

# STRONG LIFE

THE FUSION OF FAITH & FITNESS

The Official Online Magazine for RAW Powerlifters

**SPECIAL DOUBLE ISSUE!**

**POWER IN THE BLOOD:**

**TONY CONYERS TOTALS 10 TIMES HIS BODYWEIGHT  
AT THE MASTER'S CHAMPIONSHIPS!**

**Inside Part 2:**

- \* Pat O'Brien Memorial Master's Championships
- \* Lock-Out Training
- \* Gaynor's History of Powerlifting, Part 6

**MORE!**

Volume 2, Issue 7  
April 2014

**2014**  
**MIKE WITMER MEMORIAL OPEN &  
FLORIDA STATE CHAMPIONSHIPS**

**Saturday & Sunday, June 7-8, 2014**  
**Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Training Facility**  
**Melbourne, Florida**

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**Entry Deadline: Saturday, May 17, 2014**  
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**More Information: 321-505-1194 or [spero@stronglife610.org](mailto:spero@stronglife610.org)**

# STRONG LIFE

## THE FUSION OF FAITH & FITNESS

**The Official On-Line Magazine for RAW Powerlifters**  
**Volume 2, Issue 7**  
**April 2014**

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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 ([www.StrongLife610.org](http://www.StrongLife610.org)). From contest reviews to feature stories, training tips to nutritional guidelines, spiritual truths to behind-the-scenes fun, STRONG LIFE covers everything the strength community needs to know through high profile interviews, awesome photography, and intense editorial coverage.

The only publication of its kind, STRONG LIFE focuses on the positive influences that the world's strongest sport has on families and communities. Our mission is to honor God while showcasing the amazing talent, culture, and lifestyle of raw lifters.

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



# STRONG LIFE

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The Official On-Line Magazine for RAW Powerlifters  
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## INSIDE THIS ISSUE, PART TWO:

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**The Strong Shot:**  
Top Male Photo, Tony Conyers

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2014 Pat O'Brien Memorial Master's Championships

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Lock-Out Training \* Adrian Larsen



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History of Powerlifting, Part 6 \* Bob Gaynor

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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**

With the Youth & Teenage Championships and the Master's Championships both being held in April, it seemed appropriate to mark the inaugural events with a double issue of STRONG LIFE magazine! Part 1 featured R.A.W. United's youth and teenage contingent while Part 2 focuses on senior lifters.

On the cover of Part 1 is fourteen year old Megan Lee of Girls Gone Strong. Megan weighed in at just 84 pounds, yet at the end of the day had buried a 135 pound squat, benched 72 pounds, and pulled an incredible 200 pound deadlift to capture Best Lifter honors and win the 97 pound class. Full contest coverage, as well as an update on the 4, 3, 2 training cycle and a feature on scholarship recipients Kris Hefner and Genna Owen are featured in Part 1.



*Thomas Roman lifted strong in his R.A.W. United debut at the 2014 Youth & Teenage Championships*

On the cover of Part 2 is the timeless Tony Conyers who, at age 57, totaled 1600 at just 160 pounds bodyweight at R.A.W. United's Masters' Championships. Articles include Bob Gaynor's sixth installment on the History of Powerlifting, Lock-Out Training by bench specialist Adrian Larsen, and an interview with "Wonder Woman" Kimberly Clark.

Thank you very much for the emails, phone calls, and letters in support of STRONG LIFE Magazine! We have added several businesses to our advertising pages, and hope that federation leaders and contest directors will join us in our effort to promote raw powerlifting!

God Bless, and enjoy the reading! *Spero*

# THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at [spero@stronglife610.org](mailto:spero@stronglife610.org), and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Tony Conyers for sending us the April 2014 photo for *The Strong Shot*!



**TIMELESS:**  
**1600 POUND TOTAL**  
**@ 160 POUNDS!**

**2014**  
**MARIA BUCCHIONI MEMORIAL**  
**WOMEN'S CHAMPIONSHIPS**

**Saturday, July 19, 2014**  
**Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Training Facility**  
**Melbourne, Florida**

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**JESUS ZONE:**  
**Revisiting a Tribute to our brother,**  
**Pat O'Brien**

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



*In his final meet before joining the Lord's Gym, Pat inspired us all at the 2013 Beau Moore Classic*

**Before we get to the lifting, here is an excerpt from the August 2013 issue of STRONG LIFE written by STRONG LIFE Secretary, 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.

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*

# **CONTEST REVIEW: 2014 PAT O'BRIEN MEMORIAL MASTER'S CHAMPIONSHIPS**

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

**Saturday, April 26  
STRONG LIFE Training Facility \* Melbourne, Florida**

The 2014 Master's Championships brought many familiar faces and some new friends to the STRONG LIFE Training Facility in Melbourne, Florida. The contest served as a fitting tribute to our brother Pat O'Brien, with his wife Patti and many of his lifting partners from Tampa among the contestants.



***Laura Edwards rocked the platform at the 2014 Master's Championships!***

Laura Edwards, making her R.A.W. United debut, led the women's charge with huge numbers, going 250 (260 on a 4<sup>th</sup> attempt), 170, 315 to post the biggest total on the women's side. Liz Johnson and Patti O'Brien also lifted extremely well in their first meet with us, and the senior ladies from the Bill Beekley Academy of Powerlifting inspired everyone in attendance!



***Patti O'Brien (left) and Liz Johnson lifted extremely well in their R.A.W. United debut***



*Laura Edwards (center) joined Bill Beekley and the ladies of his Academy of Powerlifting: Bonnie Thurston, Patricia Evans, Sarah Hand, Laura, Bill, Edith Traina, Carmen Gutwirth, and Trudy Daxon*



*Florida RAW Dogs: Jon Wisenbaker, Rick Hoover, Tony Conyers, Tim Burns, and Bill Beekley*

On the men's side, Tony Conyers shocked the powerlifting world totaling 1600 at a bodyweight of 160 pounds! Tony buried a 555 pound squat, benched an impressive 400 pounds, and pulled 645 pounds to set the All-Time record in the 55-59 year old age group. Tony's teammate, Jon Wisenbaker, had a strong day, going 440, 310, 165 to win the 181s and Lance Betts registered a 1200 pound total in his first meet since injuring his shoulder.



*Lifting without Limits: Vito Lombardo, Ron Crawford, Thomas Gerhauser (front), Al "The Legend" Annunziato, and Bill Tinkler*

Thanks to Loma Amore, Bill Beekley, Pete Classon, Larry Dromerhauser, Bob Gaynor, Larry Russell, and Jack Stevens for officiating; Bill Beekley, Pete Classon, and Larry Dromerhauser for spotting and loading; Caryn Tshontikidis for announcing; and to Jessi Irons, Lizzi Marin, and all the lifters and friends that sent us pictures!

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

## **WOMEN**

### **IRONMAN, No Belt**

105	40-44	Liz Johnson	102	70	135	307
148	70-74	Carmen Gutwirth	95	60	190	345

### **IRONMAN, Belt**

105	40-44	Liz Johnson	102	70	135	307
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148	55-59	Patty O'Brien	142	122	170	434
	70-74	Carmen Gutwirth	95	60	190	345
	70-74	Bonnie Thurston	65	75	162	302
	90-94	Edith Traina	-	60	140	200
	75-79	Sarah Hand	-	50	122	172

165	80-84	Trudy Daxon	-	32	150	182
	75-79	Patricia Evans	-	60	-	-

**RAW**

105	40-44	Liz Johnson	102	70	135	307
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148	55-59	Patty O'Brien	142	122	170	434
	70-74	Carmen Gutwirth	95	60	190	345
	70-74	Bonnie Thurston	65	75	162	302
	90-94	Edith Traina	-	60	140	200
	75-79	Sarah Hand	-	50	122	172

165	45-49	Laura Edwards	250	170	315	730
			4 <sup>th</sup> 260			
	80-84	Trudy Daxon	-	32	150	182
	75-79	Patricia Evans	-	60	-	-



*A lean and mean Larry Russell pulling 560 pounds!*

**MEN**

**IRONMAN, No Belt**

220	40-44	Lance Betts	365	350	485	1200
242	GUEST	Charles Owen	255	165	335	755

**IRONMAN, Belt**

123	80-84	Ron Crawford	-	155 4 <sup>th</sup> 160	-	-
140	26-27	Thomas Gerhauser	-	200 4 <sup>th</sup> 212	-	-
220	40-44	Lance Betts	365	350	485	1200
	80-84	Vito Lombardo	-	200	-	-
242	GUEST	Charles Owen	255	165	335	755
275	50-54	Chris Harris	-	340	-	-



**RAW**

123	80-84	Ron Crawford	-	155 4 <sup>th</sup> 160	-	-
140	26-27	Thomas Gerhauser	-	200 4 <sup>th</sup> 212	-	-
165	55-59	Tony Conyers	555	400	645	1600
	65-69	Al Annunziato	-	250	450	700
	75-79	Bill Tinkler	-	220	315	535
181	45-49	Jon Wisenbaker	440	310	565	1315
	65-69	Jack Stevens	370	205	425	1000
	70-74	Les Cramer	325	155	280	760
198	65-69	Larry Russell	-	-	560	-
220	40-44	Lance Betts	365	350	485	1200
	55-59	Gerry Guenther	405	285	405	1095
	40-44	Greg Agcaoili	-	345	-	-
	80-84	Vito Lombardo	-	200	-	-
242	50-54	Rick Hoover	505	285	510	1300
	GUEST	Charles Owen	255	165	335	755
275	50-54	Chris Harris	-	340	-	-
308	40-44	Tim Burns	475	340	450	1265



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



# **TRAINING TABLE: LOCK OUT TRAINING**

Written by Adrian Larsen of the Alpha Project

**“It is God who arms me with strength, and makes my way perfect.”  
Psalm 18:32**

What does it mean to fail at the lock out portion of the bench press for a raw lifter?

It can mean a few different things. Most commonly, it would be the lack of speed off your chest. It could also be the transition portion of the lift; half-way through the lift where your technique breaks down.

So how do we fix this?



*Jack Stevens powers through the lock out at the 2014 Master's Championships*

First, we start with the easiest fix possible. Start with working on speed off of your chest. For raw lifters this is often over looked. Doing paused pressing will certainly help. One movement I have found to be the most helpful is to incorporate dead pin presses. The best way to set this up is in a squat rack. Place the safety rack so the bar will be directly on your chest as you lay on the bench. Start with about 70% of your max on the bench. You can add more weight as needed. Or you can also place chains on the bar to increase your work load at the top of the lift. Keep in mind each rep should come to a complete stop and wait a brief second before blasting your next rep. The Alpha Project that will be releasing soon calls for doing sets of 3 reps. You will find quickly that this will really force you to work on explosiveness off your chest. Another way to work on this portion of the lift is to grab a sling shot and work with about 125% of your max. Be sure to pause each rep on your chest for a solid 2 count. This will ensure that you are getting all momentum off of the press and solely working on blasting the bar out of the bottom.

Don't start worrying about grabbing boards and incorporating lock out work. That isn't the problem. If we examine how you lift off of a three or four board press you are typically much stronger, so if that is the case why are we not blasting through the last 20% of the lift? The reason is simple. Without speed or explosiveness off your chest you are doomed because you will never reach that last 20% of the lift you've worked so hard on with your lockouts.

If you're stubborn and you still love 3 or 4 boards, that's fine. Doing lock out work is better than doing nothing. Ask yourself if board work helps you with your raw bench? It is important to have an expectation from each set, each movement and each workout. Without having that expectation you may not be getting everything out of each workout. That means you are not reaching your potential.



***Tony Conyers benched an impressive 400 pounds at a bodyweight of 160 at the Master's!***

The second portion of failing half way up would fall under technique. The Alpha Project calls for rotating each week from a heavy bench to lighter bench week. Only working up to 75%, this is the time to make the technique adjustments. We are dealing with a percentage that is high enough that we feel the weight, but light enough to make adjustments. These adjustments can be keeping your elbows in, flaring at the correct time, and activating your lats. Learning to correct certain technique flaws will certainly take time. And with help from lift off partners or by recording your lifts you will be able correct these simple adjustments.

In conclusion, don't continue something that you aren't meeting goals with. Examine your training and have an expectation for what you are doing in the gym. Understand what movements best fit you and your goals. And finally always be Alpha; don't be the sheep.



**Adrian Larsen**

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# **OLD SCHOOL: THE HISTORY OF POWERLIFTING, PART 6**

**Written by STRONG LIFE Treasurer Bob Gaynor**

As I write the April issue of STRONG LIFE, it is hard to believe how many years have passed. Most of today's lifters will not even recognize these names, but if it was not for these folks there would be no powerlifting today.

We will pick up where we left off in the last issue.

At a Virginia Beach power meet the great arm wrestler, Steve Stanaway, benched 430 at 198, and heavyweight Russ Fletcher totaled 1750. The American Records which appeared in the August 1968 issue of Muscular Development (MD) had three lifters holding records in more than one weight class. Dave Moyer still held the squat record at 124 and 132, Enrique Hernandez held the bench record in those weight classes. Ronnie Ray held the bench record at 181 and 198. George Crawford's name appeared for the first time.

Gary Young upped the 242 pound Deadlift record to 770, and in the same meet, future American Record Holder in the Olympic Lifts, Ken Patera, won the Supers with a 1540 total.



*Ken Patera*

Felix Gomes, at an open meet in Scranton, took the Deadlift Record back with a lift of 658 pounds. At the time, I could not believe someone his weight could pull that much. Mike Mac Donald benched 405 at 198 in a meet at the Downtown YMCA in St. Paul, MN.

At this time there was a strange rule on the books that stated "you could not set a record if no one else lifted in your weight class.". This rule cost Mel Hennessey a Bench Record. Lots of strange rules, in the deadlift feet had to be shoulder width apart, there was no sumo.

Steroids were being more openly discussed. Muscular Development ran an article "Steroids Good or Bad?" They did not endorse steroid usage, but stated one should be under a doctor's care and in low doses and short durations.

The Juniors in Scranton had eighty lifters, the largest turnout to date. Milt McKinney at 123, Jack Keammerer at 132, Brian Wamsley at 148, Ron Hale at 165, Jesse Hurst (no wraps) at 181, John Dzurenko at 198, Lee Merritts at 242, and John Ramsey at Super were the winners. Larry Pacifico again finished second at 181.



*Larry Pacifico*

The Seniors took place in Los Angeles. In reviewing the pictures from this meet, it was easy to determine who was and who was not wrapping. Many lifters looked like the Michelin Man. Six different lifters set squat records.

Junior Champion Milt McKinney, took the 123s. Allan Lord, with a 450 squat and a 520 deadlift, took the 132s. Bill Thurber and Len Ingro, both from California, won the 148s and 165s and both set squat records.

Ronnie Ray, lifting without wraps, took the 198s with a big 480 bench. Jon Cole, making his first Seniors appearance, took the 242s, but John Kanter had the best squat in that class with 740. Don Cundy took his second Seniors title at Super.

From the end of 1968 and through most of 1969 the controversy over wraps continued. Looking at today's lifting, such a discussion is still ongoing.

In 1969, York was again hosting the Seniors, and advance word went out that the wrapping would not be allowed. The Juniors were originally scheduled for Jefferson City, MO, but they could not put the meet together, and it appeared there would be no Juniors that year. At the last minute, Les Cramer from Erie, PA, stepped up and volunteered to hold the meet.



*Les Cramer, now in his seventies, moved HUGE weight at R.A.W. United's Masters Championships!*

The bundling issue continued. An article in MD described how it was done. Back then the lifter had to make his own gear, but now the equipment companies do it for them. Keep in mind that many lifters did not do this. Many lifted without any wraps. The way to do it was start with knees. First put some padding on them, because ace bandages could really hurt. Then apply a rubber knee support, and after that two or three pairs of ace bandages. You would then put on a very tight and neatly tailored pair of cutoff jeans. Then the bed sheets would start from the upper thighs and go all the way up to the chest. This is why guys weighing 181 looked like the Supers.

There was no simple solution to deal with this issue. There were discussions and attempts to rewrite the rules. The June AAU Conference concluded there would be no wrapping at the Seniors. If someone was caught with excessive wraps the penalty was removal, but no more. I really think this problem caused the officials at that time to take a look at other areas. Bar placement on the back was often called. Arching and chest sink in the bench and any foot movement in any of the lifts were watched closely.

Records continued to fall. At the Phoenix Open, Jack Barnes at 198 squatted 714 and totaled 1740. At the same meet, John Kanter at 242 bench pressed 539, squatted 764, and totaled 2000 for three American Records. He was the first 242 pound lifter to total 2000.

Tom Overholtzer, in a California Meet as a 198 pounder, squatted 674 and totaled 1675 for new records.

Jim Williams had Pat Casey's Bench record in his sights. His goal was to set the record so high that it would stand the test of time. A lifter in Arizona named Wayne Coleman benched 575. He was later known as "Superstar" Billy Graham.

Early in the year, Vince Anello pulled 675 at the Great Lakes Open. Future Olympic competitor and World's Strongest Man, Bruce Wilhelm, totaled 1635 at the Pacific Coast power meet.



*Vince Anello*

MD ran a Top Ten listing for lifts done in 1968. Guess who compiled the list? Herb Glossbrenner; MD and Muscle Builder were running more and more articles dealing with power training.

There was some discussion to add a 114 pound weight class.

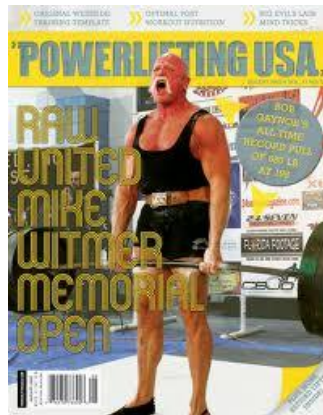


*Fred Glass*

The Juniors took place in Erie, PA in August. They had 76 lifters and the meet went well. Phil Trujillo took the 123s with my old buddy, Fred Glass, finishing second and deadlifting a meet record of 450. Frank Riley of Chicago took the 132s. Jack Welch, with a new total record, took the 148s. The winner at 165 was New Jersey's Bill Burtis. Carlos Looper of Indiana captured the 181s. Future World Champion, Vince Anello, was 6th in this class. Larry Pacifico moved up to 198 in a big way. He totaled 1700 for a new National Record and Best Lifter Award. Hugh Cassidy and Russ Fletcher were winners at 242 and Super.

This month's segment was rather short, but we will have ...

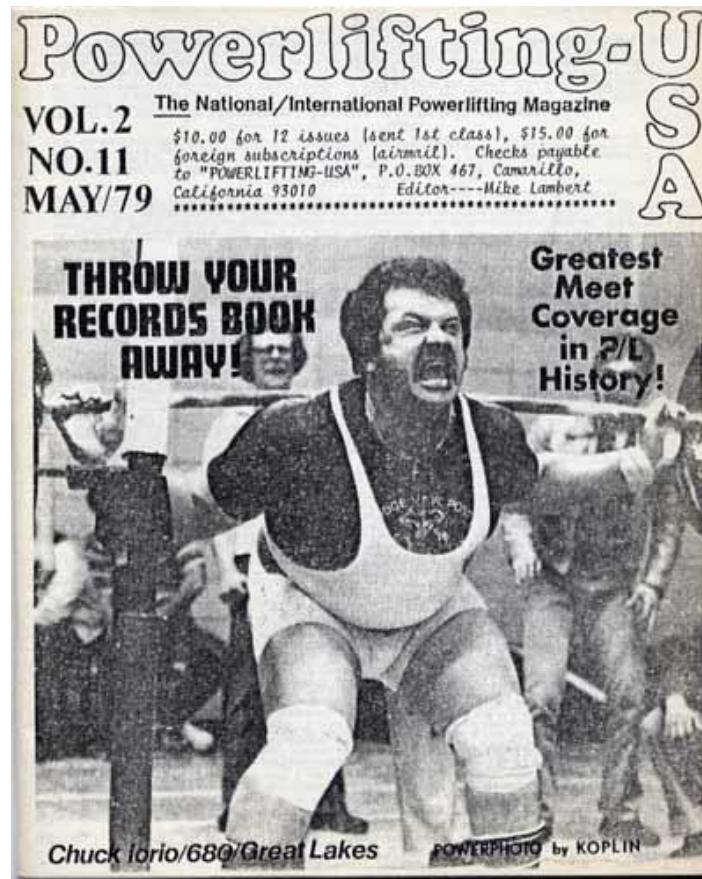
**MORE TO COME IN THE JUNE ISSUE OF STRONG LIFE!**



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

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

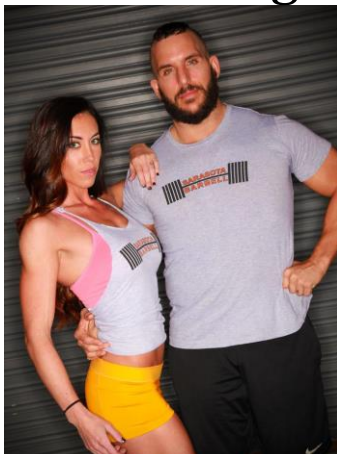
**Bob currently serves as the Treasurer for STRONG LIFE and Chief Referee for R.A.W. UNITED**



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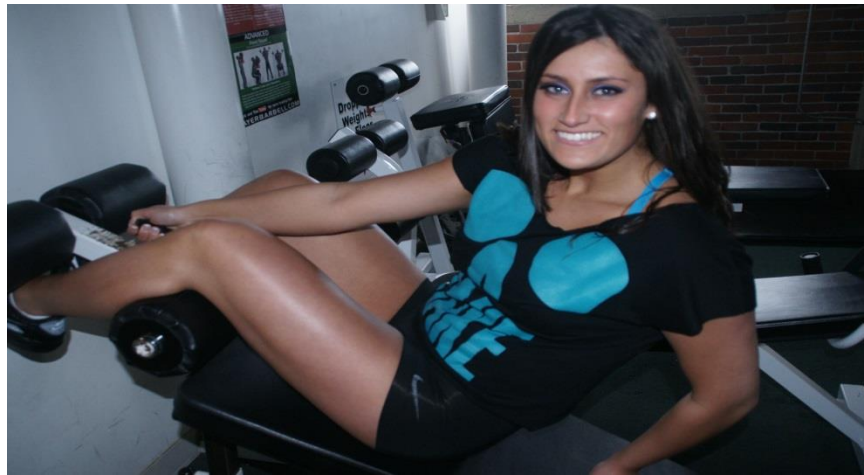


## **POWER SPOTLIGHT: KIMBERLY CLARK**

**“The name of the Lord is a strong tower; the righteous run to it and are safe.”**

**Proverbs 18:10**

Known as “Wonder Woman,” Kimberly Clark is a top junior lifter, winning back to back World titles. Known for her deadlift, Kim is currently training for her third consecutive World title. A drug free lifter and devout Catholic, Kim was recently interviewed by Paul deSimone.



**AUTHOR:** So Kim how many years have you been working out prior to your training for powerlifting?

**KIM:** I trained for one year at a powerlifting gym - go figure. My friend Jenny Lee brought me to Gym Warriors, which was on the total opposite side of my town. I got to train with you, Mr. Paul DeSimone, and you made me throw up.

**AUTHOR:** I had to laugh because I remember the first day you came in. You guys kept saying you wanted a little more so I decided to make you do sprints. Bad idea - I remember you with your hand over your face running to the bathroom.

**KIM:** Yeah, you made me throw up. I was pretty embarrassed, but I still returned the next day.

**AUTHOR:** I know that you had no sports back ground; what did you do growing up for activities?

**KIM:** I danced for 18 years and was also captain of the cheerleading squad.

**AUTHOR:** What do you like about powerlifting is it the competition aspect or something else?

**KIM:** I like going to competitions where other girls are; I like competing against them. I don't like the small competitions that have no one in my weight class. I think that's stupid; it's not worth me competing against no one. I do better when I have someone to compete against.

**AUTHOR:** I also know that you're sponsored by PDG supplements. How do you like the supplements?

**KIM:** I really like the Cla - that one helps me get to my weight class. For a while I was up to 175 and I needed to drop some pounds; that helps and it's natural. The Creatine is good for strength gains and the glutamine definitely helps you recover quicker. But that's pretty much all I take, and most of the time I forget to take it (starts laughing).

**AUTHOR:** What made you do the NGA bodybuilding competition?

**KIM:** First of all it was local and it had a few girls in the contest. I wanted to challenge myself to get into better shape, follow a diet and supplement plan. I also love reading those magazines. I don't just want to be a strong woman. I also want to look good.

**AUTHOR:** You were asked to do Americas got talent show? I heard through the grape vine that you guys had to go to an audition and then you had to submit videos?

**KIM:** Yes; it was nerve racking. I had to do reps on the deadlift for the show. I dressed up as Wonder Woman and did a whole lifting routine and interview for the show. We met with producers, but when the smoke cleared I guess they didn't think powerlifting was a good fit for the show.



**AUTHOR:** So were you surprised to have had so much success so early?

**KIM:** Well first of all I want to thank God, my family, and my trainer. But I do work hard and I train 5-6 times a week every week. I still haven't been able to go to Disney World! I would like to change that because I really want to go!

**AUTHOR:** What do you want to see happen to powerlifting in the next few years?

**KIM:** I want girls to have more opportunities financially so more girls will compete. Women don't make as much money as men, and it's harder to afford all this training. Yes, you still charge me!

**AUTHOR:** Last question - what do you want everyone to know about you that they would not know?

**KIM:** I love to sing and I am very funny. Well, at least people tell me I am very funny once they get to know me.

**KIM CLARK'S COMPETITION STATUS:**

2011 USPF Regional Overall Woman's Champion, 1<sup>ST</sup> PLACE  
2011 EPF Regional Overall Woman's Champion, 1<sup>ST</sup> PLACE  
2012 100% RAW Nationals, 2<sup>nd</sup> Place Jr. Div  
2012 100% RAW World Champion, 165 Class Open and Junior Division  
332 World Record Deadlift, Junior Division  
2012 EPF Regional Woman's Overall Champion, 1<sup>ST</sup> PLACE  
2013 100% RAW 165 Class Nationals Open, 2<sup>nd</sup> Place, Junior Division, 1<sup>st</sup> Place  
381 World Record Deadlift, Junior Division  
2013 100% RAW World Championships, 1<sup>st</sup> Place Open and 1<sup>st</sup> Place Junior Division  
382.3 World Record Deadlift  
2013 EPF Regional Champion Overall  
2013 NGA Figure 1<sup>st</sup> Place Open, 1<sup>st</sup> Place Junior Division  
2014 National Record 391.5 Deadlift and 777 Total  
(both are records for the Junior and Open in 100% RAW)



*Author Paul de Simone accepting his award at the 100% RAW World Championships*

**INTERVIEW CONDUCTED BY PAUL DESIMONE  
TO CONTACT ME EMAIL [PAULDESIMONE01@AOL.COM](mailto:PAULDESIMONE01@AOL.COM)  
CALL FOR COMPETITION, DIET, OR TRAINING INFO (978) 766-6280**

The

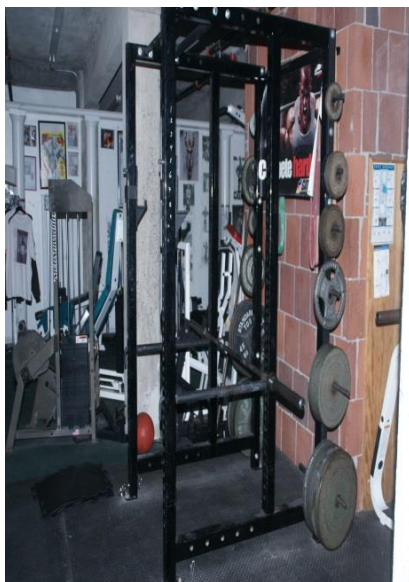


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Gym Warriors is a gym that supports bodybuilding, powerlifting, and strong man, and is home to some of the best deadlifters in the world. We have all the equipment for your needs. We also hold powerlifting competitions and bodybuilding competitions each year. We run several different sanctions for all types of lifters. Support the sport of powerlifting and join Gym Warriors today. We also offer a clothing line and diet and supplement programs. People from all genres fly in to train with Paul DeSimone, owner and founding father of Gym Warriors. Week end training sessions with this add are just \$150.00 for 3 sessions. You must print out this add and call 978-766-6280 or email [pauldesimone01@aol.com](mailto:pauldesimone01@aol.com) and mention this offer (discmag).

WE only have top of the line equipment. Anyone who is a competitive powerlifter knows an elite rack, legend rack, king rack, and elite equipment is what it takes. We have elieko, pendelay, ivanko, and troy competition plates. Get a 4 day pass for only \$15.00 by mentioning the coupon code "powermag."

Don't hesitate - become a Gym Warrior today!



## **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**

### **2014**

#### **JUNE 2014**

June 7-8

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

**STRONG LIFE Training Facility \* Melbourne, FL**

**Entry Deadline: Saturday, May 17**

Meet Director: Spero Tshontikidis

Contact Info: [spero@stronglife610.org](mailto:spero@stronglife610.org) \* 321-505-1194

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](mailto:valifting@aol.com)

June 21-22

Massachusetts State Championships \* R.A.W. UNITED

**Gym Warriors \* Peabody, MA**

**Entry Deadline: Tuesday, June 17**

Meet Director: Paul DeSimone

Contact Info: [pauldesimone01@aol.com](mailto:pauldesimone01@aol.com) \* 978-766-6280

#### **JULY 2014**

July 12

Northeast Championships \* R.A.W. UNITED

**Gold's Gym \* Hagerstown, MD**

**Entry Deadline: Saturday, June 21**

Meet Directors: Dan Corridean & Kevin Prosser

Contact Info: Dan Corridean 240-417-2229

Kevin Prosser 240-329-8187

[bdan1745@aol.com](mailto:bdan1745@aol.com)

[jkprosser@yahoo.com](mailto:jkprosser@yahoo.com)

July 19

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

Open to women of all ages

**STRONG LIFE Training Facility \* Melbourne, FL**

**Entry deadline: Saturday, June 28**

Meet Director: Spero Tshontikidis

Contact Info: [spero@stronglife610.org](mailto: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](mailto:valifting@aol.com)

## **AUGUST 2014**

August 2

Cowboy Bash & North Dakota State Championships \* R.A.W. UNITED

**Gym Warriors West \* Medora, ND**

**Entry Deadline: Monday, July 7**

Meet Director: Paul DeSimone

Contact Info: [pauldesimone01@aol.com](mailto:pauldesimone01@aol.com) \* 978-766-6280

August 2

Boca Brickhouse Beauties & Beasts \* R.A.W. UNITED

**Boca Brickhouse \* Boca Raton, FL**

**Entry deadline: Saturday, July 12**

Meet Director: Spero Tshontikidis

Contact info: [spero@stronglife610.org](mailto: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

**STRONG LIFE Training Facility \* Melbourne, FL**

**Entry deadline: Saturday, August 30**

Meet Director: Spero Tshontikidis

Contact info: [spero@stronglife610.org](mailto: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](mailto:valifting@aol.com)

## **OCTOBER 2014**

October 18-19

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

**STRONG LIFE Training Facility \* Melbourne, FL**

**Entry deadline: Saturday, September 27**

Meet Director: Spero Tshontikidis

Contact info: [spero@stronglife610.org](mailto:spero@stronglife610.org) \* 321-505-1194

## **NOVEMBER 2014**

November 7

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

**STRONG LIFE Tampa Bay \* Tampa, FL**

**Entry Deadline: Saturday, October 18**

Meet Director: Bill Beekley

Contact Info: [beek220@aol.com](mailto:beek220@aol.com) \* 813-362-1908

November 15

STRONG LIFE Invitational \* R.A.W. UNITED

**STRONG LIFE Training Facility \* Melbourne, FL**

**Entry deadline: Saturday, October 25**

Meet Director: Spero Tshontikidis

Contact info: [spero@stronglife610.org](mailto: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](mailto:valifting@aol.com)



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# 2014 Northeast Championships

**Saturday, July 12, 2014  
Sanctioned by R.A.W. United**



**Hosted by Gold's Gym  
Hagerstown, Maryland**

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

**Entry Deadline: Saturday, June 21, 2014**

**Meet Directors:**

**Dan Corridean \* 240-417-2229 \* [bdan1745@aol.com](mailto:bdan1745@aol.com)  
Kevin Prosser \* 240-329-8187 \* [jkprosser@yahoo.com](mailto:jkprosser@yahoo.com)**



Sean Lyons 6 weeks of just pdg supplements Creatine the Power PDG Glutamine the recovery, and PDG CLA and Vitamin E, diet and training with Paul DeSimone.

Dramatic size and strength gains, went from a 315 deadlift to 405 competition. Epf state record holder now. Body weight went up 5 pounds body fat down 3% . Bench press went up 40 pounds. Squat up 100 pounds. All are documented via Epf Powerlifting contest. This is one of the best 6 weeks I have achieved with a client who literally only trains 45 min 5 times a week. Email Gym Warriors today! Video proof on facebook and youtube. 465 deadlift after 11 weeks.

Email [Pauldesimone01@aol.com](mailto:Pauldesimone01@aol.com) or call the gym 978 766 6280 supplement plans run from 50.00-150.00



This is the after picture. While we put it first you can see dramatic size improvement in the bicep and tricep. Look to the roundness and shape in the front delt, slimming of the waist. And I wish shawn showed his leg separation. Dramatic improvement in the vascularity of the arm. Boxer shorts are the after! PDG Supplements Changing America. Add us on facebook. We Sponsor and support Powerlifting!

## **CHAIRMEN'S CORNER: ALL FEDS**

**"The way of the Lord is strength for the upright."  
Proverbs 10:29**

### **R.A.W. UNITED**

#### **GRAND OPENING:**

STRONG LIFE Training Facility in Melbourne is currently running a summer special for student athletes. The special runs from MOW to August 31 for just \$50.00. Spread the word!

#### **NEW TAMPA VENUE:**

With the newly established STRONG LIFE Training Facility in Melbourne fully operational and two contests "under its belt," we are STOKED to announce the opening of the new STRONG LIFE Training Facility in Tampa Bay! The new facility is being managed by R.A.W. United lifters Bill Beekley, Tony Conyers, and Andrew Yerrakadu, and will open in May 2014. More to come in the June edition of STRONG LIFE!



*Rick Hoover of the Florida RAW Dogs*

#### **STATE MEETS HELD:**

R.A.W. United's 2014 expansion is underway, and State meets have been held in Texas and Maryland, and the Florida States will take place in June. Additional State meets are currently being scheduled in Georgia and Massachusetts, and plans are in the works for North Dakota and Virginia. More to come in the June edition of STRONG LIFE!



**MANY THANKS TO**

**DAVE BATES & JOHNNY  
YASQUEZ**

**OF**

**[www.powerliftingwatch.com](http://www.powerliftingwatch.com)**

**FOR THEIR SUPPORT OF**

**STRONG LIFE!**

# **2014 Boca Brickhouse Beauties & Beasts**

**Saturday, August 2, 2014  
Sanctioned by R.A.W. United**



**Hosted by  
Boca Brickhouse Gym  
Boca Raton, Florida**

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

**Entry Deadline: Saturday, July 12, 2014  
Meet Director: Spero Tshontikidis  
More Information: 321-505-1194 or [spero@stronglife610.org](mailto: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**

We are STOKED to announce that Patricia O'Brien had an AWESOME day of lifting at the 2014 Master's Championships, held in honor of her husband, Pat, who went to be with our Lord last July.



***Bill, Patti, and Tony at the Master's***

We look forward to seeing Patti back on the platform at the Women's Championships in July at STRONG LIFE Training Facility in Melbourne, Florida!

**PRAYER REQUESTS:**



**Please pray for Edith “The E-Train” Traina of the Bill Beekley Academy of Powerlifting. Edith had a recent fall, broke her wrist, and is undergoing surgery.**

**Please pray for Denise Kalvan; Denise is the mom of GIRLS GONE STRONG lifter Emma Kalvan.**

**Please pray for R.A.W. United lifter Chuck Miller who recently accepted a new position in the state of Hawaii. We wish Chuck Godspeed, and look forward to seeing him in the fall!**

**Please pray for all of our high school seniors as they make the transition into post-secondary education, service in the military, and/or the American workforce.**

**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](mailto:spero@stronglife610.org)**



## **PUT ON THE FULL ARMOR OF GOD!**

**“Finally, my brothers, be strong in the Lord and the power of His might. Put on the whole armor of God that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.”**

**Ephesians 6:10-13**





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