



# STRONG LIFE

## THE FUSION OF FAITH & FITNESS

The Official Magazine for RAW Powerlifters

Chapter Leader Kevin Prosser  
buries 565 at the Maryland States!

Inside:

- \*2014 Expansion Meets
- \*Gaynor's History of Powerlifting, Part 7
- \*Power Gyms

**MORE!**

Volume 2, Issue 8

JUNE 2014

# 2014 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.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, July 12, 2014**

**Meet Director: Spero Tshontikidis**

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

# STRONG LIFE

## THE FUSION OF FAITH & FITNESS

**The Official On-Line Magazine for RAW Powerlifters**  
**Volume 2, Issue 8**  
**June 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.net](http://www.StrongLife610.net)). 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.



# STRONG LIFE

**THE FUSION OF FAITH & FITNESS**

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Volume 2, Issue 8  
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***Ken Morris, owner and coach of Limitless Strength & Conditioning in Deerfield Beach, Florida, led his team to victory at the 2014 Mike Witmer Memorial Florida State Championships***

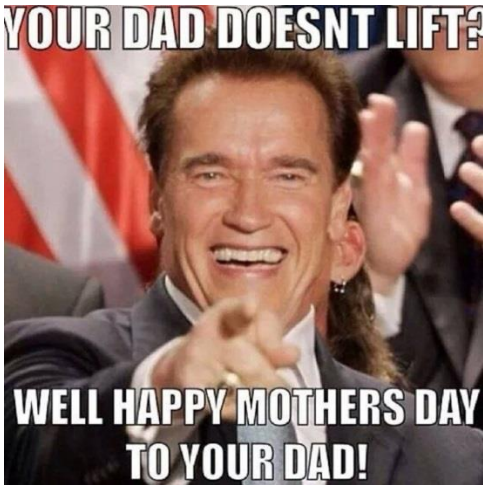
## **ON THE COVER: EDITOR'S REVIEW**

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

### **WHAT'S INSIDE**

We are STOKED to announce that R.A.W. United's 2014 expansion is underway, and State meets have already been held in Texas, Maryland, Florida, and Massachusetts this year! The federation will also be hosting State meets in North Dakota and Pennsylvania in August, and hope to

schedule Georgia and Virginia later this year. The June issue of STRONG LIFE includes the results from Texas, Maryland, Florida, and Massachusetts, and we look forward to covering the federation's summer contests in August!



**HAPPY FATHER'S DAY TO ALL OUR DADS!**

Powerlifting legend Bob Gaynor's seventh installment of the "History of Powerlifting" and our first edition of "Power Gyms" are both included in this issue. Eric and Kelsea Koenreich's "SARASOTA BARBELL" and Bob Benedix's "WORLD GYM" are our two featured gyms this month. Our plan is to feature two gyms in each issue this year, and

move to one gym per issue beginning in February 2015. Finally, in Paul DeSimone's "Lifter Spotlight" section, coach and trainer Mitch Ross shares his strategy and experiences training professional athletes.

God Bless, and enjoy the reading!  
*Spero*



# THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com), and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Kim Clark for sending us the June 2014 photo for *The Strong Shot*!



## KIM CLARK

**“GRIPS & RIPS”**  
**A 400 POUND MASSACHUSETTS**  
**STATE RECORD DEADLIFT!**

**2014**  
**COWBOY BASH & NORTH DAKOTA**  
**STATE CHAMPIONSHIPS**

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



**Hosted by Gym Warriors West**  
**Medora, North Dakota**

**DOWNLOAD YOUR ENTRY AT:**  
**[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Monday, July 7, 2014**

**Meet Director: Paul DeSimone**

**More Information: 978-766-6280 or [pauldesimone01@aol.com](mailto:pauldesimone01@aol.com)**



## **JESUS ZONE: SERVICE**

**“I beseech you therefore, brothers, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”**

**Romans 12:1**

Service – the act of helping or doing work for someone – is critical, and in many cases necessary, for organizations to function well. This is especially true in competitive powerlifting. Meet Directors rely on their fellow lifters to volunteer as spotter/loaders, judges, announcers, scorers, etc. in an effort to better serve the powerlifting community at large. Without these volunteers, it is extremely difficult to host a well-organized contest and create a staff that can work together over time.

While R.A.W. United is a small federation when compared to others such as the USAPL or APA, the need for reliable staff still remains the most critical aspect of running meets. Lifters are willing to travel great distances at great expense when they know that they are going to be judged fairly, spotted professionally, treated with respect,

and not be subjected to “marathon” contests that take 8-12 hours because of poor organization and a shortage of staff.

And while we pay homage to lifters when they achieve great things on the platform, we often give little or no attention to the guys and gals in the trenches that make it all happen. In the April issue of **STRONG LIFE**, fifty-seven year old Tony Conyers graced our cover after totaling 1600 at a bodyweight of 160 pounds! Needless to say, Tony’s accomplishments at the Master’s Championships were extraordinary. What is equally, if not more impressive, however, is the fact that Tony spotted/loaded, judged, and encouraged so many lifters at the meet. As an elite lifter, Tony is a mainstay on our platform, serving others and always ensuring to support and encourage first-time lifters and our youth and teenage contingent.



***Justin Cruz and Faryn Antenucci received the Jefferson Leadership Award for logging over 100 hours of community service in 2013 – all served on the competitive platform***

It is important that we introduce you to some of the members of our staff and acknowledge the impact they have on our great sport. Bob Gaynor and Bill Beekley, while competitive lifters, also serve on our Board and work the platform at our meets. My training partners, Pete Classon and Larry Dromerhauser, spot/load at all our contests and help with the ever growing numbers of kids we work with. And speaking of our kids, they all know that as soon as their last deadlift hits the floor, they need to change and get back to the platform to help.

RAW UNITY Meet Director Eric Talmant and Master lifters Larry Bucchioni, Larry Russell, and Jack Stevens are ever-present in the judge's chair and on the platform at our Melbourne meets. Tim Burns, Rick Hoover, Kyle Mischler, Tom O'Donnell, Jenn Rotsinger, Jon Wisenbaker, and Andrew Yerrakadu all comprise our Tampa staff.

Without these folks, it just doesn't happen ...



*It's always great when lifters simply step up and help out. Members from Limitless Strength & Conditioning that weren't competing volunteered to help spot/load at the 2014 Florida State Championships.*

Scripture teaches a great deal about service and its importance as well. Romans 12:10-11 instructs us to: "Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord." From a powerlifting perspective this verse is simply saying to give back to the sport with a happy heart.

So many lifters attend meets, lift, and leave - some even criticize the efforts of those serving them. While we all want to see the

sport continue to grow and improve, it is only a small percentage that truly serve both the lifters and the sport. Jesus, who is the Ultimate Servant, asked in Luke 22:27: "For who is greater, one who reclines at table or one who serves? Is it not the one who reclines at table? But I am among you as the One who serves." It is important to get involved and serve - if the Creator of the Universe can wash His disciple's feet, we can surely spot our brothers and sisters on the platform!

# 2014 PENNSYLVANIA STATE CHAMPIONSHIPS

**Saturday, August 16, 2014**  
**Sanctioned by R.A.W. United**



Jordan McGonigle Photography  
jmcgoniglephotography.weebly.com

**Hosted by Thunderbird Gym**  
**Monessen, Pennsylvania**

**DOWNLOAD YOUR ENTRY AT:**  
**[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, September 26, 2014**  
**Meet Director: Dave Lhota**  
**More Information: 814-521-9182 or [lhotafg@netzero.com](mailto:lhotafg@netzero.com)**



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# **CONTEST REVIEW: R.A.W. UNITED'S 2014 STATE EXPANSION**

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

## **TEXAS \* MARYLAND \* FLORIDA MASSACHUSETTS**

With four State meets in the books and two more "locked and loaded" for August, R.A.W. United's 2014 state expansion plan is progressing well!

Many thanks to Air Force veteran Jon Drummond and Olympic Gym owner JD Wennermark for hosting the Texas State meet. For those not familiar with Texas powerlifting, Olympic Gym is not only one of the nation's finest powerlifting gyms it is also home to some of the sport's greatest lifters to include the legendary Gene Bell and Jill Mills. Thanks to all the folks at Olympic Gym for supporting Jon, JD, and all the lifters!

More thanks to Kevin Prosser and Dan Corridean for hosting the Maryland State meet, and to Beau and Angie Bryant for affording us their Westminster Strength & Conditioning facility to hold the event. Kevin and Dan have been long-time friends and fixtures in mid-Atlantic region, serve as Chapter Leaders in Maryland, and will play a significant role in establishing the region. A special thanks to all the folks that supported Kevin, Dan, and the lifters; and thanks to Muoki Musau for snapping photos all day!

The Florida State meet was held at the STRONG LIFE Training Facility in Melbourne. Thanks to Pete Classon, Larry Dromerhauser, Jeremy Hoffower, Stone Kershaw, and Terry Linkenhoker for spotting/loading; Caryn Tshontikidis for announcing; and Faryn Antenucci, Brett Benedix, Larry Bucchioni, Bob Gaynor,

Dulcy Olson, Jack Stevens, and Eric Talmant for judging!

Many more thanks to Paul DeSimone, owner of Gym Warriors, for hosting the Massachusetts State meet. Paul has become a strong supporter of R.A.W. United and its mission, and we are stoked to have him on board! The contest, which was originally scheduled as a National Championship, transitioned to a R.A.W. United sanction in late May; in response, the federation honored the national status of the meet since lifters had already registered, hence its title as the 2014 Strong Life Nationals & Massachusetts State Championships. Paul will also be hosting the North Dakota state meet on August 2, and we wish him and the lifters all the best!

Finally, thanks to Dave Lhota of Thunderbird Gym in Monessen, Pennsylvania. Dave will be hosting the Pennsylvania state meet on August 16 in his gym. Dave has been a long-time lifter and official with R.A.W. United, and recently moved to the Pittsburgh area. We wish him Godspeed with his business, his gym, and his service as Chapter Leader for Pennsylvania!

Contest Directors interested in becoming Chapter Leaders and hosting meets can contact us at 321-505-1194 or via email at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com). Our goal is to establish 5-10 State Chapters per year, and help share the Good News through the world's strongest sport!

# TEXAS

2014 Texas State Championships & Determined Warrior Classic  
 Saturday, April 5  
 Olympic Gym \* San Antonio, Texas

## WOMEN

### RAW

105	35-39	Claudia Jimenez	170	95	230	495
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*Claudia Jimenez posted strong numbers as the contest's only female competitor*

## MEN

### IRONMAN, No Belt

148	30-34	Cory Torkelson	275	200	325	800
198	25-29	Randy Hogue	430	300	475 4 <sup>th</sup> 480	1205
220	25-29	Gary Snider	260	155	340	755
308	35-39	Patrick Walsh	405	275	405	1085
	25-29	PJ Sharma	365	240	455	1060

### IRONMAN, Belt

148	30-34	Cory Torkelson	275	200	325	800
181	60-64	Joshua Kosarek	-	-	375	-

198	25-29	Randy Hogue	430	300	475	1205
					4 <sup>th</sup> 480	
	20-24	Rich Murphy	405	255	-	-



220	25-29	Gary Snider	260	155	340	755
275	25-29	Travis Solari	465	355	490	1310



308	35-39	Patrick Walsh	405	275	405	1085
	25-29	PJ Sharma	365	240	455	1060

**RAW**

148	30-34	Cory Torkelson	275	200	325	800
181	60-64	Joshua Kosarek	-	-	375	-
198	25-29	Randy Hogue	430	300	475	1205
	20-24	Rich Murphy	405	255	4 <sup>th</sup> 480	-
220	25-29	Gary Snider	260	155	340	755



242	50-54	Nate Matthews	440	385	640	1465
	40-44	James Bono	475	325	625	1425
	40-44	David Martinez	-	435	-	-
	40-44	Kedgerick Smith	-	355	-	-
275	25-29	Travis Solari	465	355	490	1310
	30-34	Daniel Fye	-	315	325	640
308	35-39	Patrick Walsh	405	275	405	1085
	25-29	PJ Sharma	365	240	455	1060
	45-49	Jon Drummond	-	355	-	-





***Kedgerick Smith moved big weight in the bench!  
Many thanks to Jon Drummond and JD Wennermark (pictured below) for affording our veterans a Paralympic bench to compete on!***



**For more pictures, go to:  
[www.theolympicgym.com](http://www.theolympicgym.com)**

# MARYLAND

2014 Maryland State Championships  
Saturday, April 26  
Westminster Strength & Conditioning \* Westminster, MD



*Top row, left to right:  
Dan Corridean, Dan Corridean, Sean Leach*

*Second row, left to right:  
Kelli Fox, Christine Roche, Cody Jaegar*

*Third row, left to right:  
Luci Diehl, Kelli Fox, Jeff Eyler*



*Gibb Dungey (left) and Carlos Hernandez*

**Contest Results,  
2014 Maryland State Championships  
Saturday, April 26  
Westminster Strength & Conditioning \* Westminster, MD**

**WOMEN**

**IRONMAN, Belt**

66	8-9	Ella Antonishek	-	-	110	-
77	8-9	Sue Bourke	-	-	115	-
88	8-9	Bella Bourke	-	-	100	-
123	30-34	Kim Muniz	-	140	-	-
148	40-44	Keri Cuddy	235	110	265	610
165	45-49	Cynthia Line (PA)	250	150	320	720
181	30-34	Desirae Williams (PA)	240	140	320	700
198	25-29	Kristen Glove	345	135	330	810
198+	35-39	Patsy Shaffer (PA)	315	165	360	840

**RAW**

114	30-34	Kelli Fox	190	125	220	535
123	30-34	Kim Muniz	-	140	-	-

148	30-34	Heather Abel (BL)	270	160	280	710
	20-24	Heley Deutsch	205	140	300	645
	40-44	Keri Cuddy	235	110	265	610
165	35-39	Angie Bryant (BL)	280	145	320	745
	45-49	Cynthia Line (PA)	250	150	320	720
181	30-34	Desirae Williams (PA)	240	140	320	700
	45-49	Cathy Carhart	250	130	310	690
198	25-29	Kristen Glove	345	135	330	810
198+	40-44	Christine Roche	335	155	385	875
	35-39	Patsy Shaffer (PA)	315	165	360	840

## MEN

### IRONMAN, No Belt

181	25-29	Eric Shugars	390	305	475	1170
242	25-29	Todd Coddington (PA)	325	250	405	980
275	30-34	Gabriel Fonti	395	290	415	1100
308	40-44	Berin Loritsch (VA)	450	290	510	1250

### IRONMAN, Belt

66	10-11	Eric Liao	-	-	115	-
77	10-11	Jason Liao	-	-	130	-
88	8-9	Julio Torrejon	-	-	140	-
181	25-29	Gibb Dungey (BL)	405	315	600	1320
	25-29	Eric Shugars	390	305	475	1170
	25-29	Michael Shaffer	355	275	520	1150
	25-29	Michael Williams	360	255	535	1150
	35-39	Rick Gue	330	200	405	935
198	18-19	Cody Jaegar	455	300	445	1200
220	35-39	Thomas Haifley	435	335	580	1350
	45-49	Bill Rogers (PA)	415	315	425	1155
	25-29	Greg Noble (NC)	325	300	425	1050

242	25-29	Todd Coddington (PA)	325	250	405	980
	40-44	Sherm Pensyl (PA)	-	470	-	-
	45-49	Mike Muskey	-	335	-	-
275	45-49	David Price (PA)	460	360	525	1345
	30-34	Gabriel Fonti	395	290	415	1100
308	40-44	Berin Loritsch (VA)	450	290	510	1250
	35-39	Kris Becker	390	390	460	1240
<b>RAW</b>						
165	25-29	Sean Leach (VA)	445	245	455	1145
181	25-29	Gibb Dungey (BL)	405	315	600	1320
	20-24	Jacob Lane	400	310	465	1175
	25-29	Eric Shugars	390	305	475	1170
	25-29	Michael Shaffer	355	275	520	1150
	25-29	Michael Williams	360	255	535	1150
	35-39	Rick Gue	330	200	405	935
198	18-19	Cody Jaegar	455	300	445	1200
	14-15	Carlos Jones	-	225	-	-
220	35-39	Thomas Haifley	435	335	580	1350
	40-44	Dave Stair (PA)	445	295	475	1215
	45-49	Bill Rogers (PA)	415	315	425	1155
	30-34	Brian Bilhart	405	225	475	1135
	45-49	Steve Barran	340	315	425	1080
	25-29	Greg Noble (NC)	325	300	425	1050
242	30-34	Jeff Eyler	525	355	530	1410
	25-29	Todd Coddington (PA)	325	250	405	980
	40-44	Sherm Pensyl (PA)	-	470	-	-
	45-49	Mike Muskey	-	335	-	-
275	35-39	Dan Corridean (BL, NC)	600	405	675	1680
	20-24	Carlos Hernandez	545	405	560	1510
	30-34	Greg Brock	540	365	550	1455
	45-49	David Price (PA)	460	360	525	1345
	30-34	Gabriel Fonti	395	290	415	1100
	45-49	Brad Utz	330	235	405	970
308	40-44	Tim Hadden	505	375	560	1440
	40-44	Berin Loritsch (VA)	450	290	510	1250
	35-39	Kris Becker	390	390	460	1240
308+	40-44	Kevin Prosser	565	135	135	835



*Ken Morris (center) with his team from Limitless Strength & Conditioning in Deerfield Beach, Florida*

## FLORIDA

2014 Mike Witmer Memorial Florida State Championships  
 Saturday & Sunday, June 7-8  
 STRONG LIFE Training Facility \* Melbourne, Florida

### WOMEN

#### IRONMAN, No Belt

66	7-U	Kyla Oliver	65	30	100	195
77	12-13	Anya Johnson	95	47	127	269
105	16-17	Emma Kalvan	140	70	160	370
	12-13	Abby Mechachonis	105	62	130	297
114	14-15	Anna Feldbush	90	45	120	255
123	12-13	Valery Linkenhoker	145	75	200	420
148	16-17	Faryn Antenucci	215	95	250	560
	12-13	Allie Ader	115	52	170	337

165	35-39	Lisa Ader	75	60	125	260
181	14-15	Dulcy Olson	190	90	250	530
	14-15	Brettany Murdock	170	90	230	490



**Seven year-old Klya Oliver grips and rips a youth, state record deadlift!**

### **IRONMAN, Belt**

66	7-U	Kyla Oliver	65	30	100	195
77	12-13	Anya Johnson	95	47	127	269
105	16-17	Emma Kalvan	140	70	160	370
	12-13	Abby Mechachonis	105	62	130	297
114	25-29	Shelly Seidenberg	195	90	230	515
	14-15	Anna Feldbush	90	45	120	255
123	20-24	Rachel Freia	275	160	365	800
	12-13	Valery Linkenhoker	145	75	200	420
148	16-17	Faryn Antenucci	215	95	250	560
	20-24	Sarah Hyde	165	85	235	485
	12-13	Allie Ader	115	52	170	337
165	35-39	Lisa Ader	75	60	125	260
181	14-15	Dulcy Olson	190	90	250	530
	14-15	Brettany Murdock	170	90	230	490



*Rachel Freia lifted HUGE, including this 365 pound record deadlift!*

**RAW**

105	16-17	Emma Kalvan	140	70	160	370
114	25-29	Shelly Seidenberg	195	90	230	515
	14-15	Anna Feldbush	90	45	120	255
123	20-24	Rachel Freia	275	160	365	800
148	16-17	Faryn Antenucci	215	95	250	560
	20-24	Sarah Hyde	165	85	235	485
165	35-39	Lisa Ader	75	60	125	260
181	14-15	Dulcy Olson	190	90	250	530
	14-15	Brettany Murdock	170	90	230	490





*Alex Devlin en route to his 142 pound record deadlift!*

## **MEN**

### **IRONMAN, No Belt**

66	8-9	Nathan Johnson	35	22	85	142
77	12-13	Ryan Feldbush	82	45	105	232
88	12-13	Alex Devlin	95	52	142	289
105	12-13	Andrew Kearney	135	75	177	387
114	12-13	Jacob Kent	150	87	180	417
	14-15	Ben Johnson	105	57	142	304
132	14-15	Juan Torres	225	125	250	600

148	14-15	Brandon Cox	170	135	315	620
165	16-17	Chris Mikulas	280	215	365	860
181	20-24	Devon Palombo	425	315	505	1245
	16-17	Jeremy Hoffower	235	160	335	730
198	14-15	Andrew Hung	245	145	260	650
220	16-17	Sean Casey	220	135	315	670
SHW	14-15	Sam Ader	225	145	300	670



*Jacob Kent and Sean Casey lifted with the big boys and helped out during the second session*

### IRONMAN, Belt

66	8-9	Nathan Johnson	35	22	85	142
77	12-13	Ryan Feldbush	82	45	105	232
88	12-13	Alex Devlin	95	52	142	289
105	12-13	Andrew Kearney	135	75	177	387
114	12-13	Jacob Kent	150	87	180	417
	14-15	Ben Johnson	105	57	142	304
132	14-15	Juan Torres	225	125	250	600
148	14-15	Brandon Cox	170	135	315	620
	25-29	Thomas Gerhauser	-	185	-	-
165	20-24	Mario Colapelle	325	205	450	980
	16-17	Chris Mikulas	280	215	365	860
181	20-24	Devon Palombo	425	315	505	1245
	18-19	Spencer McElney	380	325	455	1160
	30-34	Justin Prince	420	280	440	1140
	16-17	Jeremy Hoffower	235	160	335	730
	30-34	Macy Van Alstyre	270	260	-	-

198	25-29	Ryan Langley	425	325	530	1280
	25-29	Titus Smith	375	305	535	1215
	20-24	Lucas Porto	400	295	435	1130
	14-15	Andrew Hung	245	145	260	650
220	18-19	Anthony Zsido	325	250	405	980
	25-29	Josh Shomburg	275	175	385	835
	16-17	Sean Casey	220	135	315	670
242	20-24	Max Pohl	450	360	495	1305
	40-44	Greg Agcaoili	-	345	-	-
275	20-24	Andrew Pitts	-	235	380	615
	14-15	Stone Kershaw	-	165	-	-
SHW	14-15	Sam Ader	225	145	300	670



*Bob Benedix (center, back with team award) and his 2014 team champions from World Gym in Port Saint Lucie, Florida*

### RAW

114	14-15	Ben Johnson	105	57	142	304
132	14-15	Juan Torres	225	125	250	600
148	20-24	Jake Benedix	420	270	435	1125
	14-15	Brandon Cox	170	135	315	620
	25-29	Thomas Gerhauser	-	185	-	-

165	20-24	Bryon Palombo	375	295	480	1150
	20-24	John Kerio	340	230	495	1065
	20-24	Johnny Nocito	345	250	450	1045
	20-24	Mario Colapelle	325	205	450	980
	16-17	Chris Mikulas	280	215	365	860
181	20-24	Eddie Richman	475	305	525	1305
	18-19	John Georges	440	305	540	1285
	20-24	Chris Jacobsen	500	270	510	1280
	20-24	Devon Palombo	425	315	505	1245
	18-19	Spencer McElney	380	325	455	1160
	20-24	Charles McLean	380	275	495	1150
	25-29	Johnny Sierra	405	290	450	1145
	30-34	Justin Prince	420	280	440	1140
	25-29	Joe Kurtz	395	255	405	1055
	25-29	Jamie Guidry	335	245	430	1010
	20-24	Cody Christian	285	210	430	925
	16-17	Jeremy Hoffower	235	160	335	730
	30-34	Macy Van Alstyre	270	260	-	-
65-69	Jack Stevens	-	-	480	-	



*Chris Lynn of World Gym is all business on the platform!*

198	25-29	Will Borst	530	300	575	1405
	25-29	Ryan Langley	425	325	530	1280
	25-29	Titus Smith	375	305	535	1215
	20-24	Lucas Porto	400	295	435	1130
	25-29	Lee Cessna	345	280	430	1055
	20-24	Will Megby	350	225	435	1010
	18-19	Erik Rakoczy	335	205	440	980
	14-15	Andrew Hung	245	145	260	650
25-29	Jesse Shelton	320	-	440	-	



*Jake Benedix and Eddie Richman of World Gym both captured top honors at the 2014 Florida State Championships*





*Limitless Strength & Conditioning captured both the State Men's Title and the Best Tattoos Award as well!*



220	20-24	Matt Karbowski	475	350	545	1370
	20-24	Chris Lynn	405	275	555	1235
	18-19	Anthony Zsido	325	250	405	980
	25-29	Josh Shomburg	275	175	385	835
	16-17	Sean Casey	220	135	315	670



*The always shredded Devon Palombo nailing a 305 pound bench!*

242	30-34	Cranford Roberts	545	445	500	1490
	20-24	Chris Baptista	465	315	525	1305
	20-24	Max Pohl	450	360	495	1305
	40-44	Greg Agcaoili	-	345	-	-
275	20-24	Andrew Pitts	-	235	380	615
	14-15	Stone Kershaw	-	165	-	-
308	25-29	Ken Morris	600	450	705	1755
SHW	14-15	Sam Ader	225	145	300	670



*The "Chiropractic Power Team" consisting of doctors Shelly Seidenberg, Max Pohl, Lucas Porto, and Brannon Williams*

# MASSACHUSETTS

Contest Results,  
 2014 Strong Life Nationals & Massachusetts State Championships  
 Saturday, June 21  
 Gym Warriors \* Peabody, Massachusetts



*Suzanne LaForge, Kait Dudley, Kimberly Clark, and Nicole Wright – sponsored by Central Screen and PDG Supplements - posted impressive numbers at the Strong Life Nationals & Massachusetts State Championships*

## WOMEN

### IRONMAN, No Belt

132	25-29	Kait Dudley	200	131.2	280	611.2
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### IRONMAN, Belt

132	25-29	Kait Dudley	200	131.2	280	611.2
	20-24	Nicole Wright	195	96	250	541
148	20-24	Suzanne LaForge	225	151.2	351	727.2
165	20-24	Kimberly Clark	270	120	400	790
181	30-34	Joszi Chapman	200	115	280	595



**RAW**

132	25-29	Kait Dudley	200	131.2	280	611.2
	20-24	Nicole Wright	195	96	250	541
148	20-24	Suzanne LaForge	225	151.2	351	727.2
165	20-24	Kimberly Clark	270	120	400	790
181	30-34	Joszi Chapman	200	115	280	595



*Several teenage lifters, sponsored by C and C Moves and Gym Warriors, posted huge numbers!*

**MEN**

**IRONMAN, No Belt**

165	20-24	Vernell LaRoche	275	271	421	967
	20-24	Gene Richards	240	191	360	791
275	30-34	Paul DeSimone	500	321	501	1322

**IRONMAN, Belt**

148	12-13	Matteo LaBore (NH)	10	71	175	256
165	20-24	Vernell LaRoche	275	271	421	967
	18-19	GiulioPellegrini	-	235	-	-

181	20-24	Chad Stewart	405	241	501	1147
	30-34	Scott Oleson	340	261	431	1032
	18-19	Josh Smith	230	210	385	825
	18-19	Derek Owen	-	261	-	-
198	18-19	James Grieves	451	330	475	1256
	14-15	Daniel Theodhori	425.6	295	480.8	1201.4
	20-24	Antonio Narcisi	380	261	526	1167
	16-17	Yousef Shahin	315	225	451	991
	18-19	Angel DeLaRoca	270	151.2	365	786.2
220	25-29	John LaBore (NH)	451	301	500	1252
	25-29	Zack MacDonald	475	-	526	-
	25-29	Kyle Logue	-	296	-	-
275	30-34	Paul DeSimone	500	321	501	1322
308	30-34	Eric Charland	-	366	-	-



*James Grieves and Dan Theodhori captured Best Lifter honors*

## RAW

165	20-24	Vernell LaRoche	275	271	421	967
	18-19	GiulioPellegrini	-	235	-	-
181	20-24	Chad Stewart	405	241	501	1147
	30-34	Scott Oleson	340	261	431	1032
	18-19	Josh Smith	230	210	385	825
	18-19	Derek Owen	-	261	-	-

198	40-44	George Sousa	380	301	441	1322
	18-19	James Grieves	451	330	475	1256
	14-15	Daniel Theodhori	425.6	295	480.8	1201.4
	20-24	Antonio Narcisi	380	261	526	1167
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220	25-29	John LaBore (NH)	451	301	500	1252
	25-29	Billy Haskell	425	321	501	1247
	25-29	Zack MacDonald	475	-	526	-
	25-29	Kyle Logue	-	296	-	-
275	30-34	Paul DeSimone	500	321	501	1322
308	30-34	Eric Charland	-	366	-	-



***Kim Clark posted a 400 pound record deadlift!***



# 2014 GARY GORDON MEMORIAL ARMED FORCES CHAMPIONSHIPS

**Saturday, September 20, 2014**  
**Sanctioned by R.A.W. United**



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

## **POWER GYMS:** **Sarasota Barbell \* Sarasota, Florida**

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

**"POWER GYMS"** is a new section in STRONG LIFE magazine that will feature powerlifting-friendly gyms across the country. In this month's issue we'll visit Eric and Kelsea Koenreich's Sarasota Barbell and Bob Benedix's World Gym. Both facilities are in Florida, and are home to some of the state's best lifters.

If you would like your gym to be featured in "POWER GYMS," please contact us at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) or by phone at 321-505-1194. *Thanks, Spero*



### **SARASOTA BARBELL / GENERAL INFORMATION:**

Owner(s)	Eric & Kelsea Koenreich
Gym Address	5426 Ashton Ct, Unit 7
City, State, Zip Code	Sarasota, FL 34233
Phone (include area code)	941-993-1227
Gym Hours	24 hours – please email for an appointment
E-Mail Address	<a href="mailto:sarasotabarbell@gmail.com">sarasotabarbell@gmail.com</a>
Website	<a href="http://www.SarasotaBarbell.com">www.SarasotaBarbell.com</a>
Facebook	<a href="https://www.facebook.com/SarasotaBarbell">https://www.facebook.com/SarasotaBarbell</a>

**Please share your experience in opening up your facility to include what motivated you to become a gym owner.**

It started with the repeated complaints we got for being too noisy (deadlifting) and we ended up getting equipment to train ourselves and others in our home garage. Eventually our client load and team grew so much that we needed a bigger space, and so Sarasota Barbell was born. It has been our goal to teach anyone that they can become stronger; we have started so many beginners and it is just amazing to watch people grow.

**Please inform our readers about the equipment at your gym and how it is different from non-power gyms such as Planet Fitness.**

We have 3 power racks, 2 deadlift platforms, an Olympic platform, 2 Westside benches, a reverse hyper, GHR, pull-up/dip station, a monolift, competition rack, 3 adjustable benches, dumbbells from 5-125lbs, pull-down/low row station, Hammer Strength row, bands, chains, log, axle, kettlebells, multi-grip bar, safety squat bar, cambered bar, buffalo bar, and so much more! We believe in simplicity and it's proven to give results when programming is correct.



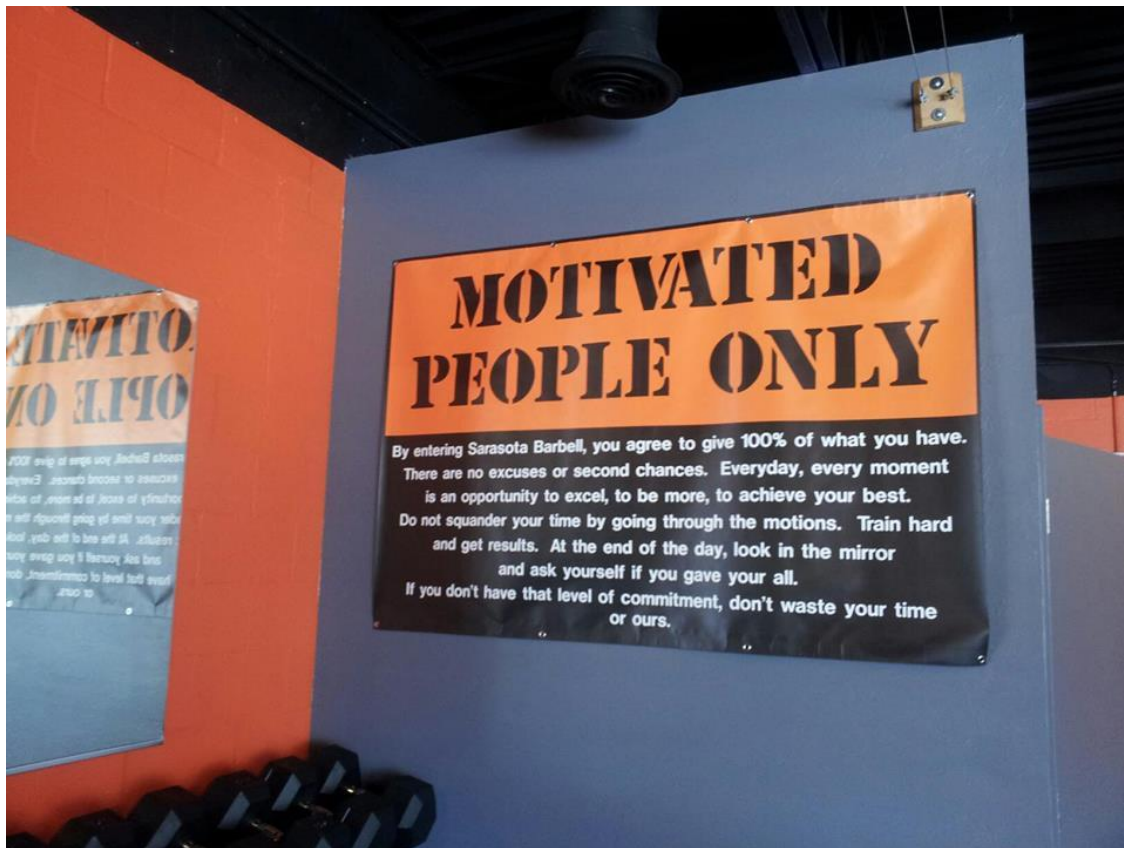
**Sarasota Barbell lifters at the 2013 Tony Conyers Extravaganza sanctioned by R.A.W. United**

Please inform our readers about the type(s) of training routine(s) your competitive lifters follow and the successes that they have had. Be sure to include individual and/or team titles won and the federation(s) your members compete in.

Our team is coached by Eric primarily - some of the girls have started with me and then I turn them over to Eric as this is his specialty. We've turned girls who can't do a bodyweight squat into powerlifters squatting over 200 and deadlifting over 300. Almost everyone on our team started with Raw United and most of us now compete in USAPL. All of our athletes are drug-free and we honestly have too many success stories to share them all here!

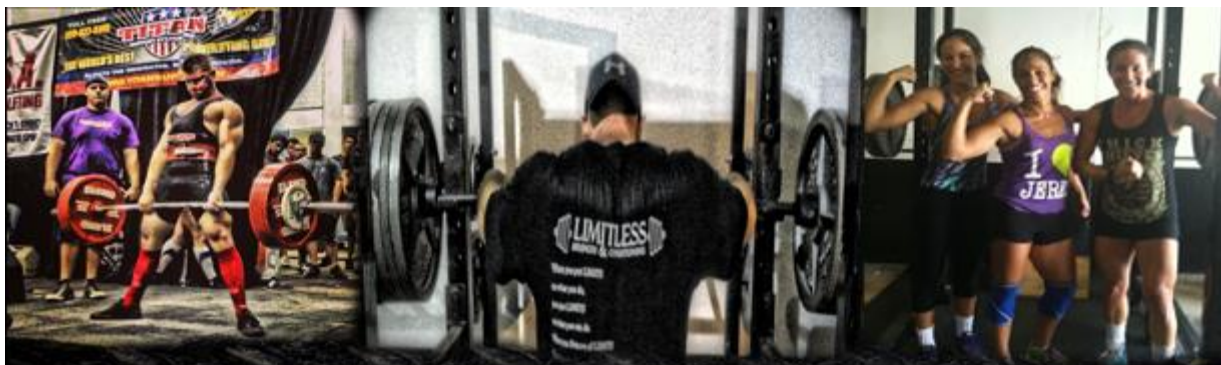
Please share any personal thoughts you have regarding your gym, your members, coaching, and/or competitive lifting.

In our area everybody is into training their beach muscles, so strength training isn't very popular. We opened SBB in order to expose our city to powerlifting, one person at a time. It's our hope that we can reach as many people as possible and help them fall in love with this sport just like we have.



*Gotta love this sign – a true, power gym!*





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## **POWER GYMS:** **World Gym \* Port Saint Lucie, Florida**

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

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***World Gym recently captured the Mixed Team Title at the 2014 Florida State Championships sanctioned by R.A.W. United***

### **WORLD GYM / GENERAL INFORMATION:**

Owner(s)	Bob, Brett, and Jake Benedix
Gym Address	1500 SE Lennard Road
City, State, Zip Code	Port Saint Lucie, FL 34952
Phone (include area code)	772-335-1269
Gym Hours	M-F, 5:00 am to 10:00 pm Saturday & Sunday, 8:00 am to 5:00 pm
E-Mail Address	<a href="mailto:wrlldgym@atlantic.net">wrlldgym@atlantic.net</a>



*Jake Benedix*

**Please share your experience in opening up your facility to include what motivated you to become a gym owner.**

I coached the US Navy's Powerlifting Team for seven years while working as a Reactor Operator on submarines. After the Navy, I took a Job for Florida Power and Light (FPL) as a Reactor Operator in Port Saint Lucie. While I was out one night I ran into the Strength Coach for the New York Mets. He asked me if I would help out at Spring Training, training professional baseball players. I took a Leave of Absence to train them, and finally opened up my own place to train other athletes like Kevin Fagan from the San Francisco 49rs. One thing turned into another, and Arnold, who was a friend from my Navy days (say No To Drugs), gave me the name and that was that. No more FPL!

**Please inform our readers about the equipment at your gym and how it is different from non-power gyms such as Planet Fitness.**

I have three lines of strength equipment from Cybexto, Trotter, and Bodymaster, as well as the "Best of the Best" in power equipment. We have a Forza Bench and Mono Lift, and all the special bars and kilo plates. We want our members to lift heavy, and our gym is spotless.

**Please inform our readers about the type(s) of training routine(s) your competitive lifters follow and the successes that they have had. Be sure to include individual and/or team titles won and the federation(s) your members compete in.**

I have many top lifters and professional athletes using my gym. With regard to training, I am a big fan of "Down Sets." I base our single lifts at 100%, and then drop everything to 8 reps with 80% and 5 reps with 85%. A single rep shocks the brain, then down sets make you strong. You need to go heavier to increase your down sets. When you find out where you are, weak links can then be addressed with machine work.



*State Champions Eddie Richman and Chris Lynn*

Please inform our readers about the type(s) of training routine(s) your competitive lifters follow and the successes that they have had. Be sure to include individual and/or team titles won and the federation(s) your members compete in.

I have many top lifters and professional athletes using my gym. With regard to training, I am a big fan of "Down Sets." I base our single lifts at 100%, and then drop everything to 8 reps with 80% and 5 reps with 85%. A single rep shocks the brain, while down sets make you strong. You need to go heavier to increase your down sets. When you find out where you are, weak links can then be addressed with machine work.

Please share any personal thoughts you have regarding your gym, your members, coaching, and/or competitive lifting.

We have no attitudes in our gym; all of our lifters will spot and help the other lifters. We lift as a team unit as much as possible.



*Chris Jacobsen*



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

# **POWER SPOTLIGHT: MITCH ROSS**

**By Paul DeSimone**

**“He who walks with wise men shall be wise, but the companion of fools will be destroyed.”  
Proverbs 13:20**

Recently, I had the chance to sit down and have a one on one conversation with fellow trainer Mitch Ross. If you don't know who Mitch is, let me give you a brief bio. Mitch was featured in Sports Illustrated in 2011 for training several professional football players including Ray Lewis of the Baltimore Ravens. Mitch is currently a devoted Christian who has found God recently and changed his life for the better. It is through Him that he has become revived.

Mitch was compared to one of the special research gurus that we have become all too familiar with from the baseball scandals and BALCO. Basically, Mitch was breaking the law by telling people outrageous claims on how his (protocol) products worked. The

main product that he was offering was deer antler extract, which I actually am an expert on. The next product that he was giving was a type of ion based charged sticker. The stickers used frequencies that home in on autoimmune functions. The frequencies got so much attention that 60 Minutes decided to run Mitch in November. I did not know that much about frequencies, so I did some research. I found the truth about frequencies and this is some really cutting edge stuff. The United States Patent Office has had over 1000 patents issues since 2013 for frequencies. The scary thing is every one of them are from large drug companies. When I saw that, I had to interview this guy and find out what really happened.



*Mitch Ross on left*

**Paul:**

Mitch how are you doing today? Can you tell me about how long you have been training and how you got into lifting weights.

**Mitch:**

I am actually doing great today; my daughter is playing softball right now. I have been training myself for about 30 years. But in all honesty I have trained since I was 7 years old. I can remember watching the show, The Incredible Hulk, and seeing that part in the introduction where he changes the tire. I knew then that's what I wanted to be. I just wanted to be "The Hulk."

**Paul:**

Interesting; that is not the first time I had heard that before. I understand you're not just a supplement consultant, but also a personal trainer.

**Mitch:**

Yes, that's correct. I have been personal training for over twenty years.

**Paul:**

Are you still personal training? And if so, are you taking any new clients and where?

**Mitch:**

Yes, I am still personal training people. Currently, I am in Australia and any one can contact me.

**Paul:**

Tell me a little about the relations you have with the famous people you have trained.

**Mitch:**

I have helped out Mike Tyson, Evander Hollyfield, Bill Goldberg, Johnny Damon, and Ray Lewis to name a few.



*Left to right: Ray Lewis, Bill Goldberg, and Evander Hollyfield*

**Paul:**

Very cool - in what way did you help them as you didn't actually physically train them or did you?

**Mitch:**

I basically put these guys on my protocol. What did was I gave athletes an alternative to steroid and HGH by manipulating my protocol. My protocol uses a sports therapy spray, frequency chips, and deer antler. So I would basically get these guys products and then they would use them under my supervision and advice.

**Paul:**

Okay, so basically you told them what to do with the products you supplied. How did you get in contact with these people? Personally, I have worked for the Cincinnati Reds and it was like jumping through hoops. I knew someone who played on the team and they gave me a chance. But I would have never had that opportunity had I not known any one. So how did you do it?

**Mitch:**

I started by going to mini camps. I would hand my stuff out and give it to the players. Then I would go to the combines and do the same. I had a lot of success when I started working with the University of Hawaii. They went from a terrible football team to 12-0 record. That's when I got these guys' attention. After that, I had worked with a few other athletes and it took off from there.

**Paul:**

Everyone wants to know how you helped Ray Lewis?

**Mitch:**

When I was hired by the Ravens, I was actually hired to help out the then fading QB Steve (air) McNair, but they released him two days before I arrived. They asked me who I wanted to work with and, of course, I said Ray Lewis. It started from that mishap and the rest is history.

**Paul:**

Tell me about the products that you are selling now and why none of these products can be sold in the state of Alabama.

**Mitch:**

We have what I call a protocol – it's basically a mixture of products: a spray that helps directly to the area, a second spray called IGF spray (which is deer antler in a concentrated form), and the third component is the frequency chips which help to bring blood to the area.

**Paul:**

I have a lot of knowledge on the IGF spray, probably more than anyone in the world to be honest. I was introduced to IGF in the 1990s when it first started showing up in GNC and online. In my research I did not find in any magazine advertisements in the 1970s or 1980s. But what I did know is that the Chinese had been using it for vitality and anti-aging for thousands of years. I also had found that the deer antler (mainly the velvet because it grows at a rapid rate and is actually soft while living) was ground up and used for male impotence and men who had low sperm levels in Chinese medicine. I also found that most of the original products were laced with EPO, a red blood cell manipulator that is used in long distance sports, and also can have horrible ramifications on the immune system and immune response system. EPO, which is banned in cycling and most long distance sports, was being used in the 1960's under the radar in long distance running and bicycling. IGF has been an injectable amino acid similar to HGH. The two are very comparable in the way they work and cause tissue to grow. The main difference is HGH is not as dangerous as IGF injectable. IGF injectable can cause cancer and will cause severe muscle tissue inflammation for a short period of time. Deer antler is not IGF; it contains the IGF from the animal.

With that said, I wanted to ask you concerns the frequencies. What prompted you to use them, and how do they work?

**Mitch:**

I gave you the chips to try, so why don't you tell me. Did they work? How did you feel? We also put a female lifter that was injured on the protocol. Did it help her?

**Paul:**

Yes, I have tried all the products to date that did not contain soy. In the past, I had tried deer antler as well. Deer antler, if concentrated and used correctly, will work in 99% of people amazingly.



Personally, I gained 30 pounds and got super strong while my mid-section shrank. But when I stopped using it I got injured and actually decided from then not to use it ever again. The other thing is, yes, I did use your chips. The pain chips I don't think did really much of anything for me personally. The performance chips though I feel did. Honestly, those were no joke; I don't know how or why but they did give me a huge amount of energy. Not just once - every time I used them they worked to the point that they almost gave me too much energy!

I also tested out the spray and I have to tell you it works. I just competed last week and I hurt my back bad on my opening deadlift. I pulled my back and my vertebrate is bruised. RJ, your representative that attended the contest, sprayed my back. It has been six days now, and I'm about 70% feeling good. I have had similar injuries in the past and it took much longer to recover. Let's face it - none of us are getting younger!

**Mitch:**

Thank you for being honest! Like I said, you have to have an open mind when you use this stuff.

**Paul:**

I honestly thought the chips were not going to do anything. I can't lie - the performance ones really did. But I need to wrap this story up. So tell everyone where they can get these products?

**Mitch:**

I have a website called [www.isthatcool.com](http://www.isthatcool.com). We also sell on ebay. The only place we cannot sell to is in the state of Alabama.

**Paul:**

THANKS MITCH!

Again, anyone with questions, comments, or interest in any of these products or ideas can contact me directly at [pauldesimone01@aol.com](mailto:pauldesimone01@aol.com).

Thanks, and GOD BLESS, *Paul*



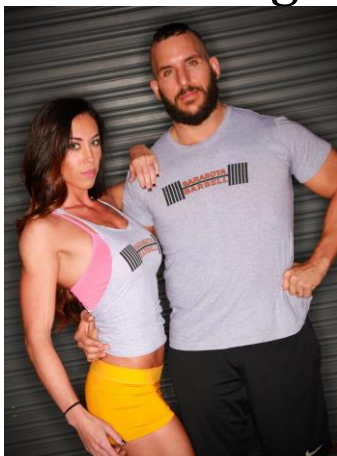
*Author Paul de Simone accepting his award at the 100% RAW World Championships*

INTERVIEW CONDUCTED BY PAUL DESIMONE  
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# **OLD SCHOOL: THE HISTORY OF POWERLIFTING, PART 7**

**Written by STRONG LIFE Treasurer Bob Gaynor**

As one reads this they may think the weights lifted during this period were not that impressive. What you have to consider is the conditions that competitors lifted under at this time:

First, there were no early weigh-ins; you made weight then lifted. You used the same bar (it was the rule) for all 3 lifts. Normally it was an Olympic bar with very little knurling. The squat racks were not adjustable, so you either bent over or stood on plates to get the bar out of the rack. The benches varied - wide uprights, narrow uprights, differing heights from the floor - and were not very stable.

The rules were strictly enforced. The bar could not be too low on the back, and very deep squats were required by many judges. Most of the judges were Olympic lifters or judges, not powerlifters. Foot spacing in the deadlift was shoulder width. Crashing the bar to the floor, which is very common, was a red light and potential disqualification.

The supplements and protein that was used was not the best and the taste was just terrible. These are just some of the advantages that today's powerlifter enjoys.



*Larry Pacifico at the 1976 World Championships*

Now, let's get on with the lifting:

The Seniors were August 29-30 in York, and new wrapping rules were in effect. Knee wraps could be 4" x 48" and elbow wraps 3" x 36". No torso wrapping would be allowed. Some of the previous year's big squatters

Everyone was looking forward to the Seniors that year. Big training lifts were being

failed to show and those that did squatted much less. A prime example was Tom Overholtzer, squatting 650 in previous meets doing 480 here. These changes were all for the better, as the sport was beginning to establish its own rules.

reported from all parts of the country. Once again, Bob Hoffman and John Terpak of York

Barbell put on the show. They clearly favored Olympic lifting, but they did a lot for powerlifting at that time.

The contest drew forty lifters, a little light, but from a spectator's point of view just the right size. The meet was well run until the very end. Let's first review the first two days. Dave Moyer returned to the National stage after a couple years of knee problems and took the 123's. Junior Champion Frank Riley won at 132. Jack Welch beat Bill Spangler on bodyweight at 148. Jack was just starting to come on big, and ended up being one of the best 148 pounders of all-time. Jack was still active up to a few years ago.

At 181, Felix Gomes was the winner with balanced lifts. Felix was a great lifter, and never got the credit he deserved. His training partner, Joe Weinstein, took the 198s. This was probably the toughest class in the contest. Joe defeated Ronnie Ray and Larry Pacifico. Larry's time would really come in the 70's. John Kanter, even though his squat was off by 60 pounds, took the 242s in rather easy fashion. Credit must be given to both Kanter and Overholtzer, who lifted without wraps, while others stayed home.



*Don Cundy*

In the Supers, defending champion Don Cundy, previous winner Bob Weaver, Junior Champion Russ Fletcher, and new bench press sensation Jim Williams were the competitors. Williams started the fireworks with 600 lbs. on his second attempt, the heaviest bench in a National Meet. Jim had a very close attempt at 620. At sub-total, Weaver and Williams had 1330 and Cundy 1225. Weaver missed all his deadlifts and was out. Williams only made his opener at 675 to give him a 2005 total. Now the problems begin. The knurling on the bar was not good and Cundy wanted a new bar. This request was denied. Don made 750 for his opener. 780 would tie Williams and give Don the win on bodyweight, but he wanted 800. Cundy missed his first attempt at this weight. Cundy had a deadlifting style very similar to Jon Cole's with maximum weight. We have

all seen this style - the weight comes to just above the knees and is placed on the thighs with the knees still bent. It is then worked up the leg to completion. This consists of supporting the weight on the thighs and hitching, both violations of the rules.

On his third attempt, Cundy pulled the 800 in this style. Just as he got the down signal he dropped the weight, another infraction. Everyone thought Williams had won, except the judges who passed the lift. I was ready to shake Big Jim's hand when the whites came up. There have been a lot of bad calls in powerlifting, but I think this was one of the worst. All those in attendance told Williams and his followers it was a bad call, but there was no jury to appeal to, so Cundy had another National Title.



As the 1960's ended, America had become involved in a very unpopular war. Our country was clearly divided over this war. The civil rights movement was also a major player in the 60's, and a man had walked on the moon. In powerlifting there was an 800 pound squat, a 600 pound bench, and an 800 pound deadlift. There was no international federation and there was no World Championship.

Those things would all change in the 1970's. The 70's were the very best time for powerlifting. We had a true World Championships. In addition, the venues

were really upgraded, to include hotel ball rooms, civic centers, etc. By the end of the 70's, powerlifting had contracts with the major TV networks to cover the sport.

The 1970's could be labeled the "Golden Age of Powerlifting." The number of registered lifters grew through the 1970's and peaked right around 1980. A true, International World Championship was being held. By the end of the 70's, powerlifting had two networks (CBS and NBC) covering the sport. Also through the 70's there was just one, true National Championship.



*Vince Anello*

None of this was without a struggle. The issue of excessive wrapping was addressed at the 1969 Nationals, but it did not go away. Lifters who used wrapping just became more creative. I lifted in a meet in New Jersey in November of 1970, and a Senior Nationals winner was getting changed at the same time I was. I watched in amazement as he put on one layer of clothing after another. The bed sheets were gone, but other methods were used.

During the 1970's, drug usage became more widespread. There were no rules against it, and most thought it was the only way to be competitive.

The AAU would control Powerlifting for another ten years. This was good and bad. The AAU was a large organization, and could handle administrative issues well. The country was divided into regions and each had an office. I was in the Middle Atlantic Region. What I really liked was how the meets were set up. There was a Junior Mid-Atlantic Championship in late winter, and four to six weeks later was the Senior Mid-Atlantic Championships. Each state in the region then held their State Championships in early summer. The Junior Nationals were

in August, and the Senior Nationals in September. Open meets were held in the fall and early winter.

Some of the names from the 1960's, Peanuts West, Pat Casey, Gene Devers, and Ronnie Ray faded from the National scene. They were replaced by Rhodes, Crawford, Pacifico, Anello, and quite a few new Supers.

A training routine that was very popular at the time was the 5-4-3-2-1-5 program. Let's show how this would work with the squat. The first set would be 400x5, then 420x4, 440x3, 460x2, 480x1, 425x5. If you complete all lifts you add five pounds to each set the following week.

Bill Clark continued to promote powerlifting, and his concentration at that time was prison lifting. One of the things Bill did was put on a ten lift meet for prisoners.

Contests continued to grow in size, and the thirty and forty lifter meets became seventy and eighty lifters. They also became much longer as most meets were single day affairs.

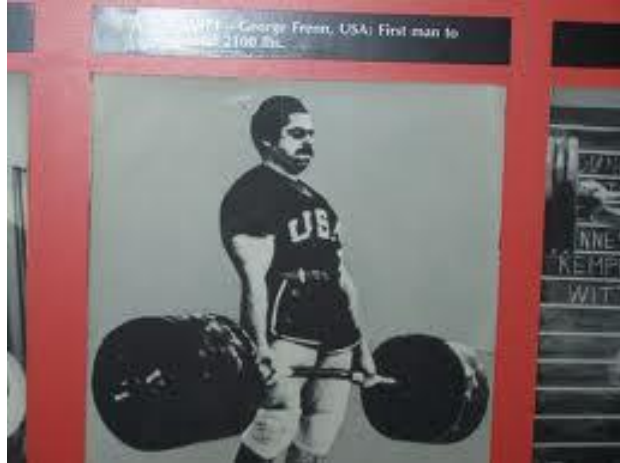
For 1970, the Juniors were to be held in Denver and the Seniors in New Orleans.



*Our brother, Pat O'Brien*

In 1970, Don Blue, a prison lifter, set squat, deadlift and total records in a meet in Lansing, Kansas in the 148 pound class. A big lift of the year was Jim Williams at the

Junior Mid-Atlantic Championships in February of that year, benching 628 to exceed Pat Casey's 617.



**George Frenn**

Last time we talked about scales having to be certified the day of the meet. Most thought the scales should be next to the platform to immediately weigh record attempts. Early in 1970, Jerry Jones lost an American Deadlift Record because the scales were not certified. The record, if it had been accepted, would have been short lived, as Vince Anello did 701.5 a few weeks later.

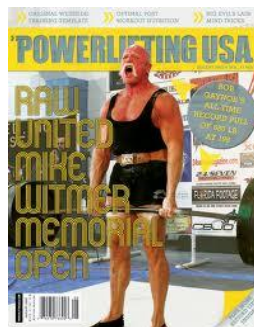
At Jim Taylor's Eastern Open Power Meet (later to be called the Chattanooga Open), Russ Fletcher deadlifted 804 and totaled 2070 for new American Records. A new name, Tim McLain of Kansas City, claimed the 181 pound deadlift record with a lift of 687. Larry Pacifico upped the 198 pound Total Record to 1750. George Frenn

squatted 720 and deadlifted 775 at the Azusa Police Invitational to set 242 pound records.

The Collegiate Nationals were held at Michigan State University. The 198 pound class was especially talent heavy with Vince Anello, Pat O'Brien, Steve Miller, Bill Ennis and Joe Spack.

At the Juniors in Denver they had fifth-four lifters over two days. Jim Witt, National Powerlifting Chairman, was on hand to insure the rules were followed. What was not allowed was a rubber waistband under the lifting belt. The only American Record set at this meet was Anello's 725 pound deadlift. This was one of the first meets to have a deadlift figure on the trophies. Almost all previous meets had used Olympic lifting figures.

**WE WILL CONTINUE WITH THE 70'S IN THE AUGUST 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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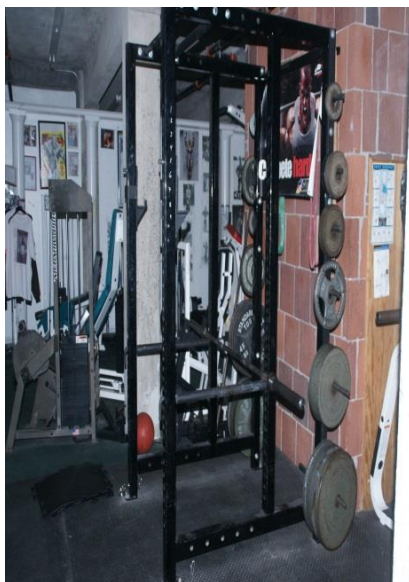


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# THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com), and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Chris Jacobsen of World Gym in Port Saint Lucie, Florida for sending us the June 2014 photo for *The Strong Shot*!



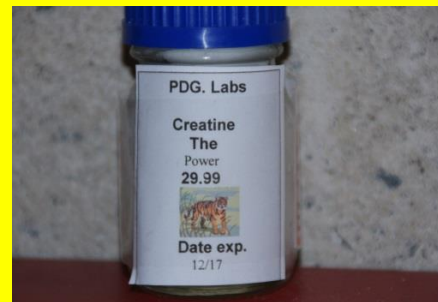
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# 2014 NORTH AMERICAN CHAMPIONSHIPS

**Saturday & Sunday, October 18-19, 2014**  
**Sanctioned by R.A.W. United**



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

**DOWNLOAD YOUR ENTRY AT:**  
**[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, September 27, 2014**

**Meet Director: Spero Tshontikidis**

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

# **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**

### **JULY 2014**

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

August 16

Pennsylvania State Championships & Thunderbird Open \* R.A.W. UNITED

**Thunderbird Gym \* Monessen, PA**

**Entry Deadline: Saturday, July 26**

**Meet Director: Dave Lhota**

**Contact Info: [lhotafg@netzero.com](mailto:lhotafg@netzero.com) \* 814-521-9182**

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

## **NOVEMBER 2014**

November 8

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: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 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 Tony Conyers Extravaganza

**Saturday, November 8, 2014  
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Tampa Bay  
Tampa, Florida**

**DOWNLOAD YOUR ENTRY AT:  
[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, October 18, 2014  
Meet Director: Bill Beekley  
More Information: 813-362-1908**

# 2014 STRONG LIFE INVITATIONAL

**Saturday, November 15, 2014  
Sanctioned by R.A.W. United**



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

**DOWNLOAD YOUR ENTRY AT:  
[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, October 25, 2014**

**Meet Director: Spero Tshontikidis**

**More Information: 321-505-1194 or [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.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.

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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**

#### **LADIES!**

The 2014 Maria Bucchioni Memorial Women's Championships will take place on Saturday, July 19, at the STRONG LIFE Training Facility in Melbourne. Lifting starts at 10:00 am - join us as we celebrate Maria's life and lifting career!

#### **THE BRICKHOUSE**

Entries are rolling in for the "Brickhouse Beauties & Beasts" on August 2 at the Brickhouse Gym in Boca Raton. Need a summer meet? This is it!

#### **NORTH DAKOTA & PENNSYLVANIA STATE CHAMPIONSHIPS**

Paul DeSimone will be directing the North Dakota contest on August 2, and Dave Lhota will host the Pennsylvania meet on August 16. Lifters from throughout the northeast and mid-west are invited to compete.

#### **WEBSITE, FACEBOOK, EMAIL**

If you are reading this update, you already know that our new website address is [www.StrongLife610.net](http://www.StrongLife610.net). In addition, you can like us on Facebook page at Spero Tshontikidis for federation updates and events at STRONG LIFE TRAINING FACILITY. Finally, you can contact us via email at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) or by phone at 321-505-1194.





**MANY THANKS TO**

**DAVE BATES & JOHNNY  
YASQUEZ**

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**FOR THEIR SUPPORT OF**

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**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**

The initial section of Prayer & Praise normally shares a praise report, however, we are asking for all prayer warriors to unite in support of our friend Kris Clark. Kris, pictured below at RAW Unity, is battling esophageal cancer which has recently spread.

Kris is not aware that we are asking for prayer and help on her behalf. Her insurance is not covering all of her medical costs, and her bills are adding up. If you are able to offer financial assistance, please contact Andrew Yerrakadu. Andrew is one of the owners of the Strong Life facility in Tampa, and has known and coached Kris for several years. Andrew can be reached at 813-417-7002. If you are unable to help Kris financially, please keep her in your thoughts and prayers – both are greatly appreciated!



**PRAYER REQUESTS:**



Please pray for STRONG LIFE Secretary Bill Beekley. Bill is recovering from recent shoulder surgery.

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 recovering from surgery.

Please pray for Denise Kalvan; Denise is the mom of GIRLS GONE STRONG lifter Emma Kalvan, and is recovering from heart surgery.

Please pray for Bob Dahlhamer who is recovering from vertigo; Bob thanks everyone for their prayers and support!

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**  
**[rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**



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

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

**Ephesians 6:10-13**

**THE REAL**



**YRIAMCITULOVES**