

# POWERLIFTER

TODAY

**USAPL RAW  
NATIONALS**

**535 lifters**

**THE EVOLUTION  
OF  
GEAR**

**IS YOUR WHEY  
WHEY?**

**3 SECRETS TO**

**SQUATTING  
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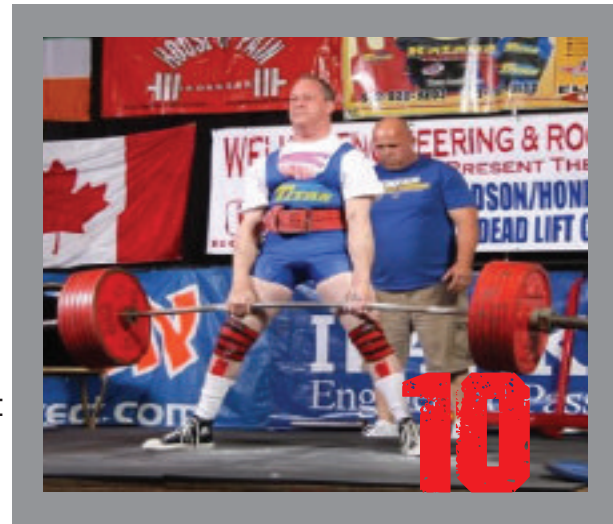
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# MY VIEW



The second issue, bigger and better! The Raw tsunami continues unabated gaining momentum daily. So why a cover story on the successor to Big Iron Gym? Powerlifting will always be a diverse sport and while Big Iron Compound is one of the best multi ply gyms around, even they have a contingent of raw and single ply lifters, some moving to multi ply. This sport is constantly changing and it's exciting to watch!

Jim Grandick, owner of Big Iron Compound, writes an article called The Evolution of Gear and justifies why he and his team like multi ply gear. Even if you lift raw, you'll find it very interesting and persuasive.

As a powerlifter you should compete at least once or twice a year to really see if your training is paying off. Which federation should you lift in? Last issue Gus Rethwisch told about why he started WAB-DL and where he sees it going. In this issue, Steve Denison, head of USPA explains why he started a new federation, what it's doing and where he thinks USPA and powerlifting in general are headed. This will hopefully be a regular feature to help you decide among the choices that you have as a lifter.

Are you in your 40's or older? Thinking about getting your kids involved in powerlifting? You need to read both of Ron Garofalo's articles.

Our deadlift training article started as an interview with Dr. Tom Eiseman, who pulled 800 in 1986, RAW, at 165! He's 55 now but still one of the best deadlifters in the world and has a routine that makes a lot of sense. A friend of mine, Russ Clark, has been using his own instinctive variation of this routine for years and just pulled an all-time raw PR three weeks ago at age 53. I think Dr. Eiseman is on to something!

There are some strong powerlifting chiropractors out there. This issue has two of them contributing: Dr. Eiseman's deadlift article and Dr. Mark "Powerdoc" Van Alstyne telling us what he has learned in 24 years of powerlifting.

Other features include a powerlifting book review, raw squat technique, some meet results and articles that should be of interest to everyone whether raw or geared, new to the sport or veteran. We're all constantly trying to improve our lifts and make progress against time, injury, plateaus and age.

There are a few meet results in this issue because I thought I'd follow the template of "the magazine that went out of business 2 ½ years ago". There are almost 50 (!) powerlifting federations according to powerliftingwatchcom. This magazine is primarily about content,

specifically powerlifters, not meet results. I used to think that if a meet I entered was “in print”, that made it legitimate and I could show my kids someday the “proof” of what I had done. If you want that, it’s easy enough to go to your federation’s website, go to meet results, print that and frame it, or go to [www.powerliftingwatch.com](http://www.powerliftingwatch.com). You’ve had to do that anyway for the past 2 ½ years, especially since there hasn’t been a magazine printing meet results for that time. If you’re an “old guy” with no computer access one of the younger guys you train with will probably be glad to do it for you. If every fed sent in their version of the “Greater Eastern Podunk Memorial Lift Big Extravaganza” with 30 lifters, we’d have to publish a separate magazine! We have made an editorial decision that content over data is what lifters want to read, so since National and World meets are always interesting as they draw a lot of top lifters from across the country, we will print those along with the accompanying story from the meet director. All meet results, whether on a federation’s website or Powerlifting Watch are contingent on the meet director getting the results posted along with a write up and pictures of the event to us.

My goal is to produce the best magazine possible and encourage my fellow lifters with articles and interviews that are inspiring and practical. All the gems in this issue NEED to get in the hands of lifters everywhere and word of mouth is still the best way. Each subscription helps us to do our job better and believe me, it ain’t cheap to make a magazine! Take it to your gym and show it around! Send us a “review” and we will put it on our website and on Facebook. It all helps and you are doing the sport of Powerlifting a good deed (not to mention your fellow lifters). Thank you for your support and if you like this magazine please SPREAD THE WORD!

**Jim Curley,  
Editor In Chief**

## ON THE COVER

Jim Grandick is a world-champion powerlifter who competes in the USPA, SPF, and IPA multi-ply.



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# HAVE SOMETHING TO SAY?

## BE A CONTRIBUTOR

Feel qualified to write about the world of powerlifting? Got a great idea or angle that no one has discussed? We welcome your story but reserve the right to edit as we deem necessary and also reserve the right to accept or reject the article.

If you would like to be a guest contributor regarding training, nutrition, or anything related to powerlifting, please email Jim@powerliftertoday.com and I'll get back to you.

Meet directors – if you want your national or world meet results in the magazine, you must submit them in an Excel spreadsheet that can be edited. I'm only interested in name, gender, weight class and division, best SQ, BP, DL and Total. No missed attempts, coefficients, actual bodyweight, etc. There is this thing called "THE INTERNET" where lifters can see their results much more quickly than in a magazine, but for some reason they still want to see it in print. Fine. I'll print it, but you must do most of the hard work as far as organizing and compiling the results in Excel. A couple of high quality photos and a summary of the meet and lifts are nice, but not necessary. Your lifters want it and it gives good exposure to your federation.

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VanAlstyne lifting 600 at the Westside Pro Invitational  
Below: Doc at work doing Active Release Technique (ART) on buddy Matt Kovach



# Things I Have Learned Over Two Decades of Powerlifting

By Mark VanAlstyne, DC, PT, CSCS

I have been competing in powerlifting for 24 years, the last 11 at the elite level. Along the way I managed to collect 4 college degrees and have a nice private practice in both chiropractic and physical therapy. In powerlifting circles I am known as Powerdoc, the egotistical know-it-all who speaks his mind and has an opinion on everything. I also don't take myself too seriously and don't mind poking fun at myself.

I would like to share the four most important things I have learned in order to keep competing at a high level for a long period of time. I

think that if a lifter pays attention to the four things I have listed below they will stand a good chance of having a long career and being able to walk away without lifelong disabilities.

I am hopeful that I have helped someone with this article. I wish to thank Jim Curley for letting me write this article and I would like to thank my sponsor Inzer Advance Design for all their help and support over the years. I could not have done as well without them.



## Number 1

### Rotator Cuff Health

Without it you can forget about the big bench and/or the big squat because you won't be able to get your jacket on or off much less get under a bar to lift it. This involves more than just doing a couple of band exercises and calling it a day. Actually most of the lifters I know don't even bother to do this on a regular basis. The rotator cuffs need to be strengthened using isolated exercises with a band or dumbbell and functional exercises such as bamboo bar benching, farmer's walks, and bottom up kettlebell carries. Strong lats and lower traps are necessary to keep the shoulder blade in the right location and these exercises along with rows can help keep these muscles strong. These exercises can all be looked up on-line to find out the proper technique. One final note on shoulder/rotator cuff health is not to use a straight bar to squat every week. I rotate safety squat bars, buffalo bars and manta ray squats every week; I use the Iron Wolfe squat bar only once or twice a month max.



## Number 2

### Lower Back and Hip Health.

I used to accept that I should feel hip and back soreness after squats and deadlifts but I was only being foolish. Stuart McGill, PhD, a noted back expert, taught me that hip pain and pelvic tightness can be an indication of pelvic and spinal instability. He also taught me that not everyone can get in correct position to conventional deadlift and that trying to do so if you have deeper hip sockets will lead to increased stress and problems in the lumbar spine. If you are a naturally wide squatter then most likely you need to be a sumo deadlifter. Obviously there are exceptions, but if you do not have a neutral spine at the start of the deadlift, you need to externally rotate your hips and get a wider stance. I also have found that pulling from a deficit kills my lower back. Dr. McGill also taught me how to maintain a neutral spine position when picking up objects from the floor; I no longer am lazy when picking up even a little object like a pencil from the floor. Save your back for the big deadlift and squat, don't waste it

on daily tasks. I strongly advise going to Dr. McGill's website [www.backfitpro.com](http://www.backfitpro.com) and reading some of his articles and picking up one or both of his books, especially if you do any coaching or training of others.



## Number 3

### Nutrition

I wish I knew about high performance nutrition when I started lifting back in the 1980's. Of course, these were the days of high carbs and low fat to get lean (what a joke). Today, the common and I believe correct thinking is that lower carbs and high fats are the way to go. I have adopted a bodybuilding type diet that involves carb cycling and the restriction of carbs to post workout only. I usually will only eat proteins and fats prior to training. I know this goes against what most people like doing but as strength athletes we do not need pools of muscle glycogen to fuel our mostly anaerobic workouts. In fact, by loading up on carbs we prevent our bodies from using bodyfat as fuel. I do carb up the day before the meet so I actually feel stronger and have better leverage the day of the meet than I have during any of the training days leading up to the meet. Remember, powerlifting is not an excuse to eat junk and look like crap. Muscle moves weight and a leaner athlete will be able to move more weight pound for pound. Don't give away anything to the competition by being overfat.



## Number 4

### More Rest

I take a break from each of the three lifts once every three weeks. This includes leading up to the meet. I have been known to take a rest week if I feel I need it just three weeks before a meet. I also don't take any openers within 9 days of the meet. I feel I need to be rested and healthy going into a meet. My belief is that I am not going to gain anything in the last three weeks going in to a meet but I can either damage my body or psyche in those final three weeks. **PLT**



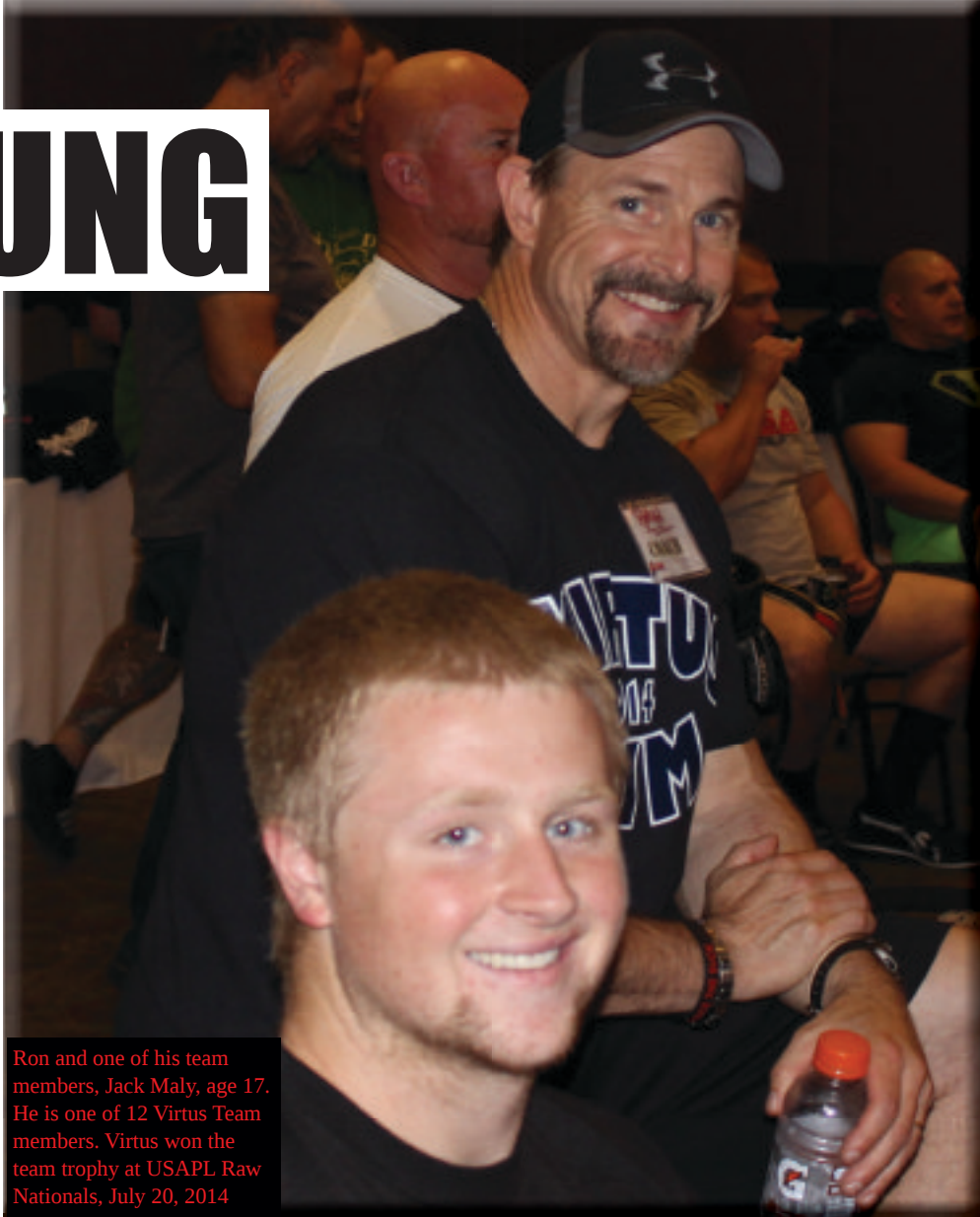
# HOW YOUNG IS TOO YOUNG?

By Ron Garofalo

Some old myths die hard. One of them is that training with weights will “stunt growth” in teenagers. Some coaches, parents and medical professionals still believe that one shouldn’t do resistance training until fully grown. I would like to address that and youth powerlifting in general.

At what age should a person start weight training or even compete in powerlifting? It can be a controversial question. Let me state up front: Do I question the wisdom of loading down a 15 year old developing body with well over 700 lbs as I saw at a recent meet? Uh...yes. Do I agree with the high school football coaches throughout this country who encourage their strong but neophyte athletes to max with over 500 lbs on “squats” that often look more like hideously performed eye-bulging good mornings? Um...no. We all know of or have heard of examples like these. We all know that individual injuries occur in weight lifting as they do in other sports and activities when done improperly. Of course there are risks involved. But I’m not talking about stupidity like we see in the above examples. In general - under controlled, qualified supervision, using

properly prescribed strength protocols and technique - is strength training and powerlifting competition really SAFE for teenagers? As I said, it is still unfortunately a controversial question. But not as much as it used to be thanks to the research that has so far been done. Still, I know some medical professionals are strictly opposed to any kind of heavier weight lifting for (pre)adolescent youngsters. Why? Besides the general risks of injury involved, it’s primarily because they fear that trauma to bones and epiphyseal plates (growth plates) will have adverse affects on long-term growth. It’s a misplaced fear, I believe. The real question should be, does lifting “heavy weights” (obviously a relative term) truly CAUSE such trauma? Is there any evidence of this in the medical journals? What does the American Academy of Pediatrics say? The American College of Sports Medicine?



Ron and one of his team members, Jack Maly, age 17. He is one of 12 Virtus Team members. Virtus won the team trophy at USAPL Raw Nationals, July 20, 2014

Over my almost 30 years as a strength trainer I have worked with hundreds of boys and girls (12 years and older). Close to 100 of them have competed in the sport of powerlifting. Years ago, when this fear of stunting growth was far more prevalent than it is today, I would ask hesitant parents and pediatricians to provide ANY real scientific evidence that properly performed weight training was in any way detrimental to children. NONE was ever provided. And that still holds today - because there ISN’T ANY. Sure there were the occasional papers trotted out that showed that there were X number of individual

weight lifting injuries reported between say 1990 and 1996, as was also shown in far greater numbers with other activities. But this is like saying “3,000 people sprained their ankle coming down the stairs between this year and that.” Are we to believe then that taking the stairs is dangerous? Here’s what the ACSM says: “There is no current evidence to indicate a decline in stature in children who regularly strength train in a supervised environment with qualified instruction. In all likelihood, participation in weight-bearing physical activities (including strength training) will have a favorable influence

on growth at any stage of development but will not affect a child’s genetic height potential.” And, “A growth plate fracture has not been reported in any research study that was competently supervised and appropriately designed.” ([www.ascm.org](http://www.ascm.org))

The AAP, in their latest 2008 position paper on this topic, states, “Injury rates in settings with strict supervision and proper technique are lower than those that occur in other sports...Appropriate strength-training programs have no apparent adverse effect on linear growth, growth plates, or the

cardiovascular system.” ([pediatrics.aapublications.org](http://pediatrics.aapublications.org))

Dr. Mel Siff, who before his death a few years ago, was a pioneering sports scientist and biomechanist (and competitive weightlifter, who presented papers internationally at conferences on physiology, physiotherapy, sports medicine, psychology, engineering, ergonomics, physical education, linguistics, and communication; who published widely and is probably best known for his books *Facts and Fallacies of Fitness* and his magnum opus *Supertraining* - which may still be the definitive work on human performance), said this:

“While a few [reports] referred to some trivial cases of weight training, not one examined the injury history and patterns of youngsters who had participated for a few years in Olympic weightlifting or powerlifting. We all agree that poor technique in any sport, including the lifting sports, is probably a major cause of injury. There seem to be no references that anyone has produced in NSCA, ACSM, or medical situations which prove that competitive lifting in youngsters causes a significant increase in musculoskeletal injury, especially if compared with their peers who have participated in other traditional school sports.” ([drmelisiff.com](http://drmelisiff.com))

I also highly recommend you read his other fascinating articles, especially on the compressive forces generated by the squat versus running and jumping. ([melsiff85.blogspot.com](http://melsiff85.blogspot.com))

The only negative reference I could find was an AAP

directive that, although positive about weight training programs generally, states “Because of the limited research regarding prepubertal injury rates in competitive weightlifting, the AAP remains hesitant to support participation by children who are skeletally immature and is opposed to childhood involvement with power lifting.” (See the AAP website above.) Again, they are referring to PREPUBESCENT CHILDREN. How many children under 12 actually COMPETE in powerlifting in the first place to do research on?

Also, the American Orthopedic Society for Sports Medicine recommends that CHILDREN with Osgood-Schlatters or Scoliosis or Lordosis should avoid lifting heavy weights. I wonder if the legendary powerlifter Lamar Gant, who was born with pretty severe Scoliosis yet was setting world records as a TEENAGER, knew that.

The only other negative reference I have even heard of was derived from studies done decades ago on heavy child labor in other countries and the negative effects that may occur to children who perform very heavy work over a sustained period during pubescent years. But this is obviously not athletic weight training in a controlled environment.

I remember attending a NSCA conference once where one of the presenters was an ex-Soviet weightlifting coach from one of the Eastern European countries where thousands upon thousands of athletes over several decades have competed in weightlifting, and where they start at a young age. I remember him stating that in these countries where their sports governing bodies had studied the growth of these athletes versus non-weightlifters, they found no

difference. In fact, there was evidence to suggest that weightlifting had even had a positive effect on their ultimate height.

Of the hundreds of young people I have trained over the years, have there been incidences of muscle strain, tendinitis, muscle cramping, nausea? Of course. Tendon/ligament tears, fractures, herniated discs, or other more serious injuries? Not one! In fact, more than anything, I find that relatively heavy training helps prevent injuries. If done properly, strength training for young people, as in older folks, not only enhances muscular size and strength; but more importantly, STRENGTHENS bones, tendons and ligaments, facilitates weight control, enhances well-being, and helps prevent sports-related injuries. I know some pediatricians dispute that last one, but it is precisely this help in the prevention of injury that is my #1 reason for why athletes should lift weights in the first place. For example, ACL injuries of the knee are unfortunately common today, especially among female athletes. Strengthening the quads and hamstrings and increasing the stability of the ankles,

knees and hips through properly prescribed strength and conditioning exercises can significantly help prevent this injury. None of my young women or men have ever suffered an ACL tear - at least not subsequent to training.

So the bottom line? Is there any scientific evidence that strength training or even competitive powerlifting for young teenagers is any more dangerous an athletic activity/sport than any other? Will lifting weights damage growth plates or stunt growth? The answer is not only a resounding NO, but in fact the American College of Sports Medicine, the American Orthopedic Society for Sports Medicine, the American Academy of Pediatrics and other professional health care organizations ALL RECOMMEND PROPERLY PERFORMED STRENGTH TRAINING PROGRAMS.

The operative words here of course are PROPERLY PERFORMED, including excellent technique, qualified instruction and supervision, and controlled, properly prescribed strength protocols for

adolescents. If those are in place, there is no evidence that the sport of powerlifting, or strength training in general, is in any way detrimental to a young person. It is in fact considerably safer than most other sports and can only be of value to a growing young person.

In future articles I will address how this can be accomplished in more detail. Until then we end with another quote from Dr. Mel Siff: “...considerable biomechanical research has shown that the stresses imposed on the body by common sporting activities such as running, jumping and hitting generally are far larger (by as much as 300%) than those imposed by powerlifting or Olympic weightlifting. It is high time that this grossly exaggerated urban myth about competitive lifting damage to juvenile growth plates is dispelled. If anyone is willing to let a child take part in football, soccer, hockey, basketball, baseball, gymnastics or skiing, then that child should be permitted to take part in competitive lifting.”

Amen, brother! **PLT**



Garofalo leg pressing his grand daughter

THOMAS EISEMAN

DEADLIFTER EXTRAORDINAIRE

AGE 55

OCCUPATION  
CHIROPRACTOR

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# A Challenge For the Title the World's Strongest Chiropractor

I first became aware of Tom Eiseman when I went to my first WABDL World meet in 2008 in Las Vegas. The big showdown was Tom against Tony Caprari, both in 181's. Tom opened with 800 and missed, Caprari went to 749, and Tom almost got 800 again, both times just short of lockout. Caprari won that day, but it was an amazing shootout to watch. Since then I don't think he's been in any deadlift competition where he's pulled less than 700 even on a bad day. He routinely lifts at 181, single ply.

**So how old are you and what do you do?**

I'm 55 and I've been a chiropractor for 19 years. I pretty much do straight chiropractic but end up teaching most of my patients to deadlift. They'll have a stronger back by bending at the waist, which is a deadlift.

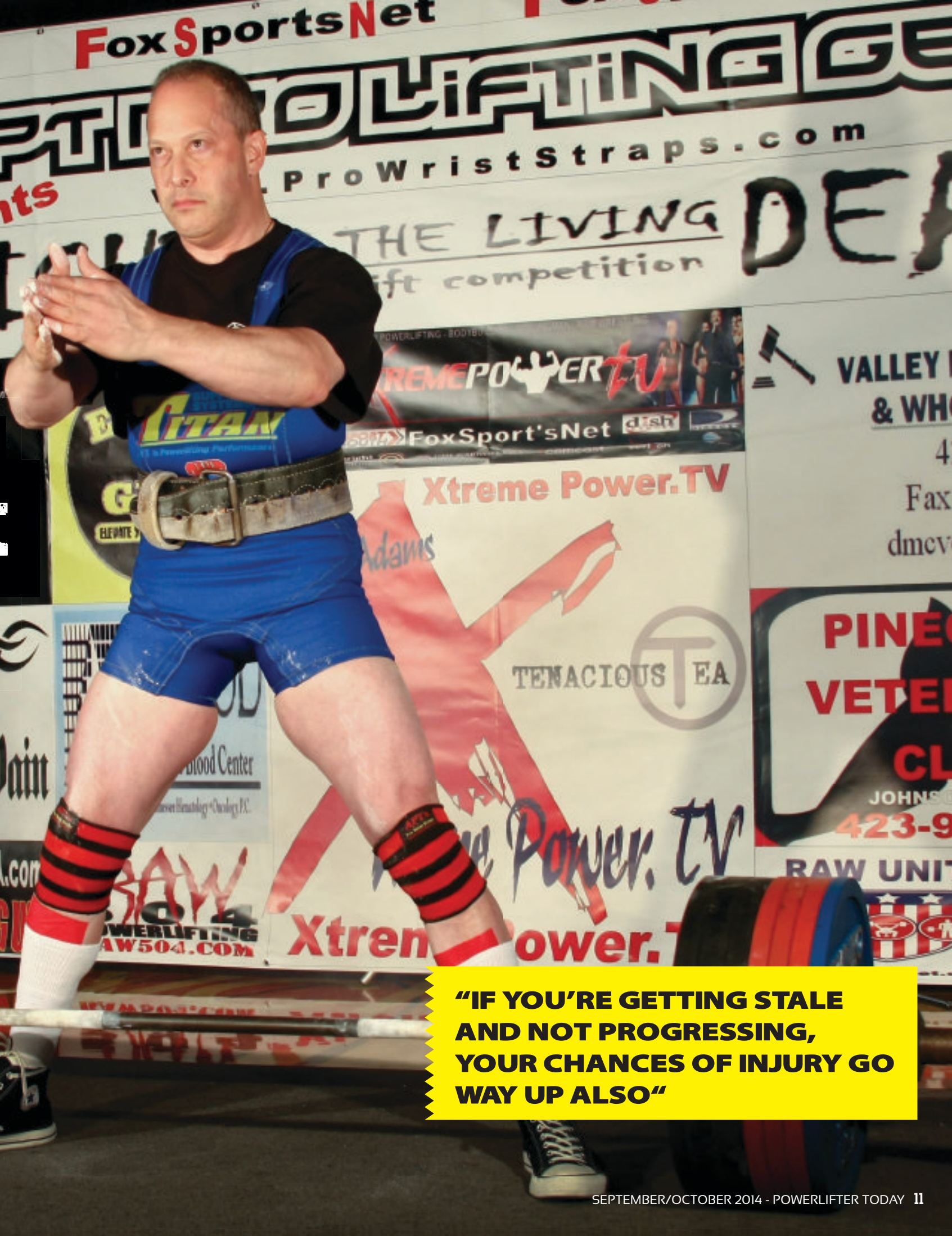
**Are you married? Any kids?**

Yep, been married since 1991 and we've got two boys, 14 and 17. They're not much interested in deadlifting, but they're good students and they take karate.

**How long have you been lifting and how did you start?**

In high school the coach was a powerlifter and a good bench presser. He showed us the powerlifts and I don't remember how I ended up doing this, but at 130 pounds





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**"IF YOU'RE GETTING STALE AND NOT PROGRESSING, YOUR CHANCES OF INJURY GO WAY UP ALSO"**

standing on a bench, I touched the bar to my toes with 290 pounds. I was a natural and I realized it immediately.

**What is it that makes a naturally good deadlifter?**

I think it's the length of the femur, the thigh bone. That's the lever, but your back has to be in the right position relative to that. I lift sumo now, but for the first 20 years, I lifted conventional. I got 800 at 181 raw in 1986 but it was 2 red lights and 1 white. Later that year I pulled 766 for 3 whites in a meet. In 1994 I went to chiropractic school (Life University in GA) and started pulling sumo after I graduated. Sumo is kind of like my second powerlifting career.

**What is your training program? Do you have a "tried and true" system?**

Nothing is constant. If you do the same thing you get stale mentally and psychologically. You have to take breaks, cycle your lifts, but change things around. If you're getting stale and not progressing, your chances of injury go way up also. As of late, I only train twice a week and I only do one heavy set per exercise. I add a little each week for 3 or 4 weeks and then drop back and go a little higher.

**That's interesting! Give me an example of your twice-a-week program. What's it look like?**

Let's say I'm training Monday and Friday. Monday would be a light day, so I'll do one or two sets of leg press for 6-8 reps. Then I'll go do one set of chin ups to failure, because if you're doing multiple sets, you're holding back, keeping some in reserve. I want to go all out on one set. I'll go to the bench and

after warmup, I'll do one top set. I might go do one set of squats for form, a light deadlift set for technique and I'm done. I'm usually in and out in 45 minutes.

**We'll get to the heavy day, but do you ever squat in competition?**

No, I've had two knee surgeries, and my knee mobility is such that I can't squat below parallel so I don't compete. It might pass in a few feds, but if I can't do it deep I'm not going to compete. My bench isn't real great so I'm a one lift guy and that's the deadlift.

**What does your heavy day look like?**

I work up to one set of squats, 450-500 for reps of 5-8. When I hit 500, I start the cycle over and work back up. Next is the deadlift and I do the same thing, reps of 5, and then next week add a little weight and another rep. If I'm going in a meet, I actually start adding reps because if you can do more reps while keeping your form, you're a stronger person. You have a greater ability to deadlift and that translates to a bigger single at the meet. I do it opposite of everybody else.

**So reps work better? That goes against conventional wisdom!**

If you're doing reps, not touch and go but a quick pause, you feel better. If you're going for a big single or double and miss it, the psychological damage is profound. Better to get an extra rep with lighter weight.

**Give me an example of reps translating to a big meet single.**

Two years ago I pulled 640x8 in a suit and got 755. If I go to WABDL Worlds this year and want to pull 760 plus, I need to pull 640 for 6-8 reps two or three

weeks from the meet.

**What's the last meet you entered and what did you do?**

I pulled 703 in April in a WABDL meet and in the 54-60 age group it was the highest deadlift in any federation ever for that age. I weighed 196. If I go 198 at WABDL Worlds this year, I intend to annihilate 774.

**Where do you train?**

I go to a chain called Retro Fitness. It's adequate and I'm sure they're not too excited about me being there. I haven't even prepared for a contest yet with chalk and baby powder. They may not put up with me.

**What goes through your mind as you walk up to a 700 plus deadlift on the platform? Give us some mental cues.**

First of all you have to have confidence that you can do it. You have to KNOW you can do it. You slowly condition your mind to know you can do it. You have to set up right. Most people just walk up to the bar, grab it and stand up with it. Your back has to be strong and stay flat. On my light day after squats I go to the rack and do a set of good mornings close to the same weight I squatted with. I don't go below a 70 degree angle and I go for 5 reps.

**Suppose a reader is looking at this and thinks, "Hmm, this is just weird enough that I might try it". How can he be confident that he'll pull a PR at the meet from just doing reps?**

If I need a little confidence above reps, I might do a rack pull from above the knees with the weight I'm shooting for at the meet for a few weeks. Let's say I'm going for a 780-800 at the meet, I might pull one from the floor at 90%, in this case 700. I want to leave some in the gym. My confidence has to be total that I can pull it on meet day and if you fail on a max single, that shatters your mental ability.

**How far before a meet do you do your last set?**

It's usually 7-10 days out.

**You don't use bands or chains?**



### **TOM EISEMAN**

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No, the places I train don't have them. When I did that raw conventional 800 deadlift in 1986, four weeks before I did 650x8, the next week 660x8, and next week 670x7. I pulled 730 for a single and it flew up. When I went to the meet I opened with 730 and went right to 800.

**How many weeks can you do reps before you go stale?**

I cycle 5 reps up and down. Let's say I want to do 800. I'll do sets of 5, each week adding a little weight, and as I get closer to the meet I'll do a set of six, next week add weight and a set of 7, then drop back to 5 reps, then a set of 7, next week a set of 8, all paused reps. I want to stay in the groove and most importantly slowly build confidence. When I was a beginner, I noticed that most people's second rep was easier than the first. That shouldn't be. It's not true in the squat or bench is it? Here's

the secret – when you descend on the squat or bench your body is in the right position. With the deadlift, you have to pretend you're doing the first rep the exact same way you would the second. You have to get in that exact position even though it doesn't feel like proper set up. That's the advantage to paused reps – the right starting form is reinforced from the second rep on to the last. I say to myself that I'm doing my second rep on my first, that I've got an imaginary bar that's descending on my second rep. That puts me in the right position and when I've got the bar gripped, I AM in the right position. You have to keep practicing, but it makes sense because everyone's second rep is easier than the first because they're in the right groove. That's why I deadlift a lot, because I'm always in the right position.

**I'm always looking for the cues –**

**spread the floor, thoracic spine tight, shoulders behind the bar, etc.**

When you're set up right, like the second rep of a set always is, you don't have to worry about all those extra cues. You're in the right, absolutely optimal position. Those other cues actually take away from the focus and concentration you need to be in position to just stand up. After you do your first rep in a set, you don't even think about doing all those other things again because you're in the best position.

**What's your diet like?**

I'm a vegetarian, so that's kind of different in the powerlifting world. I eat a lot of nuts and dried fruit and to get protein I drink two drinks with whey. I eat a lot of beans, rice and there's a surprising amount of protein in those.

**How long have you been a vegetarian?**

I've been a vegetarian since 1993. Maybe I should start eating some meat again.

**You're the doc, but I think I'll keep eating meat, lol. As I review your deadlift program, would you mind hitting some of the high points again?**

Powerlifting is a mental game. That's why I only do one top set per workout. If you know you have to do 3 sets of 5 with 500, you're going to hold back a little each set and you may not realize you're doing it. If I tell you to do just one set of 5 with 500, you're going to put your whole focus on that. Next week if we go to 510 or 520 for 6 reps, but just one set, you'll get it. If that's good, we might jump to 550 for 6 the next week instead of just barely whittling at the goal and risking overtraining and failure. You want to be narrowly focused and you'll be prepared to do more than you've thought possible.

**Let's say you can routinely do 550 and want to take a shot at 565 next meet. You're saying once or twice a year at a meet, go for 620 or so. How do you gain that confidence and ability?**

Let's say you're shooting for 600. You want to be able to do 500 for 6 or 7 reps. You slowly build it up, drop back, slowly build back up. Do mini cycles of

**"I'M A VEGETARIAN, SO THAT'S KIND OF DIFFERENT IN THE POWERLIFTING WORLD. I EAT A LOT OF NUTS AND DRIED FRUIT AND TO GET PROTEIN I DRINK TWO DRINKS WITH WHEY."**

4 week cycles.

Let's say a guy tripled 500 touch and go 3 months ago and wants to enter a November meet and do 550. Lay out a 15 week cycle.

Let's take 550 times 80%. That's 440. That's the goal 3 weeks before the meet, 440x8. That same week you'll pull 495 for a confidence single, but you really don't even need to do that. No more bouncing the bar. You'll be doing paused reps to be in the right form every rep and if you lift in a suit you want to be in the suit every week starting 10 weeks out.

Week 1 – 375x5 paused reps

Week 2 - 385x5 paused reps

Week 3 - 405x5 paused reps

Week 4 – 420x5 paused reps

Week 5 – drop back down to 395x5 paused reps

Week 6 – 405x5

Week 7 – 420x5

Week 8 – 440x5

Week 9 – drop back down to 395x5

Week 10 – 410x6

Week 11 – 425x7

Week 12 – 440x8, now 3 weeks out from meet

Week 13 – 395x5, 475x1

Week 14 – 410x5, 495x1

If you did 440x8 and didn't bounce the bar, you have to be able to do 550. I've seen it work for many people. Ryan Snelling switched from conventional to sumo and would pull a 575 a couple weeks before a meet and get 640 on meet day. I had him go through a couple of these cycles. Before his last meet he had actually dropped down to 148 from 165 but did 550x8 four weeks out. At the meet he pulled 673. It works!

I discovered this method when I was a kid. My best meet pull was 705. I would do one set of 5, getting really

comfortable with my form for weeks and weeks. I knew I could do a lot more after a few months, so I would add weight and reps, focusing on form, and a year later pulled the 800. Think about it – if you could bench press 320x8, for sure you could do 400. Bouncing the bar versus paused reps is a whole different ballgame and you have to pause each rep, even if it's just for half a second. The primary ingredient in all of this is focus and with multiple sets, even on assistance work, you lose that intense required focus to give it everything on just one set.

When you pulled that 800 in '86 and so close again in 2008, how did you know you could do it when you had never even come close to doing it?

The best set of 8 that I pulled in that cycle was 670, all quick pauses. If you can do that set of 8, perfect form because of the pause, you know you can do much more for a single. It's all about technique, confidence and focus. Your confidence has to be up and paused sets of 8 at 80% of projected one rep max do that. The heavy rack pulls are a great confidence builder too. Same with one set of good mornings. Think of this in the perspective of a high jumper. You want to have the speed, strength, and form to go over the bar etc. What they really need is to know that they can do it. Here's how I would instill that. Your goal is to reach 7 feet so you tell them that they can do it. If they attempt 7 feet and miss before the meet they're already beaten. You don't want them doing that. What I would do is have them jump over a six foot bar for weeks or months, urging them to clear that six foot bar by as much as they could. When that was easy, I'd raise the bar a few inches and they'd clear that easily for some time. The more times that you're successful, the more you'll believe in yourself. If you fail, your belief in yourself goes way down and you may not get it back. Early on when I started lifting I would push near maxes up to the meet and if I failed, the thought was planted that I would fail at the meet. The name of this game is confidence. You have to have it at the meet or really, any sport.

Anyone you'd like to thank or mention?

My high school coach for being a powerlifter and introducing me to the sport. Phil Pelura who owned Oceanside Gym. It was a powerlifting hub back in the day and a lot of lifters got their start there. **PLT**

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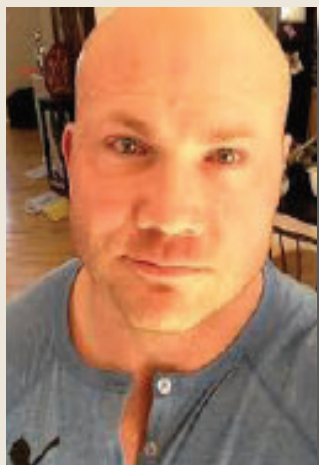
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## Shawn Bellon

Strength coach and owner of Rawpowerlifter Training Systems

Shawn Bellon has been involved in the sport of powerlifting for over 30 years, 25 of those competing. His best recent raw lifts were 755-460-755, and the squat was done with light sleeves only in the 275# class. His primary focus is powerlifting but he offers online consulting and motivation (since 2000) in the areas of nutrition, sport-specific conditioning and performance to a wide range of clients including professional athletes. He has lived all over North America and currently resides in Fort Wayne, IN. He owns and operates [Rawpowerlifter.com](http://Rawpowerlifter.com) which specializes in strength training for nearly anyone seeking to improve athletic performance.



# SQUATTING RAW

By Shawn Bellon

**A**right, I'll admit it up front – the title of this article already has some controversy to it. But honestly, I don't want to go that route of who does what or wears what or eats what or drives what or votes for whom. Cool? In truth, these are some of my thoughts from my own training and working with clients that will prove helpful to anyone who wants to improve their raw squatting technique and PR.

In September of 2011, I competed in the USPA

Olympia Invitational in Las Vegas. This was an event where I was able to transcend some "YouTube legend" status I've been building and actually compete on a large

lifters. I took second place in the 275s, but did squat 750 lbs. raw (with no wraps or double thick knee sleeves) weighing 260 for an American record.

## "PERFECT PRACTICE DOES MAKE PERFECT LIFTING."

stage...literally. The meet was amazing and run very well. I was proud to represent MHP as one of their powerlifters and one of the few true raw

In the week that followed the meet, I received a number of emails asking just how I am able to squat like I do. So while I answered these emails individually, I thought this would be a great opportunity to spread my 3 Keys to Raw Squatting Success with a wider audience. For those who want to break leg strength barriers and load

# 3 KEYS TO SUCCESS

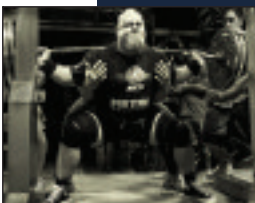
1. **PRACTICE!** Despite what Allen Iverson said, it is imperative to practice your technique! I use the same steps from the lightest warm-up to the heaviest work set when I train. Perfect practice does make perfect lifting. It's critical that you don't just go through the paces of training each day. Mentally prepare yourself for every single session, set and rep. I appreciate how Louie Simmons encourages lifters to treat their dynamic sets as if they were true max sets in a meet. Do this religiously and half the battle is won as a champion squatter.



2. **CONTROL THE MOVEMENT.** It is clear there is some misunderstanding about the speed of movement that is witnessed by equipped lifters because of how slow they go. Some people think this means a raw lifter should be the opposite, with a faster descent. I disagree, but I don't think you need to make it a five-count negative. I think a nice 3-4 count once the judge gives you the "squat" command works very well. This allows you to stay totally in control of the lift, to better find your depth and have the explosive power to come out of the hole. The faster you go, the harder you have to reverse the momentum. A high-speed "suicide squat" will eventually K.O. your powerlifting career! Somewhere you need to find the speed that works for you to be the most efficient, so be sure to practice.



3. **FIND THE BEST STANCE.** The stance is potentially the most debated part of squatting, period. I have been told that if I spread my feet out really wide I would be unstoppable. Well, that sounds great, but the application just doesn't work for me. I am very comfortable being a shoulder width stance squatter. I have large quads so it stands to reason that I use effective leverages to be optimal in my lift. Some of the misunderstanding on stance has also been predicated due to equipped lifters that stand extremely wide. Equipment is going to protect the hips to a greater degree than without any, just as it does so for the knees. It makes little sense to copy someone if you are not using the same methods and equipment.



more plates on the squat bar, let me share my thoughts. Based on my personal experience and coaching numerous lifters, I recommend that raw squatters use a shoulder width stance to start with along with the toes pointed out around 45 degrees. The recommended starting stance is your base to tweak and adjust during practice to see what is optimal and comfortable.

One great tip for finding the correct stance for your structure is to sit on the end of a flat bench with your feet flat and spread at hip width. Attempt to stand up without leaning forward at all. By doing this, you will quickly find that if your stance is too close you lean forward excessively. Picture that same movement with 400 lbs. on your back and imagine how badly you'll pitch forward. As you gradually spread your feet and do this over and over, you'll find the stance where you can easily stand without leaning forward at all – that's the ideal stance spread for you. Likewise, if you spread your feet extremely wide, you'll find that you start to lean forward again.

I hope these three basic starter points can impact your training positively while getting your wheels turning regarding adjustments for your lifting success. Be well! **PLT**

whatever

**HAPPENED** to

**BIG  
IRON  
GYM**

**HOW JIM GRANDICK IS KEEPING THE LEGACY ALIVE**

by Jim Curley



**M**any newer powerlifters have never even heard of Big Iron Gym (B.I.G.), much less care what happened to it. They should! A big part of understanding this sport is knowing about the big players and gyms of the past that made record lifts and produced some of the greatest lifters of all time.

I started reading about B.I.G. in Omaha, NE (Nebraska?!?) with guys like Shawn Frankl, Jim Grandick, Justin Redding, Justin Graalfs, Nick Hatch, Mike Cartinian, Mike Taylor...these guys were winning and setting new records in the sport and when the team went against Westside, they often won. (The dominant powerlifting gym from the mid 1990's to the mid 2000's was Louie Simmon's Westside Barbell in Columbus, Ohio, and that team won virtually every multi ply meet they entered.) The driving force behind B.I.G. was Rick Hussey. He was a colorful guy to say the least! In the

1980's, he had totaled 1918 at 198# and held the Nebraska state records for many years. He led a rough life, having been shot 3 times, stabbed about that much, and been in several major car accidents that should have killed him. Back in 2008 I had the opportunity to train with Rick and the team. As I was soon to find out, this was a unique gym with a unique coach. Hussey was sitting on a couch when I walked in and introduced myself. I told him I wanted to deadlift with the crew as that's what they were doing that night. He was friendly, asked what my best pull was, and told me I'd be on the bar behind the main bar and to the side. Unbeknownst to me, that was the "turd" platform, where you stayed until you moved up to the "real" weight! I pulled 480 raw that night, which was good for me, but not very impressive to Rick. The guys on the front

platform were all pulling 600-750#, and Hussey was in the midst of them. These guys never knew what was on the bar, either here or at a meet, because Hussey had an extraordinary ability to know what a lifter had done and what they were capable of. His team had about 40 members, from females competing raw to world champion multi ply guys. He knew all their numbers going back several years and it wasn't on an Ipad but all in his head. Not only did he call

**"We're proud of what we've built and the team has not failed yet in bringing home a best lifter trophy in every meet we've competed in."**

**– Jim Grandick**

## RICK HUSSEY



Operated Big Iron Gym  
from 1997 - 2010

all their numbers in training and at meets, but they all trusted him implicitly to know what they should lift, often not knowing how much they had lifted until they were done and then being amazed at what they had lifted. Hussey loved his team and they loved him. Everyone helped each other at the meet. Even if team members weren't competing, they would go to wrap knees, help with gear, and encourage their teammates.

Then the worst happened. Hussey had several bouts with cancer which ultimately killed him in February, 2010. It was SRO at the funeral. The gym had debt like many do and when he died members left and Big Iron

Gym ultimately folded about a year later. It was like a flock scattering when the shepherd was struck.

Enter Jim Grandick in 2011, one of the original members of B.I.G. He was a bodybuilder in the 1990's, and Hussey had told him, "You might have some potential as a powerlifter". He helped Hussey lay down the rubber mats in the original B.I.G. so he knew the family ties and team cohesiveness. Like the other team members he floundered about after Rick's death, but he had met Mary at B.I.G., his wife of three years, (one of three powerlifting "romances" to happen there). Jim's dad passed away two years ago and he and Mary bought the property from the estate. Jim grew up there and he and his brothers always called it "the compound", as there are three buildings on 3 acres. Jim had wanted to resurrect B.I.G., so in the 1,000 square foot cinder block outbuilding, he started Jim Grandick's Big Iron Compound (BIC). He had scrounged a dented monolift and his step father-in-law came in with calipers and eyeballed and measured it for a day. At the age of 79, this guy fabricated what's got to be the sturdiest monolift in existence (see photo), using 1/2 inch steel stock for most of it. Jim had some other equipment, bought some on Craigslist, and soon Big Iron Compound was up and running. They



**He gave every lifter a hard time, and always reminded us that somewhere, someone was working harder and getting stronger.**

**- Lupe Carrasco**



squat Saturday, bench Monday, deadlift Wednesday, and Thursday is assistance work day. There are currently about 25 team members (not just members!), and they all compete.

I drove out from Colorado on Friday. I usually reserve a motel 3 or 4 days out from an appointment, but the World Series College Baseball tournament was going on, and there wasn't a room to be had. Jim and Mary graciously put me up at their house and we went out to dinner where about 15 BIC teammates, some with their spouses, showed up. Most of the team meets the next morning at Sugar's, a very good independent restaurant, for some serious protein and carb loading. The training day gets started about 9:30 and it was already in the 80's with no A/C, just fans. You can guess what it's like in the Iowa winters – these people are tough!

The day starts with some raw squats as other lifters show up. There were 15 team members this day, a wide variety of lifters; raw, single ply, multi ply, male and female, but they were all squatting and several broke personal records. I decided to interview each lifter during the training session, and then post their best squat for the day. (See page 23).



**TOP SQUAT OF THE DAY, 1075**





## JIM AND MARY GRANDICK, BIG IRON

### POWER COUPLE

I'm with Jim and Mary in the house they own, which is where Jim was raised. They bought it from Jim's father's estate a few years ago. Mary just got off work on a Saturday night, and she is the aftermarket manager for a large local Honda dealer.

**PLT - How long have you two been married?**

M - We've been married since September, 2011. We got hitched in "The Little White Wedding Chapel" in Las Vegas.

J - We've known each other since 2009, and met at Big Iron Gym. We were both single and interested in each other. I was healing up from a squat injury, and we were talking on Facebook. Mary asked me to dinner and we've been pretty much inseparable since.

M - Joined at the hip.

**There's a height differential here. How tall are you two?**

M - I'm 6'2", and he's 5'7", but we make it work, ha ha!

**Jim, what's your full time occupation?**

Right now I'm working in a doctor's office doing nursing, some general reception work, and eventually I'll be

taking over the radiology function in the office.

**Do you have kids?**

M - Both of us had been married before and neither of us had kids. If it's in God's plan to have them, yes, we would like to have kids.

J - We have four cats that are our kids, and you've met our powerlifting family.

**What are your ages?**

M - I'm 35, he's 45. We dated for 3 months, I moved in for 3 months, and then we got married in Vegas.

J - We were there on business and we went to see the Olympia also. I had meetings Friday, we got married Saturday morning and didn't have time to change out of our wedding clothes, so we walked in the Olympia in our wedding outfits and everyone mobbed us! There was a USPA single ply meet going on and Ed Coan said, "You should do this". He persuaded me to enter it the following year. Eddie is one of my biggest heroes in the sport.

**You're both competitive powerlifters. What are your best lifts in the last year in a meet?**

J- In an SPF meet, I squatted 1020,

benched 735, and pulled 777 at 275.

M- I squatted 540, benched 265 and deadlifted 455. In women's weight classes, anything over 198 is superheavy and I weighed 200. There's a meet in October that Dave Hoff is promoting so we're both going to it. I'll go 198 and I'm looking for a 1300 total. I'm hoping for a 600 squat, but as we all know hoping and doing are

**We started piecing together the gym when we knew the original Big Iron was going to close.**

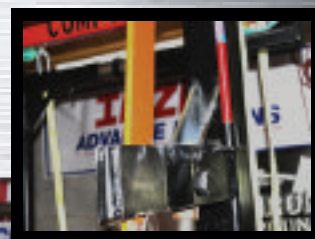
two different things! I need to work on my bench shirt work. I train with the team Monday and Wednesday, but because I work Saturdays I squat on Sunday.

J - We have a Saturday squat crew and Sunday squat crew. If everyone came Saturday, it would be way too many people.

**So you're making lots of money running Big Iron Compound?**

M - Ha! The gym is an EXPENSE, not an income.

J - We started piecing together the gym when we knew the original Big Iron was going to close. We needed a monolift so Mary's stepdad came out, measured the one at Big Iron, and spent the next 10 days fabbing up the heaviest duty



**HEAVY DUTY MONOLIFT**

monolift I've ever seen. He's 79 and can build anything, and he built this mostly from ½" stock. It's a monster, just way overkill. I'm almost afraid to squat in some monolifts, they're so cheap and flimsy, but this is the ultimate monolift. We broke the bank when it came to buying bars so we've got the best.

**You've got around 25 people on the team. Do any of them have a monthly membership type thing or how does that work?**

M - We run mostly on donations. People will drop change in the jar, once someone left a \$100 bill – if I had to figure it out, our team averages about ten bucks per month per member. The Reddings brought us a huge stock of cleaning supplies and some heavy duty fans that really help out in the summer. If people see a need, they'll contribute, so it works out but it's still an expense. We flooded out there not too long ago and everyone came over, pitched in, and it was all cleaned up in an hour.

J - We could use another monolift, so right now we have to run squat day like a meet. Guys go up to 600 or so, we strip the bar, the girls get in and go



up to 300 or so. Then the guys load the bar going up to 1000 plus. If there are females going for a max, we then unload the bar, they squat and if a few guys go for a max that day, we reload the bar. Another squat platform would really help. We've got two high quality

benches and lots of general training equipment.

**Have you ever thought of getting a commercial building in a strip mall somewhere and making a business of it?**

M - Yes, I imagine it will turn into that someday.

J - I'm leery of it just because I've been in the health club industry for almost thirty years. My brother was the program director for the YMCA and I was doing orientations when I was 15. I've got degrees in Exercise Science and Sports Physiology, and have run health clubs and seen many go under. I just got into nursing last year to have something recession proof. I like helping people, especially seniors so that's been a good fit. If we do open a gym we'd probably partner with

Danny Thurman because of his experience in the industry.

**We're back to training as a pack, competing and traveling as a pack - everyone likes it.**

If that never happens, the gym we've got is fine. We're a niche gym and we could just keep going like we're doing. I want to mention that I'm an Inzer sponsored lifter and have been for 10 years. John Inzer has been very good to me and I appreciate his support. I remember when the first canvas suits came out; at 242, I had walked out 683 in a single ply poly and sunk it. I got ahold of a canvas suit, and three weeks later I squatted in the low 800's. I like multi ply!

**An air conditioned and heated gym would be nice. I saw the wood stove in the gym, and while the fans were nice today, they basically just blow hot air around. Zach Henson said that in the winter it takes a while for the stove to kick in and for the first twenty minutes of squatting, you can see your breath. You Midwesterners are tough!**

J - One of the reasons we started a non-commercial gym is that we didn't want to get displaced again, along with

keeping the Big Iron legacy alive. We wanted to build a cohesive team, a family, where the place wouldn't dissolve.

M - We're back to training as a pack, competing and traveling as a pack – everyone likes it. We're okay with not charging fees to have this environment.

**Your team members run the whole gamut; USAPL, raw, SPF, multi ply, single ply, tested, non - tested. Your love of powerlifting transcends the usual divisions or cliques found in the typical powerlifting gym.**



JIM AS A BODYBUILDER

J - We welcome everyone. We've got a single ply 1000 pound squatter (Dustin Slepicka), a 1000 pound raw guy (Kent Fleming), me and Redding at 275 squatted over 1000 today in gear. You don't see that diversity in many gyms. We love this sport and the thought of "retiring" from it isn't even in our minds. Frankl has told me thanks for keeping this place alive.

M - I think that Shawn is going to name his gym in Sioux City "Shawn Frankl's Big Iron Gym" just to keep the name alive like we have.

J - The hardest thing about running a gym is when people leave for whatever reasons after you've invested all that time and effort in them. We had heating and cooling issues in the gym when we first opened it and it's a lot better now, and a lot of people left then but most have come back. It's like the Field of Dreams – build it and they will come. Jake Head and Crystal Carey were training in Neola, IA and started coming here – Jake hit 1025 today. We're proud of what we've built and the team has not failed yet in bringing home a best lifter trophy in every meet we've competed in.

**Do both of you ever compete in the**



same meet?

M - Rarely. There's just too much to do.

J - Once you become a coach, it's not about you anymore. I got a 1040 today, but I was coaching one of Frankl's trainees named Chris. He drove down from Sioux City, 90 minutes, and hit a 585 raw and failed. I wrapped his knees, and he got the 585 and 625, a new PR. We've never had anyone come in new that hasn't hit a new PR within two weeks after training with us.

**"THIS IS MY FAMILY AND THE MAIN REASON IS LOYALTY AND SUPPORT, AND THAT WE ALL LIKE EACH OTHER."**

**- KRYSTAL CAREY**



CAITLIN SULLIVAN

**How long have you been on the team?**

Three months, and I've been powerlifting for a year.

**Have you competed yet?**

Yes, I've done two meets, both raw and both UPA. My best lifts so far are a 330 squat, 170ish bench, and 315 deadlift. Haven't gone gear yet, but probably will. (I believe Caitlin got a 300 raw squat).



KRYSTAL CAREY

**How old are you, and how long have you been powerlifting?**

I'm 29 and started powerlifting in 2008. I started at the original Big Iron.

**What weight class and gear do you usually compete in?**

I usually lift in 181, but I've done 165 and 198 also. I like multi ply just because most Big Iron lifters use it.

**What are your best meet lifts in the last year?**

At an SPF meet at 181, I squatted 640, benched 413, and deadlifted 455.

**Are you married, and what do you do for a living?**

I'm single, and I'm the Activities Director at a retirement home. I love my job, and I know that that is where God wants me to serve. Between the gym and work, that's my life for the most part. This is my family and the main reason is loyalty and support, and that we all like each other. (Krystal squatted raw with an injured toe, so took an easy 315).



RITA CARLSSON

**What's your age, and how long have you been with the team?**

I'm 61, and I've been with the team 6 or 7 years.

**What are your best lifts in a meet in the last year?**

A 425 squat, 150 bench, and 370 deadlift. I compete in SPF, UPA, USPA, and USAPL. I was in IPF Worlds in Orlando last year.

**Are you married? What does your husband think of your powerlifting?**

We've been married 41 years, and he loves my powerlifting! He plays golf while I lift. He would never want to do this. My daughter powerlifted for about 5 years at 165 (I'm 132), and she could never beat my deadlift.

**Do you like single ply or multi ply better?**

I like them both, but what I really like is this group and most of them do multi ply, so that's what I do most. (Rita missed 400, Grandick added 10 pounds for 410 and she got it. Good coaching!).



DUSTIN SLEPICKA

**You're a big dude. What do you weigh, and what's your powerlifting history?**

I'm 27, weigh around 300, and I started powerlifting in 2011. My best raw meet was 700 squat, 400 bench and 700 dead. Best single ply was 1000 squat, 600 bench, and 715 deadlift.

**You mentioned at breakfast that you played rugby in college. Do you think that helped your conditioning for powerlifting?**

Yeah, I weighed 330 and running up and down the field for an hour and a half most games had to help. I don't do it anymore but I can still feel some carryover.

**Are you married, and what do you do for a living?**

I've been married about four years, and we have a 3 ½ year old daughter. I'm a dispatcher for Union Pacific railroad, which I really like but I'm on third shift. Saturday squat training is tough because I work 10pm-7 am Friday night, get off work, come here, squat heavy, try to get 4 or 5 hours of sleep, and go back to work.

**What are you looking for today?**

1025, maybe up to 1070, so we'll see. (He got 1025).



DENNIS HENSON

**You're the father of Luke and Zack, and you also train here. How old are you, and what do you do?**

I'm 56, and I'm a sheet metal worker.

**How long have you been training at Big Iron, and what are your best recent lifts?**

About six years. Zack and I used to train at home, and I couldn't spot him anymore. We found Big Iron and that's when I started training and powerlifting. I squatted 450, 325 bench and 500 deadlift. I'm competing in the upcoming Dubuque meet and hoping for a 600 squat, PR bench, and 425 deadlift raw.

**Jim said if anything needs fixed around there, you're the man!**

Even when Rick was alive I've always liked tinkering and fixing things. I've built my own bench and squat racks, and I'm always coming up with ideas. I mostly like helping in the sport. I judge, spot and load at four meets a year. I'd really like to see this sport grow starting at the high school level.



LUKE HENSON

**How old are you, and how long have you been with the team?**

I graduated high school last year, just turned 19, and I've been training here about 3 months.

**Got any meets coming up?**

I'm training for an AAU single ply meet in Lincoln July 19<sup>th</sup>.

**What are your best recent lifts?**

I was in a push pull meet last March. I went raw and benched 290 and pulled 573. I'd like to total 1500 this next meet, but we'll see. I've only been in the gear about two weeks.

**Most of your team lifts multi ply. Any plans to lift that way?**

Maybe. I'd like to eventually do it, but it's a whole different animal than single ply. (Luke got a 550 deep squat in single ply).



MIKE NEUENDORF

**How old are you and how long have you been powerlifting?**

I'm 24, and been powerlifting four years. I was just looking to train when I walked in the original Big Iron, but started powerlifting right away because everyone else was.

**What weight class are you usually in, and what are your best recent meet lifts?**

275 or 308. I lift multi ply and my last meet 1 1/2 years ago I squatted 854, benched 600, and pulled 690. That was a UPA meet.

**What do you do for a living? Are you married?**

Heck no I'm not married! Living the good life. I do contract security for Google. (Mike got 775).



LUPE CARRAZCO

**How old are you, and how long have you been powerlifting?**

I'm 22 but I started training at 17 at Big Iron to get stronger for high school football. Rick Hussey saw I was stronger than my buddies, so he kind of pulled me into the main group.

**Didn't you just have a big injury?**

Yeah, I had a quad tendon repair about 3 weeks ago. At my last meet, I opened with 903 and was coming up when my knee turned in, and that was it. The meet before that was USPA and I squatted 903, benched 600, and pulled 705.

**Are you married?**

I'm getting ready to propose and she has competed in meets, so there shouldn't be any conflict as to training!

**What did Hussey say to you the first time he saw you squatting?**

Well, I had horrible form, but worked up to 500 the first day I was there. He said, "You can't squat-Mexicans don't squat. You guys just bench!" It was funny because he didn't have a prejudiced bone in his body. He took everyone in and treated everyone the same, from the weakest to the strongest. He gave every lifter a hard time, and always reminded us that somewhere, someone was working harder and getting stronger.

**Will you squat soon?**

I won't be able to squat for 6 months, but I should enter a push pull pretty soon. I'm planning on a full meet in January 2015.



MIKE TAYLOR

#### How old are you, and are you married?

I'm 52, divorced twice and my current girlfriend and I are back for the third time. She's got twin boys who are both 22.

#### What do you do for a living?

I retired from the Air Force in 2001 and went back to school. I'm now a project coordinator for Alegent Creighton Clinic setting up clinics for electronic health records. I've been there for 6 ½ years.

#### How long have you been with Big Iron?

I joined in 2000 and have been there in one form or another since.

#### How did you get into powerlifting?

I was stationed in Turkey, and there were guys training on the base. Four or five were doing the powerlifts, so when I got stationed in Kansas in 1990 I entered a NASA meet. I went 220, and squatted 480, benched 340, and pulled 500.

#### What did you think of the monolift and multi ply gear?

Monolifts and multi ply gear weren't even around then. Hussey had jack stand power racks like every other gym and we all lifted single ply or raw because that's all there was. The first Frantz canvas suit came out in the mid 2000's, and we all started using them because lifts started going way up. We all learned together.

#### What class do you compete in, and what are your best recent lifts?

Mostly 242. I entered a bench only meet in May and got a 665. My last full meet was in 2012 due to minor injuries, but Saturday when you were here, I got a 775 double with straps down. On the following Wednesday, on deadlift day, I pulled 650 for a double. It was sumo with straps up.

#### How long do you think you'll keep doing this?

I'll keep going until the body says no or I get tired of it. I'll never quit lifting but I may stop competing someday and just train and coach. I've got a full meet in November, so I'm hoping to hit at least what I did two years ago, which was 900-620-670.

#### How long have you been powerlifting?

About six months. My dad was a childhood friend of Rick Hussey so I've always known about the gym. My boyfriend is Zack Henson who also trains here. He trained at the original Big Iron, got invited here, and I came with him and I loved the sport.

#### How old are you, and have you competed yet?

I'm 20 and went in my first meet in May where I competed in single ply as a junior, 114. I entered an SPF meet, got a 210 squat, 125 bench, and got a 250 deadlift. (Maggie hit 275 today.)



MAGGIE EARLYWINE



JAKE HEAD

### How long have you been lifting here and what's your age?

I'm 27 and just started lifting here about five weeks ago. I got adopted by these guys and I've been powerlifting about four years.

### What's your weight class and best recent meet lifts?

275, multi ply in a USPA meet last October I squatted 903, benched 606, and I'm not proud of my deadlift, but I pulled 617.

### What do you do for a living? Married?

Got a girlfriend, soon to be married. I run a community center in Neola, IA up the road. I wrestled in college and I have a wrestling club where I train kids. My girlfriend is a personal trainer, so she gets the fitness thing to a degree, but she's glad Big Iron supports my powerlifting. Wrestling adapted well to powerlifting because in wrestling it's just you in a singlet, so they're kind of similar. My first raw meet was four years ago at 220 and I got a 460 squat. I'm looking for over 1000 at the next meet under these guys' tutelage. (Jake got a 1025 today).



JUSTIN REDDING

### How old are you, and how long have you been with BIG and BIC?

I'm 38, and been with the gym since 2004. I took the last five years off to spend a lot of time with my son from age 10 to 15, and now he's more independent, so I'm back.

### What was your best meet 5 years ago, and what weight class were you?

242. I squatted 1003, benched 650, and pulled 694. At the upcoming July UPA meet I'm looking for a 1025 squat, 705-715 bench, and 760 pull at 275.

### Tina said you have a tanning business.

Well, I'm a realtor in Omaha/Council bluffs, we do personal training, and our spray tan business, Simply Gorgeous keeps us very busy. Real estate is really booming in Omaha after some lean years but we're survivors.

### What else should we know about you?

I lift multi ply, and they call me "Stanky", 'cause I smell so bad. I smell good for clients, but I bring a "special" smell for the team! I am so blessed to be a part of this team and to have known Rick Hussey. I take my hat off to Jimmy Grandick for taking the step to start this gym and getting much of the old team together, along with some really good new people to the sport. I feel I still have some big numbers to do so I'm back for good. As a team we get together a lot – barbecues, birthdays. Rick Hussey was a giver – he'd just give give give with no thought of reward. He gave us his time and we all are thankful for what he did for all of us. He taught all of us to be mentally tough, and we're all so grateful to Jimmy and Mary for carrying it on. One of the reasons Big Iron always squatted on Saturdays, and still does, is you can't go out partying Friday night if you're going to hit big numbers on Saturday. That was Hussey's plan, to keep us away from the bad stuff, because he had had such a hard life coming up in East Omaha. It takes a special person to care like that and he was a once- in- a- lifetime person. (Justin got over a 1000 today).

**How long have you been a powerlifter?**

I can't believe it, but it's been almost 35 years. I'm 46 and entered my first meet at age 11.

**That's awfully young. How did that happen?**

I started wrestling early and wanted to get stronger for the sport. I started lifting weights at age 9 and my uncle kind of took me under his wing and got me into powerlifting. My bench press took off from there.

**Was this all in Omaha where you live now?**

No, I was born and raised and got married in Redding, CA and moved to Harlan, IA, then to Omaha. My boys are now old enough to lift and compete with me.

**What are your best lifts in a meet in the last year?**

My best single ply bench in the last year was 625 at 181. In a multi ply meet at 198, I hit a 665 bench, 700 squat, and a 500 deadlift. The single ply meet was USPF, and the multi ply was SPF. I may lift in a USAPL meet sometime soon; in fact, I was just randomly tested out of meet by that federation 8 weeks ago. I set a USAPL Masters 1B bench press record of 583 at 198 in a 3 lift meet.

**I'll ask if you want to answer - What is your opinion on performance enhancing drugs?**

I personally choose not to take them, but I don't feel it's my place to judge others if they do. If I want a level playing field I just compete in USAPL. I would like to see a rigidly drug tested multi ply federation, but oh well.

**How long have you been lifting at Big Iron?**

I met Rick Hussey probably 20 years ago. I lived 70 miles away so I'd train maybe once a month at his gym. He always welcomed me in, and I've been training with the team for the past 6 or 7 years. Everyone comes from different walks of life and many lift in different feds, but as a team we all help each other out.

**What do you do for a living?**

My wife is a clinical psychologist and I'm her office manager. She has two offices, and I also run a fitness facility. I've been married 20 years and we have three sons, 15, 20, and 24, so we stay busy! During the off season of my sons' sporting events we train together and they often compete in powerlifting. I'm constantly at baseball games.

**What's your next scheduled meet?**

Most of the team, myself included, is entering a UPA meet in Dubuque, IA on July 19<sup>th</sup>. I'll be 198, and looking for a 725 squat, at least a 700 bench, and 525 deadlift.

**Will you be multi ply in the deadlift?**

No, I'll likely go single ply. I haven't deadlifted in multi ply, and there's a whole learning curve to it. People think you just slap on more layers and lift more weight, but it's a different groove, along with getting stronger in that groove. Multi ply is much different than single ply and to use either you have to be strong raw, but a lot of strong raw guys would have to re-learn the gear to be effective. Your leverages change with each one. I'm really thankful for Big Iron and the chance to train with such a variety of top lifters. The camaraderie and family element as a team, the mutual love of the sport – it's the best. (Danny got a 700 squat today).



DANNY THURMAN



ZACH HENSON

I'm 21 and I've been lifting since I was a freshman in high school. I played football, but in my senior year of high school I started training at Big Iron and was so taken with it I quit football to train powerlifting. I enjoyed lifting weights more than hitting people.

#### **What are your best lifts in a meet recently?**

I had a meet in March and I did a 780 squat, 455 bench, and a 645 deadlift, weighing 190. I had done a single ply meet 3 or 4 years ago, but liked multi ply better. I was the first 181, age 16-17, to squat 700 in the country, regardless of federation. When I started powerlifting, I was in a USAPL meet, single ply, and got a mid- 500 squat, benched 300 plus, and pulled a mid- 500 deadlift. Today in training I got a 785 squat, and 925 on the green reverse bands.

#### **When's your next meet?**

The IPA meet in Dubuque on July 19<sup>th</sup>. Most of the team is competing and the ones who aren't are coming to cheer and help out. It should be a lot of fun. I'm lucky that my girlfriend Maggie trains and competes too! Our lives are simple – work, train, and sleep.

#### **What do you do for a living?**

I install interlocks on cars, the Breathalyzer that causes the car to not start if you're drunk. I worked in a salvage yard before that pulling engines and transmissions and my back would be toast at the end of the shift, so this is a great job for powerlifting. This is a subject change, but do you know about the stars that Rick Hussey had tattooed on his hands? If one of his guys held an open record, then won nationals and worlds, Rick would tattoo a star on his hands. He had twelve when he died, and Dustin and I think we can get the records. If we do, we're each going to get a star tattoo.

#### **Man, Hussey's been in the ground for almost 4 years and he still influences the team.**

He left such a legacy. I still get pumped before a big lift remembering something he'd say.

#### **Most of the Big Iron team lifts in multi ply, monolift federations.**

Yeah, those federations attract top level elite lifters. I'm drug free, but I still like going against the best to see who lifts the most weight that day, period. I've squatted 835 (not today!), and at the meet July 19<sup>th</sup>, I'm going for an open world record. That will be the world record in that federation. I hate these guys who scour all the different federations current records to see if they could get it, go to the meet, and declare themselves a world champion. Lift in the federation that you like and try to be the best in that fed. People say if you're drug free, lift in drug free feds, but I don't think the records are what they should be, and I like multi ply gear, meets, and records.





TINA REDDING

I'm Justin Redding's wife and have been training here about 3 months. I'm getting ready for my first meet in July, which will be my husband's comeback meet, so it's cool that we'll be competing together!

**How long have you been married?**

Three years, known each other for 16 years.

**What's your age?**

35. I've been lifting weights since 1997.

**What are you hoping for at the meet?**

350 squat, 150 bench, and 320-340 deadlift. It's a UPA meet and I'm going raw. If I go over 350 in the squat it will be a UPA National Record, but I just want to have a good meet and have fun.

**Think you'll go geared down the road?**

I've been trained in my form to use gear, so I'll make the transition to single ply, then multi ply.

**Do you have kids?**

Justin has a 15 year old son, and we might try after the meet! We have a business where we're gone 2 weekends a month, going to big bodybuilding shows and doing spray tans, hair, make up, so we're really busy. The women's figure, bikini, and bodybuilding shows have just exploded and they cap us as far as how many shows we can go to, otherwise we'd never get to them all. There are a lot of women competitors in these shows who want to try powerlifting, so we try to encourage them to try it. They want to do both to build more muscle.

**Jim and Mary, thank you for letting me stay here and train with "the family". This was a unique experience, and I wonder if there is a gym or team like this anywhere else in the country. Everyone that trains here loves the camaraderie, but each member constantly strives to break personal and federation records, and they usually do that at every meet they enter. If you live in the Omaha area, go to Jim Grandick's Big Iron Compound Facebook page and get in touch with him. **PLT****

# REVIEW

PRODUCTS ■ BOOKS ■ VIDEOS ■ STUFF

## All About Powerlifting

BY TIM HENRIQUES

REVIEWED BY - JIM CURLEY

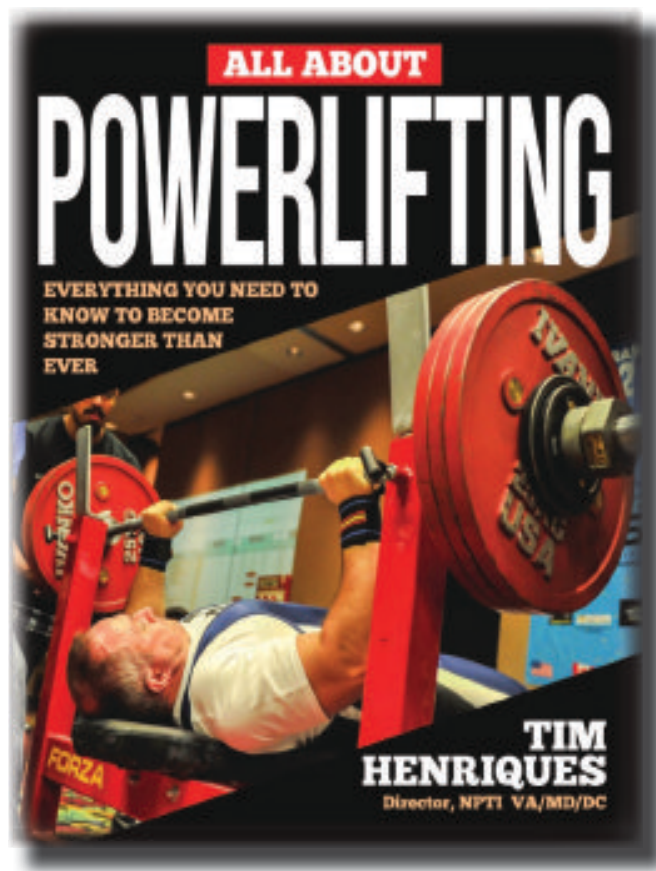
This may be the most comprehensive and thorough book on powerlifting yet! Aptly named “All About Powerlifting” is 486 pages and 19 chapters crammed with useful information on every aspect of our sport. Every author has a base set of presuppositions and it’s useful to know where someone is coming from. Tim is a lifetime drug free lifter who has been competing for 20 years, mostly in USAPL meets. He holds Virginia state records and national records in USAPL, including a 700 pound deadlift at 198.

The book starts with What Is Powerlifting? I doubt if anyone could do a better job with this and with the surge in powerlifting and new lifters, this will be a valuable chapter. What is often overlooked is when someone begins powerlifting and then has to explain this “new sport” to their spouse and family members. They could hand this book to their skeptical family and say “Here, read this”, and it would make the lifter’s “new obsession” much more understandable. He then goes into the history of powerlifting before getting into the three lifts. Woven into the discussion and how-to of the squat, bench press and deadlift are interviews with 5 top lifters (3 male, 2 female), and these are all very interesting.

While veteran lifters can always get a tip or reminder from everything they read, I would say the first 260 pages or so are more directed toward the beginning to intermediate lifter who probably trains alone. You can watch YouTube videos all day long but nothing beats a well-illustrated book to have open in the gym on training day.

Everyone from beginner to pro will appreciate the chapters on Nutrition, Changing Your Bodyweight and Powerlifting Competitions (especially the pre-meet check list!).

I remember reading something years ago where someone calculated that if you took every federation no matter how small, looked at every weight class and sub-classification, there was a potential for over 16,000 World Champions to exist at one time! This of course is absurd and makes the title of “World Champion” devoid of meaning. The author, using logic, rational thought and his own presuppositions makes a good case for what he believes the one true World Champion should be. I disagree, and you may also, but he



certainly lays it out well. I definitely agree with the “XYZ Federation Champion” title for the year as opposed to “World Champion”. Being 59 years old and knowing that Tim is 37, I disagree with him on the subject of gear vs. raw but I appreciate his position and thoughtfulness on that subject. It will make you think! Even his interviewees all agree that unification in the sport will likely never happen. I think that the personal liberty in this sport is what makes it great but that liberty will prevent unification from ever happening. If unity were to ever happen, it would probably follow Tim’s idea.

In summary, if you’re new to the sport and want a comprehensive “how-to” manual for powerlifting, this is it. If you’re a seasoned veteran and see the huge influx of raw lifters and wonder about the effect this will have on powerlifting you need to read this book. EVERYONE needs to read this book if only for Appendix “I”, “You know you are a powerlifter...”. Four pages of the funniest stuff I’ve read in a long time! **PLT**

## Power Rack



# AT HOME IN THE CURLEY GYM

**By Jim Curley**

It's always best to train with other powerlifters, especially those better than you. Sometimes you can't for whatever reason, or you just want an "extra" workout. A bench, a rack, an Olympic bar and plates and you can get a decent workout. We've probably all seen that guy on Youtube who deadlifts in his parents basement. The last one I saw showed him pulling 740 while the washing machine was going in the background!

Here's a look at what I've accumulated. I need more plates so I check Craigslist once or twice a week. The leg machine is actually the best leg machine I've ever used and it was free. Same with the Weider rack. The local high school remodeled their weight room and were hauling the "old stuff" to the scrap yard. I wish I would have been there earlier, but like I say, it's hard to beat the price. Some guy in town would go to police and city

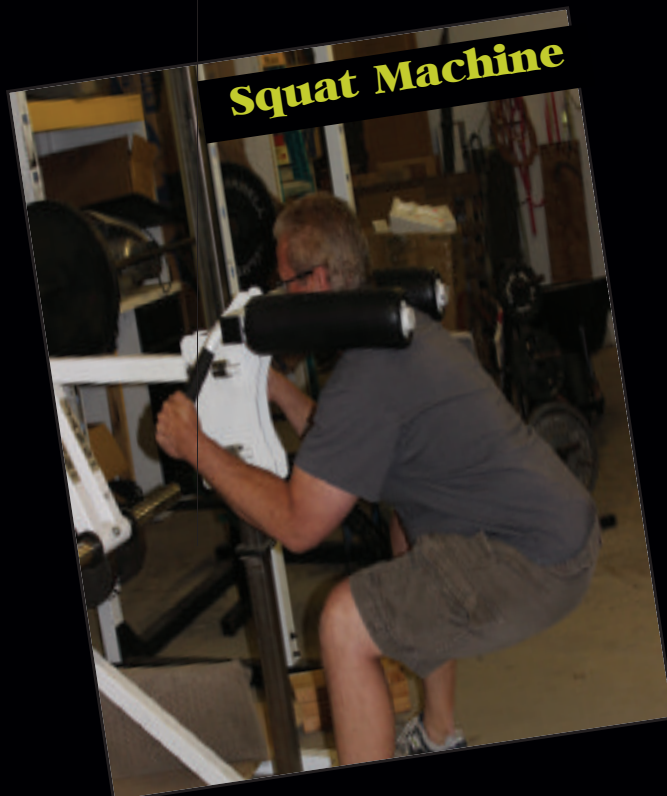


## GluteHam Raise

auctions and buy weight equipment. He had hoarded for years and got a divorce, so he had to liquidate and I got the bench, glute ham raise, weight tree and bar for \$150. Plates have come from Craigslist, and the mini bands are useful in speed pulls.

My "powerlifter cardio" currently is 3 or 4 HIIT cycles on the treadmill (one minute max effort, two minutes slow walking, repeat), then 3 sets of 8-12 reps on GHR with minimal rest. Yes, that's a piano bench cushion. I can do all this within 20 minutes, so even 2 or 3 times a week in the morning is better than nothing.

Most independent gyms started out as home gyms. It would be hard to train by myself every day, but once or twice a week I'm really glad I have it. **PLT**



## Squat Machine

Gary Gertner has coached and trained hundreds of successful athletes in all sports, some who have been able to compete professionally. He has coached many athletes who have attained college scholarships to all divisions, both male and female. Best benches with a perfect single ply bench shirt that took 2 months to break in, (5 weeks and 3 weeks) was 605 x 5 reps, 635 x 3 reps and 655 x 1 rep. Best raw bench 540 and 519 in competition. No surgeries but multiple things wrong! Lots of rehab and prehab of both shoulders and planning to bench at 2014 WABDL worlds and the present goal is 501 lbs at age 55.



# Powerlifting's Unsung Heroes

BY GARY GERTNER

**T**hey're spotters and loaders at any powerlifting meet of course! I truly believe that every meet develops its own personality and these guys can certainly control the tempo and flow of the meet. If they drag the meet drags, if they hustle and move then the meet flows quickly and smoothly. The only time they are noticed is if there is a misload or saving a lifter's life from a failed attempt. It really is a thankless job. Spotting and loading is the most physically demanding job with these people lifting more weight in one day than any competitor in the meet!

Spotters and loaders must be physically able to protect the lifter from harm or injury and most are powerlifters themselves. Although there is

inherent risk with competing, risk is minimized or negated with a great team on the platform. A good crew will be moving together changing plates like an Indy pit crew changes tires on a race car, fast as lightning and with great precision and speed.

A newbie to spotting and loading, when asked about his first experiences of his spotting and loading platform days said the following. 1) "Coach, so many strong lifters, especially the women! Scary strong! and 2) Most of the guys fart during squats and deads so being the back spot guy isn't fun with all the crop dusting going on!" I responded, "Well those two lifts put great pressure on their core area and add a tight belt with heavy weight and the result is jet propulsion." Another newbie spotter and loader

told me how thankful and grateful two older female powerlifters were when the team saved them from injury or harm in squat and bench collapses.

At the completion of Sunday's 2014 USAPL Raw Nationals this July in Aurora Colorado, a four day meet, almost every day had started at 8am and ended at 9pm. That's a long day! I saw something surprising at the completion of the meet from both platforms. Both spotters and loaders high-fived each other celebrating a job well done, all so proud of their performance! With Raw benches close to 600lbs. and Squats near 900 lbs. they had the safety and well being of every lifter in their hands. They deserve kudos for their performances each day. So many great things can be accomplished together as a team



and they made the meet without much notice and recognition. A special shout out to Dan and Jennifer Gaudreau who put on a great meet! Four days of squats from 535 lifters, 3 attempts each and the bar never hit the ground.

I've been a meet director for small meets, State Championship meets and even a National meet. I've been a coach, judged at all levels and competed, as well as done spotting and loading. From observation and experience the most thankless job, most mentally and physically draining, is spotting and loading. Often the "pay" is cold pizza for lunch and a T-shirt that's one size too big. A really good bench lift-off person is hard to find and a great lift-off person almost impossible. If you have one, they are a

keeper.... worth their weight in gold. I have a special bench lift-off technique called the fork lift. I hook my elbow crease of both arms on the bar, lift up on the 3<sup>rd</sup> count and go from there. My heaviest liftoff to date was to Tiny Meeker at a High School Nationals meet while working at Mullen High School in Denver. Tiny held a bench press seminar for the competitors and his last attempt was 775 for 3 reps! Tiny told me that my fork lift liftoff was the best one he had ever been given. I teach this technique to many of my clients and high school kids because it's easy on the shoulders and I feel it's the best way to give a smooth and level lift-off.

I'd say that 95% of the lifters never even thank the referees, being either so elated in their lift

or so pissed off they would like to kill them for a red light or lights! I watched two plus days at the Raw USAPL Nationals and witnessed only a handful of lifters thank the spotters and loaders. Very classy in my opinion and I make sure to do it when I compete, mainly because of my spotting and loading experiences. Next time when competing at a meet give everyone on the platform some love! A high five, two thumbs up or bumping knuckles, hell, even a pat on the back or just thanking them for their efforts and help will go a long way. Just a thought...maybe you can help spot or load at a meet if you are not competing! PAYING IT FORWARD! PLT

# WRAPS, SINGLE PLY, DOUBLE PLY, MULTI PLY THE EVOLUTION OF GEAR

by Jim Grandick

**T**his magazine covered Big Iron Compound in this issue, but since most of the lifters at BIC use multi ply gear, I offered to write an article about it. Many raw and single ply lifters have a prejudice against it, without really knowing anything about it. My opinion follows.

I was a bodybuilder in the 1990's when I discovered Big Iron Gym in 1997. I liked Rick Hussey and powerlifting right away and started training there. The only gear available at that time was single ply squat suits and bench shirts and they had arrived on the scene in the early 80's. Since the goal of most powerlifters is to minimize injury while gaining strength, gear made perfect sense to all of us. There were no raw meets or federations at the time and everyone was lifting more geared than raw. I went to an APF meet around 2001 and at 242, single ply, got 683-501-688. A couple of guys there had canvas Frantz suits and were squatting in the low 800's so I got one when I got back. A few weeks later I smoked a 770 first time I wore it and I was sold! Multi ply briefs started showing up so I got some predator briefs and a year later I was squatting 850.

I went from a poly bench shirt to a denim shirt where I got 625. I tried one of the first double ply Rage-X shirts and I smoked 650. This was around 2004 and in a multi ply SDP, I'm currently close to 850 at 45 years of age. I usually deadlift in a single ply fusion with briefs which I've had since 2006.

I've heard single ply and raw lifters say it's cheating, but there's a definite science and technique to it. You don't just jump in the gear and get huge lifts. Training for it is completely different and you need a team structure that can help with the gear and spotting. I think that's



why raw is so popular. You can do it on your own. Multi ply gear is expensive, and you need a team. We always kept moving up in tougher gear because we wanted to lift more weight. That's the bottom line, lift more weight.

I've squatted 1000 lbs more times than I can count and it's a rush every time I do it. I entered the Arnold two years ago which is single ply and got 727-606-710. I'm thinking about another USPA meet soon in single ply because before the meet two years ago I got the flu a week before the meet. I

**"WE ALWAYS KEPT MOVING UP IN TOUGHER GEAR BECAUSE WE WANTED TO LIFT MORE WEIGHT. THAT'S THE BOTTOM LINE, LIFT MORE WEIGHT."**

lost 11 pounds and could put the gear on myself. Right before I got sick, I walked out 885 and dunked it and then benched high 600's and pulled 770 so I would like to do that again. About 3 months ago with just wraps and a belt, I squatted 770x2 so I think I'm still good for 900-700-770 in a single ply meet.

Multi ply squats are often derided by single ply and raw lifters because of depth. Every rule book says the top of the hip joint (crease) shall pass below the



**Left:** Members of Big Iron Gym assist in the removal of a multi ply suit using a metal bar

**Above:** Multi ply squat suits

top of the knee. Not 2" or 3" below like the raw teenager, but just below the top of the knee. A multi ply lifter might have briefs with 3 layers and a double ply suit and this can add 2" to the hip crease. I almost wish that the gear had a "window" where the hip joint is visible so that side judges could see that many MP squats are good. No excuses though. We have two current or former USAPL national judges on the team and if they say it's good it's good. My feeling is that a squat should be able to pass in any federation despite the gear, so that's how we train. Do it right every time. If I squat high call it high, but remember the rule book drawing about depth and stick to it.

I'm a big fan of raw, single ply and multi ply powerlifting, but mostly I'm just a fan of powerlifting in general. We just want to lift as much as humanly possible, so most of our lifters use multi ply. There's more safety in consistently training in gear. There are definitely more injuries in multi ply if you don't do it right. We're constantly in the gear, adapting to it, having the body adapt to the increased weight and pressure. The people who mostly train raw or put MP on a few weeks out from the meet - well you can't do that. Your body and central nervous system haven't adapted. We train constantly in overload. We like reverse bands because you still have 95% of the weight on your back every time you squat, lightened some at the bottom, but you've constantly got heavy weight on your body. I've been to a lot of meets where as soon as the weight is unracked, the lifter collapses because they weren't used to the weight. You have to train like you play and staying in the sport, making progress, and having fun and enjoying it are the goals for almost everybody.

The trend in powerlifting now is primarily raw, but I don't think a lot of raw lifters hitting big weights will have long careers. You reach a limit or threshold and injuries start occurring. Single ply will always be around because that's the logical next step for raw guys who can just feel that injury coming around the corner. We've got one of the biggest raw lifters, Kent Fleming, who knows he's near his limit with 1000 raw last year. He's transitioning to single ply but is already talking MP because he wants to lift as much as he can.

Multi ply has probably reached its limit as far as number of layers. I haven't really seen much change in ten years and the lifts in MP haven't really gone up either. It's probably at a stalemate.

Going back to the evolution of gear, you don't see NFL players in leather helmets or wood shafts on golf clubs. That gear evolved mostly for safety and performance. The squat is the squat, not squat and walk out. That's how the monolift evolved. In the 80's, Fred Hatfield was getting ready to squat 1000 and asked the spotters to lean the racks forward after he removed the weight so he didn't have to walk back. There was no rule about it, just the squat.

**"MY FEELING IS THAT A SQUAT SHOULD BE ABLE TO PASS IN ANY FEDERATION DESPITE THE GEAR, SO THAT'S HOW WE TRAIN. DO IT RIGHT EVERY TIME. IF I SQUAT HIGH CALL IT HIGH, BUT REMEMBER THE RULE BOOK DRAWING ABOUT DEPTH AND STICK TO IT."**

**"THOSE WHO GET INJURED OR REACH THEIR RAW LIMIT WILL MOVE TO SINGLE PLY. EVEN IN SINGLE PLY A LIMIT IS REACHED, AND SOME WILL MOVE TO MULTI PLY. YOU DON'T GIVE A 16 YEAR OLD A FERRARI, OTHERWISE HE'D WRECK IT. GEAR IS LIKE THAT FERRARI; YOU HAVE TO SLOWLY WORK UP TO IT."**

You should find a federation that you like and submit to their rules. Every federation has different rules and they'll always disagree, but you want to enjoy lifting and competing. Have fun!

Raw is here to stay. It's inexpensive and you can train basically by yourself. Those who get injured or reach their raw limit will move to single ply. Even in single ply a limit is reached and some will move to multi ply. You don't give a 16 year old a Ferrari, otherwise he'd wreck it. Gear is like that Ferrari; you have to slowly work up to it. Monolifts are expensive. That's why most gyms won't buy them. So multi ply will always be around, but probably won't grow much from here.

We're a multi ply gym and we train that way, so even some of our raw or single ply lifters want to move to the gear. They'll progress slowly, but they'll lift more and that's why gear has evolved. I think a single ply lifter could train multi ply for 3-6 months, adapt the body to overload and stress, and do better when he returned to single ply.

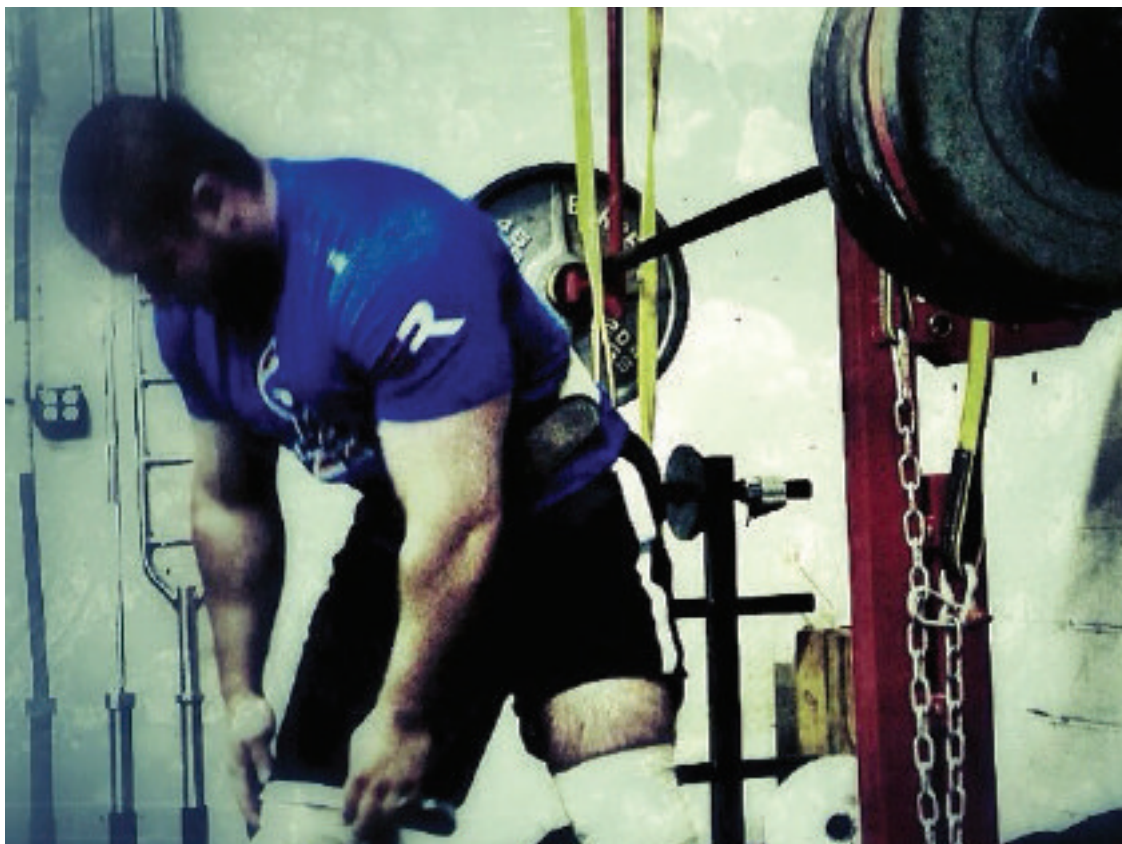
I love this sport! Powerlifting is unique in that you can lift however you want to and find where you fit in. **PLT**



Single ply bench shirt and squat suit

# THE PROCESS: PURPOSE AND CONSTANT EVALUATION

By John Petruzzi



**John Petruzzi, BS, USAW, Exercise Specialist, Manassas, Virginia**

I have been competing for about 6 years. I am 26 years old. I have been ranked in the top 5 in the 198 and 220lb raw division on [powerliftingwatch.com](http://powerliftingwatch.com). I have currently ranked 13th in the 220's. I will be competing in December where I look to move back into the top 5 and also top 15 all time. My best total is 1800 at 216lbs. My best lifts are a 650sq, 460bp and 705dl in meet and 685sq, 460b, 710dl in training. I have competed in the US-APL, IPA, SPF and Raw Unity. My best total in 198's a few years ago was 1625 at 196lbs.

**W**hen I was younger I heard something that to this day has made the biggest impact on my life and that was to have a purpose. At the time it was applied mostly to sports and training. When you're a teenage kid you don't have much of a life other than school and sports. I didn't really understand the full meaning of that until I was out of college and had to deal with being an adult. Having a purpose in life not only as a lifter, but also in every facet of your life, is key. Webster defines purpose as the reason why something is done or used. What is the purpose for what you are doing; not only what you

are doing but more importantly HOW you are doing it? What is the quality of your effort? When you're passionate about something it is very easy to be motivated because it is something you love and care about. You want to know more about it. In 2008, when I started competing in powerlifting, I fell in love immediately with the sport and was "bit by the iron bug". I've been that way ever since. But I always come back to that question "what is the purpose?" I see a lot of novice and intermediate lifters hitting plateaus and getting stuck spinning their wheels. Instead of asking why or what is the purpose of my programming and training, or why is

what I'm doing not working, they will search for something else. They will try a new program, the better program. Or their "goal" is very vague. "I just need to work on getting stronger". A vague goal will lead to a vague result. A specific goal produces a specific result. This is where purpose/education and constant evaluation comes into play.

Powerlifting is just like any other sport. If you're a football coach and the opposing offense is crushing your team you better go in at halftime and make adjustments to figure out a way to stop them or it's going to be a long



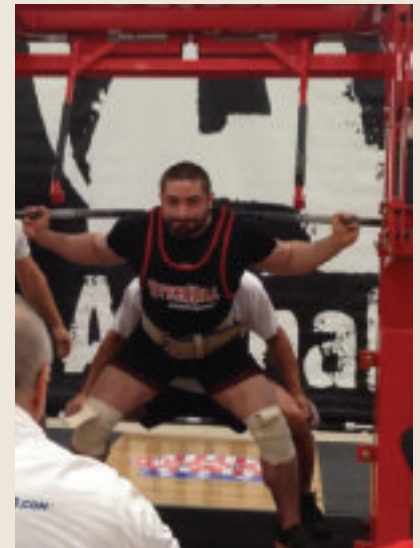
night. It's an evaluation process - what are they doing? There has to be a purpose for what you are doing or plan to do. The same goes for powerlifting. If you are spinning your wheels, not making progress or you think it should be better, then evaluate what you are doing.

Why are you doing 5x3, 5x5, 8x3, 6x4? What percentages are you using? How does Prilepin's chart or Mel Siff's more updated version apply? This is where average powerlifters turn into good and great powerlifters, by evaluating their program and successes and failures. This involves the critical thinking process, not just program hopping from one template to the next. There is always an answer, there is always a "method to the madness". This is where I made many of my strength gains and successes, learning and understanding why I'm doing what I'm doing and also what works best for me. We've all heard the phrase "you have to find

what works best for you". While that is true, for novice and intermediate lifters that doesn't mean a whole lot because they don't know how to evaluate what they're doing .

Finding the purpose is one of the most important aspects in being successful in anything that you do. This is especially true in powerlifting. Ask any great powerlifter why he is training the way he is or why he is doing a particular exercise, rep scheme, or percentage and he will tell you exactly why and what he expects it will do for him. Have a purpose as a lifter in your training and if you define those goals and purposes you will see your lifts and PR's take off!

In the next article I will chronicle my own six year evaluation process, complete with plateaus, successes, and the steps I use to keep making progress. [PLT](#)



## Goals To Define

1. Meet PR's (obviously!). It has to come together on the platform where it counts!
2. During training how fast are the weights moving, and how is my recovery and conditioning between sets from week to week? Faster recovery and weights feeling lighter with better speed means better work capacity. This translates to POTENTIAL for strength increase and better force development.
3. Form and technique breakdown through sets and reps mean that conditioning needs improvement. Fatigue usually equals bad form and higher risk of injury.
4. Injuries and Pain - how do my joints feel? Am I beat up from the intensity being too high? Do I need to ramp up or back down the volume or intensity?
5. Rep PR's, not just single max PR's. If I'm lifting the same weight for more reps, I'm getting stronger!
6. Where I am and where I want to be, i.e. developing a realistic goal whether it is off season or 10 weeks out from a meet. "Without a plan you plan to fail"- Louie Simmons.



# POWERLIFTING HISTORY



## ALL ABOUT PHIL BRADY

Original Owner of Judoka,  
Littleton Colorado

**H**ow much do you know about this sport that you love? How long has it been an official “sport”? How did it start and why are there so many federations and rules? What are current trends and future trends? (If you go to Wikipedia, enter “powerlifting” and click “history” you’ll get a good overview). I’m interested in different individual’s points of view because we all see things differently. The two Gus Rethwisch articles in the first issue are great examples of that. Most interviews with guys over 60 turn into powerlifting history just because they’ve been around so long. If you read “My View” in the first issue you know that when I walked into Judoka in Littleton, CO, I immediately knew I had found my “sport”. For that reason, I decided to interview Judoka’s owner, Phil Brady.

Jim Curley, PLT

### Phil, how old are you and where do you live?

I can’t believe it, but I’m 80 years old! My wife Christine and I have lived in Florida since the mid-80’s and I still squat on a Smith machine, but I quit deadlifting and benching about 5 months ago.

### When did you start lifting and what was the progression to powerlifting?

I started lifting weights in Ohio when I was 13 or 14 and really liked it. In high school a buddy and I trained in secret because coaches thought weight training would slow you down too much, which of course wasn’t true. We were the strongest and fastest players on the football team! In 1956, I was 21 and won the Ohio State Overhead Lift Championships, 198# class. They’re called Olympic lifts today – clean and jerk, overhead press, and snatch. In college I was a good discus thrower and got to national ranking in that. In 1960, I started Judo and became a 4<sup>th</sup> degree black belt. At age 44, I was heavy-weight Colorado State Judo Champion and most of my opponents were half my age. I taught judo for another 10 or 15 years, but didn’t compete anymore.

### So how did this lead to powerlifting?

I started doing the powerlifts in the late 1960’s to get stronger. My wife and I moved to Colorado in 1969, and I still trained judo and powerlifting. I entered my first “novice” meet at 220 and did 410-310-550. (Novice meets used to be a low pressure way to enter your first powerlifting meet).

### How did you find powerlifting and meets?

Powerlifting was actually pretty popular and by training at most any gym you’d hear about a meet coming up. Meet promoters would put up posters in every gym in town, so most anyone who trained at a gym

was at least aware of powerlifting. I was a stockbroker at the time and trained at the Denver YMCA where there were a lot of powerlifters. A well known powerlifter said, “Hey, take these, they’ll help your lifting”. That was my introduction to steroids, which were cheap, available and not even illegal. I really didn’t know anyone who wasn’t taking them but I wanted a doctor’s guidance, so I found one who prescribed. He would have me on very light dosage for 90 days and then completely off for 90 days to let the body heal. If you’re on continuously without the 90 day break, your endocrinology really gets screwed up. That 90 days off messes with your ego because your strength drops 10-15%, maybe more. If you’re squatting 600 pretty easily you’re having trouble with 525 at the end of the 90 days off, so a lot of guys never went off. That’s where the harmful side effects occurred. They always concerned me though, so I always went off, sometimes for much longer periods. I see the massive doses guys are taking now and it just boggles my mind. I never had any side effects from the light dosages and time off.

### What were your best lifts in a meet?

At 50 and 242 I got 665-410-700 at a national meet in Virginia. That was in 1984 and the squat suit was barely a singlet and I benched in a T-shirt. I eventually got to 430 in a bench shirt. Looking back, I think gear, including knee wraps, and everything except a belt should be outlawed. I think the squat judging should be consistent. That was always a problem, even early in the sport. Two judges didn’t like a guy for whatever reason and he got red lights, often because of politics. I definitely like the trend toward raw lifting.

### What about steroids, if you’re against powerlifting gear?

Like I say, I never had any negative

# POWERLIFTING HISTORY

side effects from steroids except a bruised ego when I went off. If you want to wear heavy gear or take steroids, that's your choice. Just don't compete against drug tested lifters if you're on. Basically, if something doesn't harm anyone else and you choose to do it, that's your choice. Not everyone will agree with that, but that's okay too.

## So when did you open Judoka?

I was a stockbroker making great money but I hated it. I had my 4<sup>th</sup> degree black belt so I opened a judo training facility with a few weights for conditioning. We moved to expand about 1977 and the focus became 50/50 on Judo and weight training, with the weight training becoming mostly powerlifting. By 1980 or so, the Judoka team won any meet it entered and you had to qualify to make the team. We had really outstanding lifters. Joe Wing, Mark Sigala, John Lee, Mark Howard, Ken Smith, Jim Mestepay, Ron Poindexter; there were some great lifters. Some were on steroids, some weren't; overall, most were but several drug free guys who lifted then are still competing and winning meets in their 50's.

**Years later, I always thought of Judoka as "Westside West" because of the quality of lifters your gym produced, all from the relatively small state of Colorado.**

Our "animal room" was geared to powerlifters and if you weren't competing or training for a competition, you really weren't welcome in there.

## I remember the ping pong table.

That was fun too! It was a nice break if you weren't into lifting that day. I've yet to see another powerlifting gym that had a ping



**Phil squatting 665 at age 50**

pong table! I sold Judoka in 1984 and moved to Florida and opened two Gold's Gyms. I still knew every member even though the gyms were much larger, but I had an "animal room" in each one where serious powerlifters could train. My wife insisted I sell them because I was there every day at 70 years old.

## Do you still do the powerlifts?

No, just Smith machine squats. My shoulders are fried and my back hurts, so no powerlifting. I loved every minute I was in it, and it sounds like it's growing. I still say if all you did was the three powerlifts, you'd be really strong and have a great physique besides. It's the absolute best way to train for everyone. **PLT**



**Phil Brady at 60, still teaching Judo**

# Interview

*With Steve Denison By Jim Curley*

## Steve Denison about his successful ownership of USPA

I was introduced to the sport of Powerlifting in 1983 and competed in my first Powerlifting contest in June 1984 in Roy, Utah in the 220 class squatting 535, benching 375 and deadlifting 545. I became a State Referee in 1994, National Referee in 1997, and International Referee in 2007. I have trained and competed for 30 years. I have competed in five National Powerlifting Championships from 1993-1995, 2008, and 2012. I took second place honors at the 1995 Senior Nationals in Baton Rouge, Louisiana in the 275 Open. I also took 2nd place in the Open division and 1st place in the 275 Master 45-49 age group in the 2008 Nationals in Providence, Rhode Island. I competed in my first World Powerlifting Championship in November 2008 in Vienna, Austria in the 275 Master 45-49 age group taking 1st in my weight class and age group.

I've been a contest meet director since 1987 and have directed over 150 powerlifting meets. This includes 7 National Championships (2001, 2005, 2007, 2009, 2011, 2012, 2013), over 20 state championships (87, 93, 94, 97, 99-present) and over 125 other local meets.

My best lifts in competition are a 749 squat, 611 bench, and 694 deadlift using single ply gear. I competed at my first Raw Nationals in 2012 and took 1st in the Open 275 Class and 1st in the 275 Master 50-54 age group squatting 584, benching 440, deadlifting 622 with a 1647 total.

**What did you do before becoming a full time meet director?**

I was a Lieutenant Colonel in the Army. I had weekends off, so I would run meets or go home and see my wife, which was about two weekends a month. I left active duty Army-National Guard in March 2011, went inactive and retired in November 2012. I'm the President of USPA (United States Powerlifting Association) and this is now my full time occupation.

**Why did you start USPA?**

I was with another federation for 25 years and just felt like it had no vision, no future, like it wasn't going anywhere. There was too much turmoil in the leadership, so I had to start something new. I announced it in October 2010 and it has just taken off. I chose non-tested because I didn't want to be just like the USAPL, otherwise I'd have just joined them. I've always been a traditional powerlifter – deep squats, walked out squats and full extension on the bench press. We started out with raw, single ply and multi ply. We wanted to cater to all aspects of powerlifting, and about a year later we added raw with wraps because of demand. It's just kind of the way that powerlifting has evolved. It gives people options and all the categories are filling up.

**What are your most popular categories?**

By far, it's classic raw (wraps allowed) and raw (knee sleeves only).

**Anecdotally, just giving rough percentages nationwide, what would you say the breakdown is for raw, raw with wraps, single ply, and multi ply?**

Raw is probably 60%, classic raw (with wraps) is 25%, single ply is about 10%, and multi ply is 5% or less. Classic raw is getting more interest. All the different categories compete on the same platform, so a raw lifter sees someone in single ply and thinks, "I might want to try that someday". Raw lifters inquire about getting into the Olympia. That's a single ply event with a qualifying total so they start thinking about getting into gear. Powerlifting is a multi-dimensional sport and they can have fun trying the different

aspects of it. Take a guy like Al Caslow. He lifts raw, classic raw, single ply and multi ply and he's good at all of them! It's nice to see lifters experiment with all the categories and have fun with them. Each category of lifter can come to respect the other categories because



**“IT'S NICE TO SEE LIFTERS EXPERIMENT WITH ALL THE CATEGORIES AND HAVE FUN WITH THEM”**

bottom line, you have to work hard to be a good lifter no matter if you're geared or raw.

**With all the controversy about squat depth, is USPA's squat judging different for multi ply than raw?**

No! Every rule book is the same, you must break parallel. Many multi ply federations say the top of the hip must go below the top of the knee but they don't actually judge that way. Our multi ply rules director says that if you have too many "plies" and can't break parallel, then you need to take off some gear, maybe the briefs, so that you can break parallel. We're not asking you to sit on the ground, but you have to break parallel with the hip joint. Break parallel by an inch and leave it to the judges. Correct squat depth is the same for all categories.

**You mentioned earlier that you're going to start offering voluntary drug testing at meets. How did that come about?**

Someone approached me about getting the records for powerlifting watch.com which has tested categories. The lifter pays the \$65 fee for Redwood Laboratories and they do the testing. Someone might want to enter one of our meets and tell his buddies he was tested and so that's an option for those lifters.

**Do you think that might lead to an actual tested division within USPA?**

No, the record keeping would be a nightmare. I would say that the vast majority of lifters who compete in USPA meets are drug free. There are some elite and top level lifters who I'm sure use, but that's their choice and I'm not there to police them. Powerlifting is an amateur sport and if that's how they want to do it, that's up to them. Other top lifters will understand that they may be going up against users, but for a lot of guys they just want to see who's the best, period. If a guy demands a tested level playing field, there's USAPL. They provide the most rigid drug testing. We get a fair number of USAPL lifters in our local meets. Just because we're a non-tested fed doesn't mean that everyone is using, but we do offer high quality meets and a high level of competition and they appreciate that.

**One reason your fed grows is consistent judging. I hope that doesn't change.**

No, it won't. It has to be consistent. Be fair and strict, don't give gifts but give the benefit to the lifter. We're not a charity here but this is an amateur sport after all.

**Who actually "owns" USPA?**



# Interview (Cont.)

I do but we're in the process of converting to a non-profit. I use USPA money to send refs all over the country to help with state meets. Airfare, hotels, meals, USPA judge shirts annually – it adds up. Profit comes from me putting on my own meets.

**What do you see for the future of powerlifting?**

It's growing like our numbers show, mostly in raw and raw with wraps but single ply is solid, and I'd like to see more people get in gear. Most new lifters are coming over from CrossFit and I actually have to cap the entries on the California state meets. USPA has qualifying totals. The old Elite, Class 1 etc. were all based on single ply, so with the help of Kevin Meskeu we created our own for raw, raw with wraps – all our categories have Class qualifying totals. CrossFitters are pretty competitive, so they see the qualifying totals they need to go to nationals or the Olympia and they get motivated to hit that qualifying total. They're excited about it! We're at more fitness expos than any other federation and you have to qualify and be invited and they accept the challenge.

**I've never been to a fit expo. What is that? Do you organize and run the expos?**

No, we're an event within an event. A Fit Expo is where you have all kinds of other events going on like strongman, bodybuilding, MMA, women's figure contests – powerlifting is one of those events. There are lots of vendors and you get thousands of people coming through. They get exposed to all these different events and a lot of them say, "Hey, that powerlifting looks interesting. I want to try that". It's great exposure of powerlifting to non-powerlifters. That's how a lot of women find powerlifting. Women's powerlifting in CA is just exploding because of these expos.

**Are most women lifters in the raw divisions?**

They're mostly raw, but as they enter meets they look at single ply lifters and think about moving up to that. It's mostly curiosity about how much more they could lift in gear. They ask me how they get to the Olympia and when I explain that it's single ply with high qualifying totals and that they need to learn gear to get there, they're excited about it and start training in gear.

**Maybe we're entering a golden age of powerlifting, kind of like when I started in 1980.**

Powerlifting was on TV in the late 70's and it should be again. I think raw has a lot to do with it, but powerlifting is just getting a whole new rhythm to it. I can't keep up so I'm looking for an assistant! I just never thought powerlifting would take off like it has.

**Do you still train and compete?**

My training has been kind of put on the back burner but I've almost finished a nice powerlifting gym in my garage. Most of my exercise has been loading and unloading my trailer to set up meets and that's more of a heavy workout than powerlifting! I want to compete, USPA of course, but not in my own meet so I'll have to fly out of state, lift and have fun.

I'd do the Hawaii Meet in October, but it's my anniversary!

**That wouldn't go over too well! Does your wife help with the business?**

My wife has a business that she runs ([www.ironrebel.com](http://www.ironrebel.com)), so she and my stepson are pretty involved in that and he helps out with social media. If it wasn't for my wife, I probably wouldn't be doing this and USPA might not exist. She has a vision too and has helped me business-wise. She has just been a great help.

**Who else would you like to thank?**

Dennis Reneau designs all our T-shirts, logos and artwork besides being an awesome lifter. He's put a great face on USPA. Mike Tronske is our business development guy and Alan Aerts handles all the referee testing nationwide. Jose Hernandez handles all the records, both American and International, besides being a referee himself. Lisa Wheeler handles all the multi ply records ( she's also an ex-wife of mine but we get along great!). Each state chair manages state records and sends out a records certificate by email (Dennis Reneau designed it). Gordon Santee is our technical rules guy and loves the sport so much he'll help judge other federations meets. I encourage it because powerlifting is a brotherhood, a fellowship. Let the market dictate where a person will lift and all I can do is compete and offer a great lifting experience. I want to thank all of our over 200 referees, the Executive Committee and all the lifters who choose our federation. **PLT**



|||||

**"I JUST NEVER  
THOUGHT  
POWERLIFTING  
WOULD TAKE OFF  
LIKE IT HAS."**

# LIFTING FOR LIFE - PART 2

By Ron Garofalo

**I**n our last issue I raised the idea that not only could masters-aged lifters who have been competing for decades still progress in strength performance, but also actually achieve new personal records in meets at an age well past what most would expect. I gave several recent examples of such lifting just in the Denver area alone. This is a follow-up to that article.

I write this two days after coaching our team at the USAPL Raw National Championships. It was said that this was the largest full powerlifting meet in the entire history of the sport with 479 entered lifters from 42 states. Largest or not, it is a fact that of that 479 entered, 139 (29%) were masters lifters- and 73 of those were over 50+ years old. By anyone's standards that's an impressive percentage of older folks competing in a national level contest. Isn't raw lifting supposed to be 'dangerous' or something?

I took the opportunity to ask several of these stalwart athletes what the secret to their success is. Without exception they were eager and grateful to share their ideas. Of course there were the fairly obvious answers: train so as to avoid injury, practice perfect technique, eat a high protein but sensible diet. But these are basics for all lifters of any age. Was there anything unique to masters? How does an older, experienced competitor still continue to improve? I asked about programs and templates. Once a week? Twice? ME/DE days? Percentages? Few specifics were offered. Those that did share details were all over the place. Perhaps the reason why is because there are no definitive answers to these questions. What I did get was a lot of general wisdom about training, attitude, effort, competition, LIFE. I share some of their proverbial responses below. In future issues we'll get down to more specifics. **Or is what follows here truly the nitty-gritty of progress?**

**"In the words of AC/DC, 'It's a long way to the top if you want to rock and roll.'** Think weeks, not days. Think months, not weeks. Think years, not months. We all want it now. Rome wasn't built in a day. Youth doesn't get that. You have to build a solid base first, and maybe the reason some of us can still make progress at this point is that we're building on a more solid, broader base. For us older athletes, listening to your body - and ABIDING by it - obviously becomes ever more important. Of course you're going to hurt. But don't be a f-ing hypochondriac either, there's already too much of that out there. Know the difference between mental toughness and stupidity. And baby, it's a fine line, right? Experience knows this. Even so, sometimes I still step over the line."

**"You gotta work on your weaknesses. We've** all got them. It's important to practice humility in training."

**"Success can be a mirage. I hate to use these**

words, but this sport really is about 'the journey,' enjoying the process. When you're younger you live just for that next big squat. Eventually most wisen up. I train not just for competition, but to stay strong in my career, for my family, and for other activities. Getting that medal put around my neck just now is a cherry on top. A little cherry mirage. But Lord knows I still love my cherries."

**"#1-Lose the fear. And stick to the basics.**

This ain't rocket science after all. Strive to add a LITTLE more to the bar and do some form of the 5 basic lifting movements EVERY WEEK: squat, push, pull, hinge and ab work. And of course do everything perfectly. Simple. But not easy."

**"Young people ask me, 'I want to be as strong as** you. What are you taking?" As if the answer can be found in a powder or a pill. I say, 'It's not what you can TAKE FOR your training, it's how much you can GIVE TO your training."

**"Stay anabolic. I'm not talking about steroids** or hormone manipulation or shit like that. But you know you gotta RECOVER to grow. At our age it's all too easy to go catabolic or burn out your nervous system. You probably don't have to train as often as you are. You probably need to sleep more than you are. That's where I'm heading right now."

**"I see your bracelet (which has a Marine Corps** slogan 'EMBRACE THE SUCK' on it). I like that. I think we've all become a little too comfortable. I think some people feel entitled to a gold medal just because they've put a little time in under the bar. Or they won't compete unless they can win, not that they'd ever admit that. How many PL Feds are there now? So we can all be 'winners'? Or they think they're really something because they won a trophy without too much effort. Sure that may be an accomplishment, but the iron always kicks you the real deal. You may call yourself a champion, but 500 lbs is always 500 lbs. You're going to have to do some suffering first before you can stand up with that."

**"Honey, there are DOZENS of programs,** methods, templates, whatever out there - and countless articles, books and videos about them. It makes my head spin trying to figure it all out! I've learned it can cause 'paralysis by analysis.' I don't know if I'm actually doing it all right - I JUST DO IT - consistently, progressively, passionately!"

**"Three words: Consistency, Patience,** Dedication. Oh, and living a balanced life. And



## 2011 USAPL Masters Nationals Ron Garofalo

involving family and friends. And never giving up. Guess I can't count."

**"Actually COMPETING is important. Having** the guts to put it all on the line forces growth that wouldn't happen otherwise. It teaches you a lot about yourself. It can be an ego trip, but I usually find it very humbling. But then I never wanted to be that sad guy on the sidelines saying 'I used to be able to...'"

**"All I'm going to say about anabolic steroids is** I've never touched them. All I've ever taken is a vitamin and some extra protein. I've been lucky. When you're young you don't think too much about your future health - or don't care. Sure, the guys I know who took a bunch of that stuff over the years could move massive amounts of weight - far more than I could. Now it's the opposite scenario. Today I can still squat and dead 400 lbs (@ 65+ years old and 145 bodywt.) and travel all over competing and having a ball. All my old steroid buddies are on TRT and struggling with various symptoms of andropause. Some have a difficult time even getting out of a chair or picking up their grand kids. Was it worth it?"

**Ron Garofalo**  
**3X IPF World Masters Cham-**  
**pion and record holder**  
**8X USAPL National Masters**  
**Champion and Raw records**  
**holder**  
**WABDL World Champion**  
**AAU World records holder**

## Top Superheavyweight Class (Raw) Male Lifters

### Squat (Raw)

Rank	Name	Federation	Date	Squat
1.	Ray Williams	USAPL	2013-07-20	882
2.	Blaine Sumner	USAPL	2013-07-20	870
3.	Robb Philippus	USPA	2014-03-15	766
4.	Brandon Lilly	ProRaw	2013-11-17	760
4.	David Puckett	RPS	2014-05-03	760
6.	Jeff Barnes	APF	2014-04-26	755
7.	Billy Tutko	RPS	2014-05-31	750
8.	Beau Moore	NASA	2014-03-15	749
8.	Steven Maradona	USPA	2014-06-07	749
10.	Brad Madvig	USAPL	2013-11-02	710
10.	William Burrell	USAPL	2014-05-03	710
12.	Matt Baller	NAPF	2014-02-28	705
12.	Michael Carter	USPA	2014-06-07	705
14.	Scott Lade	USAPL	2014-01-18	699
15.	Tone Barbaccio	RPS	2013-08-17	680
16.	Andy Askow	USAPL	2014-01-18	679
17.	Eric Harper	USAPL	2013-11-24	677
18.	Niko Hulslander	USAPL	2013-07-20	666
19.	LUKE KLEIN	USAPL	2014-02-01	661
20.	Dan Sudsina	RPS	2013-07-27	650
20.	Israel Trevino	USPA	2013-08-17	650
20.	Robert Speno	USAPL	2014-02-15	650

### Bench Press

Rank	Name	Federation	Date	Bench Press
1.	Podro Mejias	WNPF	2013-11-10	640
2.	Brandon Braner	UPA	2014-03-29	639
3.	LeRoy Walker	USPA	2014-01-25	623
4.	Burley Hawk	IPA	2013-08-17	615
5.	DAN KOVACS	IPA	2013-11-16	600
5.	Derek Kendall	RUPC	2014-02-09	600
7.	Brandon Lilly	ProRaw	2013-11-17	584
7.	Dan Morjal	APF	2014-06-06	584
9.	Mike Wolf	WPC	2013-07-20	578
10.	Andrey Malanichev	RUPC	2014-02-09	573
11.	Kent Flemming	SPF	2014-03-01	570
12.	Matt Baller	NAPF	2014-02-28	567
13.	Reggie Bradford	WPC	2013-07-20	562
14.	Beau Moore	NASA	2013-10-26	556
15.	Billy Tutko	RPS	2014-05-31	555
16.	Dru Patrick	RPS	2014-05-31	550
17.	Jeff Frank	USPA	2013-10-05	540
17.	Tone Barbaccio	RPS	2014-02-15	540
17.	Thomas Murray	NAPF	2014-03-02	540
17.	Chad Smith	SPF	2014-06-01	540

### Deadlift

Rank	Name	Federation	Date	Deadlift
1.	Andrey Malanichev	RUPC	2014-02-09	881
2.	Dominic Matrana	APA	2014-04-12	843
3.	Dominick Matrana	RUPC	2014-02-09	826
4.	Brandon Lilly	APC	2013-08-11	815
5.	Beau Moore	NASA	2014-03-15	810
6.	Burley Hawk	IPA	2013-08-17	805
7.	Michael Otero Jr	USPA	2014-02-22	804
8.	DAN KOVACS	IPA	2013-11-16	800
9.	Nate McCoolle	RUPC	2014-02-09	799
10.	Gus Munoz	APA	2014-04-12	788
11.	Mike Otero	USPA	2014-01-18	777
12.	Dan Neundorf	RPS	2014-06-07	775
13.	Jeff Brelsich	USPA	2013-12-07	771
13.	Chad Smith	SPF	2014-06-01	771
15.	Ben Moore	USPA	2014-01-25	766
16.	Tone Barbaccio	RPS	2014-01-25	755
16.	Corey Britton	RPS	2014-05-17	755
18.	Ray Williams	USAPL	2013-07-20	749
18.	Emil Gouchterov	USAPL	2013-07-20	749
18.	Lee Sandlin	RAW	2013-10-05	749
18.	Bill Lee	UPA	2014-02-15	749



## Top Superheavyweight Class (Raw-with wraps) Male Lifters

### Squat (Raw-with wraps)

Rank	Name	Federation	Date	Squat
1.	Andrey Malanichev	RUPC	2014-02-09	1014
2.	Kent Flemming	SPF	2014-03-01	1000
3.	Derek Kendall	RUPC	2014-02-09	942
4.	Chad Smith	SPF	2014-06-01	936
5.	Kent Fleming	USPA	2013-10-05	903
6.	Burley Hawk	IPA	2013-08-17	900
7.	Jeff Frank	USPA	2013-10-05	876
8.	Brandon Lilly	APC	2013-08-11	843
9.	Ben Moore	USPA	2014-01-25	810
10.	Chris Crisman	USPA	2014-05-17	804
11.	Dwon Johnson	USPA	2014-05-24	788
12.	Dan Neundorf	RPS	2014-06-07	775
13.	Nate McCool	RUPC	2014-02-09	771
13.	Scott Cartwright	UPA	2014-03-29	771
15.	Mike Kromer	USPA	2014-01-25	766
16.	Adam Ward	UPA	2014-03-29	749
17.	Robert Kerbstat	RPS	2013-11-16	745
18.	Nathan Baptist	UPA	2014-04-26	744
19.	Dom Minnid	RPS	2014-01-25	740
20.	Bill Lee	UPA	2013-10-12	727

### Bench Press

Rank	Name	Federation	Date	Bench Press
1.	Pedro Mejias	WNPF	2013-11-10	640
2.	Brandon Braner	UPA	2014-03-29	639
3.	LeRoy Walker	USPA	2014-01-25	623
4.	Burley Hawk	IPA	2013-08-17	615
5.	DAN KOVACS	IPA	2013-11-16	600
5.	Derek Kendall	RUPC	2014-02-09	600
7.	Brandon Lilly	ProRaw	2013-11-17	584
7.	Dan Morjal	APF	2014-06-06	584
9.	Andrey Malanichev	RUPC	2014-02-09	573
10.	Kent Flemming	SPF	2014-03-01	570
11.	Matt Baller	NAPF	2014-02-28	567
12.	Beau Moore	NASA	2013-10-26	556
13.	Billy Tutko	RPS	2014-05-31	555
14.	Dru Patrick	RPS	2014-05-31	550
15.	Jeff Frank	USPA	2013-10-05	540
15.	Tone Barbaccio	RPS	2014-02-15	540
15.	Thomas Murray	NAPF	2014-03-02	540
15.	Chad Smith	SPF	2014-06-01	540
19.	Bill Tutko	USPA	2013-10-05	534
19.	Tom Murray	USAPL	2013-12-07	534
19.	Gerard McWhorter	USPA	2014-05-03	534
22.	Roscoe Ware	SPF	2013-10-26	530

### Deadlift

Rank	Name	Federation	Date	Deadlift
1.	Andrey Malanichev	RUPC	2014-02-09	881
2.	Dominic Matrana	APA	2014-04-12	843
3.	Dominick Matrana	RUPC	2014-02-09	826
4.	Brandon Lilly	APC	2013-08-11	815
5.	Beau Moore	NASA	2014-03-15	810
6.	Burley Hawk	IPA	2013-08-17	805
7.	Michael Otero Jr	USPA	2014-02-22	804
8.	DAN KOVACS	IPA	2013-11-16	800
9.	Nate McCool	RUPC	2014-02-09	799
10.	Gus Munoz	APA	2014-04-12	788
11.	Mike Otero	USPA	2014-01-18	777
12.	Dan Neundorf	RPS	2014-06-07	775
13.	Jeff Breisch	USPA	2013-12-07	771
13.	Chad Smith	SPF	2014-06-01	771
15.	Ben Moore	USPA	2014-01-25	766
16.	Tone Barbaccio	RPS	2014-01-25	755
16.	Corey Britton	RPS	2014-05-17	755
18.	Lee Sandlin	RAW	2013-10-05	749
18.	Bill Lee	UPA	2014-02-15	749
20.	Michael Carter	IPL	2013-11-09	733
20.	William Burrell	USAPL	2014-05-03	733
20.	Matthew Brimer	APF	2014-06-07	733

## Top Superheavyweight Class (Single-Ply) Male Lifters

### Squat (Single-Ply)

Rank	Name	Age	Federation	Date	Squat
1.	Scott Cartwright	M1	USPA	2011-07-01	1008
2.	Brad Gillingham	M1	IPF	2010-11-07	848
3.	Dan Gaudreau	M1	USAPL	2010-04-30	804
3.	Daniel Gaudreau	M2	USAPL	2011-04-29	804
5.	Patrick Anderson	M1	USAPL	2012-05-06	788
6.	Gary Allen	M1	IPF	2013-09-29	782
7.	Robert Speno	M1	USAPL	2012-02-12	777
8.	Stephen Buccilli	M1	USAPL	2011-03-27	770
9.	Andre Gholson	M1	USAPL	2011-04-29	760
9.	Dr. Patrick Anderson	M1	USAPL	2011-04-29	760
11.	Steve Davenport	M1	USAPL	2013-05-05	749
12.	Byron Nichols	M1	USAPL	2011-04-29	722
13.	Aaron Faust	M1	USPF	2011-03-05	716
13.	Niko Hulslander	M1	USAPL	2012-03-31	716
15.	Beau Moore	M1	NAPF	2011-03-05	705
15.	Randy Earle	M2	USAPL	2013-05-05	705
17.	Aaron Foust	M1	USAPL	2010-10-23	699
18.	Steven Green	M2	USAPL	2010-04-30	694
19.	James Chantler	M1	USAPL	2011-08-06	683
19.	Jim Weiss	M2	USAPL	2013-08-10	683

### Bench Press

Rank	Name	Age	Federation	Date	Bench Press
1.	John Bogart	M1	USAPL	2011-11-19	804
2.	Sam Aumavae	M1	WABDL	2013-06-15	793
3.	Bill Welch	M2	WABDL	2014-02-22	733
4.	Jeff Snyder	M1	USAPL	2011-09-03	716
4.	Dave Forstner	M1	WABDL	2013-04-06	716
4.	Jeff Lewis	M1	USAPL	2013-08-17	716
4.	Jeff M	M1	USAPL	2013-08-17	716
8.	Michael Bowden	M2	USPA	2012-02-26	710
9.	Mike Bowden	M1	USPA	2011-05-07	705
9.	Rich Lopez	M1	SPF	2011-10-02	705
11.	Jeffrey Place	M1	WABDL	2012-11-16	668
12.	Jeffery Place	M1	WABDL	2010-07-17	666
12.	Daniel Gaudreau	M2	NAPF	2013-03-03	666
14.	Gary Allen	M1	USAPL	2013-05-05	655
15.	James Mersberg	M1	WABDL	2012-11-16	650
16.	Dan Gaudreau	M1	USAPL	2010-08-28	644
17.	Joe Dibert	M1	USAPL	2013-08-17	628
17.	Bill Campbell	M2	USAPL	2013-08-17	628
17.	Gary Ernest	M1	USAPL	2013-08-17	628
17.	Bill (William)	M2	USAPL	2013-08-17	628

### Deadlift

Rank	Name	Age	Federation	Date	Deadlift
1.	Brad Gillingham	M1	IPF	2010-11-07	881
2.	Scott Cartwright	M1	USPA	2011-06-04	804
3.	Beau Moore	M1	NAPF	2011-03-05	771
4.	Bobby Bowman	M1	USAPL	2013-06-29	735
5.	Niko Hulslander	M1	USAPL	2011-11-19	733
6.	Heath Thiel	M1	WABDL	2013-11-09	723
7.	Keoni Reich	M1	WABDL	2013-11-06	722
8.	Dean Cowan	M1	USPA	2012-11-09	705
8.	Steve Davenport	M1	USAPL	2013-05-05	705
10.	Thomas Guiney	M1	SPF	2011-03-26	700
11.	Eric Welch	M1	IPL	2011-11-30	694
12.	David Fitzgerald	M1	USPA	2010-10-23	677
13.	Gary Allen	M1	USAPL	2013-03-23	672
14.	Dan Gaudreau	M1	USAPL	2010-04-30	661
14.	Daniel Gaudreau	M2	USAPL	2011-04-29	661
14.	Deron Rogers	M1	NAPF	2011-07-23	661
14.	James Chantler	M1	USAPL	2011-08-06	661
14.	Dave Forstner	M1	WABDL	2012-11-16	661
14.	MARTIN ROSS	M2	USPF	2013-05-11	661
20.	Stephen Buccilli	M1	USAPL	2011-03-27	645

## Top Superheavyweight Class (Multi-Ply) Male Lifters

### Squat (Multi-Ply)

Rank	Name	Age	Federation	Date	Squat
1.	Wade Johnson	M1	SPF	2011-02-12	1040
2.	Slyvester Crumbley	M1	APF	2011-10-29	1010
3.	Thad Coleman	M1	SPF	2010-05-23	1003
4.	Andrew Vale	M1	IPA	2011-11-19	1000
5.	Jason Gibson	M1	UPA	2013-10-12	981
6.	Anthony Petrino	M2	APF	2011-11-12	903
7.	Bill Carpenter	M1	APF	2011-04-30	870
8.	Tone Barbaccio	M1	RPS	2012-11-03	835
9.	Andrew Aline	M1	IPA	2010-02-13	800
9.	Stephen Buccilli	M1	SPF	2010-04-24	800
9.	Jeff Peshek	M1	WNPF	2011-07-31	800
12.	David Edgell	M1	UPA	2014-04-26	750
13.	Markcus Millner	M1	SPF	2012-11-10	725
14.	Scott Edminston	M1	APC	2011-02-19	705
15.	James Sevick	M1	APF	2013-05-04	688
16.	Norman Rice	M1	APF	2011-05-14	661
17.	Rich Luklan	M2	WNPF	2010-11-20	615
18.	Jerry Pledger	M2	APA	2012-02-25	605
19.	Darrin Guerra	M1	USPA	2011-04-23	600
20.	Les Jordan	M2	IPA	2011-04-16	575

### Bench Press

Rank	Name	Age	Federation	Date	Bench Press
1.	Tiny Meeker	M1	SPF	2013-04-13	1076
2.	Scott Mendelson	M1	USPA	2012-07-14	986
3.	John Robinson	M1	UPA	2010-11-13	845
4.	Jim Hoskinson	M1	APF	2012-01-21	815
5.	Tone Barbaccio	M1	RPS	2012-11-03	805
6.	Michael Bowden	M2	USPA	2014-02-22	804
7.	Clint Harwood	M1	UPA	2013-11-02	750
8.	Roger Ryan	M2	WABDL	2012-04-14	738
9.	David Wiggins	M2	SPF	2013-03-02	735
10.	John Morrow	M1	APF	2012-04-21	730
10.	Joe Humbird	M1	SPF	2013-02-09	730
12.	Chad Aichs	M1	SPF	2014-03-23	727
13.	Anthony Petrino	M2	APF	2011-11-12	716
14.	Wade Johnson	M1	SPF	2011-02-12	700
14.	Shawn Brooks	M1	SPF	2011-11-12	700
14.	Aaron Anderton	M1	UPA	2013-02-23	700
17.	Jason Gibson	M1	UPA	2013-10-12	683
18.	Andrew Aline	M1	IPA	2010-02-13	675
19.	Thad Coleman	M1	SPF	2010-05-23	666
20.	Ronnie Hodge	M1	APF	2012-03-09	661

### Deadlift

Rank	Name	Age	Federation	Date	Deadlift
1.	Tone Barbaccio	M1	RPS	2012-11-03	775
2.	Thad Coleman	M1	SPF	2010-05-23	705
3.	Slyvester Crumbley	M1	APF	2011-10-29	700
3.	Robert Dale	M1	SPF	2012-03-24	700
3.	David Edgell	M1	UPA	2013-10-12	700
6.	Dave Forstner	M1	APA	2014-03-01	670
7.	Wade Johnson	M1	SPF	2011-02-12	660
7.	Shawn Brooks	M1	SPF	2011-11-12	660
9.	Anthony Petrino	M2	APF	2011-11-12	650
9.	Andrew Vale	M1	IPA	2011-11-19	650
9.	Ronnie Hodge	M1	APF	2012-03-09	650
12.	Marcus Millner	M1	SPF	2011-04-16	640
12.	Jeff Peshek	M1	WNPF	2011-07-31	640
14.	Jason Gibson	M1	UPA	2013-10-12	639
15.	Stephen Buccilli	M1	SPF	2010-04-24	625
15.	Jason Carter	M1	SPF	2012-06-16	625
17.	Darrin Guerra	M1	USPA	2011-04-23	611
18.	Norman Rice	M1	APF	2011-05-14	606
18.	Bill Carpenter	M1	APF	2011-04-30	606
20.	Markcus Millner	M1	SPF	2012-11-10	605

All results courtesy of [www.PowerliftingWatch.com](http://www.PowerliftingWatch.com)

# PROTEIN

**I**f you're reading this right now, odds are pretty good that at least once in your life you have taken whey protein. Whether it's from the cooler at the gym, the local supplement shop or from the grocery store, you have at least tried whey in one form or another.

It's even possible that you found yourself saying, "I don't need to buy protein at a supplement store when I can get it for half the price at the gigantic wholesale grocery store I go to. Whey protein is whey protein, right?" I can't speak for every whey protein on the market, but I always check their labels when I walk through the supermarket and in the past several years I've yet to find one that I would use. There are many things to look for when examining the back of the label. You should look for the type of whey protein they are using as their protein source. Some companies use whey isolates, some use whey concentrates, some companies use cheap amino acids that aren't even whey protein at all. In this article, I hope to educate you a little on what you should look for under the "other ingredients" part of the label.



**Here's a quick breakdown on what to look for on the label:**

**Whey Protein Isolate** - Isolates are always at least 90% protein by weight. The processing used to refine the isolate also removes most of the lactose, cholesterol, fat and carbohydrates. Isolate is the highest quality and most expensive form of whey protein.

**Whey Protein Concentrate** – Concentrates are the most common form of whey protein. It tends to be the cheapest to produce and not a bad option when you're on a budget and if your stomach can handle it in large amounts. Concentrates have a significantly higher amount of lactose than isolates, which can make it difficult for people to digest who are sensitive to dairy. Concentrates are usually 80% protein or less. That means with a decrease in percentage of protein in every scoop comes an increased amount of carbohydrates, fats and cholesterol.

**Whey Hydrolysates** – Hydrolysates are proteins (either isolate or concentrate) that are already broken down, either by acids, heat or enzymes. In theory this would lead to an increased digestion speed. However, both isolate and concentrate already digest quickly and with the tendency to cost more than traditional concentrates and isolates, it might not be worth the added expense.

There is something else that some of these "whey proteins" are listing on the labels and it is what I consider to be one of the biggest problems in the protein market today and this is why I think a good chunk of the proteins in the mass market today are garbage. This practice is commonly referred to as "amino spiking" or

“nitrogen spiking”. Nitrogen spiking is a trick that a lot of manufacturers are using today where they add cheap non-essential amino acids such as taurine, glycine, or even creatine to your powder and tell you on the label that it is protein. Please note that usually these amino acids are much much cheaper than actual protein and provide little to no benefit when added to protein powder. The reason that they can get away with this is because the most common form of testing is done to determine the total amount of protein in a product and this test only checks for the nitrogen content. Protein is made up of amino acids and as a result, free form amino acids that have been added show up the same way as whey proteins do in a nitrogen test. This is why they call it “nitrogen spiked”. They do this because it will increase the amount of protein on the label without actually adding any more protein. It’s cheaper to manufacture but results in over charging the consumer for something they didn’t want in the first place.

So why is this such a big deal? Most of the time when I start to explain nitrogen spiking to people, the first response I usually hear is, “I get glycine, taurine AND creatine along with my protein? Sign me up!” Here is an example of how this works and why it negatively affects you. Let’s say you have a protein that lists 20 grams of protein per scoop, but also lists glycine, taurine, and creatine monohydrate in the other ingredients panel. Then it’s very possible and very likely that you could have a breakdown that includes: 11 grams of whey protein, 3 grams of glycine, 3 grams of taurine and 3 grams of creatine monohydrate. So while you might think you’re getting 20 grams of protein, in actuality you are only getting 11 grams.

If you see any amino acids listed on the label, either under the Supplement Facts or under Other Ingredients, then your protein is amino spiked. Take note: This is different than an amino acid panel. Some protein powders will show an amino acid panel, which is essentially what the protein will digest into. A panel doesn’t signify amino spiking either way. You have to look under the Supplement Facts and Other Ingredients column.

Not only are you not getting what you’ve paid for but

those who keep careful watch over their macro nutrient intake could be way off as well. If you’ve been relying on two or more shakes a day to hit your protein requirements then you could very easily be shorting yourself, ten, twenty even forty or more grams of protein a day. Please note, I’m not trying to push any particular brand and I’ve intentionally refrained from listing any proteins out by name on either side of the aisle. This is a trend I want to see die off. And the only way that can happen is by educating people. If more people stop buying these types of proteins, manufacturers will be less likely to make them. Do your own research and if you see amino spiking it doesn’t necessarily mean it’s a bad protein, but be skeptical and read the label carefully.

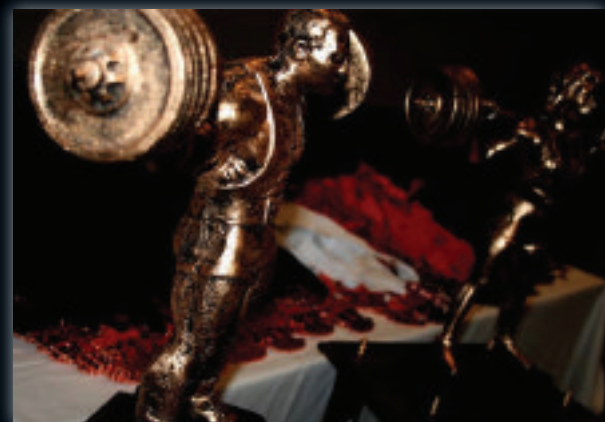
There’s a lot of hype in this industry and just because a protein is expensive doesn’t mean it’s good either. Online and in most stores, a two pound isolate usually runs around forty dollars and a two pound concentrate/isolate blend between twenty and thirty dollars. If a product seems like you’re getting a deal that’s too good to be true, it probably is. [PLT](#)

**Ryan Ragsdale owns several nutrition/supplement stores in the Midwest and has been actively involved in the supplement industry for 15 years.**



# ARE ALL WHEY PROTEINS CREATED EQUAL?

BY RYAN RAGSDALE



# MEET COVERAGE

Please read “My View” regarding coverage of National and World meets in the future. Powerliftingwatch.com is stepping up their coverage of all federation’s meets, so that’s the best source for meet results of any federation. Their results are determined by meet directors getting results to them. It’s a big job, in addition to promoting and running a meet, so hats off to every meet director in this sport! I was in the USAPL Raw Nationals this July and since it was the largest raw meet ever, it got in this issue. There were some great lifts in the two WABDL meets listed also. I will be “pushing” federation directors for a story and photos of their major meets and since AAU,

USPA, WABDL and several other World meets are in November 2014, that will take up a good portion of an issue. What follows in the next pages are basic meet results; name, class, division, best of each lift and total. Nothing fancy lest we have 50 pages of results and no good content! We will see how this plan develops over the next few issues and adjust accordingly. In the meantime, it sure is encouraging to see our sport grow in both participation, gigantic totals, and a wide variety of feds to meet the varied needs of powerlifters all over the country!

- Jim Curley

## 2014 USAPL RAW NATIONALS- AURORA CO, JULY 17-20

NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
ROSE SCOTELLO	43	0	17.5	40	0	
KATLIN NICOLE REYES-T2	43	87.5	45	95	227.5	1-F-T2-43
KATLIN NICOLE REYES-0	43	87.5	45	95	227.5	1-F-0-43
MORGAN KENT	47	70	35	72.5	177.5	1-F-Y2-47
KAYLIE BALL	47	47.5	27.5	77.5	152.5	2-F-Y2-47
JOANNA WELSH-M1A	47	95	57.5	132.5	285	1-F-M1A-47
KELLI LOWENBURG-M1A	47	70	30	107.5	207.5	2-F-M1A-47
SHYAMI MURPHY-M1B	47	85	42.5	97.5	225	1-F-M1B-47
JOANNA WELSH-0	47	95	57.5	132.5	285	1-F-0-47
COLLEEN McNAMARA	47	95	62.5	110	267.5	2-F-0-47
SHYAMI MURPHY-0	47	85	42.5	97.5	225	3-F-0-47
KELLI LOWENBURG-0	47	70	30	107.5	207.5	4-F-0-47
COURTNEY CHILDRESS-T3	52	75	47.5	122.5	245	1-F-T3-52
ASHLEY WILL	52	102.5	47.5	110	260	1-F-JR-52
SHELBY SWEAT-JR	52	80	40	110	230	2-F-JR-52
SUZANNE "SIOUX-Z" HARTWIG-GARY-M1B	52	147.5	72.5	155	375	1-F-M1B-52
BeBe BURNS	52	52.5	37.5	75	165	1-F-M4A-52
SUZANNE "SIOUX-Z" HARTWIG-GARY-0	52	147.5	72.5	155	375	1-F-0-52
MARISA INDA	52	132.5	80	160	372.5	2-F-0-52
MICHELLE MCHUGH	52	110	62.5	110	282.5	3-F-0-52
COURTNEY CHILDRESS-0	52	75	47.5	122.5	245	4-F-0-52
SHELBY SWEAT-0	52	80	40	110	230	5-F-0-52
EMILY GARDNER	57	102.5	65	97.5	265	1-F-T1-57
DARIAN LENDERMON	57	110	65	132.5	307.5	1-F-T3-57
LAURA MCGUILL-JR	57	125	62.5	150	337.5	1-F-JR-57
ELAINE WANG	57	110	60	132.5	302.5	2-F-JR-57
CAROL CHAMPION	57	77.5	50	117.5	245	3-F-JR-57
SHANNAN D'ANNUNZIO-M1A	57	85	60	122.5	267.5	1-F-M1A-57
THERESA BALL-M1A	57	87.5	52.5	112.5	252.5	2-F-M1A-57
RHONDA WINTERHALTER	57	0	45	90	0	
DANNA SNOW	57	92.5	72.5	127.5	292.5	1-F-M1B-57
CATHY MELE	57	77.5	55	140.5	273	2-F-M1B-57
LYNNE HOMAN-M2A	57	105	75	145	325	1-F-M2A-57
ANTOINETTE (TONI) KEMPER-M2A	57	120	75	127.5	322.5	2-F-M2A-57
RHONDA JONES	57	70	45	100	215	3-F-M2A-57
CAROL DORSEY	57	52.5	37.5	87.5	177.5	1-F-M3B-57
LODRINA CHERNE	57	120	72.5	155	347.5	1-F-0-57
ALYSSA HAVESON	57	120	72.5	152.5	345	2-F-0-57
LAURA MCGUILL-0	57	125	62.5	150	337.5	3-F-0-57
LYNNE HOMAN-0	57	105	75	145	325	4-F-0-57
ANTOINETTE (TONI) KEMPER-0	57	120	75	127.5	322.5	5-F-0-57
MELISSA "MISSY" HUNT	57	107.5	65	132.5	305	6-F-0-57
CAMILLA JONES	57	92.5	65	140	297.5	7-F-0-57
DANIELE SACKS	57	92.5	60	130	282.5	8-F-0-57
SHANNAN D'ANNUNZIO-0	57	85	60	122.5	267.5	9-F-0-57
THERESA BALL-0	57	87.5	52.5	112.5	252.5	10-F-0-57
HEATHER HOFF	57	117.5	57.5	75	250	11-F-0-57
RHONDA WINTERHALTER-0	57	0	45	90	0	
HANNAH DOLIN	57	57.5	37.5	82.5	177.5	

## 2014 USAPL RAW NATIONALS- AURORA CO, JULY 17-20

NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
GINA HENSLEY-T3	63	125	60	160	345	1-F-T3-63
MARY E. CLARK	63	90	65	142.5	297.5	2-F-T3-63
RACHEL OROSZ-T3	63	100	52.5	0	0	
ALICE ZHENG	63	130	70	150	350	1-F-JR-63
ERIN STEVENSON	63	127.5	75	145	347.5	2-F-JR-63
LEANNA CARR-JR	63	135	62.5	150	347.5	3-F-JR-63
EWA JANUSZKIEWICZ-JR	63	115	62.5	162.5	340	4-F-JR-63
CHELSEA KARABIN-JR	63	97.5	65	122.5	285	5-F-JR-63
JENNIFER THOMPSON-M1A	63	142.5	137.5	202.5	482.5	1-F-M1A-63
CARRIE MERSCHAM	63	77.5	45	100	222.5	2-F-M1A-63
CHRISTINE HAMP	63	112.5	70	137.5	320	1-F-M1B-63
JOY BURG	63	90	55	127.5	272.5	2-F-M1B-63
JOANNE CRAIG	63	122.5	60	127.5	310	1-F-M2A-63
CATHY MARKSTEINER	63	110	77.5	130	317.5	1-F-M2B-63
LISA McADAMS	63	112.5	55	135	302.5	2-F-M2B-63
JUDITH DRENTH	63	92.5	65	137.5	295	3-F-M2B-63
HELEN "KATHIE" WHITE	63	85	62.5	122.5	270	1-F-M3B-63
LESLIE MACKO	63	60	40	87.5	187.5	2-F-M3B-63
JENNIFER THOMPSON-0	63	142.5	137.5	202.5	482.5	1-F-0-63
MEGHAN PELLATT	63	140	80	185	405	2-F-0-63
KRISTEN DUNSMORE	63	150	80	172.5	402.5	3-F-0-63
LEANNA CARR-0	63	135	62.5	150	347.5	4-F-0-63
GINA HENSLEY-0	63	125	60	160	345	5-F-0-63
DICY SAYLOR	63	137.5	65	140	342.5	6-F-0-63
SARA EGBOM	63	120	65	155	340	7-F-0-63
EWA JANUSZKIEWICZ-0	63	115	62.5	162.5	340	8-F-0-63
APRIL WHITE	63	127.5	70	135	332.5	9-F-0-63
KELSEA KOENREICH	63	115	60	155	330	10-F-0-63
ZOE UBALDO	63	122.5	65	137.5	325	11-F-0-63
BARBARA LEE	63	120	62.5	137.5	320	12-F-0-63
JESSICA CLOUD	63	95	50	142.5	287.5	13-F-0-63
CHELSEA KARABIN-0	63	97.5	65	122.5	285	14-F-0-63
RACHEL WARPEHA	63	95	67.5	112.5	275	15-F-0-63
RACHEL OROSZ-0	63	100	52.5	0	0	
ROBIN JOHNSON -T1	72	130	67.5	140	337.5	1-F-T1-72
NATALIE MONTOYA	72	85	58	80	223	1-F-T1-72
LYDIA MELE	72	115	65	137.5	317.5	1-F-T2-72
MICHELLE ROBBINS	72	97.5	67.5	145	310	2-F-T2-72
SHELBY MILES	72	110	65	125	300	3-F-T2-72
KLARISSA KOBERNUSZ	72	110	52.5	147.5	310	1-F-T3-72
MIKELINA BELAINEH -JR	72	155	85	187.5	427.5	1-F-JR-72
TIFFANY WOHLERS -JR	72	150	85	185	420	2-F-JR-72
CHELSEA SAVIT -JR	72	152.5	95	170	417.5	3-F-JR-72
HALEY KAVELAK -JR	72	142.5	77.5	170	390	4-F-JR-72
HANNAH GHINDEA -JR.	72	107.5	65	157.5	330	5-F-JR-72
ALEX BALLARD	72	130	60	140	330	6-F-JR-72

## 2014 USAPL RAW NATIONALS- AURORA CO, JULY 17-20

NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
LAUREN SHORTELL -JR	72	85	60	140	285	7-F-JR-72
PRISCILLA RIBIC	72	150	100	182.5	432.5	1-F-M1A-72
SHERYL CONDON -M1A	72	137.5	80	175	392.5	2-F-M1A-72
JENNIFER KROKEN -M1A	72	142.5	77.5	147.5	367.5	3-F-M1A-72
THERESA WILLIS	72	102.5	55	132.5	290	4-F-M1A-72
BETH ZELLEN	72	82.5	62.5	135	280	5-F-M1A-72
MELISSA BENSON	72	85	52.5	102.5	240	1-F-M1B-72
CATHY BELBEN	72	67.5	57.5	100	225	2-F-M1B-72
DONNA MARTS	72	117.5	80	147.5	345	1-F-M2A-72
CAROL MIELKE	72	0	60	127.5	0	
JANE FREEMAN	72	60	42.5	85	187.5	1-F-M3A-72
GAIL MOORE	72	100	67.5	125	292.5	1-F-M3B-72
KIMBERLY WALFORD	72	180	107.5	215	502.5	1-F-0-72
MIKELINA BELAINEH -0	72	155	85	187.5	427.5	2-F-0-72
TIFFANY WOHLERS -0	72	150	85	185	420	3-F-0-72
CHELSEA SAVIT -0	72	152.5	95	170	417.5	4-F-0-72
RORI ALTER	72	140	90	182.5	412.5	5-F-0-72
ERIN WALTERMAN	72	130	87.5	177.5	395	6-F-0-72
SHERYL CONDON -0	72	137.5	80	175	392.5	7-F-0-72
HALEY KAVELAK -0	72	142.5	77.5	170	390	8-F-0-72
ANGELA BIVENS	72	132.5	77.5	172.5	382.5	9-F-0-72
JACLYN GALLIGAN	72	142.5	77.5	152.5	372.5	10-F-0-72
DIANA LWANGA	72	130	70	172.5	372.5	11-F-0-72
JENNIFER KROKEN -0	72	142.5	77.5	147.5	367.5	12-F-0-72
CHRISSEY SCHAEFER	72	135	72.5	155	362.5	13-F-0-72
KATIE FORD	72	122.5	82.5	155	360	14-F-0-72
AMY WELCOME	72	127.5	67.5	157.5	352.5	15-F-0-72
AMY TOMASKO	72	137.5	67.5	145	350	16-F-0-72
JENNIFER VARNER	72	132.5	65	152.5	350	17-F-0-72
JESSICA EVANS	72	135	65	140	340	18-F-0-72
ROBIN JOHNSON -0	72	130	67.5	140	337.5	19-F-0-72
DANA SINGLETON	72	120	62.5	152.5	335	20-F-0-72
HANNAH GHINDEA-0	72	107.5	65	157.5	330	21-F-0-72
KELLY MILLER	72	117.5	70	142.5	330	22-F-0-72
CAYLEN COXALL	72	122.5	62.5	120	305	23-F-0-72
LAUREN SHORTELL -0	72	85	60	140	285	24-F-0-72
JESSICA BRYANT	72	0	90	190	0	
ELIZABETH ANDERSON	72	105	50	150	305	1-F-GST-72
CIPRIANA "CC" CASTELLANO -T2	84	150	80	155	385	1-F-T2-84
KAYLIE BUTT	84	117.5	55	140	312.5	2-F-T2-84
RICHELE SCHULTE	84	97.5	57.5	115	270	3-F-T2-84
TRACY PAYNE	84	65	45	107.5	217.5	4-F-T2-84

## 2014 USAPL RAW NATIONALS- AURORA CO, JULY 17-20

NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
ELLA LOWENBURG	84	90	57.5	120	267.5	1-F-T3-84
STEPHANIE MAHAN	84	137.5	75	157.5	370	1-F-JR-84
JENNY NOCAS	84	125	80	155	360	2-F-JR-84
SEBRINA DAVIS -M1A	84	180	95	210	485	1-F-M1A-84
ALICIA WEBB -M1A	84	182.5	97.5	190	470	2-F-M1A-84
TINA ROBINSON	84	152.5	112.5	182.5	447.5	1-F-M1B-84
HEIDI ZIEGLE	84	112.5	70	125	307.5	2-F-M1B-84
LAURIE MACDONALD -M2A	84	125	75	150	350	1-F-M2A-84
PATRICIA NUNZIATI	84	87.5	62.5	120	270	2-F-M2A-84
JEANNINE CASCADDEN	84	90	65	105	260	3-F-M2A-84
KIM MEYER-LEE	84	82.5	65	100	247.5	4-F-M2A-84
STEPHANY WILKEN	84	60	47.5	120	227.5	5-F-M2A-84
DIANE KUHN	84	110	60	137.5	307.5	1-F-M2B-84
PAT KROKEN	84	85	30	105	220	1-F-M3B-84
REGINA HACKNEY	84	80	47.5	125	252.5	1-F-M4B-84
SEBRINA DAVIS -0	84	180	95	210	485	1-F-0-84
ALICIA WEBB -0	84	182.5	97.5	190	470	2-F-0-84
NATALIE HANSON	84	175	95	182.5	452.5	3-F-0-84
RACHEL GIBSON	84	182.5	77.5	180	440	4-F-0-84
SHANA WHITE	84	167.5	90	182.5	440	5-F-0-84
MEAGAN POLLOCK	84	152.5	92.5	170	415	6-F-0-84
CIPRIANA "CC" CASTELLANO -0	84	150	80	155	385	7-F-0-84
DEBBIE ZEIGLER	84	150	87.5	137.5	375	8-F-0-84
LAURIE MACDONALD -0	84	125	75	150	350	9-F-0-84
LANA ZELLNER	84	117.5	55	140	312.5	10-F-0-84
QUDSIAH KHAN	84	105	57.5	135	297.5	11-F-0-84
JESSICA DOYLE	84+	110	55	127.5	292.5	1-F-T2-84+
SYLVIA VANDEN HEUVEL	84+	102.5	60	122.5	285	1-F-T3-84+
GENA DOYLE	84+	110	47.5	140	297.5	1-F-M1A-84+
JERIANN DOLL -M1B	84+	105	90	162.5	357.5	1-F-M1B-84+
CARMEN HAYS	84+	87.5	55	137.5	280	2-F-M1B-84+
MICHELLE FAYANT -M2A	84+	157.5	105	190	452.5	1-F-M2A-84+
BONICA LOUGH	84+	242.5	140	227.5	610	1-F-0-84+
REBECCA (BECCI) HOLCOMB	84+	185	92.5	227.5	505	2-F-0-84+
MELISSA COPELAND	84+	195	105	192.5	492.5	3-F-0-84+
CASEY FONOTI	84+	165	100	190	455	4-F-0-84+
MICHELLE FAYANT -0	84+	157.5	105	190	452.5	5-F-0-84+
ELIZABETH FLINNER	84+	162.5	82.5	170	415	6-F-0-84+
RACHEL GOLDMAN	84+	160	87.5	160	407.5	7-F-0-84+
COURTNEY LYNCH	84+	152.5	75	177.5	405	8-F-0-84+
AMANDA CARROLL	84+	150	72.5	165	387.5	9-F-0-84+
AMANDA JONNALA	84+	142.5	82.5	157.5	382.5	10-F-0-84+



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NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
ALEXIS DOWLING	84+	137.5	75	162.5	375	11-F-0-84+
JERIANN DOLL -0	84+	105	90	162.5	357.5	12-F-0-84+
MICHELLE GRAPEL	84+	110	65	137.5	312.5	13-F-0-84+
DALTON LACOE	53	145	105	220	470	1-M-T3-53
ALLEN ZOU-T2	59	127.5	107.5	0	0	
AARON HALL	59	125	82.5	187.5	395	1-M-T3-59
SHAWN WOMACK	59	107.5	70	147.5	325	2-M-T3-59
CHRISTOPHER ALEXANDER	59	120	75	167.5	362.5	1-M-JR-59
ERIC KUPPERSTEIN-M1B	59	187.5	77.5	225	490	1-M-M1B-59
ALEX GALANT-M3B	59	100	52.5	142.5	295	1-M-M3B-59
ROBERT TRUJILLO	59	100	80	160	340	1-M-M4A-59
QUENTIN MYERS	59	187.5	122.5	212.5	522.5	1-M-0-59
ERIC KUPPERSTEIN-0	59	187.5	77.5	225	490	2-M-0-59
MATTHEW FOX-0	59	167.5	122.5	195	485	3-M-0-59
MATTHEW FOX-JR	59	167.5	122.5	195	485	4-M-0-59
K. COURTNEY SPENCER	59	167.5	102.5	180	450	5-M-0-59
ALEX GALANT-0	59	100	52.5	142.5	295	6-M-0-59
ALLEN ZOU-0	59	127.5	107.5	0	0	
MARCUS NAILLON	66	112.5	77.5	157.5	347.5	1-M-T2-66
DAVID NGUYEN	66	180	115	202.5	497.5	1-M-T3-66
MASON ISMERT	66	102.5	67.5	152.5	322.5	2-M-T3-66
DRAKE WEDNIG	66	150	82.5	0	0	
DENVER CHISOM-JR	66	165	135	227.5	527.5	1-M-JR-66
ARMOND HUGHES	66	190	105	230	525	2-M-JR-66
ROBERT AMBROSE-JR	66	165	115	202.5	482.5	3-M-JR-66
KYLE SIMPSON-JR	66	150	115	217.5	482.5	4-M-JR-66
JEFF PHILLIPS	66	160	115	232.5	507.5	1-M-M1B-66
GREG SIMMONS-M1B	66	177.5	125	195	497.5	2-M-M1B-66
JOE MARKSTEINER	66	167.5	90	170	427.5	1-M-M3A-66
KEITH MCHONEY	66	227.5	150	252.5	630	1-M-0-66
SHAWN FRASQUILLO	66	200	155	253	608	2-M-0-66
DENVER CHISOM-0	66	165	135	227.5	527.5	3-M-0-66
GREG SIMMONS-0	66	177.5	125	195	497.5	4-M-0-66
BAO-KHANG LUU	66	185	102.5	205	492.5	5-M-0-66
ROBERT AMBROSE-0	66	165	115	202.5	482.5	6-M-0-66
KYLE SIMPSON-0	66	150	115	217.5	482.5	7-M-0-66
DANIEL VANDERBERG	66	162.5	112.5	192.5	467.5	8-M-0-66
WES ERVIN	66	155	95	195	445	9-M-0-66
VARTAN KHACHATUROV	66	147.5	97.5	190	435	10-M-0-66
JOSH REIN	66	140	80	75	295	11-M-0-66
MICHAEL BERRIAN	74	127.5	87.5	152.5	367.5	1-M-T1-74
DREW ARENSDORF	74	85	50	107.5	242.5	2-M-T1-74
ZACHARY BARNWELL	74	150	117.5	227.5	495	1-M-T2-74
CODY HOUSER-T3	74	227.5	155	227.5	610	1-M-T3-74

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NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
NATHAN KIMBALL-T3	74	210	135	230	575	2-M-T3-74
ZACHARY OLDAKER-T3	74	192.5	132.5	240	565	3-M-T3-74
JONATHAN CHAPA-JR	74	222.5	130	267.5	620	1-M-JR-74
ARTHUR BUI-JR	74	210	137.5	252.5	600	2-M-JR-74
TAYLOR NOX-JR	74	200	147.5	240	587.5	3-M-JR-74
KEITH SCHNEIDER-JR	74	197.5	112.5	247.5	557.5	4-M-JR-74
ROBERT IRVING-JR	74	175	137.5	237.5	550	5-M-JR-74
BILLY LUTHER	74	187.5	125	212.5	525	6-M-JR-74
JOHN SHULIK	74	167.5	127.5	215	510	7-M-JR-74
JOEY BURKE	74	182.5	112.5	215	510	8-M-JR-74
JOSEPH BLISKI	74	170	105	212.5	487.5	9-M-JR-74
MIKE CAGLIOLA	74	195	142.5	217.5	555	1-M-M1A-74
BRIAN MORRISON	74	155	125	190	470	2-M-M1A-74
JOHNNY MAY-M1B	74	192.5	162.5	215	570	1-M-M1B-74
KEITH SCISNEY	74	210	132.5	212.5	555	2-M-M1B-74
MICHAEL MACRI	74	177.5	90	200	467.5	3-M-M1B-74
GARY KAISER	74	142.5	137.5	207.5	487.5	1-M-M2A-74
BOB YAMASAKI	74	205	117.5	227.5	550	1-M-M3A-74
EDGIE WALRATH	74	90	85	125	300	2-M-M3A-74
ROBERT HUMPHREYS	74	100	0	0	0	
SAM ALDUENDA	74	140	117.5	195	452.5	1-M-M4B-74
FRANK STAMBOOLIAN, JR	74	122.5	95	152.5	370	1-M-M4B-74
TAYLOR ATWOOD	74	235	180	272.5	687.5	1-M-0-74
SCOTT SULLIVAN	74	227.5	160	262.5	650	2-M-0-74
JONATHAN CHAPA-0	74	222.5	130	267.5	620	3-M-0-74
CODY HOUSER-0	74	227.5	155	227.5	610	4-M-0-74
TIM LAMANDO	74	210	130	262.5	602.5	5-M-0-74
ARTHUR BUI-0	74	210	137.5	252.5	600	6-M-0-74
TAYLOR NOX-0	74	200	147.5	240	587.5	7-M-0-74
NATHAN KIMBALL-0	74	210	135	230	575	8-M-0-74
NIAL LUU	74	192.5	132.5	245	570	10-M-0-74
JOHNNY MAY-0	74	192.5	162.5	215	570	9-M-0-74
ZACHARY OLDAKER-0	74	192.5	132.5	240	565	11-M-0-74
KEITH SCHNEIDER-0	74	197.5	112.5	247.5	557.5	12-M-0-74
ROBERT IRVING-0	74	175	137.5	237.5	550	13-M-0-74
ALBERTO NUNEZ	74	175	125	235	535	14-M-0-74
BRIAN ASHBE	74	172.5	142.5	200	515	15-M-0-74
BRETT HOF	74	170	125	190	485	16-M-0-74
SLADE JONES	74	160	100	222.5	482.5	17-M-0-74
JONATHAN PEEBLES	74	230	165	75	470	18-M-0-74
JUSTIN COWLES	74	67.5	60	220	347.5	19-M-0-74
ANTHONY LUCAS	74	220	155	0	0	
ZACH HALLFORD -T2	83	207.5	120	210	537.5	1-M-T2-83
PATRICK HOLDEN	83	182.5	137.5	200	520	2-M-T2-83

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NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
MALIK HOLLAND	83	155	102.5	260	517.5	3-M-T2-83
JESUS APODACA CORDOVA	83	137.5	77.5	155	370	4-M-T2-83
COY JORDEN	83	217.5	145	250	612.5	1-M-T3-83
JONNIE CANDITO -JR	83	245	140	257.5	642.5	1-M-JR-83
ANDREY GREBENETSKY -JR	83	227.5	162.5	247.5	637.5	2-M-JR-83
SPENCER JOHNSON	83	207.5	157.5	242.5	607.5	3-M-JR-83
ALEX PINNOW	83	223.5	142.5	240	606	4-M-JR-83
MATTHEW GUZIK -JR	83	217.5	135	245	597.5	5-M-JR-83
TOM BUCKLES	83	192.5	132.5	250	575	6-M-JR-83
RYNE GOLESH	83	195	132.5	212.5	540	7-M-JR-83
JOSEPH FAZIO	83	165	135	205	505	8-M-JR-83
BENIGNO PAZ	83	187.5	105	210	502.5	9-M-JR-83
DAVID BEISWENGER	83	172.5	87.5	227.5	487.5	10-M-JR-83
DONAL NEAL	83	165	107.5	200	472.5	11-M-JR-83
JAMIE MCDUGAL -M1A	83	227.5	182.5	282.5	692.5	1-M-M1A-83
KEN BRAY -M1A	83	172.5	112.5	255	540	2-M-M1A-83
CHRIS CLARK -M1A	83	190	130	215	535	3-M-M1A-83
ROBERT ODOM	83	167.5	112.5	200	480	4-M-M1A-83
LADDIE GIBSON	83	212.5	175	260	647.5	1-M-M1B-83
DONOVAN THOMPSON -M1B	83	210	162.5	222.5	602.5	2-M-M1B-83
MICHAEL WILLET	83	185	130	232.5	547.5	1-M-M2A-83
RANDY HASKETT	83	132.5	95	192.5	420	2-M-M2A-83
WAYNE DAVID HERL	83	177.5	120	227.5	525	1-M-M2B-83
DANIEL SWANNIGAN	83	115	115	235	465	1-M-M3A-83
JOHN LAFLAMME	83	152.5	95	215	462.5	2-M-M3A-83
BILL CLAYTON	83	165	92.5	197.5	455	3-M-M3A-83
RAYMOND FOUIGNIER	83	120	90	185	395	1-M-M4A-83
THOMAS KALEN	83	142.5	97.5	152.5	392.5	2-M-M4A-83
JIM CUSHING-MURRAY	83	75	62.5	95	232.5	3-M-M4A-83
JOSH HYADUCK	83	262.5	182.5	277.5	722.5	1-M-0-83
ALEX TERITSKI	83	245	162.5	287.5	695	2-M-0-83
JAMIE MCDUGAL -0	83	227.5	182.5	282.5	692.5	3-M-0-83
JOHN DOWNING	83	262.5	170	260	692.5	4-M-0-83
DEREK GOVE	83	262.5	152.5	272.5	687.5	5-M-0-83
MICHAEL LONCHARICH	83	240	167.5	275	682.5	6-M-0-83
ROSS LEPPALA	83	250	182.5	250	682.5	7-M-0-83
JUSTIN BURCH	83	230	152.5	290	672.5	8-M-0-83
NICHOLAS GUTIERREZ	83	262.5	147.5	255	665	9-M-0-83
ELLIOT ROWE	83	230	160	267.5	657.5	10-M-0-83
LLOYD SUMMERS	83	215	182.5	257.5	655	11-M-0-83
JONNIE CANDITO -0	83	245	140	257.5	642.5	12-M-0-83
ANDREY GREBENETSKY -0	83	227.5	162.5	247.5	637.5	13-M-0-83
DREW THOMPSON	83	220	165	250	635	14-M-0-83
BENJAMIN ROWE	83	230	155	250	635	15-M-0-83
JORGE UNIGARRO	83	217.5	145	262.5	625	16-M-0-83

2014 USAPL RAW NATIONALS- AURORA CO, JULY 17-20						
NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
CHRISTOPHER SZEFLER	83	212.5	150	255	617.5	17-M-0-83
ELLIOT WHITE	83	212.5	145	245	602.5	17-M-0-83
DEREK GELATO	83	205	147.5	247.5	600	18-M-0-83
MATTHEW GUZIK -0	83	217.5	135	245	597.5	19-M-0-83
CHRISTOPHER AYDIN	83	217.5	152.5	225	595	20-M-0-83
DONOVAN THOMPSON -0	83	210	162.5	222.5	595	21-M-0-83
JASON KAPLAN	83	205	140	235	580	22-M-0-83
ERIC BODHORN	83	197.5	127.5	227.5	552.5	23-M-0-83
KEN BRAY -0	83	172.5	112.5	255	540	24-M-0-83
ZACH HALLFORD -0	83	207.5	120	210	537.5	25-M-0-83
ANTHONY TORSSELL	83	190	150	195	535	26-M-0-83
PHILIP WIKERSON	83	185	122.5	227.5	535	27-M-0-83
CHRIS CLARK -0	83	190	130	215	535	28-M-0-83
ADAM PALMER	83	177.5	130	225	532.5	29-M-0-83
ROBBIE O'BRIEN	83	170	110	227.5	507.5	30-M-0-83
JASON WOOD	83	175	115	192.5	482.5	31-M-0-83
MICHAEL WILLIAMS	83	162.5	110	192.5	465	32-M-0-83
CHRISTOPHER CARTER	83	167.5	102.5	192.5	462.5	33-M-0-83
TYLER SEVERNS	93	177.5	125	210	512.5	1-M-T1-93
TOM CONNELLY	93	92.5	57.5	117.5	267.5	2-M-T1-93
ASHTON ROUSKA -T2	93	252.5	157.5	287.5	697.5	1-M-T2-93
MATT KOE	93	222.5	150	242.5	615	2-M-T2-93
ADAM HAMDAN	93	242.5	147.5	225	615	3-M-T2-93
COOPER BROOKS	93	210	130	232.5	572.5	4-M-T2-93
CONOR SHEA	93	172.5	115	200	487.5	5-M-T2-93
NICHOLAS STEFFL	93	215	137.5	267.5	620	1-M-T3-93
CYLER ANDERSON	93	220	125	250	595	2-M-T3-93
AUSTIN RAMSEY	93	215	135	230	580	3-M-T3-93
BENJAMIN POWERS	93	195	125	227.5	547.5	4-M-T3-93
GAGE BUSH	93	180	142.5	222.5	545	5-M-T3-93
GARRETT BOTTESY BAILEY -JR	93	255	172.5	325	752.5	1-M-JR-93
NICHOLAS DELUCA -JR	93	250	172.5	260	682.5	2-M-JR-93
MICHAEL SOYA -JR	93	235	167.5	262.5	665	3-M-JR-93
HANI JAZAYRLI -JR	93	245	147.5	265	657.5	4-M-JR-93
SAM NEMIR	93	222.5	142.5	260	625	5-M-JR-93
ALAN BEAVERS -JR	93	200	150	250	600	6-M-JR-93
MICHAEL PARSONS	93	205	172.5	217.5	595	7-M-JR-93
DONALD BIGHAM -M1A	93	245	152.5	262.5	660	1-M-M1A-93
TROY GIBSON	93	230	177.5	275	682.5	1-M-M1B-93
CHAD REXRODE	93	227.5	162.5	252.5	642.5	2-M-M1B-93
ALVIN UEUNTEN	93	217.5	160	255	632.5	3-M-M1B-93
VIC FAZIO -M1B	93	192.5	125	220	537.5	4-M-M1B-93
THOMAS MAZZOTTA	93	160	102.5	195	457.5	5-M-M1B-93
RUSSELL CLARK	93	217.5	125	262.5	605	1-M-M2A-93

## 2014 USAPL RAW NATIONALS- AURORA CO, JULY 17-20

NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
DOUGLAS BALLARD	93	210	127.5	232.5	570	2-M-M2A-93
SCOTT ROBERTS -M2B	93	245	137.5	275	657.5	1-M-M2B-93
JEFF MONAHOS	93	202.5	140	227.5	570	2-M-M2B-93
CHUCK AKERS	93	205	125	227.5	557.5	3-M-M2B-93
JEFF PAGAN	93	185	160	195	540	4-M-M2B-93
GARY GRAHN	93	150	120	185	455	5-M-M2B-93
CLAUDE WELCOME	93	175	142.5	200	517.5	1-M-M3A-93
CHARLES GILMORE	93	132.5	117.5	220.5	470.5	2-M-M3A-93
STEVE HARMS	93	130	125	130	385	3-M-M3A-93
JIM YAKUBOVSKY	93	182.5	82.5	200	465	1-M-M3B-93
BOBBY WISCHKOWSKI	93	137.5	105	177.5	420	1-M-M4A-93
PAUL PREDECKI	93	127.5	115	175	417.5	1-M-M4B-93
TOM O'KEEFE	93	122.5	90	165	377.5	2-M-M4B-93
LAYNE NORTON	93	295	177.5	310	782.5	1-M-0-93
LS McCLAIN	93	275	207.5	290	772.5	2-M-0-93
GARRETT BOTTESY BAILEY -0	93	255	172.5	325	752.5	3-M-0-93
BRYCE LEWIS	93	247.5	185	317.5	750	4-M-0-93
KRIS HUNT	93	285	160	290	735	5-M-0-93
ANTHONY PARRELLA	93	250	172.5	300	722.5	6-M-0-93
ABE WEINS	93	235	172.5	300	707.5	7-M-0-93
NICK GAGNON	93	250	177.5	272.5	700	8-M-0-93
ASHTON ROUSKA -0	93	252.5	157.5	287.5	697.5	9-M-0-93
BRIAN MINOR	93	242.5	157.5	285	685	10-M-0-93
NICHOLAS DELUCA -0	93	250	172.5	260	682.5	11-M-0-93
MARK BRUNO	93	227.5	145	300	672.5	12-M-0-93
MICHAEL SOYA -0	93	235	167.5	262.5	665	13-M-0-93
DONALD BIGHAM -0	93	245	152.5	262.5	660	14-M-0-93
SCOTT ROBERTS -0	93	245	137.5	275	657.5	15-M-0-93
HANI JAZAYRLI -0	93	245	147.5	265	657.5	16-M-0-93
COREY JOYAL	93	245	152.5	245	642.5	17-M-0-93
FRED RUMLER	93	230	167.5	242.5	640	18-M-0-93
ALEX HANSON	93	230	127.5	280	637.5	19-M-0-93
TOMMY JANUSZ	93	215	195	227.5	637.5	20-M-0-93
DEAN JOHNSON	93	250	142.5	242.5	635	21-M-0-93
RORY TATUM	93	252.5	145	232.5	630	22-M-0-93
JEFF BRUNO	93	217.5	130	272.5	620	23-M-0-93
ALAN BEAVERS -0	93	200	150	250	600	24-M-0-93
NATHANIEL HANCOCK	93	192.5	170	235	597.5	25-M-0-93
ADRIAN MARTINEZ	93	240	130	225	595	26-M-0-93
ERIC LOHMAN	93	212.5	147.5	220	580	27-M-0-93
CHRISTIAN EVANS	93	227.5	115	230	572.5	28-M-0-93
CHAD SINGLETON	93	172.5	132.5	260	565	29-M-0-93
BEN RUDMAN	93	195	137.5	227.5	560	30-M-0-93

## 2014 USAPL RAW NATIONALS- AURORA CO, JULY 17-20

NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
RAYMOND CHARD	93	190	112.5	235	537.5	31-M-0-93
VIC FAZIO -0	93	192.5	125	220	537.5	32-M-0-93
FRANK SCOTELLO	93	175	125	202.5	502.5	33-M-0-93
CLARK KITZES	93	190	107.5	190	487.5	34-M-0-93
KURT VASQUEZ	93	140	117.5	195	452.5	35-M-0-93
JEFF VAN NATTER	93	125	0	170	0	
TONY SCHWEBACH	93	232.5	150	0	0	
SEAN REAGAN	93	0	0	227.5	0	
DAN GRESH	93	200	0	0	0	
CHARLIE DOGGETT	93	25	87.5	65	177.5	1-M-M5-93
TY HENNEN	105	235	130	242.5	607.5	1-M-T2-105
TANNER DOBRENZ	105	140	102.5	162.5	405	2-M-T2-105
PETER HUBBARD -T3	105	207.5	137.5	240	585	1-M-T3-105
BEN NELSON	105	187.5	120	210	517.5	2-M-T3-105
GREGORY JOHNSON -JR	105	282.5	160	347.5	790	1-M-JR-105
CODY MOHLENCAMP	105	277.5	172.5	255	705	2-M-JR-105
JOE LOYACONO	105	230	170	300	700	3-M-JR-105
TYLER COOK	105	210	165	272.5	647.5	4-M-JR-105
MICHAEL REICHEL	105	225	150	242.5	617.5	5-M-JR-105
WILLIAM McDONALD -JR	105	205	120	205	530	6-M-JR-105
JAY WADE -JR	105	0	175	265	0	
KEN GACK -M1A	105	247.5	180	257.5	685	1-M-M1A-105
CLINT POORE	105	220	200	230	650	2-M-M1A-105
DANNY HENRY -M1A	105	210	145	272.5	627.5	3-M-M1A-105
ALVIN FRITZ -M1B	105	245	160	247.5	652.5	1-M-M1B-105
GREG TITUS	105	210	180	250	640	2-M-M1B-105
ROY ANDREW	105	207.5	160	257.5	625	3-M-M1B-105
DAVID NIX	105	222.5	150	220	592.5	4-M-M1B-105
ENNIS WHITE	105	212.5	180	257.5	650	1-M-M2A-105
AUSTIN KEANU -M2A	105	247.5	150	227.5	625	2-M-M2A-105
MARK ROBB -M2B	105	265	147.5	275	687.5	1-M-M2B-105
DOUG CURRENCE	105	250	167.5	250	667.5	2-M-M2B-105
WARREN DICKERSON	105	172.5	142.5	257	572	3-M-M2B-105
SERGEY SHADYUN	105	210	120	190	520	4-M-M2B-105
JIM CURLEY	105	145	105	195	445	5-M-M2B-105
HAROLD LLOYD	105	210	115	0	0	
FLOYD GIVENS	105	180	120	257	557	1-M-M3A-105
AL WOOD	105	145	100	192.5	437.5	2-M-M3A-105
STAN MINGUS	105	190	160	227.5	577.5	1-M-M3B-105
BILL HELMICH	105	102.5	100	165	367.5	1-M-M4A-105
NICK TYLUTKI	105	310	187.5	325	822.5	1-M-0-105
ELI BURKS	105	272.5	182.5	345	800	2-M-0-105
JOHN RIVAS	105	277.5	202.5	312.5	792.5	3-M-0-105

2014 USAPL RAW NATIONALS- AURORA CO, JULY 17-20						
NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
GREGORY JOHNSON -0	105	282.5	160	347.5	790	4-M-0-105
WILLIAM LEBLANC	105	307.5	177.5	300	785	5-M-0-105
GARRETT BLEVINS	105	277.5	202.5	300	780	6-M-0-105
MATT NOLAN	105	265	180	315	760	7-M-0-105
JOHN NORCOTT	105	280	177.5	297.5	755	8-M-0-105
LORENZO PETERSON	105	245	182.5	317.5	745	9-M-0-105
STEVE LANDRY	105	255	182.5	307.5	745	10-M-0-105
MATTHEW ALBRIGHT	105	262.5	180	287.5	730	11-M-0-105
MICHAEL PUCCI	105	267.5	182.5	267.5	717.5	12-M-0-105
DANIEL REID	105	262.5	152.5	295	710	13-M-0-105
MARK ROBB -0	105	265	147.5	275	687.5	14-M-0-105
KEN GACK -0	105	247.5	180	257.5	685	15-M-0-105
MATTHEW OTERO	105	240	165	272.5	677.5	16-M-0-105
JOSEF SCHAFFER	105	230	205	230	665	17-M-0-105
ALVIN FRITZ -0	105	245	160	247.5	652.5	18-M-0-105
JAKE MONROE	105	225	137.5	270	632.5	19-M-0-105
MATT GARY	105	212.5	147.5	272.5	632.5	20-M-0-105
MIKE O'DONNELL	105	232.5	137.5	260	630	21-M-0-105
DANNY HENRY -0	105	210	145	272.5	627.5	22-M-0-105
AUSTIN KEANU -0	105	247.5	150	227.5	625	23-M-0-105
ALEX GOLDBERG	105	187.5	127.5	287.5	602.5	24-M-0-105
CHARLES GONZALES	105	200	140	260	600	25-M-0-105
PETER HUBBARD -0	105	207.5	137.5	240	585	26-M-0-105
WILLIAM McDONALD -0	105	205	120	205	530	27-M-0-105
CASEY JAHNS	105	217.5	0	0	0	
ANGELO MILLER	105	0	150	252.5	0	
JOSHUA PRICE	105	0	0	0	0	
JAY WADE -0	105	0	175	265	0	
VASIL GUSHTEROV	105	0	0	0	0	
CHARLES KING	105	110	125	160	395	1-M-M3A-BA-105
KYLE BACON	120	135	105	167.5	407.5	1-M-T1-120
RYAN SPIECHA	120	257.5	142.5	227.5	627.5	1-M-T2-120
JACK MALY	120	182.5	137.5	210	530	2-M-T2-120
JEFFERY SYLVESTER	120	182.5	0	0	0	
JARED GOAD	120	265	142.5	285	692.5	1-M-JR-120
SAM PARKER	120	237.5	155	280	672.5	2-M-JR-120
AARON BOULAY-JR	120	190	150	277.5	617.5	3-M-JR-120
RON LLOYD	120	250	187.5	282.5	720	1-M-M1A-120
ROBERT SCHMIDT -M1A	120	260	182.5	240	682.5	2-M-M1A-120
MICHAEL SKELTON	120	222.5	180	260	662.5	3-M-M1A-120
CHIP BECK -M1A	120	215	167.5	250	632.5	4-M-M1A-120
DARREN JACKSON	120	222.5	137.5	232.5	592.5	5-M-M1A-120

2014 USAPL RAW NATIONALS- AURORA CO, JULY 17-20						
NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
WESLEY BEACH	120	240	170	295	705	1-M-M1B-120
ANTHONY HARRIS -M2A	120	320	187.5	325	832.5	1-M-M2A-120
LANCE ROBBINS	120	205	125	240	570	2-M-M2A-120
BRETT ROBBINS	120	210	125	227.5	562.5	3-M-M2A-120
DAVID WOLF	120	182.5	130	222.5	535	1-M-M3A-120
FRANK BAJA	120	185	100	210	495	2-M-M3A-120
CRAYTON TAYLOR	120	150	107.5	235	492.5	1-M-M3B-120
RUDY STANKO	120	65	145	0	0	
MIKE TUCHSCHERER	120	340	197.5	357.5	895	1-M-0-120
JARED MARTIN	120	325	182.5	337.5	845	2-M-0-120
ANTHONY HARRIS -0	120	320	187.5	325	832.5	3-M-0-120
THAD BENEFIELD	120	290	207.5	320	817.5	4-M-0-120
ROBERT TRETIN	120	295	210	295	800	5-M-0-120
JOSEPH VISCONTI	120	230	200	272.5	702.5	6-M-0-120
KEVIN PHILLIPSON	120	232.5	187.5	275	695	7-M-0-120
ROBERT SCHMIDT -0	120	260	182.5	240	682.5	8-M-0-120
ADAM NUNNALLEE	120	235	165	270	670	9-M-0-120
MICHAEL RESCHKE	120	237.5	130	295	662.5	10-M-0-120
CHIP BECK -0	120	215	167.5	250	632.5	11-M-0-120
AARON BOULAY	120	190	150	277.5	617.5	12-M-0-120
JONATHAN IMAN	120	225	137.5	220	582.5	13-M-0-120
JOSEPH PENA -T1	120+	330	147.5	245	722.5	1-M-T1-120+
ALEX WERDA	120+	165	87.5	202.5	455	1-M-T2-120+
BILLY NUNLEY -T3	120+	215	135	235	585	1-M-T3-120+
ANDY ASKOW	120+	340	205	282.5	827.5	1-M-JR-120+
LUKE KLEIN -JR	120+	300	195	305	800	2-M-JR-120+
AUSTEN VICKERS -JR	120+	282.5	185	292.5	760	3-M-JR-120+
JEREMY MATSCHEK-JR	120+	227.5	165	237.5	630	4-M-JR-120+
ERIC HARPER -M1B	120+	310	222.5	250	782.5	1-M-M1B-120+
RANDY CAIRNS -M1B	120+	265	142.5	270	677.5	2-M-M1B-120+
CARL WERDA	120+	252.5	170	250	672.5	3-M-M1B-120+
THOMAS MONTOYA	120+	200	130	137.5	467.5	1-M-M2A-120+
CURTIS WAINWRIGHT	120+	210	150	237.5	597.5	1-M-M3B-120+
JOHN HUESTIS	120+	137.5	100	167.5	405	1-M-M4A-120+
BLAINE SUMNER	120+	400	240	335	975	1-M-0-120+
RAY WILLIAMS	120+	395	220	305	920	2-M-0-120+
MATT BALLER	120+	312.5	265.5	302.5	880.5	3-M-0-120+
WILLIAM BURRELL	120+	287.5	202.5	320	810	4-M-0-120+
LUKE KLEIN -0	120+	300	195	305	800	5-M-0-120+
ERIC HARPER -0	120+	310	222.5	250	782.5	6-M-0-120+
CHRIS RILEY	120+	290	190	300	780	7-M-0-120+
AUSTEN VICKERS -0	120+	282.5	185	292.5	760	8-M-0-120+

2014 USAPL RAW NATIONALS- AURORA CO, JULY 17-20

NAME	WT CLS	BEST SQUAT	BEST BENCH	BEST DEADLIFT	TOTAL	PL-DIV-CLS
JEREMY MATSCHEK-JR	120+	227.5	165	237.5	630	4-M-JR-120+
ERIC HARPER -M1B	120+	310	222.5	250	782.5	1-M-M1B-120+
RANDY CAIRNS -M1B	120+	265	142.5	270	677.5	2-M-M1B-120+
CARL WERDA	120+	252.5	170	250	672.5	3-M-M1B-120+
THOMAS MONTOYA	120+	200	130	137.5	467.5	1-M-M2A-120+
CURTIS WAINWRIGHT	120+	210	150	237.5	597.5	1-M-M3B-120+
JOHN HUESTIS	120+	137.5	100	167.5	405	1-M-M4A-120+
BLAINE SUMNER	120+	400	240	335	975	1-M-0-120+
RAY WILLIAMS	120+	395	220	305	920	2-M-0-120+
MATT BALLER	120+	312.5	265.5	302.5	880.5	3-M-0-120+
WILLIAM BURRELL	120+	287.5	202.5	320	810	4-M-0-120+
LUKE KLEIN -0	120+	300	195	305	800	5-M-0-120+
ERIC HARPER -0	120+	310	222.5	250	782.5	6-M-0-120+
CHRIS RILEY	120+	290	190	300	780	7-M-0-120+
AUSTEN VICKERS -0	120+	282.5	185	292.5	760	8-M-0-120+
SCOTT GARDNER	120+	250	192.5	292.5	735	9-M-0-120+
JOSEPH PENA -0	120+	330	147.5	245	722.5	10-M-0-120+
RANDY CAIRNS -0	120+	265	142.5	270	677.5	11-M-0-120+
JAMES FREEMAN	120+	235	142.5	265	642.5	12-M-0-120+
JEREMY MATSCHEK-0	120+	227.5	175	237.5	640	13-M-0-120+
JOE HANSON	120+	187.5	170	230	587.5	15-M-0-120+
BILLY NUNLEY -0	120+	215	135	235	585	16-M-0-120+



WABDL Nat'l BP and DL, Portland OR, July 19, 2014

Name	Event	Ply	Division	Wt. Class	Best Lift	4th
Barry Kunkel	DL	SINGLE	Class 1 Men	165	534.5	
Dylan Kuehl	DL	SINGLE	Class 1 Men	181	341.5	
Nicholas Cole	DL	SINGLE	Class 1 Men	198	523.5	
Steven Pontius	DL	SINGLE	Class 1 Men	198	462.7	
Daniel Libre	DL	SINGLE	Class 1 Men	220	655.7	
Ira Kekaulua	DL	SINGLE	Class 1 Men	259	661.2	673.3
Matthew Ross	DL	SINGLE	Disabled 1 Men 20-39	220	437.4	
Michelle Barclay	DL	SINGLE	Disabled 2 Women 40-59	132	225.7	
Diana Sutton	DL	SINGLE	Disabled 2 Women 40-59	132	165.2	
Zachary Marquez	DL	SINGLE	Junior Men 20-25	198	479.5	
Kyle Hite	DL	SINGLE	Junior Men 20-25	275	567.5	
Kirsten Shockman	DL	SINGLE	Junior Women 20-25	198	336.0	
Bill Splawn	DL	SINGLE	Law-Fire 40-47 Men	259	534.5	545.5
James Combs	DL	SINGLE	Law-Fire 48-55 Men	220	402.2	
Richard Daniel Better	DL	SINGLE	Law-Fire 56-63 Men	308	512.5	
Jon Wolbers	DL	SINGLE	Law-Fire 64 Men	198	540.0	551.0
Alisha Howard	DL	SINGLE	Law-Fire Open Women	181	424.2	435.2
Randy Wells	DL	SINGLE	Law-Fire Submaster Men	220	462.7	
Paul Diaz	DL	SINGLE	Master Men 40-46	275	523.5	
Joe Fernandez	DL	SINGLE	Master Men 47-53	275	644.7	
William Pontius	DL	SINGLE	Master Men 47-53	275	501.5	
Alfredo Evangelista	DL	SINGLE	Master Men 54-60	148	462.7	
Joe Mickelson	DL	SINGLE	Master Men 54-60	308	551.0	
Terry Henderson	DL	SINGLE	Master Men 61-67	165	563.1	
Lynn Forbes	DL	SINGLE	Master Men 68-74	148	325.0	
Michelle Barclay	DL	SINGLE	Master Women 40-46	132	225.7	
Jeanne Morris	DL	SINGLE	Master Women 54-60	123	214.7	
Margie Huston	DL	SINGLE	Master Women 54-60	181	341.5	
Alfredo Evangelista	DL	SINGLE	Open Men	148	462.7	
Omar Antila	DL	SINGLE	Open Men	242	661.2	
Travis Mc Cormick	DL	SINGLE	Open Men	242	755.0	
John Anthony	DL	SINGLE	Open Men	242	650.2	
Joe Fernandez	DL	SINGLE	Open Men	275	644.7	
Joe Mickelson	DL	SINGLE	Open Men	308	551.0	
Kay Kadoun	DL	SINGLE	Open Women	SUPER	264.5	
Dylan Kuehl	DL	SINGLE	Special Olympian Men	181	341.5	
Barry Kunkel	DL	SINGLE	Submaster Men 33-39	165	534.5	
Omar Antila	DL	SINGLE	Submaster Men 33-39	242	661.2	
Travis Mc Cormick	DL	SINGLE	Submaster Men 33-39	242	755.0	
Alisha Howard	DL	SINGLE	Submaster Women	181	424.2	435.2
Mason Nakamura	DL	SINGLE	Teen Men 14-15	132	398.9	
Matthew Coloma	DL	SINGLE	Teen Men 18-19	165	501.5	
Eli Huizar Zuniga	BP	DOUBLE	Class 1 Men	148	275.5	286.5
Barry Kunkel	BP	SINGLE	Class 1 Men	165	0.0	
Shawn Oliphant	BP	SINGLE	Class 1 Men	181	0.0	
Dylan Kuehl	BP	SINGLE	Class 1 Men	181	292.0	
Michael Diaz	BP	SINGLE	Class 1 Men	198	413.2	
Alonzo Belen	BP	SINGLE	Class 1 Men	198	402.2	
Nicholas Cole	BP	SINGLE	Class 1 Men	198	347.0	
George Merrill	BP	SINGLE	Class 1 Men	220	0.0	
Michael Emery	BP	SINGLE	Class 1 Men	220	352.5	
Daniel Libre	BP	SINGLE	Class 1 Men	220	391.2	
Dale York	BP	SINGLE	Class 1 Men	242	0.0	
Shayne Unea	BP	SINGLE	Class 1 Men	242	479.5	513.6
Matthew Ross	BP	SINGLE	Disabled 1 Men 20-39	220	259.0	

WABDL Nat'l BP and DL, Portland OR, July 19, 2014						
Name	Event	Ply	Division	Wt. Class	Best Lift	4th
J. C. Smith	BP	SINGLE	Disabled 1 Men 20-39	308	253.5	
Art Halgren	BP	SINGLE	Disabled 1 Men 60	198	132.2	
Dylan Kuehl	BP	SINGLE	Disabled 2 Men 20-39	181	292.0	
Travis Belen	BP	SINGLE	Junior Men 20-25	181	396.7	
Zachary Marquez	BP	SINGLE	Junior Men 20-25	198	347.0	
Tyler Troutman	BP	SINGLE	Junior Men 20-25	198	374.7	
Kirsten Shockman	BP	SINGLE	Junior Women 20-25	198	137.7	
Bill Splawn	BP	SINGLE	Law-Fire 40-47 Men	259	385.7	
James Combs	BP	SINGLE	Law-Fire 48-55 Men	220	337.1	341.5
Jeff Holloway	BP	DOUBLE	Law-Fire 56-63 Men	220	286.5	
Don Bryant	BP	SINGLE	Law-Fire 56-63 Men	275	297.5	
Richard Daniel Better	BP	SINGLE	Law-Fire 56-63 Men	308	374.7	
Jon Wolbers	BP	SINGLE	Law-Fire 64 Men	198	347.0	358.0
Eli Huizar Zuniga	BP	DOUBLE	Law-Fire Open Men	148	275.5	286.5
Alisha Howard	BP	SINGLE	Law-Fire Open Women	181	292.0	
Randy Wells	BP	SINGLE	Law-Fire Submaster Men	220	391.2	
Shawn Oliphant	BP	SINGLE	Master Men 40-46	181	0.0	
Valentino Plummer	BP	SINGLE	Master Men 40-46	181	534.5	
Gustavo Warrington	BP	SINGLE	Master Men 40-46	242	705.2	
Sam Aumavae	BP	SINGLE	Master Men 40-46	SUPER	804.5	826.5
Alonzo Belen	BP	SINGLE	Master Men 47-53	198	402.2	
Eric Georgeon	BP	SINGLE	Master Men 47-53	198	319.5	
George Merrill	BP	SINGLE	Master Men 47-53	220	0.0	
Dave Shockman	BP	SINGLE	Master Men 47-53	220	369.2	
Eddie Aleaga	BP	SINGLE	Master Men 47-53	SUPER	0.0	
Alfredo Evangelista	BP	DOUBLE	Master Men 54-60	148	0.0	
James Spainhower	BP	SINGLE	Master Men 54-60	220	341.5	
Ed Macauley	BP	SINGLE	Master Men 54-60	242	562.0	
Willard Crossen Jr.	BP	SINGLE	Master Men 54-60	275	683.2	
Joe Mickelson	BP	SINGLE	Master Men 54-60	308	496.0	
Joe Beteta	BP	SINGLE	Master Men 68-74	198	0.0	
Robert White	BP	SINGLE	Master Men 68-74	220	314.0	326.1
Dick Gibson	BP	SINGLE	Master Men 85-89	165	132.2	
Nixon Munly	BP	SINGLE	Master Men 85-89	181	137.7	
Patricia Beasock	BP	DOUBLE	Master Women 40-46	181	163.0	170.5
Andrea Macauley	BP	SINGLE	Master Women 47-53	165	121.2	
Cindy Shockman	BP	SINGLE	Master Women 47-53	181	314.0	
Linda Gerking	BP	DOUBLE	Master Women 47-53	220	209.2	
Pat Robey	BP	DOUBLE	Master Women 68-74	181	214.7	
Alfredo Evangelista	BP	DOUBLE	Open Men	148	0.0	
Willard Crossen III	BP	SINGLE	Open Men	165	473.7	
Michael Diaz	BP	SINGLE	Open Men	198	413.2	
Gustavo Warrington	BP	SINGLE	Open Men	242	705.2	
Willard Crossen Jr.	BP	SINGLE	Open Men	275	688.7	
Joe Mickelson	BP	SINGLE	Open Men	308	496.0	
Eddie Aleaga	BP	SINGLE	Open Men	SUPER	0.0	
Christie Luehrs	BP	SINGLE	Open Women	132	265.6	275.5
Cindy Shockman	BP	SINGLE	Open Women	181	314.0	
Mary Denning	BP	DOUBLE	Open Women	198	253.5	283.2
Willard Crossen III	BP	SINGLE	Submaster Men 33-39	165	473.7	
Justis Berg	BP	SINGLE	Submaster Men 33-39	242	319.5	
J. C. Smith	BP	SINGLE	Submaster Men 33-39	308	253.5	
Christie Luehrs	BP	SINGLE	Submaster Women	132	265.6	275.5
Alisha Howard	BP	SINGLE	Submaster Women	181	292.0	
Ethan Chun	BP	SINGLE	Teen Men 12-13	181	204.8	
Brennan Baccay	BP	SINGLE	Teen Men 16-17	132	260.1	
Miranda Williamson	BP	SINGLE	Teen Women 14-15	165	167.4	176.2

WABDL Sonny's 10th Annual Push Pull, Honolulu HI, July 13						
Name	Event	Ply	Division	BDWT	Best Lift	4th
Ronie Martinez	BP	Single	Class 1 Men	165	314.0	
Robert Hutchens	BP	Single	Class 1 Men	165	253.5	
Russell Acantilado	BP	Single	Class 1 Men	181	391.3	
Paul Chinen	BP	Single	Class 1 Men	181	396.7	
Jason Kaneao	BP	Single	Class 1 Men	198	374.7	
Kamu Lyman	BP	Single	Class 1 Men	198	352.5	
Brent Gapusan	BP	Single	Class 1 Men	220	363.7	
Arnel Ulep Sibucan	BP	Single	Class 1 Men	220	0.0	
Nicholas Montibon	BP	Single	Class 1 Men	220	490.5	
Robert Aiu	BP	Single	Class 1 Men	220	0.0	
Lance Matayoshi	BP	Single	Class 1 Men	242	0.0	
Stender Makai Kamakeeaina	BP	Single	Class 1 Men	259	402.2	
Austen Antolin	BP	Single	Class 1 Men	308	529.0	
Kauka Lindsey	BP	Single	Class 1 Men	308	457.2	
Kerwin Unten	BP	Single	Elite Open Men	148	534.5	
Donald Ramil, Jr	BP	Single	Elite Open Men	148	485.0	
Kekoa K. Pasion-Almeida	BP	Single	Junior Men 20-25	148	473.7	
Jordan Arellano	BP	Single	Junior Men 20-25	148	0.0	
Leonard Chong	BP	Single	Junior Men 20-25	198	556.5	
Adam Foster	BP	Single	Junior Men 20-25	220	545.5	562.0
Josiah Moye	BP	Single	Junior Men 20-25	220	314.0	
Daniel Yaden	BP	Single	Junior Men 20-25	275	468.2	
Sarah Shotwell	BP	Single	Junior Women	181	126.7	
Scottie Namuo	BP	Single	Law-Fire 48-55 Men	242	418.7	
Jay Shimabuku	BP	Single	Law-Fire 56-63 Men	181	457.2	
Hiram Kaikaina, III	BP	Double	Law-Fire Open Men	308	611.7	
Jonathan J. Koma	BP	Single	Law-Fire Open Men	SHW	618.3	
Chad Bertelmann	BP	Single	Law-Fire Submaster Men	220	645.8	
Hiram Kaikaina, III	BP	Double	Law-Fire Submaster Men	308	611.7	
Donald Ramil, Jr	BP	Single	Master Men 40-46	148	485.0	
Kerwin Unten	BP	Single	Master Men 40-46	148	534.5	
Daniel Suzuki	BP	Single	Master Men 40-46	181	512.5	
Jason Kaneao	BP	Single	Master Men 40-46	198	374.7	
Jason Roberts	BP	Single	Master Men 40-46	198	308.5	
James Kelly	BP	Single	Master Men 40-46	242	0.0	
George Leota	BP	Single	Master Men 40-46	308	655.7	
Jonathan J. Koma	BP	Single	Master Men 40-46	SHW	618.3	
Mark Masuda	BP	Single	Master Men 47-53	148	0.0	
Kaipo Perez	BP	Double	Master Men 47-53	165	353.6	
Rey Corpuz	BP	Single	Master Men 47-53	165	0.0	
Paul Chinen	BP	Single	Master Men 47-53	181	396.7	
Kaleo Perez	BP	Double	Master Men 47-53	198	347.0	
Keith Daniels	BP	Single	Master Men 47-53	198	540.0	
Neal Caballero	BP	Single	Master Men 47-53	220	0.0	
Alvin K. Foster, Sr.	BP	Single	Master Men 47-53	242	0.0	
Gary Shim	BP	Double	Master Men 47-53	SHW	661.2	
Dale Yoshizu	BP	Single	Master Men 54-60	123	187.2	
Jay Shimabuku	BP	Single	Master Men 54-60	181	457.2	
Dean Furukawa	BP	Single	Master Men 54-60	198	418.7	
Edward Price	BP	Single	Master Men 54-60	220	359.0	
James Mersberg	BP	Single	Master Men 54-60	SHW	706.3	
Raymond Katayama	BP	Single	Master Men 68-74	165	137.7	
Arnold Perez	BP	Double	Master Men 68-74	181	220.2	
Moses K. Timbal	BP	Single	Master Men 68-74	181	242.5	253.5
William Coleman	BP	Single	Master Men 68-74	242	209.2	221.3

WABDL Sonny's 10th Annual Push Pull, Honolulu HI, July 13						
Name	Event	Ply	Division	BDWT	Best Lift	4th
William Coleman	BP	Single	Master Men 68-74	242	209.2	221.3
Gee-Sing Goo	BP	Single	Master Men 75-79	123	77.0	
Charles Vause	BP	Single	Master Men 80-84	165	165.2	
Debbie McLean	BP	Single	Master Women 47-53	105	165.2	
Martha Mata Godinez-Shim	BP	Double	Master Women 47-53	114	143.2	
Shellie Note-Gressard	BP	Single	Master Women 47-53	132	104.5	
Eisonia Peters	BP	Single	Master Women 47-53	148	93.5	
Susan Johnson	BP	Single	Master Women 47-53	198	132.2	
Tunya U. Sytsma	BP	Single	Master Women 47-53	SHW	225.7	
Susan L. Arnett	BP	Single	Master Women 61-67	220	137.7	
Daniel Suzuki	BP	Single	Open Men	181	518.0	
Sadao Ross Narikiyo	BP	Single	Open Men	198	0.0	
Chad Bertelmann	BP	Single	Open Men	220	645.8	
James Kelly	BP	Single	Open Men	242	0.0	
George Leota	BP	Single	Open Men	308	0.0	
Gary Shim	BP	Double	Open Men	SHW	661.2	
Darren Eisaga	BP	Single	Open Men	SHW	722.0	
James Mersberg	BP	Single	Open Men	SHW	706.3	
Martha Mata Godinez-Shim	BP	Double	Open Women	114	143.2	
Shellie Note-Gressard	BP	Single	Open Women	132	104.5	
Jennifer Scott	BP	Single	Open Women	132	165.2	
Kandice Kinney	BP	Single	Open Women	148	0.0	
Pristeen Perreira	BP	Single	Open Women	165	126.7	
Caylen Gapusan	BP	Single	Open Women	198	187.2	
Susan Johnson	BP	Single	Open Women	198	132.2	
Maria Mersberg	BP	Single	Open Women	220	314.0	
Kincaid Antolin	BP	Single	Submaster Men	242	496.0	
Charles Mark Scott	BP	Single	Submaster Men	259	281.0	
Austen Antolin	BP	Single	Submaster Men	308	529.0	
Darren Eisaga	BP	Single	Submaster Men	SHW	722.0	
Pristeen Perreira	BP	Single	Submaster Women	165	126.7	
Kaison Uehara	BP	Single	Teenage Men 12-13	97	123.4	
Cyrus Jumalon	BP	Single	Teenage Men 12-13	105	0.0	
Skylar Akina	BP	Single	Teenage Men 14-15	123	260.1	264.5
Drayden-Steele Kawewehi	BP	Single	Teenage Men 14-15	165	214.7	
Kaenan Kaono	BP	Single	Teenage Men 14-15	198	170.7	
Treytan Kobayashi	BP	Single	Teenage Men 18-19	114	275.5	
Jallel Fabro	BP	Single	Teenage Men 18-19	123	297.5	336.0
William Lumayas	BP	Single	Teenage Men 18-19	148	402.2	413.2
Darrin Fernandez	BP	Single	Teenage Men 18-19	165	225.7	
Jonathan Carroll	BP	Single	Teenage Men 18-19	220	336.0	
Chevelle Bertelmann	BP	Single	Teenage Women 14-15	114	100.1	
Gerika Kaaua-Acorda	BP	Single	Teenage Women 18-19	220	231.2	248.0
Jonathan Iloreta	DL	Single	Class 1 Men	148	490.5	
Dustin Zuniga	DL	Single	Class 1 Men	148	479.5	510.8
Kellen Mira	DL	Single	Class 1 Men	165	518.0	
Manuel C. Ramirez	DL	Single	Class 1 Men	165	479.5	
Robert W. Hutchens	DL	Single	Class 1 Men	165	435.2	
Dexter Gumboc	DL	Single	Class 1 Men	198	523.5	
Kyle Sugi	DL	Single	Class 1 Men	198	622.7	
Amel Ulep Sibucac	DL	Single	Class 1 Men	220	501.5	
James Smith	DL	Single	Class 1 Men	242	600.7	
Sean Gutekanst	DL	Single	Class 1 Men	242	644.7	
Gabriel Balboa	DL	Single	Class 1 Men	259	640.3	655.7
Bradley Waiki	DL	Single	Class 1 Men	259	617.2	
Austen Antolin	DL	Single	Class 1 Men	308	584.0	
Jacob Valmoja	DL	Single	Junior Men 20-25	132	518.0	

WABDL Sonny's 10th Annual Push Pull, Honolulu HI, July 13						
Name	Event	Ply	Division	BDWT	Best Lift	4th
Kellen Mira	DL	Single	Junior Men 20-25	165	518.0	
Jasten Pascual	DL	Single	Junior Men 20-25	165	490.5	
Kyle Sugi	DL	Single	Junior Men 20-25	198	622.7	
Rance Baildoy	DL	Single	Junior Men 20-25	198	573.0	
Josiah Moye	DL	Single	Junior Men 20-25	220	534.5	
Jacob Barit	DL	Single	Junior Men 20-25	242	501.5	
Gabriel Balboa	DL	Single	Junior Men 20-25	259	640.3	655.8
Bradley Waiki	DL	Single	Junior Men 20-25	259	617.2	
Ashley Carillo	DL	Single	Junior Women	132	380.2	
Sarah Shotwell	DL	Single	Junior Women	181	281.0	
Davey Silva	DL	Single	Law-Fire Submaster Men	220	662.3	
Jason Roberts	DL	Single	Master Men 40-46	198	435.2	
James C. Valmoja	DL	Single	Master Men 47-53	132	457.2	
Rey Corpuz	DL	Single	Master Men 47-53	165	374.7	
Kaipo Perez	DL	Single	Master Men 47-53	165	325.0	
David Georges	DL	Single	Master Men 47-53	181	507.0	
Roland Kalani Palama	DL	Single	Master Men 47-53	275	551.0	578.5
Dean Kaneshiro	DL	Single	Master Men 54-60	148	529.0	
Eugene Kawamata	DL	Single	Master Men 68-74	132	243.6	253.5
Ken Shiroma	DL	Single	Master Men 68-74	148	248.0	
Moses K. Timbal	DL	Single	Master Men 68-74	181	435.2	
William Coleman	DL	Single	Master Men 68-74	242	297.5	315.1
Gee-Sing Goo	DL	Single	Master Men 75-79	123	165.2	176.2
Elizabeth Cabe	DL	Single	Master Women 40-46	105	336.0	
Marla McElroy	DL	Single	Master Women 40-46	123	292.0	
Siu Whitehead	DL	Single	Master Women 47-53	114	305.2	
Martha Mata Godinez-Shim	DL	Single	Master Women 47-53	114	286.5	
Dana Shim-Palama	DL	Single	Master Women 47-53	114	264.5	
Shellie Note-Gressard	DL	Single	Master Women 47-53	132	259.0	
Eisonia Peters	DL	Single	Master Women 47-53	148	214.7	
Susan Johnson	DL	Single	Master Women 47-53	198	303.0	
Jacob Valmoja	DL	Single	Open Men	132	518.0	
Branon Uyeda	DL	Single	Open Men	148	0.0	
Edwin Manmano	DL	Single	Open Men	165	688.7	717.4
Blake Parado	DL	Single	Open Men	165	479.5	
Romar Lagamo	DL	Single	Open Men	198	749.5	
Sean Gutekanst	DL	Single	Open Men	242	644.7	
Damon Tulsa Uyeda	DL	Single	Open Men	259	584.0	
Elizabeth Cabe	DL	Single	Open Women	105	336.0	
Siu Whitehead	DL	Single	Open Women	114	305.2	
Martha Mata Godinez-Shim	DL	Single	Open Women	114	286.5	
Dana Shim-Palama	DL	Single	Open Women	114	264.5	
Jennifer Scott	DL	Single	Open Women	132	314.0	336.0
Shellie Note-Gressard	DL	Single	Open Women	132	259.0	
Pristeen Perreira	DL	Single	Open Women	165	330.5	
Susan Johnson	DL	Single	Open Women	198	303.0	
Maria Mersberg	DL	Single	Open Women	220	404.4	
Anthony Aika Low	DL	Single	Submaster Men 33-39	165	606.2	619.4
Romar Lagamo	DL	Single	Submaster Men 33-39	198	749.5	
Kincaid Antolin	DL	Single	Submaster Men 33-39	242	585.1	600.7
Justin H. Phillips	DL	Single	Submaster Men 33-39	259	552.1	573.0
Charles Mark Scott	DL	Single	Submaster Men 33-39	259	507.0	523.5
Austen Antolin	DL	Single	Submaster Men 33-39	308	584.0	
Pristeen Perreira	DL	Single	Submaster Women	165	330.5	
Aya Kwong	DL	Single	Submaster Women	165	275.5	
Kaison Uehara	DL	Single	Teen Men 12-13	97	242.5	
Cyrus Jumalon	DL	Single	Teen Men 12-13	105	256.8	264.5

WABDL Sonny's 10th Annual Push Pull, Honolulu HI, July 13

Name	Event	Ply	Division	BDWT	Best Lift	4th
Hunter Guerrero	DL	Single	Teen Men 12-13	181	236.7	275.5
Antonio Okamoto	DL	Single	Teen Men 14-15	148	303.0	
Odin Mersberg	DL	Single	Teen Men 14-15	165	367.0	
Drayden-Steele Kawewehi	DL	Single	Teen Men 14-15	165	303.0	
Kaenan Kaono	DL	Single	Teen Men 14-15	198	319.5	
Monty Payne	DL	Single	Teen Men 14-15	242	479.5	
Angus K. Mersberg	DL	Single	Teen Men 14-15	SHW	501.5	509.2
Darrin Fernandez	DL	Single	Teen Men 18-19	165	501.5	
Jonathan Carroll	DL	Single	Teen Men 18-19	220	407.7	
Brooke Whitehead	DL	Single	Teen Women 12-13	148	220.2	231.2
Kaila Hew Len	DL	Single	Teen Women 18-19	114	304.1	
Ciara Balidoy	DL	Single	Teen Women 18-19	132	319.5	341.5



An advertisement graphic with a background of an American flag. In the foreground, there are several black weight plates. One plate is clearly marked "204 KGS". Overlaid on the image is the text "Join the Ranks!" in white with a black outline. Below that, "Powerlifting Watch.com" is written in a large, stylized, red-to-white gradient font. At the bottom, "Powerlifting Watch Lifter Rankings" is written in white with a black outline.





# USAPL MEN'S NATIONALS, JUNE 19, 2014, PHILADELPHIA, PA

## As told by Preston Sumner

**The USAPL Men's** Powerlifting Championships were held in Philadelphia, PA June 19th-22nd. The only new Open record established was Ian Bell's 821 lb deadlift at a bodyweight of 205 lbs. Ian's pull was also an unofficial IPF World record (IPF World records can only be set in international competitions). The Championship's Outstanding Lifter was Super heavyweight Joe Cappelino who turned in a Wilks total of 614.5 on a 9 for 9 performance.

In the 59kg class Chris Tran took gold while Doc Holloway was the 66kg class champion. The 74kg class saw Tony Walton move from 2nd place behind Aaron Phillips after benches into first after his first deadlift which turned out to be his only successful pull. Maliek Derstine won the 83kg easily after Knute Douglas bombed in the squat and was also credited with

the third highest Wilks total behind Cappelino and Bell. Charlie Conner led Bell by 40 kg going into the deadlift but Ian's opening deadlift laid to rest any question about the eventual champion.

The 105kg class provided the most excitement as 3 lifters were in contention for the gold through their last deadlift. Mike Mastrean held the lead after benches but was trailed by Gregory Levi Johnson and Erik Kasabuske, both of whom are strong deadlifters. After Mastrean successfully pulled his 3rd deadlift of 310kg, Kasabuske called for 342.5 to match Mastrean's total and give him the win on lower bodyweight. Kasabuske did not make the lift and Johnson called for 385kg to tie Mastrean and win on lower bodyweight. He also failed to make the lift and Mastrean did indeed take the gold.

Nick Weite and Steve Mann had a close battle

in the squat at 120kg. Mann came out on top with a 402.5kg lift to Weite's 400kg. Mann also bested Weite in the bench bringing him to a 700kg subtotal compared to 672.5. However, after their first deadlift attempts Weite more than erased that lead and pretty much had gold wrapped up.

The super heavyweight class arguably boasts America's top two lifters based on Wilks totals. However, for the second year in a row Joe Cappelino won the class when Blaine Sumner failed to get a squat passed on depth. Cappelino's 9 for 9 performance earned him the meet's Outstanding Lifter award.

The weight class champions will make up the US World Team that will compete at the 2014 IPF World Championships in Denver, CO November 2-8.

Meet results are not posted as they were unofficial. **PLT**



# UPDATES on current and previous interviewees.

A lot of lifters post on [www.powerliftingwatch.com](http://www.powerliftingwatch.com) or Facebook when they've had a new PR or great meet, but not everyone does. This will be their "old school" results board.

**BLAINE SUMNER** – At IPF Nationals June 19-22 he bombed with 1025 3 times for depth, got 805 bench and 761 deadlift (missed 827 on both). This was single ply. July 20 USAPL Raw Nationals Blaine got 882 squat (sleeves only), 529 bench and 738 deadlift.

**BIG IRON COMPOUND CREW** – UPA Battle on the Mississippi July 20.

**JAKE HEAD** - 1003-633-600 / 275 multi ply.

**ZACH HENSON** - 804-473-683 / 198 multi ply

**DENNIS HENSON** -523-314-429/ 220 multi ply

**TINA REDDING** - 325-159-319/148 raw

**CAITLIN SULLIVAN** - 347-187-336/ 165 raw

**RITA CARLSON** - 402-137-363 multi ply

**JIM GRANDICK** got 1008 squat but bombed in bench, **JUSTIN REDDING** got a 970 squat but bombed in bench, **DUSTIN SLEPICKA** got 970 squat but bombed in bench and **DANNY THURMAN** got 640 squat but also bombed in bench.

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