frustrating to all people, but when you have to rely on others often, it can be overwhelming."

These realities left Thomas hesitant at first when Al encouraged him to join him at the

gym. "At first I was not sure if I would be accepted by the other gym members and competitors, but it turned out not to be an issue at all. I was just one of the other lifters working out or competing."

Al brought Thomas to his first contest, the Southern States Bench Press Championships, sanctioned by R.A.W. United in 2008. Thomas trained at The Gym, a warehouse facility in Melbourne, Florida, until 2012. Working with Al and Larry Dromerhauser, Thomas improved his bench to 235 pounds.



Thomas worked up to this 200 pound bench at the 2013 North American Championships

After THE GYM closed and Larry suffered a stroke, Thomas had difficulty finding a trainer. After a two-year hiatus, he teamed up with bodybuilder Howard Wolfe who taught him a great deal about the importance of eating healthy and a more holistic approach to training. Thomas returned to the platform in May 2013 at the Mike Witmer Memorial Florida State Championships and “was welcomed back by many familiar faces and friends. The encouragement from lifters and spectators during competition makes me feel like I can reach my goals. R.A.W. United

is a Christian ministry that accepts all lifters.”

Thomas is now training with lifters from Girls Gone Strong, and is hoping to break the 200 pound barrier once again at the 2013 Tony Conyers Extravaganza. He trains two times per week, and will increase to three days once the team opens its new training facility. “Powerlifting has given me purpose, the ability to set goals, and be disciplined in my training, diet, and other areas of my life. When I lift in training and in competition, I feel I don’t have a disability.”



Thomas locking out at 200 pounds!

“Having fellow lifters and the staff from R.A.W. United support all lifters to do their best and make them feel they have accomplished what they set out to do is an amazing feeling of achievement! Together, all these people have helped me be successful and have purpose in my life.”

2014 High School Championships

Saturday & Sunday, April 12-13, 2014

Sanctioned by R.A.W. United



© Shawn Lyte for RAW United

**Hosted by Girls Gone Strong
Westchase Recreation Center
Tampa, Florida**

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

Entry Deadline: Saturday, March 22, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org

2014 Youth Championships (13-U)

Saturday & Sunday, April 12-13, 2014

Sanctioned by R.A.W. United



**Hosted by Girls Gone Strong
Westchase Recreation Center
Tampa, Florida**

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

**Entry Deadline: Saturday, March 22, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org**

POWER LEADERS: SERVICE-ORIENTED LIFTERS

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

For anyone that has ever served as a Meet Director, finding dependable help is one of the most difficult aspects of the endeavor. At R.A.W. United, we are blessed to have quality lifters competing in our meets; more important, we are humbled by the number of

athletes that are willing to serve as judges, loaders, scorers, announcers, etc. Without these volunteers, our meets would not be possible. The following pictures feature many of the men and women that have helped make R.A.W. United what it is today:



Danny Aguirre, Jen Rotsinger, and Barry Gershman



Larry Dromerhauser, Danny Aguirre, Pete Classon, and JD Gaynor spotting Ken Morris



Tom O'Donnell, Bob Gaynor, and Danny Aguirre



Me and Pete Classon, Tom O'Donnell



Bob Gaynor and Pete Classon





Faryn Antenucci and Dulcy Olson



Larry Dromerhauser, Dave Whitehead, and Eric Talmant



Danny & Carmen Aguirre, Andrew Yerrakadu

THANKS !



MANY THANKS TO

**DAVE BATES & JOHNNY
YASQUEZ**

OF

www.powerliftingwatch.com

FOR THEIR SUPPORT OF

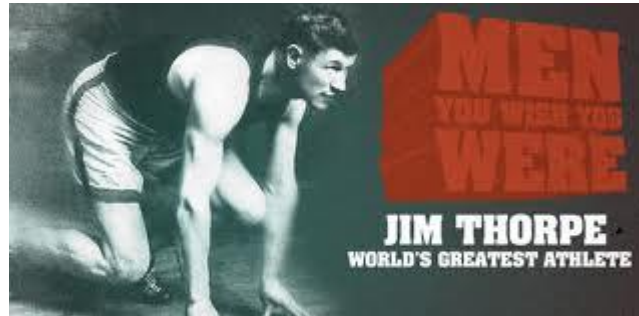
STRONG LIFE!

OLD SCHOOL: THE HISTORY OF POWERLIFTING, PART 3

Written by STRONG LIFE Treasurer Bob Gaynor

Last month we discussed powerlifting from the late 1800's to 1960. In that discussion we mentioned the AAU numerous times. This probably needs some clarification. The AAU we know today is quite different from the AAU of fifty years ago. At that time the AAU controlled all amateur sports. There was a very clear separation between amateurs and professionals. Today professional athletes can compete in the Olympics and Olympic athletes can receive payment for their performances. This was much different in the 1950's and 1960's.

It was not until the late 1970's (and it took an act of Congress) that the AAU control of amateur sports changed. There was very little room to appeal a decision by the AAU. Jim Thorpe, possibly the greatest athlete of all time, as well as Paul Anderson, felt the power of the AAU. Thorpe was stripped of his Olympic medals because he played semi-pro baseball for a couple of summers. Anderson was declared a professional because he attempted to make a living as a wrestler.



In the 1960's, the battle between powerlifting and weightlifting continued within the AAU. There was some recognition, but the powers to be still favored weightlifting.

There were more and more power meets being held. They were taking place in all

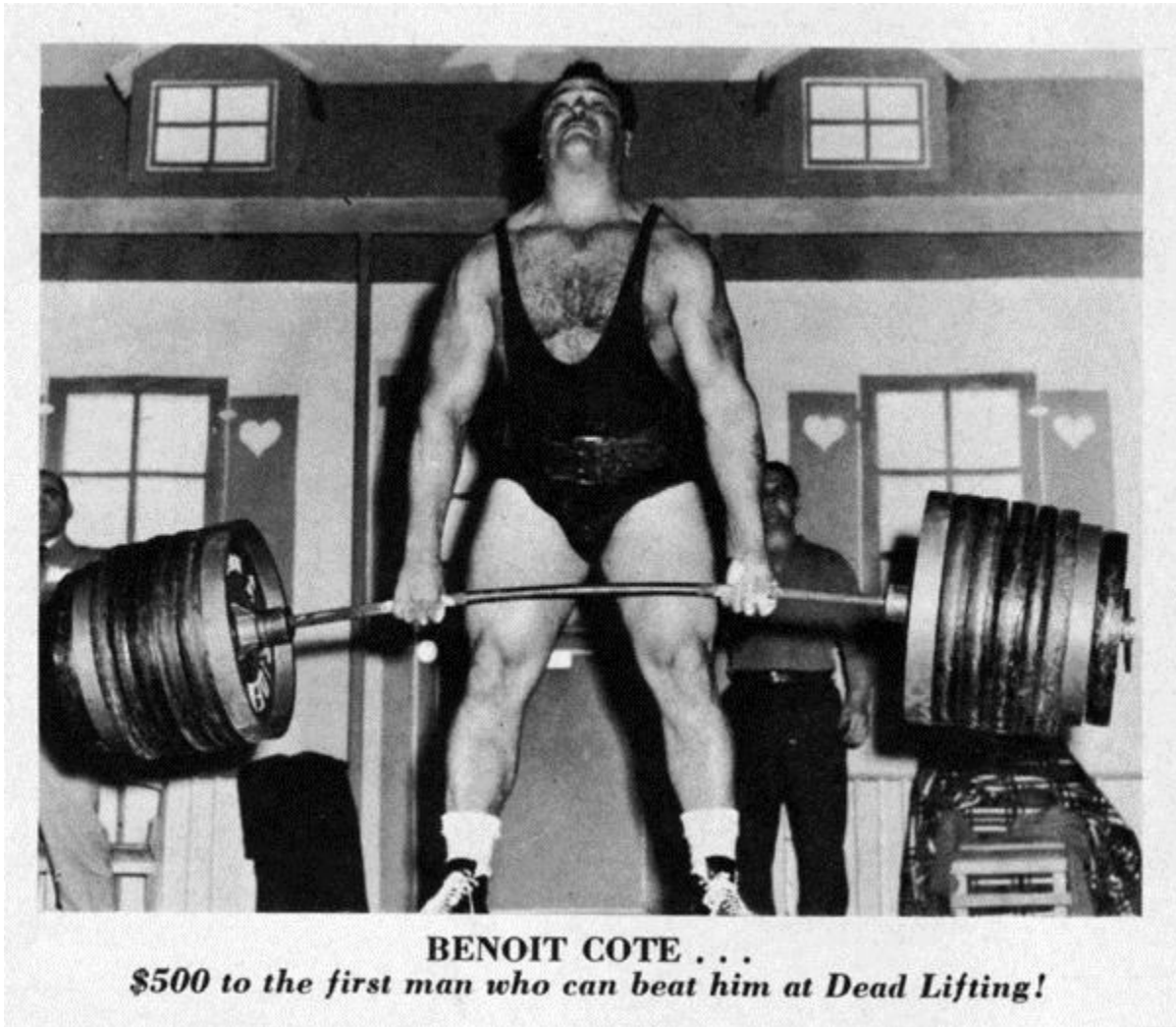
parts of the country. What was needed was a facility and someone willing to promote the meets. Those early meet promoters made the sport happen.

In 1960 Dick Reno held the first power meet in the State of Georgia. The Strongest Man

in Chattanooga was held. This meet contested the Overhead Press, Squat, Bench Press and Deadlift.

The Boston YMCA annually held the Eastern Powerlifting Championships. The driving forces in that area were Nate Harris and Pete French.

The lifters making noise in the early 1960's were Pat Casey, Peanuts West, Nate Harris and a Canadian named Benoit Cote. Cote was deadlifting close to 800 lbs., and he challenged Paul Anderson to a Strongman Contest.



Texas, Missouri, California and Pennsylvania were also holding numerous meets each year.

The coverage of powerlifting was limited at that time. Perry Rader covered the subject in his publications and York Barbell mentioned it on a very limited basis in Strength and Health.

The meets themselves were different than those of today. The curl was still one of the

official lifts. Some meets were four lift, some were three and others even included other lifts.

The University of Nebraska held a meet that featured the following: Press, Snatch, Clean and Jerk, Bench Press, Squat and Deadlift. Imagine the time it took to complete that contest.

It was during this period that Detroit and Pontiac, Michigan became very active in meet promotions. In 1961 the Northeastern

YMCA of Detroit held an unofficial National Championship. More and more individuals became involved including Rudy Sablo, Morris Weissbrot, Tom Snelgrove, Bud Mucci, Don Haley and Dick Reno, just to name a few.

The rules in 1961 contained the following:

In the Bench the lifters heels had to be on the bench or the feet had to be flat on the floor. There was a two second pause on the chest and a two second hold at completion. There was no bridging allowed.

In the Squat it was the top of the thighs below parallel and the bar held high, no more than one inch below top of deltoids.

Were the rules universally followed? No! The West Coast lifters were always very innovative with regard to the rules: the Touch and Go Bench Press, the Sink and Toss method, baggy shorts to mask hip raise, and Vaseline on the thighs for deadlifting. Just imagine being the next lifter after someone used Vaseline.

The two second pause versus the touch and go actually caused two sets of records to be established.

Something else started to occur in the 1960's. The term "Strength Inducing Drugs", was not used, but whispers of "Dianabol" started to be heard. This will be covered in more depth in a future article.

In 1962 the AAU decided to keep official records, but doing so was not easy. The requirements were that the lifts had to have been done since December 5, 1958, and had to have followed AAU Rules. It became very subjective as to what would or would not be accepted.

Perry Rader worked on the American Records. Many states were compiling their own records. Gene Mozee was handling the California records. In addition to the record keeping, Gene was a big time bencher who held the American Record for some time. Jim Witt, Bill Clark, Jim Messer and Nate Harris compiled State Records in Texas, Missouri, Pennsylvania and Massachusetts respectively.

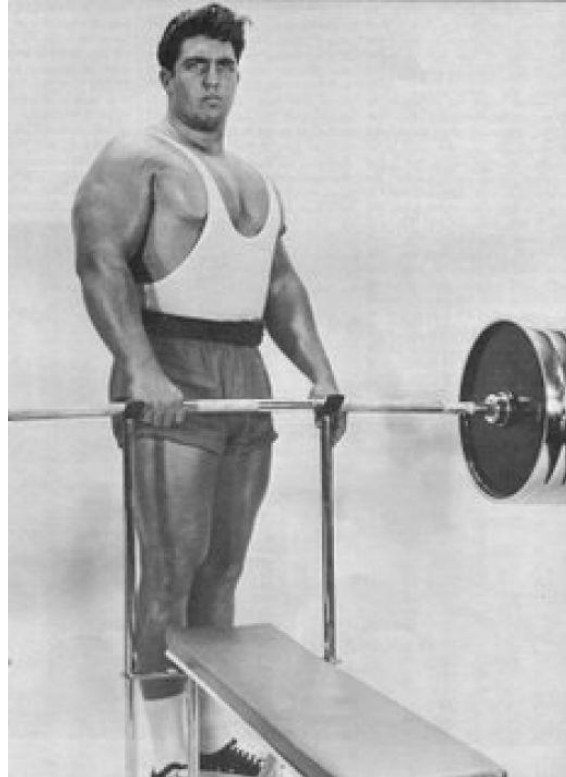
The Bench Press Records in 1962 (with pause) were as follows:

	123 Lb.
225 Lb.	132 Lb.
245 Lb.	148 Lb.
320 Lb.	165 Lb.
350 Lb.	181 Lb.
390 Lb.	198 Lb.
430 Lb.	Hvy Wt.
517 ½ Lb.	

Some of the recognizable names on that list were Larry Mintz, Gene Mozee, Bill West, Mel Hennessey and Pat Casey.

As you can see there were still only seven weight classes. If you weighed above 198 lbs., you lifted against the Super Heavyweights.

One thing that was very apparent during this period was that the number of registered Powerlifters was increasing and the number of Olympic Lifters was decreasing. Even though Bob Hoffman was benefiting from Powerlifting by selling more weights, bars and equipment, this did not make Mr. Hoffman happy.



Pat Casey

In 1963 the AAU was still struggling with powerlifting. A decision was made to separate powerlifting from Olympic Lifting, but the Olympic Lifting folks had that overturned. The official position was that the four lifts were still recognized.

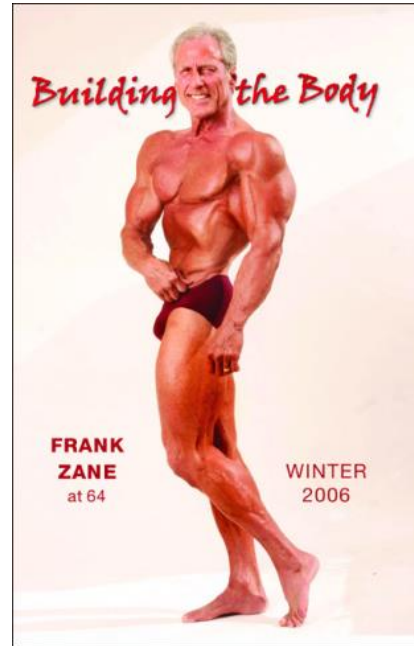
What were the powerlifters doing? They were running meets and competing. Most were not concerned with the political infighting. Powerlifting, for the most part, was like a large family. Sure they had their disputes, but all worked together.

Very few had enough equipment to run a meet, so it was common practice for lifters and officials to travel with equipment. Hal Raker of Forty Fort, PA, one of the early lifters, and who I believe was the first 132 pound lifter to deadlift 500 pounds in AAU competition, used to travel with a bench he could assemble and disassemble. Others traveled with 100 pound plates and lights, which were very rare. Squat racks were also

moved from meet to meet.

The area I grew up in, Wilkes-Barre, PA ran three meets in 1963. One was a four lift meet and the others were three lift meets. The four lift was a very strange affair. The facility the meet was run in had to be vacated by midnight. As the "Witching Hour" approached and the second session lifters (191 pounds and up) had not started to deadlift, it was apparent that something had to be done. The decision was no deadlift. The disagreements that followed were almost as interesting as the meet itself. Arguments, yelling, and pushing and shoving went on for quite a while, but the decision not to deadlift stood.

In June of 1963 the Wilkes-Barre YMCA held a three lift meet which consisted of the Curl, Bench Press and Deadlift. Future Mr. Olympia, Frank Zane, curled 165 pound at that meet.



In November another meet was held at the Forty Fort High School. They had forty-five lifters, which was great considering there

were three other meets that day within a 150 mile radius. As you can see, there were quite a few meets being held during this period.

MORE TO COME IN THE DECEMBER ISSUE OF STRONG LIFE!



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

THE TRAINING TABLE: JOINT HEALTH USING NATURAL METHODS, PART 2 TRIGGER POINT THERAPY

“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

As a follow up to part 1 of the series on Natural Joint Health, I would like to discuss the importance of recognizing and properly addressing trigger points. As you well know, anybody in the “iron game” sooner or later (usually sooner) has experienced nagging injuries, stiff, achy or immobile joints. So, instead of the usual protocol of popping the daily dose of NSAID’s and perhaps some prescription pain medicines I would like to offer you a natural and permanent solution to these issues.

The key is to focus on addressing the root cause as opposed to just treating symptoms

and putting a band-aid over the issue. The first and most important step is to bring self-awareness to this issue. Most people do not understand that what you tolerate you will end up accepting. The more we have these nagging discomforts, the more we become used to it and eventually accept them as normal. Obviously, in this sport there are injuries and some can be pretty severe such as pectoral tears, bicep tears, slipped disks and more. The ultimate goal is to enjoy this sport for as long as you would like and as injury free as possible.



Dan Corridean pays close attention to discomforts and minor injuries

Many of these injuries, especially the nagging ones, do not have to be there at all with the proper care and protocols. One of the biggest reasons we get injured is due to improper muscle tissue function and elasticity otherwise known as trigger points, trigger sites or muscle knots.

What exactly is a Trigger Point?

This is defined as a hyper irritable spot in the skeletal muscle that is associated with palpable nodule in taut band of the muscle fiber. The trigger point can cause unexplained pain frequently to radiate from this particular spot. It can radiate to other

broader areas. Sometimes, this can be very distant from the actual trigger point itself.

What happens when you address a trigger point?

When you properly address a trigger point you re-establish the elasticity of the muscle which is measured by the muscles ability to rebound to its natural state. This is crucial to sustain a top level of performance without the factors of fatigue and injury. This is achieved by increasing the blood flow, elevating the oxygen use and the breakup and reduction of scar tissue and muscle adhesions.

Here is the thing, an inelastic muscle is a like a rope. The muscle loses its ability to lengthen and rebound properly. It literally feels like it has “knots in it”. Now, you can’t stretch a knot out of a rope and you can’t stretch a knot out from a muscle. That is why stretching, particularly static/passive stretching, does not really work. Once you successfully address a trigger point, you will be able to see and feel what you have been tolerating.

How do you find a trigger point?

Let’s take your hamstring for instance. All you need to do is take a baseball, tennis ball or lacrosse ball and find a relatively low chair. Sit on the ball and start rolling over the ball slowly in different directions. When you stumble upon a trigger point you will immediately feel a pain or discomfort or a drastic twitch of the muscle. These trigger points can be on any skeletal muscle.

Once you’ve found it, it is time to address it. Here is how to do so.

Place the trigger point over the implement (ball) and with a pressure that you can tolerate, hold this position from 10-90 seconds focusing on taking long and deep slow breaths. **DO NOT HOLD YOUR BREATH.** At first, this will be tough and take some getting used to. You must understand that only doing this once is not enough as it takes time for you to condition your body to start responding and releasing these trigger points. It takes usually anywhere from 3 or more sessions for a trigger point to dissipate

or disappear. Be patient with the process! The more you do this the faster and better the results. In addition, once you learn where your particular tendency to develop trigger points are, you can spend some additional preventative time on these spots before, during or after your training sessions. If you give trigger point therapy a fair shot, you will be **AMAZED** at what happens.

In order to understand how this relates to joint health we need to understand the basic injury cycle. It goes as such: from repetitive movements (regular squatting) over time this causes decrease in performance. This can lead to loss of range of motion. From here, we attempt to push through which causes loss of tissue tolerance ultimately followed by pain and injury. Once you feel “pain” you have already initiated a full injury cycle! This pain can often times be felt in the joints themselves even though the root cause is the actual trigger points in the muscle tissue.

To illustrate the injury cycle we can all relate to going to the gym week after week but our squats are not feeling the same despite the fact that we have eaten good, slept good and have taken our supplements religiously. Your hips are not firing right, perhaps you are even shifting a little and your squat is starting to head south. You are frustrated and getting angrier by the set. You are trying to avoid and ignore that pain in your thigh so you push through it. Next thing you know, on your descent something happens, and your buddies have to take the weight from you. You just injured yourself pretty bad, way past a nagging pain and discomfort. Even though you really felt your hip or knee bothering you, the injury ended up happening in the belly of your thigh muscles or hamstring. This is a scenario that you don’t want to happen to you. By taking proactive steps to prevent these things from happening you will greatly reduce your risk of injury and will protect your joints as well.

Here are a few really good educational websites to check out that can help you learn more about myofascial release and trigger point therapy. They also have excellent tools to help you address any part of your body:

www.tptherapy.com

www.rumbleroller.com

You can also look on YouTube and just search “trigger point therapy” for some really in depth, educational videos.



Eighty year-old Sam Contakes is still moving big weight

The old adage “an ounce of prevention is worth a pound of cure” could not be further from the truth. I know all of us want to get in there, get under the bar right away and start hitting some big numbers but the reality of it is it doesn’t work like this. It is time to apply

this principle, take responsibility and you will see the results! Your joints will be healthier and your lifts will be strong!

Here is to healthy, injury free lifting!
In health,



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

Alex is a fitness professional and nutrition expert

2014 Pat O'Brien Memorial Masters Championships

**Friday & Saturday, April 25-26, 2014
Sanctioned by R.A.W. United**



© Shawn Lyte for RAW 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, April 5, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org**

BRAINS & BRAWN: JUSTIN CRUZ

“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

A junior at West Shore Jr./Sr. High School, Justin Cruz decided to give powerlifting a try because he saw it as another challenge to conquer. “I have previously been a boxer and a football player, so I’m not a stranger to pain. Powerlifting has provided a challenge that can live up to my expectations; it gives me something to be proud of and something that can be used for future sports.”

What differentiates Justin from most guys that decide to become competitive lifters is that he was the only guy on an all-girls team. “When Spero first approached me to be the manager of Girls Gone Strong, I wasn’t sure. But after my first workout and seeing how intense the girls were, I wanted to be a part of it!”



Justin (center), Spero, and some of the girls at the 2013 North American Championships

After competing in the World Gym Push/Pull, Justin went with the girls to the RAW Record Breakers Meet and was hooked. “My most memorable moment was witnessing Moriah Douglas’ 202 pound deadlift at the Record

Breakers Meet. Because I work so close with Spero, Pete, Larry, and Wolf, it’s really awesome to see the girls get so strong and nail big lifts at meets. Being able to help the girls and watch them learn is really cool.”



Justin with (left to right) Spero, Larry, and Pete at the 2013 North Americans

According to Head Coach Spero Tshontikidis, Justin has become an integral part of the Girls Gone Strong program. "Justin is more like an assistant coach than

a manager, and he is an incredible recruiter. Our team has grown from six girls to nearly thirty since Justin came on board."



On the platform at the 2013 North Americans



When he first started, Justin was a 275 pounder. Over the course of the past twelve months, he has trimmed down to a light 242 pounder, and intends to get into the 220s before his senior year. To date, his best lifts are 307, 207, and 407 – all good for teenage records.

More important, Justin has realized the impact that organized athletics can have on academic achievement. “Powerlifting gives

me motivation to do better in school so I can stay on the team. The academic standards at West Shore are very high, and I have become more focused in the classroom.” A dual-enrollment student at Eastern Florida State College, Justin intends to finish his AS degree and earn a BS in Nursing. “This way I can keep training with the team after high school. Then I want to join the Navy as a nurse.”



Justin with Girls Gone Strong lifter Anna Held and his family

With the Girls Gone Strong program solidified, a boys’ team is being formed at West Shore and Justin will join Faryn Antenucci as Team Captain. “We had some great guys come out, and they’ll be

competing next month at the Tony Conyers Extravaganza. Once we open the new training facility, the team will explode just like the girls’ program did!”



Faryn and Justin at the 2013 North American Championships; the Captains are both juniors at West Shore



APPAREL GIFTS ACCESORIES



HOUSEWARES



KEYCHAINS



NEW T-SHIRTS



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THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at spero@stronglife610.org, and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to U.S. Army veteran Larry Russell for sending us the October 2013 photo for *The Strong Shot*!



RAW EMOTION!

STOKED:
U.S. Army veteran
Larry Russell
after his 645 pound record
pull!

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

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 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

November 30
World Gym Push/Pull * R.A.W. UNITED
World Gym * Port St. Lucie, FL
Meet Director: Bob Benedix
Contact info: 772-335-1269

DECEMBER 2013

December 7
Christmas Classic & Virginia State Single Lift (Bench, Deadlift, Strict Curl) * 100% RAW
Best Western, Zion Crossroads, VA
Meet Director: John Shifflett
Contact info: valifting@aol.com



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

January 25

Potomac Open Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Powerhouse Gym * Woodbridge, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

FEBRUARY 2014

February 8-9

RAW UNITY MEET * Non-Sanctioned

Port Saint Lucie Civic Center * Port Saint Lucie, FL

Meet Director: Eric Talmant

Contact info: www.rawunitymeet.com

MARCH 2014

March 15

United States Open Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

APRIL 2014

April 12-13

Men's & Women's High School Championships, Ages 14-19 * R.A.W. UNITED

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, Ages 13-Under * R.A.W. UNITED

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

April 26

National Masters Powerlifting & Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

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

JUNE 2014

June 14

American Challenge Powerlifting & Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

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

July 19

Eastern USA Open Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Powerhouse Gym * Woodbridge, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

SEPTEMBER 2014

September 19-20

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 20

Mid-Atlantic Open Powerlifting & Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

OCTOBER 2014

October 18-19

North American Championships * R.A.W. UNITED

Westchase Recreation Center * Tampa, FL

Entry deadline: Saturday, September 27

Meet Director: Spero Tshontikidis

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

NOVEMBER 2014

November 14-15

STRONG LIFE Invitational * 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

DECEMBER 2014

December 6

Christmas Classic & Virginia State Single Lift (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

CHAIRMEN'S CORNER: ALL FEDS

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

R.A.W. UNITED

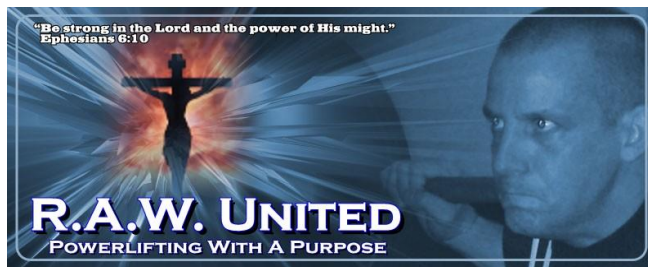
NEW MEETS:

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 several new meets to the 2014 powerlifting season!

January 25-26 will feature the **RAW Record Breakers Meet** 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 High School Championships** at Westchase. Youth lifters (13-Under) and high school athletes (14-18) 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** Friday & 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!

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 as stand-alone contests!

Finally, Lifepoint Church will host the **STRONG LIFE INVITATIONAL** on November 14-15. The meet will be an invitation-only contest to support our judges, loaders, and staff, and to experiment with different formats. Those lifters that actively support our mission and growth in a service position on the platform throughout the 2014 season will be invited to attend; more to come!

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

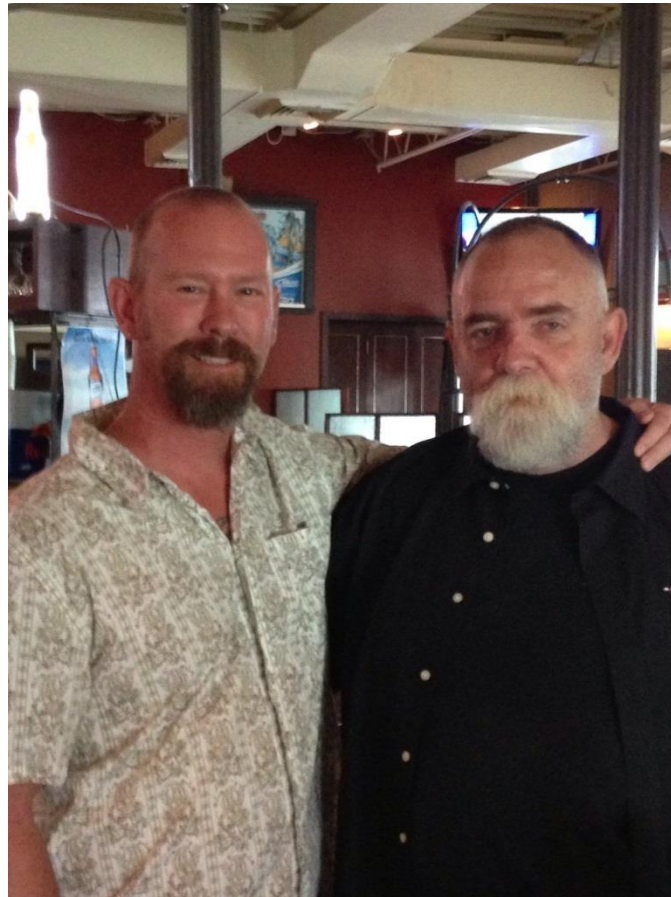
**“So I say to you, ask, and it will be given to you; seek, and you will find;
knock, and it will be opened to you.”**

Luke 11:9

“Iron Mike” Wright is a former National Champion lifter that also coached some of the nation’s top teenage and collegiate athletes for nearly two decades beginning in the 80s and 90s. A retired firefighter who currently resides in Severna Park, Maryland, Mike was just beginning to enjoy retirement when he and his wife, Alecia, were severely injured in a motorcycle accident.

Four years later, Mike has battled addiction, depression, and financial struggles resulting from high medical bills. Mike has recently teamed up with former Navy SEAL Stew Smith (www.stewsmith.com) and reconnected with R.A.W. United, and we look forward to seeing God’s grace lead “Iron Mike” (pictured below on right) back to the competitive platform.

God bless and Godspeed, brother!



PRAYER REQUESTS:

In preparation for prayer,
please watch this amazing rendition of “Amazing Grace” as performed by
IL DIVO.

<http://www.youtube.com/watch?v=GYMLMj-SibU&sns=em>



Please pray for Cleo Collins. Cleo is my mom’s sister, and she recently had a pacemaker installed after taking a fall.

Please pray for Sarah Crane, pictured below. Sarah is a teenage girl from Elkhart Memorial High School in Elkhart, Indiana that has been diagnosed with Stage 4 Colon Cancer. Learn more about this courageous young woman at www.sarahstrong.org.



Please pray for Lucy Gallo. Lucy is a second grader at the West Melbourne School for Science; Lucy lost her dad, Air Force veteran Scott Gallo, and she's struggling.

Please pray for Ruth McRae. Ruth is Tony Conyers' mom; Ruth has been hospitalized, and Tony greatly appreciates your thoughts and prayers.

Please pray for Laura "Bean" Simmons. Laura is R.A.W. United Chaplain Paul Simmons' wife, and she is undergoing surgery.

Please pray for Jason Wright. Jason is a Maryland State Trooper that is recovering from knee surgery.

*

Please pray for our brother Jon Drummond. Jon's heart is out of rhythm again, and he is currently under doctor's care beginning his recovery.

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



THE REAL



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