

# STRONG LIFE

**THE FUSION OF FAITH & FITNESS**

**The Official Magazine for RAW Powerlifters**

**Faryn Antenucci leads  
Girls Gone Strong at  
the 2014 Women's  
Championships!**



**Volume 2, Issue 9  
August 2014**

**INSIDE:**  
**-Summer Meets**  
**-Gaynor's History**  
**-Matt Sohmer**  
**Interview**  
**-Power Gyms**  
**MORE!**

# 2014 NORTH AMERICAN CHAMPIONSHIPS

**Saturday, October 11, 2014**

**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)**





[www.reps4remission.com](http://www.reps4remission.com)

[www.reps4remission.com](http://www.reps4remission.com)

## REPS 4 REMISSION

### The Gavin Leiba Fund

This fund is dedicated to our awesome friend, Gavin, who is fighting Infant Acute Lymphoblastic Leukemia. Justin Prince will be raising money for Gavin and his family, thru donations and pledges for his upcoming powerlifting meet, the North American Championships by RAW United, on October 18, 2014. The meet will be put on by Strong Life Ministries.

Justin has been competing in powerlifting competitions for the past year and is excited to use his talents to help The Leiba Family along their journey to Gavin's remission. Powerlifting is a sport where competitors test their ultimate strength in the bench press, squat and deadlift. With the help of family, friends and the public, Justin prays that he can make a difference in providing love and support to The Leiba Family during Gavin's fight with cancer.

There are three ways you can help. 1.) Power of prayer for the health and support of Gavin and The Leiba Family. 2.) Check out our website at [www.reps4remission.com](http://www.reps4remission.com) to pledge or donate a monetary value. 3.) Spread the word and help Justin raise support for Gavin's story.

All proceeds will go directly to Gavin and his family to help aid them on his journey to remission. Together we can help this adorable little warrior, kick cancers butt!

God bless!

**Reps 4 Remission: The  
Gavin Leiba Fund**

Phone: (321) 266-9783  
[Justin@reps4remission.com](mailto:Justin@reps4remission.com)

# STRONG LIFE

## THE FUSION OF FAITH & FITNESS

**The Official Magazine for RAW Powerlifters**  
**Volume 2, Issue 9**  
**August 2014**

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Publishing Dates:

**February, April, June, August, October, December**

STRONG LIFE is the premier, on-line publication for raw powerlifters, and is offered free of charge to the powerlifting community through STRONG LIFE Training Facility ([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

The Official Magazine for RAW Powerlifters  
Volume 2, Issue 9  
August 2014



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**GIRLS GONE STRONG**

*Captured the team title at the 2014 Maria Bucchioni Memorial Women's Championships*



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

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

### **WHAT'S INSIDE**

Continued growth was evident throughout the summer of 2014, beginning with the Women's Championships in July. On the cover is teenage sensation Faryn Antenucci securing her win in the 148s with a 275 pound record deadlift. Pictured below is

Masters Champion Loma Amore setting an All-Time record, 360 pound deadlift. Joining Faryn and Loma on the platform and posting record setting days were Nichole Wyns, Brianna Otto, Julie Wilson, Michelle Kithcart, Shannon Luce, and many others!



***A ripped Loma Amore shattered the All-Time records in the bench and deadlift at the 2014 Women's Championships***

Summer meets also featured in this issue of STRONG LIFE are the BrickHouse Beauties & Beasts (FL) and the Cowboy Bash & North Dakota State Championships. Both contests were small, gym meets – you know, the really fun ones – and the lifting was impressive in both venues. Boca BrickHouse owner Kirk Kochte hosted the former, competing, and

grilling chicken and burgers for everyone after the meet! Massachusetts Chapter Leader Paul DeSimone traveled to North Dakota to host the Cowboy Bash, planting roots in the Badlands. Paul also interviewed teenage record holder Matt Sohmer, and Bob Gaynor's eighth installment of the “History of Powerlifting” focuses on the seventies.



Finally, the August edition of STRONG LIFE features two "Power Gyms" - Limitless Strength & Conditioning and the Boca

BrickHouse Gym. Owners Ken Morris and Kirk Kohte give us an inside look at their facilities, lifters, and training.



*Shannon Luce moved HUGE weight at the Women's Championships!*

As always, Federation Leaders, Meet Directors, and business owners are still (and will always be) welcome to contribute to the magazine and take advantage of free

advertising space. Simply contact us at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) to get started!

Thanks, God Bless, and enjoy the reading!  
Spero



# 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 or [beek220@aol.com](mailto:beek220@aol.com)**



# 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 Kyla Oliver for sending us the August 2014 photo for *The Strong Shot*!



**KYLA OLIVER**

**PULLS A 112 POUND YOUTH  
RECORD DEADLIFT WITH A  
WARRIOR CRY!**

**YOU GO GIRL!**



## **JESUS ZONE: SUN STAND STILL FAITH**

**“Sun, stand still over Gibeon;  
And Moon, in the Valley of Aijalon.”  
So the sun stood still,  
And the Moon stopped,  
Till the people had revenge  
Upon their enemies.”**

**Joshua 10:12-13**

When we need God to do amazing things in our lives, to truly experience a miracle, we must allow Him to be a change-agent in our heart. Simply stated, we cannot pray a serious, audacious prayer and expect God to move unless we have serious, audacious faith in Him.

Our Scripture for today comes from the Book of Joshua; let's set the stage:

Joshua is the leader of Israel. He is also a warrior with an unwavering faith in God. The people of Gibeon had made a peace settlement with Joshua, and the five kings of the Amorites (Jerusalem, Hebron, Jarmuth, Lachish, and Eglon) conspired to attack Gibeon and draw Israel into the battle. The men of Gibeon, fearing for their lives, sent word to Joshua in Gilgal, saying, “Do not forsake your servants; come up to us quickly, save us and help us, for all the kings

of the Amorites who dwell in the mountains have gathered together against us.”

As Joshua prepared his men for battle, the Lord said to him, “Do not fear them, for I have delivered them into your hand; not a man of them shall stand before you.”

What a promise!

Joshua and his men marched all night to Gibeon and Israel “killed them with a great slaughter” and the armies of the enemy began to flee. God cast down large hailstones from heaven; more men died from the hailstones than Israel had killed with the sword.

But many of Israel's enemies were still fleeing. Joshua prayed that God would make both the sun and moon stand still so that Israel could utterly defeat its enemies before sun set as God had promised.



What a prayer! What an utterly serious, audacious prayer! It's the kind of prayer

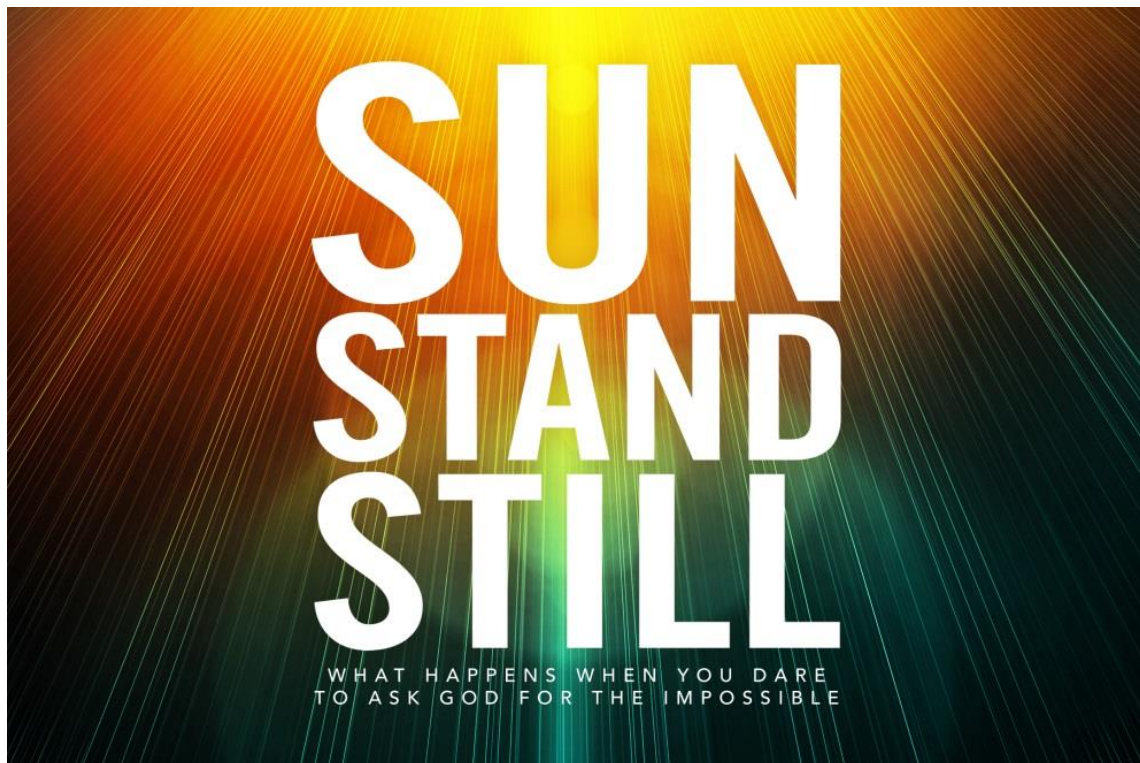
only men of great faith can pray and truly expect that God can and will deliver!

And deliver He did!

Joshua 10:13-14 states: “So the sun stood still in the midst of heaven, and did not hasten to go down for about a whole day. And there has been no day like that, before it or after it, that the Lord heeded the voice of a man; for the Lord fought for Israel.”

Pretty AWESOME, and the Bible is filled with stories like this. Here’s one more:

When ordered to worship the gods of Nebuchadnezzar or be thrown into a fiery furnace, Shadrach, Meshach, and Abed-Nego responded, “O Nebuchadnezzar, we have no need to answer you in this matter. If that is the case, our God whom we serve is able to deliver us from the burning, fiery furnace, and He will deliver us from your hand, O king. But if not, let it be known to you, O king, that we do not serve your gods, nor will we worship the gold image which you have set up.”



Now there are three teenagers who are “strong in the Lord and the power of His might”!

And what happened?

Daniel 3:24-26 continues:

“Then King Nebuchadnezzar was astonished; and he rose in haste and spoke, saying to his counselors, ‘Did we not cast three men bound into the midst of the fire?’

They answered and said to the king, ‘True, O king.’

‘Look!’ he answered, ‘I see four men loose, walking in the midst of the fire; and they are not hurt, and the form of the fourth is like the Son of God.’

Then Nebuchadnezzar went near the mouth of the burning, fiery furnace and spoke, saying, ‘Shadrach, Meshach, and Abed-Nego, servants of the Most High God, come out, and come here.’

Then Shadrach, Meshach, and Abed-Nego came from the midst of the fire.”



How cool is that?

\*

Like Joshua, Shadrach, Meshach, and Abed-Nego, we too can see God move in mighty ways when our hearts burn for His presence in our lives. As you are aware, R.A.W. United is a Christian federation. We are sinners like everyone else, but we do believe that God can do mighty things in our lives and in the sport which we all love to be a part of. This year we began to expand beyond the state of Florida, and have hosted meets in six states to date. Our goal is to continue to expand while never losing sight of our Christian foundation, our respect and admiration for our military heroes and the sacrifices that their family's make for us, and the family-friendly atmosphere evident at our meets.

With that said, it is time to put our “sun stand still faith” on the line (we greatly appreciate the prayers of those who support our mission and goals, too!) and announce our plans for 2015 and beyond in prayer:

“Our Father in heaven, we thank You for the family of lifters You have created under the R.A.W. United banner and humbly pray that You will continue our growth beyond our state and nation. Let Your Word know no borders in our sport, so that lifters worldwide can join in fellowship and competition at our State, Regional, and North American events next year. And if not through our federation, Lord, we pray that You will lift up another so that You are forever glorified both on and off the platform. In Jesus’ Name we pray, Amen.”



**Meet Directors and lifters interested in joining us as State Chapter Leaders can contact us at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) or 321-505-1194**

***Thanks, and God Bless, Spero***





# SERIOUS GEAR FOR SERIOUS POWER



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## **CONTEST REVIEW: SUMMER CONTESTS FUEL 2014 EXPANSION!**

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

R.A.W. United hosted four summer contests, furthering our efforts to expand the federation’s reach outside of Florida.

The ladies took center stage on July 19 for the inaugural Women’s Championships, held in honor of the life and lifting career of Maria Bucchioni. The event was extremely successful, the record books were utterly shattered, and we look forward to raising the bar at next year’s event as it will be titled the 2015 Women’s Senior Championships! More to come!

Shannon Thompson, who will officially become Shannon Luce in October (congratulations!), rocked the platform, moving HUGE weight on every lift. Shannon finished with a 390 squat, 195 bench, and a fourth attempt, 417 deadlift – so STOKED to see her lift on October 11 at the North Americans! Training partners (left to right below) Nichole Wyns, Monica Reilly, Julie Wilson, and Michelle Kithcart had record setting days after nailing this bicep shot!



***Muscles & Mascara!***



Teenage Champion and Girls Gone Strong Team Captain Faryn Antenucci had an incredible day, going 240, 102, 275 to take top honors in the 148s! Teammates Savannah Green, Allie Henderson, and Megan Lee rounded out the senior classes in the top slot.

One last accolade – despite serious hip and shoulder issues, All-Time Record Holder Loma Amore competed in the push/pull. Loma nailed All-Time records of 205 and 360, bringing the crowd to its feet. An incredible performance by one of the sport's most gifted Master lifters!



*Jennifer Cox getting locked in for a big bench!*

Kirk Kochte and Paul DeSimone also hosted summer meets in August. Kirk held the “BrickHouse Beauties & Beasts” and Paul flew out to the Badlands for the “Cowboy Bash & North Dakota State Championships.”

Will Borst of Limitless Strength & Conditioning had an awesome day, going 485, 295, 545 in the 181s to capture both top honors and the best Lifter award. Sean Mercer took the 220s in his R.A.W. United debut, and we look forward to seeing Sean on the platform again! BrickHouse lifter Andre Hatchett moved solid weight without a belt to take the 242s, and Masters Championship Larry Bucchioni continued to up the records in the 65-69 age group. Nick Sheaffer went 460, 355, 525 in his first meet to win the 275s, and Limitless owner Ken Morris totaled 1750 to take the 308s.

Paul's Cowboy Bash saw many teenage lifters, lots of deadlifts, and a strong

push/pull showing by Kevin Coombs who went 407, 520 in the 220s. Husband and wife Don and Mary Underwood posted deadlifts in the 75-79 age group, and teenagers Paul Hutzenbiler, Dillon Calkins, and Aaron Kunz nailed three lift totals in their respective classes. Paul also conducted a seminar for the lifters that included supplements for the lifters in attendance.

Dave Lhota hosted the Pennsylvania State Championships in August as well; we are saddened to say that Dave's mom went to be with our Lord the week after the contest. As a result, we post the results from Dave's contest in the October issue of STRONG LIFE, and will update the records as soon as Dave is able to get the results in. Thanks for your patience, and we wish Dave and his family God's strength and peace in their time of sorrow. We love you, brother!



# 2014 MARIA BUCCHIONI MEMORIAL WOMEN'S POWERLIFTING CHAMPIONSHIPS

Saturday, July 19  
Strong Life Training Facility \* Melbourne, Florida



*STRONG SHOT winner Kyla Oliver "grips and rips" a 112 youth record deadlift!*

## IRONMAN, No Belt

66	7-U	Kyla Oliver	70	35	112	217
	10-11	Sydney Feldbush	50	30	85	165
77	12-13	Anya Johnson	115	55	137	307
97	14-15	Megan Lee	137	70	180	387
105	14-15	Allie Henderson	150	82	207	439
	40-44	Liz Johnson	105	65	162	332
	12-13	Sky Morgan	85	70	135	290
114	14-15	Savannah Green	160	75	165	400
	16-17	Emma Kalvan	150	67	172	379
	12-13	Abby Mechachonis	117	65	140	322
	14-15	Anna Feldbush	122	45	135	302
123	12-13	Valery Linkenhoker	165	80	200	445
148	16-17	Faryn Antenucci	240	102	275	617
	18-19	Mariya Topchy	165	110	190	465
	12-13	Allie Ader	135	65	175	375
	70-74	Carmen Gutwirth	100	57	185	342
	14-15	Emily McCullough	100	60	125	285



*Faryn Antenucci buries a 240 pound record squat*

165	16-17	Marissa Cohen	112	85	175	372
181	14-15	Brettany Murdock	207	102	260	569
	14-15	Dulcy Olson	205	95	262	562
198	12-13	Karly Hudson	170	77	205	452
198+	14-15	Lorre-Kaye Leslie	92	70	175	337



*A ripped Jennifer Cox benching strong!*

### **IRONMAN, Belt**

66	7-U	Kyla Oliver	70	35	112	217
	10-11	Sydney Feldbush	50	30	85	165
77	12-13	Anya Johnson	115	55	137	307

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	12-13	Sky Morgan	85	70	135	290
114	14-15	Savannah Green	160	75	165	400
	16-17	Emma Kalvan	150	67	172	379
	12-13	Abby Mechachonis	117	65	140	322
	14-15	Anna Feldbush	122	45	135	302
123	25-29	Nichole Wyns	240	145	280	665
	12-13	Valery Linkenhoker	165	80	200	445
148	16-17	Faryn Antenucci	240	102	275	617
	25-29	Monica Reilly	160	112	282	554
	18-19	Mariya Topchy	165	110	190	465
	12-13	Allie Ader	135	65	175	375
	70-74	Carmen Gutwirth	100	57	185	342
	14-15	Emily McCullough	100	60	125	285
	75-79	Sarah Hand	-	47	125	172



***Shannon Luce moved HUGE weight in all three lifts!***

165	35-39	Julie Wilson	285	165	320	770
	16-17	Marissa Cohen	112	85	175	372
	75-79	Patricia Evans	-	57	135	192
	80-84	Trudy Daxon	-	32	150	182
181	14-15	Brettany Murdock	207	102	260	569
	14-15	Dulcy Olson	205	95	262	562



198	12-13	Karly Hudson	170	77	205	452
198+	14-15	Lorre-Kaye Leslie	92	70	175	337
	65-69	June Paciga	-	80	225	305



*Shredded, All-Time Record Holder Loma Amore*

**RAW**

97	14-15	Megan Lee	137	70	180	387
105	14-15	Allie Henderson	150	82	207	439
	40-44	Liz Johnson	105	65	162	332
114	14-15	Savannah Green	160	75	165	400
	16-17	Emma Kalvan	150	67	172	379
	14-15	Anna Feldbush	122	45	135	302
123	25-29	Nichole Wyns	240	145	280	665
	25-29	Jennifer Cox	240	135	255	630
132	20-24	Brianna Otto	230	130	305	665
	50-54	Diana Schaub-George	185	110	275	570



***Brianna Otto took top honors in the 132s***

148	16-17	Faryn Antenucci	240	102	275	617
	25-29	Monica Reilly	160	112	282	554
	20-24	Jessica Toth	170	115	245	530
	18-19	Mariya Topchy	165	110	190	465
	12-13	Allie Ader	135	65	175	375
	70-74	Carmen Gutwirth	100	57	185	342
	14-15	Emily McCullough	100	60	125	285
	60-64	Loma Amore	-	205	352	557
					4 <sup>th</sup> 360	
	75-79	Sarah Hand	-	47	125	172



***Jessica Toth lifted extremely well in her R.A.W. United debut***





***The ladies of Bill Beekley's Academy of Powerlifting***

165	35-39	Julie Wilson	285	165	320	770
	16-17	Marissa Cohen	112	85	175	372
	35-39	Lisa Ader	82	77	165	324
	75-79	Patricia Evans	-	57	135	192
	80-84	Trudy Daxon	-	32	150	182



***Best Lifters: Anya Johnson (Youth), Nichole Wyns (Open), Diana Schaub-George (Master), and Megan Lee (Teenage)***



181	30-34	Michelle Kithcart	265	145	370	780
	35-39	Jackie Pressley	235	155	300	690
	14-15	Brettany Murdock	207	102	260	569
	14-15	Dulcy Olson	205	95	262	562
198	20-24	Shannon Thompson	390	195	395	980
					4 <sup>th</sup> 417	
	45-49	Colleen Bessa	115	85	175	375
198+	14-15	Lorre-Kaye Leslie	92	70	175	337
	65-69	June Paciga	-	80	225	305



***Maria Bucchioni Inspirational Award Recipients:  
U.S. Army veteran Jackie Pressley  
and  
GIRLS GONE STRONG Team Captain Faryn Antenucci***



# 2014 BRICKHOUSE BEAUTIES & BEASTS

Saturday, August 2  
Boca Brickhouse \* Boca Raton, Florida



*Brickhouse owner Kirk Kochte was a gracious host and excellent cook!*

## **Women**

### **IRONMAN, Belt**

198	25-29	Nina Mitchell	225	145	315	685
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### **RAW**

198	25-29	Nina Mitchell	225	145	315	685
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**Men**

**IRONMAN, No Belt**

242	25-29	Andre Hatchett	405	360	525	1290
	65-69	Larry Bucchioni	345	240	455	1040
275	45-49	Kirk Kochte	315	335	405	1055



*Good Friends, Good Times  
Dave Whitehead and Larry Bucchioni*

**IRONMAN, Belt**

220	50-54	Dave Whitehead	-	300	-	-
242	25-29	Andre Hatchett	405	360	525	1290
	65-69	Larry Bucchioni	345	240	455	1040
275	45-49	Kirk Kochte	315	335	405	1055
SHW	25-29	Mark Nicolas	-	350	455	855

**RAW**

181	25-29	Will Borst	485	295	545	1325
	30-34	Eddie Alvarez	435	315	495	1245
	25-29	Gus Quattararo	350	265	425	1040
	20-24	Elliott Flignor	275	215	330	820





**Ken Morris taking HUGE weight into the hole!**

220	20-24	Sean Mercer	455	305	620	1380
	20-24	Matt Karbowski	480	335	525	1340
	25-29	Brian Adler	415	245	470	1130
	20-24	Erik Rakoczy	355	215	440	1010
	50-54	Dave Whitehead	-	300	-	-



**Erik Rakoczy of Limitless Strength & Conditioning**



*Sean Mercer captured top honors in the 220s*

242	25-29	Andre Hatchett	405	360	525	1290
	65-69	Larry Bucchioni	345	240	455	1040
275	30-34	Nick Sheaffer	460	355	525	1340
	45-49	Kirk Kochte	315	335	405	1055
308	25-29	Ken Morris	605	465	680	1750
	30-34	Daniel Bradley	405	295	455	1155
SHW	25-29	Mark Nicolas	-	350	455	855



*Matt Karbowski of Limitless Strength & Conditioning*



# 2014 COWBOY BASH & NORTH DAKOTA STATE CHAMPIONSHIPS

Saturday, August 2  
Gym Warriors West \* Medora, North Dakota



Meet Director Paul DeSimone (right) presents Kevin Coombs with a supplement award

## IRONMAN, No Belt

### Men

165	18-19	Paul Hutzenbiler	203	185	315	703
	16-17	Dillon Calkins	184	179	265	628
181	16-17	Aaron Kunz	154.5	120	232.5	507

## IRONMAN, Belt

### Women

97	10-11	McKinzee Amundson	-	-	83	-
132	16-17	Dakota Wood	-	-	270	-
	75-79	Mary Underwood	-	-	55	-

181	14-15	Sierra Calkins	-	55	135	190
<b>Men</b>						
114	12-13	Jacob Hutzenbiler	-	-	115	-
148	12-13	Garett Calkins	-	55	177	232
165	18-19	Paul Hutzenbiler	203	185	315	703
	16-17	Dillon Calkins	184	179	265	628
181	16-17	Aaron Kunz	154.5	120	232.5	507
	75-79	Don Underwood	-	-	105	-
220	35-39	Kevin Coombs	-	407	520	927



*Paul conducted a seminar at the Cowboy Bash, and distributed more complimentary supplements*

**RAW**

**Women**

132	16-17	Dakota Wood	-	-	270	-
	75-79	Mary Underwood	-	-	55	-
181	14-15	Sierra Calkins	-	55	135	190



**Men**

165	18-19	Paul Hutzenbiler	203	185	315	703
	16-17	Dillon Calkins	184	179	265	628
181	16-17	Aaron Kunz	154.5	120	232.5	507
	75-79	Don Underwood	-	-	105	-
220	35-39	Kevin Coombs	-	407	520	927







# **OLD SCHOOL: THE HISTORY OF POWERLIFTING, PART 8**

**Written by STRONG LIFE Treasurer Bob Gaynor**

We continue this month with the 70's.

The first 2100 pound total was done by George Frenn at the Pomona Police Association Power Meet. Along with the total, George squatted 853, a record that was very controversial and stood for ten years.

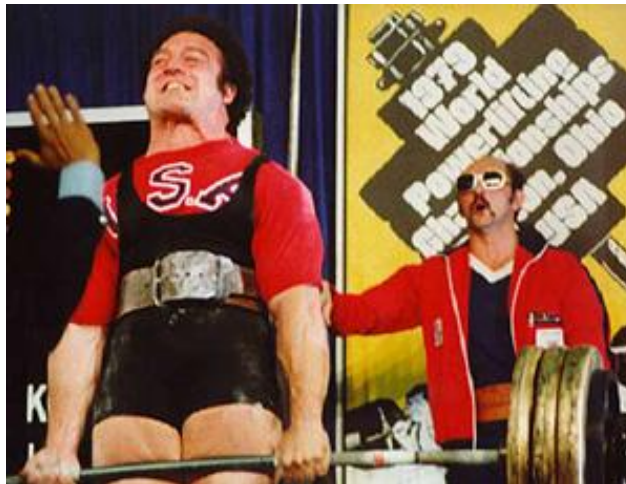
The stories were rampant. George weighed more than 242, the squat was 3" high, and he had more wraps than a mummy. I was not there, but supposedly Don Haley was one of the judges and Don had an impeccable reputation.



*George Frenn*

About a month later at the Tolleson Open, Jon Cole went 525-800-815-2140 to break the total and deadlift records. Around the same

time, Vince Anello took the 198 pound deadlift record from 725 to 774 1/2 lbs. What a jump!



*Vince Anello*

Allan Clark set a new deadlift and total record to top Dave Moyer's long standing mark. Pacifico benched 515 and totaled 1815 at 198.

There was an interesting occurrence at the Central California Meet. Tom Overholtzer was disqualified for excessive wraps. Bob Packer was involved in this. I believe this was the first time this had happened.

The Juniors were August 7 and 8 in West Patterson, New Jersey. Pennsylvania had hoped to take the team titles, but we had four bombouts and two sub-par performances. So much for that. At 123, Gerald Ringi topped John Redding by 10 pounds. Ian Burgess took the 132's and Ron Ingram won at 148. These first three classes had twenty-seven lifters. Compare that to the number we get today in these weight classes. George Crawford won easily at 165, with Jersey Joe Pyra finishing second.

As I stated before, the personalities make the sport, and Joe was a unique critter. Pyra competed from the early 60s through the late 90s. He was also an official, meet director and administrator. For those who knew Joe, he always seemed to find a way to become involved in controversy. He also had many original ideas. I competed in one of his meets in the early 1970s where at a weigh-in he took a straight edge and magic marker and drew a line on the outer part of each lifter's thigh from knee to hip joint, a great reference point for the judges. Joe always helped me at my meets. The second ADFPA North Americans I promoted drew 219 lifters. I think it was the largest meet ever held to that date. Every time I went to the mailbox I got sick. I called Joe and he brought a crew from New Jersey and took care of one of the platforms for me.

Back at the Juniors, George Clark beat Joe Spack at 181, and a fellow by the name of Louie Simmons was third. Bill Ennis won the 198 lb. class with very balanced lifts.



Tony Grigor, whom I was training with at the time, was probably the most unusual lifter I ever saw. Tony had a PhD in chemistry, and at one time worked for NASA. We both had a goal to deadlift 700 pounds at 198 at that meet. Three weeks before I did 640x3, which I thought would give me a chance. In the same workout Tony did 650x9. The first rep was slow and the next eight identical. Tony, who squatted a class best 575 at that meet, could do 525x8. His rep ability was amazing. He opened in the deadlift with 660, which would give him third and missed it three

times. How could someone do 650x9 and miss 660? I have told his story numerous times, and many do not believe it, but it is true.

At 242, Tom Scott was an easy winner. Tom looked like a powerlifter, a stocky, barrel chested, big legged lifter. Tom set two National Records at this meet. The winner at Super, after some big name bombouts, was 400 pound Tim Hasse. What I remember about Tim at this meet was he was always outside smoking.



There was some controversy at this meet, and it involved the judges. I think this was the first time at a National Meet where a side judge raised his hand as soon as he saw an infraction, and the lifters thought this prejudged the other judges. In my way of thinking it is a safety factor for the lifter. As a head judge I have struggled as to when to tell the spotters to take the weight, because neither side judge gave me an indication that the lift should be taken. This year at a BP/DL meet in Boca Raton, Florida, a lifter was struggling with a very heavy bench. I saw the head judge look at both side judges, but

neither gave any indication. Luckily, the spotters saved the lifter.

The Seniors were held in Denver. There were fifty-one lifters. Allan Clark won the 123s by almost 200 pounds. Milt McKinney took the 132s and Bill Spangler edged Jack Welch for the victory at 148. George Crawford seemed to have cured his deadlift problems and took the 165s. Jack Barnes won by 100 pounds at 181. At 198 it was Pacifico, Kanter, Weinstein, Jones and Anello. It was the most competitive class of the meet. Larry totaled 1805 for the victory. Anello finished fifth, but pulled 750.



*Larry Pacifico*

Tom Scott won the 242s totaling 35 pounds more than he did at the Juniors. Hugh Cassidy of Oxon Hill, Maryland, dominated the Supers. Jon Cole missed all his squats and was out.

Terry Swift of Stillwater, Oklahoma held the first three platform meet in 1971. Jim Messer held a Novice Meet in Norristown, Pennsylvania that drew 124 lifters.

The first Worlds was held on the first weekend in November at the William Penn Auditorium. This was not a gym or a YMCA, but actually a stage setting. The turnout of

lifters was light. I think the title and the prospect of strict judging kept many home. There were mainly American lifters, but England took two titles.

Precious McKenzie, then of England, was the 123 pound class champion. This was a rare defeat for Dave Moyer. The 132 pound class was the largest of the competition with nine lifters. Milt McKinney, of Toledo, Ohio, defeated Enrique Hernandez of California by 10 pounds. Michael Shaw of England defeated USA's Jack Welch and Jack Kemmerer to take the 148 pound World Championships.

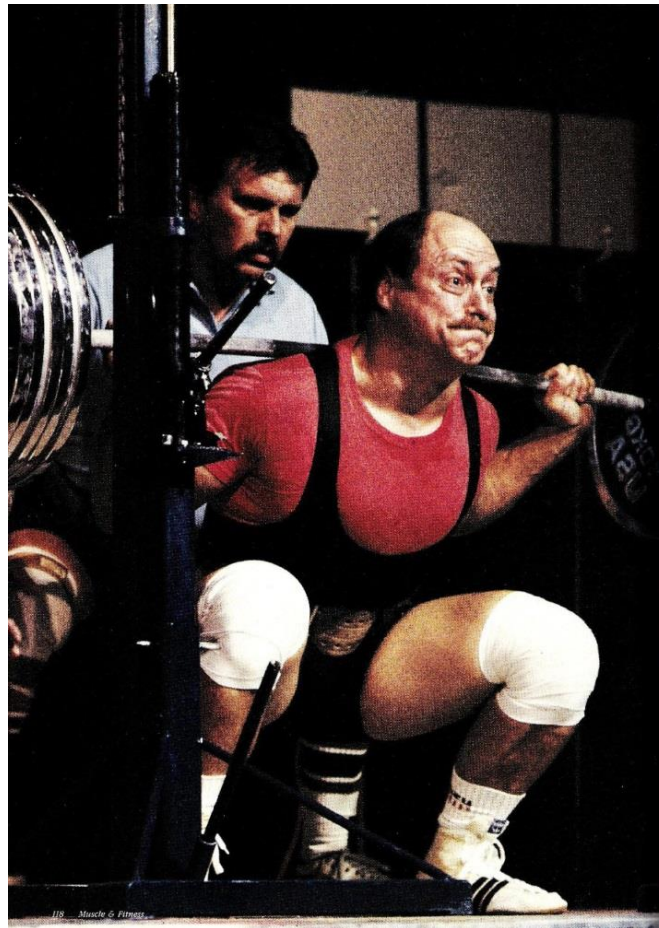
The funniest moment of this contest was Tom Snelgrove running out of the warm-up area with Shaw's knee wraps. Tom was yelling "They are 30 feet long." England at that time had no limit on the length of knee wraps. I am not sure if they were 30 feet, but they were at least 18 feet. I can still picture Tom with the wraps draped all over his body.

At 165 there were only three entries, George Crawford, Joe Pyra and England's Ron Collins. Collins missed all his benches and was out. Crawford squatted 625 and took an easy victory. At 181 pounds, Arizona's Jack Barnes had very little competition and took the first World Title in that class.

At 198 it was Larry Pacifico and John Kanter. Larry out-benched John by 55 pounds (the bench was still the first lift), but John out-squatted Larry for the same amount. In a dead heat at sub-total, Larry was the lighter man, and he matched John's deadlifts for the first of his many World Titles. The 242

pound class was disappointing with only two lifters, Carlton Snitkin and bulked-up 198 pounder Joe Weinstein. Carlton took the victory by 65 pounds.

The Supers really put on a show. Big Jim Williams, Hugh Cassidy, John Kuc at 272 pounds, JoJo White, and multi time National Champion Don Cundy. There was no rounds system at this time. The bar weight continued to progress upward, and you lifted when it reached your weight. You might have to follow yourself or you could have twenty attempts between yours. Cassidy benched 570, which was more than everyone except Williams. Jim began at 630, easy! Jim then followed himself with 660 for another success. In the squat, Cassidy and Williams both made 800, so as it usually did, the title would come down to the deadlift. Williams opened with 700 pounds and made no more. I had trained with Williams and Kuc for this meet, and I knew that Jim never deadlifted, and it would cost him again.



*John Kuc*



Don Cundy opened with 800 in an attempt to get back in the hunt, but had three misses. Cassidy needed 790, more than he had ever done, but it slowly came up, and he tied Williams and was the lighter man. Hugh himself said he had not expected to make the lift. It seemed like the meet was over. But wait! Kuc was still going. John had opened with 750 and it looked like 135. He did not wear a belt. John went to 820 for a new American Record. This was probably a bad choice. John asked me what he needed to win, and 875 was the number. The bar was loaded, for the heaviest weight ever

attempted. The 875 left the ground and stalled just above his knees, but it proved to John that it could be done. John competed on and off for another 15 years and never again was defeated. In my opinion, John is one of the five greatest lifters of all-time. When you look at his overall record - 4 time IPF World Champion, 4 time ADFPA National Champion, the only man to win an IPF title at Super and reduce to 242 and win again – it's hard to argue. John has also been an IPF world record holder for over 25 years, still a USAPL American record holder.

**WE WILL CONTINUE WITH THE 80'S IN THE OCTOBER 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 serves as Treasurer and Chief Referee for R.A.W. UNITED***

# 2014 CENTRAL PA SINGLE LIFT CHAMPIONSHIPS

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



**Hosted by Crossfit Duration**  
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**Entry Deadline: Saturday, October 11, 2014**  
**Meet Directors: Dan Corridean & Kevin Prosser**

**More Information:**

**Dan 240-417-2229 [bdan1745@aol.com](mailto:bdan1745@aol.com)**

**Kevin 240-329-8187 [jkprosser@yahoo.com](mailto:jkprosser@yahoo.com)**



## **POWER GYMS:** **Limitless Strength & Conditioning** **Deerfield Beach, 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 Ken Morris' "Limitless Strength & Conditioning," a Florida-based gym and 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*



**Ken Morris of Limitless Strength & Conditioning**



## LIMITLESS STRENGTH & CONDITIONING / GENERAL INFORMATION:

Owner(s)	Ken Morris
Gym Address	5051 NW 13 <sup>th</sup> Avenue
City, State, Zip Code	Deerfield Beach, FL 33442
Phone (include area code)	954-629-0462
Gym Hours	6 am to 9 pm
E-Mail Address	<a href="mailto:LimitlessSC@att.net">LimitlessSC@att.net</a>
Website	<a href="http://www.LimitlessSC.com">www.LimitlessSC.com</a>
Facebook	<a href="https://www.facebook.com/limitless.strengthandconditioning">https://www.facebook.com/limitless.strengthandconditioning</a>

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

I opened Limitless Strength & Conditioning to bring a gym to South Florida where all people of all fitness/skill levels can come and receive some of the best coaching in the country. We do things the right way here, everyone trains hard, no one gets hurt, and everyone believes in what they are doing. I want to use my experience as a strength & conditioning coach for the Florida Gators and Toledo Rockets, and give it to a wide range of people who are looking to be successful inside the gym and outside of it. People that train at Limitless have bettered

themselves not just physically, but mentally as well.

The motivation to become a gym owner comes from the fitness industry as a whole. I see an industry that is based upon lies, gimmicks, and fads. Limitless S&C brings truth, it brings real coaching with real experience behind it, it gives everyone the chance to go about changing their lives the right way with people that truly care about seeing them succeed. My motivation is to empower people to become better, to be a teacher to them, to be a mentor, to show them the right way, to earn their trust, and to give them the best of my abilities every time they walk into the gym.



***A real Power Gym!***

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

Limitless is different than every other gym because of, what I believe, is the most important attribute of a gym, and that's the atmosphere. You can have a million dollar facility full of the best equipment around but if the atmosphere isn't conducive to success, people aren't going to succeed. If you walked into Limitless during any of our training sessions or groups you'll feel the energy and you'll know right away that everyone in the gym is there to work hard and to succeed. When it comes to equipment, we have everything a person needs to train safely, correctly, and efficiently.

Here is a list of some of our equipment

- 4 Elitefts 3x3 Power Racks w/band pegs, monkey bars, upgraded safety pins, weight storage
- 3 Olympic Lifting/Deadlift Platforms
- Assortment of Bars (Texas Power Bars, Rogue Oly Bars, Safety Squat Bar, Swiss Bar, Axles)
- Glute/Ham Developers
- Strongman Equipment (Tires, Stones, Farmers Handles, Axles)
- Unusual/Odd Objects (Sandbags, Slam Balls, Med Balls, Kegs, Hammers)
- Prowlers and Sleds
- All the Bands, Chains, and Free Weight any lifter could possibly need



2014 Florida State Champions

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 write all the programming for Team Limitless and keep it basic and straight forward. It's a 4 day training split (Bench, Squat, Upper Body Assistance/Bodybuilding, Deadlift) and everything is based of percentages and rep maxes. We always focus on the main lifts first then perform 1-2 assistance exercises that will bring up weak areas. We train the movements that we dislike and are weak at for assistance work because it's the most effective at increasing the competition lifts. The "Chain is only as strong as its weakest link" saying holds very true when it comes to training to increase the competition lifts.

The Limitless Method, as we like to call it, has been incredibly effective with athletes of all sports as well as with our Powerlifters.

Here are just a few of our lifters improvements as a result of the program.

- Chris B. – Squat went from 270 to 525, bench went from mid 200s to 325, and deadlift went from 405 to 535 in less than a year of training.
- Marino A. – Never lifted weights before coming to Limitless and could barely squat with a stick for 10 reps, less than 6 months into the program, 350 squat, 205 bench, 425 deadlift.
- Erik R. – Squat went from 275 to 355, bench went from 205 to 235, and deadlift went from 405 to 475 (and a near miss at 500 recently) in 3 months of training.
- Matt K. – Squat went from 405 to 485, bench from 275 to 355, and deadlift 455 to 555 in a year.

We have about 10 team titles in the last 2 years between RAW United meets and USAPL meets and most of the meets we compete in the "Best Lifter" award is brought home by one of our lifters.

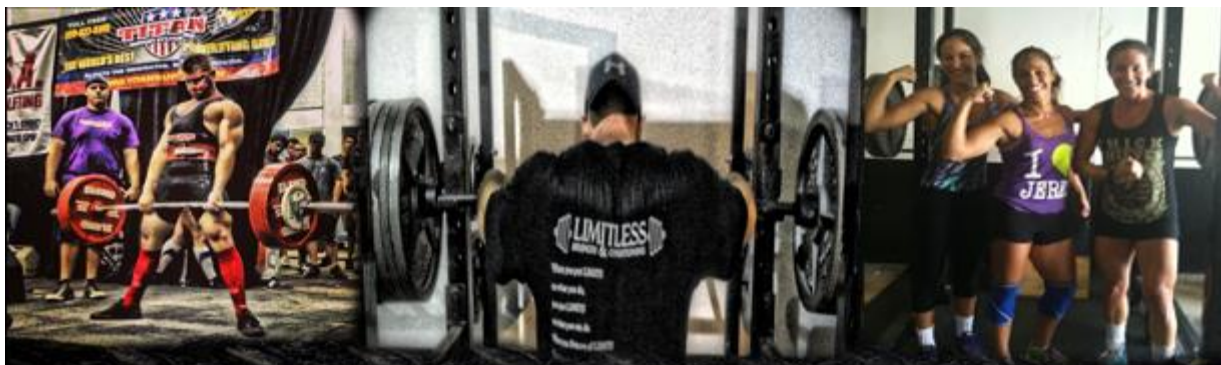


*Matt Karbowski pulling HUGE at Limitless!*

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

It's been great living my dream of owning Limitless but it's been even better because of the people that are a part of it.





# LIMITLESS

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YOUR  
LIMITS**



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-CSCCa SCCC  
-Elite Powerlifter  
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**POWER GYMS:**  
**Boca BrickHouse Gym**  
**Boca Raton, 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 Kirk Kochte's "Boca BrickHouse Gym," another Florida-based gym and 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*



*Kirk Kochte, owner of the Boca BrickHouse, competing at the Beauties & Beasts*

## **BOCA BRICKHOUSE GYM / GENERAL INFORMATION:**

Owner(s)	Kirk and Christine Kochte
Gym Address	2880 NW 2nd Avenue
City, State, Zip Code	Boca Raton, FL 33431
Phone (include area code)	561-235-2240
Gym Hours	Monday-Friday 6:00 am to 8:00 pm Saturday 9:00 am to 4:00 pm Sunday 9:00 am to 12:00 pm
E-Mail Address	<a href="mailto:Kirk@bocabrickhouse.com">Kirk@bocabrickhouse.com</a>
Website	<a href="http://www.Bocabrickhouse.com">www.Bocabrickhouse.com</a>
Facebook	<a href="https://www.facebook.com/Boca.Brick.House">https://www.facebook.com/Boca.Brick.House</a>

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

The Boca BrickHouse was a dream that started over 20 years ago and has constantly evolved to provide many unique forms of fitness exercise and still stay true to the "Old School Mentality" and training style. We are a niche gym, but we fill a hole that is ever widening as more and more "commercial gyms" prevent and discourage people from doing certain lifts or heavy amounts of weight, and thus prevent people from achieving the best that they can be. I have always wanted a facility which allows individuals to train in their own style and not be subjected to a "this is the only way to train" mentality or environment - the BrickHouse provides that! In the Navy, I have been to gyms all over the world and some of the most motivating ones were those that stuck to the basics and encouraged their members to lift heavy. I took from a lot of these gyms - the ideals, and as much as possible, the atmosphere of motivation. A gym should be some place that one has fun, looks forward to going to, where members encourage each other, where you're motivated to achieve more and where you feel you're part of a family of like-minded individuals. What we strive not to be is a place where members experience that

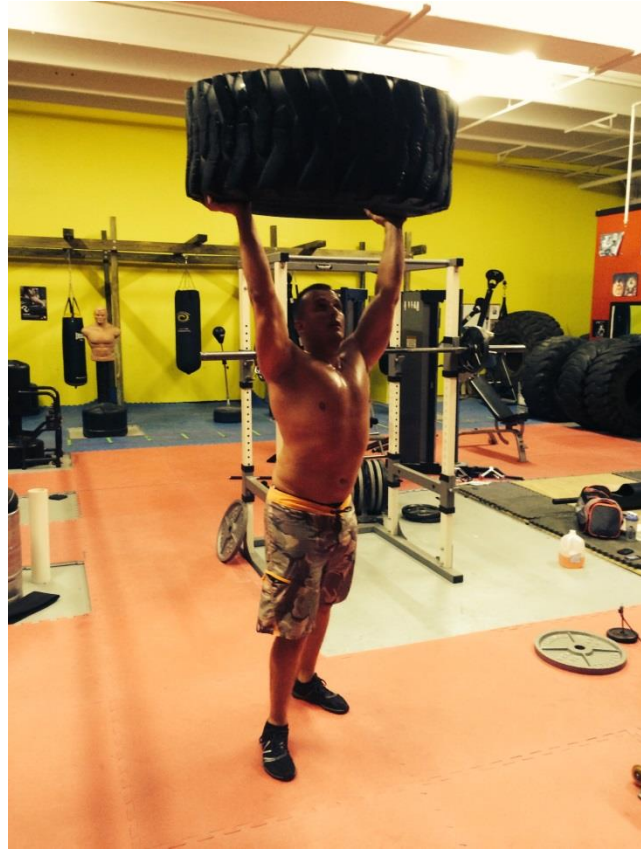
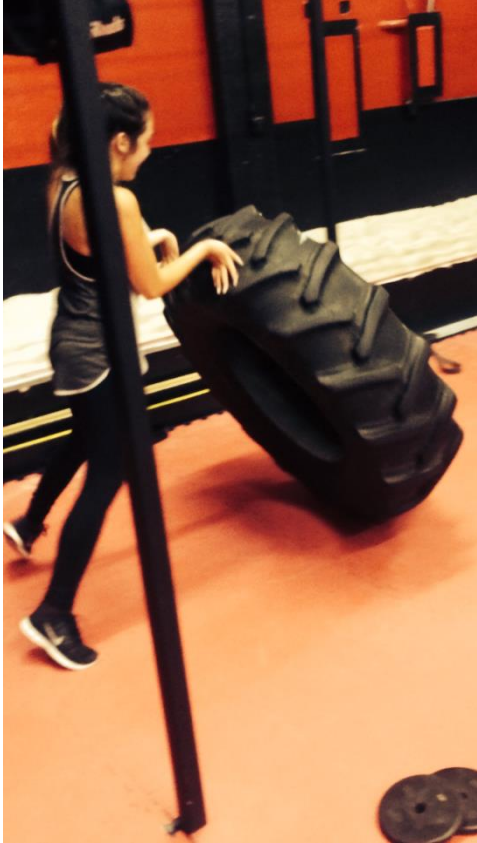
drudgery of a cookie cutter fitness center with more treadmills and cardio machines than barbells and free weights.

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

Having been to so many gyms in the world, we've taken ideas from them and tried to put as many as we could inside our gym. We have a power lifting platform, a power rack, DBS ranging up to 125, several climbing ropes, a 15 yard sandpit for explosive training, a vast array of tires, odd lift and grip training equipment, as well as a heavy bag boxing area. Just our Platform, sandpit, and vertical Leg Press set us apart from most gyms in South Florida! But we went and did more so that we would stand out and be a place where Overhead Tire Pressing or random Farmers Walk with tire/plates/DBS are likely to occur on any given Saturday (and sometimes even during the week). Our members pick the music they wish to listen to and are allowed to be as loud as they want when lifting.

We only have one major rule ... It's called the Rule of "R" ... Respect the Weights, Respect the Members, Respect the Music and Rerack when finished!





**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.**

We have many members train in many different ways. In Powerlifting they may train to Westside style, Juggernaut, or just a 5x5 (stronglift). Others may do Olympic lifting, Obstacle Course Training & Conditioning, and/or their own Cross Fit-style workouts. We recently had several members compete in Raw United, and they did very well for their first time. Two of our members were competing for the first time, and they both set PR's. We also have several successful Bodybuilders who do powerlifting training to achieve more muscle density. I have competed in several different powerlifting and bodybuilding federations. The equipment I used to be successful in

those competitions is the same as what we have at the BrickHouse.

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

I don't buy into the philosophy of there being only one to train. As such, I wanted a gym that reflected that mentality. Working out should be fun and something to look forward to; if you're stuck in a rut, you should have the availability and encouragement to change up your routine and exercise (even if it's only for the day or for a new program). I believe that having choices that encourage the body to move in its most natural state will allow individuals to achieve so much more than a gym that limits itself to only one style of training. The latter forces all its members to train the same way even though they may have different goals as well as physical challenges to overcome. That is what makes us different!

# 2014 STRONG LIFE INVITATIONAL

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



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

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**Entry Deadline: Saturday, October 25, 2014  
Meet Director: Spero Tshontikidis  
More Information: 321-505-1194 or [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**

# **POWER SPOTLIGHT: MATT SOHMER**

**By Paul DeSimone**

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

Today I interviewed one of the strongest teenagers of all time. If you don't know who Matt Sohmer is, chances are you're new to the sport of powerlifting. At the age of 19, Matt had already squatted 810 in competition. He uses no wraps, just a belt. Matt is in the 275 class, and has suffered two major knee injuries. I sat down with him this week:

**How long have you been lifting?**

About three years now. I would say I have lifted longer since freshmen year of high school; but not seriously until I was a junior.

**What are your goals in the sport?**

My all-time goals are to squat and deadlift 1,000 pounds with just a belt. I also want to bring my bench up one day.

**What got you into working out, and what made you really get serious?**

My uncle and father both work out. I was on the football team, and at the time it was the thing to do, so I started working out. I realized that I was pretty good at squats and deadlifts, so when I destroyed my knee playing football I used squats to rehab it.

**Wow! You used squats to rehab - that's something I have used as well. Did you use wraps?**

No.

**Did you use compression shorts? With negatives?**

No and no.

**What did you do?**

I just squatted and squatted and squatted until my knee felt better and got strong.

**Did you have surgery?**

Yes, I have had one surgery on my left knee. I have hurt the right knee way more than the left, but have never had surgery.

**How many competitions have you done?**

Wow, I have done a lot in many different organizations. I would say 30 competitions, maybe more, in the past two years.



**Have you competed at the National or World level, and have you gone anywhere special?**

This year I went to Scotland for a World competition and that was really fun. The guys over there really gave me respect. I felt like I was with them, or one of them, even though it was a World contest.

I would like to do more contests like that, but I just started college. And let's face it, I am like any other college kid - young and broke.

**I think you should probably do about 3-4 contests a year at this point, picking only the times when you will peak. Have you put any thought into that?**

Yes, that's what I had been planning.



***If anyone out there is looking to contact Matt for sponsorship, please email the magazine at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) and we will forward any sponsors to his email. Thanks!***

**I have actually had the pleasure of judging you personally on the squat, and I know you do break parallel. Some people, however, may have doubt in their mind. Is that why you competed in so many different federations?**

Yes and no; I have done some because they were local, and some because they offered money prizes. And yes - I did jump around a little because I think that gives you more credibility.

**Agreed; what are you studying in school?**

I am studying Sports Therapy, and I want to become a personal trainer.

**Is there anything else that you want people to know about you?**

*Long pause*

I love pretty much everything Disney. And I really honestly love Comic books and Batman, stuff like that.

**Very cool; I wouldn't have guessed Disney in a million years!**

**Let's tally up some of your achievements: 810 squat, 320 bench, and 725 deadlift, all raw. Matt, these are impressive numbers, and thank you for the interview. We wish you all the best in college and your lifting endeavors!**

Upcoming interviews include Dr. Squat, Fred Hatfield, Eric Lillibridge, and James Grievous. Look for them in upcoming issues! Lifters interested in being interviewed for the magazine can contact Paul DeSimone at [pauldesimone01@aol.com](mailto:pauldesimone01@aol.com). Thanks for reading, and God Bless! *Paul*



*Author Paul DeSimone 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**

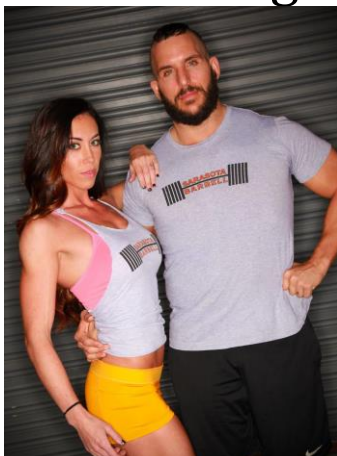


*Goofing at the BrickHouse!*

# SARASOTA BARBELL



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SarasotaBarbell@gmail.com





The

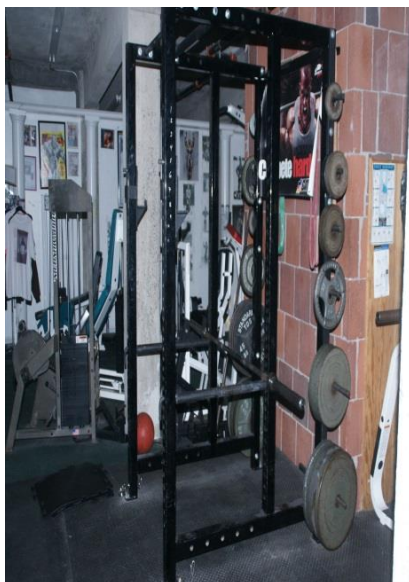


119 Foster Street \* Building 2, 4<sup>th</sup> Floor \* Peabody Massachusetts 01960

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!



# 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 Will Borst of Limitless Strength & Conditioning for sending us the August 2014 photo for *The Strong Shot*!



**WITH WEIGHTS EVERYWHERE**

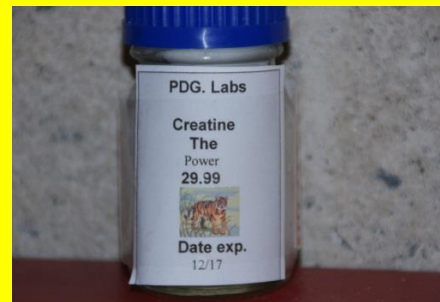
**WILL BORST**

**PULLS HUGE AT THE BRICKHOUSE!**

**GOTTA LOVE GYM MEETS!**

## Supplement company that is changing the way we take supplements!

PDG labs is an American based company that only wants to supply supplements to those who are competing in powerlifting and bodybuilding. This is not one of those sell out companies trying to market towards little kids and Seniors. We are not going to B.S you. Our products have zero fancy lables. But what we do have are the best supplements available for the price. We don't have a huge selection, because you don't need to be taking a million different supplements. What we do have is products that work! Our creatine is the best and we are proud to say it. What makes it different.



PDG Creatine is not powder, not liquid, not a pill. Instead it is in pure state that you can eat. But I need a carrier. That's just it since PDG Creatine has no corn, no gluten, non soy, non gmo, organic plant based sugar. The product gets absorbed as real creatine so you can use it in the muscle. Best of all its only 35.00 with shipping included. The only down fall to the product is we are running very low on supplies. Don't hesitate email today [xxtralargemuscle@aol.com](mailto:xxtralargemuscle@aol.com) and buy a bottle for you and a friend. We also do wholesale orders for small businesses and we also offer other products. **Kim Clark world Record raw deadlift holder uses PDG labs Creatine for power. 2012, and 2013 world champion powerlifting and strict curl 100% raw.**



"I use super power Creatine when I lift. I had used other creatine's in the past that worked. But nothing worked as well as the PDG Labs creatine. My Deadlift went up 20 pounds just after 2 weeks, I went from 381 to pulling 401. I can't even believe how fast it worked. And it almost tastes like nothing with a little sugar taste".

We are also looking for other users to give us feedback on how they are improving with use of our products. Please ask us about our sponsorship program, and future sponsorship programs. We refuse to sponsor anyone who does not use our products. Order today over the phone 978 766 6280



## **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**

#### **OCTOBER 2014**

October 11 \* 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

**THIS MEET WILL SERVE AS THE FIRST OF TWO "DRY RUNS" FOR THE  
FEDERATION'S 2015 PLAN TO HOST FEDERATION CONTESTS SUCH IN  
DIFFERENT STATES**

#### **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

**THESE TWO MEETS WILL SERVE AS THE SECOND OF TWO "DRY RUNS" FOR  
THE FEDERATION'S 2015 PLAN TO HOST FEDERATION CONTESTS IN  
DIFFERENT STATES**

#### **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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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**

#### **NORTH AMERICAN CHAMPIONSHIPS !!!**

The 2014 North American Championships will be held on back-to-back weekends during the month of October at Strong Life, Melbourne. As many are aware, Dan Luce and Shannon (Thompson) Luce are getting married on Saturday, October 18, and their wedding became the catalyst to "dry-run" our 2015 plan to host contests such as the North American Championships on back-to-back weekends in different states.

On Saturday, October 11, contest staff and lifters with scheduling conflicts (for example, Dan and Shannon's wedding) will compete in "Part 1" of the event, and over the October 18-19 weekend "Part 2" will take place. Please be sure to note which weekend you prefer on your entry in the space provided!

Throughout the three-day event, we will be raising funds for Gavin Leiba. Gavin is a toddler battling Acute Lymphoblastic Leukemia. Justin Prince, one of our lifters in the R.A.W. United family, has created the Gavin Leiba Fund through his "Reps for Remission" program. Please take a look at the flyer below, and support Gavin's fight!

#### **R.A.W. UNITED RETURNS TO TAMPA !!!**

November will mark the return of Tampa meets at Strong Life Tampa Bay! The 2014 Tony Conyers Extravaganza will take place on Saturday, November 8, and will be hosted by Bill Beekley, Tony Conyers, and Andrew Yerrakadu.

Also on August 8, Kevin Prosser will be hosting the Central PA Single Lift Championships at Crossfit Duration in Hanover, Pennsylvania.

The following Saturday (November 15) we will host the 2014 Strong Life Invitational at our gym. This meet is open to all, and will serve as the final contest for the 2014 season.

#### **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**

**OF**

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

**FOR THEIR SUPPORT OF**

**STRONG LIFE!**



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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**

Please continue to pray for R.A.W. United lifter Kris Clark. Kris is battling esophageal cancer and we appreciate your thoughts and prayers!



Please pray for Gavin Leiba; Gavin is battling leukemia and we greatly appreciate your thoughts and prayers.



**PRAYER REQUESTS:**



**Please pray for Pennsylvania State Chapter Leader Dave Lhota; Dave recently lost his mom.**

**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 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**



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