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ON THE COVER

Ron Garofalo: world class lifter and inspirational trainer.



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From The Editor

The answer to the cover question is: BECAUSE HE CAN! Yes, a new PR at 54 years old! When I hear that a good lifter is "retiring" from the sport of powerlifting in their 40's or 50's I think, "Are you nuts?". Unless you're seriously injured you can keep making progress in this sport even as you get older. Garofalo and his crew are proving it, along

with Sean Finegan who regularly benches over 600 in a single ply shirt at 65 years of age. You can get divorced, get outsourced, have all kinds of things go wrong in your life and yet continue to advance in something and feel great about it into your 70's. Most humans on this planet will never know the joy of training and strength increase through effort and hard work like we do and it just seems like a shame to not do it until you just can't do it anymore, regardless of age!



Two lifters that are also making big progress are interviewed – Brandon "C4" Cass and Jon McDonald. Both compete raw and pull north of 800, along with being very good in squat and bench also. Look for big totals from both of them in 2015!

"Worlds Season" is over and we've got summaries of several in this issue. The stragglers will be in next issue, but there's a World meet starting at the end of October and going every week in November! I asked meet directors to do a quick writeup of their World meet and the best way to see all the results is to go to each federation's website or www.powerliftingwatch.com.

I like competing in single ply gear and have for 34 years, but it's hard to explain gear to the general public. Tim Henriques offers his well written opinion of why he thinks gear has got to go. Even if you're a geared lifter this article will make you think.

After Worlds, you may be experiencing "post-meet blues". Tina Redding has written a great article about that issue and Gary Gertner writes about mental toughness, something we'll all need in the new year.

Deb Kesper tells of her mental toughness – losing over half her bodyweight and increasing her powerlifts at the same time. Many of us could stand to lose some weight and there is wisdom and great advice in this interview.

Enjoy yourselves and heal up while preparing for a great 2015!

Jim Curley,
Editor In Chief

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 World or high level invitational meet results in the magazine, please think "summary" with lots of pictures of the biggest lifts at the meet. The database of meet results is not as important as a good story of the meet. For example, if a World meet has 600-800 lifters this might take half the magazine to print and we just can't do it and stay true to the emphasis on content. Think highlights, big lifts, platform battles....many lifters can't be mentioned due to lack of space and just general interest. Federations compete for lifters, so make the story of your World meet interesting and lifters will want to compete in your federation. The actual meet result tables can be included in a link at the end of the article, or go to www.powerliftingwatch.com.

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TIM HENRIQUES
Director, NPTI VA/MD/DC

<http://PLTMAG.allaboutpowerlifting.com>

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341 DEADLIFT

SQUAT PRESS PULL

**“BIG MIKE” WHITIES
COMPETES IN ALL THREE
LIFTS WITH JUST ONE ARM!**

BY JIM CURLEY

That’s his Facebook name and he’s a powerlifter. All of us are unique and have our own styles of doing the lifts, but “Big Mike” competes in all three lifts with just one arm! You may have seen him on Facebook or Instagram and his lifts are nothing short of amazing. He agreed to do an interview, so let’s find out more about him.

How old are you and what do you do for a living?

I’m 39 years old and I’m a Senior Systems Administrator for the State of Mississippi.

How long have you been a powerlifter?

I’ve been powerlifting for just over a year, training in a gym for three years.

How long have you had one arm and what on earth motivated you to start powerlifting?

I lost my arm in 1990 while working on a defective machine. It grabbed my arm and twisted it off about 4 inches below the shoulder. I was living with my father at the time and they asked him if they should re-attach it. He thought since there would be no blood flow or nerve restoration it would just be dead weight hanging there, and that was probably the best choice. I did get a prosthetic arm, but that was three years after I lost the arm, so it was actually more of a nuisance than anything. I returned it to the company that fitted me with it.

When I met my wife I wanted to start scuba diving or learning how to ride a motorcycle, so she suggested scuba diving! I got my certificate but found that scuba diving was very expensive. I started going to a gym to get in shape for diving and it was \$20 a month, besides being very enjoyable. I had known about powerlifting since I was twelve years old and thought, “Why not try it?”. I won a free seminar to a “Starting Strength” seminar and was doing quasi-bodybuilding, but I had discovered the Manta Ray, which helped keep the bar on my neck. I was going to enter my first meet but learned that the rules wouldn’t allow the Manta Ray; I chucked that Manta Ray and started training with a straight bar, 225 pounds.

So you started competing a little over a year ago and you’ve been in three meets. What are your best lifts to date? You’re a raw lifter, just a singlet and knee sleeves.

I’ve done a USAPL, and APA and another USAPL meet. At 340, 6’6”, my best squat is a 534, best bench is 143 and best deadlift is 341.

Tell me how you keep over 500 pounds on your back and keep the bar even on your back while squatting deep.

My right trapezius is bigger than my left but I balance it more on the right than the left. I focus on form over anything else. For deadlift I grab the bar in the middle and pull my shoulder and back to the left.

How the heck do you bench 143 one handed?

It's like I'm doing a close grip bench but I don't have much pec or shoulder strength. My right leg is out a little to act like kind of a bridge. My grip is in the middle of the bar for balance, but the bench is my hardest lift.

Are you enjoying powerlifting?

Man, I'm so glad I started lifting! My goal when I turn 40 is to squat 600 in a singlet and sleeves, no wraps and I'm sure I can do it.

What would be your situation if you had been competing and got in the accident that took your arm? Would you have rehabbed, got used to it and come back to powerlifting?

I think so. I'd be a lot stronger than I am now because I'd have a better base.

How do you train bench?

I just use the barbell. A lot of people have recommended I try dumbbells for overload but I'd rather use the barbell and acclimate with that because that's what you use in the meet.

What does your wife think of your powerlifting?

She thinks I'm crazy and she's worried I'll hurt myself, but anyone can hurt themselves doing most anything!

You're getting popular on social media as an inspiration to lifters everywhere.

I want to be inspiring and motivating, but not used to bring others down. By example, if someone sends my video to one of their friends saying something like "What's your excuse for not training?"; I don't want to be the guy that makes them feel bad.

Yeah, you're just another powerlifter like everyone else but with a slight twist! You have bad days when you don't want to be in the gym or have life's burdens weighing on you, but you train anyway.

If this inspires people to train harder then I'm all for it. Eventually I'd like to get into motivational speaking but I'm still learning how to do that.

What would you like to say to all the readers of this magazine and powerlifters everywhere?

The main thing is get that form down on every lift. Technique is key! If you have a bad workout, don't worry about it, there's always tomorrow. Have fun with this sport and enjoy it.

I think Mike could give a great motivational speech right

now. Friend him on Facebook (Squat Press Pull) and if you've got something coming up, contact him that way. PLT



Get Mental. Get mentally tougher.
PRODUCE GREATER RESULTS!

This may surprise you, but the most important element in the quest to be a top-performing athlete or strength athlete is not the practicing or the competition. The most important part of becoming a top performing athlete is developing the right mindset – or what Gus Rethwisch likes to call The “IT” Factor. The “IT” Factor is basically focus, drive, determination, fortitude, or mental focus. It is the burning fire that consumes within, that makes you a formidable foe. It is your mind creating awe-inspiring feats and accomplishments. “True strength comes from within”. That is the secret of top athletes. The lust they have to win, to be the best and train with a vengeance, letting no obstacle whatsoever stand in their way.

The mind is the most powerful tool you have. It creates both your desires and accomplishments as a strength athlete. It is the difference between having a very good total to having a great one. You are only as strong as your mind. There are no limits. A strong mental outlook doesn't limit a strength athlete in his/her training or competitions. Our actions and results prove to ourselves our inner abilities; we only need to put out the effort and believe in ourselves. Forget the poison and the naysayers and don't let them obstruct your dreams and efforts.

- A strong will, determination, and belief in yourself will produce attainable results and the only weakness that a person has can be found between their ears. Strong mind equals stronger results; weak mind gets weaker results.
- Knowing you can get over any adversity is the greatest strength of all.
- “All we are is the result of what we have thought.” –Buddha
- Mental toughness is all about your thought process. What you think is how you feel. And what you feel is

The main ideas of

MENTAL TO

how you act or behave.

- Think / Feel / Act and Behave.
A simple formula that has helped produce hundreds of champions!

Performance anxiety is simply fear. Fear causes all the negative self-talk, weak discipline, and nervousness that destroys performance. Athletes fear failing, making a mistake, or choking in competition. Fear is necessary to develop mental strength. By facing fear, you learn courage. Being fearless is a misconceived trait. As admirable as being fearless can be, it isn't realistic nor does it provide any benefit to being a mentally tough beast. Being threatened by fear is the catalyst for you to strike! You get tough by confronting fear with brave actions. You've got to be brave to bench or squat heavy weight, otherwise you've got the smarts of an empty water dish! Or, as I tell my athletes, you've got to act the part (being brave) because nobody knows if you're acting or not. Repeat these mantras until they become second nature: there is no fear, be only brave and courageous – the cowardly die many deaths, but the brave taste death but once.

When I ask my athletes about fear and self-doubt regarding their feelings I usually get responses like, “I'll feel like a failure,” “I'll be disappointed,” or “I'll be embarrassed.” We learn that emotions are nothing more than chemicals our body makes. What if athletes stopped fearing their emotions and learned to master them instead? You got it, fear goes away. And so does performance anxiety. This is very achievable. You can start with an attitude about failing or making mistakes that say, “Bring it all on, I can handle anything.” The only pressure is the pressure that you put on yourself.

Your will imposes your desire into behavior. The more determined your will is, the less likely you will give up. Working out is one of the best ways to practice activating your will. Get your will involved in your workouts as much as possible. For example, one fun game I use with my athletes is the How Many Game. This game is so simple and yet so brutal at the same time. Simply pick an exercise like a barbell straight bar curl, dips, any kind of pushups, chin ups, pull ups, etc. and go to failure. This is done as a finisher at the end of a



TOUGHNESS

fortitude
resilience
volition
grit
willpower

a workout. It provides a great learning opportunity for pushing past the pain barrier. It helps differentiate between quitting and pushing to failure. They learn the difference between just giving up because of the discomfort and going until they can't budge the bar for another possible rep. This engages their will to its maximum threshold by seeing how many more reps they get by mentally willing themselves to do one more and one more rep. However, they should give more credit to their will for doing the hard stuff than their muscles. Their body will attempt to look for an escape route for what it sees as unnecessary pain it has to go through and bail out. It is a mental chess game between the mind and the body.

Moving heavy weight for low reps takes guts and raw intensity. But squatting for 30 - 50 reps with a weight on your back or a sandbag can be brutal and excruciating. Most will want to quit half way through, others will learn to dig deep and find a way to finish the set.

To develop the psychological edge, you must have extreme discipline to give up the comfort zone that you train and live

in. The max-for-the-minimum mentality won't produce treasured results.

Many times it's difficult to stay positive and allow the negative NOT to consume you. But being aware of your every thought, feelings and actions can help you right your ship when you are aware of negative feelings. You can then redirect those negative thoughts into positive ones.

Mental toughness and fortitude go hand in hand. Sometimes I ask trainees for their "man card" for whiny effort. There is nothing wrong with failure except when you're being lazy. I consider failure quite noble when you've given your all but still fall short of your desired outcome.

Your goal is to be mentally invincible regardless of where you are. Unfortunately, your worst enemy will not be your competition but instead YOURSELF.

It takes a little more to be a champion. A World Champion and Olympian once said, "You can do anything that you want to do if you just concentrate a little harder."

In conclusion, we all work hard in training at the gym so we can become as physically strong as possible. Being mentally tougher can help nourish all the hard work you put in to improve your strength and performance. More importantly, being mentally tough can help improve your quality of life. It is a very challenging adventure but a worthwhile one. Good luck with your journey!
PLT

by GARY GERTNER

Gary, 55, has coached and trained hundreds of successful athletes in the Denver area, and is working on opening his own gym in 2015.

POST MEET BLUES

BY **TINA REDDING**

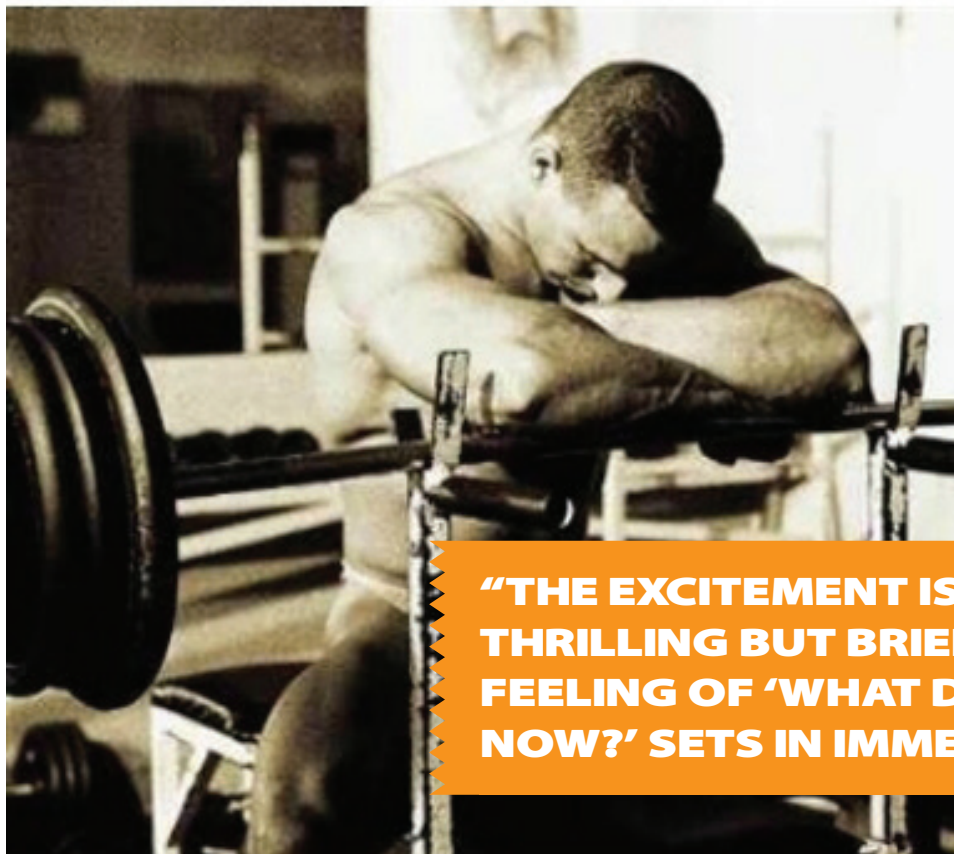
Tina Redding trains and competes with her husband Justin. They are part of the Big Iron Compound team in Council Bluffs, Iowa.



PR's in the gym and the next meet. All of these things run through your mind but reality says STOP! Take a breather and calm down. The next meet will always be there, your PR's are going to be ready when you get rest, and those totals for your next meet will be there after you decide which one to do. Life is too short to keep chasing numbers meet after meet after meet. There are a few that do, and they have an amazing drive and dedication to this sport that can so easily break them down mentally and physically. I watched my husband, Justin Redding, do this for such a long time because it was the "Big Iron Way". Rick Hussey took the team to so many meets, with such a high level of competition, and produced unbelievable numbers. As Rick would say, "It takes thousands of minutes, hundreds of hours, and countless years of sacrifice to become truly great." As Justin gets older, he sees things differently and has slowed down a bit, but that doesn't mean we don't train hard at the gym or have forgotten the "Big Iron Way." Being in my mid-thirties and Justin soon to be in his forties, we are stronger, have more endurance and we are mentally prepared. We have to take things at a slower pace,

After the excitement of competing in a powerlifting meet, reality sets in. What do I do now? I've done the training needed for the twelve weeks before, put my body through some brutal punishment, had anxiety prior to the meet (and during), because my adrenaline was pumping and then finally completing the meet. The excitement is thrilling but brief and the feeling of, "What do I do now" sets in immediately. Everyone who competes knows this feeling. The emptiness and not having a goal set for the next competition gets a little depressing. So,

what do you need to do? Pick a meet immediately, set goals and training protocols that you can implement after you've healed so that you can be the best version of you in the next meet you enter. This time frame will vary from each individual and team as well. I can't stress enough the importance of our team as our support system and the collective group that decides when it is time to move forward and achieve great things. This is that gap in time that we affectionately dub the "Post Meet Blues." You need to take a moment for yourself to let your body rest physically and mentally. It's the hardest thing to do because you want to keep breaking



“THE EXCITEMENT IS THRILLING BUT BRIEF AND THE FEELING OF ‘WHAT DO I DO NOW?’ SETS IN IMMEDIATELY”

there are plenty of times that we lift more there instead of on the platform, where the numbers really count. All of the training done to get to that meet is displayed on that one day and when it's all done, that excitement of doing another meet right away pops in your mind. That's why it's important to sit back and reflect on the accomplishment you've achieved, be proud of what you've done and let your body and mind relax a little bit before you get back to the gym. I know that it helped us tremendously, even though we felt awful for not training.

This was necessary for us to get back in the gym, with more confidence in ourselves to train for the next meet. After taking the necessary time off, we are back in the gym and are stronger

than before! How can it be that we are stronger and haven't been consistently training? Time off helped our minds and bodies rest. Our immune systems were down after and during the meet so we needed to get healthy to do the training necessary. I've learned that if you have a bad meet, it is best to jump into another competition immediately as the mental anguish of "bombing out" or performing at a sub par level can be far more dangerous to one's emotional well being and confidence than the risk and pain of doing meets back to back. (Of course not everyone should do this, this is just an observation I've made among my husband and others that I know. If you are injured, obviously you shouldn't compete. It's up to you and your team to decide.)

Competing in a meet isn't easy. You have 9 out of 9 lifts to accomplish and that is if you complete those lifts with white lights to go to the next lift. You're squatting, benching and deadlifting all in one day, which is hard on your body as well as mentally exhausting! Now that we have gotten over the "blues," we can finally focus on what meet we will do next and start training for it when the time comes.

Taking time off helped in all aspects of our life and we are now able to think

meaning not doing back to back to back meets.

Powerlifting as a couple means that we can confide in each other and be strong together when the "Post Meet Blues" hit us. It's important to communicate with each other and discuss what the plan is for the next meet. After our last meet, we took some time off and were inconsistent in our training. A lot of it had to do with my Spray Tanning and Makeup business, because we had a lot of bodybuilding shows to provide our services to that took up a lot of time away from the gym. Even though we wanted to go to Jim Grandick's Big Iron Compound, we knew we had to take some time off. My business is physically and mentally demanding so we needed that time off, but it's being wise in our years that we realize that taking a break is beneficial. By "time off" I mean a few weeks, not months of inconsistent training.

Finding balance in one's life is the key to being happy spiritually, emotionally and physically. It wears on you to be beat up all the time. Now we are only beat up most of the time, lol! I know there are people who won't understand this feeling because they

think we should be happy and excited to compete especially if we do well in a meet. This is true and that's why it's not talked about much in the powerlifting community, but I think that it's an important part of the process that needs to be discussed. We are our own worst enemy and will always be our toughest critic. When you don't do well at a meet, that makes the "Post Meet Blues" even worse because the desire to do better at the next meet is pounding through your brain, and you can either give up or keep going. We have fallen into this mindset as well but that is part of powerlifting. Having a bad meet happens to everyone, but that drive to want to do better is what keeps this sport alive. Even after doing well at a meet, you will want to beat your last total and strive to break records. I realize that being a competitive powerlifter, I must compete against myself and not others. The numbers I make are the numbers I'm supposed to make and chasing someone else's numbers makes you lose sight of why you do this sport. It's the love of this sport that makes it so addicting. Being able to do better than what you did before is what should be focused on.

When we are training at the gym,

POST MEET BLUES



with a clear head to do the things we should. We are heading in the right direction and can't wait to start the cycle all over again! I may be new to powerlifting but have been around it a long time, and there are so many different ways to keep progressing. Our way doesn't have to be the right way, but it's the right way for us. I respect every athlete and am honored to have graced the platform with some true legends early on in my career. That's what I love about this sport; there are so many different methods and training programs out there. With the huge surge of young and new talent in this sport, I think that it's amazing to see how powerlifting is growing and more people are interested in it. From high school students to those who compete in the Masters Division (40 plus), it's one of the few sports that you can see the wide range of age groups and is internationally known. In my experience with the "Post Meet Blues," I know that it will always be a part of the journey every time we do a meet. How I

spend those times between meets will be up to my coach/husband, Justin Redding and the input of our team on what we will do. All I know is that I will keep pushing through this journey and see where it takes me. It's going to be an amazing ride and I will keep you all posted. I would like to thank Justin's and my sponsor, Brandon Stewart, owner of New Dawn Nutrition for providing us with all of our supplemental needs. They have the BEST products in the business and we are excited to be a part of the New Dawn Family. You can check out their products at www.newdawnnation.com. Again, I cannot stress the importance and support of our team in these down times that we all feel and experience as a whole unit. We love our teammates like family and are proud to represent a true legend and the original mastermind of this team that is Big Iron. Long live the legend of Rick Hussey B.I.G. Forever..."THE REAL DEAL." **PLT**





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THE GEAR HAS GOT TO GO

BY TIM HENRIQUES

Imagine the following scenario takes place in a local gym...

“Hey man, I saw you banging out some pretty good quality reps with 315 on the bench, you looked pretty strong. What do you bench?” One guy asks another.

“The most I have ever done is 490 in a competition”, the powerlifter responds.

“490! Holy crap, that is a sweet bench. Man, you are almost at the 500 mark, that is awesome. I thought I was pretty good with a 385 bench, you are over 100 lbs higher than me. You say you did that in a competition? What does that mean, exactly, I have always thought about competing but I don’t really know much about it.”

“Well,” says the powerlifter, “the biggest difference between benching in a competition and in the gym is that you have to pause the weight on your chest for about a full second. You bring the bar down to your chest, pause it, and then press it up. In some organizations you just have to hold it on your chest for a second, in others the referee will tell you to ‘Press’ and then you lift it up, which is a little harder. You have to have pretty strict form for the lift to count. Your butt must stay down, you can’t move your feet once you get started, and you must have even extension with your arms, meaning you can’t lock out one side before the other side. You have three judges watching you and after you lift they each give you a light, either a red

light or a white light. If you get a red light it means they thought you did something wrong, a white light means the lift was good. If you get 2 or 3 red lights, the lift doesn’t count; 2 or 3 white lights and it does. So they are pretty strict but that is cool because then everybody is doing the same form. You do have spotters to be safe, but of course no one can touch the bar once you start the lift. You can get a lift-off, however, to get the bar in the start position.”

“That sounds pretty cool, and strict. I don’t know if I could do 385 like that.”

“Yeah, if you are somebody that throws your butt up in the air or if you like to get a good bounce off of your chest, then the strict form and the pause will hurt you. If not, it shouldn’t be too bad, a pause might take 5% off of your lift if your form is otherwise good. It depends on where you are weak, at the bottom or the top. You should think about competing, 385 is still a pretty nice bench and it might give you the motivation to train harder,” the powerlifter says, encouraging the man.

“Thanks man, I appreciate that. I still can’t believe you can do 490, that is incredible. I don’t even think I have ever seen anybody bench that much in real life. I don’t mean to sound weird, but I would love to see you knock out a heavy set and watch your form. Maybe I could learn a thing or two from you.”

The powerlifter replies, “Actually, I was going to do a heavy single or two

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anyway, I have a meet coming up in a month. Let's throw 455 on here, give me a spot if you will. Let's do it."

A short time later 455 shoots skyward and the other man is quite impressed. "That was awesome, you shot that up, nice form, pause and all. Where is your next meet going to be held?"

"It is actually not that far away from here, about an hour away. They normally have 2 or 3 meets there a year, you should definitely come check it out and see if you want to start competing. It's a lot of fun. Here, I will write down the address and the date for you." The powerlifter jots the info down in the man's workout log and hands it back to him. "Good luck with it buddy, hope to see you there. Let me know if you ever need a spot or if you have any questions."

The man responds, "Thanks a lot, I appreciate all the info. I think I will check that meet out, maybe it will give me the motivation I need to hit that 400 barrier I have been working towards. See you there, thanks."

That is what powerlifting is all about. That is what powerlifting should be about, honest strength and the camaraderie that the search of honest strength develops. The guy who benches 385 walks away impressed with the sport of powerlifting, he now knows more about it and he has a favorable opinion of it. That will help the sport grow and it will help with public recognition of it.

However, if the sport continues down its current path, it is more likely that this following scenario is what might occur...

"Hey man, I saw you banging out some pretty good quality reps with 315 on the bench, you looked pretty strong. What do you bench?" One guy asks another.

"The most I have ever done is 490 in a competition." The powerlifter responds.

"490! Holy crap, that is a sweet bench. Man, you are almost at the 500 mark, that is awesome. I thought I was pretty good with a 385 bench, you are over 100 lbs higher than me. The 315 you were doing looked pretty good but I can't say I would have guessed you could do 490. You say you did that in a competition? What does that mean, exactly, I have always thought about competing but I don't really know much about it."

"Well," says the powerlifter, "a big difference between benching in a competition and in the gym is that you have to pause the weight on your chest, for about a full second. You bring the bar down to your chest, pause it, and then press it up. Some organizations you just have to hold it on your chest for a second, in others the referee will tell you to 'Press' and then you lift it up, which is a little harder. You have to have pretty strict form for the lift to count. Your butt must stay down, you can't move your feet once you get started, and you must have even extension with your arms,



Tim Henriques

ARTICLE IS BASED ON A CHAPTER IN TIM HENRIQUES' BOOK ALL ABOUT POWERLIFTING. YOU CAN GET MORE ABOUT HIM AND HIS BOOK AT ABOUTPOWERLIFTING.COM

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meaning you can't lock out one side before the other side. You have three judges watching you and after you lift they each give you a light, either a red light or a white light. If you get a red light it means they thought you did something wrong, a white light means it was a good lift. If you get 2 or 3 red lights, the lift doesn't count. 2 or 3 white lights and it does. So they are pretty strict but that is cool because then everybody is doing the same form. You do have spotters to be safe, but of course no one's hand can touch the bar once you start the lift. You can get a lift-off, however, to get the bar in the start position."

"That sounds pretty cool, and strict. I don't know if I could do 385 like that, maybe, I am not sure?"

"Yeah, if you are somebody that throws your butt up in the air or if you like to get a good bounce off of your chest, then the strict form and the pause will hurt you. If not, it shouldn't be too bad, a pause might take 5% off of your lift if your form is otherwise good. It depends on where you are weak, at the bottom or the top. You should think about competing, 385 is still a pretty nice bench and it might give you the motivation to train harder."

"Thanks man, I appreciate that. I still can't believe you can do 490, that is incredible. I don't even think I have ever seen anybody bench that much in real life. I don't mean to sound weird, but I would love to see you knock out a heavy set and watch your form, maybe I could learn a thing or two from you."

"Well, I wasn't really planning on going heavy today," the powerlifter responds.

"Come on man, just do a quick set, it can be one rep. It doesn't have to be your max or anything. How about 455? I have never seen anybody bench 455 in real life, I would love to tell my workout partner I saw that on a day he took off, he will be pissed. Even 435 would be sweet, that is 55 lbs under your max, that shouldn't be too bad for you."

"Well," the powerlifter says, beginning to look a bit sheepish. "I would have to go home and get my bench shirt to do that."

"Get your bench shirt? What is

that? You have to wear a special He-Man T-shirt or something to do your heavy benches in?" the other man jokes.

"No, it is not a T-shirt. It's a special shirt that is really tight that you can wear when you do a bench press in some powerlifting competitions. It is called a bench shirt. It helps protect your shoulders and helps you lift some more weight."

"Hmm, that sounds a little weird," replies the guy. "Why would you be allowed to wear that in a competition? I guess I can see the shoulder thing but I don't know. Do you have bad shoulders or something?"

"No," responds the powerlifter. "Mine are good. It just helps you when you go heavy."

"Well, if you have good shoulders can you bang out that heavy set we were talking about?" the man asks.

"No," responds the powerlifter. "I can't do that much without the shirt."

"A certain shirt helps you lift 50 more pounds than you can normally do, wow! Well, can you at least do 405 for me? I would love to see that so I can think about it as I am training for that weight myself."

"No," responds the powerlifter. "I can't do that much without the shirt."

"Seriously?" the man exclaims. "You can bench 490 in a competition but you can't do 4 plates in the gym? What can you bench without the shirt?"

"I'm not sure," responds the powerlifter. "I am weak at the bottom so the shirt gives me a good boost. I have an open back denim shirt so it is a pretty good one. I did do 365 without a shirt once, I haven't maxed out without it."

"Your shirt gives you 125 extra pounds over your max? That's crazy. Hell, if it did that for me that I would mean I could bench over 500 lbs!" The man shakes his head in disbelief.

"You should try it," the powerlifter says enthusiastically. "There is a meet about a month away, you should go check it out. How cool would that be to say you benched 500 lbs?"

"It would be cool to say," says the man, "but personally I couldn't say it unless I really did it. Thanks for the invite but it doesn't sound too

interesting to me. I think I'll keep lifting my way and see if I can hit 400 for real in the gym, I have been working towards that for a while. Take it easy buddy." The man walks away, a little perplexed and still shaking his head thinking about the "magic" bench shirt that could add 125 lbs to a max.

In this scenario we now have a negative exposure of powerlifting. Suddenly benching and lifting in the gym is the real way to do it, and lifting in the competition has become the joke. This is the complete opposite of how it should be.

Powerlifting gear has got to go. It is as simple as that. As technology improves, the gear gets better and better, which means it gets more and more ridiculous. This is coming from someone who has worn gear before. I knew it was wrong then but I did it anyway. I justified it because the form was harder in a meet than in the gym, so this helped balance that out. I said it helped protect my joints, and let's be honest, I liked lifting more weight and setting PR's. And everyone else was doing it, so I had to do it to become and stay competitive.

But gear is not what powerlifting is about. Powerlifting is an awesome sport. It is individual, very objective, very easy to judge. You either did it or you didn't. Gear clouds that issue, ruins that objectivity. Was it single ply or multi-ply? Is the gear five years old or brand new? It wreaks havoc on hard fought, well deserved powerlifting records.

The beautiful thing about lifting

weights is that it gives you honest, sometimes brutally honest, feedback. You either lifted it or you did not. Gear changes all of that. It turns most new people off from the sport. I personally don't see powerlifting as an extreme sport practiced by a few people. Yes, only a small percentage of people actually compete in this country but a very large number of people lift weights recreationally. All of those people are potential powerlifters, and it is just very easy with the weights to see if you are pretty strong or not. However, if we continue down this path of incredible gear that literally adds hundreds of pounds to certain lifts then our sport will be relegated to that of an odd activity of weird people, instead of a fun, popular activity taken to the limit, with its athletes admired by many.

The equipment necessary in powerlifting is a barbell, the weights and collars, a bench press apparatus, and squat racks. If improvement is made in those areas that is fine, I can't envision the development of a bar that allows me to lift 200 more pounds than I could on a normal bar. A case can be made for the use of a belt and perhaps wrist wraps (not straps). Items covering non-moving joints can only add so much. Powerlifting is an incredible sport, with the power to change people's lives. It is still practiced in its true form in gyms around the world. Shouldn't it be practiced in that same form in the competitions where the best of the best powerlifters come to compete against each other and show the world what they are truly capable of? **PLT**





JON MCDONALD

BY JIM CURLEY



848 RAW DEADLIFT IN HIS THIRD MEET BY TRAINING ALONE IN A GARAGE?

You just competed in the IPL World meet in Vegas. It was your third meet and lifting raw with knee wraps, you went 755-522-848 and totaled 2125! How old are you, and what is your height and weight?

I'm 25 years old, stand 5'11" and weigh about 270.

What do you do for a living?

I'm a petroleum engineer for WPX Energy and I live in Grand Junction, CO. I played football with Blaine Sumner at Colorado School of Mines. He was defensive line, I was a linebacker, and I made a lot of tackles because he was so good at just crushing the offensive line. We're still buds and he's been helping me with my powerlifting. I only played football one year at Mines, because Mines is a tough school and I focused on getting my degree.

Did you powerlift in college?

Not really, until I met Blaine. I was just blown away by his squat training at school and I really wanted to get stronger. All my powerlifting since 8th grade revolved around squatting for football.

Have you ever thought about getting in gear?

I've got an old single ply squat suit that I use occasionally for overload, but I've got goals I want to get in raw. The gear takes some coaching too, which I don't really have right now, so I'll likely lift raw for a few more years.

Where do you train?

I train in my garage, sometimes with my little brother. If he's not around I'll go to the Golds Gym, but there aren't many powerlifters there. I'm trying to put on a local meet next year to get some of the people at Golds and the local college interested in powerlifting. It'll probably be a non-sanctioned meet at the college, hopefully to get some high school and college kids interested. We may be using red and white flags instead of lights for the judges!

I noticed you pulled the 848 in November sumo. Have you always been a sumo puller?

I trained the deadlift conventional for the longest time, and one day I was struggling with 720, so I thought I'd try it sumo. I had never tried or practiced sumo, but that weight just flew up and I pulled more than I ever had. I still train conventional with a 2-4" deficit to hit all deadlifting muscle groups, but I'm definitely a sumo puller now.

What did your program look like going into IPL Worlds?

I didn't decide to enter the meet until five weeks out. Leading up to that I didn't train consistently so I really had to get strict and bear down for the meet. I generally train in four week waves that I call "build-ups". They're brutal and they build form and technique. For example, here's a four week wave for deadlift. It's huge volume

and just a stupid amount of practice, which most people probably need.

Week 1 – 135 x 1, add 5# plate on each side, do one rep. Keep adding 10#'s, do one rep, add 10#'s for one rep until you reach failure. Rest is minimal for the five reps you do until you add



45's. I take a breather, then start adding 10#'s for one rep until I add another 45, rest a few minutes, then start again. Your legs and back get just blown up, and each rep is perfect form. I'll work up to over 600 on that day. You're so fatigued at that last rep that the weight almost doesn't matter, but each four week cycle I try to add one more rep with more weight on that last set. I'm probably doing, based on 600, 40 or 50 reps, all perfect form and the body adapting to each new rep. I've tried templates with percentages and they just didn't work that well for me, but this does.

Week 2 – This is the most brutal day of the build-up. Same weight and increments, but 135 x 1 is one rep sumo, and immediately one rep conventional. Add 10#'s to the bar, do one rep sumo, switch stance and immediately pull one rep conventional all the way up to failure, but after stopping, pull one more rep just sumo. I then do sumo pulls off a 6" block (plates on blocks) for reps and conventional from a 4" deficit. Leading into IPL Worlds on that day I did 1005 for a double off the 6" blocks and did 405 conventional from a 4" deficit for 10 reps. I don't use a belt until I start getting heavy, trying to build up my back and I use straps for the block pull and deficit sets. This deadlift day is usually on Sunday, squat day is usually on Thursday and bench is usually every 3 days.

Week 3 – same as Week 1, but add 10 or 20 pounds at end for one or two more singles.

Week 4 – same as Week 3, add 10 or 20#'s for last single.

Bench is huge rep volume. I bench every 2 or 3 days and I blend some bodybuilding with powerlifting but I don't do more than 5 reps.

Day 1 – 5 reps for as many sets as possible. Leading up to that last meet I did 20 sets of 5 reps, about 70% of last one rep max. If I can do lots of sets, then 4 weeks later I'll add 5 or 10 pounds.

Day 2 - 4 reps for 29 sets.

Day 3 - 3 reps for as many sets as possible.

Day 4 - 2 reps for as many sets as possible, usually 20-30 sets with a minute rest.

Day 5 - 1 rep for at least 20 sets.

I usually pause the last rep or two on each set. I didn't go over 420 in training but I got 522 at the meet and felt great. I did take a 505 before the meet for confidence. My squat training is pretty basic. Far out from the meet I've been doing higher reps, but closer to the meet I'll work up to one heavy set of

5's, dropping to triples a couple weeks out. I do front squats one day and back squats three or four days later.

What's your next meet you're planning on competing in, and will you keep the same program?

"I GENERALLY TRAIN IN FOUR WEEK WAVES THAT I CALL 'BUILD-UPS'. THEY'RE BRUTAL AND THEY BUILD FORM AND TECHNIQUE."

I'm planning on lifting raw in the LA Fit Expo February 7-8, but the program is getting insane with volume. I'm going to do each lift 3 or 4 times per week, so each workout I'll do squat, bench and deadlift with high volume on each. I started the first week and it takes just about two hours with minimal rest. With this type of sets and reps I don't need to do any assistance work at all. We'll see if I can make it through to the meet and if it produces the results I think it will, but I've been wanting to head in this direction for awhile.



How do you recover from all this work?

I do voodoo bands, lacrosse ball and foam rolls – all the little things and so far it’s working. The main thing I’m excited about doing this volume training is the squat. I really didn’t focus on it like I should have and now I can focus on all three lifts equally.

What would you like that squat to be?

900 down the road, maybe way down the road, but that’s the goal at 275.

How many calories a day do you consume to recover and keep lifting big?

I really have no idea. I’ve never counted a calorie in my life. My eating is my weak point and it’s a constant struggle, mostly because I’m in the field a lot and it’s hard to get a meal at a well site.

How about a Blaine Sumner “chicken shake”?

Yeah, that would be great if you could not puke it up! I tried it once, took one sip and almost hurled.

What are you looking for in the deadlift at the Fit Expo in February?

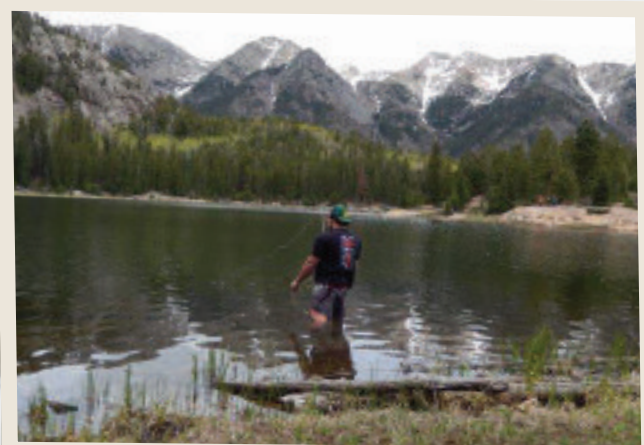
Some Russian guy has 887, so that would be sweet to get above that. The 848 was tough but it went up smooth.

Do you have a deadlift bar?

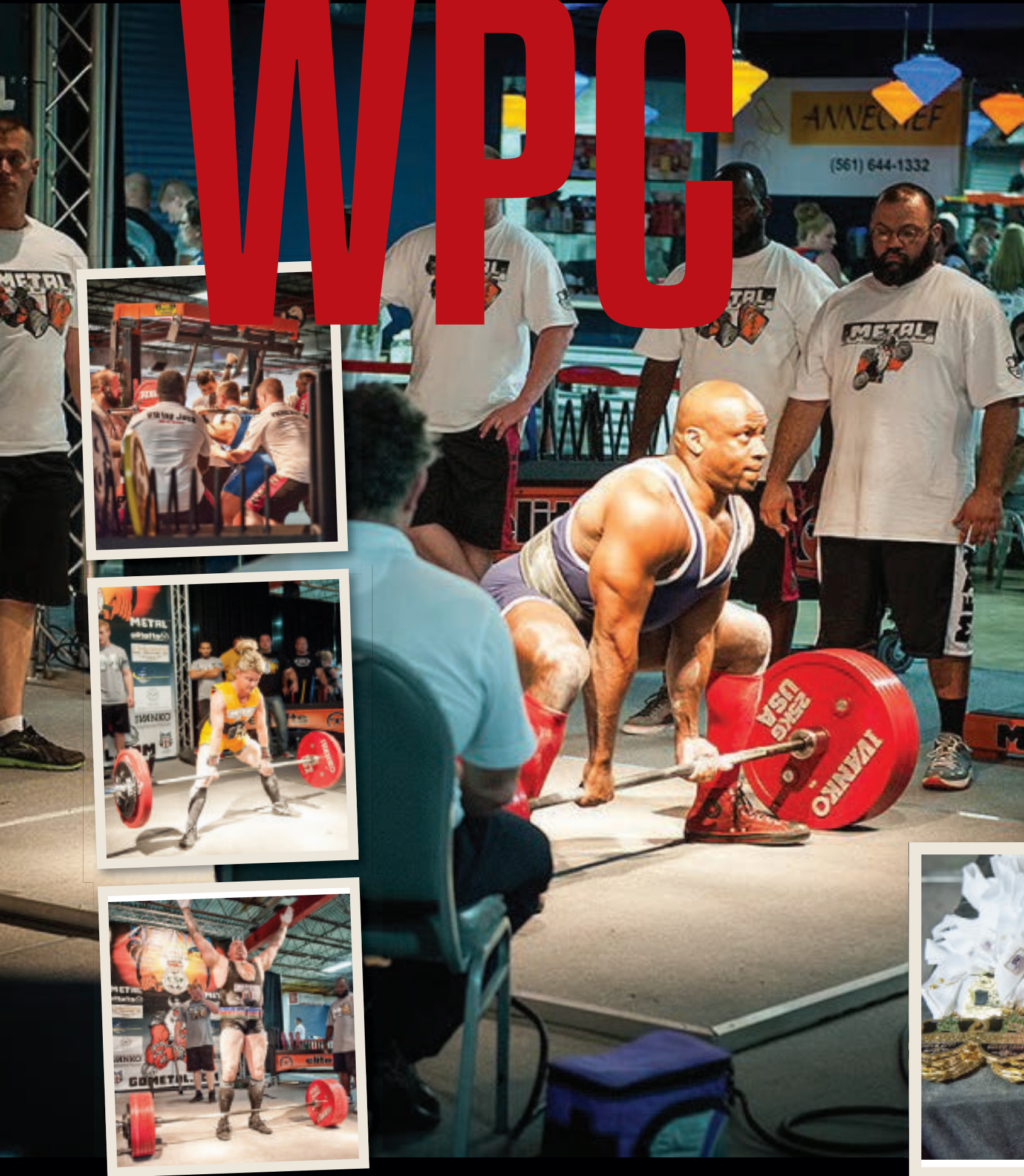
No, I have a crappy, stiff training bar so at the meet a deadlift bar feels great!

Anyone you’d like to thank or mention?

Blaine Sumner. He’s a good friend and has helped me tremendously the past few years. My mom and family have put up with me and my powerlifting. **PLT**



WPC





2014 WPC WORLDS REPORT

By Mike Sweeney

We demand a lot from our lifters and they demand a lot from us. This year's WPC World Championship was held in America in West Palm Beach Florida, where the weather was sunny and 80 degrees plus. The meet directors and sponsors were Ano and Minna of GOMETAL.COM and they win the GOLD MEDAL for Meet Directors of the Year!

All lifter information was posted on a web page, with a question and answer section for all concerns. This information was posted in a timely fashion. There was a large section of hotels for all price ranges and points of interest within walking distance. The venue was of good size and space was not a problem.

The weigh in area had all information posted for the lifters and two scales. Each lifter received a "welcome bag" filled with information and supplement samples. There was a café for food and beverages. Vendors had booths along the back area. The lifting area had two platforms going at all

times and the background was great for pictures. This event was streamed on several internet stations throughout the World. The awards and medals were custom made. Every meet and venue detail was addressed!

This was the "over the top detail". Ano got together with Dave Tate and all the equipment in the warm up room and front platforms were brand new! I have been around a while and travel internationally and nationally and have

never seen this level of excellence. The lifters loved it! Five sets of mono lifts and benches matched the platform equipment.

We had over 800 lifters registered from about 28 countries. There were epic battles in many, many of the classes. I handed out silver medals and most lifters jumped for joy, and then there were lifters that won a silver medal and never even appeared to pick it up. Every WPC powerlifter has at least one great story in them. I witnessed enough stories to open a library! Because of the large number of lifters, the best way to check results and see pictures is to go to: <http://gometal.com/2014-wpc-worlds-by-metal-sport/image-gallery/>. **PLT**

"THERE WERE EPIC BATTLES IN MANY, MANY OF THE CLASSES"



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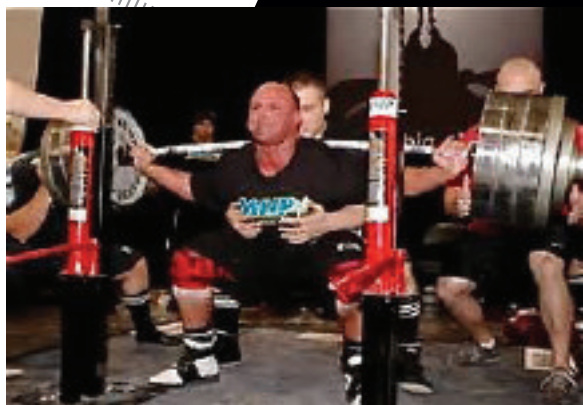


I met Brandon at the Olympia in September. He's very calm and chill until he grabs the bar, and then his nickname of "C4" is understood!

BRANDON

"C4"

CASS



BY JIM CURLEY

How'd you get the nickname "C4"?

Back in 2000 I competed against a guy named Jeff McBridger who was a demolition guy that worked with explosives. I won that meet and he said I was the most explosive lifter he had ever seen. He started calling me that in the forums and it just kind of took.

What's your age, height, weight and what do you do for a living?

I'm 40 years old, 5'9" and usually weigh about 220. I'm a master trainer at Cass Strength which is my own business, and I operate out of Extreme Fitness in Lee's Summit, MO. It's kind of a suburb of the Kansas City area.

You're lucky to have access to all the barbeque joints in KC!

Yeah, this is barbeque central.

How long have you been a trainer?

I started this in 2008 right before my daughter was born. I was at another gym from 2003-2006, and before that I was a manager at Yellow Freight for 13 years. I've been training people since about 1998 and went into it full time in 2003.

When did you start powerlifting?

I was a football player in college and met a guy who said I should try a powerlifting meet. I was 19 at the time and

entered the local meet and I started training for WNPF Nationals and won it that year. I tried bodybuilding for a year or two but came back to powerlifting. I always lifted raw and weighed 275 because I was a defensive lineman.

Do you remember your lifts at that first meet?

At 275, no knee wraps, I squatted around 500, benched 330 and deadlifted 500.

Have you done a full power meet lately? What were your numbers?

My last full meet was in 2009, because I wanted to make a run for 901 in the deadlift. I may do a full meet or two in 2015 but I'd be happy to deadlift 400 kgs, which is 881. I'd like 849 first, hit 881 and then go after 901. I haven't been in any gear except a singlet since 2005. I did squat 905 in 2009 in a Crain squat suit, so maybe I'll make the move to gear.

What's your next planned meet?

I was invited to the LA Fit Expo in February 2015, so I'm doing hypertrophy to strengthen my ligaments and tendons. I won't go unless I'm feeling 100%.

What's your tentative 11 week program?

Mid December I'll pull 780 for 2 or 3 and then base the rest of it off that. I work with Josh Bryant for coaching. No matter what your level, everyone needs a really good coach. About four weeks out from the Olympia I raw squatted 825. That may have really messed with my CNS and recovery. I consult with Ed Coan and he was in favor of that squat so I did it, but if I'm only going to Fit Expo to deadlift, I may have to rethink heavy squatting. It's a quandary because I pull conventional and squatting hits the quads, and that's your drive in conventional deadlift. That initial push off the floor comes from squatting. There's nothing that will build that bar speed off the floor like squats. To get the bar speed I need I have to squat.

Have you ever tried sumo?

I deadlifted sumo until 2005 and then switched to conventional. I'm probably one of the few 220's that have pulled 800 plus both styles. I can still pull 700-750 sumo with no practice or specific training and I don't feel like I've hit my potential in either method. If I go back to wearing a deadlift suit and try sumo I could probably do pretty well. It's less leg drive and more hips but a shorter stroke to finish, and I don't have any trouble finishing the lift.

Back to the pre-Olympia cycle.

Today I'm going to pull 620x10, then take a deload week. Then the following week I'll probably hit 740x3, next week 760x3, then 780 for two or three, and then deload a week before I start hitting big singles. I train heavy consistently, probably more than most, so every fourth week I take a deload week at about 50% for doubles and triples. It's all based on speed. I try to pull 500 the same way I pull 800, really quick. Each and every week I feel more athletic but in the winter tendonitis kind of sets in.

On your rep sets do you bounce or reset each rep?

If I'm doing eights or tens, I try and completely dead stop the last two or three reps so I don't accidentally tear a bicep because of bad grip.

Your first pull in a meet at 19 years old was 500. You're now 40 and pursuing 900. How's that progression gone? Were you a natural deadlifter from the beginning?

No, I was a lousy deadlifter! I pulled 600 at 24 or 25, so that took six years to add a hundred pounds. I pulled 700 at around 28 years old at a state fair. I was a horrible deadlifter

WHOA!



at first – I'd go up on my toes and back on my heels, mostly from being overweight. At one time I weighed 310 and from my sophomore and junior year in college I lost a hundred pounds.

Wow! How did you do that?

Bill Phillips published a magazine around 2000 and started EAS which really inspired me. I took some nutrition classes in college and applied those principles to myself. I was raised by my grandparents since I was two years old, and they fried all their food, ate big portions and you cleaned up your plate! When I got to college, I quit drinking soda pop and just drank water, I ate less and just felt way better being able to move. I had a 5.2 40 yard sprint, so I was explosive even being fat. After I lost the weight my 40 yard dash went down to 4.54 on grass and I could move, but I couldn't take a hit after I lost all the bulk! People became curious how I lost the weight so I started designing meal plans for people after I graduated. I started powerlifting and bodybuilding, competing in one bodybuilding contest at 176. I competed in powerlifting at 198 and totaled in the 1600's.

So what's the time line from 310 down to 176 bodyweight?

I started losing weight on my 21st birthday and at age 23, I weighed 176. I eat five or six times a day now and watch what I eat, following Bill Phillips Body For Life basic principles.

You're a trainer now. How many clients do you have?

I'd say around 50 who train with me two or three times a week. I have about fifteen online clients that I do spreadsheet work for and communicate with once a week.

Do you do any cardio or do you just rest minimally between sets?

I've always done cardio about four times a week. Some of it is high intensity training (HIT). The heart is really an important muscle but the most important thing for powerlifters and power athletes that I train is that they should be athletic first. They should feel good and be athletes, not get winded walking up a flight of stairs! I end up having almost all my trainees, unless they're injured, squat and deadlift in some fashion. I don't think that the basic flat bench press is that great an exercise for the general public.

Do some of your trainees that do the powerlifts end up going to meets and competing?

I've had a lot of people try powerlifting. They follow what I'm doing and they want to try it, even if it's just one or two meets. It's important for the growth of our sport for people to try it and become exposed to it, like at Fit Expos where it's part of many events. A lot of women have overcome the old notion that if you lift you'll get huge, so they're entering meets. I've got a 67 year old guy who just went to IPL World in Vegas who started lifting at 62! He won classic raw at 220 in his age class, squatted 402, benched 225 and pulled 450 or 470. That's what I love about this industry. Seeing people get started powerlifting is great – the camaraderie, and the willingness to help each other is unparalleled.

Your back is huge! Does that run in the family?

At my first bodybuilding contest I was told that my back was my main weak point! What built my back strength was my grandfather having me lay sod at a young age. At seven years old I was patching and we were never allowed to be on our knees, so it was major low back and hamstring conditioning. At 11 I could get 300 50' rolls of sod laid in about 11 minutes, all bent over. If you got on your knees to line it up, my grandfather would kick you so it was stiff legged deadlifts and squatting to lay sod. I think that foundation and work ethic really helped me later. Now I do powerlifting ab work – planks for two minute holds, knee ups, hanging leg raises, weighted crunches, and keystones (which are partial Romanian deadlifts – no lockout at the top). I train my back every day – pullups, lat pulls facing away from the machine with no leg support so my core is really activated and dead stop one arm dumbbell rows. Activating the scapula is really important in powerlifting, strongman events... any strength sport needs a strong upper back.

Lay out a basic four day training cycle.

Day 1 – Bench and biceps. I always finish with push ups. After neutral grip bench, some DB presses and Hammer Strength inclines, I'll do 20 push ups, walk five yards, do 1, walk five yards, drop and do 19, then 5 yards and do 2, then 18, then 3, etc. so I end up doing 10 and 10, and push ups are all dead stop. This really helps the CNS and stabilizers on the bench.

Day 2 – Legs! Right now I'm doing 600x10 raw squat but the reps will drop as I get closer to a meet. After squats, I'll do GHR's, Nordic Leg Curls (heels under a weighted bar on the floor, push yourself up and lower slowly). It's kind of a modified glute ham raise but it hits the hams differently. Upper back work and abs.

Day 3 - Shoulders and triceps. I usually start with close grip decline bench and I'm focusing on the scapula. Then I do side lateral DB raises. I just don't think overhead pressing is necessary and it causes a lot of injuries. Back and abs.

Day 4 – It's back day but this means deadlifts. Max effort, speed day, stiff leg deadlifts and some barbell rowing. I like deficit DL's against mini bands. I do most of my lat work on on chest day.

Who would you like to thank?

I want to thank everyone that's supported me. Ed Coan and Steve Goggins are two of the greats that paved the way for great lifting in this sport. They inspire me to keep doing better at a high level.

Email: casstrength@cs.com

PLT



2014 IPF WORLD CHAMPIONSHIPS

as told by Dan and Jennifer Gaudreau

The 2014 International Powerlifting Federation Open World Powerlifting Championships were held in Aurora, Colorado November 3-8. 27 countries sent their elite lifters to do battle in the most arduous test in powerlifting. The major teams in play seemed to be perennial favorites: Russia, Ukraine, Poland, and with the USA looking to break through for a team medal on home soil.

The Women:

The 47kg class started off with an IPF Hall of Famer doing battle with a premier bench press technician. Wei-Ling Chen's(TPE) 200kg squat placed

her well ahead of the field with Yukako Fukushima (JPN) firing back with her own dominance in the bench press with 130.5kgs. Chen Wei-Ling responded with a record 186kg deadlift for the win. Anastasya Strufa (RUS) placed 3rd. USA sub-junior lifter, Taylor LaChapelle finished 5th in her first open world championships.

The 52kg class champion, Natalia Sainikova (RUS) used a 137.5kg bench to pull away from her competition which included silver medalist Vilma Ochoa Vargas (ECU) and bronze medalist Kateryna Klymenko (UKR). USA veteran team member and Master World Champion, Suzanne Hartwig-Gary

placed 6th.

The 57kg class had Inna Fillmonova (RUS) and Hui Chun Wu (TPE) pull away from the rest of the field with Fillmonova holding on for a 205kg win. Kenia Monserate (ECU) provided South America with their second medal. USA lifter Rowena Lopez had technical issues in the bench and did not record a total.

Larysa Soloviova (UKR) dominated in the 63kg class going 9 for 9 with 4 world records, and was ranked best female lifter of the competition by over 22 wilks points. In a ranking that can come down to decimal points, this was a performance to be remembered. Cicera



CARL YNGVAR CHRISTENSEN, NOR, 120+, 490KG/1078



OLECH JAROSLAW, POL, 74KG/163, 360KG/792

PRISCILLA RIBIC, USA, 72KG/158, 244.5KG/545

Tavares (BRA) and Maria Dubenskaya (RUS) placed silver and bronze respectively.

The 72kg class was fully loaded to bear, and few were making predictions when the first hammer fell. Yulia Medvedeva (RUS) withdrew due to an injury in warm-ups. The battle now centered on Ana Castellain (BRA), 2013 World Games Champion, and Priscilla Ribic (USA), multi-time World Champion. Ana held the lead going into the final deadlift, which was a miss. Priscilla then took a 12.5kg jump on her 3rd for the last pull of the class and as she snapped it up the win was hers. Rhaea Stinn (CAN) held steady and placed 3rd with room to spare.

The 84kg class was a mix of youth and experience with 4 master age lifters competing in a class with 8 competitors. Youth prevailed in this case with Olena Kozlova (UKR) placing gold with 2 world records. Liane Blyn (USA) set her own world record in the bench in route

to a 9 for 9 day which gave her the silver medal by 1kg of Ielia Strik (NED).

The last women's class, 84+, always has awe inspiring numbers to be had. These athletes did not disappoint. Class winner, Olga Gemaletdinova (RUS) squatted 285kgs and deadlifted 250kg. Bonica Lough (USA) placed silver which capped her recent return to the sport. Bronze medal went to Hildeborg Hugdal (NOR), who stunned the audience with a 227kg world record bench press. USA's Tiffany McKinney placed 4th, adding much needed team points for the US.

Women's team results were: 1st Russia (52pts), 2nd Ukraine (45pts) and 3rd USA (43pts).

The Men:

59 kg

It's always great to start a men's competition with one of the best lifters of his generation. This was certainly the case in this weight class. Sergey Fedosienko (RUS) had a world record total day, 300 kg Squat, 201kg Bench Press, 761kg total and was a walk away winner by over 80kg. The battle for silver and bronze was a more competitive affair with Franklin Leon (ECU) pulling away from Eudson Lima

(BRA). Fedosienko's number would be the standard for all the athletes to follow. Could anyone better it? We would see. USA lifter Chris Tran had a rough competition, but held it together to garner a 10th place finish.

66kg

Russia would set the pace with Konstantin Danilov going 8 for 9 and taking gold with 782.5kg. Yoshito Nishimura (JPN) silver and Tsung-Ting Hsieh (TPE), bronze, would give Asia a sweep in this class. USA lifter Domario "Doc" Holloway held on to 4th place with the top deadlift in the class.

74kg

Any athlete that wishes to stand at the top of this weight class must unseat a legend. IPF Hall of Famer Jaroslaw Olech (POL) is the king of this class and no one was going to interrupt his reign. He did not have a perfect day, but it was still enough for 3 Master 1 World Records and a 40kg win, posting a 882.5kg total. Sergei Gaishinetc (RUS) took silver and Anotlii Goriachok (UKR) took bronze in battle of world record Deadlifts. Nathan Walton (USA) held a solid 4th place with some very balanced lifting, and gave Team USA some valuable points. Could they crack into the team top 3?

83kg

With Russia, Ukraine, and Poland already showing their dominance, the question would be who could break through? The answer came from Ecuador. Jose Castillo had an absolutely perfect performance. 9 for 9, 2 world record squats, world record total of 955kg. The 2 Ukrainian lifters would have their own battle, with Volodymyr Rysiyev taking silver and Andriy Naniev receiving Bronze. Malik Derstine (USA) had a tough go of it, 3 for 9, and ended up in 5th.

93kg

Remember when 1000kg total was a great number for a 120kg+ lifter? The 93kg class now has a 1000kg lifter. Dmitry Inzarkin (RUS) posted a grand and never missed a lift. This was not a walk off however. Mikhaylo Bulanyy (UKR), silver and Sergii Bilyi (UKR), bronze trailed by only 7.5kg and 10kg respectively. Ian Bell (USA) jumped up to the open for experience, and came home with 4th place and a world record deadlift for his efforts. This was quite an accomplishment for this young man.

105kg

With 1000kg in the rear view mirror, what was on the horizon? Ukraine and Russia again, that's what. The perennial powerhouses were not going to let up, and another group of these outstanding athletes fought to the finish. Vadym Dovganyuk (UKR) took gold with a



1050kg effort. Russian lifters, Yury Belkin and Konstantin Lebedko, took silver and bronze. This was another 19 man class and the lifters gave it their all, pushing for any advantage.

120kg

This class was deep, 20 lifters deep, and too close to call. Many lifters were having trouble just walking out some of the ponderous Squats. Was anyone going to break away from the top group? Ivaylo Hristov (BUL) posted a 410kg 2nd squat and passed his third, got his opening bench only, and missed his last deadlift. Probably not the performance he wished for, but he held on and got the gold with a 1062.5kg total. Ukrainian lifters Oleksiy Rokochiy and Oleksiy Bychkov took silver and bronze

respectively with only 5kg separating them. Nick Weite (USA) placed 7th with the second highest deadlift in the class.

120+kg

The final, the buzz, would there be a new all-time heaviest Squat? A new total record? Would the altitude be too much for the SHW lifters? After watching the walkouts in the previous class, confidence was down. Then Carl Yngvar Christensen (NOR) solidly walked out and smoked his 465kg opener. CYC ended up with a 490 kg world record squat, and had some left in the tank. Joe Cappellino (USA) followed with 435kg. CYC went perfect in the bench press. Disaster struck Joe C. when his bench shirt failed violently on his opener. Joe could not recover and would not post a total. Carl would go 9 for 9, with his last 390kg deadlift looking like an opener. IPF Hall of Famer, Kenneth Sandvik (FIN) took silver and Fredrik Svensson (SWE) took bronze for an all Scandinavian podium. Christensen's Total was a new world record, the highest of all time. Christensen beat Fedosienko by .7 points to take top male lifter honors.

Photo credits: IPF and Heinrich Janse van Rensburg

Team results

Men's team results were: 1st Russia (54pts), 2nd Ukraine (47pts) and 3rd Poland (32pts). USA finished 5th with 31 points. **PLT**





My Name Is Rico

By Rickey Dale Crain

Hi, my name is Rico, and I'm an addict. I know what you are thinking, but I'm not an alcoholic, or addicted to crack cocaine or any kind of drugs, man. You see, it's much more serious than that. That's why I'm here to warn you, because, oh man, it could happen to you! Okay, here it is. I'm addicted to powerlifting, okay? There, I said it and I'm not sorry, man. Oh, wow, what a rush – just saying that makes me feel so good! Oh, man, okay, here's what it's like! Like, every morning I gotta have some exercise as soon as I get up – if I don't get it, man I get nervous, I get the shakes and, man, I feel like anything could happen. I gotta do a few situps or crunches and stretch every morning and then hit the weight room 3–4 times a week at least. The more you get the more you want, man. Take the other day, I almost "OE'd". That's "over-exercised" for those of you who don't know! Man, I did 2 days of workouts all in

one morning. Man, that was a TRIP! Another thing, when you're addicted to powerlifting you read all the books, magazines and newsletters you can get your hands on. As I drive to work out I think about my workout and talk it out in my head. Boy, when people see you driving and doing that they get out of the way fast! They think you are crazy... heh heh heh. Kind of cool and I can get to the gym faster that way! And on the days I don't work out I get these cravings to still train, so sometimes I have to do some extra sets of ab work in the evening before bedtime. Talk about a RUSH! Man, I've got it bad, I know. And you know what else – I'm a pusher, man!!!! YEAH! Like I'll give a workout away, man, to whomever wants it! Yeah, man, like it's free! You might think I'm crazy or something, but I'm just here to tell you, MAN, this could happen to you!

PLT

LOSE **HALF** YOUR BODYWEIGHT AND **DOUBLE** YOUR DEADLIFT

I MET DEB KESPER AT WABDL WORLDS WHERE SHE TOLD ME HER STORY. SHE HAD DROPPED WEIGHT FROM 305 POUNDS TO HER CURRENT 148, AND HAD JUST FINISHED DEADLIFTING 331.



INTERVIEW BY **JIM CURLEY**

What's your age and what do you do for a living?

I'm 50 years old and I'm retired from the US Post Office and USA Swimming. I'm currently a fitness trainer in Worcester, Massachusetts. I was a USA Swimming coach and I started coaching after I quit swimming, which is when I started putting on the weight!

What prompted you to put on the weight?

Swimmers burn up huge amounts of calories, mostly carbs, and if you keep eating and don't keep swimming, you put on weight! There was no exit advice or protocol for these swimmers. When I started coaching I started advising swimmers how to exit based on my own experience.

What did you weigh before you started losing weight in 2009? How did you start losing weight?



Deb Kesper did it



ABOVE: Deb at 305. LEFT: 150 and FIT

I weighed 305 and I just had enough of being fat. I started powerwalking, just going telephone pole to telephone pole. As I was able, I would stretch the distance to two telephone poles. The essence of it was just change one bad habit at a time and try to be better the next day. My daughter suggested I try the “military” style of training, so I would run one (pole to pole), walk three, run one, walk three, each day, and then run two, walk four, etc. until I finally signed up for a 5k walk. That was in May 2009 and I won the walking division! I weighed 275 and I was so proud that I wore that medal like a little kid. Keep in mind that I’m 5’5”, so I was still overweight but now I was making progress. I was really encouraged, so I hired a personal trainer

“I WEIGHED 305 AND I JUST HAD ENOUGH OF BEING FAT.”

and started doing strength training and decided to love all this stuff I had never done. I then decided to enter a 6k with a combination of running and walking and did well in that. From there I entered a half marathon in May 2010, and in August trained for and entered a “sprint” triathlon where I won the swimming division. Swim a half mile, ride 16 miles and run a 6k.

What did you weigh at this point?

I was still about 225. My diet consisted of getting rid of bad habits. By that point I had eliminated fast food and was reducing carbs and calories.

How and when did you get involved in powerlifting?

I hired Al Bianchi as a trainer, hearing about him by word of mouth.

What did he have you do to get into strength training? Did he start with the powerlifts?

We worked everything, but he got me started on the deadlift immediately. The first time I tried the deadlift I pulled a 160, so I've more than doubled it since. Al was a champion deadlifter and had done full power meets for years. At 220 this year he pulled 637, and he's pulled 717 at 237 at 47 years of age. After training with him for three weeks he said there was a power meet I had to enter, so I did! I was in the 181's and this was in April 2011. I pulled 260, and that day was conventional, but I do sumo and conventional equally well. At the 2013 meet I benched 178 in a shirt.

Do you have to cut weight for a meet?

Usually just about three pounds. I do it very gradually. I don't starve, just reduce intake very gradually.

Is maintaining your weight easy for you now?

It's always a struggle and will always be! I am generally on a Paleo diet, but nothing processed. My weight loss and strength gains have helped with my credibility as a trainer because my clients can identify with me. I still do meets and I deadlift, bench and strict curl. I've strict curled 80 pounds at 148.

Who would you like to thank?

The powerlifting camaraderie is amazing and you can keep making progress. I'd like to thank God for everything, Al Bianchi, my training partners at Bay State and Fred Peterson, who at 76 just pulled 550 with no gear or belt.

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20 PULLS OF WHAT?

Several years ago I heard about a 350 pound strongman competitor in Utah that had deadlifted 500 for 19 reps. No one I know had ever heard of doing more than that. Ron Garofalo, at 54 years of age, and weighing 179, pulled 500 for 20 reps the day I took these pictures. He and I really didn't think he'd get it, but it happened so fast that if I yelled, "5 more!" I think he would have pulled 25 reps!

INTERVIEW BY **JIM CURLEY**

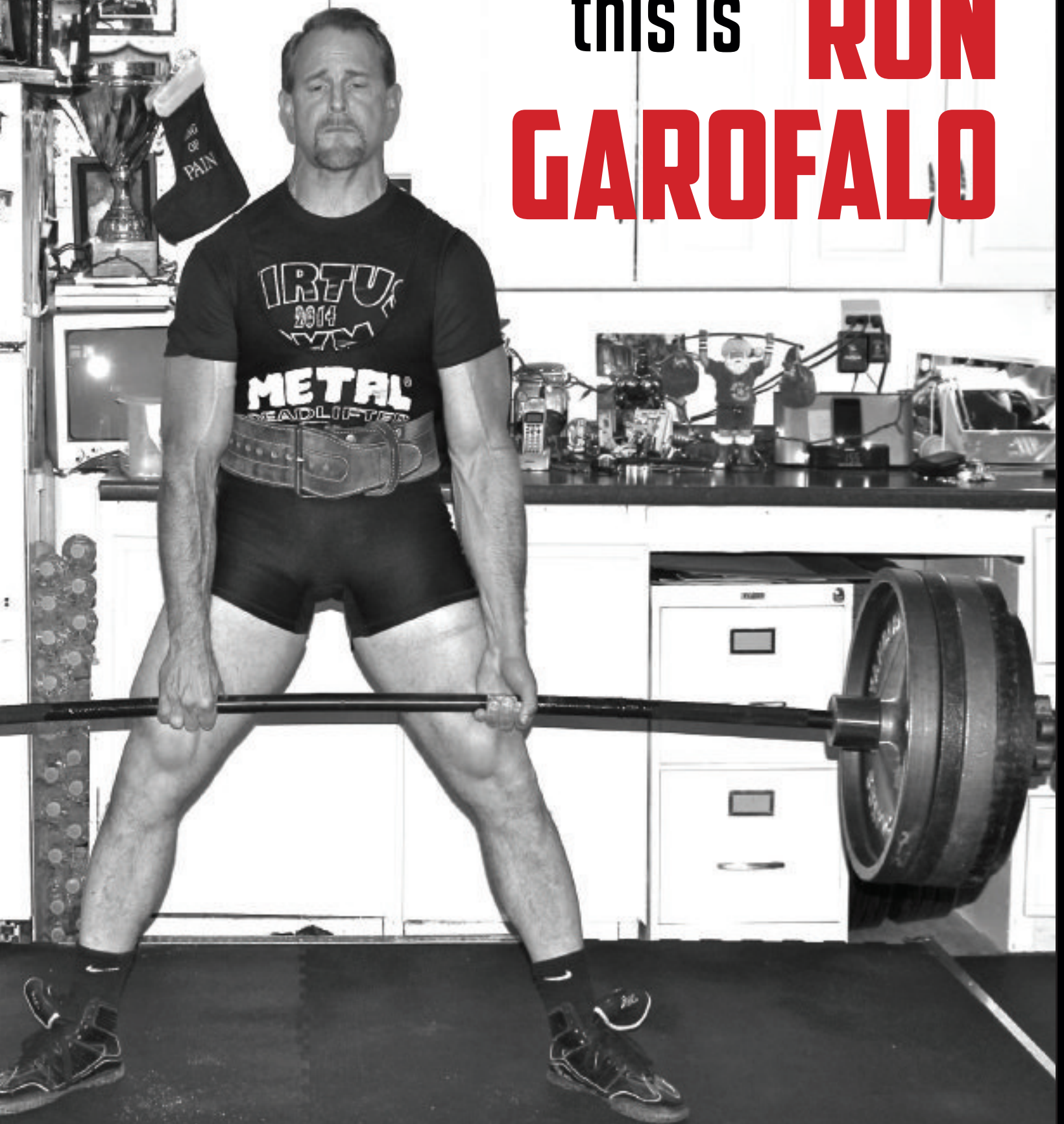
I've known Ron for 20 plus years, mostly from seeing him at local meets. I was sitting in the judges chair in 2006 at a local WABDL meet when he pulled 650 at 181. There was no wild psyching up or yelling – he just set up, held the stance and EXPLODED! Every muscle fiber that I could see, including those shin muscles on the front of the legs, were fully activated. It was like a surge of electricity that someone flipped the switch to and the weight flew up. He had a team at WABDL Worlds in 2012 and he also lifted there, pulling an all time PR of 701 in a ten year old single ply Metal deadlift suit at 181, 52 years old. The previous week he had won IPF Masters Worlds and been drug tested, so he wasn't tested at this meet. I only got my opener and asked if I could start training with him and the Virtus Gym crew on Saturday mornings. I've been there now for two years and won't miss unless the roads are closed. Compared

to Blaine Sumner who drove 3.5 hours and Austin Sellers who drives 4 hours each way to train with Mike Womack, Roger Ryan who drives 180 miles each way to train at Mecca Barbell, my piddly drive of an hour and fifteen minutes seems like nothing. The point is, if you're not training with someone better than you at least once a week, you need to think about doing it even if it's inconvenient.

I've seen Ron in the last year pull 325 for 33 reps, 500 for 12, and 600 for 5. He doesn't even have a Facebook page to "self-promote" so very few people outside of USAPL, AAU and WABDL know who he is. Today he got stoked and pulled an all time PR of 500x20 weighing 179. If I would've shouted at him, I believe he could have hit 25 reps! He followed that up with 600 for 3 but was pretty well spent by that time. He is a very competent full power meet guy but the deadlift is his best lift. This



this is **RON
GAROFALO**





sport is full of people like him who keep getting better as they get older and are relatively unknown. Russ Clark, his best friend and training partner since they were 12 years old, recently got 675-457-644 for a total of 1776 at 54 years old, single ply at 204 bodyweight. These were all time PR's for Russ and he's already eyeing 700-500-700. Ron has written several articles for this magazine on getting better as one gets older and he intends to dig deeper into the topic. Powerlifting is absolutely a unique sport in that a lifter, barring incapacitating injury, can keep getting better as they get older, even into their seventh decade. This being true, why would anyone ever quit lifting? Look for more articles addressing this topic.

[Ron, I've had the privilege of training here at Virtus Gym every Saturday for the past two years. It's a converted two car garage in a suburb of Denver. How long has the gym been in existence?](#)

It's been here for twelve years, and I train 60-70 people every week, mostly in small groups of five.

[What did you do before you started training for a living?](#)

I was a teacher for 19 years, teaching religion in Catholic schools! I always told myself that if I ever got to the point

where I didn't look forward to going back to school in August it was time to leave. Teaching and schools had changed a lot after Columbine, parents weren't involved much anymore, so I was ready to leave. I had always coached and trained, so I thought I'd try it for a year, knowing that I could go back to teaching. My wife and daughters were behind me all the way. I enjoyed it so much, and made more money training than teaching, so I've done this ever since. I wanted to work with kids in a different way than the schools did.

Those poor kids would have to sit at their desk with hands folded for six hours a day, no recess or PE, and

I felt sorry for them. They needed physical activity and focus on setting goals and achieving them. Kids could only come after school, so I opened it up to adults during the day. Many of my clients during the day were the kid's parents! It's just grown and I've never had to advertise or market it. I'm a Certified Strength and Conditioning

Specialist through the National Strength and Conditioning Association (NSCA). I was one of the very first to receive that designation in Dallas in 1985, the first year that they offered it.

[Is the emphasis on powerlifting?](#)

Not necessarily. I named this gym Virtus Gym. Virtus is a Latin word, the root word for strength and virtue,

"POWERLIFTING IS THE ONE THING WE CAN HANG ON TO WHERE WE GET BETTER DESPITE ANYTHING ELSE IN LIFE THAT HAPPENS TO US"

and I wanted to work with these kids to develop some of these qualities. Not just squatting and deadlifting, but instilling in them qualities like showing up on time, looking me in the eye and shaking hands with a firm handshake, paying their dues on time, being a team player. Are they getting stronger, are they setting higher goals and progressing and achieving? These

qualities are more important overall than just moving a powerlifting total up a little. How much they lift or even if they get in powerlifting is secondary.

Have you ever had to kick anyone out?

No. The qualities I seek to instill are more implicit than explicit. I set the example and imply that this is what we're about and they get in line with the program. It's different than what they generally see in society. Powerlifting is just a means of showing that we're growing – discipline, setting goals, moving forward in spite of setbacks – all these things are the traits of responsible and mature individuals.

How old are you and what's been your powerlifting progression?

I'm 54 and I started lifting in my basement with the plastic coated weights that everyone starts with as a kid. I wanted to get bigger for sports, so I lifted weights through high school and college and then got into competitive bodybuilding. I was doing that and some of the guys I trained with were powerlifters. They'd say stuff like, "you bodybuilders are a bunch of weak pansies, why don't you do a real man's sport and enter the state powerlifting meet?" That was in 1986 so I entered it and won. I was 165, totaled 1355 in a loose suit and ace bandages for wraps. I've never looked back! I lifted at 165 until 1998 and had trouble making weight so I moved up to 181.

You've always competed in tested federations. Have you ever tried performance enhancing drugs?

No, never. I've been tested dozens of times over the years, in and out of meets, and I stand ready to be tested anytime, anywhere.

You entered four meets this year.

I started with an equipped AAU meet and I totaled 1657. I went to USAPL Masters Nationals and tore my left distal bicep tendon. I tore the right bicep tendon eight months previous to that while on vacation in Mexico. I

jumped up to a chinup bar which was coated with suntan oil and my left hand slipped off and the right tendon ripped while I was holding on. I got that reattached and found that I had two tendons on that side so I was back in the gym pretty fast. Doctors have to cover their rear ends regarding liability, so they said come in in five weeks and we'll check your supination. I decided to deadlift 500 for 12 reps instead of that, and it held! The tendon that I tore at Masters Nationals I tested the same way ten weeks later. I've torn both quads squatting raw at World meets. I've had a disc problem which cut off a nerve and has resulted in some muscle loss in the right tricep. At the USAPL Masters Nationals where I tore the bicep I totaled 1657 via 611-402-644. I then competed at AAU Worlds raw the end of October and got 512-341-639 and totaled 1492, the deadlift being my best raw pull at any age.

So even with all the injuries and advancing age, you're getting better.

Hopefully! At WABDL Worlds just a few weeks ago I benched 391 and pulled 661 equipped. I tried 705 but hadn't trained deadlift once between AAU Worlds in October and this meet,

so I was a little off.

What are your plans for 2015?

I want a PR total in single ply and raw. I think that I can get close to a 1750 total in 181's equipped and I want a raw total of at least 1550. I've been tested three times this year but haven't been out of meet tested for two years. I may do the Arnold in March, I'll do USAPL Masters Nationals in May and if IPF allows me on the world team, I'd like to do that one. I enjoy lifting in different federations.

How long do you figure you'll keep lifting? Are you still excited about it after all these years?

I have my moments, but yes! I see this gym as kind of a pioneering movement, a community of people of all ages, from 12-74 years of age, whether they're housewives or competitive powerlifters trying to still progress in what they do. Our group of powerlifters are getting better lifts than they did in their 30's and I'd like to see just how far we can go.

Your deadlift form is immaculate – hips high that don't move and great speed.



Form, technique and speed are key. I have to “feel” what a perfect 700 pull feels like in my body right before I pull while I’m holding the bar. I know it sounds weird, but I don’t repeat any “cues” while I’m setting up. I’m trying to get the feeling of a perfect heavy pull in my body a second before I actually begin the pull. My chances of success go up substantially if I feel the perfect lift right before I actually do it, whether it’s squat, bench or deadlift. That means every training rep in all three lifts. I don’t need to get all riled up. It goes beyond seeing or visualizing – it has to be felt right before it happens. I’m constantly trying new methods of training regarding volume, sets, etc. For example in 2015, because my recovery is slower, I’ve got to have a longer cycle feeling heavier weight.

[In the western United States where we are, powerlifting has almost exclusively been raw or single ply. Have you ever wondered what you could do multi ply in a monolift?](#)

Well sure, who hasn’t? I’ve even rigged up a chain set up in the squat rack where the bar rests in the chains, the lifter stands up with the bar and the spotters pull the chain off the end of the bar. I might have even put on two single ply suits that day, but it’s not real safe the way I had it. I don’t think I got to depth, but if you’re going to squat, the hip crease needs to go below the top of the knees. Sometimes that may just be an inch or two but any powerlifter knows that the hardest part of squatting is the depth. I see so called world record squats with multi ply and briefs and they aren’t even parallel, much less below parallel. I’d like to get all geared up and squat to their standard squat depth just to see what I could do with their rules. I’m not one of those who claims to have all the answers, but I know what I have to do personally to get better, lift heavier for a longer period while avoiding trashing the CNS (central nervous system).

[How do you do that?](#)

You have to listen to your body, yet keep doing what you need to do. It’s a very fine line. As older lifters I think most of us peak too early for a meet and don’t do as well as we should on the platform. For example, in bench I have to do more top end work to work on the lockout. I’m explosive, so I have to get that bench to touch quickly. I press quickly but I hit a “wall” at the top three inches. I like bands for the finish, whether it’s squat, bench or deadlift as opposed to boards for bench, block pulls in deadlift or partial squats. With bands you’re still doing the whole lift rather than partials and you work on your weak points because the lift is what you’re doing in a meet.

[So 2015 is working weak points?](#)

It’s way more than that! Are we still progressing in our 50’s and 60’s regardless of federations, gear, etc.? This generation is the first one that still is competing for over thirty years. It’s the grand experiment – can we not only keep going but actually keep getting stronger and put it all together with the same rules; single ply, drug tested, etc. It’s never really been done. There are individual exceptions, of course, but as a generation, despite the injuries, can we keep getting better? Powerlifting is the only sport where you can be good in your 20’s and end up better in your 60’s and 70’s! We’re going to find out if that’s true. Is your total better in the 60’s than it was in your prime? My premise in powerlifting is a three lift total, not just push-pull or bench only. Most training articles are geared toward younger lifters, but maybe there needs to be more masters lifter oriented articles. Is there a difference, or does there need to be? Even high school lifters need to see that they can do this all their life. Powerlifting is the one thing that we can hang onto where we get better despite anything else in life that happens to us.

[How could we get rich exploiting this?](#)

One of the cool things about

powerlifting is that none of us are getting rich by doing it. It’s excruciatingly painful at times, takes tremendous dedication and discipline; therefore, those who are in it are in it for the right reasons. We’re doing it for the sheer love of training and strength. I’m a gear guy but I think raw powerlifting is what’s going to grow this sport. If there is such a thing as a “fountain of youth”, powerlifting has to be it.

[Anyone you’d like to thank?](#)

Obviously my lovely wife and daughters for putting up with all of this. My training partners, especially Russ Clark. We’ve trained every Saturday together since we were twelve years old. Dan and Jennifer Gaudreau who have a love of powerlifting and keep it going in Colorado. Martin Drake of the AAU Federation and Gus Rethwisch of WABDL keep lifting going despite tons of aggravation just to make lifting available to people.

Email: virtusgym@msn.com

PLT

best lifts this year for Ron

SQUAT - 611

BENCH - 402

DEADLIFT - 661

UPDATES

RAY WILLIAMS at USAPL American Open Dec.12th , raw, no wraps – 931-534-738-2204

SCOTT MECHAM at APF Utah State Open – 771 bench

ROGER RYAN at Relentless Detroit Meet – 730 bench



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GYM

OF THE MONTH



BY JIM CURLEY

"THIS GARAGE GYM HAS PRODUCED MANY USAPL, WABDL, AAU, AND NASA WORLD, STATE AND TEEN CHAMPIONS."

This gym is like many across the country; it's a garage gym! It's owned by Ron Garofalo and while it's not open to the public, it's probably busier and better equipped than a lot of commercial gyms. Ron trains about 70 people here every week, often in groups of five, but the main heavy powerlifting happens on Saturday morning. There are 3,500 pounds of weight plates, 11 Olympic bars, and

14 specialty bars including a cambered bar, safety squat bar, swiss bar, bow bar, and a Texas deadlift bar, among others. There are four racks including a combo rack with meet type bench. Four machines include a squat machine and a leg press with homemade wide footplates that can be attached.

Kettlebells range from 20-55 pounds along with a homemade one made of galvanized pipe and fittings that's had two hundred pounds on it. That one is grueling! Boxes for box squatting are plastic irrigation boxes that stack neatly when not in use. Home Depot – the thinking man's weightlifting warehouse! There are chains, bands, a manta ray and front squat harness. The roman chair also turns into a very effective glute ham raise (GHR) with one modification.

A spare bedroom down

the hall in the house is the cardio/changing room. It has a recumbent bike and two treadmills for getting warmed up.

There isn't a monolift, but with chains attached to the top of a rack and side spotters, it simulates a monolift (no walk out). Dumbbells range from 5-100 pounds and the DB rack is next to the refrigerator. That refrigerator is a key element of the gym for it houses valuable post-workout carb loading nutrition – BEER! (This is for the Saturday crew only!) It also serves as a place to cram trophies on top of. Since it's the Christmas season and an extension of the house, it's decorated for the season complete with weightlifting Santa ornaments.

This garage gym has produced many USAPL, WABDL, AAU, and NASA World, State and teen champions.

The Saturday crew consists of myself, Ron Garofalo, Russ Clark, Jason Julian, Shane Landenberger, Tom Cencich and Josh Rein with the occasional drop-in lifter prepping for a meet. With the exception of Shane and Josh, all of us are in our fifties and generally making progress. We coach and spot for each other and it's a great place to train. I suspect gyms like this produce more champion powerlifters than most commercial gyms.



TOM CENCICH

I'm 54 and I'm an electrical engineer, same employer for 32 years. I usually lift 181's and best lifts in a meet recently were 468-463-468 single ply.



JASON JULIAN

I'm 54, been training (and powerlifting) for about three years. I'm a divisional manager for a landscape company. I compete in 242, single ply and best meet lifts are 518-457-530.



THE SATURDAY MORNING CREW

RUSS CLARK

I'M 53, WEIGHT ABOUT 200 AND WORK IN INSURANCE. I'VE BEEN TRAINING HERE FOR TWELVE YEARS SINCE RON OPENED IT. WE'VE BEEN TRAINING TOGETHER SINCE WE WERE 12 YEARS OLD AND WE'RE STILL BEST FRIENDS. MY BEST LIFTS IN A MEET IN THE LAST YEAR WERE 675-457-644 IN TESTED SINGLE PLY MEETS AND I'VE BEEN TESTED TWICE IN THE LAST YEAR.

virtus gym

VIRTUS IS A LATIN WORD, THE ROOT WORD FOR STRENGTH AND VIRTUE.

JOSH REIN

I'M 29 YEARS OLD AND COMPETE AT 148. I'M A STRUCTURAL ENGINEER AND MY BEST LIFTS SINGLE PLY IN A MEET ARE 365-205-420. I'VE BEEN TRAINING HERE FOR ELEVEN YEARS.



SHANE LANDENBERGER

I'M 44 AND COMPETE USUALLY AT 198, ALTHOUGH I'M GOING 181 IN A MEET IN ABOUT TWO WEEKS. I'M A TOOL SALES REP AND I'VE BEEN TRAINING HERE FOR ABOUT THREE YEARS. SINGLE PLY, MY BEST LIFTS ARE 525-330-563.



RON GAROFALO

FULL INTERVIEW ON PAGE 36

BAD ATTITUDE

SEAN FINNIGAN

**700 LB
BENCHER
AT 65**



How old are you, what do you do for a living and how long have you been lifting?

I'm 65 years old and I'm a security consultant. I'm working on getting the electronic security contract at DFW Airport right now so I'm hoping! As far as lifting goes, when I was 19 years old I weighed 165 and got a 405 bench in just a T-shirt. We didn't even have wrist wraps back then, much less bench shirts. Fast forward, I'm training at 45 and I'm getting 315 pretty easy, so I thought I'd go for 365, again raw,

and that went pretty easily. About a year later I got 405 weighing 198, and now 425-435 is a pretty regular thing. I ran into Ken Anderson and started training with him. Next thing I know he's got me in an early blast shirt and I went to a meet in Oklahoma and barely got 400. I thought "Gee, that's some great coaching. Only a 35 pound decrease in my bench in 3 months!". I ended up hitting almost 600 in my late 50's but since I've been training with Mike Womack for the last 3 years I'm benching more than I ever have. I'm looking to open tomorrow with 605, then 635 and if that goes well, 705. (Unfortunately Sean bombed with 605). I'm convinced

“WITH THE EXCEPTION OF IRISH WHISKEY, I DON’T TAKE ANYTHING – CREATINE, PROTEIN POWDER, STEROIDS, ANY OF IT.”



605 WITH A THUMBLESS GRIP

that if you find a good coach like Womack who can see your small faults and slowly change them you can keep making progress.

[Have you made any accommodations to age?](#)

I do a lot less volume and try to get to the higher weights faster. I do a lot of lockout work like pin press. I can keep making progress, and I routinely handle 675-705 in the gym. I need to work on translating that to a meet because I’ve bombed in the last three meets I’ve been in with weights that I smoke in the gym, so I’m working on consistency.

[How long will you keep trying to set new PR’s?](#)

Until they burn me and put me in a little urn! If my shoulders hold up, I can keep going. People ask me how much I can bench raw – I don’t know and I don’t want to find out! I suppose I could train just raw for 6 months or so and get near 500, but my shoulders would be destroyed and that would be the end of my benching, so I’m done with raw bench. I squat and deadlift in single ply in the gym and have squatted 600 in the last 18 months and I can deadlift 500 but my grip goes. If I use straps I can pull around 600.

[Do you train shoulders?](#)

I do Smith Machine presses and I like Hammer Strength presses. I never go over five reps on anything and it

revolves around making my bench better, not training for bodybuilding. I don’t do any biceps, because the bench shirt won’t fit. I’ve had guys with smaller arms than mine try to fit into my shirt and they can’t get the sleeve over the arm because they’ve got biceps.

[I can’t believe you’re 65 and you bench what you do.](#)

It’s from training with Mike Womack. I think he’s the greatest bench presser around and training with him has given me confidence and technique I could not have gotten anywhere else. I’ve got superior spotters and I wouldn’t lift heavy anywhere else. My shirt is like what most of Womack’s crew uses - a single ply F6.

[What’s your position on drug use in the sport?](#)

I just don’t care who takes what. I’m competing against myself and if that’s good enough to win, great! With the exception of Irish Whiskey, I don’t take anything – creatine, protein powder, steroids, any of it. I haven’t been injured and again, I credit Mike Womack for keeping his crew safe while lifting big weights. I don’t do stupid things that get me injured.

[Is there anyone you’d like to thank or mention?](#)

Mike Womack, Ken Anderson, and all my training partners. The list is long but they know who they are.

PLT

WABDL WORLD CHAMPIONSHIPS

18TH ANNUAL WELKER
WABDL WORLD
CHAMPIONSHIPS
BALLY'S / PARIS RESORT
HOTEL
NOVEMBER 18-23, 2014

AS TOLD BY GUS RETHWISCH

Five Hundred Ninety Lifters signed up and 574 showed up to lift. The judging was tight, consistent and fair. The Venue is in the heart of the strip. The lifting was fantastic especially the women so we will start with the women deadlift.

In Junior 148, Kimberly Phantavong set a Washington state record with 374.7. In Master Women 40-46 / 114lb, Valesca Cristi Rocha of Brazil was phenomenal with a world record 360.2; more than triple body weight. At 47-53 / 148lb, Ana Catia Portilho Couto of Brazil pulled a National record 418.7. At 47-53 / 165lb, Cindy Shockman set two world records in master and open with 473.9. She also set a world record in the bench press with 343.7. She was drug tested twice in the last two years and passed each time. Cindy is a very competitive hard driving, hard-working lifter. She knows no boundaries in lifting. In 47-53 / 181, Brenda Herman benched 275.5 and deadlifted a Wisconsin record 374.7. In 47-53 / 198, Karen Campbell had benched 500 in training and pulled 518. She might have been over-trained and ended up



KEONI RELCH, SHW, 756 DEADLIFT

with 451.7 in the deadlift and 424.2 in the bench at age 51, super star to say the least and she has passed 5 drug tests. In 54-60 / 181, Marie Huston set a Washington record 365.9. The greatest female dead lifter of the whole contest was Jane McCubbin, a farm girl from Wisconsin. She pulled a painfully slow perfect style conventional 441.8 at 131lbs at age 56!! A big time world record on any planet is the best way to describe the lift.

Continuing on with the women's deadlift, Gerda Shupe at the age of 71 pulled 314 at 165.8 lbs. for a world record. Linda Barnes pulled 330.5 in 61-67 at age 65 weighing 108lbs. for a world record and Carrie Reese at age 78 pulled 222.4 at 170.8 lbs. for a world record.

In the open women, the aforementioned Jane McCubbin's 441.8 at 132

was a world record. Rebekah Schmidt pulled a Minnesota record 468.2 at 148 lbs. and is only 32lbs off the world record held by Linda Okoro. She formerly held the 181lb open world record with 503.7. There were 6 competitors in her weight class from Brazil, New Zealand, Washington, California and Utah. At 165, Cindy Shockman set the world record with 473.9. At 220, Holly Garner of Oregon and Nicole Marie Jones of Texas hooked up in a great battle. They both pulled 451.7 with Holly winning on a lighter body weight. At 181, Sophia Hussary of Arizona pulled a state record 407.7 for the world title over 4 other contestants. At 198, Debora Ester dos Santos of Brazil pulled a world record 507 last year and passed the drug test. This year she had to settle for 473.7 but still good enough for the world

title.

In submaster women, Rebekah Schmidt pulled a world record 468.2 at 148lbs. and police woman Alisha Howard set two world records at 181lbs. in Law/Fire open and Submaster with 446.2 and she threw in her first 300# bench press for a good measure, a 303 Washington state record.

In teen women, in 14-15 / 123lbs, Madison McKendrick of Utah pulled a world record 310.7. She barely turned 15. In teen women 16-17 / 123, Taylor Klemmensen of Wisconsin pulled a huge 347 world record. In 18-10 / 165, Lauren Lugdon of Maine pulled a state record 363.7. I don't recall any world championships in WABDL with that caliber of deadlifts by the women.

In Women's bench press, Karen Campbell was out of

this world with 424. Her best is 462.7. Cindy Shockman rammed up 343.7 at 165 at age 48. Karen Campbell is 51.

In junior women, Julia Goldstein of Utah set 3 world records ending up at 264.5 at 129.6 lbs. Alisha Howard set a Law/Fire Open world record with 303.

In Master women bench press, there were 11 world records.

In Double-ply, there were 5 world records. Amy Rudder of Tennessee 200.4 at 40-46 / 220. Rebecca Moore of Washington benched 160.8 at 47-53 / 123. Linda Gerking of Washington benched 225.7 at 47-53 / 198. Gloria Caughey of Utah 193.8 at 54-60 / Super and Leona Pereza of Hawaii 104.5 at 68-74 / 132.

In single ply, there were 6 world records: Cindy Shockman of Oregon 343.7 at 47-53 / 165. Tunya Sytsma of Hawaii 275.5 at 47-53 / Super, Juana Kananapu of California 203.7 at 61-67 / Super Carrie Reese, a lawyer and registered nurse of California 93.5 at 75-79 / 181.

In Open women, Kandace Kinney of Hawaii pushed 286.5 at 148. Virpi Pukkila of Finland got a national record 336 and Cindy Shockman got a world record 343.7.

In Teen Women, Emily Jondron of Texas got a world record 231.2 at 14-15 / 165 in the bench. Kali Schierl set a world record 214.7 in 16-17 / 123. She weighed 121 and in 18-19 / 165, Lauren Lugdon of Maine set a world record in Double ply with 232.3.

Moving on to Men's Deadlifts, Jerry Pritchett pulled an amazing 903. He was in a rush to get to a strongman event the next day and was not drug tested so it won't count as a world record or as 1st place in the super division. Jerry is a

good friend of mine and I was out of the ballroom dealing with hotel business for one hour. No favoritism. I was looking for him to drug test and then to give him his trophy at the trophy presentation for deadlifts is when I call the names. Jerry has the world record with 810 at super in the open and in the past he was tested numerous times and passed.

In class 1 deadlifts, Daniel Libre of Washington was the outstanding lifter with 644.7 at 220 lbs. He was drug tested.

In Junior men, Andrew Tabisula of Hawaii pulled 589.5 at 181 to beat out a field of 5. Lyle Sugi of Hawaii pulled 644.7 at 198 for a state record and the world title with a field of 7. At 220, Tyler Carlson of Montana pulled 600.7 to beat a field of 5. At 242, Joshua Winterrowd of Montana edged out Seth Reed 633 to 628 for the world title. At 275, Colby Ballinger looked like a Greek God and pulled 762.7 for a world record. He's a very defined 6'6". He also spot-loaded for the rest of the week. He was drug tested.

In Law/Fire 56-63/242, Mike Frizzell set a world record 607.3 and also benched 551. He was drug tested. In Law/Fire 64+, 67 year old Jon Wolbers pulled a world record 585.1 at 220. He was also inducted into the Hall of Fame. Flip Silva a border Patrol agent in Texas won both Law/fire 40-47 and Law/Fire Open with 600.7. At super, Keoni "Bulla" Reich, 6'5" 332lbs, pulled a world record 756.1 in Law/Fire Open.

In Master men, 40-46, Robert Miller beat a field of 6 at 198 lbs. with a 633.7 to edge out Drew Burton of Canada who did 628.2, Matt Lamarque of California was 3rd with 617.2. At 220, George Soto elevated a 650.2 for the world title. At 242, Evandro

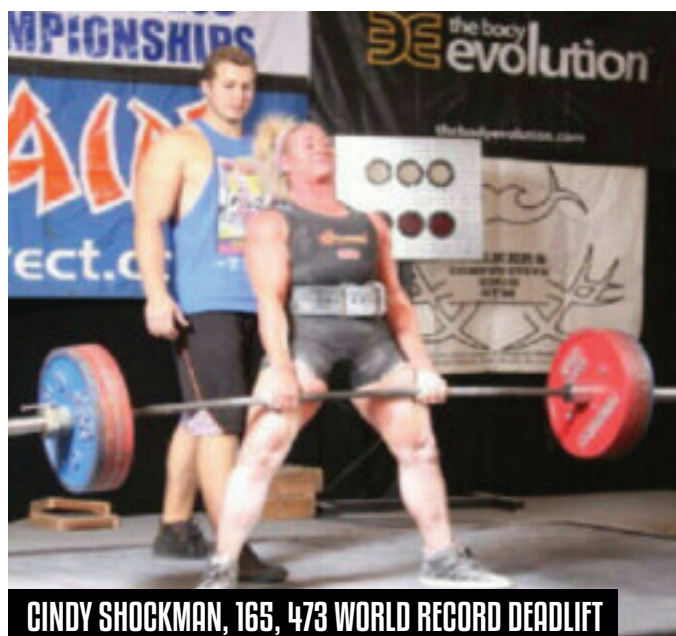
Casagrande of Brazil set a National Record 705.2 and was drug tested. At 259, Kari Pontinen of Finland took Gold with a 705.2. At Super Keoni Reich set a world record with 756.1. David Edgell was 2nd with a 688.7 Utah record.

In Master 47-53 deadlift, Ron Garofalo of Colorado who coaches Team Virtus pulled a huge 661.2. Two years ago, he ripped up 700.8 at 181. At 198, Eddie DiFruscia of New Hampshire won Worlds with a state record 655.7. Eddie has won at least 6 world titles. Russ Clark of Colorado was 2nd with 644.7. Eddie was drug tested. At 220, Al Bianchi pulled 672.2 which was good enough for a world title and a Massachusetts record. At 242, Tim Sparkes beat out a field of six with a 672.2 Arizona state record. At 259, Ron Harlow pulled 666.7 for a world title and at 275, Patrick Holloway pulled 826.5 for his 7th world title. Terry Putnam was 2nd with a respectable 683.2. Patrick weighed 268 and was drug tested. He has passed 5 drug tests and is obviously a world class deadlifter. His best pull is 854 at 266 lbs.

In the master 54-60, Dean Kaneshiro of Hawaii was

inducted into the WABDL Hall of Fame and won his 8th World Title with 545.5 at 148. At 165, Fulton White beat a field of 4 with 567.5 and his 7th world title. At 181, Leaman Woodley who is in the Hall of Fame, pulled a huge 667.8 for his 9th world championship. At 198, Jody Woods and Tom Eiseman battled it out with Jody winning 655.7 to 650.2. Tom pulled 705.2 but the lift was turned down. He wasn't quite locked out. At 242, Mike Frizzell pulled 607.3 for an Illinois record and the pace setter for a field of 4. Mike was drug tested mainly because of his 551 bench press.

In 61-67, Eddie Morgan pulled a very respectable 622.7 at 237.2. In 68-74 / 165, Martin Montgomery pulled a 451.7. Martin will be inducted into the WABDL hall of Fame for 2015. In 75-79 / 132, 78 year old Precious McKenzie pulled a world record 380.2 and was inducted into the WABDL hall of Fame. Precious was also inducted into the IPF Hall of Fame and the British Weightlifting Hall of Fame. He competed in 3 Olympic Games. He is from Auckland, New Zealand and brought other team members



with him to compete at worlds. Next year, Precious says he is bringing many more lifters and will have a team next year also. In 75-79 / 198, 77 year old John Herbein, a retired Navy captain who graduated from the naval Academy pulled a Pennsylvania record 403.3, only 21lbs from the world record. John is also in the Hall of Fame and won his 7th world title. In the 80-84 / 165, Bill Tinkler of Florida set a world record 354.7, a huge lift for his weight and age group.

In Open 165 deadlift, there was a hotly contested battle with Edwin Manmano doing 655.7 for the world title and Anthony Low coming in 2nd with 633.7. Derrick Martini was 3rd with 622.7. Manmano and Low both train at the Wailua recreation center on the North Shore of Oahu and martini is from Wisconsin. At 198, Romar Lagamo of Hawaii pulled an incredible world record 777, which was a bigger co-efficient than Jerry Pritchett's 903. Romar was drug tested. Evandro Cadagrande of Brazil was 2nd with 705.2. At 259, Travis McCormick set a world record 782.5 on an opener! Kari Pontinen of Finland was 2nd with 705.2 and Alex Miqueloni Fracola of Brazil was 3rd with 661.2. At 275, Patrick Holloway did an easy 826 and missed 860 at his knees. At, Super, Andreas Stahlberg of Finland set a Finnish record with 727.5. He is a lifter for the future at 6'4" and 322lbs. and no fat.

In Submaster men at 161.8lbs, Ryan Snelling set a Missouri and world record 622.7 at the 165lb weight class. He has attended 15 world championships and won 25 in teenage, open and submaster in the deadlift. At, 132, Jonathan Rosete and Rodell Esteban both set world records with Rodell winning the world

championships and Jonathan ending up with the world record 469.3, Rodell did 468.2. Ben Deghan of Washington out pulled a field of 6 in 181 with a 551. At 220, Ira Kekaulua of Oregon beat Miguel Chain Junior from Brazil 650.2 to 617.2. At 242, Omar Antila pulled a big aggressive 727. At 259, Travis McCormick set a world record 782.5 on an opener.

In teen men, Cyrus Jumalon of Hawaii set a world record 314 in 12-13/123. He weighed 118. I used to train at Cyrus father's uncle's gym in Hawaii called George Perry's Gym. At 14-15/132, Mason Nakamura set a world record 424.2. He had set 4 world records in the 12-13 age groups. Wesley Luce of Texas set a world record 526.8 in 14-15/220. In 18-19/148, Thomas Wilson of Utah set a state record 451.7 and in 18-19/220, John Weiss set a Colorado record 523.5.

In Men's bench press, the most impressive bench in class 1 was Ryan Marble, with a Utah record 502.6 at 198. Ulrich Zamora of Nevada put up an easy 551 at 242 for a state record and Colby Ballinger at 6'6" did a very impressive 573 in double ply at 275.

In Disabled 1, Scott Rickford paralyzed from the waist down got a world record 363.5 at 173.8lbs. He had the same weight slam into his stomach but he came back and put it up easily. A great recovery after a traumatic experience.

In junior men, Dinesh Mangra of New York got a state record 363.7 at 148 in double ply. At 181, Jacob Rogers slammed 429.7 for a Oklahoma record. At 198, Edgar Garcia Sierra of Oregon set a state record 451.7 and at 220, Seppo Juntilla of Finland was the world champion with 540. At 242, Seth Reed



KEONI REICH, SHW, 623 BENCH

coached by Al Stork, put up a huge 650.2 at age 20 in double ply for a world record. At 259, Palli Peltonen of Finland set a world record 573 in double ply. At 275, Colby Ballinger set a California record 573 in double ply.

In Law/Fire 40-47 supers, Keoni Reich at 6'5" set a Hawaii record 622.7. In Law/Fire 48-55 /220, Joe Gardner of Illinois set a world record 545.5. In Law/Fire 48-55 275, Darren Kaleleiki of Hawaii set a world record 612.8. He also won the worlds in Law/Fire Open. In Law/Fire 56-63 / 242, Mike Frizzell of Illinois set a world record 551. In Law/Fire Open 198, Richard Derengowski set a world record 567.5 and is ranked at 198 in regular open all time #5.

In Law/Fire Submaster, Chad Bertelmann was alien like with a 661.2 weighing 218.2 for a world record. He was drug tested. In Master men 40-46, Rob Golgano of Maine got a world record 734.1 at 242. He is getting very close to Elite. At 181, Valentino Plummer had a huge co-efficient world record 551. At 259, WABDL hall of Fame James Hunter got a California

record 735.2. At 275, Joey Murphy of Georgia got 705.2 and Dave Forstner got a Michigan record 644.7.

In 47-53, Bill Welch of Tennessee tried twice to finally get a 699.7 state record at 308. Tony Coduto of Illinois beat a big field at 198 for the world title with 523.5. He holds the world record at 584.

In 54-60, Jody Woods was the star of the class with 479.5 at 198 but his brother Jeff finally beat him with 501.5 in 47-53 /198. Two other stars of the 54-60 were Ed Macauley of Oregon with 584 at 242 for a state record and Will Crossen Jr. who holds the world record at 275 with 705 got 683.2 this time. That is unbelievable weight for a 57 year old.

In 61-67, the two stars were Perry Plush coached by Joe Head with a world record 380.2 at 181 in double ply at 220 and Dan Swift who got 468.2 at 220. Dan holds the world record at 507. Dan is an ex-Marine and is in the Hall of Fame. Perry will go into the Hall of Fame next year. He was supposed to go in this year but couldn't accept his award due to travel complications.

In 68-74 master bench

press, Bryan Yager at 132 set a world record 275.5. Daniel Hofeditz set a world record 330.5 in double ply 198 to edge out Al Franke who also set a world record 311.8. At 220, Al Williamson, a WABDL Hall of Famer set a Wisconsin record 343.7. At 242, Daniel Smith III, at age 70 did a raw lift of 352.5! He's an ex-Marine and served two tours in Vietnam and saw extensive combat. He served 28 years in the marine corp. At 259, Ed Acey of Utah set a world record in double ply with 352.5. Gary Witzel of Washington and Arnold Pereza of Hawaii set world records of 253.5 at 165 and 234.5 at 181 respectfully in double ply.

In 75-79, Bill Prince at age 77 pushed up an eye opening 297.5 at 180.4 lbs. Bill still rides Harleys. In 80-84, John McEwen, a retired Colonel in the Air Force set a California record 210.3 at 181. In 85-89, 87 year old Walter Richter set a world record 253.5 at 237lbs!!

In Open men, Jason Arnold of California reigned at 148 with 363.7. At 165, there were 3 bombs and Will Crossen III was still standing with 474.8 for a Washington record and a world title. At 198, Matt Lamarque was an easy winner with 589.5 in a field of 8. Matt is in the WABDL Hall of Fame. At 220, Coby Washburn of Texas set a Texas record 578.5 to beat lifters from Finland and Brazil to win worlds in single ply. In double ply, Ken Millrany punched out a 622.7 to win worlds at double ply. He's in the WABDL Hall of Fame and has won 9 world titles. At 242, Rob Golgano beat a field of nine with an eye opening 734.5. Brant Bishop hit a 567.5 in double ply for the world title. At 259, James Hunter set a world record 735.2. He has set at least fifteen world records. At 275, Tim Moon hit 727.5 for the world title and he was

drug tested. At supers, Scott Bromeisl won in single ply with 617.2 and Gary Shim won in double ply with 650. Tiny Meeker had been to at least 6 meets this year including trips to Russia and London and he was worn out. He opened with 920 and was close on his 3rd try. He's done 1102 in a multi-ply open back shirt.

In submaster bench, Chad Bertelmann of Hawaii set a world record 661.2 in double ply and Coby Washburn was the winner in single ply with 578.5. At supers, 461lb. Christopher Sutton of Texas opened with 744 and won his first world title.

In teen men, in 14-15 / 165, Karter Brachear of Illinois set a state record 297.5. He's set 16 world records in 12-13 and 14-15. In 16-17/114, Michael Saldivar set a world record 293.1. He's coached by Tiny Meeker. Michael is in a wheel chair and is an inspiration to everyone. Camyn Knox also coached by Tiny Meeker also set a world record in double ply 16-17/165 with 385.7. Giovanni Golgano of Maine set a state record in single ply 16-17/165 with 352.5. In 18-19/super, Slade Murrell set a world record in double ply with 468. He weighs 347 lbs.

The Ekahi team from Hawaii won the team world title in the Open division and Brian Kaczmaris High School Team from New Richmond, Wisconsin won the teen team title.

The new inductees into the WABDL Hall of Fame were: Precious McKenzie of New Zealand, Tatu Avola of Finland, Jani Ihalainen of Finland, Kim Paivoke of Finland, Dean Kaneshiro of Hawaii, Tom Eiseman of New Jersey, Rick Hagedorn of Alabama, Bobby Driskill of Alabama, Brent Howard of Nevada, Steve Pena, a blind lifter from California, Sam Pectol

of Orgeon, Dean Munsey of Oregon, Alfredo Evangelista from Oregon, Frank Wakakuwa of Hawaii, Sherry Abblett of California and Jon Wolbers of Canada.

I want to thank our staff that made this 18th WABDL Worlds possible. First, Gary and Elma Thomas who both ran the weigh-in room for a few days and did the computer work to enter lifters who weighed in, so their hours were 10a.m. until midnight from Monday, November 17 to Sunday, November 23. Also Dave Edmondson who judged for 6 days, worked in the weigh-in room and brought 3,000 lbs. of equipment. He loaded it at his house, unloaded it at the meet, loaded it back up at the meet and unloaded it at his house – bars, kilo set, warmup weights, bench, staging, judging lights and rubber mats. Al Stork relieved the night watchman every morning between 2:30 and 3:15 a.m. and then put out 1100 trophies as well as helped setup the main stage and warmup area. He also helped at the door and helped with weigh-ins on Monday and brought the bar load program. Colby Ballinger brought two benches and trophies and supplied the spotter loaders. Jeff Kats, Jeff Smith, Destry Brown and himself. Wyatt Dickinson was the night watchman and Shahid Shabazz also helped spot-load.

The judges were Dave Edmondson, Neil Heisick, Don Miskinis, Dean Munsey, Jim and Shawna Sheffield, Gary and Martha Shim, Jim Presley, Gordon Santee, Jim Snodgrass and Diana Sutton.

Gary Miller brought the main stage bench for the competition and lots of weights, plywood and rubber mats. Gary was weigh-in supervisor. Eric and Melissa Zumwalt were also supervisors

in the weigh-in room. Lisa Wheeler, Gus Rethwisch and James Green were the MC's. Score keepers were Don Miskinis, Lynette Green, Martha Shim, Lisa Wheeler, and Gus Rethwisch. Helping pass out trophies were Rebekah Schmidt, Jim Presley, Peach Presley and Karen Campbell. Dennis and Rebekah Schmidt worked the weigh-in room for 4 days. Computer warm-up facilitators were Don Miskinis, Brant Bishop, and Jocelyn Ronolo. Bar load program was operated by Shawna Sheffield, Karen Campbell and Cynthia Miller. Martha Shim filled in for both the bar loader program and computer facilitator. Dr. Mark Webber and Dave Edmondson did the drug testing. Mark was also the official medical staff with Dave Edmondson.

Dave Palmer did an excellent job in providing the live stream. Dave Constantineau was door security for 5 days from 8 a.m. to 6:30 p.m. The ticket booth and t-shirts were sold by Linda Meade, Lisa Leong and Teresa Plowman.

Our sponsors were Brian and Denise Welker of Sugar Land, Texas, Ken Anderson of Anderson Powerlifting and Pete Alaniz of Titan Support Systems. Tiny Meeker operated the GLC2000 booth owned by Shawn Madere. Craig Bitton operated the Body Evolution booth and Keith Lemm was the operator of the CSS photo booth. Individual sponsors are Coby Washburn, David R. Smith, Matt Ogurek and Reid Solar. All of the benches for the contest were made by Forza and the kilo set on the main stage was made by Ivanko. **PLT**

AAU WORLD MEET

BY HAL PITTMAN

More than 300 athletes representing 17 countries converged on Las Vegas October 17-19 for the AAU World Powerlifting Championships, AAU World Indoor Feats of Strength Championships, and the AAU MAS Strength Challenge. The three day meet was held in the ballroom at the Quad Hotel on the Las Vegas strip, and featured athletes of all ages. Martin Drake, the incoming AAU Strength Sports National Chairman, served as meet director for powerlifting. Bill Weinstock, AAU Strength Sports Vice Chairman for Feats of Strength, served as meet director for the Feats of Strength world championship. Odd Haugen served as director for the MAS Strength Challenge, one of the Feats of Strength events.

Competitors from outside the USA came from as far away as Afghanistan and India; competitors also hailed from Austria, Brazil, Canada, France, Iran, Korea, Mexico, Russia, Turkmenistan, Norway, Saudi Arabia, Nigeria, Israel, Egypt and Slovakia. The huge delegation from India tied with the USA for the overall team title. Team Mexico finished in second place and the great team from Afghanistan finished in third



place. This was Afghanistan's second trip to the AAU World Championships in Las Vegas.

Equipment Raw, Challenge Barbell, Ivanko Barbell, American Barbell, The LINQ, Caesars Entertainment, Ken Ibbetson (Morgan Stanley), Fine Design, CSS Photo, Anderson Powerlifting and Fitness Cages

Unlimited were key sponsors and supporters of the three-day meet.

A stellar crew of International officials was anchored by the world's finest referee, Gordon Santee. Special thanks go to Karen Fultz, Henry Fultz, Bill Weinstock, Bill Ennis, Paul Gillott, Hal Pittman, Ray Anderson, Tony Rodriguez, Tom Hendron,

Athletes from 17 Countries Competed at the 2014 AAU World Powerlifting Championships, AAU World Indoor Feats of Strength Championships, and AAU MAS Strength Challenge



ABOVE:
Female MAS wrestling

RIGHT:
Team India

Danny Bentley, Robert Herbst, Randy Nacarrato, Odd Haugen, Gordon Santee, Bill Croft, Dave Yancey, Patrick Mc Donnell and the amazing spotting and loading team. Drug testing was performed by the Center for Drug Free Sports, which also conducts NCAA testing, and an AAU Strength Sports Board of Directors meeting was held to chart the way forward for AAU Strength Sports in 2015.

Day one (Friday) featured all female lifters, as well as men 75 kg (165 lbs.) and below. Forty-eight outstanding female lifters competed for world titles on day one! Saturday was reserved for male lifters in the

82.5 and 90 kg. classes (181 and 198 lbs.), and Sunday featured lifters 100 kg (220 lbs.) through super heavy weight.

The Feats of Strength events were held throughout the day on Friday and Saturday, culminating with the awarding of Best Athlete Awards in the Men's, Women's, and Youth Categories. There were also King and Queen of the Mega Lift Awards, given to the athletes with the greatest number of events using greater than prescribed poundage for repetition competition. The MAS Strength Challenge was a new, but very popular Feats of Strength event at this year's world championships.



AAU WORLD RESULTS

POWERLIFTING BEST LIFTERS

Women' Powerlifting	Ruth Coax
Women's Pushpull	Winifred Pristell
Women's Deadlift	Winifred Pristell
Women's Bench	Patti McKee
Men's Light weight Raw Powerlifting	William Hoskens
Men's Light weight Raw Bench	Martin Drake
Men's Equipped bench 181 and under	Martin Drake
Men's Equipped Powerlifting	Bob Grell
Men's Pushpull 181 and under	Bill Croft
Men's Deadlift 181 and under	Bill Croft
Men's Heavy Weight Equipped Powerlifting	Chad Drecksel
Men's Equipped bench 198 and above	Jerry Homer Sr.
Men's Middle Weight Raw Powerlifting	Ron Garofalo
Men's Deadlift 198 and above	Mayank (India)
Men' Pushpull 198 and above	Mitch Owen
Men's Raw Middle Weight Bench	Cicero Da Silva (Brazil)
Men's Raw Heavy Weight Bench	Glen Tenove
Men's Raw Heavy Weight Powerlifting	Ali Rafizada (Afghanistan)
Men's Strict Curl	Glen Tenove

FEATS OF STRENGTH BEST ATHLETES

Women's Best Athlete (Open)	Angelica Berti
Women's Best Athlete	Angelica Berti
Women's Best Athlete (Youth)	Allie Lazarus
Men's Best Athlete (Youth)	Evan Pittman
Men's Best Athlete (Open)	Jack Lynch



Men's Best Athlete

Men's King of the Mega Lift

Women's Queen of the Mega Lift

Women's All Around (Open)

Women's All Around

Women's All Around (Youth)

Men's All Around (Youth)

Men's All Around (Open)

Men's All Around

Jack Lynch

Loren McClurg, Jack Lynch (tie)

Bianca Luedeker

Bianca Luedeker

Bianca Luedeker

Avery Miller

Maximus Crofton

Jack Lynch

Jack Lynch

MAS Strength Challenge Winners

Ladies

Men

Boys, 5-9

Boys, 15-17

Liefia Ingalls

Romark Weiss

Connor Minix

Christopher DeLouche

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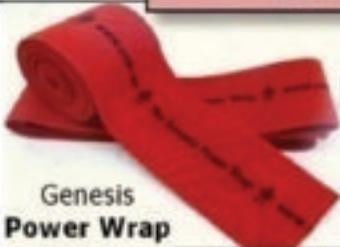


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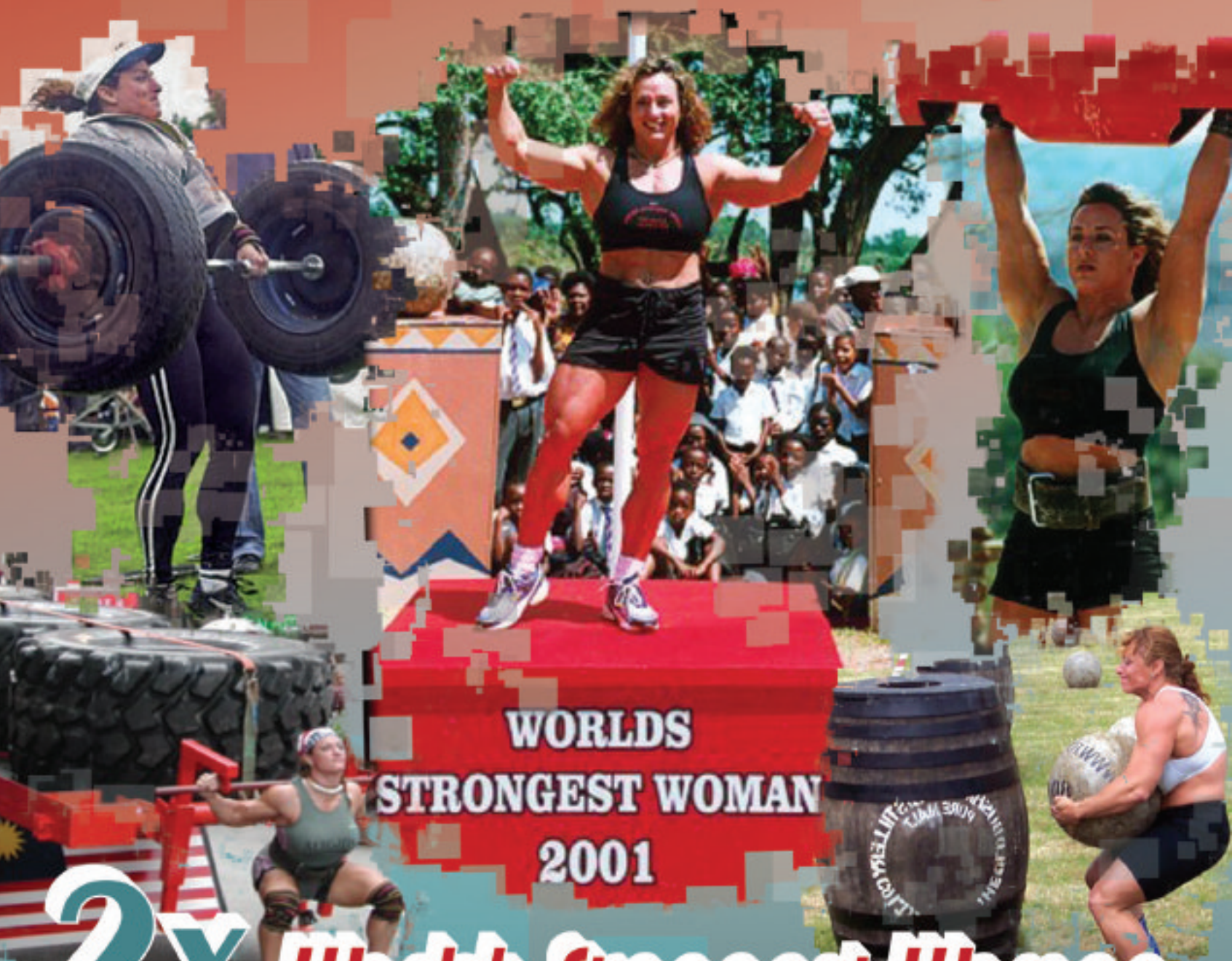
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