INZER® POWER SHOE

maximize your leverage o stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.

Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

All Full Grain
Leather, Solidly
Constructed
and Angled to
Prevent Rollover

3 Buckle and Leather
Velcro Strap System
Placed Where You
Need It

Upper Hook Eyelets
for Lacing Speed
Save Time and
Energy While
Providing Superior
Control of Fit



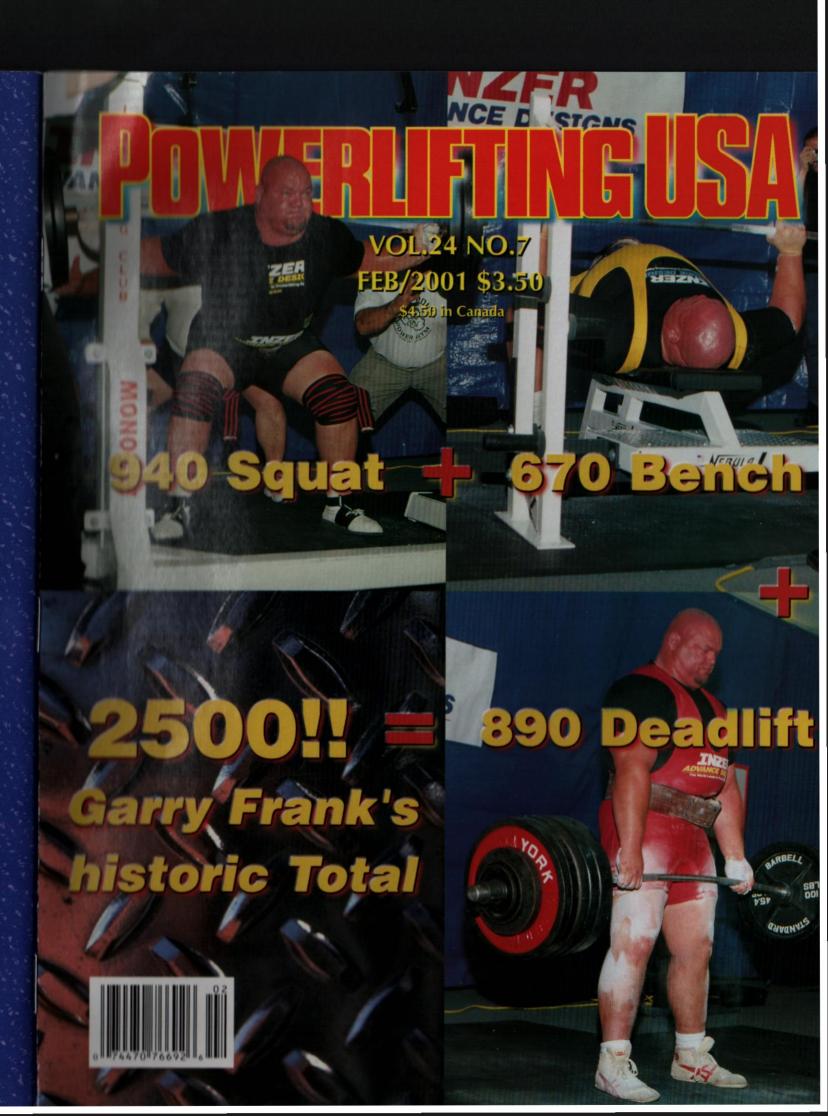
SOLE MOLDED TO PERFECTION Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

INZER POWER SHOE \$119.95

Available in solid white with scarlet red logo. Solid black available soon. Sizes 4 1/2 - 15 **All-Direction Traction Bottom**

INZER® ADVANCE DESIGNS

The World Leader In Powerlifting Apparel P.O. Box 2981 • Longview, Texas 75606 800-222-6897 • 903-236-4012







No Added Sugar. No Aspartame. No FTC Food Colors.

Your Body Is One Great **Masterpiece Of** Bio-Engineering.

Meet the Second.

The innovative, bio-engineered formula for Nitro Glycerol™ has broken new ground in power activation drink technology.

Our extreme power activator starts with an astounding 50g of select ion-exchange whey protein. Then we supersaturate it with 40 g of glycerol to help you hydrate your muscles and give you a serious pump. Next we fortify it with 5g of anti-catabolic glutamine peptide to help boost your muscle recovery. Then we add 1000 mg of our special anabolic blend SynergyMass[™] for some bulk-building power and 200 mg of Ma Huang for a little energy-cranking dynamite.

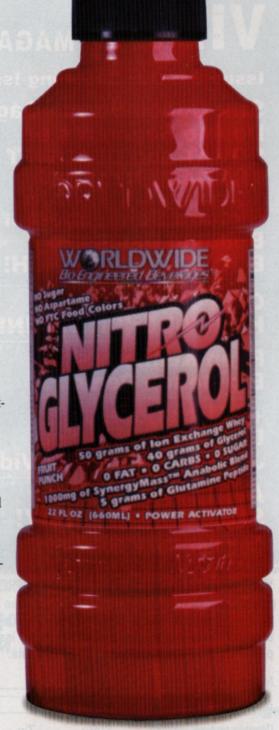
The result: nothing else even comes close.



So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Available in Fruit Punch, Grape and Orange Cream.

Nitro Glycerol™—Anything Else is Ancient History.™





Available at select GNC Live Well. gyms and bealthfood stores nationwide.

Anything Else is Ancient History."

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com



Yes, I Want to Lift Big! Sign me up for POW!ERLIFTER Video Magazine. Detach and mail this form with your check made payable to POW!ERLIFTER Video (Please allow 2-3 weeks for delivery.) You will be billed separately for upcoming issues. These other issues will follow.

upcoming issues. These other issues will follow, approximately every 3 months, at \$19.95 per issue* plus S&H. And you are free to cancel anytime.

First payment	\$ 19.95 US
Shipping + handling	\$ 2.95
Sub-Total	\$ 22.90*
Sales tax (CA residents only)	
Total Enclosed	\$
☐ Visa ☐ MC ☐ Am Express ☐	Discover
Card No.	Exp. Date
Signature	

Mail to: POW!ERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213

Powerlifting USA Post Office Box 467 Camarillo, CA 93011

Feature Editor Dr.Ken Leistner
Controller In Joo Lambert
Statistician Herb Glossbrenner
Publisher Mike Lambert

"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success,....through their own love for the sport this is their magazine."

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

Telephone Orders Subscription Problems 800-448-7693/805-482-2378 FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

MUSCLE MENU

- Volume 24, Number 7 - February 2001 -

GARRY FRANK GOES 2500Herb Glossbrenner6
WPCWORLDS PT. 1Herb Glossbrenner9
IPA NATIONALSDave Tate14
WORKOUT OF THE MONTHDonald Robbins Jr16
POW!ER SCENENed Low17
HOW BRAD WONMarty Gallagher18
COMPLEXTRAININGCroxdale/Morris22
RE-LOOK AT YOUR SQUATDoug Daniels24
DR. JUDDJudd Biasiotto Ph.D25
POWERLIFTING & ATHLETICSLarry Traub26
HARD CORE GYMSRick Brewer32
SPECIAL STRENGTHSLouie Simmons35
ASK THE DOCTORMauro Di Pasquale M.D36
IPF WORLD BENCH PRESSLance Slaughter36
COMING EVENTSMike Lambert49
FOR REVIEWMike Lambert80
UNCLASSIFIED ADS86
TOP 100 220SMike Lambert87

ON THE COVER.... all three of Garry Frank's individual lifts that produced his spectacular 2500 lb. total. (Lambert photos)

Copyright 2001Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

I OWELLET THE CONTINUE OF THE STATE OF THE S	POWERI	IFTING	USA	Magazine
--	---------------	---------------	-----	----------

ALL PURPOSE SUBSCRIPTION FORM

Name _____

City _____ State ___ Zip ____

YES! SIGN ME UP! Check one:

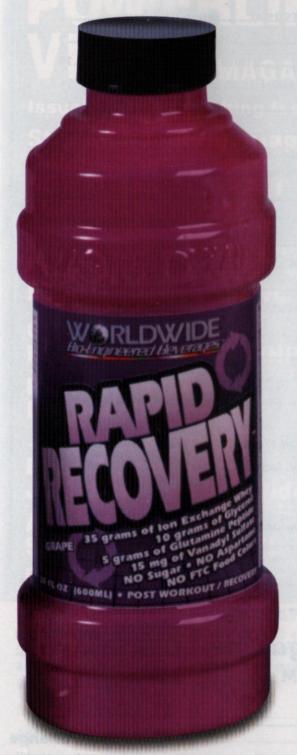
□ NEW
□ RENEWAL

Address Change

\$31.95 for 12 monthly issues. \$58.95 for 2 years (USA address rates) Payable to: Powerlifting USA, Box 467, Camarillo, CA 93011 (MC/VISA also accepted)



No Added Sugar. No Aspartame. No FTC Food Colors.



Your Muscles Are Going To Thank Us For This.

Our Competitors Are Another Story.

The innovative, bio-engineered formula for **Rapid Recovery**[™] has reached a new milestone in post workout drink technology.

You're looking at 35 g of low molecular weight whey protein isolates with superior bio-availability to help repair and rebuild your muscles after serious training. Plus branch chain amino acids and 5 g of anti-catabolic glutamine peptide to help increase protein synthesis and drive nutrients into your muscles. There's also 25 gylcemically balanced grams of carbohydrates with 10 g of super-hydrating glycerol to support the refueling of muscle glycogen and 15 mg of vanadyl sulfate to give you the pump of your life!

There are three things it doesn't have: sugar, aspartame and FTC food coloring. But who needs those?

The truth is, no other drink even comes close. So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Available in Fruit Punch, Grape and Orange Cream.

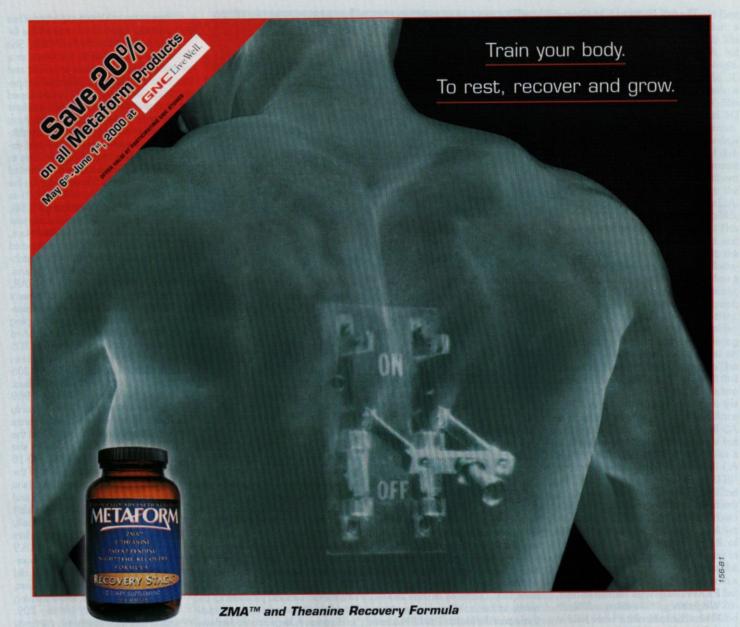
Rapid Recovery $^{\text{TM}}$ - Anything Else is Ancient History. $^{\text{TM}}$



Available at select GNC Live Well. gyms and bealthfood stores nationwide.

Anything Else is Ancient History.™

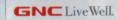
For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com



Getting jacked up on caffeine and adrenaline for a workout is great. But what if you work out at night? **Recovery Stack**™, a patent-pending formula of ZMA™ and theanine, is the new and advanced fitness formula designed for you—the athlete who wants the anabolic benefit of ZMA™ and demands mental and physical recuperation. **Recovery Stack**™ works by helping your body rebuild muscle and promoting a more restful state.★

Metaform® *Recovery Stack*™ contains a patent-pending combination of ZMA™ and L-Theanine, making it a significant advancement beyond other ZMA™ formulations. ZMA™, a proprietary blend of zinc, magnesium and vitamin B6, can significantly increase Zn, Mg and protein synthesis precursors, as well as increase strength and power in intensely trained athletes.★ Metaform® *Recovery Stack*™ with ZMA™ was designed to promote tissue and muscle repair, while supporting relaxation and reducing muscle cramping potential.★ L-Theanine, an amino acid found in green tea, helps promote a restful, relaxed state and may help offset the effects of too much caffeine.★ L-Theanine works by getting converted to GABA (gamma amino butyric acid) within the brain.★ GABA is known to promote a relaxed and restful state of being, ideal for coming down from a pre-workout energy booster or a late night workout.★

Recovery Stack[™]— shutting down your mental powerplant for the night and flipping the "On" switch for maximal recovery!



Available today at GNC at

★ These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.



For product information or to talk to one of our certified fitness trainers, call 1-800-439-8048 www.realmuscle.com/metaform

The first National 5 lift Strength Quintathlon was staged last year at the Body Fitness H.E.A.T Fitness Center in Terre Haute, IN. The event was appropriately called SUPER-MEN OF THE CENTURY and was sanctioned by Jim McCarty's W.E.P.O.F (World Elite Power Olympic Federation). This was a group with a new scope of competition which combined the skill of the overhead lifts (snatch, clean & jerk) along with the 3 powerlifts to see who, in the various categories, could stake claim as the all-round best strength athlete in America. Everyone had a great time competing in this grueling two day event; doing the two overhead lifts on the first day and the three powerlifts the second day for a 5 lift combined total. See PL USA -March 2000, page 71 for a full report of that contest.

Joe and Nance Avigiliano came to that first event from California. along with myself. Joe surprised everyone by competing in all 5 lifts, along with me. Avigliano outlifted everyone in the overhead lifts on the first day, and then established personal bests Sunday in the powerlifts. Top notch SHW powerlifter Tom Waddle of Columbus, OH came to lift and brought the Monolift. Tom wowed the crowd with a huge 3 lift TOT at 308: 950 SQ. 550 BP and 760 DL for 2260. After his debut. Joe made a commitment to run the SUPERMAN II in 2000, and that is how this meet came to be. Everyone hoped that WEPOF President Jim McCarty would be able to attend this one. Unfortunately, Jim had to undergo foot surgery and couldn't be

This year's SUPERMAN/SU-PERWOMAN II competition, Weightlifting, Powerlifting and Bench Press Championships were held at the spacious 6000 square foot (former) Coast Footwear building located at 1607-1611 Verdugo Blvd.



Diana Fuhrman did well in her first ever powerlifting competition.

Garry Frank Smashes the 2500 lb. Barrier!

Superman and Superwoman II Strengthfest, Burbank, CA, December 2,3, 2000, as reported by Herb Glossbrenner, PL USA Statistician



Amy Weisberger slowly drove up a great 4th attempt 310 lb. bench

perwoman lifters, Olympic lifters and the Bench Press only division lifted at 9:30 A.M. on Saturday, Dec. 2nd. The Olympic Lifting was sanctioned by W.E.P.O.F, while the bench press division was sanctioned by the American Powerlifting Federation (APF). The overhead lifting is comprised of two events. The first is the snatch where the weight is brought from the floor fully overhead in one movement, either splitting or squatting the legs underneath. This lift is a test of speed, explosiveness, agility, flexibility and coordination. The clean and jerk requires more strength. The barbell is brought to the shoulders before it is rammed aloft, splitting the legs fore and aft or squatting underneath. The "Olympic lifts" are difficult and a lot of technique and athleticism is required. The Aviglianos, Joe and Nance, had planned all year for this event despite a demanding schedule. Joe had held the APF California State PL Championships in April along with the Los Angeles Lifting Club's Summer Bench Blast in August. All of this took place along with his regular duties of running the gym, coaching teammates, etc. Joe himself lifted in the National Qualifier in IL, as well as the APF Seniors in June and most recently the WPC Worlds in Las Vegas. Nance won her 2nd Sr. National 123 title, totaled Elite, and nabbed the Women's Open silver medal at 123 at the recent WPC

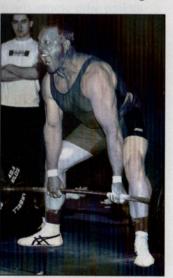
in Burbank, CA. All Superman/Su-

Worlds in Las Vegas. It had already been a busy year for them.

At the meet site, a huge blue backdrop tarp separated the competition area from the 'backstage' area, which had a Monolift for squat warm ups; brought to this event thanks to Tony Pasterello of the Huge Iron facility in Las Vegas. Behind the lifting platform, attached to the backdrop, was a large INZER ADVANCE DESIGNS banner promoting the World's leading manufacturer of quality PL gear. A large scoreboard was manned both days. Kilogram bumper plates were used on the first day for the weightlifting competition, while the World's most famous iron discs (Ivanko) were used for the bench press event and the powerlifting competition on Sunday. There was plenty of breathing room and not a bad seat in the house.

Three women ran the quintathlon gauntlet and they must be lauded for their endurance, resolve and determination. Susan Waits, 32, of Las Vegas, displayed good technique in her overhead endeavors. She's just getting started in weightlifting, and at 132 she snatched 88 lbs. and lifted 110 above her head in the clean and jerk as a warm up for her powerlifting the following day. Amy Weisberger was fresh from winning her 8th WPC World PL Championships only two weeks before in Las Vegas, NV. The happy, helpful, smiling massage therapist from Worthington, OH attributes her suc-

cess to the coaching expertise of her mentor, Louie Simmons of the famous Westside Barbell Club. She came out earlier in the week as a guest of the Aviglianos to visit and help with setting up for the competition on Friday. They've developed a real friendship and camaraderie during the past couple of years. Amy believes WL will help her powerlifting, by keeping her flexible and explosive. She displays good form in the full squat positions, but reverted to doing the lifts "power style" on the platform, leading to a SN of 110 as well as a 138 C&J (almost got 154). The star of the ladies the first day was Diana Fuhrman, 37, a Van Nuvs. CA school teacher. She's competed in WL for 20 years under the watchful eye of national coach Bob Takano. In Baton Rouge, LA on 20 MAR. 1992, Diana won the U.S. Women's National WL title blowing her closest competition away by a whopping 104 lbs! There she established Women's American Records of 205 snatch (93.0 kg.), 253.5 in the clean and jerk (4th), and a TOTAL of 205 KG. (451.9) in the 148 bwt. class. Diana finished 4th at the 1989 Women's Worlds in Germany, only 16 lbs. away from winning a bronze medal there. Just this past July at the 2000 Olympic Games Trials, she was competing against others 10-16 years younger. As the lightest of the Middleweight contenders (158.3) she finished 3rd, lifting a 187 snatch and 231 in the clean and jerk. She didn't make the Olympic team, but actually ranked 5th among 18 contenders for the outright highest TOT (418.9 lbs). Not having trained the overhead lifts for 5 months, she did remarkably well at the WEPOF meet, reducing back to 148, and snatching 171 and clean and jerking 209. Diana had 220 overhead, narrowly missing to hold it on a 3rd - ditto on a 4th. Herb Glossbrenner, 58, 156 lbs., tried his hand even though he



Sensational Senior ... Bob Strange

hasn't practiced the overhead lifts in 10 years. Back in the eighties, Herb won the National Masters Championships 5 times in his age group (40-44) and became the World Masters Champ at 148 in Salinas, Puerto Rico in 1987. That was the first year the Championships were held and recognized by the IWF (International Weightlifting Federation). Herb hadn't recuperated from winning the WPC World Bench Press and World Powerlifting Championships in his age group (55-59) only two weeks earlier, but flipped up 143 in the Power Snatch and Clean and Jerked 171 relatively easily, with a power clean and push jerk. He tried 187, easily power cleaned it, but got the bar out front overhead just enough to severely hamper his PL effort the following day, especially in the bench press. Gintas Smagurauskas, 44, from Nevada, brought his little daughter, and served as her baby-sitter and did all 5 lifts too. He's formerly from Lithuania, yet speaks remarkably good English for being in this countru only 2 years. At 177 bwt. he displayed considerable skill, having no trouble lifting 176 in the snatch and 253 in the clean and jerk. Scott Waits, 35, took top honors in his 220 class following his wife's earlier example. He had the biggest lifts of the day, with a 253 SN and 319 CJ. Joe Mancini, 22, and 217 lbs. bodyweight, earned tops in the Junior Division (20-23) 220 lb. class. He put up lifts of a 148 SN and 187 CJ to warm himself up for the next day. The star of the men's division was Bob Strange, 63. Back in September this Californian become the IWF World Masters Champ in WL. Competing in the 206 lb. class in Glasgow, Scotland, he did a 198 SN and 253 CJ for the victory. Bob weighed 198 here, and zapped up a 187 SN and 253 CJ with ease. You'd think he was fibbing about his age the way he effortlessly handled the barbell.

BENCH PRESS OPEN DIVI-SION: Only 5 contested in the APF Bench Press Open Contest held Saturday afternoon directly following the Olympic lifting competition. What it may have lacked in quantity it more than made up with quality with 7 state records being blown away. Lance Slaughter, 37, a member of the L.A. Lifting Club used this meet as a tune-up before leaving for the IPF World Bench Press Championships the following weekend in the Czech Republic. Lance squeezed himself into his site 44 Inzer E.H.P.H.D. single ply shirt and pro-ceeded to demolish the APF State Record held by Rick Couch. At 148 he broke the mark on his opener with 385, and followed up by breaking it twice more with personal bests of 410, and then 415 lbs. He was opposed by Jim Lawrence, of Arizona, a national level competitor who is now 41. Jim, 147, came in with a shoulder injury, and made his 335 opener in the "chicken wing" style (elbows out), then missed 340 and called it a day. Jim made 362 @ 132 back in 1990 and did 374 in 1999 @ 148. He has designs on doing 400 in the future. Amazing is a good word to describe William Gent, another lifter who broke a state mark. Bill, who holds the 60-64 age group 165 record, had just turned 65. He took advantage of this opportunity to establish a high standard. At 157 bwt., he exceeded the record twice; lifting 275, and then 290 lbs, before failing his 3rd w/ 300. Mike Ludovico, 33, opened at 530, then busted Tom Burns' State Record of 540 by pressing 545 on a 2nd attempt. He tried a huge 580 on his last tru not to be today. You can bet that some big numbers are on Dr. Ludovico's agenda for 2001. Last, but not least, was the powerful newcomer Scott Mendelson, 31, who was coming off his big win at the WPC World BP Championships just a few weeks back. There he'd BPed 644 in the 308 division; weighing barely over the 275 class limit. Scott did lift 275 here, and busted his own state mark of 600 with an opener of

time during 2001 in the 308 class.

The powerlifting competition

610. He went straight to 650, got it

up, but was turned down for hip

raise. Next he tried 660, but that

wouldn't go either. He should break

Sam Samaniego's State Record of

655.9 set back in April 1988 some-

took place on Sunday. The featured attraction was Garry Frank, 35, the BAD DUDE from BATON ROUGE. who came in with a barrier busting objective in mind. He was here to attempt to become the first man in PL History to officially total 2500 lbs! The atmosphere was absolutely electric. All the participants in this competition put forth their best efforts leading up to the main event. The exciting climax would be seeing the 6'4" 375 lb. LOUISIANA LE-VIATHAN in action! The powerlifting contest was sanctioned by the APF. National APF Referee Kevin Meskew, who promotes meets at famous Muscle Beach in Venice, CA, was joined on the side by Brian Delgado of the LALC (an eagle eyed scrutinizer), and head ref was the knowledgeable Gordon Santee, who walks the walk as well; recently winning his 50-54 165 age group in the

AWPC World PL Championships. Susan Waits lifted her way to a 2nd place finish in the Superman Division 132 class. She SQ'd 255 (2nd), missed 270; but got all her benches (145). She raised 265 on her 2nd DL, then missed her 280 final pull - TOT 665. Her combined two day 5 lift TOT was 863 lbs. Amy Weisberger opened her SQ with 385. With that formality out of the way, she tried 420 and 440 - both for misses. In the BP, she stroked her 260 opener easily, but misgrooved 290. She increased to 300 for her final lift - a splendid success. Then on a 4th attempt succeeded with 310. She's taking aim at the

and pulled 400, 430, and finally a PR 460 for an 1145 TOT. She wanted 1200, but her missed SO attempts foiled that plan. Amy's combined TOT of 1393 for the two days gave her first place in the SUP division at 132. At 148, Diana Fuhrman made her PL debut. She's only been PLing for two months under the direction of Joe Avigliano at the L.A. Lifting Club. She SQ'd 320, 345, and finally 365 in great form. This was a new Ladies Submaster and Open state record, surpassing the 363 held by Norma Garcia of Sacramento. Diana, having never done a bench press in her life previously. made 167 on a second attempt, narrowly missing 172 on her 3rd try. In the DL, she beat the record belonging to Garcia twice, hoisting 345 and then 367 on a final attempt, looking good for more. This gave her a 900 TOT, a terrific first PL outing total, and it gave her a two day aggregate of 1280 to win the 148 Superwoman title. Vince Tanabe, 38, from San Gabriel, CA missed his 440 2nd SQ try, but bravely increased to 455 - it was a success for a new 33-39 APF CA State Record. He posted a 240 BP (2nd), and pulled 475 - also a 2nd attempt - for an 1170 TOT. Herb Glossbrenner broke four of his own state records in his 55-59 age bracket with SQs of 320, and 335, a DL of 345 and TOT 915. Competing in the Superman Div., he won the 165s OPEN for the second year in a row with an aggregate of 1229 lbs! Pedro Avala, 22, captured the 20-23, 165 PL title. He SQ'd a 440 2nd attempt, then missed a state record try with 455. Pedro BP'd 310, then hurt himself, trying a personal best 322. He kept an ice bag on his injured shoulder for the remainder of the contest, but came out and pulled 3 token DLs for his win - 1155 TOT. Gintas Smagurauskas took the 40-44 age group 165 Superman title with his 1157 TOT. Gintas missed only his last BP try with 307. He made all his other lifts: 395 SQ, 297 BP and 465 DL. His 5 lift combined TOT was 1587! At 198, 63 year old Bob Strange took the Superman title: SQ-440, BP-310, along with a state record DL of 510. His 1260 PL TOT gave him a two day combined lift of 1700! Is that Bob amazing or what? Justus Owens, 41, got his start in lifting in 1978 with Jim McCarty back in Terre Haute, IN. This maintenance mechanic from

Los Angeles took the 40-44, 198

powerlifting title, and showed excel-

lent form. He dunked 525, 550,

Women's 132 All Time World Best

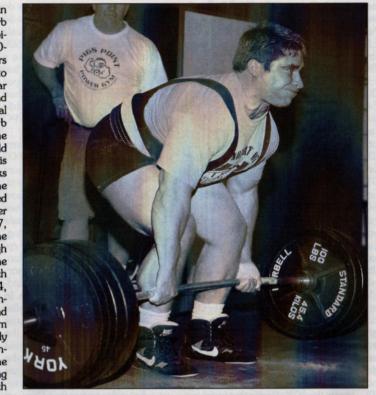
lift of 319 held by Tina Rinehart, a

BP specialist. Doing all three lifts

makes the task more difficult, but

Amy is up to the challenge.

Weisberger looked sharp in the DL



John Planas put together a nice total to take first place in the 275s.

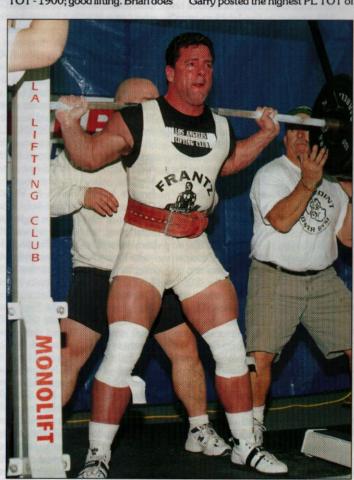
.

then a great 570. He must've just been getting warmed up as he looked good for the Big Sixer. He used his custom fitted INZER DOUBLE DENIM EHDHP velcro backed shirt to maximum capacity and hit 380 and 395, before just failing to lock out 405. He hit a 2nd round 500 DL, but let his 525 get just a little bit out front-TOT 1460 for the PL win. The weights were getting heavier as the bigger men mounted the platform. Joe Mancini, 22, took the 20-23 age group division in the Superman event hitting a 1210 PL TOT for his two day 1546 combined TOT. Scott Waits missed his 660 SQ opener, jumped to 685, and waved his 3rd following a gutsy success. Scott hit a 440 BP before he missed at 455. Then he hit 3 good deadlifts (660) for a 1785 TOT. His 2358 5 lift aggregate topped all other performers. Dan Jesolva, 35, of the L.A. Lifting Club tore his bicep back in May at the Aurora World Qualifier. He'd worked hard through 7 months of rehabilitation and hard training for this contest. He improved all his best lifts by a huge margin here. Dan went 8 for 8 with no misses, but lost his last DL tru (610) when the clock expired. SQ - 570, 600, 615. BP-405, 420 & 427. DL - 570, 600 for a 1642 TOT. This gave him first place in the OPEN 220. His coach and mentor, Joe Avigliano, 41, shed 20 some lbs. since competing 2 weeks prior at the WPC Worlds. Joe put his huge quads to work going after the 40-44 State SQ record held by Dusty Caldwell (699.9). After a ridiculously EZ 670 opener, he went right to it - 702. He got it, but the side judges thought it was a tad shy. Undismayed, Joe repeated. No doubt this time. Joe wanted to raise the record higher and took a 4th with 720. I've never seen Joe strain that hard before, but he gutted it out for yet another record. In the bench, Joe did 300 sans shirt to test his tender elbow (he had successful arthoscopic surgery to remove bone fragments from his football days three days after this meet), then he put on his INZER DOUBLE DENIM and stroked 385 and finally 405 - and actually looked good for more. In the DL, he took a page from the Bill Starr textbook (he hadn't done them for a month), and it seemed to work as he did 570. then 595, and finally a PR 615 for a 1722 TOT. That's an improvement of 272 lbs. from the PR TOT he hit at the SUPERMAN meet last Dec. Joe practices what he preaches, that's for sure. The L.A. Lifting Club's motto is: THERE ARE NO LIMITS!! Bill Harris, 44, had been lifting against Joe in the 40-44, 220 division, but missed all his SQ tries. It was a 3 way battle for the 275 OPEN. John Planas, 26, and 245 from the

L.A.L.Cwent against Tony Pasterello of the Huge Iron connection. Testing them both was Bob Phillips, 37. Garry Frank's big spotter and training partner from Baton Rouge. Bob's done over 1900 a few years back. until he got a hernia. He's coming back now. Pasterello, 29, managed to get his 650 SQ an a second attempt. Phillips opened with a hard 710, but stayed down twice with 755. Planas showed what a SQ should look like, burying all three of his lifts in textbook style: 680, 705 and 725. Phillips fell by the wayside, missing a 440 BP thrice. Pasterello managed 430, then failed with 460. Planas opened with 480 and shot it right up. Unbelievably, John missed two tries at 500 which should have been a toy for him. Tony managed to pull a 550 opening DL, but couldn't handle 590 nor 600 - TOT 1630. 2nd place. Planas pulled 605, then 625, but missed out with 640 - TOT - 1830, a personal best for BIG JOHN and first place. Brian Meek one of the most durable veterans around, looked like a mini Mack track. At 54, he got all his SQs (720) and looked good for more. Competing in the 308 category but weighing light, Brian popped up a state record 510 on his 3rd BP, and pulled a 670 DL 2nd, before he passed his 3rd -TOT-1900; good lifting. Brian does

more meets in a year than some do in a lifetime. One year he lifted in 36 competitions. It would be a safe guess to say he has way over 500 trophies in his collection (maybe a whole lot more) and most are first places! Pasterello and Meek enjoyed sweet revenge, as Pasterello had zeroed at the AWPC Worlds while Brian laid the goose egg at the WPC Worlds.

All this set the stage for Garry Frank and his assault on the 2500 Total barrier! Like his predecessors (Reinhoudt and Kazmaier) he's dominating the Superheavy division now like no other. You'd have to see Garry in person to fully appreciate his enormous size. He's a living, breathing phenom, a futuristic cyborg - half machine -- half human. The ease in which he handles enormous poundages is utterly astounding. His reputation proceeds him. In a feature article in PL USA, I'd earlier profiled Garry-who has finally come into his own. After retiring from the pro football wars, he has resumed another battle, to lift more in the three powerlifts than any man has done before him. There are specialists who've done more than Garry on each of the individual lifts, however, when it comes to the sum of all three - forget it. He now reigns supreme. Garry posted the highest PL TOT of



Joe Avigliano squatted a major league PR 720 on a fourth attempt.

all time only two weeks before, capturing his 2nd WPC World Powerlifting title (2469 lbs.) There was no secret that he was aiming here to become the first man in Powerlifting history to hit the magic 2500 lbs.! I'd bugged Garry all year to come here and finish the year with a bang. He promised to do so and was good as his word. At 6'4" and 375 solid lbs., he was an intimidating sight. The crowd was getting restless, waiting impatiently. A big storm was brewing and everyone was waiting for it to strike. I gave Garry a reassuring pat an his cannonball delt backstage as he began warming up for the squat. "Today is the day, I said, I feel it in my bones!" "I hope you're right", he replied, "I feel good!" Garry opened up at 880 in the squat. He sat deep and popped right up - like nothing! He took 925 for a second attempt and handled it just as easily. But - no -2 reds flashed on as the side officials thought he needed to go one tick lower. He decided to take it over, but I convinced him he should go to 940. It would be necessary for him in order to reach his goal. I'd just seen him handle 942 on his 3rd attempt at the Worlds for 3 white lights. He went for it, tromped out and wedged himself under the bar. He took it into the hole and reversed gears. It was a little out of the groove ascending and it slowed, momentarily, as he straightened up and 3W. No doubt about it. It had looked uncharacteristically tough for him. It dawned on me that perhaps he wasn't fully recuperated from the Worlds. Two weeks isn't much time. Next came the BP. He warmed up to 635 without a shirt backstage. Then he squeezed his beef into his custom fitted INZER EHDHP special and came out for 650. Garru's BPs are like snowflakes no two are alike. He'll be the first to admit that he hasn't learned how to use the bench shirt to his full advantage. If he hits his groove, he'll obliterate the lift. If not, he misses outright. At the APF Seniors last June he, after struggling, made the best of the bunch on a 4th WR try where he beat Arcidi's 15 year old mark, blasting up 711 in perfect form. He's struggled on the BP since then, getting only (I use the word only in the comparative sense) 650 at the Worlds, missing 694 there and a WR 4th try at 727. Garry came out for his 650 opener and put it right up -EZ as pie. He went to 670, but misgrooved it. Things weren't working out the way he'd hoped. He returned for his final try. This time he rammed it straight up showing a surplus of strength. He wouldn't waste his time with a record try on a 4th, but would save himself for the final labor - the deadlift! Garry has a

unique and unorthodox method of (article continued on page 81)

W.P.C. Worlds, Part 1

The WPC World Powerlifting and

World Bench Press Championships

were held the week of Nov. 13-19 at

the Plaza Downtown Hotel in Las

Vegas, NV. The meet director was

Tony Pasterello of the Las Vegas

branch of Huge Iron Productions.

Huge Iron is a gym with its headquar-

ters in Daytona Beach, FL run by

WPO President and Founder Kieran

Kidder. The doorway to WPO is the

APF/WPC whose founder and Presi-

dent is Ernie Frantz of Aurora, IL.

WPO is the brainchild of Kidder who

is offering HUGE Cash Awards to

lifters. This may turn out to be the

biggest boon to Powerlifting in its 35

years of official existence. Cash

awards were awarded here for the

TOP 5 Women's totals overall as well

as TOP 5 for the men. I'll cover the

main event first in this issue and will

follow up with Part 2 in the March

2001 issue of PL USA, which will

cover the WPC World Bench Press

Championships as well as the WPC

Championships for Teens, Juniors,

Sub-Masters and Masters. The

Women unveiled their talents begin-

ning Friday afternoon including the

Open Men through the 148 division.

In this report I'll be discussing the

lifting in pounds. The tabular results

will be in kilograms only. This event

was a continuation of championship

lifting because the previous week the

Amateur World Powerlifting Con-

gress (AWPC) conducted their event.

I've elaborated fully regarding the

venue, equipment, and warm-up area

in my AWPC report in the Jan issue.

It's great for lifters and officials alike

to have the opportunity to have lodg-

ing and lifting in the same facility. The

official weigh-in scale was available

for everyone to check weight during

this competition. (Although I'm told

that wasn't the case during the AWPC

event)! The room where the lifting

took place was huge, and the war-

mup area was also gigantic. Nobody

felt like a sardine packed into a can.

A newly designed version of the origi-

nal Monolift made it's debut here. It's

huge and completely hydraulic. The

lever arms holding the barbell extend

forward rather than backwards. Feed-

back from the lifters (pro and con)

was about 50-50. Some found the

absence of the support legs before

them disturbing, as they were used as

a focal point for many. This resulted

of some lifters becoming disoriented

and loosing their balance. Powerlift-

ers are an adaptable lot and nearly

everybody was able to adjust. A huge

scoreboard was continuously moni-

tored. The athlete, his bodyweight,

attempts, country, etc. were all tabu-

lated on a big plastic sheet with a grease pen so it could easily be

changed. A roller mechanism, em-

ployed by hand, made it easy to roll

up and over to the group in the next

flight. A kg./lb. weightboard let you

know what was currently on the bar.

The same popular British crew of

loaders and spotters that were used

as told to Powerlifting USA by Herb Glossbrenner



Leslie Watson of GBR. (photos by Glossbrenner except where noted)

last year in Calgary were brought over. Maris Sternberg worked diligently and did the scoresheets by hand (no computers allowed) and kept the meet moving along smoothly, rousing the crowd if they got too complacent. Bill Nichols helped out on the mic and would've have been a great USA Team Coach had he had been cloned. A few minor problems with platform stability were remedied with a hammer and nails. The back room had two Monolifts plus warmup benches. A shortage of smaller weights caused a last minute change for many in their warmups. Everything started pretty much on time and moved rapidly. A runner - to and from the warmup area - would've been helpful as you couldn't hear your name called from the back area. Some got caught by surprise. One official was verbally chastised by his superior for harassing contestants, giving too long of a BP pause (5-6 seconds at most / 3-4 with regularity). Officials cannot be perfect but should give the lifter the benefit of the doubt when scrutinizing him or her and treat them with the dignity and respect he'd expect in return. For the most part the officiating was fair and consistent. There will always be some bad calls, but remember it's all in the eve of the beholder (especially if you have to hold 'er up to 5 seconds before getting the press signal!). I give this year's event 4 stars for excellence of execution. It was a monsterous undertaking and may go down in the WPC History books as one of the greatest events ever!

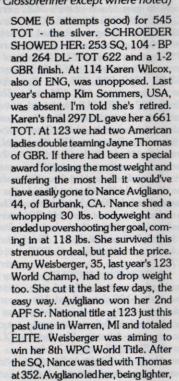
WOMEN'S OPEN: There were 3 lifting the Ladies' 48 kg. (105 lb.). Lynn Barlow, 40, looked like a sure winner on paper. The officials thought she was a tad shy on her 319 SQ opener, likewise for her two tries with 330. This left two British girls to vie for the title. Leslie Watson, 45, was last year's champ. Her teammate Julie Schroeder proved to be too strong to defeat. WATSON GOT

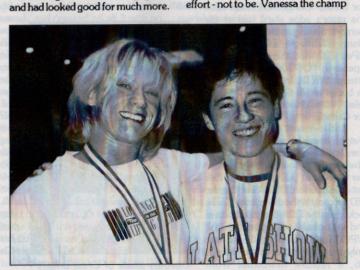
depth, she was getting desperate. She put Joe Avigliano, Nance's husband and coach, on the spot -- asking if he'd call her depth on the last attempt. Unselfishly he did so and she did so too - good lift. Talk about being a good sport, with both ladies being competitors and all. In the bench, Thomas made all 3 (to 176). Avigliano got her big opener (193), but that's all, missing 198 twice. Weisberger looked sharp. She pressed her 259 opener, then likewise a WR 281 - perfectly. A try with 303 was too heavy. In the DL, Thomas raised 369 as her best effort - TOT 898. Avigliano was cramping in the warmup room. It was too late to drop her opener - 391. No matter, she came out and pulled it right up. A 402 try was glued to the platform - TOT 936, great considering everything - silver medal. Weisberger put the title on ice by hoisting 396 on her initial effort. She next made 424, but missed a 457 PR tru. TOT 1102 - World Champ. Amy says this is her last contest at 123 - she'll be a featherweight (132) henceforth.

Weisberger opened with 396 in her

wide stance style. Twice denied on

132 - A 3 way contest. Vanessa Ware, USA, was the defending WC. She was to oppose Melanie Diamond, this year's Sr. National champ, as well as Vikkie Huyser, the South African strongirl. Diamond tried her best. Three times she took 380 down and up. The judges SHOWED THEIR STUFF - said IT WASN'T LOW ENOUGH! She'll bounce back like a rubber ball - I'm sure of it! Now it was Vanessa Ware vs. Vikkie Huyser. Ware squeezed out her 374 SQ 3rd. Huyser, looking strong as a bull, dunked 396 for a 22 lb. lead - then tried a huge 429 (no soap)! Vanessa hoped to get the lead back in the bench, but didn't. Ware made 214, twice missing 231. Huyser got all 3 -220, and now led by 27! The RSA lady DLed 352, and 374, before failing 396 - and had a 992 TOT. Ware pulled 352, then 380, and had one try to win. She gave 413 a valiant effort - not to be. Vanessa the champ





strong to defeat. WATSON GOT Friends and Competitors at 123: Nance Avigliano and Amy Weisberger



Vikkie Huyser (132 lbs.) of R.S.A.

was dethroned and got silver. Vikkie Huyser of RSA is now the reigning queenpin!

No surprise at 148. Mariah Liggett and Nancy Dangerfield placed 1-2 for the USA with Sharon Downie. CAN, capturing 3rd. You should know that Mariah from Columbus, OH is the winningest lifter in WPC History -- man or woman. She wrapped up her 14th world title here in a ho-hum manner. She's the most composed lifter I've ever seen. She goes about her business in a distinquished deliberate manner. As a World class competitor she ranks head and shoulders above everyone else. She once told me that she doesn't want to be on the cover of PLUSA. Now that is REAL HUMILITY. Mariah opened smart. She sank a 446 SQ. With that out of the way, she rode 485 down and up. Never once complaining about having to satisfy the judges who were looking for her to go even lower with her ultra wide stance, she repeated - good this time. She took a WR 529 on a 4th, and - lo and behold - she made it - magnificent! Looking good in the BP too, she popped a big 292. Lastly Mariah pulled back to back 407, and 424 to wrap up an early Christmas present for herself. Dangerfield didn't have the razor's edge she'd had at the Seniors, making a safe 385 SQ start. Nancy failed to get 424 by the judges, BPed 220, and then pulled a 457 opener to TOT 1063 - silver. A 4th attempt WR DL try at 525.8 refused to budge at all. Sharon Downie totaled 733 and won a bronze medal

for Canada.

165 - Absent from the middle-weight lineup hero was Stefanie VanDeWeghe, the defending champ. She's been sidelined with injury since her victory last year in Calgary. This put Julie Scanlon, 24, of Glen Burnie, MD securely in the driver's seat. Julie locked up the USA Srs. title in June and was a shoe-in to capture her first WPC World title here. There was only one other entry - Joyce Tacktill, 46, a relative newcomer from Oceanside, NY, who took 2nd in

Michigan. She's thriving under the tutelage of big bencher Chris Taylor. Julie made her opener 451 SQ (powerfully executed) and a big 3rd attempt 314 BP. She pulled 429 for the win (1196 TOT) but lacked the incentive to complete either of her two tries with 474. Tacktill, who has the perfect build for powerlifting, upped a 363 SQ and almost got 402 registered. No misses in the BP - 264. Then came a 385 2nd hoist DL (1014 TOT) for silver.

At 181, two of the top guns

weren't here to fire their bullets. USA champ Krista Ford is preparing for the 2002 Winter Olympic Games at Salt Lake, UT in the bobsled, Coral Blair, 35, the stocky black Austrian lady and defending 181 WPC World champ was also absent. This left clear sailing for Jeanette Miller, GBR. and Christine Rainer, AUS. No entries for USA. Rainer got the silver medal to take "down under": 363 SQ. 176 BP, 380 DL, 920 TOT. Miller looked strong and fortified it with a 9-9 performance. At a light 175.7 bwt. she cranked off her lifts in automated fashion: SQ - 363, 418, 463 BP - 242, 253, 270. Her DL was very impressive: 440, 474, and a finally 507 - TOT 1218. She joined teammates Schroeder and Wilcox in claiming the 3rd gold medal for Great Britain. Tarja Rantanen, FIN, lifted sans opposition as she had last year. She gave us concern, missing 396 twice before finally coming through. She also DLed 440 and gave a World Masters Record 470.6 a hearty heave ho on her last try - not good. Her BP was her shining lift - as she racked up all 3-319, 330, and finally 341. This broke her own World Record. TOT

SUPERHEAVYWEIGHT - A couple of powerhouses faced each other in the +198 class. Mirinda Van Dyke from RSA with her flowing black hair and sturdy frame was reminiscent of an Amazon. She faced Dorothy Shaw, 37, and 227.3 lbs. from Merry Ole England. Dorothy possesses an unreal muscular build with strength to match. Shaw won



Dorothy Shaw of Great Britain, - wheeled about by her daughter

the '97 Worlds in Blackpool and had hopes of winning again here. At the recent British Championships she posted astounding lifts: 617 SQ, 352 BP. 606 DL - 1576 TOT. The youthful looking VanDyke SQed 496 solidly, following a missed 2nd. She waited to see what Dorothy would do. Shaw opened (conservatively) with 529, and handled it like a toy. She went to 573, making that equally as easy. On her 3rd, Dorothy jumped to an incredible 630.5 (286 kg.) attempting to break the long standing WPC WR of 628.4 held by the USA's Lorraine Costanzo. Shaw took the weight down deep. Suddenly an audible noise was heard as both knees buckled, snapping the patella tendons. She pitched forward in panic trying to dump the weight behind her. The alert spotters grabbed the barbell, but the damage was already done as she collapsed to the floor. No one thought to carefully remove her knee wraps except Joe Avigliano, who turned whiter when he gently unwrapped them and saw the extent of the damage. Both knee caps had moved down the tendons having been ripped from the bone attachment. She was in terrible pain. Ice bags were immediately applied and 911 was called. The paramedics arrived and transported her to a local hospital. She appeared the next day in a wheelchair with casts on both legs pushed about by her teen daughter, who'd been as traumatized as much

as anyone by this serious tragedy.

She had surgery as soon as she re-

turned to England. I believe you'll see

her back as good as ever once again.

A collection was taken up at the meet

to defray her medical expenses, which

came up with \$300, a figure matched

by the Aviglianos with a check from

the LA Lifting Club owners. After the

competition resumed, VanDyke went

on to win the gold medal by forfeit succeeding with a 259 BP and 440 DL - TOT 1196. MEN'S OPEN - It was just three short years ago that Florida lawver Ernesto Milian became the first USA lifter to TOT 10 times his own bodyweight past the age of 50. This followed in the footsteps of the great one himself - JPN's Hideaki Inaba. Ernesto has become one of our best and most durable champions with a career that began way back when PL became a recognized sport. Now 55, he hasn't lost any of his resiliency. At 5'7" and 120.6, he can still outdo men his size who are half his age. He captured the WPC Worlds Open 123 title here, reliving moments of past glory: SQ - 402 - blew it way. He hit 446 also - down and up fast - but jumped the gun (beat the signal) no lift. Flawless in BP, he did all 3 (248). Ernie posted two DLs, 402 & 479 with strength to spare - and almost finished 501! TOT 1124 - a World Champ once again.

At 132, Reno Karkuschke, 32, GER, was a new face. He had no



Ernesto Milian - keeps winning!!

trouble whatsoever beating Steve Grey, 32, the British fill-in for their absent defending champ Gary Simes. Karkuschke had a 7 of 9 good lift output - TOT 992. Grey's modest TOT (815) gave him silver. What Steve lacks in strength, he makes up with persistence.

148 - Sakari Seilkainaho, 38, the

friendly FINN, was a bit under his

performance level of one year ago. but nevertheless easily won his 3rd straight Worlds gold medal. He may have been more inspired if USA's Tony Convers had lifted against him. Convers performed outside the official competition, as a guest-shooting for WPO cash money. Convers, who's past 40, set the WPC WR standard 4 years ago - at the time the biggest 148 TOT all time (1785). That year he copped best lifter award twice winning the USA Nationals in both the APF and ADFPA. He was here to take a crack at his WPO WR of 699.9 in the deadlift that he'd made earlier this year in his homestate of FI Not at his best here. Convers toued with his lifts: SQ-617, BP-407. His 501 DL was a joke (for him), but still gave him a 1526 TOT which outdid Seilkainaho's official winning sum by 16. Tony jumped to a huge 701, which would nab two grand in cash for the WR in the DL and TOT also (1726). He didn't make it, but got it nearly to his knees. Tony was a crowd rouser, but that should take nothing away from the performance of Sakari who registered 1510 TOT with 4/9 lifts: SQ - 573, BP - 385. DL-551 for the win. He struggled all day, missing tries twice with a 606 SQ and ditto with a 584 last DL attempt. Tim Judge, 42, from Harbor Oak OH claimed the silver medal behind Sakari as he did last year in Calgary. Tim got a 485 SQ and lifted 512 on a 3rd, a lift that appeared good, but the officials said no. BP -352, and with a 474 DL he finally got following a miss - TOT 1311. Steve Cook, 28. GBR had claimed silver last year @ 165, but got bronze this time - TOT 1146, far below his best, but he pulled 507 to finish off his day for bronze

165 - unlike last year in CAN



T. Conyers was there for the cash

where only 2 contested at middleweight this year 5 men with respectable abilities put forth their best. Could anyone offer a challenge to the reigning champ, Angelo Berardenelli of the USA? The undercard saw 4 fighting for the bronze medal. They were Frank Manka, 35, RSA: Lee Gordan, 30, GBR; Joey Almodovar, 35, USA; and wily veteran David Mannering, 40, also from GBR. They were all bunched closely following the SQ. Almodovar, the chiseled American, led the quartet with 650 on his 2nd. Time expired which prevented Joey from trying his 672 3rd. Manka got 2W for his 644 3rd and was in good position. Gordon, the British duo backup man, made 628 on a 3rd following a miss. Mannering had the most platform savvy and dunked 617. He also got up with 661 on a 3rd, but was insufficient depth-wise. Almodovar had assumed there'd be a USA team coach. There wasn't, and without a handler his tactics were a stab in the dark. Joey blasted up 369 on his opening bench, then went for broke and missed 402 twice. Mannering proved his BP prowess was a big asset. He distanced himself from the others, nailing a gutsy hard fought 440 on his last lift. Manka raised 573, missing twice at 589 -TOT 1576 - 6th place. Lee Gordon

Almodovar, on a comeback trail from a sidelining auto accident, had 38 1/ 2 lbs. to make up. He pulled 578, then 600, and was within 11. The 3rd attempt SQ he never got to try would have made this lift unnecessary. He gave the 622 everything he had, but it was too much, too late -4th place. Now the battle for gold: Angelo Berardinelli, 35, USA faced a formidable opponent this year-Jarmo Laine, 34, a FINN who was short and stocky and had the strength to match his looks. Jarmo opened at 661, Angelo uncorked 672; both good. Laine made 699, and got the nod 2-1! He then missed 716. Berardinelli took 722 down and up and was twice denied. The FINN led by 27! Jarmo pushed 391, then Angelo pulled out all the stops. His BP prowess blasted him 62 into the lead now: 424, 462, and finally 479. Angelo wanted to bust the magic 500 barrier, and took a futile try at 501 on a 4th. The DL is Angelo's Achilles' heel, but be made all his lifts count. The FIN camp thought he got a fast down signal with 600 on his 3rd with his grip slipping. The lift was good. Earlier on the USA camp thought Jarmo's lift was an early Christmas gift. TOT 1752 for Angelo. Now we'd see if the FINN could WIN! Jarmo DLed 617, then raised 650 and had 2nd place in the bag - 1741. He set himself up for the winning try - 661! It would be a tie with the victory determined on lighter bodyweight. Up it came, but it stalled out. Angelo had his 3rd WPC World

claimed 5th lifting 595 on his 2nd. A desperation try with 639 to claim the

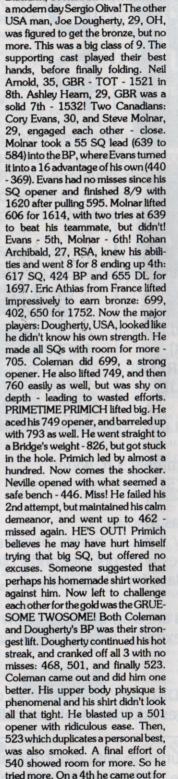
bronze proved futile - 1587.

Mannering and Almodovar dueled

for the bronze. David got 573 up,

then failed 600 - TOT- 1631.

181 - The lightheavy division had two guns with awesome firepower, but a man whom no one considered to be a threat had a big surprise in store. Neville Primich, 33, the South African superman, had the majority of pre-lift votes based on his track record, experience, and awesome numbers. Arnold Coleman, 35,



what was called a WR attempt with

551 (although Chris Confessore holds

the official WPC World Record at

562 established July 17, 1988)!

Arnold manhandled the weight with

great deliberation. It's still the best lift

in the World this year. Going into the

deadlift Coleman led with an 1146

subtotal to 1124 for Dougherty. Af-

ter Coleman hoisted a 650 DL

opener, he dropped his guard. The

seemed to be the USA's only hope

for a USA upset. The marvel from

Blacklick, OH had the musculature of



Arnold Coleman with the muscle it takes to bench 551 at 181 lbs.

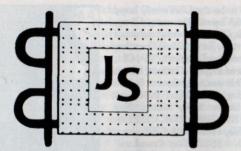
deadlift was not a weapon that Joe was known for. Arnold as well as everyone else believed he wouldn't threaten. Coleman wanted the kilo equivalent of 675. Instead of getting 305 kg. (672), 306.5 was loaded on the bar for his 2nd attempt, which is 675.8. The record small discs were added to make this amount. Odd kilos are only allowed for World Record attempts, but this wasn't a record. Arnold missed this weight twice and was done. I rushed back and lodged a protest on his behalf. The irony of it all is that nobody caught it: not the scoretable, expeditor nor Arnold himself. He got the 3rd attempt over - loaded correctly this time to 672. It made no difference in the outcome. Arnold had lobbied for a coach, but the appointed designee was someone who didn't have the slightest clue about strategy. Some suggested he'd been deliberately sabotaged, but the fact of the matter remains we are responsible for ourselves. Dougherty, who could do no wrong this day, came out and pulled 600, 650, and finally 666 looking good for more. Dougherty was the winner: 1895 to 1890 over Coleman. With the performance of a lifetime, Dougherty basked in his gold medal moment.

198 - Tony Butson, 35, from Trenton, MI, was 2nd at USA Sr. Nats but evidently relinquished his World team berth here. This left the way clear for the defending World Champ Jesse Kellum, 35, to participate. Jesse had missed the Senior Nats because he and girlfriend Carol got married. Jesse didn't care about winning the World Title, which was a foregone conclusion. He was lifting for the prize money offered in the WPO for the biggest TOT in their Middleweight division (198-220-242) of the WPO competition within the WPC World competition. The current USA Sr. champ Mike "Maddog" Andrus out of Clinton Twp, MI was in the lineup here as the other USA rep.

(article continued on page 77)



Angelo Berardinelli took the 165s. (photograph courtesy of Angelo)



Jump Stretch, Inc. 1437 Turnberry Dr. Boardman, OH 44512 1-800-344-3539 330-629-2511 • Fax 330-629-2440

www.jumpstretch.prodigybiz.com

Jump Stretch, Inc. has 20 years' experience in the rubberband strength training arena. We carry the complete line of Flex Bands, recommended by Louie Simmons of West Side Barbell. These are the ORIGINAL bands developed by "Rubberband Man" Dick Hartzell. Beware of imitators with inferior bands that are moulded or bonded together. Our bands are built in layers on mandrels, with no seams for potential breakage. They are backed by a full 1-year warranty.

Our continuous-loop bands are 41" in length and a quarter of an inch thick. Four sizes are available, which will add the following approximate weights to your lifts:

	Bench	Squat/Deadlift	Cost/Pr.
Mini (1/2" wide, assorted colors)	25 lbs.	50 lbs.	\$20.00
Light (1-1/8" wide, PINK)	50 lbs.	100 lbs.	\$37.00
Average (1-3/4" wide, GREEN)	75 lbs.	150 lbs.	\$45.00
Strong (2-1/2" wide, BLUE)	100 lbs.	200 lbs.	\$57.00

We also offer 2 different platforms bases for doing deadlifts:

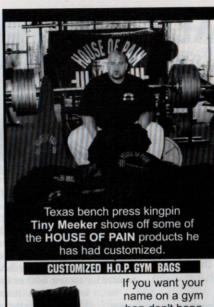
Standard Base (approximately 3 ft. wide)	\$145.00
Extra-Wide Base (has a 51" deck for sumo-style dead	lifts) \$245.00
Packages are available as follows:	
Ultimate Unit (comes w/ 3 prs. of bands, plus standar	d base) \$285.00
Heavyweight Unit (comes w/ 6 prs. of bands, plus sta	
Substitute Extra-Wide Base for either unit	add \$100 to above unit cost

The following Videos are also available: Powerlifting, Football, Baseball, Basketball, Cross Country, Martial Arts, Flexibility, Explosive Training, and Rehab (Ankle, Knee, Shoulder, Back). Videos are \$10.00 each.

We accept Visa/MC/Discover/AmEx. Checks or money orders may be directed to the above address. Shipping charges additional, please call for quotes.

Coming Soon! In conjunction with naturopathic physician Dr. Hakeem Lewis, we are set to unveil a complete line of high-quality, pharmaceutical-grade supplements, including protein drinks, vitamins, and all-natural formulas for speeding up injury recovery. Call for more information. We'll help you stay a step ahead of your competition!

Rubber Bands for All Sports





bag-don't hang some wimpy tag on it-let us embroider it on! We'll embroider your name on any of our gym bags for only \$1.00!

Just like a tattoo, embroidery lasts

forever and it looks sharp, too! We have gym bags from 16" to 34" long; from light-weight to a wheeled monster bag!

CUSTOMIZED H.O.P. JACKETS

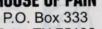
Let us embroider your name or nickname on the left chest of one of our jackets. (Only \$1.00)

From our midweight Big Poplin jacket to our new heavyweight Solid Leather jacket, we'll fit you with style & comfort at a good price. With sizes from med-XXXXL, we can fit almost anyone! (Ask about our new leather vest!)





HOUSE OF PAIN



Fate. TX 75132 24 hrs/ Toll Free!

1 • 888 • H • OF • PAIN (1-888-463-7246)

fax 972-772-5644

Order or fill out our training survey at houseofpainironwear.com e-mail houspain@flash.net

THE NEW POWER STACK by GORILLA® SPORTS NUTRITION

Power stack consists of the New Advanced CREATINE C-4TM with Monohydrate and Citrate crystallized formula the one and only of it's kind, back up with the New NITRO 275TM 3+4+5 Androstenedione chewable tablet this Androstenedione is absorbable through the glands in your mouth it by passes the liver that's what makes it good to stack with Creatine this stack was specially formulated for the Power Lifter and Body Builder that wants Muscle Size and Strength the Natural way.

Gorilla C-4 - \$40.95 - 362.16 Grams Gorilla Nitro -\$59.95 - 60 Tablets Buy both & save 30% - \$70.63, plus \$5.00 for S/H Dealers Inquiries Welcome. For more information or to place an order call:

1-800-852-0425

www.gorilla-nutrition-gym.com





leve

REMEMBER, YOU GET WHAT YOU PAY FOR

- Durable, two-year warra · The most innovative back cunnert available: 6" just
- \$54.95, 4-3/4" only \$49.95 Made in the USA
- - · Machine washable Amazing non-slip grip
 - nate grip just \$34.95,
- · Straps and wrist support all in on Available with 11" strap or
- 6" lock-on dowel strap · Proudly made in the USA
- A steal at \$19.95



DEALER INQUIRIES

1-800-772-4435 920-426-2691 Fax



Put some in your lifting

Glen Chabot 2000 Arnold Classic Bench Press Winner with 722# BP @277# hody veight)

LONG-SLEEVI **BIGTOP** over BAGGY PANTS, with plenty of Attitude.

\$13 (black, white, ash, burgundy) M-4X

PRINTED HOP LOGO

LOGO PRINT T

LOGO RAG TOP

\$13 (ash, white, black) M-2X

58 (black, white, royal, hot pink PRINTED LOGO CAP

IVCRA RIKE SHORTS LYCRA SHORT-SHORTS \$15 (black, ash) M-2X

\$16 (ash, black) M-2X **FULL-LEG TIGHTS**

LOGO PRINT SWEATSHIRT \$18 (black, ash, white) M-4X

PULL-HOOD FLEECE

EMBROIDERED HOP

CLASSIC LOGO T

LONG-SLEEVE BIGTOP

\$23 (blac \$13 (black, red, ash, navy

green) M-4X

L-XL or 2X-4X

SHORT-SLEEVE BIGTOP

EMBROIDERED LOGO CAP \$11

PLAIN EMB. SWEATSHIRT \$18 (black, ash, navy) M-4X

(also JACKETS, GYM BAGS, etc.)

Add \$1 for each 3X or 4X item. All tanks and T's are 100% werlifting gear, and anything else you can wear in a gym





1-888-463-7246 1-888-H-OF-PAIN FAX 1.972.772.5644



www.houseofpainironwear.com

OUSE OF PAIN P.O. BOX 333 FATE, TX 75132



Chuck Vogelpohl - a 900 Squat

This years IPA nationals were held at the Radison Airport Hotel in Columbus, Ohio. The venue was huge and allowed plenty of space for lifters and spectators. This three day event went off without a hitch. The warm up area was complete with two monolifts, okee deadlift bars, squat

I.P.A. NATIONALS

as told to PL USA by Dave Tate, Elite Fitness Systems

bars, you name it we had it. The lifting platform was also complete with all the best equipment. The women class were slim this year but complete with great lifting. In the 132 class Ann Case benched 125. Brook Wessler took the 165 class with a 345 squat, 220 bench and 375 deadlift. In the SHW class Karen Sizemore had a great day with an easy 550 squat. Karen also benched the biggest bench in the history of women's powerlifting with a 410. She completed the day with a 430 deadlift and 1390 total. The teenagers also showed up to lift with Michael

Welcheck totaling 695 in the 114 14-15 age class. James Michael also pulled a good 500 in the 181 16-17 division. Mark Furman posted a 505, 325, and 560 to take the 198 18-19 class. The Amateur Junior division saw records broke by Lewie Einfalt with a 580 squat and 585 deadlift in the 181 class while Ryan Martucci posted a record 615 squat in the 198 division. The Pro Junior class also had some great lifting with Jessie Augenstein setting records with a 650 squat and 650 deadlift in the 220 class. The Police Division saw great lifting from Joseph Alessandro



Karen Sizemore - a 410 bench

with a record 595 deadlift in the 198 class while Robert Esparza making the trip from Texas totaled a 1730 to take the 242 class. The highlight of the Police Division was the record 625 bench set bu Mike Barravecchio. In the amature division Derek Mallace squatted a record 640 in the 198

> amature division. Phil Halliwell squatted a 715 and totaled 1695 to take the 220 class. David Oliver ended the day with an 1825 total to take the supers. The amature masters division saw some fine lifting as well. Fred Piermattei squatted a record 601.1 in the 181 40-44 division while Milton cross benched a record 440 in the 220 45-49 division. Danny Burton came all the way from Oklahoma to squat an easy 850 and a 1750 total to take the 275 55-59 division. John Gengo won the AM open 148 division with a 1195 total with Dane Campbell not very far behind with a 1175 total. Brian Crow had a great day in the 165 with a 620 squat, 450 bench and 575 dead. His 1645 total was good enough to give him the best lifter award. Joseph Alessandro took the 198 class with an easy 705 squat and 1705 total. Chris Young took the 220's with an 1835. The 242 class was one of the biggest classes of the Amature open division. Ron Dauton took the class with an 1805 total with Berni Arrington not far behind with an 1785. The biggest total of this division was posted by Michael Olmo in the 275 class with an 1900 total. The Pro's - Doug Heath started off the Pro Divison in the 148 division. Doug had a fine day with a 535 squat, 440 bench, and 525 deadlift to round out

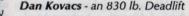
a 1500 total. Tony Kamand easily took the 181 class with a 805 squat, 415 bench and 560 deadlift to end the day with a 1925 total. This total was also good enough to give Tony the best lifter award in the light division. Tom Levelle finished second with a 1660 total. Mark Burrows took the 198's with a 1670 total. Chuck Vogelpohl was back on the platform in the 220's after a hard couple years of injuries. Chuck had a great squat of 900 pounds followed by a 480 bench and a 720 deadlift. He finished the day with a 2100 total, good enough to win the class. Joe Bayles took the 242's with a 1955 total followed by Chris Focht and Ed Clark. The 275's had a good match up between Edward Owens

and John Green. John started the day with a 900 squat while Edward squatted a 805. This put John ahead going into the benches by 95 pounds. Edward benched a 485 that bested John's 480. Going into the deadlift Edward had to make up 90 pounds. This turned out to be no problem as Edward pulled 775 to win the class. Edward ended his day with a 2065 total while John was right behind with a 2060.

had the day he has been waiting and those at Westside knew he was good for. John started the day with an easy 910 squat, followed by a 570 bench and an 800 deadlift. John finished the day going 9 for 9 and a 2280 total. Right behind John was Paul Childress. Paul also joined the 900 club with a 930 squat. Paul finished his day with a 2200 total. In the SHW division we saw some great lifting by a number of lifters. Terry Brven in his first meet and unsure of what he could lift opened his squat at 700. After he smoked that he decided to jump to 900. Once again he smoked it and jumped to 1000 for the third. This looked just as easy as the 900. How would you all like to squat a grand in your first meet?

and 700 deadlift. I would like to thank all the lifters for their support throughout the meet. Many stayed to help spot and load after they were done lifting. Many others stayed to support all the other lifters. This is always great to see. The IPA was founded on the theme Lifters for Lifters and that motto is still very strong and supported in all their meets Talso want

Terry ended the day with a 2150 total. Dan Kovacs stole the spotlight from the rest of the supers with a 915 squat, 675 bench and 830 deadlift. Dan was looking for 2500 but ended his day at 2420. A great day in any ones book! Mike Ruggiera had a bit of an off day on his squats with a 900. He had a hard time getting stable with 1000 pounds. Mike did set a pr bench with a 555 and ended the day with a 2235. Billy Mimaugh also squatted in the 900's with a solid 905 and took the submasters class with a 2200 total. Steve Brodsky finished behind Billy with an 865 squat and 2100 total. Big JR Hunt took the Masters 40-44 class with a 950 squat, 635 bench



Mark and Ellen Chailett, Judy and Mike Arnold, Michelle and Stuwart Crain, Karrie and Bruce Mendes, Lori and Wes Nutter, Doug Bordon, Vince Anello, Rob Capazzola, John Bott, Lewis Jennell, Louie Simmons, Karren Sizemore, Danny Degg, Dr. Dave, Kelly Sports Video, Biotest and Testostrone Magazine, all our spotters and loaders and Traci Tate. We'll see ya next year! (Thanks to to thank all those who Dave Tate for providing the results



Terry Bryan's 1000 lb. squat. (photos by Kelly Sports)

John Statt	ord in	the 3	08's	rerry	Bryan's 1000	10. 5	quat.	(pho	tos by	Kelly Sports)	help	pmak	e this p	oossible:	of thi
	IPA N				308					198					220
17-19 N	OV 00	- Colu	mbus	OH	M. Wilson	700	450	550	1700	J. Alessandro	705	405	595	1705	M. Linds
BENCH		S. Poll		495	Police	,00	400	550		S. Kerschner	510	470	575	1555	Pro Mast
OPEN		L. Ger		440	198					D. Wallace	640	370	525	1535	220
132		I. Casi		425	1. Alessandro	705	405	595	1705	H. Reece	460	275	470	1205	B. Arnold
S. Fellows	275	242	•	423	242	,00	103	333		220					Pro Oper
	2/3		adovic	580	R. Esparza	650	475	605	1730	C. Young	720	480	635	1835	148
181	200	T. Will		400	275	050	7/3	000	.,,,,	R. Taylor	680	400	620	1700	D. Heath
C. Brandt	350		kovick	400	M. Barraveccchio	100	625			M. Bartley	700	425	575	1700	165
D. Kyser	320		KOVICK		AM Submaster		023			P. Halliwell	715	430	550	1695	M. Vallor
J. Onysko	240	275			198					P. Dick	650	455	570	1675	181
198			takhan	615	D. Wallace	640	370	525	1535	T. Alanender	050	400	3,0		T. Kaman
R. Munn	400	J. Gra	ube	520	220	040	3/0	323	1333	242					T. Lavelle
B. Duvall	410	308			P. Halliwell	715	430	550	1695	R. Dayton	770	385	650	1805	D. Blanke
220		S. Kirt		650		550	325	485	1360	B. Arrington	675	475	635	1785	M. Maxw
S. Lewis	550	G. Ch	abot		C. Martino	330	323	483	1360		750	425	600	1775	198
		SHW			242				1785	J. Rooney	700	375	620	1695	M. Barro
		J. Han	ris		B. Arrington	675	475	635		T. Clausen		375	590	1690	K. Ferrara
WOMEN	SQ	BP	DL	TOT	G. Simmers	705	395	590	1690	G. Simmers	705				I. Adams
AM	3630				SHW					E. Collaku	660	400	605	1665	220
132					D. Oyler	770	390	665	1825	R. Tonini	620	455	580	1655	
A. Case		125			AM Master 40-44	1				J. Manly	625	385	625	1635	C. Vogel
165					165					D. Moore	645	405	570	1620	E. Patters
B. Wessler	345	220	375	940	R. Hamsher	430	315	445	1190	B. Eastham	605	430	545	1580	D. Karam
PRO	3.0				181					S. Mckimmie	415				G. Scott
SHW					F. Piermattel	601	365	565	1531	275					M. Hill
K. Sizemore	550	410	430	1390	220					M. Olmo	825	425	650	1900	C. Maxw
MEN	330	7.0	430		W. Welcheck	505	380	565	1450	L. Deutsch	670	535	500	1705	W. Tomk
Teen 14-15					242					B. Saunders	600	435	500	1535	242
114					D. Moore	645	405	570	1620	308					J. Bayles
	280		270	695	275					R. Gaydos	750	425	650	1825	C. Focht
M. Welcheck	280	145	2/0	693	L. Deutsch	670	535	500	1705	C. Therman	725	440	625	1790	E. Clark
Teen 16-17					SHW					D. Bosler	615				E. Ruquel
132					N. Delan	650	457	600	1707	SHW					T. Larrapi
C. Smith	260	200	300	760	AM Master 45-49		40,	000		D. Oyler	770	390	665	1825	275
148					220					N. Delan	650	457	600	1707	E. Owens
M. Martin		325			M. Cross	530	440	505	1475	Elite Amateur	-				J. Green
181					Dr. P. Accordino	520	365	525	1410	181					B. Kyle
J. Michael	400	245	500	1145	AM Master 50-54		303	323		S. Cuevas	630	460	510	1600	D. Thomp
Teen 18-19					220					Pro Submaster	030	400	3.0	1000	B. Young
198	1		1000	-	E. Fink	600	240	600	1440	SHW					K. Sellers
M. Furman	505	325	560	1390			240	000	1440	B. Mimnaugh	905	540	755	2200	I. Ritchie
A. Troutt	520	290	495	1305	AM Master 55-59						865	535	700	2100	A. Klest
AM Junior					275		200			S. Brodsky	863	333	700	2100	A. Spence
165					D. Burton	850	300	600	1750	Pro Master 40-44					308
M. Freeman	475	350	405	1230	AM Master 60-64					181			705	1925	I. Stafford
181					148					T. Karnand	805	415	705	1925	P. Childre
L. Einfalt	580	400	585	1565	R. Dodson	330	170	380	880	198				4400	SHW
198					AM Open					G. Clayman	600	450	550	1600	The second second
R. Martucci	615	335	500	1450	148					242					D. Kovac
Pro lunior					J. Gengo	400	305	490	1195	E. Ruquet	685	455	615	1755	M. Ruggi
198					D. Campbell	425	330	420	1175	SHW					B. Mimna
J. Murphy	630	325	580	1535	R. Dodson	330	170	380	880	JR Hunt	950	635	700	2285	M. Smith
220	030	323	300	1000	165					Pro Master 45-49					T. Bryen
J. Augenstein	650	450	650	1750	B. Crowe	620	450	575	1645	198					K. Holshu
242	030	430	030	1730	181					J. Cositto	655	285	560	1500	T. Musser
R. Shaffer III	450	345	450	1245	S. Morrow	550	375	565	1490	Pro Master 50-54					(thanks to
R. Shaller III	430	343	430	1243	THE PROPERTY OF THE PARTY OF TH	2000									

	9
TOPPER SUPPLY COMPANY	召
POWERLIFTING 2108 S. HIGH ST. P.O. 7832 TRAINING RANNING	图
HA DANNO	S
CHAIN THE SEARCH STOPS HERE!!! 5/8" AND 1/2" CHAIN!!!	H
THE COMPLETE POWERLIFTING ASSEMBLY	周
AVAILABLE FOR THE ELITE AND PROFESSIONAL POWERLIFTERS	图
	D
S BANDS	引
4 STRENGH LEVELS	月
POWER 1/2" 13/4"	R
MADE IN USA 1 1/8" 2 1/2"	司
866-4CHAINS (866-424-2467) MONDAY THRU FRIDAY 7:30AM TO 4:30PM	閉
SATURDAY: 7:30AM TO 12:00PM EST. LOUIE SIMMONS TRAINING SECRETS VISA Moster Cord	以
	5

220				
M. Lindsay	200	425	600	1225
Pro Master 55-59	•			
220 B. Arnold	315	375	510	1200
Pro Open	313	3/3	310	1200
148				
D. Heath	535	440	525	1500
165				
M. Vallone	510	380	475	1365
181				4000
T. Kamand	805 650	415 450	705 560	1925
T. Lavelle D. Blankenship	650	405	590	1645
M. Maxwell	680	355	565	1600
198	000	333	505	1000
M. Barrows	660	410	600	1670
K. Ferrara	75	400	700	1175
J. Adams	700			
220				
C. Vogelpohl	900 750	480 500	720 650	2100 1900
E. Patterson D. Karam	770	460	620	1850
G. Scott	675	535	640	1850
M. Hill	735	490		
C. Maxwell				
W. Tomko III		1	i ad	244
242				
J. Bayles C. Focht	700 730	555 515	700 645	1955
E. Clark	720	510	585	1795
E. Ruguet	685	455	615	1755
T. Larrapino				
275				100
E. Owens	805	485	775	2065
J. Green	900	480	680	2060
B. Kyle D. Thompson	775 800	530 485	710 725	2015
B. Youngs	770	480	650	1900
K. Sellers	700	530	600	1830
J. Ritchie	750	565		
A. Klest	780			
A. Spencer				
308				-
J. Stafford P. Childress	910 930	570 550	800 720	2280
SHW	930	330	720	2200
D. Kovacs	915	675	830	2420
M. Rugglera	900	555	780	2235
B. Mimnaugh	905	540	755	2200
M. Smith	850	555	760	2165
T. Bryen	1000	500	650	2150
K. Holshuer	825	565	710	2100
T. Musser (thanks to Dave 1	880	475	665	2000

WORKOUT of the Month

The Videotapes

The holder of more than 100 official and unofficial world records shows you how to train with

three great video tapes: The Squat, The Dead-lift, The Bench Press. Watch and learn as Ed

demonstrates workouts and his methodical ap-

proach to training. Be there as Ed squats 975,

deadlifts 901, bench presses 575; even does a

400 lb. behind the neck press! Ed's program can

help you no matter what your strength level.

Gym and actual contest footage, too. Each tape

is approximately 50 minutes long.

residents, add 7 1/4% (\$2.90) Outside the U.S. add \$10. PAL

or SECAM add \$5 each tape. Call for credit card orders or

send check/MO to: COAN Quest, 745 North Torrence

Ave., Calumet City, IL 60409 USA. Phone: 708-862-

9779. Visit us on the Web! www.quadsgvm.com

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified by 1.2 (600 divided by 500)

Hello My Fellow Benchers: My name is DONALD ROBBINS JR. I am 32 years old and live in Bluefield. WV. I work full time at Krogers as a meat cutter and have three children ages 7, 9 & 11. I have been lifting since I was 16 and hold several American records in the teen and open classes. In 1994 I went to Finland with the USA team for the world bench press championships. I finished 4th with a bodyweight of 165 lb. and a lift of 407 lbs. In my last meet (Dec. 16, 2000) I benched 555 lbs. in the 181 lb class. I say all this to make the point that you can have a family and a full time job and still succeed in lifting. I could not be where I am today if it were not for the support of my family and friends.

I work out 5 times a week, Monday through Friday usually about 1 1/2 hours a day. Monday and Thursday are chest and triceps days. Tuesday and Friday are legs and biceps.

Donald Robbins Jr. **BENCH PRESS ROUTINE**

Wednesday is back and shoulders. I have set up a routine to help a 500 lb. bencher increase 25 lbs. or more in ten weeks. In addition to the bench workout my routine includes the use of the incline, decline, overhead press and tricep work. I do 5 sets of incline. decline and overhead and 10 sets of triceps each work out. In WEEKS 1-5 I do 10 reps for each set of the above exercises. In WEEKS 6-9 I do reps of 5. Please note I ALWAYS warm up with light weight before beginning. I have included my 10 week bench workout in more detail. Mondays are my heavy days while Thursdays are my light days. Two keys of improvement to remember are: 1) All light weight sets should be

Donald Robbins Jr. preparing to bench 525 at the GBCC Memorial Championships on May 27th, 2000. (photo courtesy Donald Robbins)

"Explosive Movements". 2) Always tru to push out the extra reps when needed on the program.

If you would like more information please write to Donald Robbins Jr., Rt. 5 Box 451D, Bluefield, WV 24701 or

Thank You - Donald Robbins

Week #1: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 20; Set 2: 225 Reps 20; Set 3: 225 Reps 20; Set 4: 225 Reps 20.

Week #2: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 11; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 21; Set 2: 225 Reps 21; Set 3: 225 Reps 21; Set 4: 225 Reps 21.

Week #3: HEAVY DAY - Set 1: 225 Reps 10; Set 2: 315 Reps 10; Set 3: 365 Reps 12; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 22; Set 2: 225 Reps 22; Set 3: 225 Reps 22; Set 4: 225 Reps 22.

Week #4: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 405 Reps 5; Set 5: 225 REP OUT; LIGHT DAY -Set 1: 225 Reps 23; Set 2: 225 Reps 23; Set 3: 225 Reps 23; Set 4: 225

Week #5: HEAVY DAY - Set 1:

REP OUT.

Week #6: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 405 Reps 7; Set 5: 225 REP OUT: LIGHTDAY-Set 1: 315 Reps 16; Set 2: 315 Reps 16; Set 3: 225

225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 405

Reps 6; Set 5: 225 REP OUT:

LIGHT DAY - Set 1: 315 Reps 15;

Set 2: 315 Reps 15; Set 3: 225

Week #7: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 5; Set 4: 425 Reps 3; LIGHT DAY - Set 1: 315 Reps 17; Set 2: 315 Reps 17; Set 3: 225 REP OUT.

Week #8: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 5; Set 4: 425 Reps 4; Set 5: 225 REP OUT: LIGHTDAY-Set 1: 315 Reps 18; Set 2: 315 Reps 18; Set 3: 225

Week #9: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10: Set 3: 405 Reps 1 with shirt; Set 4: 500 Reps 1 with shirt; Set 5: 515 Reps 1 with shirt; LIGHT DAY - Set 1: 315 Reps 19; Set 2: 315 Reps 19; Set 3: 225 REP

Week #10: HEAVY DAY -Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 1 with bench shirt; Set 4: 500 Reps 1 with bench shirt; Set 5: 525 Reps 1 with bench shirt.

Welcome, once again, to the POWERS BENE wide and wonderful world of powerlifting. In covering the power scene, we try to present interesting and timely stuff. Sometimes, because this is all written at least a few weeks before it's read, we're a little behind the curve.

Last month we wrote about Jamie Harris hoping to hit a big bench at the Arnold Classic in early March Since we wrote this, our friend Jamie was not put on the preliminary list of lifters for the Arnold, Well, Jamie wasn't very happy about this, and said a lot of things, particularly on the www.goheavy.com web board. Without repeating his postings, or those of the many other posters, let's just say I don't think Jamie is going to be in the Arnold for a

Big Jamie remains committed to making a PL comeback, and is now aiming at two meets in Pennsylvania, one on March 17 - the Mon Valley Fitness Center BP Classic - and one on April 1 (yes, we know that's April Fool's Day) - the Pittsburgh Area Monster BP.

As for the Arnold Classic, defending champion Glen Chabot will be there to defend his title. Last year Glen had both the biggest bench -722 lbs. - and the biggest bench by formula, even though only the biggest bench by formula was awarded prize money. This year the prize money has been increased, and there will be awards for both biggest bench and biggest bench by formula

The Westside Barbell Club's Kenny Patterson and George Halbert, two great benchers, should be there and in competition for prize money, and Willie Williams, who

Richard Schoenberger (right) and training partner Chris Sestito (left)

benched 705 in both the 1999 and 2000 contests and is always a crowd favorite, will be a major contender.

George Nelson, Kim Brownfield, and many other top benchers will also be competing in front of the thousands of screaming fans, so if you're anywhere near Columbus, Ohio on the first weekend of March, come check out the action. For those of you who won't be there, we'll have a first hand report, and POW!ERLIFTER Video will be there covering all the action.

One big bencher who won't be

at the Arnold is California's Richard Schoenberger, whose PR is 612. Big Richard, who's currently weighing in around 365, is finally about fully recovered from an injury, and ready to go after a new PR soon. We caught up with Richard and his training partner Chris Sestito when we went to Lakewood to videotape Richard and Chris' BP training. Boy, do these guys do a lot of assistance

We shot them doing lat pulldowns, two kinds of bicep curls with an emphasis on grip strength, two

kinds of machine bench presses, front and back military presses, and more. Wow! Richard's been doing serious bench pressing for eight years, and he's developed a terrific understanding of the need for proper assistance work, proper technique, and a good training part-

Coach Bernie Gagne has been focusing on proper lifting techniques for many years, well, actually, many decades. We recently shot with Bernie for segments on the deadlift and squat, and no matter how many times we work with him, we always learn something new. This time Bernie showed us how to design a squat shoe, with the proper ramp to support your squat and help you not lean forward as you come out of the hole. Bernie also shared his analysis of proper and improper SQ and DL techniques, and how lifters of different body types must lift differently to attain their full potential.

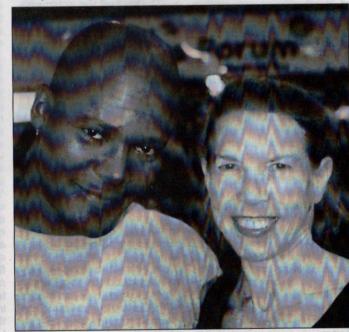
Finally, we ran across a new powerlifter at the Fitness Forum Gym in Marina Del Rey, CA. 54 year old Sheila Mann has been powerlifting training for three months now, under the tutelage of (retired) powerlifter Kurt Elder. Sheila had been weight training for 27 years, and decided to become a powerlifter. She's aiming to compete, and do so in all three lifts. Sheila says the squat has been the hardest to pick up so far. In the meantime, she's eating more calories and cutting back on cardio. Sounds like she's got that part right.

Good luck Sheila, with your lifting, and to all powerlifters, good luck with your lifting. 'til next month, we'll see you on video.

NED LOW



Bernie Gagne practicing what he preaches (Ned Low photographs)



Kurt Elder and Sheila Mann at the Fitness Forum in Marina Del Rey

Each tape \$39.95, add \$5 Shipping and Handling in U.S. Illinois

POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

On Sunday November 19, 2000 in Akita, Japan, Brad Gillingham became the first United States superheavweight powerlifter to win an International Powerlifting Federation world title since Mike Hall won way back in 1989. This amazing accomplishment happened despite the fact that Brad had a less then optimal training cucle. "My preparation had gone really well." Brad said, "I had gotten my body weight up to 328 pounds and the iron was flying; then things got messed up." In preparation for this contest Brad had squatted a deep and explosive 840 pounds, bench pressed 625 and deadlifted 845 on two separate occasions. "I thought. based on my training lifts, that I could post a 2300 pound total at the world championships. But I injured my shoulder three weeks prior to leaving for Japan." It happened while squatting, "all of a sudden what felt like a bolt of electricity shot down my arm and into my fingers. I thought I might have ripped a rotator cuff." As it turned out, he'd "popped three ribs" and seriously strained his deltoid. It was a quandary as to what course of action to take for the remainder of the cycle. "My friends and training partners said I should lay off benching altogether until the contest. I didn't like that idea at all."

Oddly (and thankfully) he could still squat and deadlift without pain, but bench pressing was another matter. "I'm a long-armed lifter who relies heavily on initial explosion to generate enough momentum to aide my triceps in locking out my benches. As a result of the shoulder injury I lost my explosion." Brad is also the type of lifter that needs to stav in touch with the technical aspects of the bench: "If I don't bench every week, I lose my groove and my performance deteriorates." He decided to continue his regular bench session before leaving for Japan. "I pushed through the pain and benched on each of my regular training days leading up to the meet. but I did so carefully, non-explosively and with far less then with my scheduled training poundage." It was a bad end to a previously great cycle and weighed heavily on his mind. "I felt my best ever training cycle had been derailed and my bench press and total would suffer as a result. How much it would affect me was anyone's guess, but it

How Brad Gillingham Won the IPF World Meet

as told to Powerlifting USA by Marty Gallagher, Washington Post On Line Columnist



Brad kept hopes alive with conservative attempts in the squat. (Kelso)

was messing with my mind something fierce.

The trip itself was nightmarish. "I left on Tuesday and it took 29 hours for me to arrive at the Japanese hotel. I didn't sleep a wink the entire trip. In fact, I hadn't slept the night before I left Minnesota, tossing and turning and worrying about an ice storm in my hometown that threatened to shut down the local airport." The 13.5 hour plane ride from Chicago to Tokyo was murderous and upon arrival in Japan he had to ride a bus for a two hour drive to a second airport and then catch another plane north to Akita, Japan. "By the time I got some solid rest I had gone 60 hours without sleep and lost fifteen pounds of bodyweight." Per usual, Brad had packed enough food to stock a 7-11 store. "You never know the quality of food in a foreign country so I packed dozens of packets of Ramen noodles, cans and cans of tuna and several containers of Sport Pharma protein powder." Which was fortuitous, Japanese meals are

incredibly expensive and the portions disappointingly small. After arriving the first order of business was to shake off the jet lag and regain as much bodyweight as pos-

Brad traveled with his dad. former Green Bay Packer all pro Gale Gillingham, Brad's brother. his mother and her husband, an uncle and a cousin. His wife stayed home very much pregnant with their second child. After the long, seemingly endless journey, there was good news: the hotel was first rate, the natives extremely friendly, and the meet facilities excellent. "This was the finest of four world championship I've competed in. The organizational aspects were run with clockwork precision, the platform and warm-up area clean and spacious and the hotel facilities were first rate." After arriving Brad ate as much as humanly possible in order to regain lost muscle mass and took in much of the lifting. "They started the competition on Wednesday, so I missed the first day but I saw just

about all of the lifting on Thursday, Friday and Saturday." Asked who among the foreign lifters had impressed him the most, Brad shook his head and said. "It is impossible to pick out any one lifter. There were so many great ones that it is virtually impossible to single any one out. Sivokon squatted 700, benched 473 and totaled 1829 weighing 148, which was more then the winner at 165. He is awesome and deservedly won the champion of champions trophy." The American lifters: Hooper, Ricks and McGettigan, took 3rd, 2nd and 3rd place respectively and Brad was right there, cheering them on, lending a hand when needed.

On Sunday the superheavyweights weighed in at 11 am and the lifting commenced at 1pm. The stage was set and it was time to get down to business. This would be a fast paced contest: seventeen superheavyweights were split into two flights of nine and eight, which meant that the lifting would occur at a break neck pace. Is it any wonder that six lifters bombed out? Brad described how he felt going into the competition, "I weighed in at 319 and knew it was going to be a dogfight. The superheavyweight winners from the last four years were all in attendance, the best of the best: Fomin and Gurianov from Russia, Naleikin of the Ukraine, the Hungarian Meszaros and hottest young lifter in the world, Savickas from Lithuania. I knew my chances to win were no better than 50-50 at best." It was go time. "I felt slightly off in the warm-up room, my bodyweight was down and physically I knew I was not 100%." Brad said, "Psychologically, though, I was on top of my game."

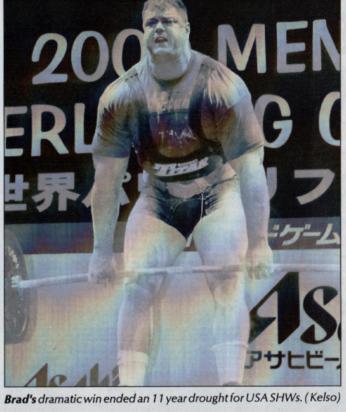
Gillingham's psychological mind set got a shock when his effortless opening squat 782 received two red lights. "What a mind blower! I purposefully set down way deep and actually paused at the bottom before firing the weight back to lockout effortlessly. When two red lights appeared, I was flabbergasted. It was a rude shock, especially since was by far the weakest squatter of the contenders and I needed every single pound." In a gutsy move he jumped to 793 rather then follow conventional wisdom and repeat his opener. "I had plenty of strength. that was not the issue. On my second attempt squat I took the

weight out of the racks, sat down even deeper than the first and again stood up with it easily. This lift was passed 2-1." He was in the game.

Brad had hoped to uncork between 832 and 837 and he thought about jumping to 832 on his final squat, but a close miss or two red lights would be catastrophic. A quick conference was called among his coaches, handlers and advisors. A conservative, split-the-difference weight of 815 was called for. It was crunch time. In the forefront of everyone's mind was the simple math: if he made this lift he had a chance, if he failed Brad could kiss the gold medal good bye. Brad had to think this lift through; it could not be a wild, emotional effort, as any technical glitch would garner red lights. "The lift was slow, precise, controlled and powerful; I made the poundage with strength to spare. strength was not the issue, red lights were the issue." Everyone exhaled a simultaneous sigh of relief when two white lights appeared. Brad still had a chance, albeit a slim one.

Meanwhile, the Russians lifters Fomin and Gurianov squatted 903 and 826 respectively. Naleikin from the Ukraine squatted 881 while Savickas blasted up 903 and Meszaros made 859. The Europeans had opened up seemingly insurmountable leads. Gillingham was behind the proverbial 8-ball and needed to make every single remaining lift if he were to have a chance at winning. Plus, he needed some help; he needed the leaders to miss some lifts. If he made all his remaining attempts and they made all their remaining attempts, he would come up short. It was time to regain some ground. Brad opened higher in the bench press than anyone else finished, 584 pounds. It was a smoker and garnered three white lights, his first unanimous decision of the day. He called for 600 pounds on his second attempt and Gillingham needed this weight if he was to make a run at the gold in the deadlift. "It was nerve-racking, I had a ball-of-tension in the pit of my stomach," he related. Brad got an excellent handoff and pushed the ponderous poundage to completion. It was "medium hard." Three whites greeted this crucial attempt and Brad was back in the mix. His 611 third attempt was an anticlimactic no-go, "I lost the lift at the top, and to tell the truth I wasn't surprised; I was real pleased to make 600 and admittedly lost some of my edge on 611."

At the subtotal Brad was in 4th place. One serious competitor, World Champion Victor Naleikin, bit the dust and was out of the competition. Still, the three men ahead of Brad had all deadlifted



800 pounds or more and things looked bleak. The platform was hot as hell from the blazing TV lights and the competition was moving lightning fast. This was working in Brad's favor for though he weighed 315. his bulk was spread over a 6'5" frame; he was nearly a foot taller then most of his competitors and the pace and heat was grinding the shorter, thicker lifters down. "I lost 10 pounds of bodyweight during the competition and since I was light already, this adversely affected me. I was drained as we started the deadlifts, but backstage these guys were looking a hell-of-a-lot worse then me." Brad opened his deadlifts with 793 for a three white light success. After the opening deadlifts, Brad was in third place and had pretty much secured at least a bronze medal. He jumped to 821 on his second attempt and destroyed the weight; it was as effortless as his opener and again received three white lights. He felt good for more. The bronze medal was in the bank and it was time to win this sucker with a monster pull.

A powerlifting miracle occurred on the second attempt deadlifts, one that opened the door for Brad Gillingham and allowed him a shot at the gold medal: every single one of the other contending superheavyweight lifters missed their second attempt deadlifts. "It was incredible, in turn each of the contenders missed

sudden I had a real chance. The key was to make my third deadlift. I needed a big pull and could not afford a miss. It was all on the line." Brad remembered the excitement preceding this attempt, "I needed to pull a big deadlift in order to tie the Russian Fomin and move ahead on bodyweight. He had posted a 2254 total by making his opening lift with 793." Brad's lift had to be a clean, crisp pull without a hint of pause or hitch - otherwise it would be turned down. These thoughts raced through his head as Brad watched incredulously as the other top lifters continued to miss their third attempt deadlifts. Had anyone of the leaders made their 3rd deadlift it would have forced Brad to increase his 837 attempt. "I don't know if it was the heat, the pace, or the bar, but each lifter in turn missed their

his pulls and was out of the contest. Fomin pulled 815 off the floor like a rocket on his third and had the bar over his knees and almost locked out when both is hands flew off the barbell and up into the air like someone had said, 'stick'em up!' Two half-dollar size chunks of skin flew into the air. It was gross." Now it was Gillingham's turn at bat. Nolan Crabbe started humming the Star Spangled Banner and Brad's Dad, brother and coaches surrounded him, imploring him, exhorting him. his second attempt and all of a It was a tense, electric moment. His

"Meszaros missed all three of

Dad cinched his power belt and Big Brad, the favorite of the packed house, strode to the chalk box like Alan Ladd striding out to gun down Jack Palance in 'Shane'. He carefully and methodically applied the white magnesium powder to each and every digit and turned to face the bar, the audience, and the judges. The high drama of the moment was amplified as the normally reserved Japanese audience rose as one to exhort their champion. It was one of those monumental moments when all the chips are pushed to the center of the felt table on the final hand, winner-take-all.

Big Brad ambled onto the platform and up to the barbell, he looked down and centered his feet, he stooped and enfolded the bar with his monster hands, first the left hand, then the right, using his patented double-overhand hook grip. He dipped his hips, tensed and with adrenaline coursing through his body in torrents, ripped the bar off the platform. In the blink of an eye the bar flew up his shins and over his knees, Gillingham kicked in his python-like erectors for the long march up his thighs and to eventual lockout. After a slow smooth pull he heard the head referee yell "down!" He held the bar aloft for an extra few seconds and then gently replaced the barbell; he spun and stared at the light board. After what seemed an eternity, three whites appeared and pandemonium ensued. Brad was mobbed. He had captured the gold medal for the US and the sweetness of the moment was magnified by the dramatic manner of his triumph. "After completing the lift, my memories are a blur. I remember being on the top rung of the podium and the National anthem was playing. It was surreal, I thought I was dreaming." Immediately after the award cer-

emony the meet director came and with great solemnity indicated that Brad should accompany him. "I thought I was being led away to the drug test." Instead, Brad was led into a huge banquet hall packed with formally dressed Japanese. "I was led onstage and the Mayor of Akita introduced me to the packed auditorium as the 'new super heavyweight powerlifting champion of the world.' The crowd erupted into applause and flashbulbs began popping. I felt like I was in an episode of the 'Twilight Zone.' Autograph seekers besieged the slightly dazed Gillingham. "It was overwhelming but it kept getting better; within the hour the post meet banquet began. Much celebrating and laughter with the other lifters, coaches, friends and family. I was glowing inside."

"It was the perfect ending to the perfect day."

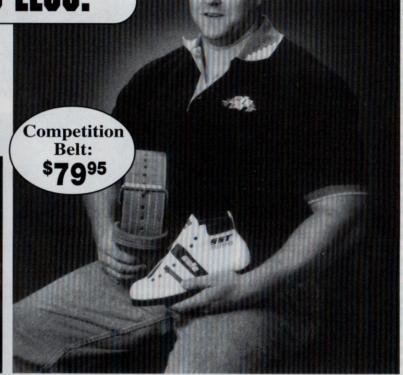


"Ask where the competition's products are made!"

Brad Gillingham -

- 4 time National Super Heavyweight Champion
- IPF Super heavyweight World Champion





NEW!! Herringbone Outsole on SSTs and Contenders!



Embroidery: Add \$2500



Lever Belt:











\$2995







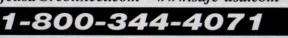
Adidas DL Shoe:



4" Training

Knee Wrap: Wrist Wrap: \$1350

SAFE USA, INC. 4 65th Ave. Way, Cannon 507-263-4177 FAX: 507-263-4172 www.safe-usa.com





Leather Straps:

\$1195

Top National Competitor, Fireman and C.P.T.

New! COOL CAPS

The World Leader In Powerlifting Apparel!



- A DENIM CAP Pro-washed denim, "low profile" cap with adjustable brass buckle. Embroidered.
- TWILL CAPS "Constructed" style
- white, cotton twill cap with buckram backed front. Adjustable plastic snap. Embroidered
 - with two designs to choose from.

A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY

Address

Zip_

e-mail

IRONWRAPS Z

VERY, VERY POWERFUL!

The most popular knee wrap in powerlifting!

"When I first held a pair of Ironwraps Z, I knew they were a lot better wrap than I ever worked with before. My first big squat I did in a recent training cycle, I did with IWZ on. I smoked it like I was still doing warmups. I noticed a marked difference on the rebound. The rebound was just unbelievable. IWZ got tighter, easier, even when I didn't wrap all the way tight. The way they hold, I didn't need to chalk to keep them in place on my legs. IWZ gives tons of rebound and are so supportive. IWZ are far ahead of anything else."

Patrick Hall



State

\$22

\$40

Total

Shipping

\$5.50

Phone

Twill Cap □ B □ C \$12

Overseas orders add 20% surface or 30% air

Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS

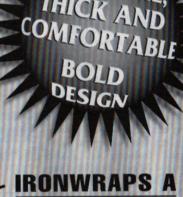
903-236-4012 • 800-222-6897

Denim Cap (A)

Ironwraps A

Ironwraps Z

2 pair



ENGINEERED FOR:

Powerlifters

- Strongman Competitors
- Powerbuilders
- Bodybuilders
- Various Types of **Athletes**
- Doing Multiple Rep Sets

Among powerlifters, IWA are popular with those who want power, ease of use and comfort.

A PARADIGM SHIFT IN KNEE **WRAP DESIGN!**

for information on Brad Gillingham Seminars, call 1-800-344-4071

Strength, speed and technique are the most important components in cranking more weight. You have to be strong enough to lift the weight, fast enough to push it quickly through your sticking point, and as Dr. Tom McLaughlin, a biomechanist said, "Technique is everything." Complex training is a way to develop all three aspects simultaneously.

For years, the focus of power-lifting was the development of brute/ absolute strength. Louie Simmons' innovative methods have demonstrated that speed is essential to elevating more weight. Simmons has put the "power" in powerlifting, as well as emphasizing technique.

Power/speed training is schooling for your neuromuscular system, teaching it to fire faster. You want to outrun your sticking point with speed. Think of moving a heavy weight through a sticking point as driving your car through a mud hole. Ever stop in a mud hole? You sit there, spinning your wheels. What you want to do is have enough speed that the momentum carries you through the mud hole, i.e., your sticking point. The more speed you have going into the mud hole, the greater chance you have of making it through. The same thing applies with your squat, bench and deadlift. You want to blow past the "Bermuda Triangle" of your lift, that point where it gets lost.

Before discussing how complex training can improve your powerlifting, let's take a look at what complex training is. Pavel Tsatsouline defined complex training in his book, Beyond Stretching, as "[t]he plyometric/weight lifting sequence". More specifically, complex training involves the performance of an explosive plyometric movement followed by a strength movement. Tsatsouline definitely felt like it worked. He explained that since preceding a strength movement with a similar, explosive plyometric movement allows for greater weight to be used during that strength movement, a greater training effect is elicited. He gave the example that Dr. Fred Hatfield would, during competition, precede his squat with a vertical jump and his deadlift with a depth jump.

Canadian strength coach Charles Poliquin, although not mentioning complex training by name, describes its use in his 1-6 Principles. Poligin was introduced to the theory by Dragomir Cioroslan, 1984 Olympic bronze medalist in Olympic weightlifting, at the National Strength and Conditioning Association Convention in San Diego in 1991. Poliquin applied his 1-6 Principles (complex training) with great success to bobsledders, causing it to perform a heavier than

TRAINING

Building Strength and Power With COMPLEX TRAINING

as told to Powerlifting USA by Kenny Croxdale, B.A., C.S.C.S. and Tom Morris, M.S., C.S.C.S.



Kenny Croxdale has been making some great PRs as a Master lifter. often in NASA meets. (photo provided courtesy of Kenny Croxdale)

lugers, skiers, and speed skaters preparing for the 1992 Olympic Games. Poliquin mentioned how other top athletes used what is now being called complex training successfully in their training programs. "For instance, Olympic gold medallist Valery Borsov and Ben Johnson would squat a 3RM load ten minutes before their record-smashing performances in the sprint." Borsov and Johnson performed a strength movement, a set of 3RM squat. prior to their speed movement, their sprint. This is an example of a preceding strength movement improving a speed/power movement.

Although Poliquin's 1-6 Principle program is designed to increase strength, he states that this type of training will also increase power. "If you do a 6RM [the maximum load you can lift for 6 reps] load within 3-10 minutes of doing a max single, you can use a greater weight than you could have if you hadn't done the 1 RM set." In other words, the 1RM somehow stimulated the neuromuscular system,

Dr. Donald Chu defines complex training a bit differently. "Complex training matches pairs of exercises from two sources: a resistance training pool and a plyometric [power/speed] pool." According to Chu, "[b]y itself, strength training will produce results, but not to the same level" as training simultaneously with a similar, explosive plyometric movement.

William Ebben and Dr. Phillip Watts, in their article entitled "A Review of Combined Weight Training and Plyometric Training Modes: Complex Training", which appeared in the October 1998 Journal of Strength and Conditioning, define complex training as "alternating biomechanically comparable high-load weight training and plyometric exercises in the same workout".

Additional data presented in the 1998 Journal of Strength and Conditioning article "Acute Enhancement of Power Performance from Heavy Loaded Squats" reveals that "performing a heavy half-squat prior to loaded countermovement jump testing can enhance jumping per-

Therefore, for the purpose of this article, complex training will be defined as utilizing a strength movement followed by a similar, explosive plyometric movement or utilizing a plyometric movement followed by a related strength movement. In either case, it appears that the power and/or strength movement will be increased, i.e., greater than if the two different movements were not performed consecutively.

Although the mechanisms by which complex training works are not well understood, a number of possible factors have been identified. Ebben and Watts identify these factors as follows: neuromuscular. hormonal, metabolic, myogenic and/or psychomotor. These authors do suggest that neuromuscular adaptations seem to best account for the increased performance associated with complex training. "High-load weight training increases motorneuron excitability and reflex potentiation, which may create optimal training conditions for subsequent plyometric exercise. Also, the fatigue associated with highload weight training may force more motor units to be recruited during the plyometric phase, possibly enhancing the training state."

Is utilizing complex training to improve one's powerlifting performance a new concept? To answer this question, one only need to look at what Louie Simmons is doing. There are definite similarities between Simmons' program and complex training. Simmons' program is "unidirectional" which means that you focus on only one thing at a time. Simmons' twice weekly training sessions focus on strength (using heavy weights and grinding it out) one day and speed (blowing it through the roof at 50-60% of maximum) on the other day.

Complex training applies the same basic concept, with a twist. Complex training combines strength training and speed/power training in the same workout, whereas Simmons trains those same components on different days. The end result of Complex Training is an increase of power and strength.

Performing a strength movement followed by a power movement elicits a neurological response that enables you to develop more power, thereby allowing for a greater training effect. In other words, performing a strength set followed by a power set will enable you to perform that power set more explosively with more speed.

Baseball players are a great example of the use of this concept. Prior to going to the plate, some attach a weight to the end of the bar and take practice swings with the bat. When using a heavier bat, their warm up set becomes their strength set. Their next set at the plate is their power set. The batter generates more power/speed at the plate. The batter hammers the ball harder. This is complex training!

It is exactly what you want to do with your squat, bench and deadlift, generate more power. Only instead of hammering the ball, (the ball being the sticking point for the batter) you want to hammer your sticking point. You want to rip through your sticking point just as Mark McGwire does with the ball.

So, now let's take a look at the recommended exercises, reps, sets, and rest periods when implementing Complex Training. Think of complex training as a super set of two exercises for the same muscle group. Exercise one being your strength set, while exercise two is your power set.

A great way of increasing your Bench Press would be doing heavy weighted dips (or a similar movement that involved the same muscle group as the bench press) for your strength movement. Taking a rest period and then doing a set of the Bench Press for your power move-

Your strength sets need to be close to your maximum. Your power

sets should be kept between 30-60% of your 1RM.

Repetitions for complex training need to be kept low for both your strength and power exercises. Repetitions should be in the 1-5 range for both your strength and power exercises. Sets should range between 5-9 per exercise with rest periods of 3 minutes or longer be-

An example of a Complex Training Program for the Bench would be: Exercise One/Strength - Heavy Weighted Dips X 3 Reps - Rest Period of 3+minutes. Exercise Two/ Power - Bench Press (30-60% of your max single) X 3 Reps. Rest Period of 3+ minutes. You need to repeat the sequence above for a minimum 5 Sets of each Heavy Dips and 5 Sets of the Power Bench. Then do your auxiliary exercises.

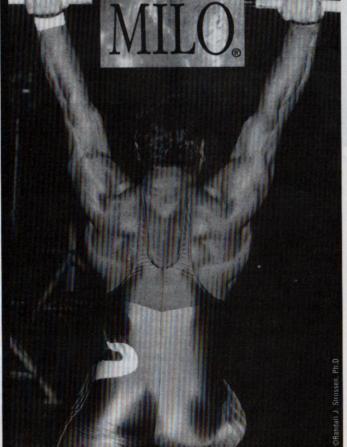
Complex training worked for one of the authors, Kenny Croxdale. In a year and a half, Croxdale's deadlift jumped from a hard pull with 560 to an easy 595. Complex training will work for you, if you employ it correctly. The extent to which complex training will work for you depends on your commitment to the program. We guarantee it will never work if you never try it. Any questions about Complex Training can be emailed to KennyCrox@aol.com

LOUIE SIMMONS PRESENTS

Training Secrets of Westside Barbell Club

NOW ON VIDEO!

Squat Workout	\$54.95
Bench Press Workout	
	\$35.95
Squat Secrets	\$29.95
Dead Lift Secrets	\$29.95
T-Shirts (M. L. XL, 2XL, 3XL)	\$14.95
Shipping/handling	\$5.00
Send check or money order to: Westside Barbell Club 1417 Demorest Road Columbus, OH 43228	back view of dog appears on back of t-shirt



We Have **A Different Perspective**

O.K., so we're into overhead lifting, not just what you can bench, and, yeah, to us, backs are sort of what biceps are to bodybuilders, but that's only the beginning. Strength is our thingwhat you can do, not what you look like. That's why we cover Olympic lifting, Highland Games, strongman, and arm wrestling as our main events. Training. Athlete profiles. Major contest coverage. We feature the top writers in the strength world, and even though we don't lure you with bikini shots, we recognize the value of good photography, so we strive to bring you the best anywhere when it comes to lifting, throwing, and pulling.

MILO: A Journal For Serious Strength Athletes

Our name says it all. Four issues a year. No interior ads. Soft cover book format. 128 pages.

\$39.95/year USA; add \$6 airmail S&H for Canada/Mexico; add \$20 airmail S&H for all others. Single issues are \$12 + \$3 S&H USA/Canada/Mexico; \$5 S&H for all others.

> IronMind Enterprises, Inc., P.O. Box 1228, Nevada City, California 95959 USA tel (530) 265-6725 fax (530) 265-4876 www.ironmind.com

A periodic review of your lifting technique and practices should be a mandatory aspect of your training plan. This should apply to lifters of all levels of strength and experience, as we should leave no stone unturned in our effort to continually improve. For that matter, this review should be on a constant basis. If you are suffering from undue red lights at meets, some of my suggestions may help shed a different color light on the subject. This time around let's take a re-look at the execution of the squat.

There is no one correct way to squat that fits everyone. Of all the lifts, the squat has had the most variations that have produced records. Records have been set with picture perfect technique, wide and close stance styles as well as techniques that make you think a back surgeon should be summoned to the platform as soon as the lifter racks the bar. Factors such as body structure, flexibility and plain old 'got used to doing it that way' are some of the reasons for these variations, but there are some basics of the squat that can be applied to many of these styles.

Let's start literally at the top by examining how the head and chest should be held. Most experts agree the head should be held high with chest out to keep the spine in an erect position. Some lifters keep their head looking forward or up during the lift, some look straight ahead during the downward part of the squat, and at the bottom, look upward to completion. If your head and chest are not in the proper position during the squat. your leverage position could be compromised. If the head loses proper position, the back will follow and vice-versa.

Except for extremely upright squatters, the bar would be best positioned low on the traps, just above the rear deltoid. This position allows the bar to be located over the hips, normally a position

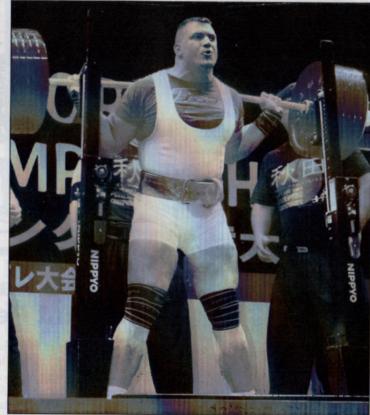
for best leverage. Leverage is critical. If the bar is positioned too high on the back, it may result in the bar being too far in front of the hips. which could cause the lifter to lean forward, in a poor leverage position. Upright squatters like the legendary, John Kuc, were able to maintain an erect position with the bar held high on the back. Many lifters start squatting with the bar held high like this and need a towel to pad that area on the traps and neck. That habit is sometimes continued even though it may not be optimal in the long run. At the meet it's not an option to use the padding, so I would look at finding this particular spot on your back. Many novice lifters I have dealt with have trouble finding the 'spot' at STARTIN'

A special section dedicated to the

beginning lifter

RE-LOOK AT YOUR SQUAT

as told to Powerlifting USA by DOUG DANIELS



Pat McGettigan prepares to squat at the IPF Worlds. (Paul Kelso photo)

first, but they eventually do so. Take my word for it, that spot is there. Rearranging your form to allow proper placement on your back could mean extra poundage, almost immediately.

extra poundage, almost immediately.

If you experience pain in the shoulders, elbows or wrists during the squat, it may be due to the bar slipping down your back during the squat. Keep the head held high with the chest out and shoulders back. Maintain this form and concentrate on keeping the bar stationary during your squats. This will help prevent the bar from slipping down your back. If the bar does slip down as you rep out over a set, rack the weight to prevent further pain and take the set again with more concentration to keep the bar in its proper place for

the entire set.

Too fast of a descent may not be desirable. Many lifters feel dropping down fast gives them more rebound on the way up, but I disagree. The opposite may actually be true. Not only does this practice create a greater chance for injury, but you may lose your best position from which to effectively rebound from the low position. It may be harder to rebound from the bottom because of the extra downward force created by the speed of the descent and that's just plain physics. Make all your squats in training and at the meet descend smoothly with precise control. Human tissue doesn't bounce as well as a basketball. One method worth trying is to descend smoothly

until just above parallel, then speed the descent, and rebound up. Decreasing the distance of the fast descent until just before the bottom reduces the forces you have to reverse to go up.

Many novice lifters tend to bow their knees inward when they come out of the bottom of the squat. This may be due to lack of leg strength or concentration. Obviously, having your knees bow inward does not provide the best power transfer from your squatting muscles. The knees should be straight up and down for optimum results and power transfer. If you have this problem, lower the

weights a bit and squat with keeping the knees outward and straight ahead. Some machines exist that work the inner and outer thigh and can also be useful. These are not 'girls only' exercises, guys have muscle there too. Concentrate on keeping the knees outward during all your squats and leg press-type exercises and this problem will soon be history. The first key is to become aware that you squat like this. In many cases the lifter has no idea and must rely on knowledgeable training partners and coaches.

Failure to reach proper depth is the major reason lifters don't get their squats passed. I've seen too many lifters lean forward near the bottom of the squat trying to get more depth. Most end up reducing the depth they are able to reach. Leaning forward causes the hips to come up and this actually may result in squatting higher. Proper depth is not best reached by leaning forward, but by trying to keep as upright as possible with the back as straight as possible. Sink back into your squats like sitting into a chair, not by leaning forward.

I strongly suggest lifters relook at their lifts on both a periodic and constant basis, especially the squat. Over time, form and technique can change or deteriorate.

This could be due to injury, bodyweight or strength change or a lack of attention. There is no single 'right way' to squat, but there are many wrong ways. A knowledgeable and alert training partner or coach can help with first hand critiques. Videotape is also a great option. You may not even be aware you are guilty of some technique flaws and sometimes seeing is believing. This re-look process might reveal that you are currently performing optimally, but stick with the process. These relooks can often help shed some white lights on the subject.

Doug's Web address: members.aol.com/ddani12345/ default.htm "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in moments of challenge amid controversy." - Martin Luther King Jr.

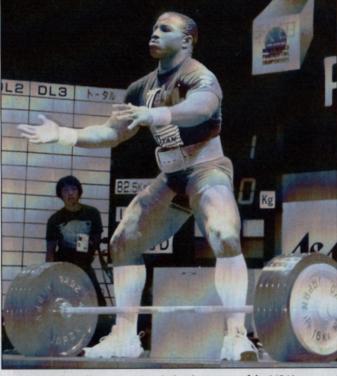
When I was growing up, the athlete that I disliked the most was Muhammad Ali. Now I know that Ali is one of the greatest athletes of the millennium, and without question he is the greatest heavyweight boxer of all time. Even as a small boy I understood Ali's greatness. I knew that he was something very special, an athlete unlike any other I had ever witnessed. Still I loathed him with a passion. And my dislike for him had nothing to do with his religious beliefs or his refusal to be inducted into military. It was about him as an athlete.

He was just so brash and bold... so arrogant. He wouldn't just defeat his opponent, he would taunt and belittle them. He took great pride in humiliating competitors who were not in his class, often mocking their lack of talent and skill. He had no empathy or compassion for his opponents even after he had defeated them soundly. In effect, he exhibited a total lack of respect for everyone and everything that was associated with his sport. He displayed absolutely no style or class. He certainly didn't understand, or chose not to understand, the concept of winning with dignity and humility. In my opinion, he was the antithesis of what the true spirit of sport was all about. He went against everything that I was taught to honor and respect in sports. Naturally, I detested him. I knew he was a great athlete, but I had no desire to support him, and - in fact - I couldn't wait until Ali got his butt beat but

Well, that day finally came in 1971 against Joe Frazier. Before the fight Ali demeaned Frazier, calling him stupid and ugly. He said that Frazier was such a bad boxer that if he beat him he would get on his hands and knees and crawl across the ring and kiss Frazier's feet. He even said he would leave the country for good if Frazier beat him. Frazier wasn't impressed. When the bell to start round one rang Frazier came out "smoking", raining blows to Ali's head and midsection. I knew right then that Ali would lose. Here was the first man to really stand up to the great Muhammad Ali. I loved it. In the third round Ali bellowed to

Dr. JUDD

Lose With Grace - Win With Dignity as told to PL USA by Judd Biasiotto Ph.D.



Gold Medal or Silver-David Ricks has been one of the USA's greatest IPF World competitors, above in Akita at the 2000 Worlds. (Kelso)

Frazier, "Joe you can't beat me. Don't you understand - God is with me." Frazier, undaunted, responded, "Well, then God and you are going to get an ass whoopin' tonight." True to his word, Frazier put a good whoopin' on Ali. In the fifteenth round Frazier floored Ali with a thunderous left hook. It was a blow that would have crumbled a brick wall. Amazingly, Ali regained his feet before the count of ten. He survived the rest of the round, but it was clear that he was a defeated man.

After the fight, Ali sat in his corner, his face bruised and swollen from the terrible beating he took. In his eyes you could see that his heart was weighted down by the defeat. I loved every second of it. I just couldn't wait until the post fight press conference. I knew Ali would have to eat his words. And I knew the press was going to be really hard on him. After all, he had humiliated so many other people in the past. Now it was going to be his turn to

Well, I was partially right. The

press "hammered" him unmercifully, but Ali handled the situation with such grace and dignity that he actually inspired me, and I am sure millions of other people who were watching the event. Although he had not boxed in three and a half years prior to the fight, he never used that as an excuse. In fact, he never made any excuses. He took sole responsibility for the loss and he gave Frazier all the credit that was due him. He talked about how great Frazier was as a fighter and a man. He was so gracious in defeat that you couldn't help but admire him. Ali may never have won with humility, but he certainly knew how to lose with grace. Everyone talks about how great a winner Ali was, but in my opinion he was a great loser. He certainly taught me a lot about the experience of losing.

Let's face it; life is tough. It's an endless series of ups and downs, yet it is through the process of facing and overcoming difficulties that life really has meaning. Certainly the way we deal with setbacks goes a long way in distinguishing how suc-

cessful we will be in life. Failure arouses our determination and wisdom. Because of this, many people facing failure have been pretty surprised to find that the impending loss actually created courage, determination, and a new found wisdom. In basic terms, it's synonymous with that trite old cliche, "Every black cloud has a silver lining." Failure teaches us. Or as Ben Franklin said. "Those things that hurt, instruct." If we get burned, we learn not to play with matches. If we make a mistake, we learn not to do it again. Nobody can avoid failure all of the time. Even Muhammad Ali tasted

Many times the difference between a good athlete and a world class athlete is whether or not he can learn from failure, whether he can use it or whether he will be eaten up by it. Martin Luther King Jr. said, "The true measure of man is not how well he does during times of comfort and conventence, but during times of trials and tribulations." Look at a man who has handled defeat and setbacks well, and you will see a man with character. People who can rise from the ashes, who can handle defeat and adversity are the champions of life. Ali never let defeat defeat him. That is who he is ALI - THE GREATEST OF ALL

Front Squats are Back!



ness TM by PowerAtomic (U.S. Patent 5,472,398) "Finally, work your quadricep muscles, getting the full benefit of a free weight front squat without struggling to hold the bar. Add more weight, do more reps... Solid steel harness with welded steel pins fully support your weighted barbell in proper position. Inch thick foam padding provides complete comfort. Excellent for use on the Smith Machine, too!" Send check or money order for \$159.99 (for regular size), or \$199.99 (for XL, 55 plus inch chest size only). Includes UPS shipping and handling in the cont. US, to PowerAtomic, Inc., POBox 271, Swarnpscott, MA 01907. Call or E-Mail for brochure: (781) 581-6929, FrontSquat@aol.com. New pric ing effective Oct. 1, 2000.

In 1976 a team of powerlifters came from Lincoln, Nebraska to the campus of Concordia College in Seward, Nebraska to give a powerlifting demonstration at the halftime of a college basketball game. At this demonstration a lifter named Roger Benjamin, whom I discovered later was famous for being the perennial runner up to Larry Pacifico, deadlifted an amazing 600 lbs. I was a senior at Concordia and weeks away from completing my college wrestling career and knew immediately I had found an outlet for my competitive spirit that I could take into my adult life

Twenty four years later powerlifting is still a part of my life and I am enjoying it more than ever. My one regret is that I was introduced to powerlifting after I had completed my high school and college athletic endeavors.

I am absolutely convinced that I would have been a much better athlete if I had been a competitive powerlifter through my high school and college years. I know for a fact that in some areas I have more athletic ability now than I did my senior year in college.

Strength is an obvious area of improvement that contributes to one's athletic ability. I would have loved to have my present strength levels as a college wrestler, but there are other factors of athletic performance that are not so easily measured.

The intensity level of an athlete is one of these areas. I feel that this an area of tremendous improvement for me and other powerlifter/athletes I have worked with. The motivation of powerlifting causes the athlete to push beyond normal pain thresholds and this ability shows up in other athletic endeavors. The result is an athlete that is capable and willing to push his body to new limits.

In the ninth grade I gave up organized basketball and went out for the high school wrestling team. I didn't do this willingly but I realized I had some physical limitations that were going to keep me from excelling in basketball (height, speed, and coordination would be a partial list).

Being from Indiana, I am still required, by law, to love the game of basketball and, of course, worship the ultimate basketball deity Bobby Knight. Actually, I have continued to play the game recreationally throughout my life and because of this I am very aware of the impact powerlifting has had on my athletic performance.

As a college senior, before I ever did my first set of squats, I was several inches short of being able to touch the rim. Today, providing I

TRAINING

Powerlifting & Athletics

as told to Powerlifting USA by LARRY TRAUB



The Results of the Traub Family competitions in the year 2000: Larry (right) won his 6th Masters Nationals title and the outstanding heavyweight lifter award, while competing in the 198 lb. class. Kristin (center) did not compete in the Women's Nationals because it conflicted with her basketball commitments, but she was a guest lifter at the Teenage Nationals and pulled a 402 American Record Deadlift in the 18-19 year old division, 165 lb. class. Drew (left) finished 2nd at the Teenage Nationals in the 15-16 year old division, 220 lb. class, and had an American Record 611 lb. deadlift well above his knees before it stalled. (photograph provided by courtesy of Larry Traub)

am properly warmed up and reasonably free of muscle soreness, I can usually get a couple knuckles over the rim and securely grab the rim. I realize that there is nothing particularly astounding about a 5' 9" athlete being able to grab the rim, but I feel that it's somewhat interesting that at the age of 46 I can jump 4-5" higher than I could when I was 21 even though I'm 25-30 pounds heavier.

So, squatting makes you stronger, and stronger muscles help you jump higher, run faster, and do other things that require athletic ability. This is probably a basic truth that you've already accepted if you are reading this magazine, but I really don't think it's quite that simple.

Every day thousands of basketball coaches send their players to the weightroom to do squats and get little or no results. So why does one athlete go to the weightroom with the goal of increasing his maximum squat and come away with a significant increase in athletic performance and the other athlete goes to the weightroom with the goal of increased athletic performance and comes away with next to nothing?

The answer is motivation.

There are a lot of factors that contribute to increases in strength but I would argue that the most important factor, by far, is intensity. The powerlifter goes to the squat rack determined to do more weight and/or reps than he did in his previous workout. The properly coached basketball player may have the same goal in mind but the motivation is totally different. The powerlifter knows that his goals will directly affect his ability to succeed in his sport. The basketball player is

thinking that his ability to achieve his workout goals might have some affect on his overall game.

The motivation is not the same. The intensity is not the same. The results are definitely not the same. I have worked with many athletes that support my theory but the most dramatic example would be my daughter Kristin.

Kristin is a 20 year old Jr. at Quincy University playing Division II basketball on an athletic scholarship. When Kristin was 9 or 10 years old she went to a volleyball clinic sponsored by the local high school in which she competed with other local girls her same age. On the last day there was an award to be given to the outstanding player based on the following criteria: serving, bumping and running an agility course for time. If memory serves me correctly Kristin finished first in one of the skill areas and second in the other and going into the agility run she looked to be in contention for the camp award. In the agility run she was not even in the top 50% of the field and she fell completely out of the running for the award.

Her failure to win the award was not due to any lack of volleyball skills or anything else that was worked on during the course of the camp. Instead she fell out of contention because of a lack of raw athletic ability, something we might consider to be primarily genetically determined and something that many feel can't be developed to any great degree.

Not too many years later I convinced Kristin that lifting weights would help her in the game she truly loved, basketball. She worked hard at lifting and her athletic ability improved. After a period of time I suggested that because of the progress she had made lifting that she should try powerlifting. At that point her motivation to lift became stronger, her intensity increased, and her athleticism increased at a much faster rate.

At the age of 20 Kristin has 5 American records and a national championship under her belt, but this is the more interesting part. Last fall, prior to her sophomore year of college basketball, the women's basketball team went through a series of tests to evaluate speed, agility, jumping ability, etc. Kristin finished at the top, or close to it, in most every category.

She had gone from being somewhere in the middle of a group of very average athletes to being one of the top girls in a very elite group of athletes when tested in the same

What caused this to happen? I would suggest that her increase in body strength was the primary fac-

tor.

Could a well informed strength coach have designed a program more suitable for basketball? Should the program target the specific muscle groups used for various basketball skills and take into account the use of different types of muscle fibers, etc.?

Theoretically this sounds great and I consider myself quite capable of designing such a program, but I didn't design such a program for my daughter. Instead I pushed her into a powerlifting program and I am quite certain that this route gave her superior results.

The motivation to do high intensity exercise generally gets lost as the program becomes more specific and as a result there is less muscular growth.

So, should all athletes become powerlifters?

I would go so far as to say that any athlete could benefit from powerlifting. I say this because I feel that powerlifting can provide excellent motivation to work the major muscle groups with a high level of intensity and also target the type 2B (explosive) muscle fibers.

I would also readily admit that the concept is impractical. If a basketball coach has a 6'6" post player who desperately needs to add muscular body weight, then competitive powerlifting is going to provide more embarrassment than motivation.

The answer for this athlete may not be competitive powerlifting, but a powerlifting mentality is essential. A smart coach would probably attempt to simulate powerlifting with some sort of testing and recognition of the gains made.

Competition is the drive behind every athlete. Powerlifting makes use of that competitive spirit to push the athlete to greater levels of strength development.

This whole argument assumes that powerlifting training consists of an intelligently designed program of progressively overloading the muscles and not showing up in the gym periodically to see how much weight you can lift.

It also assumes that the athlete stay relatively lean and doesn't add fat to his body to gain leverage in his lifting

The athlete must go to the weightroom determined to do more weight and/or reps than he did in his previous workout without sacrificing form.

If this principle is applied to the powerlifts or whatever exercise the athlete chooses to do, then the athlete has a real opportunity to add a significant amount of muscle to his frame and increase his athletic ability.

IMMUNOCAL(R)

- immune system / strength builder!
We are looking for several people who are interested in distributing Immunocal(R) and other products of Immunotec Research Ltd. of Montreal Canada, throughout North America. Immunocal(R) is a safe, legal and natural extract of whey protein concentrate with drug like effects.

It is <u>proven</u> to increase muscle performance 13%. (Lands et alii, Journal of Applied Physiology, Vol 87/ 1381 - 1385, 1999) and <u>enhance</u> the immune system
It is listed in the Physician' Desk Reference (PDR) 2000.

It has five US patents for method of use including "anticancer therapy" and in "the treatment of HIV positive individuals".

Full details of the products, patents, compensation plan and business opportunity can be found at www.immuneresponse.net/go/nick.

Resumes can be sent to Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Drive, Easton PA 18045-2812 / phone 610-258-1894 / fax 610-253-6800 / email nutritek@aol.com. Serious inquiries only.

DON'T MISS this ground floor opportunity for HEALTH and WEALTH!



INZER BLAST SHIRT

Patent # 4473908

The patented Inzer Blast Shirt is guaranteed to be at least twice as effective as any shirt existing.

The strength and durability characteristics of the exclusive material used in the Inzer Blast Shirt is the best for support throughout the range of motion and makes it virtually impossible to tear.

Proven by the Greatest Bench Pressers in the world.



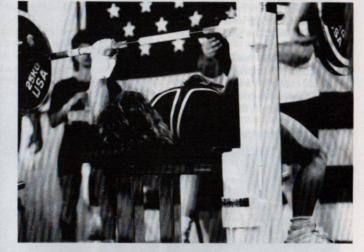
"With the Inzer Blast Shirt, I just blow the weights off my chest! It's truly awesome."

Ken Lain 722 lb. Bench at SHW

"The Inzer Blast Shirt gives great explosiveness off the chest that carries through to the top."

> **Anthony Clark** 775 lb. Bench

Mike Hall 633 lb. Bench First Teenager ever **National Champion** to crack the 600 barrier!



"I've set many world records wearing the Inzer Blast Shirt. It's the greatest shirt for benching power!"

Mary Jeffrey 275 lb. Bench at 123 b.w.

"This is the shirt that will blast your bench to the ceiling."

> Inzer Erector Shirt - \$38 Please indicate size or include relaxed measurements of **ADFPA-USPF** chest__ Colors: □Black □Navy Blue □Royal Blue

Plus these all time best benchers:

Jan Harrell-385 Bench. Most ever by a woman. David Bullock-470 Bench World Record 148's

Inzer Advance Designs offers the most personalized service in the business. Your satisfaction is totally guaranteed. All orders are shipped immediately! Overnight air and two day air are available on request. Each shirt, suit and brief is inspected and marked with its own quality control serial number.

Most all the latest developments in Power Gear technology come from Inzer Advance Designs first. Plus, we continually improve on already superior products so the products we send you are always the most advanced to date!

INZER ERECTOR SHIRT

-Customized-

Upper torso support when deadlifting and squatting. Call or write for more details on this special garment. Allow 3 days before shipping for special tailoring on Erector Shirt.

CITY

GROOVE BRIEFS

BY INZER

The ultimate competition-legal underwear for Powerlifters will give you much more explosiveness in your squat. Guaranteed immediate results.

Now used in world record setting performances. Everyone who has tried them says-Groove Briefs work!

Z-SUIT and CHAMPION SUIT on next page -

Overseas orders add 10% surface or 20% air mail SHIPPING \$5.50 NAME ADDRESS

P.O. Box 2981 Longview. TX 75606

1-800-222-6897

903-236-4012

Red

☐ MC ☐ VISA ☐ COD ☐ Check ☐ Money Order

Inzer Blast Shirt - 538

Save \$10. Buy 2 for \$66

Groove Briefs - \$20

Wt.___ Upr. Thigh___ Hips_

Z-SUIT

When Fitted properly, the Z-SUIT will substantially increase your squat over any other suit on the market, thanks to the special Z-lock leg design. Z-SUIT locks in on your leg to prevent slipping up the back of thighs.



Z-SUIT

Worn By:

Z-SUIT stays

Other suits slip and

cause slack in hip area.

Anthony Clark maintaining tightness. 2531 TOTAL/1031 SQUAT

(anti-slip mechanism)

John Inzer 744 SQUAT at 165 b.w.

> O.D. Wilson **1003 SQUAT**

Jesse Jackson 711 SQUAT at 148 b.w.

> **Matt Dimel** 1010 SQUAT



NEW!!! INZER IRON WRAPS - Style A - The new thickest ever knee wraps. Super comfortable, easy to wrap to maximum tightness INZER IRON WRAPS - Style Z-Powerful rubber strand construction. For those who like that super squeeze feel. Iron Wraps A or Z-1 pair \$22, 2 pair \$40

A few of the growing number of powerlifters who wear Z-SUIT and/or Champion SUIT

Ed Coan - World's Number One Ranked Powerlifter

George Hechter - World Champ, PL USA Coverman

Bull Stewart - Multi ADFPA -WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

6 Month Guarantee **Against Blow-outs** on Both **CHAMPION SUIT** and Z-SUIT



CHAMPION SUIT

The CHAMPION SUIT will endure more stress and

outlast any other suit on the market!

Now With Wider Straps Than Pictured

CHAMPION SUIT

TOTAL

☐ MC ☐ VISA ☐ COD ☐ Check ☐ Money Order	ITEM	SIZE	QIY.	PRICE	SOB-IOIAL
Please indicate size or include measurements of:		3872			
Height					
Weight		-			
Upper Thigh	West Version and Laboratory and the Manager		Z STATE	ob side	
Buttocks	COLUMN TO SERVICE OF THE SERVICE OF	(F)(S)(S)(S)	MAHA	E MERIN	92 - 10 15
CHAMPION SUIT and Z-SUIT colors: ☐ Black ☐ Navy Blue ☐ Red ☐ Royal Blue	Overseas orders add 10% surface or 20% air mail. Texas residents, please add 8.25% sales tax			IPPING	\$5.50

CHAMPION SUIT has more comfortable leg openings than Z-SUIT, plus provides complete hip

support necessary for squatting the heaviest

\$42 or 2 for \$76

□ MC

NAME		SILVE THE STATE OF
ADDRESS		Date was
CITY	STATE	ZIP
PHONE	S SHIRL BOOK AND SHOULD	ment of the

poundages.

P.O. Box 2981 Longview, TX 75606

1-800-222-6897 903-236-4012

Did you ever envy the "Cheers" cast their easy familiarity - the fact that everyone really did know their name? A good gym is like that. It's a place to be accepted - without question. In a good hardcore gym. anything goes and eventually does. Do you know of a gym like that? If so, you need to drop everything and go there NOW. Real hardcore gyms are suffering the dinosaur's fate but they are worth fighting for. Join one today, or re-up your membership if it's about to expire. You have to drive a long way? It's worth it!

I decided to look around and see how many "real gyms" are left. There are a lot more hard core lifters than hard core gyms. I can respect the serious lifter who trains alone, in a cosmopolitan hell - but who wants to read about that?

What started the quest? Well, I guess a full stomach and heavy legwork actually started it. Let's go back in time, to the first "fitness facility" I ever joined. I won't mention its name - but I will tell you that when I vomited on leg day, I was not encouraged to return. This was twenty years ago, and that is when I began my quest for gym nirvana. Almost immediately, I scored.

In the summer of 1980, a new gym opened in East Dallas. It was simply called "TEXAS GYM." I went and saw the bare concrete floors and primitive equipment, and immediately joined. Over the years, as the facility moved from one location to another in the same East Dallas neighborhood - I was a regular. The only luxuries were air conditioning and a toilet.

When someone punched a hole in the wall, we remembered the missed attempt rather than whining about the hole. When we drew on the walls and floors - it stayed = ART. When a barefoot pro-wrestler moved through the gym on his workout - plates still rolled and dumbbells fell. His feet got tough in



Texas Gym Owner - KIM JONES

HARD CORE GYMS

The Quest Begins in Texas ... as told to POWER-LIFTING USA by Rick Brewer, of House of Pain



The Texas Gym ... an exterior shot of a "House of Pain" style outfit.



Young and Old train together at Texas Gym. (Rick Brewer photos)

a hurry. (I would've hated to walk barefoot on the filthy floor even if no one dropped weights. I saw what go spit onto it)

I remember the early powerlifting teams, and our primitive training methods. Back when steroids could be legally obtained through a "Sports Doctor," I remember syringes in the trash cans. I remember "E" who got condiments at the 7-11 freebie counter and "S" who had seizures running home from the gym until he was so cut up he looked like he'd been in a car wreck. "G" who died, due to a volatile mix of diabetes and supplements. "V" who went on to pro-bodybuilder status. "F" who got slung around like a rag doll and called a "hippy" when he tried to break up a fight. The "Bulgarian Brothers" who flung heavy weights around Olympic style even while training to powerlift. "Z" who was superstrong, and went on to become a cop. I remember a

lot, and most of it is good.

Some of it is hilarious. Once we were deadlifting, and a new lifter

to: Rick@houseofpainironwear.com. "My gym is so lame. I toss my cookies pretty often on leg day, or any day that follows hard drinking and partying. They get on me like my mom! Once, I just walked in and vomited on the front desk-right on all the paperwork! Then I turned around and staggered out to my old Mustang. 'Course I was still kind of hung over. Had to get my workout later, no problems. But anyway, get this: my lame-o weenie gym wants me to carry a little sack around to vomit in! Or, they will make me clean it up! Who do they think they are - my mother?! So bro', how goes the search for the Real gyms? Find me one!" "Spew Factory"

to "Spew," "I am not your bro! While I have occasionally lost my lunch on a leg day, it's not something that happens every year. And I always made It to a trash can or tollet. I always clean up after myself, and I can't imagine the gym that would let you vomit all over the place and then just leave your beer-soaked crusties everywhere! I don't even want to imagine it! Lighten up on your drinking, and tear that vomit merit badge off your little high school jacket. For Info on REAL gyms, stay tuned to the PL USA series." Rick@houseofpainironwear.com

came back and asked a question. We helped him join our DL workout, and gave him tips and pointers along the way. He had never dead-lifted before in his life, so we were loudly congratulating him on his set with 365 when another young powerlifter (We'll call him "S") came in. "S" was pretty strong, and very loud and egotistical. He came over and berated the new lifter on his apparent weakness. We tried to explain that it was his first DL workout, and therefore very respectable - but he scoffed at that. He walked up to the bar in his street loafers (no socks: preppie) and lifted the 365 sumo style - no warm up, of course. Unfortunately, for him, his street shoes were very slick and his right foot slid about 8" to the right as he pulled the weight. This left the plates over his feet. A look of panic appeared on his formerly arrogant face as he stood holding the weight - trying to figure out how to get rid of the bar. We began talking amongst

pretty well, though! Great lifters are still born in TEXAS GYM, and it's still in East Dallas. Heavy dumbbells and plates are easy to find. If you're looking for chrome, don't waste your time, but if you need a hard-core home in the Dallas area, this is it! Ask for Kim Jones, who is still the owner after all this time. The partners are history. A whole bunch of partners have come and gone, but TEXAS GYM is still the same. Whenever I walk into a new gym in some strange town, I mentally compare it to TEXAS GYM. Most don't do well in

ourselves and walked away. After a

minute or so, there was a crash -

and he limped out with a bloody

right foot. We didn't see him for a

while after that. The new guy did

(Continue to send info and photos to: House of Pain, Box 333, Fate, TX 75132)



AND

AMAZING!

"I've tried every knee wrap ever made and the Ironwrap far outperforms them all."

best I've everused Bull Stewar

fronwraps are th

Louie Simmons

IRONWRAPS A are super comfortable. Very big support, especially behind your knees for explosive rebounds out of the bottom of the squat. Like squatting on a cloud. It's amazing how Ironwraps A provide so much powerful support to be so comfortable!

(actual size) IRONWRAPS A (actual size)

that produces more power

Everything about this wrap

exceeds any previous wrap.

VERY. VERY POWERFUL!

IRONWRAPS Z

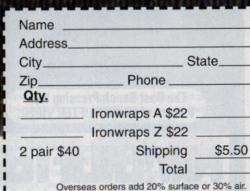
than any knee wrap ever

before!

it to yours the greatest wraps of all!

> Inzer Power Gear is backed by the Inzer Performance Guarantee.

teed to out perform any other brand.



Texas residents add 8.25% sales tax. **INZER ADVANCE DESIGNS** P.O. Box 2981 • Longview, Texas 75606 903-236-4012 • 1-800-222-6897



.com



ELITE

Fitness Sustems

Seminars Equipment Consulting Videos Books

.com

\$730.00

Manta Ray

\$43.00*

Stability Ball

\$55.00*

Leather Tricen

Strap

\$35.00*

Cambered Squat

Bar

\$465.00*

VIDEO'S!

Squat Workout (Simmons)	\$54.95
Bench Press Workout (Simmons)	\$49.95
The Bench Press Video (Simmons)	\$35.95
The Squat Video (Simmons)	\$29.95
The Dead Lift Video (Simmons)	
Building the Perfect Beast (Blakley)	\$40.00
Shipping/handling	

BOOKS!

SUPERTRAINING Science and "REVISED" Practice of ST Mel Siff Zatsiorsky \$59.95* \$40.00*

See Catalog or WEB for complete listing

Fax: 740.845.1474

PULLING SLEDS

\$130.00 * straps included

REVERSE HYPER

Pro model \$1220.00* Standard model \$825.00*

MEDICINE BALLS

40lbs ———	- \$124.95*
60lbs	- \$189.95*
100lbs	- \$250.00*

*Shipping Included

888.854.8806

www.elitefitnesssystems.com

See Catalog or WEB for complete listing

Weight Releasers Glute Ham Raise

\$87.00*

Belt Squat Belt

\$88.00*

Safety Squat Bar

385.00*

Combo Power

Rack

\$900.00*

Standard Rack

\$699.00*

Send check or money order payable to:

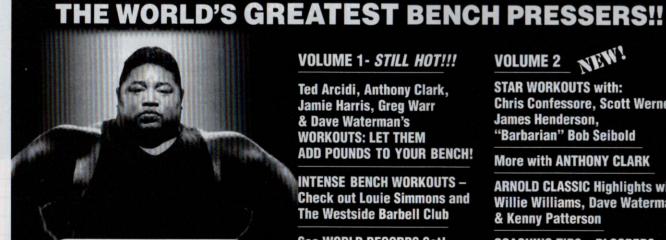
Elite Fitness Systems 1695 Itawamba Trail London Ohio 43140 740-845-0987

All Major Credit Cards ACCEPTED

Call for FREE Catalog OR Shop Online

POW!ERLIFTER VIDEO INTRODUCES

"THE BENCH PRESS VOL. 2"



The Best Bench Pressing from 8 Years of POW!ERLIFTER VIDEO!

VOLUME 1- STILL HOT!!!

Ted Arcidi, Anthony Clark, **Jamie Harris, Greg Warr** & Dave Waterman's **WORKOUTS: LET THEM** ADD POUNDS TO YOUR BENCH!

INTENSE BENCH WORKOUTS -**Check out Louie Simmons and** The Westside Barbell Club

See WORLD RECORDS Set!

VOLUME 2 NEW!

STAR WORKOUTS with: Chris Confessore, Scott Werner, James Henderson. "Barbarian" Bob Seibold

More with ANTHONY CLARK

ARNOLD CLASSIC Highlights with Willie Williams, Dave Waterman, & Kenny Patterson

COACHING TIPS + BLOOPERS

ONLY \$29.95 EACH (+\$2.95 S&H) or \$49.90 for **BOTH** CALL 1-800-BARBELL

If you are to excel at sports, then you must develop special strength qualities that pertain to your sport's activities. There is a problem in this country of generalizing strength, that is, believing that you are either weak or strong, fast or slow. However, you may be strong and slow, or weak and fast. Some also believe that there is only one way to weight train, not recognizing that an individual needs special activities to increase his speed or maximal strength. It seems that

many people think that a very strong person would be slower than a man of average strength or would lack endurance. I hope to dispel many of these myths. MAXIMAL

STRENGTH First let's talk about maximal strength. This is the basis of all types of strength. No one can do multiple reps (10-12) with 400 pounds in the squat if his best single is 420. But if his squat was 550, then 400 for reps would be quite possible. Similarly, a long distance runner who can squat 100 pounds for 100 reps will perform better than a long - distance runner who can squat only 50 pounds for 100 reps. A stronger person can have greater endurance, particularly strength endurance.

STRENGTH ENDUR-ANCE What is strength endurance? Strength endurance is the ability to perform a lengthy display of

muscular tension with minimal loss of work capacity. There are two forms of strength endurance: static and dynamic.

To develop strength endurance, one must consider the intensity or speed of execution. Middle-distance runners could do 1 rep per second for 60 seconds, then rest long enough to bring the pulse rate to normal. Then repeat. Your GPP would determine how many sets as well as the rest between sets. You may feel that you have good endurance for, let's say, running only, but you may be unable to box for three rounds. You must look at exercise specificity to excel at your sport.

Repetitions to failure is one method of building strength endurance. Submaximal weights are used. This method is not intended for weights above 75% of a 1-rep max, which would constrain one to develop mostly strength, not endurance. Although hypertrophy is a byproduct of strength training in general, the repetition to failure method can raise volume, but at low intensity levels, and be responsible for adding muscle mass, which may or may not

be desirable, depending on if you are trying to maintain your weight class or move up. It is very important to adhere to the correct percentages. For sports using strength in conditions of speed, the weight percent to failure is 30-50%, for weight lifters, 50-75%, and for sports where stamina is used, 50-80%.

TRAINING

Developing Special Strengths

Combining the fundamentals of special strengths contributed to a 900 pound squat

in the 220 class for Chuck Vogelpohl. (The photograph provided by Diane Black).

range of 3-6 is recommended by

some, we have adjusted the loads for

set. At least 6 sets of 2 reps should be

sets of 2 reps with just weight. This

is based on a just -below- parallel

box, and the 50-60% max is based

In the bench press, the training

weight is 60% of a 1-rep max without

a bench shirt, 8 sets of 3 reps. Both

squat and bench sets should be done

every 60 seconds or less. It is impor-

move heavy weights as fast as pos-

sible. To develop strength speed, we

use the method of maximum effort.

On this day, one must make a maxi-

mal effort, with weights at 100%

plus. When a weight is made over

100%, this is referred to as

overmaximal. One or two reps are

employed. When powerlifting, three

For weight lifting, use exercises

such as pulls with a snatch or clean

Strength speed is the ability to

tant to use maximum speed.

on an actual contest max.

suggest 9-12 sets per session. This is very taxing, but fast and efficient. Results come quickly. Because this method is mentally and physically taxing, we suggest using it for two consecutive weeks, at most.

SPEED STRENGTH Powerlifting and weight lifting are speed strength types of activities. Each requires one to execute a lift at full speed as well as strength. You must lift near-limit weights to develop quick strength. We include two types of training to achieve this goal: (1) a dynamic day, where weight at 60% is used to increase force production, and (2) a maximum effort day, where very heavy weights are used in spe-

grip, 4-10 lifts, as long as the proper height is maintained.

When using 90% and above for more than 3 weeks, one's progress will cease. To avoid this, switch the maximal effort exercises each week. This is referred to as the conjugate method: using exercises that resemble the classical lift. This method is used to perfect technique.

EXPLOSIVE STRENGTH Explosive strength is the ability to use as told to Powerlifting USA by Louie Simmons the muscles and central nervous sys-

tem to achieve maximum force as quickly as possible after an intense muscular stretch. Research by Frolov and Levshunov (1979) showed that high - skilled weight lifters who have high results in the jerk from the chest performed the halfsquat quickly and instantaneously switch to thrusting the barbell.

The following are methods to develop explosive strength.

Explosive strength is developed after a strong stretch that builds kinetic energy during the lowering phase in different forms. Shock training builds explosive strength. Examples include (1) hang cleans or hang snatches; (2) depth jumps; (3) push jerks; and (4) box squats, box squats with bands, chains, or weight

Whereas depth jumps provide a reactive movement through using the momentum of a falling body, a hang

though loads of 66-85% with a rep clean or snatch and box squatting enable one to direct the body in more favorable angles to prestretch the squatting to 50-60% using 2 reps per muscles. Regardless of the height of the box, the landing angles stay close done by novices, not to exceed 12 to the same in plyometrics. But hang pulls can be done at varying heights to catch the bar before starting the pull. Box squatting also can be done from many different heights.

Plyometrics are just one type of shock training. Maximal eccentrics, forced reps, all contrast methods mentioned above, ani restricted range of motions to max (partials) are just a

ACCELERATING STRENGTH To ensure the development of accelerating strength, bands or chains should be employed while using a bar or dumbbells. I believe this can prolong the rate of maximal force production during an exertion. This simply means one is accommodating resistance, making barbell training more productive.

lifts work best: one at 90% and one These are just some of the things or two lifts that are more than your to think about if you want to reach

> www.westside-barbell.com or 614-276-0923

Dr. T. Ajan and Prof. L. Baroga

cial exercises.

When using the dynamic method, submaximal weights are used. Al-

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada KOK 3KO (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: What's the difference between your Anabolic Diet and your Metabolic Diet? Tom W.

DEAR TOM: The Anabolic Diet was meant for competitive bodybuilders so they could get down to very low levels of body fat while at the same time maintaining as much of their muscle mass as possible. As such it was set up to be a very low carb diet for 5 days of the week and a higher carb diet (much more socially acceptable) on the

I wrote The Metabolic Diet for anyone who exercises and wants to look good and perform better. The Metabolic Diet is not as restrictive with dietary carbs as The Anabolic Diet. In fact the idea behind The Metabolic Diet is to Individualize the diet by finding the lowest optimum level of dietary carbohydrates. Mauro Di Pasquale

DEAR MAURO: Last summer my right quadricep started hurting and it soon got worse. I ended up with a knot on my leg that will probably be there for the rest of my life. Lately, my left quad has been hurting like my right quad used to. I stretch it all the time. What can I do to strengthen it and prevent the knot from forming? Ben M.

DEAR BEN: It's unusual to have a knot show up like that and last. It's possible that you tore the muscle to some extent. As such it sounds like you're overtraining and leaving yourself open for injuries. In order to really figure out what's going on you should see a sports therapist/ chiropractor and let him have a look at your quads. Mauro Di Pasquale M.D.

DEAR MAURO: I started back weightlifting 2 months ago after a 12 year layoff and am having trouble with what I believe is rotator cuffs. I was a quarterback in high school and remember always having some pain toward the rear shoulder when warming up and it has never really left. Now my left shoulder tinges as well. It does not ache and does not hurt when I do most exercises such as dumbbell presses, but it does ache when I move a certain way. For example: the other day I put a 20 lb. curl bar behind my head to do lunges and felt a sharp, knifing pain. If I am sitting at a desk and simply reach my arm across my chest and stretch I feel the same kind of pain. I know I am getting stronger based on the weight I can lift when doing presses. I noticed, though, that I have not improved much at all in lateral side raises or front raises. What can I do to strengthen the rotator cuffs as my current program might be building strength in some places, but not where I apparently need it. Carl T.

DEAR CARL: It's sometimes difficult to determine whether or not you have a rotator cuff problem. You can kind of tell if your shoulder hurts as you go to the 90 degree position when you raise your arms laterally with your thumb down.

In any case, the way to fix any shoulder problem is to cut out any exercises that hurt and stick to the ones that you can do without any pain. That means you have to experiment with machines, dumbbells, grip etc. to find out what works best.

I'd cut back on using the bar for bench presses and use dumbbells for a while. Make sure you use a relatively light weight and go as low as you can - really stretching, but not straining - the pec-delt tie in. Also, doing more back work really helps since in many cases the back

Publications by Mauro G. Di Pasquale, B.Sc., M.D., MRO, MFS-New for 2000 - The Metabolic Diet - If you're confused as to what kind of diet you should be following and how best to use the bewildering array of nutritional supplements that's out there, join the club because you're not alone. Just about anybody who is serious about sports and exercise is bombarded by claims made by all the diet gurus and supplement manufacturers. After a while it gets pretty hard to sort out just what kind of diet and supplements are best for maximizing strength and muscle mass, and minimizing body fat. But there is a solution. The Metabolic Diet is the only diet and nutrition book you need in order to maximize muscle mass and strength, and decrease body fat. It encompasses all the various diets that are carbohydrate conscious, those that are champions of low dietary carbohydrate intake to one degree or another such as my Anabolic Diet, and those that follow the more conventional high complex carbohydrate, lower fat approach. Not only that but The Metabolic Diet also covers everything you need to know about how to use the present crop of nutritional supplements so that you'll get maximum results from your hard training. The Metabolic Diet is based not only on my experiences but also on all the available medical and scientific research. That's what makes it the ultimate diet book. It takes into account our genetic and environmental differences and allows everyone to find the right diet and nutritional supplement stack for them. The Metabolic Diet is a one-stop solution to the age-old dieting and nutritional supplement dilemmas. Don't miss out. Order a copy right now. You won't be disappointed. The Metabolic Diet, Hardcover, 512 pages. Order from www.allprotraining.com or call 1-

FROM MGD Press - Pre-Publication Specials - Revised and Expanded Editions - All Available in March, 200. THE BOOKS BELOW WILL BE AVAILABLE FROM MGD PRESS 20 Strathy Road, Unit 6, Cobourg, Ontario, Canada, K9A 5J7. Or call 1-905-372-1010. FAX 1-905-372-6820. Order on line or inquiries to bonnie.hicks2@sympatico.ca.

Drug Use And Detection in Amateur Sports - New, Expanded and Revised Edition - Available March, 2001. Price \$29.95 (U.S. funds) or \$45.95 Can plus \$3.00 P&H. After March, 2001, \$36.95. THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances), and the available techniques for

Beyond Anabolic Steroids - New, Expanded and Revised Edition -Available March, 2001. Price \$21.95 (U.S. funds) or \$31.95 Can plus \$2.00 P&H. After March, 2001, \$26.95. An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive - since most cannot be detected - and non-competitive athletes) or to enhance the effects of

Anabolic Steroid Side Effects - Fact, Fiction And Treatment - New, Expanded and Revised Edition - Available March, 2001. Price \$21.95 (U.S. funds) or \$31.95 Can plus \$2.00 P&H. After March, 2001, \$26.95. This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, cancer, gynecomastia, acne, hirsutism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

muscles are less developed than the chest and this leads to problems. I especially recommend that you do some bent over rowing with bar and/or dumbbells. Cable rows and chins, in front and not behind the

You might also want work the rotators directly. The Shoulder Horn Harness, available on several exercise sites, is a good piece of equipment that will help you isolate and work the often neglected external rotators, the infraspinatus and teres minor. Of course there are a number of exercises that will also do the trick. To show you just what to do and how to do it, I'd suggest you get The 7 minute Rotator Cuff Solution by Jerry Robinson. It's available from Health For Life at http://www.healthforlife.com/html/cuffprog.htm.

There are certain exercises I would keep away from, including upright rows and anything behind the neck (lat pulldowns, press behind the neck), since they put your shoulder in a vulnerable position and can cause rotator cuff problems. Also keep away from any exercises that are painful to do. This might include incline bench pressing, bench pressing using a wide grip or bench pressing to the

If things don't improve or if you're worried about what's going on I'd recommend that you see a sports therapist for both treatment and advice. Mauro Di Pasquale M.D.

The 11th IPF World Bench Press Championships were held December 8-9, 2000 in Frydek-Mistek, Czech Republic. Frydek-Mistek is a small town approximately 200 miles east of Prague close to the Polish border. This year's USA National Bench Team was comprised of a close-knit group of eighteen lifters led by a coaching staff of three-time National Bench Team Head Coach Dr. Michael Hartle and multi-IPF world champion Gene Bell. With several family members and friends of team members traveling the 4,000-6,000 miles to provide invaluable support, the USA contingent totaled thirty people. Team USA also benefited from the generous support of Inzer Advance Designs, who supplied team members with lifting gear and custom screened USA Powerlifting singlets, and Powerlifting USA who provided underwriting for team uniforms.

One of the great benefits of competing at an IPF world championship is that it provides the powerlifting athlete the opportunity to compete in venues all over the world. IPF world championships in 2000 were held in Argentina, Taiwan, Japan, and the Czech Republic. Without exception, these unique opportunities provide the lifter with exceptionally enriching experiences - both competitively and culturally. Additionally, they can also pose interesting challenges. For example, although many former Eastem Bloc countries have developed significantly in recent years due to economic and political reforms, when traveling to smaller towns and cities like Frydek-Mistek, Americans in particular will quickly recognize the absence of many modern conveniences in hotels and other public facilities, which we readily take granted here in the US. The Hotel Centrum served as the official meet hotel. Although it was reasonably well maintained and clean, rooms only had rotary dial telephones so calling card access was close to impossible unless you headed to the lobby pay phones, of which there were only two. It also interesting to note that, even in small towns, the world is a much smaller place with internet access available at internet cafes typically located in the town main square.

The meet venue was a large theatre-style complex with great lighting and stage backdrops. Again however, at the meet venue, many lifters discovered the absence of certain conveniences. Simple things: like toilet seats and toilet paper in the bathrooms. Later, I found it comforting to learn that I was not the only one who experienced the rather embarrassing task of having to climb out of the bathroom stalls because the latches to open the door from the inside were broken. These minor inconveniences notwithstanding, the primary benefit of an IPF world cham-

IPF World BP Championships

as told to PL USA by Lance Slaughter of TEAM USA



OurTEAM USA for the 2000 IPF Bench Worlds (front row, I-r) Lance Slaughter, Iill Darling, Deb Ferrell, Steve Petrencak, Bettina Altizer; (middle row,l-r) Leonard McCormick, Sandra Perron, Misi Inoke, Jennifer Thompson, Gene Bell, Tammi Callahan, Mike Hara; (back row, Ir) Mike Hodge, Dennis Cieri, Collin "Poohbear" Rhodes, Dr. Mike Hartle, Ralph Young, Dave Doan. (not pictured - Andrea Sortwell)

pionship, of course, is the depth and quality of international competitors. And this IPF Bench Worlds did not disappoint one bit.

The competition began on Friday immediately following the opening ceremonies, which included the parade of countries and several dignitaries, including IPF President Norbert Wallauch, the Czech Powerlifting Federation President and the Mayor of Frydek-Mistek, welcoming the competitors and declaring the championships officially open.

The Women's Open competition had eighty-five competitors. In the 44 kg. class, last year's silver medalist and the 2000 European Bench Press champion, Eva Svjantaekova of Slovakia, was clearly at the top of this class of seven women, outdistancing second place finisher, Germany's Marion Friedrich, by 7.5 kg. with an official lift of 87.5 kg. Svjantaenova then went to successfully achieve a fourth attempt 95 kg.

The 48 kg. class may have provided the biggest world championship debut of the women's competition. In her first Bench Worlds appearance, Japan's Yukako Fukushima, utilized her extensive arch and wide grip technique to a world record of 112.5 kg. on her second attempt. She missed getting 117.5 kg. on her third. 1999 gold medalist Hanna Svahn of Denmark returned to capture second with a 92.5 kg. press ahead of Germany's Gabi Hirner who duplicated last year's bronze medal performance.

In the 52 kg. class, Irina Krylova of Russia last year took second to her compatriot, Tamara Podpalnaya, in a very close competition in which both achieved world record lifts. This year, she was not pressed at all estab-lishing a new world mark on her third attempt of 113 kg. She finished the day smashing that world record by lifting 120 kg. on a fourth attempt. The battle for second developed into a very competitive contest with three of the next four competitors going three for three and ending with marks within 5 kg. of each other. Svetlana Nikolaenko provided Russia it's first 1-2 finish taking the silver with a 102.5 kg. bench press. The final battle for third was very close. Kuan-Ting Chen of Chinese Taipei matched Japan's Syoko Sakurai press of 100 kg. but earned the bronze weighing in much lighter 48.7 kg. Li-Ming Lin also made a run for the bronze but fell short ending with a 97.5 kg. press.

The 56 kg. class provided a rematch of last year's top three finishers, gold medalist Tamara Althaus of Germany, silver medalist Luba Belova of Belarus and bronze medalist Maki Wada. This year, Tamara was in a class by herself establishing a world record with her second attempt of 125 kg. and finishing by improving

NCH OMEN en antekova -SLO edrich - GER szczynska POL	- 11,0	ek-Mistek, Cze Stehlikova -CZE	112.5	67.5		Hegedus -HUN	
OMEN en antekova -SLO edrich - GER							
en antekova -SLO edrich - GER					217.5*	Onozo HUN	265
antekova -SLO edrich - GER		Narovnigg -AUT	107.5		215*	Ponomarnko -Ukr	
drich - GER		Stoep -HOL	105	Ossokine -RUS	192.5		240
drich - GER		Darling -USA	97.5	Cucuzella -FRA	180	Young -USA	
	87.5	Takacova -CZE	97.5	Bogdanov -RUS	180	Pfeifenroth -HUN	
szczynska-POI	80	Callahan -USA	90	Chennyshov -UKR		Nygren -SWE	235
	.75	Katoh -JAP		Juhasz -HUN	172.5	Dahlstrom -SWE	235
povalova -RUS		75		Siedlecki -POL	172.5	Furmanek -POL	235
nko -AUT	67.5	Miklasevich- RUS	160*	Bohm -CZE	155	Raskin -GER	225
dryk POL	62.5	Kubinova -CZE	130	Landeck -GER	155	Kircher -GER	222
saki -JAP		Bahriy -UKR	127.5	Slaughter -USA		Lewis -GBR	210
		Penisson -GER	110	Vecera -CZE		Poradek -CZE	210
ushima -JAP	112.5	Perron -USA	105	75		Zeellie -RSA	195
hn -DEN	92.5	Witt-GER	105	Hara -USA	212.5	Gossain -IND	110
ner -GER	87.5	Stumpfova -CZE	95	Tchadkov -RUS	210	110	
ditsch -GER	82.5	Ouellet -CAN	55	Wegiera -POL	207.5	Kruk POL	267
bai -HUN	62.5	82.5		Chestnakov -RUS	205	Khuazhev -RUS	265
Dai TION	02.3	Terenteva -RUS	142 5	Fermin -SPA	192.5	Mattson -SWE	257
lova -RUS	112.5*	Wernig -AUT	135	Schlieter -GER	185	Kobr -CZE	250
	102.5	Hung -TAI	130	Konye -HUN	182.5	Kastaneer -HOL	240
olaenko -RUS		Nanasi -HUN	130	Deepak -IND	145	Roch -GER	240
en - TAI	100	Duhem -FRA	125	Rheaume -CAN	137.5	Kovalev -BEL	237
urai -Jap			115	Takahashi -JAP	137.3	Doan -USA	237
-TAI	97.5	Gums -GER		82.5		Rhodes -USA	237
un - AUT	95	Sortwell -USA	115	Vorobiev -RUS	237.5	Nemeth -HUN	225
da -FIN	90	Halvarsson -SWE	105			Gavanov -KAZ	225
szczynska-POL		90		McCormick -USA	232.5	Faber -HOL	225
dmikova -BEL		Kistenmacher-Ger			227.5	Sarik -CZE	217
Ihcrodcka-POI		Sliwinska -POL	107.5	Zubriks -LAT	222.5	Royer -CAN	202
nattainen-SWE		Meulen -HOL	97.5	Grabski -POL	215	Rosslee -RSA	195
		90+		Bruck -LUX	212.5		160
haus -GER	127.5*	Chao -TAI	172.5	Kortge -GER	202.5	Kirkbride -CAN	100
da -JAP	120	Ferrel -USA	152.5	Dimov -BUL	200	Saitoh -JAP	
ova -BEL	110	Ganenko -UKR	140	Schulz-GER	192.5	Schafer -GER	
-TAI	105	Petrova -BEL	140	Putten -HOL	190	125	
ou -TAI	100	Saksa -FIN	125	Sabathy -AUT	177.5	Midote -JAP	28
ng -AUT	87.5	Lee -TAI	120	Cola -ITA	150	Isakov -RUS	275
rczyk POL	85	Gorecka -POL		Otani -JAP		Inoke -USA	262
bs -AUT	82.5	MEN		Kati-CZE		Gusev -BEL	255
s -RSA	8/0	Open		90		Solomon -NZ	240
takova -SLO	80	52		Kupcsik-HUN	247.5	Tselyuryk -UKR	235
kova -CZE	80	Stanaszek-POL	172.5	Lekomzev-RUS	237.5	Boras HUN	227
garova -CZE	72.5	Rudulis -LAT	160	Kishimoto -JAP	232.5	Chudej -CZE	222
garova -CZL	,	Vatyuk -UKR		Krokkee -HOL	225	Ratchev -BUL	215
nina -RUS	127.5*	Wrona -POL	130	Yang -TAI	220	Heerden -RSA	200
	122.5	Klein -GER		Compain -FRA	220	Halvas -GER	
ompson -USA	120	Wu -TAI		Hubacek -CZE	217.5	Vana -CZE	
hn -GER	120	Yanagida -JAP	112.3	Theuser -CZE	217.5	125+	
tejova -SLO	112.5	56		Jacob -GER	217.5	Kases -AUT	280
zer-USA		Owsiani -POL	155	Takei -JAP	215	Wiklund -SWE	267
mi -JAP	112.5				215	Timofeev -RUS	265
Iskaya -BEL	112.5	Hsieh -TAI		Orel -RUS	205	Gadiev -RUS	255
ki -JAP	105	Jancar HUN	150	Luftinger -AUT	200	Hodge -USA	255
wok-GER	97.5	Sledz POL	150	Singer -AUT		Mikus -SLO	247
gy HUN	90	Petrencek -USA	140	Green -GBR	200		24
votna -CZE	80	Miyazaki -JAP		Williams -RSA	170	Pelov-BUL	240
nkeova -CZE	80	60		Erasmus -RSA	165	Sednik -CZE	24
5		Parnian -HOL	185	Gumienniczak-PC	L .	Hajdu -HUN	
nilevich -RUS	132.5	Kawakami -JAP	180			n the women's con	
ulechova -RUS		Celin -SWE	165			mpetitors. In the	
slak -POL	122.5	Hermann -POL	165	competition there	were 1	27 competitors. (T	han
ang -TAI	120	Radzevich -LAT	155			viding these meet n	
-1741	112.5	Alessandro -ITA	125	and all the photog			

that mark with a third attempt 127.5 kg. Japan's Wada switched placings with Belova improving to second with 120 kg. and Belova finishing third with 110 kg.

The 60 kg. class provided the American women's team their first chance to get on the lifting platform. Team USA was fortunate to have two fine lifters - Bettina Altizer of Virginia and Jennifer Thompson of North Carolina. Multi-powerlifting and bench press national champion Bettina Altizer returned to IPF competition for the first time since her silver medal performance at the 1997 IPF Bench Worlds. Bettina found it difficult to find her groove this day ending up with her opening attempt of 112.5 kg. Nonetheless, she proved even on an "off" day she is still world class earning a fifth place finish. Jennifer Thompson has clearly "arrived" as one of the USA's rising stars in powerlifting. Jennifer began competing in 1999 and in that very short time has finished as a runner-up in the last two USAPL Bench Nationals and earned a bronze medal in her first IPF Bench Worlds last year. This year, Jennifer came to this year's Bench Worlds with a confidence and competitive fire that belied her relative inexperience, but did she ever back it up. After getting her opener, Jennifer made easy work of her second attempt of 122.5 kg., positioning her just ahead of last year's silver medalist, Simone Hahn of Germany. Hahn's failed second and third attempts secured the silver for Jennifer who now was making a run for gold. To do that, she would to match Russia's Elena Fomina's successful second attempt world record lift of 127.5 kg. With 127.5 kg on the bar. Jennifer exploded the bar off her chest, but just got it enough out her groove to miss it. In the end, it was pretty exceptional lifting for this relative newcomer. 1999 - Bronze, 2000 - Silver, 2001- ???? Fomina came back to the lifting platform to take on 130 kg for a fourth attempt and successfully set a new standard for the world record.

Team USA also had two lifters competing in the 67.5 kg class -Alaska's Jill Darling and California's Tammi Callahan. These two women came to this year's team from very different perspectives but ended up having very similar results on this day. Jill Darling has earned a fine reputation as one of our top young female powerlifters as a 3-time member of Team USA competing at IPF Junior Worlds. With a 105 kg bench to her credit, Jill was invited to the team as our 56 kg. lifter. When it appeared she would have difficulty making weight at that class, Jill was forced eat up to become eligible to lift in the 67.5 class because we had filled the two lifter limit at 60 kg. Unfortunately, Jill just had "one of



60 Kg. Medal Winners (I-r) Germany's Simone Hahn (Bronze), Russia's Elena Fomina (Gold), USA's Jennifer Thompson (Silver). (L. Slaughter)

those days" and was forced to be satisfied with her opening attempt of 97.5 kg. Tammi Callahan, in her first year of competitive lifting, has had quite an eventful year. After winning the California State powerlifting title. Tammi went on to win the Bench Nationals and earn a trip to the Bench Worlds, But like Jill, she was forced to accept her opening call of 90 kg. However, Tammi will certainly benefit from the competing at this level. Ironically, this class was left wide open with the unfortunate absence of 1999 gold medalist, France's Clara Kasbarian, whose passport was apparently not accepted by Czech authorities. Russia took full advantage going 1-2 again led by Tatiana Danilevich's impressive lift of 132.5 kg and Elena Koulachova close behind with a 127.5 kg bench.

The 75 kg class had the best lifter of the day. Russia's Svetlana Miklasevisch dominated her class with a monster 160 kg bench. Her closest competitor was crowd favorite Andrea Kubinova of the Czech Republic who pressed a PR 130 kg, just edging out the Ukraine's Tamara Bahrily. USA National Bench Team veteran Sandra Perron of Minnesota, who also served as Team Manager in addition to our unofficial international ambassador, returned from her third consecutive IPF Bench Worlds with a solid fifth place finish.

The 82.5 kg class had a number of great lifters including USA's Andrea Sortwell. Andrea, who resides in Colorado, returned to IPF competition overcoming a number of personal obstacles including lost/delayed luggage and a case of the flu. Nonetheless, Andrea demonstrated veteran experience to post a PR lift of 115 kg on her second attempt and just barely missed locking out a hard fought third attempt of 117.5 kg. Interestingly, the battle of this weight class took place between two 75 kg

lifters who moved up to avoid a match up with Miklasevich. Last year's 75 kg class gold medalist, Claudia Wernig of Austria, is an exceptionally athletic-looking lifter who improved last year's mark with a strong 135 kg second attempt. However, she was no match for Russia's Anna Terenteeva who finished with a very solid 142.5 kg. The most controversial lifter of the women's competition was third place finisher Min-Chu Hung

Reverse Hyper

Pro model

1225.00*

Reverse Hyper

825.00*

Bench Workout

video

55.00*

Standard model

of Chinese Taipei. With Hung's extensive arch, thick trunk and ultra wide grip, the bar, at fully extended arms length began and ended less than one inch from her chest. In fact, the head judge literally had to stand above her to confirm the bar was not touching her chest at the start. This style of benching did not sit very well with the audience as Hung received scattered boos from the crowd after she successfully completed her first two lifts. Following the women's session, there was some discussion among IPF officials about how to address the almost impossible task of reconciling the existing rules with the public's perception about what the lift should look like.

Team USA had no one in the 90 kg class that was vacated by last vear's champion Ukraine's Ganna Ganenko who opted to compete up in the 90+ class. This left last year's silver medalist. Germanu's Rita Kistemmacher who pressed 132.5 kg to win gold ahead of Poland's Anna Sliwinska and Brenda Muelen of the Netherlands.

For years it seems, whether it is the IPF Women's Worlds or Bench Worlds, the 90+ class is a two-woman battle between USA's Deborah Ferrell and Chinese Taipei's Chen-Yeh Chao. For the last three years, there has been only one woman on the planet that is capable of beating Deborah.

Glute/Ham

Machine

780.00*

Power Bench

785.00*

Power Rack

900.00*

Rack

Combo

WE HAVE WHAT YOU NEED:

614-276-0923

WESTSIDE BARBELL

1417 Demorest Road

Columbus, OH 43228

*Shipping included. Send check or money order.

and that woman happens to be Chen-Yeh. It is clear that when Deb passes Chen-Yeh, Deb will need to be at her best. Unfortunately, this just wasn't going to be that day. Still nursing an injured shoulder, Deb was not able to match or improve on her incredible 165 kg lift at Bench Nationals just getting in her opener of 152.5 kg. Well short of Chao's 172.5 kg but still head and shoulders above the rest of the field including 1999 90 kg champion Ganna Gananko of Ukraine who finished third with a 140 kg effort.

Russia dominated the women's competition with five gold medals to secure the women's team title followed by Germany and Chinese Taipei. The US women's team finished in sixth place

The Men's Open competition began on Saturday morning with 127 lifters competing over two days. In the 52 kg class, IPF Hall of Fame lifter Andrzej Stanaszek maintained his stronghold on this class taking gold setting a new world championship record with a 172.5 kg bench. Andris Rudulis repeated last year's silver medal performance finishing with 160 kg. Japan's Kuzuya Yanagida, who was also expected to make a run for medal, could not get his call for 155 kg passed. This unexpected a turned out to be ominous sign for the Japanese team, heavily favored to contend for the men's team title, as six of their ten lifters bombed out. That left the door open for Sergiy Vatyuk of Ukraine to edge out Poland's Jacek Wrona with a 132.5 kg lift.

The 56 kg class also had unexpected drama. With Sweden's Jonas Celin not making weight and having to move up, Yuji Mayazaki of Japan appeared to be the prohibitive favorite to win the IPF crown, but he also failed to get a lift in allowing Krzysztof Owsiani of Poland to outlift Chinese Taipei's Tsung-Ting Hsieh by 2.5 kg for the gold - 152.5 to 150 kg. This surprise gold medal would ultimately provide the difference in giving Poland its first Men's team title. Last year's bronze medalist, Sandor Jancar of Hungary, also benefited from this unexpected turn of events allowing him to repeat with a third place finish on bodyweight with 150 kg. Steve Petrencak of Ohio ended up just behind that lift finishing in fifth place with his second attempt lift of 140 kg. Appearing in his first IPF Bench Worlds, Steve lifted exceptionally well, just barely missing lock out on his third attempt of 145 kg.

The 60 kg class provided an exceptional battle with the top two lifters both posting triple bodyweight benches. Tagy Pamian of the Netherlands, still in peak form following his gold medal performance at the Paralympic Games in Sydney, won his first Men's Open gold medal with



The USA's Mike Hara brings home the gold medal in the 75 kg. class

185 kg. Toshihiro Kawakami of Japan lifted himself into second place, also with a triple bodyweight 180 kg., finishing ahead of Sweden's Celin Jonas. Jonas second attempt lift of 165 kg, lift tied Miroslaw Hermann of Poland, but he benefited from his lighter bodyweight.

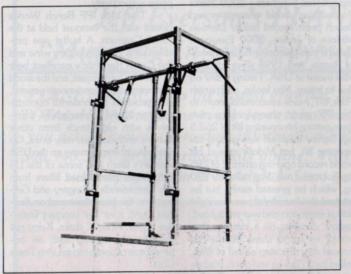
The 67.5 kg class began a string of one - on - one match-ups between marquee lifters battling for gold. In this class, it was IPF powerlifting world champion Aleyey Sivokan of Kazahkstan and Japan's Kimihisa Itoh. Both men came into this meet with lifts this past year far exceeding the triple bodyweight benchmark, most notably Sivokan's world record bench of 215 kg at the IPF Men's Powerlifting World Championships in Japan. After Sivokon and Itoh successfully made openers of 205 kg and 215 kg respectively, Sivokan called for 217.5 kg. for his second attempt, a new world championship record. It seems almost incompre-hensible how he made the lift look quicker and stronger than his opener. Itoh came back and called for 222.5 kg. Yes, you read this correctly -222.5 kg weighing in at 67 kg. Itoh is another one of the great lifters from Japan who use the technical expertise of an extensive arch to his advantage. He appeared to set up well, but the bar dropped slightly on the way. On third attempts, both lifters, hoping to establish new world marks, called for 225 kg. But each fell short this day with Itoh's rear coming off the bench and Sivokan failing to lock it out. Yours truly lifted for the USA in this class. Returning to my third consecutive IPF Bench Worlds, I decided early on that I would utilize a conservative approach with attempts with the goal of going 3 for 3 and placing as high as I could for team points. Talk about unrealized expectations. I was disqualified for the first

of what was obviously a disappointing performance. I also received one of the most heartwarming experiences in my powerlifting career. As I chalking up for my third attempt to stay in the meet, and my name was being called by the PA announcer, I saw a large, and loud, group of Team USA lifters come to the front of the lifting stage to provide me encouragement. Now I've experienced crowd support before, but when it is your own countrymen, in another country 5000 miles away, fighting their way to the front of the venue, just to support you getting a lift in, that folks, to me, is the definition of team spirit

time in six years. OUCH. In the midst

and pride. The next marguee match up was in the 75 kg. class between the USA's Mike Hara of California and Japan's Keisuke Takahashi. Takahashi unfortunately caught the same bombout bug many of his Japanese teammates had at this meet missing on attempts of 220 kg and 222.5 kg. Much has been written about the Japanese benchers' well-earned reputation for combining strength with a high level of technical expertise. The dividend of this approach has paid off ten-fold as they are putting up some of the biggest benches on the international platform. The downside is that there is very little room for error, so a bad day can turn disastrous very quickly. Mike took a steady, more conservative approach getting his opening lift of 205 kg then easily making his second attempt of 212.5 kg to lock up his first, and welldeserved, IPF world championship title. For years, Mike has been, pound for pound, one of our best benchers, distinguishing himself first as one of the USA's all-time 148s and just now beginning to grow into the 165s. He has very few limits in front of him. After missing his third attempt of 215

New Product from Safety Power Hook



FULL BEAM SAFETY POWER HOOK The Safety Power Hook is now available in the Full Beam version. This allows a full range of side to side adjustment even beyond the rack's width. Most lifters set the hooks at the elbow position for squats. Deep hooks and floating action allow near perfect entry before the liftoff. You are not required to step back. This is especially useful when intensifying your training with rubber bands or chains, the fore and aft pulling is eliminated. The return lever may be used when spotters are available. The optional hydraulic system allows the level to be adjusted with the weights in place. The entire assembly breaks down easily and completely enabling quick transport to meets or installing the unit in confined spaces such as basements. The "Sumo" base, exclusive 1/2 incremental adjustments, foot room and exceptional corner bracing are all a part of the FULL BEAM SAFETY POWER HOOK when ordered with the IRON CLAD & BUILT TO SUIT SAFETY POWER RACK which is available many sizes and gauges. The FULL BEAM SAFETY POWER HOOK may also be fitted to your rack. A free standing version will also soon be available. Call us anytime for your design needs at 831 637-0797. Or write for more information to: CREPINSEK'S SAFETY POWER SQUAT BAR, 130 Barnheisel Road, Hollister, CA 95023*

kg, Vladamir Tchadkov of Russia fell to second with 210 kg and perennial medal winner Jan Wegiera of Poland taking third with a 207.5 kg lift.

The 82.5 kg class presented a unique situation in that it not only presented a match up that involved one top American lifter but two. Leonard McCormick of Georgia and Dennis Cieri of New Jersey represented USA's one-two punch that would do battle with Russia's Alexei Vorobiev and returning world champion and record holder Susumu Otani of Japan. Again, Otani continued Japan's string of misfortune never appearing to settle in and get comfortable with the weight or his groove. Dennis and Leonard took similar strategic paths, with both easily getting their opening lift of 220 kg. Both again made similar calls of 227.5 kg for second attempts. Dennis got his handily, but Leonard suffered his first setback when his bench shirt blew out. By the third attempts. Vorobiev was in front, having made 232.5 kg. on his second. Both Leonard and Dennis then made a call that would win gold provided Vorobiev missed his third attempt. Although Leonard had missed his second, he confidently made the jump to match Vorobiev's 232.5 because he had bodyweight advantage. He smoked it. Dennis was up next, having to take 235 kg because he weighed heavier than both Leonard and Vorobiev. The weight exploded off his chest but extended unevenly, the consequence of a lingering left elbow injury. Vorobiev's third attempt at 237.5 kg went as easy as his opener to lock up the gold, with Leonard securing silver and Dennis earning his first IPF Bench

Worlds medal with a bronze. California's Bob DeCourt, considered a strong favorite to medal at 90 kg. and contend for his first gold medal since 1995, was unable to make the trip. Bob, who is employed in the film industry, had secured a work contract that required he relocate to Chicago the same week of Bench Worlds. This allowed last year's 82.5 kg silver medalist and current 90 kg European champion, Laszlo Kupcsik of Hungary to dominate what was a very strong class. Kupscik finished with a 247.5 kg bench tying fellow countryman Szabolcz Onozo's world record mark set in 1999. 1996 world champion Alexander Lekomzev of Russia improved last year's fourth place finish by two spots with 237.5 kg to win his third Bench World silver in front of Japan's Yoichi Kishimoto, who ended the day with a 232.5 kg

The 100 kg class provided an exceptional group of lifters including the USA's Ralph Young of Ohio, 1999 silver medalist Vitaly Ponomarenko of Ukraine and Hungary's 1998 silver medalist Tamas Pfeifenroth and two-time 90 kg world

Team USA Head Coach Dr. Mike Hartle guides his third National Bench Team at the IPF Worlds

champion Szabolcz Onozo, Ralph Young, coming off of an outstanding performance at Bench Nationals, returned to his second consecutive IPF Bench Worlds with a very clear goal of winning his first IPF world championship medal. Ralph easily made his opening attempt of 230 kg and then went on attack 235 kg. After missing it on his second attempt, Ralph came back strong with a strategic jump to 240 kg on his third and secure the bronze medal over Hungary's Pfeifenroth on bodyweight. That left first and second place to be decided between Ukraine's Ponomarenko and Hungary's Onozo. Ponomarenko did his best but could not keep pace with Onozo getting 252.5 kg on his third attempt behind Onozo's 265 kg world record lift. Both called for a world record try of 266 kg on fourth attempts. With a strong even push, Onozo made the lift with room to spare while Ponomarenko couldn't



Japan's Gold Medal Winning Duo of 125 kg. Daisuke Midote and 48 kg. Yukako Fukushima

finish to extension, giving Onozo the record and his third consecutive gold

The 242 kg class featured a rematch of last year's top two finishers, four-time world champion Yuri Khuazhez of Russia and Poland's 1999 silver medalist Wieslaw Kruk. Forty-two year old Kruk struck quickly and decisively. He opened with a world record 267.5 kg and made the lift fairly easily, although there was some controversy about whether he achieved full extension of his arms. Kruk's two attempts at 270 kg failed but his strategy paid off as Khuazhev could not improve on his 265 kg lift. Kenneth Mattson repeated last year's third place finish with a 257.5 kg bench. Team USA had two lifters in this class - National Champion Dave Doan of Wisconsin and Collin "Poohbear" Rhodes of New Mexico. Dave made his second trip to Bench Worlds planning to improve on his tenth place finish in 1998 and make a run at a medal. With the great vocal support of his family, Dave got his opening lift of 237.5 kg and just missed on two tries at 245 kg., but improved two places by finishing in eighth. Collin made good use of his first IPF World championship, getting his opener, missing his second attempt of 237.5 kg., but returning to make it on his third to finish just behind Dave in ninth on bodyweight.

The 125 kg class was a classic clash of the titans that featured three exceptional benchers - 2000 Men's Powerlifting world champion and bench press record holder Daisuke Midote of Japan, 2000 European Bench Press champion Eduard Isakov of Russia, and 1998 silver medalist Misi Inoke of USA. Taking 1999 off due to injury, Misi Inoke, of Spanish Fork, UT, made a successful return to the IPF world championship platform getting his opening lift of 262.5 kg. Isakov followed suit getting his opening lift, but Midote missed his world record opening attempt of 285 kg. For round two, Misi called for 270 kg, which he pressed easily, but he hitched the bar slightly on the right side at extension and was red lighted. Isakov, deciding on a strategy that would not try to chase Midote but instead stay one step ahead of Misi, called for 272.5 kg and got it. Midote returned to make good on 285 kg and got it easily, establishing a new world record and securing the gold medal. Misi, having bodyweight ad-

vantage on Isakov and already as-

sured of a bronze medal, decided on

the 2.5 kg jump to 272.5 and match

Isakov's successful second attempt.

Again, he had another explosive push

that just failed inches before lockout.

Isakov, took his third attempt of 275

kg having already been assured of

second, and made it handily. Midote

then reached for the stars and called

for a monster 297.5 kg on his third

Next year's IPF Bench Press beautiful port city of Christchurch, New Zealand. New Zealand should provide a welcome break from the winter weather of December since it is summer there due to its location in the southern hemisphere. It was also encouraging to see the meet promoters of next year's championship travel all the way from New Zealand with promotional kits in hand and taking note of what works and what doesn't to ensure an exceptional world cham-

attempt, but couldn't get the bar to full extension

With the absence of perennial world champion James Henderson and last year's champion, Kosicz Czongor of Hungary, the Supers class was a wide open battle that featured former 125 kg world champion Reinhold Kases of Austria, current European bench press champion Ulf Wikland of Sweden and the USA's Mike Hodge of Wisconsin. Although this was Mike's first IPF Bench Worlds. he arrived with solid credentials having posted a 600+ lb. bench earlier this year. After getting his opener of 255 kg, he selected 267.5 kg to place in him in solid medal contention, but Mike just didn't appear to get a good push on the weight and missed on second and third attempts. Ulf Wikland finished with 267.5 kg to earn the silver ahead of Russia's Evegeniy Timofeev who got the bronze with a 265 kg bench. Rising to the top of this year's battle was Austria's Reinhold Kases. Kases has been a long time top 125 kg competitor having won the bronze in 1994 and world titles in '96 and '97. After taking 1999 off due to an illness in his family, Kases returned to the IPF platform with a perfect three for three performance finishing with a PR 280 and his third gold medal.

Poland took advantage of three gold medal performances to take the Men's team title with Russia and the USA finishing in second and third

place respectively.

The 11th IPF Bench Worlds closed with the banquet held at the Hotel Centrum. A buffet was provided with complimentary wine and the Czech Republic's excellent beer or "pivo". The banquet, and the world championship experience in general, also provides a wonderful opportunity for lifters to reacquaint themselves with old friends from other nations and establish new ones. On Saturday evening, many on the USA women's team and some of the US lightweight men joined lifters from the Netherlands, Hungary and Germany at the local disco and on Sunday night, after the banquet festivities, Collin Rhodes sister, Kerry got the dancing started with an impromptu a cappella rap saluting Team

Championships will take place in the

Get PLANET MUSCLE™FREE!

The World's Most Complete Muscle Building and Nutritional Mag is FREE! Bodybuilding, Strength and Size, Definition, Power and Olympic Lifting, Sports Training and Honest and Real Information on Food Supplements!

Call Now 800.940.5978 For Your FREE Issues!



Jeff Everson's PLANET MUSCLETM is FREE! "Muscling In On Bodybuilding Truth!" 800.940.5978

PLANET MUSCLE is the fastest growing, most unique, complete, uninhibited and controversial TOTAL IRON magazine ever! Its revolutionizing the bodybuilding magazine marketplace because you get all honest up-to-date information FREE. (You don't even pay postage.) Call us today at 800.940.5978 or subscribe easily online. Visit us at www.planetmuscle.com. Or send in the handy subscription form at the right! Start getting the BEST magazine on the market today!

WATCH PLANET MUSCLE WEEKLY ON E! ENTERTAINMENT CABLE!

See Ericca Kern, Gea Johnson, Lena Johannesen, Vince Taylor, Melissa Coates, Chris Lydon, Jeff Everson, Sherry Goggin, Paul Dillett and other bodybuilders and fitness stars.

PLANET MUSCLE airs the first 3 Thursdays of every month on E! It can be seen at 6 a.m. both Eastern and Pacific and 5 a.m. Mountain and Central. Set your VCR's! (Dish subscribers, contact your dish company for times)

> CALL 800.940.5978 www.planetmuscle.com

	H'H' to
Subscribe FRI Planet Muscle M	

Name						_
Address_		Books		Editor.		
City	ST LEE	ST Lag		* 10000	100	- 89
State	191		Treat .			_
Zip		See land				_
Phone			10	Y		<u> </u>
Email						

Please Cut Out and Mail to: Planet Muscle Magazine PO Box 260500 Highlands Ranch, CO 80163

The Next Generation of Fabric and Suits are Here

ushered in an era of radical change at Titan. We improved our original fabric with

NXG is the strongest, most stable fabric in the lifting world. NXG has the least stretch of any fabric used in the lifting world, is run-proof and virtually tear-proof. How much support will NXG provide. Read this guarantee carefully.

We guarantee that even our basic suit will outperform any other suit on the market. This includes our competitors premium suit that cost over three times as much!

This is not a marketing gimmick. Our new fabric is simply that good, that strong, that supportive. So imagine what you'll get with our more advanced models such as the Custom A, Custom B, the Centurion, the Dual Quad and Deadlift Suits.

Super Suit Fans - if you miss your Super Suits, then you'll love our suits. There are a few things you'll have to get used to however... no runs, no tears, better support and unparalleled guarantees.

WPC, WPO, IPA etc. - ask about our new BOSS suits. This was designed specifically for unlimited divisions and delivers performance exceeding that of canvas!

The most radical performance guarantee ever:

All suits feature 1 YEAR on blowouts and 11/2 YEARS on runners!

TITAN SUPERIOF	SUIT (VICTOR)
sizes 26 –69	IPF/	\$49.95
CUSTOM A		
istom made with commercial Serger side ams. Regular, meet or competition fit.	IPF/	\$65.00
CUSTOM B		
ustom made with our original 3 cm side ams. Regular, meet or competition fit.	IPF/	\$70.00

DEADLIFT SUIT

sizes 26 - 60.

THE CENTURION		
Features our patented harness system. In sizes 26 – 60.	IPF/	\$85.00
DUAL QUAD		
Custom made with our patented harness system. Regular, meet or competition fit.	IPF/	\$99.00
THE BOSS		
Features Boss fabric and our patented harness system. In sizes 26 – 60.	WPC/	\$130.00
CUSTOM BOSS		
Custom made version. Built to your specs.	WPC/	\$150.00
PC✓ = WPC, WPO, IPA legal		

IPF/

IPF

✓ = IPF approved

revolutionary, patented wash that actually strengthens fabric and even makes it more resistant to runs. orks on any synthetics. i.e. - suits and shirts.

\$49.95

\$7.95



RED DEVIL



6 month guarantee! Titan stitching and Aplix (30%

Standard 12".. \$11.95 (pr.) 50cm..... 12.95

stronger than Velcro).

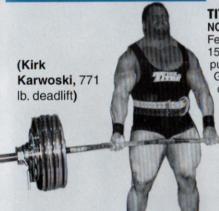
Mid Length 24"..... 13.95 Full Length 36"..... 15.95

SAFE'S SQUAT SHOES



(5) molded heel counter; (7) Avg. width & standard heel

SINGLETS



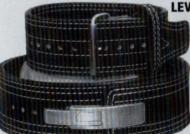
TITAN POWER SINGLETS NOT a wrestling singlet. Features power Hi Cut with full 15cm length legs. (Legs are pulled up in photo) Great for benching & deadlifting. Legal in all federations and

RAW Black. Royal Blue, Red & Gold

\$119.95

\$30.00 (Add \$4.00 for logo)

COMPETITION buckle belts; feature stainless steel seamless roller & full leather buckle foldover.



LEVER belts; feature Hi-Tech patented lever for maximum tightness and easy on/off application.

> All belts feature USA steerhide and suedes, 1" holes, 6 rows of

> > .\$79.00

EQUIPMENT

Ivano Power Bar -1500 lb. test bar with center knurl. The only bar made in the USA certified by the IPF .\$229.00 + freight (call)

SERPA D/L HELPER -

Lifts the entire bar and keeps it suspended with any amount of weight!\$115.00 + Frt.(call)

SERPA SQUAT RACKS -

See full page Hi-Performance ad. Call for information and prices.

OTHER PRODUCTS

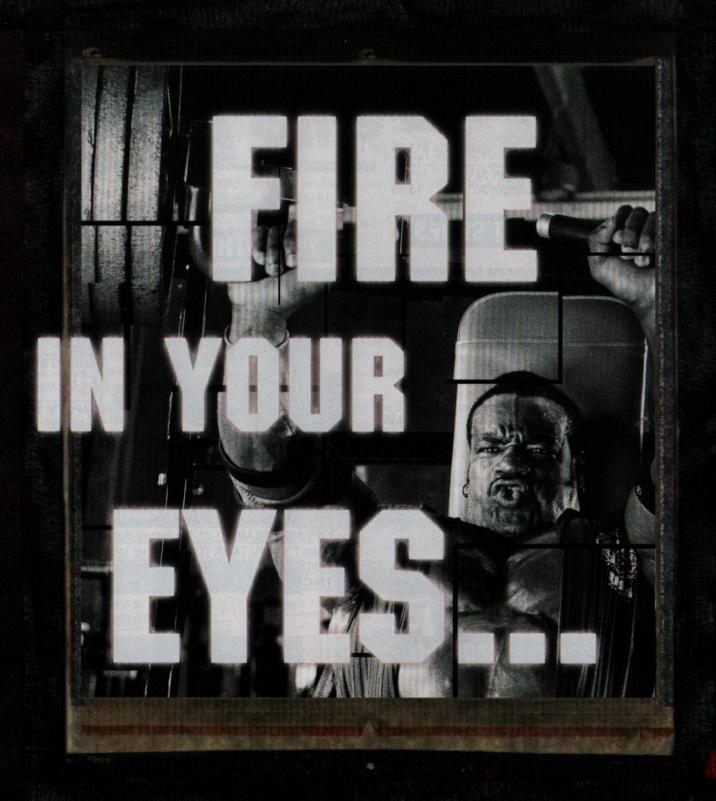


\$9.95 CHALK: 1 lb. **AMMONIA CAPS:** \$4.00 Box of 10 \$36.50 SPEED COLLARS: \$21.50 DIP BELT: TRAINING BELTS: \$22.50 4 x 2 11/2" \$25.00 **USAPL T's:** \$15.00 3 color logo

SUIT SLIP ONS: get into suits easier! give weight	\$19.00
BRIEFS: Titan quality and performance	\$20.00
DUAL QUAD BRIEFS: Patented Harness Design	\$30.00
DEADLIFT SLIPPERS: Low profile, rubber soled	5.00
DRY HAND LIQUID CHALK: Silica compound grip enhance	r! 7.50
LIFTING STRAPS: 1.5", 2", heavy duty & leather	Call
Titan T'S AND TANK TOPS: 3 color logo	8.75
ADIDAS DEADLIFT SHOES: Gummed rubber soled	44.95
TRICEP ROPE: Great for cable work	19.50

ITEM ORDER FO	Color				
	1st	Alt.	Size	Quan- tity	Price
Hi or Low Cut CUSTOM SUIT Reg. Meet Comp Style A Style B Dual Q Male Female Weight Hips (Buttocks) Leg (Largest Overall (TOP OF TRAP TO 6" BELOW CROTCH)		Oversea Tx. Res. Total	g & Hand is add 30 add 7.87	% Air	\$5.50
Titan Support Systems, Inc. • 921 Rickey • Co Visa, MC, Amex, Dis Diners Club and Carte Bla www.titansupport.c		Christi, er, ne, CO	TX 784	112 • US	A

1-800-627-3145 · 361-991-6749 · FAX 361-991-9470





Ripped Force

THE PROFILE

WHAT

- 20 mg ephedrine
- 100 mg caffeine
- 250 mg L-carnitine
- 240 mcg chromium

WHY

RIPPED FORCE® is the original hyper-thermogenic pre-workout and fat mobilizing sports drink.★ RIPPED FORCE® delivers power and energy when it's needed most, and includes 23 grams of energy packed complex and simple carbs for a total energy drink.*

- Fruit Punch Orange

Speed Stack™

THE PROFILE

· Power and energy · Only 5 calories

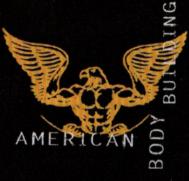
WHAT

- 24 mg ephedrine
- 11 mg synephrine200 mg caffeine
- · ASPARTAME FREE

WHY

When you need maximum physical and energy with minimal calories, SPEED STACK™ delivers!★ SPEED STACK™ contains a powerful amount of ephedrine, synephrine and caffeine with only 5 calories. This awesome tasting drink is 100% aspartame free.

- Grape



Extreme Ripped Force™

THE PROFILE

WHAT

- Extreme hyper-thermogenic formula
- 24 mg ephedrine • 200 mg caffeine
- 250 mg L-carnitine
- Added electrolytes potassium, sodium and phosphorus

WHY

EXTREME RIPPED FORCE™ contains a synergistic formula that combines a maximum amount of ephedrine and caffeine for energy and fat mobilization.★ EXTREME RIPPED FORCE™ also provides L-camitine, guarana extract, electrolytes and energy packed complex and simple carbs for maximal short and long term energy.*

- - Orange



THE PROFILE

WHAT

- Thermogenic and mass
- 20 mg ephedrine
- 23 g whey protein isolate
- 75 mg caffeine
- 239 mg L-carnitine
- 160 calories

WHY

When your body and mind need protein and energy but can't afford slamming down extra calories look no further. INFERNO's powerful combination of 23 grams of quality whey protein isolate and powerful thermogenic agents delivers exactly what you need!

- Fruit Punch
- Grape

A FORCE IN THE GYMT





Get THE ROPE Advantage Work your muscles harder than you've ever dreamed of. Joint and spine friendly. Used by World, National and State Champions

Kit P. 815 Sq. 54 years of age Mark P. 495 B.P. High School Brett A. 440 B.P. Teen Sabine S. 205 B.P. at 115 lbs.

GET THE ROPE ADVANTAGE

Poster Manual and Apparatus Only \$49.95

BODYBUILDER WORKS

Call me or call them, but use it!!!

THE SHIRT

Padded where the bar sits for more comfortable squats Only \$29.95. Please include shirt size with order

Send checkor money order to: The Body Hobby Shop 77 Santa Isabel Blvd. #5-16 Laguna Vista, TX 78578 956-943-2618

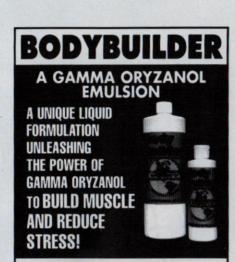
E-Mail address: kit.price@prodigy.net http://home1.gte.net/mlp/kit/hobby.htm

During the first few weeks, gains of 2 to 3 reps on each dumbbell exercise are being experienced. After a few months users are increasing 20 to 30 lbs. to each dumbbell.

TO ORDER BY CREDIT CARD CALL TOLL FREE:

1-888-669-6316

Dealer inquiries and orders from offers from



For THE PROFESSIONAL And THE BEGINNER

"Body Builder delivers delivers. My lifts are way up and my body fat lower than -W. KIT PRICE



EQUI-AIDE PRODUCTS PO Box 393 • Merrick, NY 11566 516 378-0271 • 1-800-413-3702

WWW.EQUIAIDE.COM

Beyond a Century, Inc.

Performance Powders..

How much have you been p	paying?
Tribulus Ext. 45% Bulgarian 100gm	\$10.50
Ribose 100gm	15.00
5-Methyl-7-methoxy Isoflavone 20gm.	29.90
Ipriflavone, 50 grams pwd	\$12.50
Diindole Methane, (10x 13C!) 20 grams	11.75
Androstenedione 50mg 60 caps	7.50
5-Androstenediol 20 grams pwd	16.00
4 Androstenediol, 20 grams pwd	23.75
Norandrostenedione, 20 grams pwd	37.50
Creatine Monohydrate 99+% 1000gm.	22.50
Chrysin, pure powder, 50gm	27.00
Yohimbe 2% Std. Extract! 50am	8.50
Glutamine 250gm/1kg	13.50/42.00
Ephedra, 25mg ephedrine 100 caps	4.95
"Low Heat" Whey Protein 80% 2 lbs	13.50
ZMA, 808 mg, 100 capsules	11.50
Pro HCH Sport Men/Women	\$64.00

We will Match Advertised Prices!!

Shipping only \$4.50 any size order! Visa/MC/Dscvr/Amex orders call:

(800-777-1324)

Or send money order to: Beyond a Century, Inc. ~since 1983~ HC76 Box 200P Greenville ME 04441 Hundreds of Products - Ask for FREE catalogs Order On-Line with our Secure Server: www.beyond-a-century.com Authenticity of Products Guaranteed!



WHOLESALE & DISTRIBUTORS WELCOME

MASS AND MUSCLE

Pump up With

Get defined.

Streamlined.

Ultra firm.

Ruild muscles.

Get lean.

Develop stamina.

Increase energy.

Get motivated.

Be inspired.

Subscribe online and SAVE OFF the newsstand price!

OR CALL TOLL FREE 1-800-493-4337

*Refer to code YDBW

FLEX, the Voice of Champions, shows hardcore bodybuilders how to add size and symmetry for awesome

One Year (12 issues) \$29.97 Save 58%

MUSCLE & FITNESS

is the fitness trainer for goal-oriented men and women who want to reach peak physical condition.

One Year (12 issues) \$34.97 Save 51%



FIND US ON THE NET

www.flexonline.com www.muscle-fitness.com

Rates good in the U.S. only. Outside the U.S., please write to: WEIDER PUBLICATIONS, INC., P.O. Box 37230, Boone, IA 50037-0230

For All You Hard-To-Please, Take-It-To-The-Limit Types, We Have Good News:

Your Drink's Ready.

The innovative, bioengineered formula for Thermo Speed™ has set new boundaries in thermogenic drink technology.

This advanced formula is the ultimate, no-holds-barred. pre-workout energizer. It jolts your metabolism with the researched fat-burning stack of 340 mg of Ma Huang (8% standardized, equals 27 mg of Ephedra), 200 mg of Caffeine and 200 mg of White Willow Bark for intensely focused, supercharged workouts! There's also 100 mg of L-Carnitine and 40 mg of Niacin.

In our pursuit to develop new formulas, we introduced Quercetin to this highly potent drink. Quercetin "evens out" this powerful blend of ingredients so you



won't suffer from the iitters or feel any post workout "crash." There are no calories, no carbs, no sugar, no aspartame and no FTC food coloring in Thermo Speed.™

The truth is, no other drink even comes close. Available in Fruit Punch. Grape, Orange and our new flavor-Lemon-Lime. So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Thermo Speed™-Anything Else is Ancient History.™



WORLDWIDE Bio-Engineered Beverages

No Added Sugar. No Aspartame. No FTC Food Colors.

Available at select GNC Live Well. gyms and bealthfood stores nationwide.

Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com

Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may

& women, all age/wt. groups) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-

3 FEB, NASA Bench Press Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 FEB, USPF Steel City Fitness BP for the Key 4 PKU Foundation (open, class II, mas-ters, women, high school) Jeff Green - Chris Key, 2728 19th Pl. South, Birmingham, AL 35209 205-870-5438

3 FEB, APA Alabama Open BP & DL 941-697-7962, 33927.

3 FEB, WABDL BP/DL Championships (Holiday Inn, Mesa, AZ) Steve Farnworth,

3 FEB, Ladies Night Out (women only - PL, BP, DL) Rick Hussey, 8902 Grant, Omaha, NE 68134, 402-392-2446

4 FEB, NASA Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

4 FEB, SLP Iron House Open PL/BP/DL Classic (Hoopeston, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

4 FEB, WNPF Ohio Championships National Qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm

4 FEB, Pump Total Fitness Open BP (tee open, women, masters) Jeff Davis, 2352 N. US 27, St. Johns, MI 48879, 517-224-2441 10 FEB, USAPL SWT Invitational (Straham Collsseum - San Marcos, TX) Isaac Chapa, 512-393-3209, IC47561@swt.edu

10 FEB, USAPL Nebraska BP Open (Fremont, NE) Tim Anderson, 402-426-0665,

10 FEB, USAPL 3rd Bill Beckwith Memo rial BP/DL (Wayland, MI) Dick Van Eck, 616-521-4031

10 FEB, AAU Missouri St./Bill Clark Classic

10 FEB, ADAU Drug Free Raw 13th East Pyra, 25 Louis Dr., Budd Lake, NJ 07828. 973-691-2695

10 FEB, SLP Mason-Dixon Open BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

10 FEB (new date), USAPL Rhode Island State PL & BP (deadline 1/27/01) David Roderick, 126 Chestnut St., Rehoboth, MA 02769. DR705@mediaone.net

10 FEB, RAW Inc. Central VA Meet, Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-537-

10 FEB, 10th New Castle BP Champion-ships, Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529 10 FEB, APF/AAPF Iron Island Classic PL & BP (open m/f, masters m/f - limited to 1st 60 PLer, 1st 30 BPers) Iron Island Gym, 516-

594-9014 or itb2040@aol.com 10 FEB, APF Nevada State PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-610-4749 (new

10 FEB, NASA Virgina State PL, BP, PS (Charlottesville, VA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

11 FEB, APA Florida Open (Orlando) APA, Box 27204, El Jobean, FL 33927, 941-697-

11 FEB, Open Bench Press Meet, Fran Paino, Oswego State Univ., Oswego, NY 13126, 315-341-2405

11 FEB, WNPF Arizona State/Open PL (Phoenix, AZ) WNPF, Box 142347, Favetteville, GA 30214, 770-996-3418,

17 FEB, Eagle Gym PL/BP/DL, Rick King & Willie Wessels, 2551 Woodson Rd., Overland, MO 63114, 314-423-2525, wes370162@aol.com

17 FEB, WABDL Texas & Louisiana State BP & DL (Clarion Hotel, Houston, TX deadline 2/3/01) Bob Garza, 281-820-5923 17 FEB, NASA Wisconsin State (Marshfield) NASA, Box 735, Noble, OK 73068, 405

17 FEB, USA 'RAW' Bench Press Fed-217-253-5429.

17 FEB, APA Maryland Open (Glen Burnie) APA, Box 27204, El Jobean, FL 33927, APA, Box 2/204, El Jobean, FL 35921, 941-697-7962, apapresident@angelfire.com 17 FEB, Northeast Strongman Showdown (pro/am, 3 wt. classes) Art McDermott, 978-474-1718, highlandstrength@mediaone.net 17 FEB, Iron Society's Budweiser WABDL California State BP/DL, Matt Lamarque, Box 1992, Monterey, CA 93942, 831-277-IRON 17,18 FEB, NASA National High School PL Boys & Girls Team Championshi (Fr., So., Jr., Sr. divisions) Gary Schol 37 Wildwood Dr., S. Charles 45368, 937-568-9116

IPA New York State Ful Power and Bench Meet (all classes, m/f) Joe Giuliano, 14 Stevens Ct., Saratoo Springs, NY 12866, 518 583-7539

18 FEB, Shi YMCA BP (open, master, women, teen) YMCA, 515 48867, 517-725-8136

18 FEB, WNPF Fayetteville Open BP/DL & Ironmar (Fayetteville, NC) WNPF Box 142347, Fayetteville GA 30214, 770-996-3418

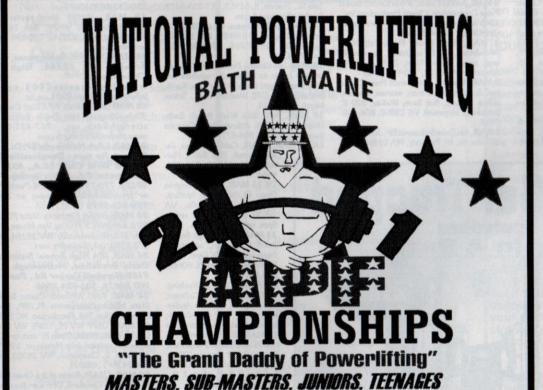
18 FEB, King Fitness Pound for Pound (most reps/tot 07730, 732-335-0911 24 FEB. The Gym Bench Classic, The Gym, 5061 Jefferson Davis Hwy Fredericksburg, VA 22408 540-710-9500

24 FEB. APF Mo 304-344-1928, 545-2664, 727-2593 or Chad Mill 304-344-9314 or 419-5626 24 FEB, Body Factory Parrish, 520 W. Apr Ave., Pen Argyl, PA 18072, 610-893-1090

24 FEB, NASA Ohio State (Springfield) NASA, Box 735, Noble, OK 73068 24 FEB, SLP Southern II

nois Open BP/DI 24 FEB, 11th Winter Cla sic, (new contact) Jon Smoker, 30907 Co. Rd. 16, Elkhart, IN 46516, 219-674

24 FEB, 1st WPO (TM) Orlando, FL) Huge Iron,



MAY 18, 19, 20TH, 2001 **HYDE SCHOOL, BATH, MAINE** FOR INFORMATION CALL RUSS BARLOW (207) 225-5070 OR SHANE MCKENNA (207) 442-0180

IPA 1st Annual WORLD CUP **Bench Press/Deadlift** Championships March 17 & 18, 2001 No Qualifier Needed **Meet Director: John Ford** 68 Westlake Ave. #B Daly City, CA 94014 650-757-9506

904-677-4000, www.hugeiron.com 24 FEB, APA BP & DL Judgement Day, St. Marys Health & Recreation, 499 Spruce St., Suite 13, St. Marys, PA 15857, 814-834-9222, drmtn@penn.com
24 FEB, USPF Kentucky State & Pikeville

Open BP, Don Fields, 1243 S. Lake Dr., stonsburg, KY 41653, 606-886-8604, Itisports.net

24 FEB, WNPF Maryland State/Open PL (Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

wnpf@aol.com
24 FEB, USPF Florida State, Bill Beekley,
4215 Carmen St., Tampa, FL 33609, 813-289-3063

24 FEB, USPF Oklahoma State & Classic PL/BP/DL, Rickey Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689 24,25 FEB, USPF New York State (Buffalo, NY) Mike Wlosinski, Box 1693, ville, NY 14231, 716-688-0575, biaski@localnet.com or Jim Jones 716-

24-25 FEB, USAPL Pennsylvania St. (State College, PA) StevenTMann@yahoo.com or 845-473-5230 (updated e-mail and phone

25 FEB. WNPF 3rd Northeastern BP/DL & Ironman (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-9963418 wnpf@aol.com

FEB, AAU Home of the Champions Bench Press Classic (National Qualifier, Richmond, VA) AAU PCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534.

2,3 MAR NASA Natural Nationals (PL, BP, PS - Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-

3 MAR (new date & phone # correc-tion), AAU BP & PL Open Virginia State (Richmond, VA - National Qualifier) AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534,

aaupcva@cox.rr.com
3 MAR, Arnold Classic World Record Bench Press Competition, Classic Productions Inc., 1245Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600

3 MAR, East Coast Push/Pull Meet oodstock, GA-BP and/or DL, women, jr., teen, open) Stack's Gym, 2375 Hwy 92, Acworth, GA 30102, 770-974-5986

3 MAR, Walker's Gym Bench Press Classic (raw & open - teen, men, women, masters, police, military, fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-

3 MAR, 4th Dave Swiniarski BP, John Flynn, 59 Lake St., W. Peabody, MA 01960, 978-

5385-

Control Squat

And Much More!

on't Get Trapped

Spoterless

Unlock Your Strength With

CREPINSEK 130 Barnheisel Rd Hollister CA 95023 USA

Fits In A Rack

3 MAR, 10th North Penn YMCA Larry Frederick Jr. Memorial Bench Press Chalnge (Lansdale, PA) Steven Unrath, 215-368-1601 ext 230

3,4 MAR, WABDL Pepsi Northwest Regional BP & DL (Doubletree Inn, Spring-field (Eugene), OR) Gus Rethwisch, 541-389-0600, FAX 541-388-1122

4 MAR, USAPL Military Nationals PL/ BP (Killeen, TX) Johnny Graham, 254-526-0779, Jtruck52@hotmail.com

4 MAR, Northern Illinois Open Drug Tested Championships PL & BP & DL, Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 60132, 815-

4 MAR, New Jersey High School Drug Free Championships (Hammonton, NJ) Paul Sacco, 609-567-0046 or 704-2400 Ext. 112

9-11 MAR, USAPL Collegiate Nationals (Holiday Cenvention Center, Alexandria, LA) Duane Urbina, 318-473-4567 10 MAR, 7th Snake River BP & DL, Meet Directors Mike & Linda Higgins @ YMCA 208-523-0600 5-7 MWF, 155 N. Corner

Idaho Falls, ID 83402,

apf_id_mhiggins@yahoo.com 10 MAR, Chief PL Invitational, Santaluces High School, 6880 Lawrence Rd., Lan-tana, FL 33462, Dwayne Kouf, 561-642-

10 MAR, 1st annual Hopewell BP (1 Feb 01 deadline - no entry free - guest speaker) Steve Warren, 4620 Grey Oak Tr., Gainesville, GA 30507, 770-535-0193

10 MAR, NASA Missouri State HS (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

10 MAR, SLP March Madness BP/DL Clas sic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429. netcare-il.com

10 MAR, WNPF Dayton Open BP/DL & Ironman (Dayton, OH) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

10 MAR, All Church Powerlifting Championships (open to all church members and church sponsored teams) Pastor Tony Karlik, Bethany LBC, 233 Westcott Blvd., Staten

10 MAR, APF Bike Week Bench Bash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 10,11 MAR, USAPL California State, Ja-

son Burnell, Box 5453, Her-cules, CA 94547, 510-724-

10,11 MAR, USAPL VIrginia Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before

9pm, valifting@aol.com 11 MAR, Illinois High School (men & women, varsity & frosh-soph) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

11 MAR, USAPL Washington County Open (Ft. Calhoun, NE - PL, BP, DL) Tim Ander-402-426-0665 www.NebraskaPowerlifting.com
11 MAR, SLP Pecatonica Fitness BP/DL Classic (Pecatonica, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429

17 MAR, NASS Metroplex Strongman Challenge (open, teen, masters, men & women Euless, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082,

wwillyh@swbell.net
17 MAR, USAPL Michigan's Elite Qualifier (limited to Michigan's Elite strength athletes - national qualifier) Mike Lawrence, 248-813-9866

17 MAR, Drug Free World Record Breakers BP Challenge, WABDL OK. St. BP/ DL, 2 Man DL Challenge, Eastern OK Bodybuilding (cash prizes - all divs. - Muskogee, OK) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-

17 MAR, 2nd Ron's Gym BP Contest, Ron's Gym, 5131 E. Calla Rd., New Middletown, OH 44442, 330-542-2355 17 MAR, 7th Mon Valley Fitness Center Bench Press Classic BP/DL & BP for reps, MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, mfvc@dp.net

17 MAR, SLP Heath Clifton Memorial BP/ DL Classic (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
17 MAR, USAPL Illinois State / Great Rivers

Open PL/BP (open, masters, teenage, collegiate, police & fire, d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-

17 MAR, AAU National BP & DL, Carroll County H.S. BP, & BP, Curl, Chinup meet (men, women, fire, police, spec. olympics) G. Murphy Jjr., Box 1013, Westminster, MD 21158, 301-759-4707

17 MAR, WNPF Alabama State, Pedro ingsworth, 3500 McFarland Blvd. Northport, AL 35473, 205-333-9952

17,18 MAR, IPA World Cup BP & DL Championships, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-

18 MAR, APF/AAPF Maine St., Scott Blanchard, 41 Cassell St., Lewiston, ME 04240, 207-795-0016

18 MAR, APA CT Open Bench Bash, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com 18 MAR, WNPF Western New York (Nia-gara Falls) national qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm

18 MAR, WNPF Northeastern PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch, www.supergames2001.co.nz,

info@supergames2001.co.nz 24 MAR (new date), APA East Coast PL (Chincoteague, VA) Gayle Schroeder, strength@exis.net, 757-481-6963,

www.powerandstrength.com
24 MAR, I.S.A. Nationals (BP/DL&BP 24MAR, I.S.A. Nationals (BP/DL& BP Bodywt. for reps - Douglasville (GA) Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299

24 MAR, NASA Kentucky State PL, BP, PS (Lexington, KY) Greg Van Hoose, RT 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

24 MAR, IPA High School Nationals David Bradshaw, McDonough H.S., 7165 Marshall Corner Rd., Pomfret, MD 20675, 301-934-2944 24 MAR, AAU All-South Classic & N.C.

24 MAR, AAU All-South Classic & N.C. State Masters/Submasters PL/BP, Sandy Lemonds, Box 704, Randleman, NC 27317
24 MAR, USPF WV PL/USPF WV Single Lift SQ & DL/Holley Open BP and/or DL (3 separate contests) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744, 2415

24 MAR, USAPL Battle of the Great Lakes IV (PL & BP - Cleveland, OH - men & women: open, HS (fr-so) & (jr-sr), 20-23, masters, collegiate, police, military, fire, novice) Gary Kanaga, 6346 Chestnut Hills Dr., Parma, OH 44129, 440-884-7608, bench500@msn.com

24 MAR, USPF New Hampshire State sidents only) & New England Open PL/ BP (all lifters welcome) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

24 MAR, USAPL Iron Man Bench, Deadlift

aker, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, 24 MAR, NASA Texas State (Longview) July 15 Mastering the Bench Aug. 25 Westside Seminar Aug. 26 Mastering the Squat Oct. 6 Westside Seminar Oct. 7 Mastering the Bench Nov. 3 Westside Seminar Nov. 4 Mastering the Squat Dec. 8 Westside Seminar Dec. 9 Mastering the Bench

Jan. 20 Westside Seminar

Jan. 21 Mastering the Bench

Feb 24 Westside Seminar

Feb. 25 Mastering the Squat

April 7 Westside Seminar

April 8 Mastering the Bench

May 26 Westside Seminar

May 27 Mastering the Squat

June 9 Mastering the Squat

July 14 Westside Seminar

Mastering the Bench

On Site Seminars

Albany, NY Jan. 27 Cutting Edge Sports Science West Palm Beach, FL

Feb 10 Santaluces High School Spring, TX

Feb. 3 Powerhouse Gym Lock Haven, PA

March 3 Lock Haven University Tallahassee, FL

March 10 Fahey's Gym Seattle, WA

March 31 Gold's Gym Ontario, Canada April 28 Good Life Fitness Lexington, SC May 12 Waites Fitness Tulsa, OK July 21 Eastside Gym Sacramento, CA Aug 11 24 Hour Fitness Reno, NV

Sept 22 Fitness Factory Act fast to avoid being shut out! For More Information: www.eliteFTS.com

Elite Fitness Systems

1695 Itawamba Trail London, Ohio 43140

888*854*8806

QUEST NUTRITION

Find out what some of the top level athletes are taking!!!

> Mike Mastrean - 2000 AAU World Champ -1940 @ 198!!



Synergy

- 34a Protein - 5 g Creatine

- 3 g Glutamine

Quest Whey

- 24g Protein - 1 g Sugar

- 40 mg Sodium

Creatine

Glutamine

Quest RX

Questalean

Now Available: HARD CORE

"The Ultimate Anti-catabolic" -HMB -Glutamine -MSM

Call for informative brochure!!

Tel: (770) 495-0787 Fax: (770) 497-1817

Online ordering available soon!

QUEST NUTRITION 3000 Mattison St. NW Duluth, GA 30096

STRAIGHT TALK FROM STRANGE PEOPLE

Jamie Harris

Let me be honest. We don't make clothes for everyone in the gym because we're not like everyone in the gym. We don't do "normal."

f you just do "some light training to stay in shape," We don't understand you. In fact, when you're in the gym - you're probably in our way. (Stay out of the way, and get your clothes at Wal-Mart.)

If you're Psycho-obsessive about your workout, we understand. Our eves bleed too. If your woman (or man) threatens to leave you because you're "unbalanced", we can relate. If you are a hard-core, serious-lifting, gym-rat: we have your gear. Attitude comes in a HOUSE OF PAIN box.

Need a gym bag with your name embroidered on it? We're the only game in town. Want tanktops? We have 4 different cuts, with sizes and colors to cover anyone. Need shorts or pants? We have options. We've got a variety of choices for jackets, gym-bags, and supportive gear. T-shirts? We have the wildest "Design T's" on the planet. Yes, they all have the HOUSE OF PAIN logo on the left chest, and they will turn heads.

If you're hard-core, we sell everything you need!

No, we don't make clothes for everyone. We don't do ordinary. But if you are serious, we can definitely put some attitude in your workout. And yes, our clothes get attention guaranteed Try some you'll see





1 888 463 7246 1 888 H OF PAIN FAX 1-972-772-5644

www.houseofpainironwear.com

HOUSE OF PAIN P.O. BOX 333 FATE, TX 75132

NASA, Box 735, Noble, OK 73068, 405-

24 MAR, SLP Missouri State 'Raw' PL/BP/ DL, (Fredricktown, MO) Son Light Power, 122S. Sale St., Tuscola, IL 61953, 217-253-

24 MAR, Oregon APF Rage for Records BP/DL (state/national)+, Big Bear's Gym 136 SE 1st, Newport, OR 97365, 541-574-4507, dozer2000@hotmail.com
24 MAR, WNPF S.C. State/Open PL

(Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

24 MAR, NASA Police & Fire Nationals, James Duree, 5619 Pawnee Ave., Kan-sas City, KS 66106, 913-596-7326 24,25 MAR, APF California State PL/BP (Fresno, CA) Bob Packer, 559-439-4394

24,25 MAR, USAPL Oregon State (Open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520,

24,25 MAR, ADAU Great Lakes PL (men & women - all ages - all wt. classes) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-

25 MAR (NEW DATE), USPF Rhode Island Championships (PL/BP), Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-

25 MAR, WNPF Charlotte Open BP/DL & Ironman (Charlotte, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

30 MAR, Immaculate Heart of Mary Spring BP, Ron DeAmicis, 6531 New Rd., Youngstown OH 44515, 330-792-6670

30 MAR - 1 APR, USAPL High School Nationals PL (Ft. Hood, TX) Johnny Graham, 254 Jtruck52@hotmail.com 254-526-0779.

30 MAR - 1 APR, 100% Raw BP Nation als (men & women, all age/wt. groups) Dave Lhota, 250 Peninsula Dr. Indian Lake, Central City, PA 15926, 814-754-8306

31 MAR, (verified date) Immaculate Heart of Mary Spring Bench Press, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

31 MAR, 21st APR Central Ohio Open BP (open, masters, teen, women) Doug Glitt, 9955 Shepherd Rd. #F-9, Lockbourne, OH 43137 614-492-0856

31 MAR, Bench Press for the Sky (Blg

Rock, IL) Wayne Shadix, 630-892-6715,

sey High School, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-

31 MAR (NEW DATE), USPF New Jersey State, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-1260,

31 MAR (new date), WNPF Virginia State/Open PL (Richmond, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-

31 MAR (NEW DATE & TITLE), Lawrence Garro Memorial WNPF BP/DL & USPC Power Curl Championships, Brian Washington, Box 20042, Baltimore, MD 21284 ecpower@bellatlantic.net 410-265-

31 MAR, USPF Georgia State PL (residents only) & Deep South Open BP (Forsyth, Burwell Ave., Adel, GA 31620, 912-896-3988 (w), after 7 pm 896-3889,

bduke@surfsouth.com 31 MAR, SLP Powerhouse Open BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

5429, Sonlight@netcare-il.com 31 MAR, 3rd Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608

1 APR (new date & contact) 12th Cabin Fever DL & BP, Jon Smoker, 30907 CR 16 W., Elkhart, IN 46516, 219-674-6683

1 APR, 2nd annual Pittsburgh Area Monster BP and/or DL (men & women - all classes/ divs. - cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Springwater Ct. Moon, PA 15108, 724-457-2708

3.4 APR. IPF World Masters BP (Lux-

7 APR, Iron Warriors Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

7 APR, 11th annual Weightlifting Unlim-lted BP, Randy Brooks, 525 Whitacre St., Winchester, VA 22601, 540-667-6288 6-

7 APR, Slamfest 2001 BP Meet, Cimmeria Gym, 412 S. Mitchell St., Cadillac, MI 49601, 231-779-4961 (Tom Skiver) 7 APR 4th AAIJ Haunii State PI /RP

31 MAR (NEW DATE), USPF North Jer-**HUGE IRON Powerlifting Schedule**

> February 24, 2001 - WPO (TM) Qualifier (Universal Studios, Orlando, FL)

YEAR 2001

June 6,7, 2001 - AAPF National Champions (Las Vegas, NV)

June 23,25, 2001 - APF Senior Nationals (Ormond Beach, FL)

July 21, 2001 - WPO (TM) Semi-FinalsQualifier (Universal Studios, Orlando, Florida)

August 6, 2001 - Police & Fire Nationals (Las Vegas, NV)

November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando, FL)

All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue, Daytona Beach, FL 32176, (904) 677-4000

anaole Hwy, Walmanalo, HI 96795, 808-

7 APR, NASS Dino Day VII (open, teen, masters, men & women - Columbus, OH) Osborne, 614-481-9839,

7 APR, USAPL 4th Capital City Push/Pull Classic (Lansing CC, Lansing, MI) Jeff Buchin, 517-483-1227, 669-9368 (eve)

7 APR. USA 'RAW' Bench Press Federation Spring Na-tionals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com
7 APR, WNPF Pennsylvania State/Open PL (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 7-8 APR, Beast from the East

Bench Press Wars, Johnny Griffith, 2306 Glascock St. Raleigh, NC 27616, 919-833-9493 or 919-872-6648.

www.mdacow@aol.com 7,8 APR, NASA High School Nationals (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513 7,8 APR, WPA Worlds (Lancaster, PA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

7,8 APR, Power Palooza (PL, BP, DL - all div./wt. class Eugene Rychlak, 1432nd Ave. Roversford, PA 19468, 610-

8 APR, New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101,865 Second St., Manches ter, NH 03102, 603-626-5 4 8 0 usabodybuilding@aol.com

8 APR, SLP Primetime Fitness Spring BP/ DL Classic (Crestwood City, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
14 APR, NASS Delta Upstlon's Tri-State

Strongman (novice & open, 225 & under and over 225 - Canton, OH) Pete Hettinger,

14 APR, IPA 1st annual Woodmen Open BP, Woodmen of the World Bldg., 272 Power House Rd., Moncks Corner, SC 29461, Floyd Powe, 843-875-1434, Kuonte13@aol.com

14 APR, NASA Tennessee State (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 APR, 9th Red Baron BP, Corning Community College - Attn: Intramural & Recreation, 1 Academic Dr., Corning, NY 14830, Deb Prutsman, 607-962-9476

21 APR, The Training Center's 5th Strong-man Contest, John Green, 102 Beaver Court East, Bear, DE 19701, 302-322-0926, JSmith3287@aol.com

21 APR, ADAU PA State (men's open, teen, jrs.) Nick Theodorou, Nutritional Technolo-, 5 Stonecroft Dr., Easton, PA 18045,

gies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com
21 APR, NASA Indiana State (Indianapolis)
NASA, Box 735, Noble, OK 73068, 405-

21 APR, SLP Effingham Open BP/DL Classic (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
21 APR, USPF Alabama State PL, South-

eastern Regional PL & BP, Alabama High School PL, Alabama Special Olympics for Keys 4 PKU Foundation (open, class II, mas-ters, women, high school) Jeff Green/Chris Key, 2728 19th Pl. South, Birmingham, AL 35209 205-870-5438

21 APR, WNPFWestern Pennsylvania (Black Hawk High School, Beaver Falls, PA) national qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792IIGHEST QUALITY SUPPLEMENTS DIRECT!! NO MIDDLEMAN! Free 48 Page WHOLESALE Catalo ibing our 50 one-of-a-kind

> CALL 1-800-798-9798
> TOLL FREE CATALOG ORDER HOTLINE Fitness Systems Manufacturing Corp. 104 Evans Ave. Dept. PL0201 Reading, PA 19608 1-800-822-9995 or Phone/Fax 1-610-670-0135

6670 after 5pm 21 APR, USAPL Missouri State/Ozark Open PL/BP (men & women - full meet - open master, teen, novice; BP-open, master, teen Mike Cissell, 15 Lakeside Dr. Lake St. Louis, MO 63367, 636-625-1225 ((8-10pm)

21 APR, Spring Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 21 APR, Iowa/Midwest Open BP/DL, Trap DL (Open, Novice, Teen, Submaster, Master, Women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

21 APR, WPO (TM) Qualifier (location tba), Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 21,22 APR, Monster Muscle.Com World

Record Breakers (Doubletree Hotel, Pasco, WA) Gus Rethwisch, 541-389-0600, fax

21,22 APR, Budweiser WABDL World Record Breakers (Doubletree Hotel, Pasco, WA) Gus Rethwisch, 541-389-0600, FAX 541-388-1122 27-29 APR, AAPF Nationals and APF

Police & Fire Nationals, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-610-4749 27-29 APR, 100% Raw Elementary Middle, High School, Collegiate Nation

jr. age groups & wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

28 APR, 22nd Raw Drug-Free *Powerday* BP & DL Classic (separate meets, no total - open, teen, jr. submaster, master) Siegel Enal@pikitup.com

28 APR (new date), IPAE. Coast BP & DL Nationals, Competitive Edge, 33501-A Lake Rd., Avon Lake, OH 44012, Drew Lindsley,

28 APR, USAPL Heavy Metal Classic Full Meet, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156,

28 APR, NASA North Carolina State (Hickory) NASA, Box 735, Noble, OK 73068,

28 APR, SLP National BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com
28 APR, APF/AAPF Iron Island Spring BP & DL (separate meets - open m/f, masters m/f - limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com)

Ravenswood, WV 26164, 304-273-2283,

graving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

440-930-2272, lindsley@apk.net 28 APR, USPF Montana State Open, James

Greene, 1903 Kensington, Missoula, MT 59801, 406-542-7002

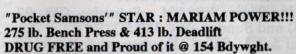
28 APR, USPC Spring Classic Push Pull BP/DL (Seminole, OK) Shane Williams, RT. 1, Box 149, Wewoka, OK 74884
28,29 APR, NASA West Virgina State PL, BP & PS, Greg Van Hoose, Rt. 1 Box 166,

28,29 APR, AAU USA BP & DL (Best

Western Image Suites - Moreno Valley, CA - World BP qualifier - open, lifetime, masters, life masters, jr., submasters,

Pocket Samson

BENCH PRESS Sat. March 17, 2001 North Carroll H.S., Hampstead, Md. T.V. Radio, Newspaper coverage Oct. 2001 Worlds, Puerto Rico qualifer





03/17/2001 All Weight Classes & Divisions INFO: 1-800-444-7321 Mr. McKenna **Carroll County Heritage Foundation** "Pocket Samson" Post Office Box 1013, Westminster, Maryland 21158-1013, 301-759-4707



2001 USPF Master and Submaster **National Powerlifting** Championships May 12 & 13, 2001 Plaza Hotel & Casino - Las Vegas, Nevada

For more information call Steve Denison 661-664-7724, Email: pwrlftrs@msn.com. Chris Kostas 661-245-0115. Get entry form by going to www.powerliftingca.com

law/mil, physically challenged for men and women, all classes - raw & equipped, youth teen raw only. Entry deadline 4/ 1/01) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, NTRLY APP UNDER PROMISE OF THE PROMIS

28,29 APR, WNPF Pan-AM PL (West Palm Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

wnpf@aol.com
29 APR. USAPL All-American Invitational BP, Power Gym (Taylor, PA) Joe Moceyunas 570-562-3642, Bob Granko 570-342-0668 29 APR, AAU New York State, Tom Gunthorpe, 512 Stone St., Onelda, NY 13421, 315-363-2171 or Mark Kodya 315-363-6084

APR, PPL Spring Classic Drug Free PL, Tee Meyers, 2250 Lumpkin Rd., Augusta, CA 30906, 706-790-3806, pythongym@aol.com 4-6 MAY, USAPL National Masters (Killeen, TX) Johnny Graham, 254-526-0779, Jtruck52@hotmail.com

0779, StruckSzenotmali.com 5 MAY, USAPL 5th Detroit Rock City PL (Total or Stay Home - Powerlifters Only -Specialists Not Allowed - Detroit, MI) Mike Lawrence, 1175 W. South Blvd., Troy, MI 48098, 248-813-9866

5 MAY, ADAU 19th Drug Free New Jersey Raw PL & Raw BP/DL & Raw 2 Lift for Total, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

5 MAY. Southern States BP (open, worr teen, novice, masters, police & firefighters) Weightlifting Equipment of GA, 150 Sage-brush Rd., Stockbridge, GA 30281, 770-

5 MAY, Busybodies Fitness BP/DL (North Bend, OR) Dave Cheek, 541-751-9505 5 MAY, 2nd Spring Bench Press, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

5 MAY, USAPL Maine State Open PL & BP (Union, ME - men & women open, submaster, grandmaster, teen, police & fire) Mark Clevette, Box 506, Warren, ME 04864, MJclevette@cs.com
5 MAY, Clarion Barbell's Pennsylvania

State Open PL/BP, Mark Watts, 105 Crestmont Dr., Shippenville, PA 16254, 814-227-2041, mjwatts53@hotmail.com 5 MAY, NASA Missiouri State (Carthage) NASA, Box 735, Noble, OK 73068, 405-

5 MAY, SLP Indiana State BP/DL (Frankfort, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com
5 MAY, APA Great Lakes Open BP, DL, Push-Pull (Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

5 MAY, WNPF BP/DL & Ironman Nationals (Las Vegas, NV) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 5,6 MAY, Strongest Man in New York (The Bronx) Marc Seda, 800-322-0766,

strongmanInyc@aol.com
6 MAY, SLP Southeast Iowa BP/DL alville, IA) Son Light Power, 122 S. Sale

St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
6 MAY, G.B.C. Barbell's 8th "No Druggies

Allowed BP" (equipped & raw) Bob Ve 826 Hazelwood Ave., Pittsburgh, PA 15217 12 MAY (new date), Blue Ridge Strong-man/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932

before 9pm, valifting@aol.com
12 MAY, NASA Kansas State (Wichita) NASA, Box 735, Noble, OK 73068, 405-

527-8513 12 MAY, SLP Cross County Mall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com 12 MAY, APF Venice Beach Strict Curl, Venice Beach Rec. Ctr., 310-399-2775

12 MAY, WNPF American PL Champi onships (Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 12 MAY, AAPF Florida State PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL

32176, 904-677-4000

12 MAY, USPF Collegiate Nationals (Beaver College - Glenside, PA - open to full time graduate and undergraduate college or university students) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net

12,13 MAY, Strongest Man in New York (Queens) Marc Seda, 800-322-0766, strongman1nyc@aol.com
12,13 MAY, WABDL Twin Lab North

nerican BP & DL (Holiday Inn Select North, Dalls (Irving) TX) Gus Re-thwisch, 541-389-0600, fax 541-388-

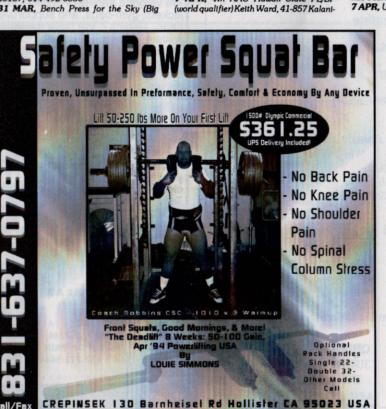
12, 13 MAY, TwinLab North American BP & DL (Holiday Inn Select North, Dallas (Irving), TX) Gus Rethwisch, 541-389-0600, FAX 541-388-1122 12,13 MAY, USPF Master & Submaster Nationals (location tbd) Steve Denison, 661-664-7724, email pwrlftra@delinet.com, www.powerliftingcalifornia.com Chris Kostas - 661-245-0115.

13 MAY, 6th USPF American Open BP Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net 18-19 MAY, WABDL Alabama St. BP & DL (Gadsden, AL) Rich Hagedorn, 256-442-1271

18-20 MAY, NAPF North American Championships (Minneapolis, MN) Steve Gavin, 612-207-4796, stevegavin@hotmail.com 18-20 MAY, APF Master, Sub

Junior, Teenage Nationals, Russ Bar-low, 175 Kennebec TR., Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180

19 MAY, Canadian PL/BP Champion ship (LCC Barn, Lethbridge Community College, Letheridge, Alberta, ice Greig, 403-938-3067, FAX 403-



19 MAY, NASS Missouri Strongman Contest, Willie Wessels, Rick King & Jim Davis, 2551 Woodson Rd., Overland, MO 63114, 314-609-6031, dwes37016@aol.com

19 MAY, 2nd Firehouse Strongman contest, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com
19 MAY, 10th USAPL Rocky Mountain

States PL & Big Cat BP, Fitness Inc., 1800 Garrett Way #19, Pocatello, ID 83201, 208-

19 MAY, NASA New Mexico State (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

19 MAY, Lifetime Natural Powerlifting Society Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-

19 MAY, WNPF Mid-NY State BP/DL & Iron Man (Binghampton, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-

19,20 MAY, AAU National Powerlifting Combined Championships (teen, open, submaster, master, youth equipment & raw) Larry Kye, 114 Chickasaw Pl., Jacksonville, AR 72076, 501-982-7668

19,20 MAY, Strongest Man in New York (Manhattan) Marc Seda, 800-322-0766, strongman I nuc@gol.com

20 MAY, 19th USAPL Viking Open (men, women, teen, jr., master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-

20 MAY, SLP Hard Core Gym BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com

20 MAY, WNPF Lifetime Drug Free National BP/DL & Ironman & New England States BP/DL/Ironman (Danbury, CT) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
23-27 MAY, IPF Women's Worlds (Usti

Event Date: May 19-20, 2001

(\$15.00 fee for late entries)

Place, Jacksonville, AR 72076

Distance approximately 23 miles

1) Turn right onto Airport Road

Merge onto I-440 W.

Merge onto I-30 E

towards MFMPHIS

\$48.88 plus tax

Take the I-440 West ramp

2)

Little Rock Airport to Meet Site

number 138A towards DOWNTOWN

Merge onto I-40 E/US-67 N/US-167 N.

Site: Little Rock Air Force Base, 6th Street

Building 1220, Jacksonville, Arkansas

Meet Director: Larry Kye (501) 982-7668

Entry Fee: \$45.00 per lifter/\$45.00 per team

Entry Deadline: Postmarked by May 10, 2001

Mail Entry: ATT: Larry Kye, 114 Chickasaw

Eligibility: AAU Lifters - Teens, Open, Submas-

Take the I-30 EAST/US-65 NORTH/US-167 NORTH exit

Take the US-67 N/US-167 N/I-40 exit, exit number 143B.



see www.usapowerlifting.com for meet information

A.A.U. NATIONAL POWERLIFTING COMBINED CHAMPIONSHIPS

Nad Labem, CZ)
26 MAY, WABDL Capitol City BP & DL
(Gold's Gym - Sacramento, CA) Jody
Woods, 916-431-5503

26 MAY, NASA East Texas State (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513

26,27 MAY, Strongest Man In New York (Brooklyn) Marc Seda, 800-322-0766,

(Brooklyn) Marc Seda, 800-322-0766, strongman1nyc@aol.com
MAY, NASA Pennsylvania State PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, RT. 1
Box 166, Ravenswood, WV 26164, 304-273-2283, gbhl@wireftre.com
2 JUN, 6th AAU Suburban North YMCA
BPDI Classic (Catague, PA) Scott Near

BP/DL Classic (Catasqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-8714, Snace@hotmail.com or Nick Theodorou (610-258-1894)

2 JUN, Minnesota St. BP/DL (open, teen 915 & under, 16-17, 18-19), masters (40-

Approximate Travel Time 33 minutes

residents allowed, The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064

2 JUN, WNPF Teen, Jr., Submaster, Masters Nationals & Texas State PL (Dal-las, TX) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 2 JUN, APF Florida State Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

2,3 JUN, Strongest Man in New York (Staten Island) Marc Seda, 800-322-0766, strongman1nyc@aol.com

2,3 JUN, NASA Masters & Subn BP only & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

ters, Masters, Youth

Weigh-in: 6:00PM to 7:00 PM Fri., May 18;

7:00AM to 8:00AM Sat., May 19; 6:00PM to

7:00PM Sat., May 19; 7:00AM to 8:00AM Sun.,

Rules Meeting: 8:30AM Saturday, May 19, 2001.

Starting Time: 9:00AM - Saturday (Wt. 97-

8:30AM Sunday, May 20, 2001

8) Take US-67 N/US-167 N

BASE

Turn Left

10)

11)

12)

Recommended Hotel: CRANBURY INN 2110 JOHN HARDIN DR. JACKSONVILLE, AR (501)985-7666

198.4) and Sunday (Wt. 220.5-319.7)

Take exit 11, towards AIR FORCE.

Stay straight to go onto Vandenberg

Merge onto TP White Drive

Turn slight left onto Evans

St/Vandenberg Blvd.

1.1 | 13) | Turn Left onto Arnold Drive

Rules: A.A.U. Rules - Equipment & Raw

6,7 JUN, AAPF National Championship (Las Vegas, NV) Huge Iron, 910 S. At-lantic Ave., Ormond Beach, Fl. 32176, 904-677-4000, www.hugeiron.com 8,9 JUN, WNPF American BP & DL

(men, women, masters, junior, teen) Brian Washington, BOX 20042, Balti-more, MD 21284, 410-265-8264,

ecpower@bellatlantic.net 8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wpfg.org.

9 JUN, NASS Tennessee State Strongman (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-

352-1378, heavydutybubba@aol.com 9 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

9 JUN, APF Venice Open BP, Venice Beach

Rec. Ctr., 310-399-2775

9 JUN, WNPF Tennessee State/Open PL (Nashville, TN) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

(Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

16 JUN, WABDL N. Dakota & Minnesota

State BP & DL, Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764, 361-1141

16 JUN, INSA USA Championship Plano, TZX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness 817-268-3488

16 JUN, 2nd Raw Summertime DL, Graham Bartholomew, 301-893-8290 after

8:30PM, Grahambo@libertybay.com
16 JUN, USA 'RAW' Bench Press Federation Summer Nationals (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

107

0.0

Sonlight@netcare-il.com

16 JUN, USAPL Eastern USA Open BP,
USAPL National Squat, John Shifflett,
Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
23 JUN, NASA WV Open PL, BP, PS Buckhannon, WV) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com 23 JUN, APF Central California Open &

Novice PL/BP (Fresno, CA) Bob Packer.

23 JUN. WNPFRoanoke Open PL (Roanoke VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 23,24 JUN, USAPL Men's Teen & Jr.

Nationals B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692 23,24 JUN, TwinLab World Cup BP & DL Championships (Holiday Inn Airport Hotel, Portland, OR) Gus Rethwisch, 541-389-0600, FAX 541-388-

23,24 JUN, AAU World BP (Rancho 23,24 JUN, AAU World BP (Rancho Buena Vista Performing Arts Center, Vista, CA - open, lifetime, masters, life masters, jr., submasters, law/mil, physically challenged for men and women. All classes for raw and equipped. Youth teen raw only. Entry deadline 5/30/01) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, NTD INDICADS NET. 92567, NTRLPWR@PE.NET

23,24 JUN, APF Senior Nationals, Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000,

23,24 JUN, WNPF Lifetime Nationals, Ron DeAmicis, 6531 New Rd., Young-stown, OH 44515, 330-792-6670 af-

ter 5pm 23,24 JUN, West Coast Open (Ocean Front Hallmark Resort) Big Bears Gym, 136 SE 1st, Newport, OR 97498, 541-574-4507,

24JUN, NASS Thick Bar Worlds (open, teen, masters, men & women - Hurst, TX) Bill Holland, 300 W. Northern

TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@subell.net 24 JUN, WNPF Ralph Peace Memorial BP/DL & IronMan, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

wnpf@aol.com
30 JUN, Intl. Bavaria Cup DL (women,men, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany 0871-77575,

greka@t-online.de JUN, I.S.A. Intl. Strength Challenge Power Clean/BP/DI & State BP, I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.comor Keith 770-949-

7 JUL, NASA Tennessee Classic (Nashville) NASA, Box 735, Noble, OK 73068, 405-

527-8513
7 JUL, WNPF USA BP/DL & Ironman
(Bordentown or Atlantic City, NJ) WNPF,
Box 142347, Fayetteville, GA 30214,
770-996-3418, wnpf@aol.com
7 JUL, APF Florida Push/Pull in Memory of
Lawrence Monberg, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4009

7,8 JUL, Twin Lab WABDL World Cup BP & DL (Holiday Inn Airport Hotel, Portland, OR) Gus Rethwisch, 541-389-0600, fax 541-388-1122

8 JUL. WNPF Can-AM PL (Detroit, MI) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 12-15 JUL, USAPL Men's Nationals (Omaha, NE), James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

13,14 JUL, Strongest Man in New York Finals, Marc Seda, 800-322-0766,

strongman1nyc@aol.com

14 JUL, 3rd Summer Slam Push/Pull,
Jamie Fellows, Box 375, Belmont, NH
03220, 603-267-8158

14 JUL, NASS SW USA Strongman Challenge (open, teen, masters, men & women - Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, e-mail wwillyh@swbell.net 2001 A.A.U. World Bench Press



Championships June 23-24 2001

Rancho Buena Vista Performing Arts Center Vista, Ca. A 600 seat theatre with raised stage Men and Women - Open, Lifetime, Masters, Life Masters, Jr., Submasters, Law/Mil, Physically Challenged. All classes for Raw and Equipped. Except Youth and Teen -- Raw only Entry Deadline 5/30/01

Martin Drake, Natural Power, PO Box 108, Nuevo, CA 92567 909-928-4797 NTRLPWR@PE.NET

14 JUL, ANPPC World Cup (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com
14 JUL, APF Venice Beach Open DL,
Venice Beach Rec. Ctr., 310-399-2775 15 JUL, 17th Raw Drug Free "No Boys Allowed" (Pennsylvania - women's men submaster, men master state PL meet residents only, plus open meet - same categories) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

15 JUL (new date), WNPF USA PL Championships (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
21 JUL, NASA Tri-State Natural (Mono

lift for squats, no entry fee for special olympians, PL, BP, PS) Smitty, 508 E. 5th St., Flora, IL 62839, 618-662-3413 1-8pm

21 JUL, USAPL 4th BP & DL Battle on the Beach (BP, DL, IronMan-Metro Beach, Mt. Clemons, MI) Mike Lawrence, 248-813-

21 JUL. NASA Grand Nationals (Hickory, NC) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 JUL, WPO (TM) Semi-Finals Qualifier (location tha) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 27-28 JUL, TwinLab WABDL National BP & DL Championships (Sheraton Hotel, Birmingham, AL) Gus Reth-wisch, 541-389-0600, FAX 541-388-27-29 JUL, 100% Raw Sr. Nationals

(men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ava. NW#903, Washington, DC 20008, 202-282-0528

28 JUL, NASS Minnesota State Strongman (open, teen, masters) Jeff Bissonnette, 14733 60th St. N., Stillwater, MN 55082, 651-430-9594. Jackie_jeff1@msn.com

28 JUL, SLP Frankfort Hotdog Festival BP/DL (Frankfort, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com

28 JUL, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

28 JUL, WNPF Raw Nationals & North American Championships (Anaheim, CA) WNPF, Box 142347, Fayetteville, 30214, 770-996-3418,

28,29 JUL, Twin Lab WABDL Nation BP & DL (Sheraton Hotel, Birmingham, AL) Gus Rethwisch, 541-389-0600, fax 541-388-1122

JUL, Powermania Drug Free Champion-ships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

pythongym@aol.com
JUL, I.S.A. 3rd Limestone Classic BP/DL (Bedford [IN] Boys Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Steve 812-279-

JUL, Madison Co. Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

valifting@aol.com
4 AUG, SLP Ohio State Fair BP/DL (Columbus, OH) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

4 AUG, APF Vench Beach Push/Pull PL,

Venice Beach Rec. Ctr., 310-399-2775 4 AUG, WNPF New Jersey State/Open PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

5 AUG, WNPF Newark Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, 6 AUG, Police & Fire Nation

Vegas, NV) Huge Iron, 910 S. Atlantic

St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
25,26 AUG, USAPL Lifetime Nation

677-4000, www.hugeiron.com 10,11 AUG, WABDL Twin Lab Natio BP/DL (Sheraton Hotel, Birmingham, AL) Gus Rethwisch, Box 5295, Bend,

11 AUG, WABDL Alki Beach BP & DL &

Strongman Contest, Bull Stewart, 206-723-4698

11 AUG. INSA North American Chan

11 AUG, INSA North American Cham-pionships (Mesa, AZ-PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fit-

(Columbus, OH) Nick Osborne, 614-481-

9839, nick@phostraining.com
11 AUG, WABDL Alki Beach BP & DL &

Strongman Contest, Bull Stewart, 206 723-4696

11 AUG, USAPL N.J. Bench Press Open, Pro Fitness, 350 Rte 46, Rockaway, NJ

07866,973-627-9156, www.profitness.com 11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Son Light Power, 122 S. Sale

St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com
11 AUG, Green County Strongman/woma

John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

valifting@aol.com 11,12 AUG, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

12 AUG. SLP Missouri State Fair BP/DL

(Sedalia, MO) Son Light Power, 122 S. Sale

St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com
17-21 AUG, IPF World Games PL (Akita

Japan)
18 AUG, SLP Indiana State Fair BP/DL

(Indianapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com

18 AUG, WNPF Central SC Open BP/DL & IM (Columbia, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

18.19 AUG. 8th AAPF/APF Snake River

18,19 AUG, SIA AAPP/APP Shake Riber PI & BP, Mike & Linda Higgins c/o YMCA, 155 W. Corner Aue., Idaho Falls, ID 83402, MWF 5-7, 208-523-0600, apf_Id_mhiggins@yahoo.com 19 AUG, SLP Illinois State Fair BP/DL

(Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429.

Sonlight@netcare-il.com

19 AUG, WNPF Tarheel Open BP/DL &

Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-

25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Son Light Power, 122 S. Sale

John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

26 AUG, WNPF Grand Canyon Open BP/ DL & Ironman (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-

3418, wnpf@sol.com 25,26 AUG (date and location up-date), AAU Raw Nationals & North American BP (Radisson Hotel, San Bernardino, CA)-open, lifetime, mas-ters, life masters, jr., youth, teen, submasters, law/mil, phys challenged for men and women) Mar-tin Drake, Box 108, Nuevo, CA 92567,

tin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, NTRLPWR@PE.NET AUG, NASS Dino Day VIII - Ohio Valley Strongman (Columbus, OH) Nick Osborne, 614-481-9839, nick@phostraining.com AUG, AAU Nevada/California & Utah High School PL & BP Regionals on Friday before AAU Raw Nationals (youth, teen (14-15, 16-17, 18-19)) Mike Grajek, 702-498-9867, grajek@siega.com

2 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, ht@netcare-il.com

8 SEP. WABDL N. California BP & DL (San Francisco, CA) John Ford, 650-757-

8 SEP, WABDL Northern California BP & DL (San Francisco, CA) John Ford, 650-757-9508

8 SEP, USAPL Deadlift Nationals (Holi-8 SEP, USAPL Deadlift Nationals (Holi-day Inn North, Newark, NJ) Pro Fitness, 350 Rts 46, Rockaway, NJ07866, 973-627-9156, www.profitness.com 8 SEP, SLP Tennessee State Fair BP/DL

(Nashville, TN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

8 SEP, APF Venice Beach W. Coast Open BP, Venice Beach Rec. Ctr., 310-399-2775 Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

15 SEP, USAPL Michigan Hall of Fame (BP, DL, PL) Dick Van Eck, 616-521-4031 15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513

15 SEP, SLP Village Square BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com

16 SEP, SLP lowa State BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-

21-23 SEP. 100% Raw Deadlift Nation als (men & women, all age/wt. classes)
Dave Lhota, 250 Peninsula Drive Indian
Lake, Central City, PA 15926, 814754-8306

22 SEP, 1st Fall Strongman Challenge, Graham Barthlolomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com 22 SEP, NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

22 SEP, SLP OPEN NATIONAL POW-ERLIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuscola, 61953, 217-253-5429, Onetcare-il.com

22,23 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Au-rora Rd., Bedford Hts., OH 44146, 440-439.5464

23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com
29 SEP, WABDL Washington State BP &
DL (Hoquian, WA) Don Bell, 360-533-

29 SEP, NASA West Texas Regional (Lubbock) NASA, Box 735, Noble, OK 73068,

30 SEP, SLP NATIONAL 'RAW' POW-ERLIFTING CHAMPIONSHIPS (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-

SEP, I.S.A. Regional BP & BP bodyweight for resps (Douglasville [GA] Boys & Girls) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Kelth 770-949-9299

SEP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513

SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

6 OCT, 1st NH Record Breakers, Ja ws. Box 375, Belmont, NH 03220, 603-267-8158

6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-

527-8513 6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-

7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

MEET DIRECTORS... there are HUNDREDS of meets for readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We even do the typesettingforyou-FREE!!

apapresident@angelfire.com 13 OCT, NASA Tennessee Regional (Nash-ville) NASA, Box 735, Noble, OK 73068, 405-527-8513

13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com

16-21 OCT, IPF World Masters (Moose

20 OCT, 19th Raw Drug Free "Central PA Open" (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com 20 OCT, NASA East Texas Regional w) NASA, Box 735, Noble, OK (Longview) NASA, Box 73068, 405-527-8513

20 OCT, SLP Fall BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-ii.com
27 OCT, INSA World Championship
(Plano, TX-PL(60), BP(100), DL(100),
16 Tug of War Teams) INSA, 4515
Plasa Way, St. Pete Beach, FL 33706,
727-363-3727, Stroud's Fitness, 817-

27 OCT, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com

27,28 OCT, NASA North Carolina Re-

gional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

27,28 OCT, ANPPC NATIONALS (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com
OCT, 1st Southeastern Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

OCT, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. North-

ern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net
OCT???, NASA Big River Classic (Blytheville,
AR) NASA, Box 735, Noble, OK 73068,

OCT???, NASA W.V. Regional, NASA, Box 5 Noble OK 73068 405-527-8513 OCT???, NASA PA Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

OCT 2001, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

3 NOV, USAPL State of Michigan Cham-

pionships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031

3 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 NOV, SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Saie St., 10scola, IL 61933, 217-253-3429, Sonlight@netcare-il.com 3 NOV, WNPF Eastern Regional & Maryland State BP & USPC Eastern Regional Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 3cpower@bellatlantic.net 3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, El 20176, 904-673-4000

FL 32176, 904-677-4000

4 NOV, USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com 10 NOV, NASA Wisconsin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

10 NOV, SLP Illinois State BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-

10,11 NOV, USAPL N.J. State PL, Pro

10,11 NOV, USAPL N.J. State PL, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com 11 NOV, I.S.A. Gold's Gym BP Challenge BP Regionals (Amarillo, TX) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-PushPull or IronAthletics@aol.com or Teresa 806-359-

11 NOV, SLP Franklin Health & Fitness BP/ DL Classic (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429. Sonlight@netcare-il.com

11 NOV, USAPL Ohio PL & BP State Championships (open men & women, men teen & masters & police & fire, raw men & women, raw masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-

439-5464, Ed and Frank King 13-18 NOV, IPF World Mens (Sotkamo,

15-19 NOV, 24 Hr. Fitness WABDL World BP& DL Championships (Reno, NV) Gus Rethwisch, 541-389-0600, fax 541-388-1122 17 NOV, NASA Arizona Regional (Casa Grande) NASA, Box 735, Noble, OK 73068,

405-527-8513 17 NOV, SLP Kentucky State BP/DL Paducah, KY) Son Light Power, 122 S. Sále St., Tuscola, IL 61953, 217-253-5429,

nlight@netcare-il.com

17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-

NOV, USAPL National Police & Fire PL/ BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 1 DEC, "Miller Chev" Christmas BP Clas-

sic (open, teen, women, masters) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064 1 DEC, NASS Teen, Masters & Women

Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, 76179, wwillyh@swbell.net

1 DEC, SLP Son Light Winter Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-

1 DEC, APF Southern States Open PL,

Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 1,2 DEC, NASA Novice Nationals???, NASA, Box 735, Noble, OK 73068, 405-527-8513

5-9 DEC, 100% Raw World Champion ships (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

6-9 DEC, IPF World Bench Press (Taupo, 8 DEC, SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com

8 DEC, APF 48th Iron Man Open PL & BP, Mr. & Ms. & Mr. Over 40 Iron Man (Fresno,

CA) Bob Packer, 559-439-4394

8,9 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

valifting@aol.com 9 DEC, 9th Raw Drug Free "Coal Country" BP & DI Classic (separate meets - no total - open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com 15 DEC, 16th Christmas BP/Curl, John

Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 30 DEC, SLP The Last Onel BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-

DEC. I.S.A. Two Worlds Collide BP/Clean & Jerk - Individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-

JAN, Augusta Open Drug Free Champion-ships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

29 MAY-2 JUN 02, IPF Women's Worlds 10-15 SEP 02, IPF World Juniors (Ven-

9-13 OCT 02, IPF World Masters (Cordoba, Argentina) 12-17 NOV 02, IPF World Men's

5-8 DEC 02, IPF World Bench Press

P.S. when writing include a Stamped, Self-Addressed Envelope . (USA meets only). If you phone, please note if there is a specific time to call and DON'T

CALL COLLECT. P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

Farris Open BP/DL 04 NOV 00 - N. Charleston, SC

ENCH		Pro	
M		Men's Open	
Vomen's Open		275	
14		B. Lever	480
Carr	110*	DEADLIFT	
ten		AM	
pen		Women's Open	
65		114	
. Gaughan	320*	A. Carr	95*
98		Submaster	
1. Medlin	265	181	
. Ray 20	230	D. Scarborough Men	450
. Lunsford	330		
42		198	
. Warthan	405	M. Medlin	510
ubmaster		C. Ray	400
81		220	
. Scarborough	300		570
20		242	
. F. Griggs	350*	C. Warthan	600
42		Submaster	
. Turner	370		
98		C. F. Griggs	405
laster 50-54		242	
. Conway	310*	G. Turner	705
olice		275	
. Conway	310*	Master 45-49	
75		D. Duesberry	650*
laster 45-49		Master 55-59	
. Duesberry	335	J. Powell	510*
laster 55-59		Police 55-59	
Powell	365*	J. Powell	510*
olice 55-59		Pro	
Powell	365*	Men's Open	
		275	
		B.Lever	750
Thanks to Floyd	Powe fo	or providing these	esults).

"Rothgery PL" Outdoor BP/DL 05 AUG 00 - Elyria, OH

BENCH		Masters	
132		K. Knisely	420
Submaster		275	
Y. Vlack	205	Novice	
148		T. Landino	380
Teen		Masters	
A. Robinson	225	B. Lenzi	450
165		T. Landino	380
Open		DEADLIFT	
G. Madison	325	148	
181		Women	
Open		B. Wessler	380
M. Baumgartner	315	165	
198		Teen	
Masters		M. Lenzi	330
I. Bartlome	215	Open	
220		M. Lenzi	330
Open		181	
M. Landino	470	Open	
D. Cheers	430	M. Baumgarter	405
D. Meek	385	Masters	
242		198	
Open		J. Bartlome	450
D. Swope	540	275	
K. Mayer	530	B. Lenzi	500
(Thanks to Powerl	ifting	SA, Dave Hopkins	Owne
		The Meet Site), J	
		onen Dave Minnie	

Dan Swope benches 540 at the Rothgery Outdoor Meet. (Rothgery)



Brooke Wessler deadlifted 380 at the Rothgery Outdoor BP/DL meet. (photo by Don Rothgery)

International Powerlifting Association "Lifting for Lifters"

Application for Registration

Last Name	First	2111	Initial	New	Renewa
Street Address			City		
State or Province	Royar	Zip Code	PARTIE	Country	extende
Telephone Date of Birth	1	Age	Sex		Am
Sign if above answers are correct. F	arents sign	if under 18 y	ears.	Date	torrown *

Big River Classic (kg)

14 OCT 00 - Blytheville, AR

117.5 100



	Gossett	70	rure		
18	205		Burditt		16
	Submaster II		Teenag	e	
	L. McLean	152.5	Dowell		95
	Master II		280		
	Tumminello	175	Pure		
	227	1/3	Wages		17
					"
	Natural		Subma	ster II	
	Richardson	165	Wages		17
	Powerlifting	SQ	BP	DL	TOT
	Women				
	110				
	MASTER I				
	Andes	105	42.5	112.5	260
1	138		7		
	Submaster I				
1	Hall	82.5	62.5	95	240
	170	02.3	02.5	33	240
	W				200
1	Wheeler	115	55	120	290
	Men				
1	154				
	PURE				
	Russell	165	112.5	192.5	470
	170				
	PURE				
		105	105	137.5	347.
	Singer	103	103	137.3	34/
	187				
	NATURAL				
	Papish	175	150	215	540
	PURE				
	Ezell	227.5	142.5	227.5	597.5
	Berger				
	Submaster II				
	Locke	192.5	122.5	220	535
	MASTER I	192.3	122.3	220	333
				227.5	597.5
	Ezell	227.5	142.5		
	Jackson	187.5	115	195	497.
	Conley	165	110	207.5	472.
	MASTER II				
	Watts	137.5	95	160	392.5
	Berger				
	205				
	NATURAL				
	Carey	242.5	172.5	257.5	672.5
		242.5	1/2.3	237.3	0/2
	PURE		***	227 5	
	Huber	192.5		227.5	560
	Westrich	187.5	130	205	522.
	Kaufman	182.5	102.5	170	455
	Submaster II				
	Carey	242.5	172.5	257.5	672.
	Beccue	240	147.5	255	642.
	MASTER I	TEL SO	O PLE	20 E	
	GIII	230	142.5	255	627.
		192.5	157.5	262.5	612.
	Dresbach	192.5	137.3	202.3	012.
	MASTER II	1	ion	11.	
	Kaufman	182.5	102.5	170	455
	227				
	SUBMASTER II				
		200	180	230	670
	Winter	260	180	230	0/0

MASTER I 242.5 115 227.5 585 Tabaka 250 MASTER I 262.5 160 305 727.5 MASTER II
Smith 230 110 195 535
The 18th annual Big River Classic is in the books. In this NASA Regional competition, Eddie Morgan, of Jonesboro, was the outstanding lifter in the full meet. Leon McLean, of Harrison, was the outstandire. It is lifter in the Bench Only portion of the meet. The Team trophy went to The Gym of Flora, Illinois. Our sincere thanks to all of our lifters, with special appreciation to our Expeditors: Stephanie Miller and Linda Jillian. Within 5 minutes after the last lifter has completed their lift, Stephanie has the results ready for announcing. Thanks goes to Lindell and Mable Smith for their constant support. Mable is the Referee chair for the entire meet. It is a known fact that NASA spotters and loaders are second to none and ours are no exception. Thank you to Randy Miller, John Shipley, J.D. Harris and James Hodges. He would, also, like to thank Amiee Richardson for handling the door and T-shirt sales. As always, Jim McClain did an outstanding job announcing the meet. Special thanks to Mississippi Counter Community. MASTER II announcing the meet. Special thanks to Mississippi County Community College for the use of their audio - visual equipment. (Thanks to Dr. Daryl and Tobey Johnson for providing these meet results).

227.5 150 217.5 595 227.5 142.5 215 585

MASTER I

165

115



Lindell Smith of Flora, Illinois with a NASA Americ an Record squat of 534 lbs. in the Masters II division, bodyweight 280, at the Big River Classic. (photograph provided courtesy of Meet Directors Dr. Daryl and Tobey Johnson)

From the Originator of the Bench Shirt

INZER presents:

The Inzer **HEAVY DUTY** Series Blast Shirts

High Performance Heavy Duty

- * extended power support range
- * new arm lock design
- * extra tricep support
- * extra reinforced construction
- * guaranteed more results than any other shirt
- * recommended for experienced powerlifters only

Improved Heavy Duty

- * tight tough fit
- * strong support off chest
- * extra comfort built in
- * great immediate results

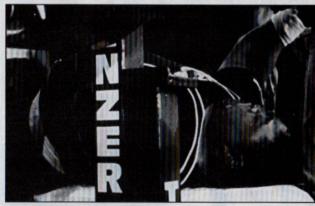
Extra High Performance Heavy Duty

- * extra extended power support range
- * new arm lock design
- * more tricep support
- * extra reinforced construction
- * guaranteed more support and power than anything ever available before now An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

HPHD & EHPHD, the secret experimental technology that assisted:



The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain



... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

Top Secret and Experimental until now! Now Available to YOU

Address ______

phone _____

Qty. Color

Heavy Duty Blast Shirt \$58

High Performance Heavy Duty \$77

Extra High Performance Heavy Duty \$100 ____

relaxed measurements of shoulders _____
chest _____ arm ____

colors - Black,Red, Navy Blue, Royal Blue

MC VISA DVR COD CHECK add \$5.50 S&H

Texas 75606, 1-800-222-6897, 903-236-4012

INZER ADVANCE DESIGNS, P.O. Box 2981, Longview,

More Items Available from



800-222-6897 903-236-4012

903-236-4012	
Inzer Advance Designs T-shirts — 2 color logo Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, S, M, L, XL, XXL, XXXL, XXXXL	White
Tank Tops — 2 color logo	\$10.00
Wrestling Singlets — Black, Navy Blue, Royal Blue, Red S, M, L., XL, XXL	\$28.00
Wrestling Singlets with full 2 color Inzer Advance Designs logo	\$33.00
Wrist Wraps — full length with velcro and thumb loop	\$9.95
Wrist Wraps — heavy duty, full length with velcro and thumb loop	\$17.00
COMPETITION BELTS Lever Belts	offend his
Both styles: lifetime guarantee, suede on both sides, patented lever act tighter than any other belt, tightens or releases in less than 1 second available in any color (s), made in U.S.A.	tion buckle, tightens up to 3 1/2", hi-tech design and appearance,
10 cm x 13 mm • 6 rows of stitching	\$68.00
10 cm x approximately 10 mm • 4 rows of stitching	
Ruckle Relts	

Buckle Belts

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller

01 11	The warm heat for gring 1 lb have of 8 2 or blocks	\$10 00
 suede on both sides 	6 rows of stitching • double prong • Black, Navy Blue or Red • good quality	\$29.00
	• 4 rows of stitching • heavy duty rivets • any color • made in USA	
 single or double pr 	ong • any color • made in USA • lifetime guarantee	\$70.00

halk —	The very best for grip — 1 to. box of 8 - 2 oz. blocks	10.00
	1 - 2 oz. block	\$2.00
uit Slippers — makes put	ting on tight suits easier. M. L.	\$19.95

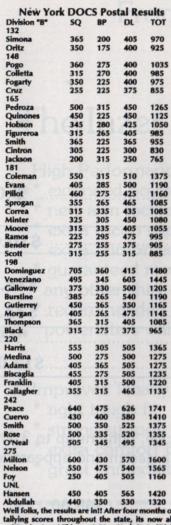
Suit Suppers — makes putting on tight suits easier. 14, 2	NO POLICE OF THE PARTY OF THE P
Ammonia Caps - Box of 12	\$5.00

T-SHIRTS (limited availability)

Inzer Intensity - multi-color deadlift design	\$10.00
OFFICIAL MEET T-SHIRTS	
Baddest Bench in America - multi-color design	\$10.00
Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m)	\$10.00

VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00



Abdullah 440 350 530 1320 Well folks, the results are in!! After four months of tallying scores throughout the state, its now all written in stone! This year's New York State (Division B) DOC 22nd Postal Powerlifting competition attracted a lot of old and new competitors this year. (ADFPA rules apply). Representing Altona Correctional Facility in the 132s was the first place winner, take the first place winner, tional Facility in the 132s was the first place winner, Maximo Simona. This was his first time ever training with weights and competing. Weighing in at 131 lbs., he proved to be a big force in a small package! He buried 365 lbs. on his third attempt in the squat and then stood up with it like there was no weight there at all! He could've done more, but due to his lack of experience, he remained conservative in choosing his weights. The bench press didn't go as good, with a 200 lb. opener and a miss with 230 lbs. on his second and third attempt. But he didn't give up and pulled a personal record of 405 lbs. in the deadlift on his third attempt. (How about that for a 40+ year old?) Simona went 7 for he didn't give up and pulled a personal record of 405 lbs. in the deadlift on his third attempt. (How about that for a 40+ year old?) Simona went 7 for 9 and totaled 970 lbs. In the 148s, representing Altona was second place winner and also a rookie, Colleta. His 146 lb. frame blasted up a conservative 315 lb. squat on his third attempt that clearly showed he could have done more. He pushed through all three attempts in the bench press and ended up with a 270 lb. press on his third attempt. Colletta's deadlift was on the money as he breezed through his first 2 attempts and then pulled 400 lbs. on his third for a big personal record. (Not bad for a guy who only had 3 weeks to prepare). Colleta went 9 for 9 and totaled 983 lbs. The 181s saw two representatives from Altona. They were David Evans (179 lbs.) and Kevin Scott (173 lbs.), both of which are also rookies on the platform. Evans went 6 for 9 in his debut. He opened with a conservative 315 lbs. squat, then jumped to 405 lbs. on his next attempt, which he exploided off of the floor with; he went so low. On his 3rd, he attempted 500 lbs., but due to lack of experience with using wraps and a zauti, he didn't quite get low enough, so his lift was lighted. Scott stepped up on the platform after Evans, and on his third but if wasn't moving for him on this day. Scott opened with a 225 lbs. and the 285 lbs. on his second. He attempted 315 lbs. on his second. But like Evans, 315 lbs. on his 3rd attempt wasn't happening today. The deadlift really separated these two iron warriors. Evans pulled 500 lbs. on his second attempt but missed 510 lbs.



Altona Correctional Facility's Powerlifting Team and spotters: (left to right, bottom) D. Rattigan, Henry (Big Hank) Cole, Lenny LaPlante, and 2nd place 181 pounder David Evans; (left to right, top) 10th place 181er Kevin Scott, 242 lb. 2 time state champ Frank "Lexus" Peace, 132 lb. state champ Maximo "El Matro" Simono, 2nd place 148er Colletta, and spotter Chris Henderson. (photo courtesy Peace)

on his third. Scott opened with 315 lbs., but missed 365 lbs. on his second and chose to call it a day due to not being able to hold the bar. (He has a handicapped right hand). Evans went 6 for 9, totaled 1190 lbs. and placed second. Scott went 5 for 9, totaled 885 lbs. and placed 10th respectfully. And finally, the 242s saw Frank "Lexus" Peace, the veteran and 2 time DOC 242s defending champ. Lex weighed in at 232 lbs. and went 5 for 9. He opened up with an explosive 610 lb. squat, and then a strong 640 lbs. second attempt. Pol lbs. but couldn't stand up all the way. So, he called it day. Lex totaled 1741 lbs. and placed first, once again in the 242s. First I'd like to thank all the opened up with an explosive 610 lbs. squat, and then a strong 640 lbs. second attempt. Pol lbs. was strength was a big disappointment for the explosively! On his second attempt! His third attempt was 500 lbs., and again, he just missed lock attempt, he tried 641 lbs, but couldn't stand up all the way. So, he called it day. Lex totaled 1741 lbs. and placed first, once again in the 242s. First I'd like to thank all the ompetitors who trained and competed unself-sibly even though we only had 5 weeks notice to get ready. (In some people's cases, two weeks and in one case, hwo days). But they gave it what they had even though they weren't ready. (We lost our

WHOLESALE NUTRITION MEGA-STORE

We Can't Be Undersold... Guaranteed!

•We Carry All Major Nutritional Lines •All Lines Discounted Daily 40% To 80% Off Retail Prices We Ship UPS Ground The Same Day You Order •FREE Shipping For All Orders Over \$100.00 •We Stock Over 20,000 Items







891 1/2 State Road 436, Casselberry, FL 32707

(407) 261-9383 Fax (407) 261-9384

MAIL ORDERS: Call For The Most Competitive Price Available!

VISIT OUR WEB SITE AT: WWW.NUTRITIONMEGASTORE.COM (800) 215-2667

powerhouses due to transfers to other facilities). I'd also like to thank the facility for putting up with our noise in the gym (smile), and to our rec. civilians, J. Arthur and T. Lacey, for making this happen! And I can't forget to thank Big Mike and Big Dave from Powerhouse and NSCA for their guidance and support. Ott and Kim Sanders from Inzer Designs for helping with the equipment! Thank you so, so, so much! Powerlifters Prayer: God, grant me: the power to overcome all obstacles; the strength and courage to never stop pushing or pulling; and the wisdom to know the difference between serious pain, and just plain good ole fashioned HURT!! Despite our efforts, Altona placed fourth in team points. Shawanquik Correctional Facility won the team championship. (Thanks to Frank Peace for providing these results).

12th Annual Indian Summer Open 14 OCT 00 - Goshen, IN

M. Slancik G. Lealiifano

390 520 405

Novice	315	D. Fo	rstner	405
220 C. Phillips 242	375	165 G. Fo	ley	310
242 B. Stears	425	220 M. M	ellinger	370
275 . Marsala	220	Maste 50+		
Natural Open		T. Stri	verson	500
148 R. Langwell	280	60+ J. Mai	sala	220
		220 N. Sci	hoenebe	ck 475
Powerlifting Women	SQ	BP	DL	TOT
23				
3. Ward 148	155	100	240	495
M. Slaughter Men	180	80	250	510
65		y that		
t. Salvagni 98	620	450	580	1650
. Ward	550	315	570	1435
C. Slaughter	470	335	560	1365
Cunnane Masters 50+	555	470	405	1420
4 Wider	415	205	405	1025
pecial thanks	to Barb Ha	arris, M	ike Schr	en. Mike
pecial thanks Vider, Al Reed	to Barb Ha d, Mark Ha t the good	arris, Mi arris, Br	ike Schro endan Yo	oen, Mike oder, and
pecial thanks Vider, Al Reed tob Reed. Firs 0 times body	to Barb Ha d, Mark Ha t the good weight wit	news: R	ike Schro endan Yo lich Salv io. The b	pen, Mike oder, and agni goes ad news
pecial thanks Vider, Al Reec tob Reed. Firs 0 times body ctually the sa	to Barb Ha d, Mark Ha t the good weight wit me thing, On his m	news: Rehards the and the arch to	ike Schro endan Yo lich Salv io. The b n, only i	pen, Mike oder, and agni goes ad news f you're a
pecial thanks vider, Al Reec tob Reed. Firs 0 times body ctually the sa niddleweight. reatness, Ric	to Barb Ha d, Mark Ha t the good weight wit me thing, On his ma h Salvagni	arris, Mi news: Re h a 165 and the arch to had to	ike Schroendan Yo tich Salv io. The b n, only i true por take ca	pen, Mike oder, and agni goes ad news f you're a werlifting are of an
pecial thanks vider, Al Rect tob Reed. Firs 0 times body ctually the sa niddleweight. reatness, Rich nevitable ben hing, and he d	to Barb Ha d, Mark Ha t the good weight wit me thing, a On his ma h Salvagni chmark: th lid it easily.	arris, Mi arris, Brands: R th a 165 and the arch to had to be ten t . He sta	ike Schreendan Yelich Salve 60. The bon, only it true poor take colimes bourted with	pen, Mike oder, and agni goes ad news f you're a werlifting are of an dyweight a career
pecial thanks Vider, Al Reed tob Reed. Firs 0 times body ctually the sa hiddleweight. reatness, Rich nevitable ben hing, and he d tying squat to	to Barb Ha d, Mark Ha t the good weight wit me thing, On his m. h Salvagni chmark: th lid it easily, f 620 whice	arris, Mi news: Re h a 165 and the arch to had to he ten t . He sta	ike Schreendan Yelich Salve io. The ban, only intrue poor take co- imes bounded with additional true poor take co- imes bounded with additional true poor take co- imes bounded with a poor to re-	pen, Mike oder, and agni goer ad news f you're a werlifting are of an dyweight a career peat, and
pecial thanks Vider, Al Reec tob Reed. Firs 0 times body ctually the sa hiddleweight. reatness, Rich evitable ben hing, and he d tying squat o hen he took ouldn't quite	to Barb Ha d, Mark Ha t the good weight wit me thing, a On his ma h Salvagni chmark: th lid it easily, f 620 which a big jum push throu	arris, Mi news: Rish a 165 and the arch to had to he ten t . He sta ch he h p to 68 ugh at t	ike Schroendan Ye tich Salvi io. The b n, only i true poor take co imes bo rted with ad to rep io, which he sticki	oen, Mike oder, and agni goer ad news f you're a werlifting are of an dyweight a career peat, and h he just ing point,
48 A. Wider pecial thanks Vider, AI Ree tob Reed. Firs 0 times body ctually the sa niddleweight. reatness, Rich nevitable ben hing, and he d tying squat to hen he took ouldn't quite nd will probal e iumped froe	to Barb Ha d, Mark Ha t the good weight wit me thing, a On his man h Salvagni chmark: the lid it easily, f 620 which a big jump push throu bly get at his ma 2nd att	arris, Mi news: Rith a 165 and the arch to had to he ten to . He sta ch he he p to 68 ugh at t is next ne	wise Schreendan Yatich Salvion. The bin, only it true poor take crimes borted with ad to reido, which he stickinget. In f 450 to a	open, Mike oder, and agni goes and news f you're a werlifting are of an dyweight h a career peat, and h he just ing point, he bench
pecial thanks vider, Al Reed tob Reed. First 0 times body ctually the sa niddleweight. reatness, Rich nevitable ben hing, and he d tying squat o hen he took ouldn't quite nd will probal e jumped fror ecord of 470,	to Barb Had, Mark Had t the good weight wit me thing, On his m. h Salvagni chmark: ti lid it easily, f 620 whic a big jum push thros by get at hi m a 2nd att which he	arris, Marris, Brinews: Rich a 165 and the arch to had to he ten to He stach he hop to 68 ugh at tis next mempt of also con also con also con her in the help to 68 ugh at the h	wise Schrod ike Schrod tich Salv io. The b n, only i true poo take co imes bo rade to rej io, which he sticki neet. In to 450 to a uldn't qu	oen, Mike oder, and agni goer and news of you're a werlifting are of an dyweight a career peat, and he just he pench a pr CBPL litte nego-
pecial thanks vider, Al Reet tob Reed. Firs 0 times body ctually the sa inddleweight. reatness, Rich nevitable ben hing, and he d tying squat o hen he took ouldn't quite nd will probal e jumped froe cord of 470, ate. In the des und attempt (to Barb Ha d, Mark Ha t the good weight wit me thing, i On his m h Salvagni chmark: th lid it easily, f 620 whic a big jum push throo bly get at hi m a 2nd att which he i adlift he we to become	arris, Mi news: Rish a 165 and the arch to had to he ten t . He sta ch he his p to 68 ugh at t is next n lempt of also con ent right	wise Schreiber and Australia (Schreiber and Au	been, Mike oder, and agni goers and news: for an agni goers and news: for an agni goers are of an agni goers, and he justing point, he bench a pr CBPL lite nego. 80 on his ete from
pecial thanks vider, Al Reet tob Reed. Firs 0 times body ctually the sa inddleweight. reatness, Rich nevitable ben hing, and he d tying squat o hen he took ouldn't quite nd will probal e jumped froe ecord of 470, ate. In the des to the period of the period likhart County	to Barb Hid d, Mark Hat t the good weight wit me thing. On his m h Salvagni chmark: thi lid it easily, f 620 whik a big jum push throu biy get at hi m a 2nd att which he addiff the we to become to total 1	arris, Mi remis, Bri news: Bith a 165 and the arch to had to he ten t . He sta ch he hi p to 68 ugh at t is next n empt of also con ent right e the fi	wise Schreendan Yelich Salvion. The brown, only is true poor take colored with add to rejulo, which estickineet. In the faso to a published to a professor athles, easily belong to be the stored with a professor athles, easily belong to severe the stored and the severe the se	been, Mike oder, and agni goes and news of you're a werlifting are of an dyweight in a career peat, and he just ing point, he bench a little nego. 80 on his ete from eclipsing
pecial thanks vider, AI Reet cob Reed. Firs 0 times body ctually the sa an iddleweight. reatness, Richards with the same comment of the comme	to Barb Hid d, Mark Hat t the good weight wit me thing. On his m h Salvagni chmark: thill did teasily f 620 whice a big jum push through by get at him a 2 nd att which he addiff he we to become to total 1 lyweight re ly. He prov	arris, Mi news: 8 th a 165 and the arch to i had to he ten t . He sta ch he ha p to 68 ugh at t is next n lempt of also corent right e the fi [0 times corded wed that	wishe Schrift and August Augus	note that the control of the control
pecial thanks vider, Al Reet to be Reed. Firs 0 times body ctually the sa indidleweight. reatness, Richards and he diving squat o hen he took ouldn't quite nd will probal ate. In the desind attempt (ikhart County he 9 times bod ears previous apable of 170 ould have eight.	to Barb Hid, Mark He good weight wit me thing, and he hid he had a hid he hid	arris, Mi remis, Bro news: Bh a 165 and the arch to had to had to he ten to . He sta ch he he put of a ugh at t is next in lempt of also cou- ent right to times corded wed that evalves 50-466.	ike Schreichendan Yolich Salvice Schreichendan Yolich Salvice In It true poorted with ad to reported with ad to reported with a to a profirst a thing, easily by Jon 55, easily by Jon 55, the is mattempt 590-1700.	been, Mikkoder, and agni goer agni g
pecial thanks vider, Al Reet to be Reed. Firs 0 times body ctually the sa aniddleweight. reatness, Richards with the same thanks of the same thank	to Barb Hid, Mark He good weight wit me thing, when his me thing, and he hid	arris, Minris, Minris, Brinnews: Rh a 165 and the arch to had to he ten to he ten to he ten to he he he he per to 68 ugh at to see the fine ten to he he he for to he ten to he he he for to he the fine to time to the to	ike Schreichendan Yolich Salvion. The hin, only if true poor take craimes boorted with ad to report to a profit the stickineet. In the f450 to a lidn't que to a profit the is mattempt 590-1700 aampion	ben, Mikk oder, and again goer and news: f you're a werlifting are of an dyweighth he just he bench a pr CBPL lite nego- s80 on his ete from eclipsing moker 17 fore than selection 0; so the ship and
pecial thanks vider, Al Reet to be Reed. Firs 0 times body ctually the sa inideleweight. reatness, Richevitable ben hing, and he d tying squat o hen he took ouldn't quite nd will probal ate. In the desind a tempt (ikhart Count) the period of 470, ate. In the desing the period of the period of the period attempt (ikhart Count) ey times bod ears previous apable of 170 ould have givent goals are pp spot in the ps spot in the ps spot in the proposition.	to Barb Hid, Mark He good weight wit me thing, we thing with the good on his mh h Salvagni chmark: thild it easily if 620 whice a big jump push through get at his ma 2 nd att which he addiff the we to become to total 1 tyweight rely. He profo, as conseeven him 6 a Sr. Nati rankings. Vit on the old to to the other.	arris, Minris, Minris, Brinews: Rh a 165 and the arch to i had to he ten t He stach he ho to 68 ugh at t is next in tight e the fill times corred dived that rivative 50-460-onal Cl We'll had drankind rankind minris, Min	to see the seed of	solution of the control of the contr
pecial thanks vider, Al Reec tob Reed. Firs 0 times body ctually the sa iniddleweight. reatness, Richards with the same thanks of the same thanks	to Barb Hid, Mark He good weight wit me thing, when the hid he saw and he saw	arris, Minris,	to see to have to be seen at the scheme of the see to have to a proper to the see to have to a proper to the see to have to a proper to the see to have to have to be seed to have to a proper to the see to have to see to se	ben, Mike to deep, and agni goes agni goes agni goes agni goes and news. I you're a weelfting are of an dyweight in a career peat, and he justling point, he bench a pr CBPL title negonate to he provide the properties on his etc. I you want to be a properties on his etc. I you want to be a properties on his etc. I you want to be a properties on his etc. I you want to be a properties on his properties and how this yould have I you want.
pecial thanks vider, Al Reec tob Reed. Firs 0 times body ctually the sa inideleweight. reatness, Richevitable ben hing, and he d tying squat o hen he took ouldn't quite nd will probal ate. In the des in the county of the period of 470, ate. In the designate of 170 ould have givent per spot in the ps spot in the land and the ps spot in the land pass out, but the sale ps spot in the land pass out, but the sale ps spot in the land pass out, but the sale ps spot in the land pass out, but the sale ps spot in the land pass out, but the sale ps spot in the land	to Barb Hid, Mark He good weight wit me thing, when the same the s	arris, Management of the state	ike Schreicher aus die Schreiche Schreichen Am Victor Salv 60. The bin, only it true poor take continue poor take continue poor take continue to a profit for the sticking to the sticking the sticking to the stic	ben, Mike toder, and agni goes agni goes agni goes agni goes and news: f you're a weelfting are of an ddyweight in a career peat, and he justing point, he bench a pr CBPL itte nego-goes and the properties on his etc. The properties are considered in the properties on his etc. The properties are considered in the properties and the properties and the properties and the properties are the properties are the properties and the properties are the properties are the properties are the properties and the properties are the pro
pecial thanks vider, Al Reec tob Reed. Firs 0 times body ctually the sa iniddleweight. reatness, Richevitable ben hing, and he d tying squat o hen he took ouldn't quite nd will probal ate. In the des many than the desire of 470, ate. In the desire of the period of 470, ate. In the desire of the desire of 170 ould have givent goals are por spot in the plans out, buome in at 4th of the square of 170 one of 1 many the square of 180 one of 180 one in at 4th of 180 one in	to Barb Hid, Mark He good weight wit me thing, when the same the s	arris, Management of the state	the Schrift of the Sc	ben, Mike to deep men agni goes agni goes agni goes agni goes ad news f you're a weelfting are of an ddyweight a a career peat, and he justing point, he bench a pr CBPL itte negonates are consistent on his deep moker 17 tore than selection 0; so the ship and how this build have Ty Ward/bot a pr in possibly in him do no his deep mose than a propossibly in him do no his deep men men and me
pecial thanks vider, Al Reec tob Reed. Firs 0 times body ctually the sa iniddleweight. reatness, Richevitable ben hing, and he d tying squat o hen he took ouldn't quite nd will probal atte. In the des many than the desire of 470, atte. In the desire of the second of 470, atte. In the desire of the desire of 170 ould have givent per spot in the ps spot in the ps spot in the side of 170 ould have givent goals are by spot in the squat and the same they be squat and the second same they be esquat and the second per spot than 313 outs.	to Barb Hid, Mark He good weight wit me thing, when the same the s	arris, Manners, Manne	the Schrift of the Sc	on Milkowski of the control of the c
pecial thanks vider, Al Reec tob Reed. Firs 0 times body ctually the sa iniddleweight. reatness, Richevitable ben hing, and he d tying squat o hen he took ouldn't quite nd will probal atte. In the design of the period of 470, atte. In the design of the period of 470, atte. In the design of the period of 170 ould have givent goals are popposed in the popposed of 170 ould have givent goals are popposed in the pop	to Barb Hid, Mark He good weight wit me thing, when the same thing in the same the s	arris, Manaris, Barris, Barris, Barris, Barris, Branchers, Barris, Branchers, Barris,	the Schrift of the Sc	on Milkowski of the control of the c
pecial thanks vider, Al Reec tob Reed. Firs 0 times body ctually the sa iniddleweight. reatness, Richevitable ben hing, and he d tying squat o hen he took ouldn't quite nd will probal atte. In the design of the period of 470, atte. In the design of the period of 470, atte. In the design of the period of 170 ould have givent period of 170 ould have givent goals are pop spot in the lipans out, buome in at 4the pince of 170 ould have givent goals are to period of 170 ould have givent goals are to period of 170 ould have givent goals are to grant the lipans out, buome in at 4the fill gans out, buome in	to Barb Hid, Mark He good weight wit me thing, in the thing with the good on his mh hashvagni chmark: the did it easily if 620 whice a big jump push through get at him a 2nd att which he addiff the we to become to total 1 tyweight re ly. He provo, as conseeven him 6. a Sr. Nati rankings. Vet to n the old on total in tandem couth hit nur total of 55 susselve ce; And Ken and total ar proved o sest 50 and get an exceller.	arris, Mr. th a 163 mems. th a 163 mems. th a 163 mems. th a 163 mems. that to the tent to the te	1405 Responsible Schrift Holder Holder Schrift Holder Schrift Holder Schrift Holder Hol	on, Mike work of the work of t
pecial thanks vider, Al Reet to be Reed. Firs 0 times body ctually the sa iniddleweight. reatness, Richards and the period of th	to Barb Hid, Mark Hid Book Weight wit me thing, and the hid Book Mark Hid	arris, Manaris, Repair of the Alba Sanda Alba Sanda Alba Sanda San	405 And the Schrift Hand Hand Hand Hand Hand Hand Hand Hand	ben, Mike to deep to the control of
pecial thanks vider, Al Reet to be Reed. Firs 0 times body ctually the sa iniddleweight. reatness, Richevitable ben hing, and he d tying squat o hen he took ouldn't quite no he took ouldn't quite no he took ouldn't quite no date in the dearn attempt is which will probable be of 170 atte. In the dearn attempt of the period of 470, ould have givent goals are po spot in the lil pans out, but ome in at 4th to be squat and it he es quat and it he be squat and it he be squat and it he be squat and it he will be squat and it he squat, deadlift and Mike Wide ang with the bountry, getting the 405 dearench press Toway. I don't we'll and it way. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all of the square dearench press Toway. I don't we'll all the square dearench press Toway. I don't we'll all the square dearench press Toway. I don't we'll all the square dearench press Toway. I don't we'll all the square dearench press Toway.	to Barb Hid, Mark Hid Barb Hid, Mark Hid Barb Hid	arris, Manaris, Manaris, Manaris, Manaris, Manaris, Brand the had to had to be ten to had to be ten to the ten ten ten ten ten ten ten ten ten te	1405 Responsibility of the second of the se	on Milke or Milke of the Milke
pecial thanks vider, Al Reet tob Reed. Firs 0 times body ctually the sa aniddleweight. reatness, Richevitable benhing, and he d tying squat o hen he took ouldn't quite not will probal e jumped fror coord of 470, attend to the took ouldn't quite not will probal attempt in the dearn of the dearn attempt of the period of the period ould have given to the period out of the period ould have given to the period out of the period	to Barb Hid, Mark Hid Book Weight wit me thing, when the hid hid Book Mark Hid	arris, Manana Harris, Branches Harris, B	403 An of the second of the s	on Milke oder, and agni goes and news of you're a weelfifting are of an ddyweight in a career opeat, and he justing point, the bench a pr CBPL litte nego. 80 on his ete from eclipsing moker 17 fore than selection 0; so the ship and how this suld have this suld have the ship and
pecial thanks vider, Al Reec tob Reed. Firs 0 times body ctually the sa iniddleweight. reatness, Richevitable ben hing, and he d tying squat o hen he took ouldn't quite no hen he took ouldn't quite no hen he took ould have given to the dearn of the dea	to Barb Hid, Mark Hid Book Weight wit me thing, when the hid Hid Book Mark Hid	arris, Mr. arris, Br.	1405 Re Schrieber	on Milkowski of the control of the c
pecial thanks vider, Al Reec tob Reed. Firs 0 times body ctually the sa iniddleweight. reatness, Ric thanks with the same thanks and the first period of 470, and the first period of 470, and attempt in the first period of 470, and the first period of 470, and the first period of 470, and the first period of 470 outliness bod ears previous apable of 170 outliness post in the fill pans out, but the period of 170 outliness outliness of 170 outliness outliness outliness outliness outliness outliness outliness outliness outliness of 170 outliness outline	to Barb Hid, Mark Hid Barb Hid, Mark Hid Barb Hid	arris, Manaris, Manaris, Manaris, Manaris, Manaris, Brand the had to had to had to he ten t that the state of the had to the ten t to the ten ten t to the ten ten ten ten ten ten ten ten ten te	1403 Re Schrieber	on, Mike work of the way and news of you're a weel fifting are of an ddyweight in a career opeat, and he justing point, he bench a pr CBPL litte nego. 80 on his ete from eclipsing moker 17 fore than selection 0; so the white and the way the way are work of the way the way are way and the way t
pecial thanks vider, Al Reet to be Reed. Firs 0 times body ctually the sa indidleweight. reatness, Richevitable ben hing, and he d tying squat o hen he took ouldn't quite no he took ouldn't quite no he took ouldn't quite no date in the dean of the took ouldn't quite no he of times bod ears previous apable of 170 ould have givent goals are po spot in the li pans out, bu ome in at 4th or so he squat and if the best ountry, getting the don't will be squat and if the took of the squat and if the squat and if the squate of 170 out to the squate out to the squate of 170 out to the squate out to the square out to the squate out to the s	to Barb Hid, Mark Hid Barb Hid, Mark Har Hid Barb Hid	arris, Manager of the state of	1403 1403 1403 1403 1404 1406	on Milke oder, and agni goes a de mensor and news. I you're a werlifting are of an ddyweight in a career opeat, and he justing point, he bench a pr CBPL intenessed of an economic of the month of the properties of the p
pecial thanks vider, Al Reet to be Reed. First other was a considerable benefit to be the control of the contro	to Barb Hid, Mark Hid Book Weight wit me thing, and the hid Mark Hid	arris, Manager of the first of	1405 1405 1405 1406	by the series of the series of an interest of an in

154. We also had a couple very impressive Novice lifters: Chris Phillips who got a 375 weighing only 211; and Brian Stears, who made a 425 in the 242's.

Neil Schoenebeck was also very impressive, getting a pr in the Masters 220 with a 475. 500 may be in

WNPF Lifetime Drug Free World PL 12 AUG 00 - Daytona Beach, FL

BENCH		275		
Women 165 Open		Open I Rainor	kaw	440
Lewis	225*	SHW		
Men 165		Open a	k 33-39	465
Open		Open I	Raw	
Waites 20-23		Washir DEADI		505
Barfield	315	Men	1000	
Open Raw Lara	350	165 60-69		
Tyler	285	Blondi	n	385
17-19 Raw Kelly	290*	Open Dilor S	oto (PR)	590
181	290	198	DIO (FK)	390
20-23 Kelly	405	Open	- aulas	455
Open	403	Statho 220	pounos	433
Lewis 40-49	390	20-23		-70
Dunn	320	Amick Open		570
70-79	200	White	(0.0)	615
Berard 198	250*	Jimene 33-39	Z (EC)	460
14-16 Raw		Consta	nte (EC)	500
Olsavsky 40-49 Raw	260*	60-69 Branha	m	450
Gaskin	335*	242	A Liberty	WAY BANK
40-49 Conaway	365	33-39 Aziz		575
220	303	Open		
Open White	400	Martin 275		625
242	100	Open		
17-19 Raw	290*	Ferrell		700
Hernandez Open	290	33-39 Wells		550
Martin	485	SHW		
33-39 & Open Ra Cooke	w 435	Open Washir	ngton	565
40-49 Raw		SQUAT		Walley Co.
Jackson Police	450*	242 33-39		
McBride	290	Aziz		575
Powerlifting Women	SQ	BP	DL	тот
123				
Open Riley (BH)	180	105	230	515
165	100	103	230	3.3
Open Munnings (BH)				
50-59				
Bolster SHW				
Open & 33-39				
Newbold (BL)	400	240	350	990
Men 100				
Youth	155*	85	190	430
Darling (BL) 148	133	63	190	430
Junior (PL)	225	225	450	1020
Evans (BL) Open	335	235	450	1020
Brown	510	255	480	1245
Evans 40-49 & Police	335	235	450	1020
Brown	510*	255*	480*	1245*
165 20-23				
Caprari	605*	365*	650*	1620*
Tillman Open	430	350	500	1280
Caprari (BL)	605	365	650*	1620*
33-39 & Police Adderley	425	265	460	1150
181			-	
Open Raw Reeves	440*	350*	545*	1335*
Open				
Catina	500 375	295 275	475 480	1270 1130
Sweeting (BH) Sands	185	220	370	775
40-49	500	295	475	1270
Catina Dunn	400	320	485	1205
198	_			
Open & 33-39 Ra Weippert	480*	335*	530*	1345*
Open		205		
Friday Stathopoulos	575 385	395 270	585 455	1555 1110
220				
50-59 & Open Darr	335	335	415	1085
60-69			AEC	1055
Branham 242	315	290	450	1055
Police		400		****
Aziz 275	575	400	575	1550
Open	NU CLE	1117		
Ferrell Robbins	680 575	360 450	700* 575	1740 1600
33-39				
Dobbins	575	450	575	1600

575 450 575 1600

170 JAMES JANCAI DIXON

RAW BYRD CARACC CLAY PURE 187 KIBBLE CUSHM PASSINI McDOV RAW CHEGW CRUZ GARCIA DROLLI

DOST 205 MAGNU RAW MACHA FAULKN

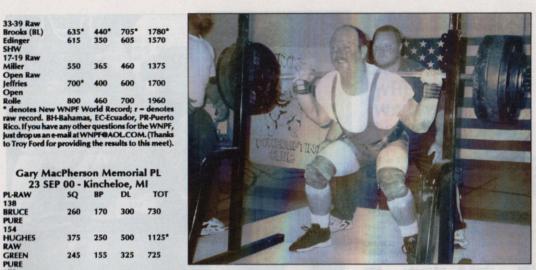
TATE PURE 227

HURLEY PURE 250 DOZEM

HURKA MAZZO

170 JAMES 250 DOZEM

NATUR 170 JAMES



ass I State Record in the 227 lb. class at I contest. (courtesy of Jim Stevenson)

	420 *! 390	230 210	505! 425	1155 1025	Mike Hurl	ey wit	haM	laster.	s Cla
36	325	215	385	925	the Gary N				
	315	275	425	1015	Control of the second				
CI	325	200	400	925	DOZEMAN PURE NOVICE	575	360!	5501	1485
					170				
	580	380	600*	1560	JAMES 250	420 !	230	505!	1155
IAN	455	285	475	1215	DOZEMAN	575	360	550 !	1485
0	360	300	400	1060		3/3	300	330 :	1403
WELL	315	280	350	955	MASTERS I				
IDDEN	455	300	525	1280	HURLEY	600 1*	355 !*	500	1455
	335	275	425	1035	!-N.A.S.A. MICH				*-K.C.
000 V 1V	315	275	410	1000	RECORD. MEET				
NGER	315	205	450	970	Coordinator: I				
NGEK		255	430	9/0	Macpherson was				
	345	255			since 1990 working				
photos GI	R 1000 to	Adams (F	MODITY	NAME OF TAXABLE					
JSON	405	280	530	1215	Mac passed away	just bei	ore this	meet an	a ne w
					missed by all of u				
CHEK	450	325	500	1300	him often during	the me	et and	I'm sur	e he w
NER	405	260	465	1130	watching us. A ne				
	225	285	525	1035	meet which spark	ed intere	stforpa	st 170 lb	. Chan
					Mike Chegwidde				
					at one pound ove				
1	600	355	500	1455	lb. weight class				
					finished with a ni				
					Kibble who had be	een on a	extende	dvacati	on for 1
IAN	575	360	550!	1485*!	months was the o	utstand	ing lifter	of this	compe
IANS	510	290	530	1330	tion at 187 lbs. A	n inch to	oo high	with a 6	00 squ
LA			-		didn't pass but, th				
EDIATE					finished the day				
IEDIAIE					Deadlift to set a K.				
					opened up the Int				
	420 !	230!	505!	1155!					
		bear.	15393	BETT STATE	in the 170 and				
IAN	575!	360!	550!	1485!	between them se				
AL					Athlete Chris Ma				
					time and took th	e 205 p	ound w	reight c	ass wi
	420!	230!	505!	1155!	crisply executed	ifts of 4	50-325-	525 wit	h a 130
	1		200	The Samuel	The state of the s				

Total. Second Place went to 56 Year old Roy Faulkner who appeared to be in his best shape ever weighing in at a light 200 Pounds. As for the number one spot on the 227 pound Totem Pole belongs to Mike Hurley, a hard fought 600 squat I thought was the most impressive lift of the meet, it also was N.A.S.A. Masters 1 Record as was his total of 1455. Another hard day at the office for Sal Mazzola, got up in the squat with 655 only to lose balance at the top, two tries at 700 pinned him down but not out because we all know his thirst remains yet unquenched, he will be back. I need to give thanks to all my workers who did a fine job. Brown-El, Greek, Loco, L.A., P-Rock, Geno, Gary Robertson and Chuck Saches, You all were a big help, almost forgot "ButterBean" also. (Thanks to Jim Stevenson for providing the meet results to Powerlifting USA).

Clocktower Fitness Night Owl BP

22 OCT 00 - Sidney, NY 275 K. Johnson Master 45-49 382.5 300 220 365 275 350 B. Hall Ilis Lakin of Clocktower Fitness

World Natural Powerlifting Membership Registration	g Federation (WNPF)	
LAST NAME	FIRST NAME	INT
STREET ADDRESS	THE STATE OF THE S	A CONTROL OF SERVICE
CITY, STATE, ZIP	7000	
AREA CODE, TELEPHONE:	DATE OF BIRTH	
AGE SEX CHECK	ONE: LIFETIME DRUGFREE	5 YRS. MIN
REGISTRATION FEE \$10.00 SPECIAL OLYMPICS \$15.00 HIGH SCHOOL \$30.00 ADULTS	FILL OUT ENTIRE APPLICA WNPF, PO BOX 142347, F (770) 996-3418	ATION AND MAIL WITH FEE TO: AYETTEVILLE, GA 30214

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _

(memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year) I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to

or away fromcompetition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

Wisconsin Open BP/DL/SC 17 SEP 00 - Burlington, IA BENCH PRESS DEADLIFT teenage men 16-17 220 430 242 350* Ryan Eckert 585 330 Sean Corbett 310 Dan Cole 550 500 220 515* Kim Long 585 Paul Carreou 425° 242 4 Stuart Coogar Steve Korff Jack Twet Michael Glade 405 * 275 198 Jeff Douglas 380 242 P. McCorm Jim Widmo Dana Pitel Ryan Eckert Stuart Coogan STRICT CURL 430 145* 140 500 Jon De 515* heavy

475 * Guy Powell 175
onal record. Best Lifter: BP-DAVID WALKER: 4th 475 *Guy Powell 175 *personal record. Best Lifter. BP - DAVID WALKER; Dt - Jeff Douglas. The Son Light Power Wisconsin Open Bench Press / Deadlift / Strict Curl Championships were held September 17, 2000 in Burlington, Iowa. Many thanks to Dave and Jeanne Walker for all the efforts they made to provide a great facility for the event. Also thanks to Mike Strom and Sean Corbett for their help with the equipment, loading and spotting. We also had two young men who loaded and spotted all day, Eric Naselius and Cory Martin, and we especially thank them for their efforts. Also thanks, to Jeanne for



Best Lifter David Walker locks out a PR 515 @ 242 at the SLP Wisconsin Open. (photograph provided courtesy of Dr. Darrell Latch)

Wisconsil Open. (photograph provided courtesy of Dr. Darrell Latch)

amouncing and helping at the table. This was our
first sanctioned competition in Wisconsin, and the
beginning of what we hope will be a great expericompetition in Wisconsin, and the
beginning of what we hope will be a great expericompetition of the beginning of what would be his best day of
the beginning of what is very responsive
description of the beginning of what would be his best day of
the beginning of what is very responsive
description of the beginning of what would be his best day of
the beginning of what is very responsive
description of the beginning of the hist day of the control of the
third only miss can a fourth attempt with 310,
which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that big old
a which would have gone had be not had that had had had had had had had ha

235 450 480 380 425 Master Pro R. Miller 490 375 T. Grover Guest Lifter 165 AM Master AM B. Auker 430 B. Crowe SQ BP D 450 DL TOT 320 145 310 W. Walk 270 135 315 720 165 375 120 220 225 380 425 P. Kirstne 405 275 475 1130 150 70 230 425 360 525 440

APA PA State Championships

570

21 OCT 00 - Lancaster, PA



APF/AAPF Iron Island Halloween Bench Press/Deadlift

BENCH

AAPF		AAPF		r. Kivera	182.5	11
WOMEN		WOMEN		45-49		
114		114		C. Hansen	147.5	
1. Gruenwald	105	I. Gruenwald (BL)	260	This meet was		
123		123		World Champie		
K. Caggiano (BL)	140	K. Caggiano	235	ber. Lifters had		
MEN		MEN		monolift squat		
148		123		that will be use		
V. Centauro	250	R. Green	380	all been worked		
165		148		will give the sp		
D. Kirschen	355	V. Centauro	405	exciting look. Th		
S. Glick	285	R. Patrick	360	Frantz Sports. (Results b	y M
I. Silano	275	165				
220		D. Kirschen	525	ADED	T	- 6
M. Ferlito	300	I. Silano	390		ine Tre	
242	300	181		28 O	CT 00 ·	·T
L. Savino	470	I. Remiglio	510	MEN AAPF	SQ	B
R. McDaniels	440	J. Johnson	460	A. Connors	628	50
P. Contini	425	198		C. Weirs	611	64
R. Lopez	390	W. Fahrenfeld	620	T. Goode	507	34
R. Falcone	380	R. Mier	540	J. Wagner	451	2
M. Gruder	375	D. Norlega	510	I. Keith	429	20
275	3/3	D. Wetzel	450	R. Ingrisano	485	2
M. Rawlinson (BI	1505	220	1000	W. White	429	2
T. Osborne	350	B. Fahrenfeld (BL)	675	MEN Jr.		
	330	D. Levy	560	I. Silva	633	5
Masters 275		R. Saez	550	S. Blanchard	584	4:
	390	E. Mancini	550	J. Wagner	451	2
R. Lopez M. Gruder	375	B. Weiss	550	A.Scopton	429	3
	3/3	M. Ferlito	445	MEN Master (4		-
APF		242		S. Worthing	462	3
MEN		R. Lopez	630	K. Inman	451	30
181	200	R. Falcone	450	MEN Master (5		-
T. Tischler	300	Masters	450	B. Lamb	435	2
Guest Lifter		242		MEN Open	433	-
J. Almadovar	380	R. Lopez	630	132		
198		APF	630	D. Osgood	385	2
A. Posca (BL)	425	MEN		148	303	4
K. Garcia	410	181		J. Wagner	451	2
275		Guest Lifter		165	431	4.
C. Anderson	425	I. Almodovar	575	R. Pushard	424	30
J. Milazzo	370		3/3		424	31
		198		181		-
		T. Posca (BL)	645	T. Goode	507 473	3
		275	625	C. Kanavas		
		C. Anderson		J. Keith	429	20
		J. Seifert	605	P. Cyrus	286	19
		J. Milazzo	500	198		100

J. Selfert 605 p. Cyrus 198
Teams: World Gym, Shelton, CT.; Team Torque, Iron Island Gym, Oceanside, NY. The report of this meet would not be complete if I did not thank the many people who worked so hard to make it a great success. Thank you: all the lifters because without you, there is no meet! Thank you: Ralph and Michelle Raiola for providing a venue for all of the meets and for supporting the sport of powerlifting throughout the years. Thank you: all the members of the Iron Island Gym Powerlifting team who helped set up, spot/load, judge, and break down the meet site. Let's stick together and continue to promote the sport of powerlifting through our own lifting accomplishments, as well as by providing a positive environment for newcomers to grow and develop in the sport we all love! Thank you: Tom Levering, Dean Moore, and Brad from R & A's Gym is New Holland, PA. These men drove 3 hours to help announce, expedite, and spot/load. Why? Because they are our friends and they love the sport of powerlifting! The 2001 Meet Schedule is: 2/10/01 Iron Island Classic Powerlifting and BP Championships, 4/28/01 Iron Island Spring BP and DL Championships; 10/27/01 Iron Island Halloween BP and DL Championships. Contact: Iron Island Gym @ 51-65-94-9014 or e-mail ITB2040@aol.com. (Thanks to John Bott for providing these results).

APF/AAPF Region 6 PL Meet (Kg) 26 AUG 00 - Aurora, IL

APF BENCH		Master		
Open		S. Thon		115
110		Master		
P. Rodriguez	195		zerewic	ze 130
125		AAPF		
R. Burke	245	Open		
Master 40-44		82.5		
T. Ross	115	C. Gru	chow	140
APF	SQ	BP	DL	TOT
Junior				
110				
J. Garcia	340	210	295	845
Master 40-44				
S. Lumpe	215	137.5	205	770
Master 45-49				
B. Kelly	272.5	142.5	245	660
Master 50-54				
M. Nigro	250	127.5	182.5	560
AAPF				
Open				
82.5				
C. Rodriguez	240	147.5	207.5	595
125				
B. Nichols	382.5	225	320	962.5
Submaster				
75				
E. Chang	192.5	170	210	572.5

ОСТ	00 -	Oceanside, NY		M. Rivera	240	160	230	630
		DEADLIFT		T. A. Black	142.5	125	139.5	342.5
		AAPF		F. Rivera	182.5	122.5	160	465
		WOMEN		45-49				
		114		C. Hansen	147.5		175	422.5
rald	105	I. Gruenwald (BL)	260	This meet was	basically	a warm	up for	the WPC
raiu	103	123		World Champie				
no (BL)	140	K. Caggiano	235	ber. Lifters had	an oppor	tunity to	o try ou	t the nev
no (ac)	140	MEN		monolift squat				
		123		that will be use				
iro	250	R. Green	380	all been worked				
		148		will give the sp				
en	355	V. Centauro	405	exciting look. Th	nanks to E	rnie and	the enti	re staff o
	285	R. Patrick	360	Frantz Sports. (Results by	Maris .	Anne St	ernberg)
	275	165						
		D. Kirschen	525	ADE D	ine Tre	- C4-4	- 0	-
	300	J. Silano	390					
		181		28 O	CT 00 ·	Turn	er, Mi	
	470	J. Remiglio	510	MEN AAPF	SQ	BP	DL	TOT
iels	440	J. Johnson	460	A. Connors	628	501	628	1758
	425	198		C. Weirs	611	600	650	1862
	390	W. Fahrenfeld	620	T. Goode	507	347	462	1316
e	380	R. Mier	540	J. Wagner	451	236	407	1095
r	375	D. Norlega	510	J. Keith	429	264	424	1117
		D. Wetzel	450	R. Ingrisano	485	275	501	1262
nson (BI)505	220		W. White	429	253	407	1089
e	350	B. Fahrenfeld (BL)		MEN Jr.		1	-	
		D. Levy	560	J. Silva	633	512	705	1851
		R. Saez	550	S. Blanchard	584	429	600	1613
	390	E. Mancini	550	J. Wagner	451	236	407	1095
r	375	B. Weiss	550	A.Scopton	429	314	468	1211
		AA Endito	AAE	SAFEL SA-SA- /A	0.40)			

314 308 551 496

303

512

429

485

578 529 352

325

507 473 429 286 347 314 264 192 462 529 424 407

501 595 424 435 275 303

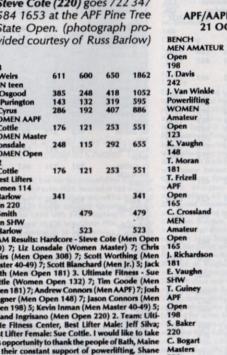
628 551 154 270 501 363 143 248

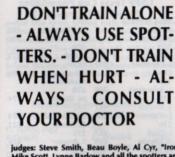
1613 C. Weirs
MEN teen
D. Osgood
M. Purington
P. Cyrus
WOMEN AAPF 1095 1211 132 192 1427 1112 WOMEN Open 385 248 418 1052 S. Cottle 1095 **Guest Liften** 1212 Men 220 479 1316 R. Barlow

TEAM Results: Hardcore - Steve Cote (Men Open 220) 7; Liz Lonsdale (Women Master) 7; Chris Weirs (Men Open 308) 7; Scott Worthing (Men Master 40-49) 7; Scott Blanchard (Men Jr.) 5; Jack Keith (Men Open 181) 3. Ultimate Fitness - Sue Cottle (Women Open 132) 7; Tim Goode (Men Open 181) 7; Andrew Connors (Men AAPF) 7; Josh Wagner (Men Open 148) 7; Jason Connors (Men Open 198) 5; Kevin Inman (Men Master 40-49) 5; Roland Ingrisano (Men Open 220) 2. Team: Ultimate Fitness Center, Best Lifter Male: Jeff Silva; Best Lifter Female: Sue Cottle. I would like to take this opportunity to thank the people of Bath, Maine for their constant support of powerlifting, Shane McKenna and the people of Universe Gym, my table Chad Curtis, Michelle Curtis, Dan Levasseur, Monique Cote, Norm Guay, Erica Blanchard, my 1117 R. Barlow TEAM Resu 1262 1047 1851 1758 1498 1019



Steve Cote (220) goes 722 347 584 1653 at the APF Pine Tree State Open. (photograph provided courtesy of Russ Barlow)





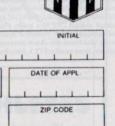
judges: Steve Smith, Beau Boyle, Al Cyr, "Iron" Mike Scott, Lynne Barlow and all the spotters and loaders for without your help there would be no Pine tree State Open. Stay Hardcore. (Thanks to Russ Barlow for providing the results of this meet).

APF/AAPF Powerstation Meet 21 OCT 00 - Tulsa, OK

BENCH MEN AMATEUR				
Open		275		
198		M. Ha	mby	430
T. Davis	430	Master		
242		198		
J. Van Winkle	510		milovich	ALL AND DESCRIPTION OF THE PERSON OF THE PER
Powerlifting WOMEN Amateur	SQ	ВР	DL	тот
Open 123				
K. Vaughn 148	200	135	225	560
T. Moran 181	135	130	210	475
T. Frizell APF	240	130*	280	700
Open 165	255	250	300	905
C. Crossland MEN Amateur Open 165	255	250	300	805
J. Richardson 181	375	170	425	970
E. Vaughn SHW	555	325	525	1405
T. Guiney APF	520	380	630	1530
Open 198				
S. Baker 220	575	370	450	1395
C. Bogart Masters 220	630	440	630	1600
T. Barth		275		1105
* denotes state rec	ord. (R	esults pro	ovided by	COTM).

NEW A.P.F./A.A.P.F. Membership Application

AMERICAN POWERLIFTING FEDERATION AMERICAN AMATEUR POWERLIFTING FEDERATION PLEASE PRINT CLEARLY . COMPLETE ALL ENTRIES .



TYES NO

LAST NAME	FIRST N	FIRST NAME								
111111	1111111	111								
	STREET ADDRESS	The same of the same of		DATE OF APPL.						
111111	1111111									
上版 新 居界的2000年度	ZIP CODE									
		1111	180	ZIP CODE MUST BE PRESE						
AREA CODE TELEPHONE	DATE OF BIRTH	DATE OF BIRTH MO DAY YR								
				YES NO						
REGISTRATION MA	STERS CLUB MEMBER	NAI	ME OF CLUB YO	U REPRESENT						
\$25.00 YES	NO	- 633		Philipp E4.2						
ATH	FTES fill out card compl	letely and mail	with fee to:	ARE YOU A PREV						

MAKE CHECK PAYABLE TO: A.P.F.

62 S. BROADWAY AURORA, IL 60505

HAVE PARENT SIGNATURE X

1417 DEMOREST RD. COLUMBUS OH 43228 PHONE (614) 276-0923

WESTSIDE BARBELL

Great for Strength and Rehabilitation

Women - Jill Cowan. Records Established: Tim Bruner-Masters 40-44 American Record Single Lift Bench = 476; Tim Bruner - Master 40-44 State Record Single Lift Bench - 476; Jill Cowan-Masters 40-44 State Record Bench Press = 181; Jill Cowan - Masters 40-44 State Record Deadlift = 380; Jill Cowan - Masters 40-44 State Record Total = 876; Joe Crum - Masters 40-44 State Record Single Lift Beach = 501; Menr Thomston Links 1840, 200 Bench = 501; Henry Thomason - Junior Men 20-23 State Record Squat = 804; Ralph McCarty - Sub-master Men 35-39 American Record Bench = 407; master Men 33-39 American Record Bench = 407; Susan Rinn-Submaster Women 35-39 State Record Squat = 325; Susan Rinn - Submaster Women 35-39 State Record Bench = 226. (Thanks to Seguin Fitness for providing the results of this contest).

1207

1201

1521

783

1301 1289 1091

1477

1102

1653

17th Annual Fall BP/DL Classic

07 OC	1 00	- Mattoon, IL	
BENCH PRESS		police & fire	
teenage men		Loren Betzer	300
Jerry Amsbury	225*	DEADLIFT	
Victor Munoz	300*	teenage men	
junior men		Mark Rice	215
Matt Coartney	300	junior men	
master men 40-49	9	Matt Coartney	450
Loren Betzer	300	master men 40-49	
165		Loren Betzer	475
James.Amsbury	275	220	
220		Steven Zelmer	450
Steve Zelmer	275*	242	
242		James Ewing	520
James Ewing	250	shw	
shw		Loren Betzer	475
Loren Betzer	300	police & fire	
		Loren Betzer	475

*personal record Best Lifter (BP)-JAMES AMSBURY; Best Lifter (DL) - JAMES EWING. The seventeenth annual Fall Bench Press/Deadlift Classic was held annual Fall Bench Press/Deadlift Classic was held October 7, 2000 at the Mattoon Cross County Mall in Mattoon, Illinois. This is where it all began with my first competition in 1983. The first annual Fall Bench Press Classic (as it was called then) had fifty competitors and about three hundred spectators cheering them on. Of course, it was the first time amyone had seen a powerlifting meet so they stayed for the whole competition, completely jamming the mall with people! With more than fifty competitions held at the mall since that time, we have ranged from about a dozen lifters to over sixty per event. One thing for sure is that we always have have ranged from about a dozen lifters to over sixty per event. One thing for sure is that we always have a good time and we always have lots of new personal records being set. Thanks once again to the Mall Association for their continued support. In the bench competition Jerry Amabury came up from Southern Illinois with his dad, James, to take the teenage class with a new personal record of 225, Jerry, who just turned seventeen, continues to life the control of the seventeen. the teenage class with a new personal record of 225. Jerry, who just turned seventeen, continues to lift in the 132 lb. class. In second place was first-time competitor, Victor Munoz, who finished with 300. Victor weighed in at 218. Taking the junior division was Matt Coartney, who only got his opener of 300, before moving to 345 where he failed to lockout twice. This boy has a lot of potential, though, having gotten as much as 405 in the gym! Loren Betzer returned from Kansas again,

Current Card # 11t Kenewa

Area Code/Telephon

YN



Jim Ewing locks out 520 for the win at 242 at the Fall BP/DL Clas-

taking the master, open shw and police & fire classes with 300. By the way, Loren just lifted in a powerlifting meet in Wyoming, making that the yellow the state in which he has competed. I wonder if anyone else has ever competed in all fifty states before? Some kind of a record I would say! At 165 ill open was best lifter James Amsbury finishing with 1275 @ 150. James had lost eight pounds in the past ill three weeks and had been doing lots of cardio, so it's no wonder he had an off day (his previous best was 305 at this year's Illinois State Fair), but it was still good enough for best lifter! At 220 was another first time competitor, Steven Zelmer. Steven had some problems with his opener, but was finally able to come through with 275. Mr. "Roto-Rooter Man" himself, James Ewing, the most eligible bachelor in Coles County, Illinois, was up next at 242. James finished with 250, after missing his final attempt with a personal best 275. In the deadlift competition, Mark Rice won his first teenage title with a great 215 personal record performance. This thirteen year old, who weighed in at 107, is already a national olympic lifting champion. Mark is coached by jim Dinaso, owner of the Body Club of Charleston, Illinois. Taking his second title at junior was Matt Coariney with a strong 450 pull. Boy, with a little coaching this kid will be someone to reckon with 1 corne netzer continued his collection of titles by taking the master, open shw and police & fire awards with 475. Steven Zelmer won at 220 with a strong 450, just missing the lockout with 500! At 242 it was James Ewing with the biggest pull of the day, 520. Weighing in at 240, this lift gave jim the best lifter award for the competition. First best lifter award in seventeen years of competing for jim! Congratulations, Jim! Thanks to the lifters, to my son Joey and Jim Dinaso for all their help. (Thanks to Dr. Darrell Latch for these results).

6th Border Classic Bench Press IUI 00 - Brownsville, TX

MEN		B. Abrham	275
165		148	
M. Gutierrez	215	B. Morgan	355*
220		165	
A. Barra	250	E. Garcia	230
P. Ortiz	225	242	
C. Villarreal	195	S. Lambaria	360
242		O. Valdez	340
O. Lucio	340*	Submasters	
C. Zarate	240	165	
Novice		E. Garcia	230
148		C. Garcia	180
E. Lozano	195	242	
165		A. Mendez	315
G. Flores	285	Master	
R. Ramos	235	181	
C. Garcia	180	P. Ramirez	355*
181		220	
P. Ramirez	355	R. Garcia	340
198		Law Enforcemen	1
M. Blackwell	290	242	
220		S. Lambaria	360
R. Garcia	335*	J. Rangel	320
C. Villarreal	195	WOMEN	
242		Masters	
O. Valdez	340	148	
J. Rangel	320	G. Mendez	155*
275			
S. Brown	315		
Open			
132			
* denotes O.L. N	New Reco	ord. (Thanks to Tito	's Gym
		of this meet to PL	

sic. (photo courtesy Darrell Latch)

325 240 Men Master 40-49 138 400 325 245 170 205 K. Davis 315 410 380 380 380 385 375 50-59 C. Holtz G. Hes

1st Annual Joey Simpson BP Festival 30 SEP 00 - Lima, OH

170

100

Clee

225

195

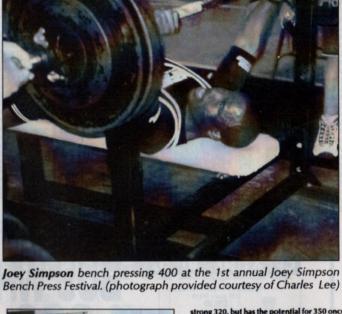
375 Light - Joey Simpson; Heavy - Gary eam Award - 1st H & D; 2nd - Lima

Ozark Open III BP/DL Classic

	00 -	Poplar, MO	
BENCH PRESS		Dan Flunker	365
women		242	
Cyndi Crossland	255	Jay Hicks	325
submaster men		shw	
Kevin Tucker	340*	Chris Rannals	460
master men 60-6	9	DEADLIFT	
Tom Barth	300	women	1000
148		Cyndi Crossland	
Albert Pyland	315	4th	300
165		master men 60-69	
Chis Sorrentino	320*	Tom Barth	405
John Walters	260*		
4th	270*	198	
181		John Davidson	480
Quentan Rogers	345	220	
198		Dan Flunker	580
Glenn Pitts	360	242	
Ricky Coggins	335		380
Chris Schubert	290	4th	420
220		shw	
Matt Witworth	380	Chris Rannals	700
		PYLAND; Best Lifte sonal record. The	

- CHRIS PANNALLS "personal record. The Ozank Open III Bench Press/Deadlift Classic was held September 30, 2000 at Coliseum Health & Fitness in Poplar Bluff, Missouri. This was a smaller compe-tition, with only twenty entries, but it was repre-sented by five states, Missouri, Arkansas, Okla-homa, Florida and Texas. Thankis to Dave Miller for homa, Fiorida and Texas. Thanks to Dave Miller for once again hosting this competition. On the bench press competition, Cyndi Crossland and Tom Barth came from Muskogee, Oklahoma to compete. Cyndi won the open women's class with an easy 255. Cyndi's attempts just kept getting easier as she went along, where she could have easily matched her previous best of 260. Tom just turned skrty years of age, but you could never tell it by the way he looks or the way he lifts. Weighing in at 196, Tom got all three of his lifts, finishing with a strong 300. Kevin Tucker got a new pr in his winning of the submaster class, getting 340 for his final attempt. Kevin weighed in at 218. Up next was the best lifter and winner of the 148 class, Albert Pyland. Albert weighed in at 143 and finished with 315. All this without a shirt; raw! Great form and great strength. without a shirt; raw! Great form and great strength.

At 165 it was Chris Sorrentino, with a new shirt and
a new personal record for the win. Chris got a



Bench Press Festival. (photograph provided courtesy of Charles Lee)



Hooray!!! Cyndi Crossland pulls her first 300 lb. deadlift, (D. Latch)

pulled four times, getting each, to finish with a personal best 410 at 242. Once again it was Chris Rannals for best lifter, taking the shw class with his 700 opener. Chris came close with 750, but it was a good meet back for Chris. Thanks to all who

Mannheim Invitational Pl

L TOTAL (kg.)		181	
VOMEN		D. Waddell	540
23		A. Nasshan	512.5
). Jackson	360	198	
32		R. Baxter	740
A. Ott	245	G. Washington	602.5
5		220	
hristie	185	D. Johnson	732.5
MEN		M. Long	695
23		L. Thomas	687
A. Brookshire	282.5	242	
48		D. Evans (OL)	810
. Bossung	457.5	F. Richardson	740
Benninger	382.5	J. Pearson	682.2
A. Kral	375	275	
65		C. Barron	680
A. Green	555		
. Price	512.5		

OL: Outstanding Lifters. This was the Mannheim community first ever full Powerlifting event. There were a total of 20 lifters competing here from as far away as Belgium. In the women's division Debra Jackson took the 123's with some nice lifting. This lifter has only two years of Powerlifting under her belt and is headed to her first worlds in Oct. She belt and is headed to her first worlds in Oct. She will claim many more titles in the very near future. Michele Ott from Spangdahlem AB took the 132's with some balance lifting as well as Christine Christie from Spangdahlem in the 165's. In the men's category Matthew Brookshire of Spangdahlem AB took the 123's with some good did to the category of the spangdahlem AB took the 123's with some good of the spangdahlem AB took the 123's with some good did the spangdahlem AB took the 123's with some good of the spangdahlem AB took the 123's with some good of the spangdahlem AB took the 123's with some good of the spangdahlem AB took the 123's with some good of the spangdahlem AB took the 123's with spangdahlem AB strong 320, but has the potential for 350 once he gets used to his shirt. Second at 165 was lon Walters, who got two new prs, with a 260 third and a 270 fourth attempt! Quentan Rogers took the 181's with 345, weighing in at 172. The winner at 198 was Glenn Pitts, who only got his opener in at 360, coming close with 380 twice. Ricky Coggins was second with 380 twice. Ricky Coggins was second with 335, coming close with 360 to challenge for the win. Chris Schubert was third at 198 with 290. This was Chris's first competition. Matt Witworth took the 220's with a strong 380 second attempt. A pr attempt with 390 came just short of lockout. Dan Flunker came all the way from Houston, Texas to take second at 220 with a lift of 365. Dan had been having some problems with his shoulder, so he only took his opener. At 242 it was Jay Hicks with 325, getting all three of his attempts with ease. Last up was Chris Rannals, who hasn't competition. Cyndi Crossland captured her second title of the day with some great pulling. Lifting in her first deadlift competition, Cyndi pulled a strong 285 pr third, followed by a 300 fourth attempt. Great job, girl! Tom Barth also pulled a new pr, to finish with 405 and take the master 60-69 class. At 198 it was John Davidson, who came from Florida for the win. John pulled a great 480 pr on his second attempt, just missing a third with 500. Texan Dan Flunker captured the 220's with a strong 580 opener, missing a pr 600 twice. But it was close! It was James Schenck's first competition, and he showed lots of natural strength and potential! James

MEETING THE DEMANDS OF TODAY'S ATHLETES



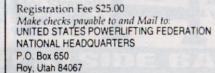
1617 W. Highway 303 **Grand Prairie, TX 75051**

Call today for our catalog & for pricing info 800-942-0338

www.mac-barbell.com



Official Supplier to the Texas High School Power Lifting Association



NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians: High School with proof of enrollment, and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug

In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

Application for Registration UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

If Under 18 have Parent Initial ___

N

		e and Fire Gar 0 - Akron, OH 275	
Senior Female		Open	
105 S. Burger	120		425 420
114	120	B. Mackey	320
S. Burger 132	120		440
Open Female E. Monteith	120		435 400
Open Male		Master Men	
V. Tyus 148	230		525 435
Open Male M. Olvera	320		400
J. Bodnar	260	D. Horton	440
Master E. Ankrom	315		400 255
165		Golden Master Me	n
Open Female S. Fletcher	205	J. Wetenhall Grand Master Mer	420
Open Men R. Strollo	255	E. Odom SHW	385
Senior Female		Senior Men	
T. Singletary Senior Master Me	135 n		450 440
R. Robinson Golden Master M	230	Master Men	405
G. Young	270	C. Watts	345
Grand Master Me D. Hray	n 205	Senior Master Mer M. Bitterman	380
181		DEADLIFT	
Open Men R. Richardson	325	132 Open Female	
B. Barth Senior Men	305		245
J. Rennie	365	V. Tyus	300
J. Barron R. Vass	360 340	148 Master Men	
Master Men		E. Ankrom	475
G. Miles D. Newell	330 305	165 Open Female	
A. Jones Golden Master Fe	280	S. Fletcher Senior Master Mer	405
K. Wetenhall	200	R. Robinson	305
Golden Master M R. Hall	en 345	181 Senior Male	
T. Humbert	340	J. Rennie	515
Grand Master Me C. Muehling	265	Senior Master Mer	505
J. Reiring 198	225	R. Hall Grand Master Mer	550
Open Men	The state of	J. Reiring	350
G. Tarr M. Cleaveland	460 335	198 Open Men	
P. Segur Senior Men	335		465
C. Darrell	375	T. Sansbury	560
T. Sansbury W. Leon	365 345	F. Costanzo Master Men	485
Master Men		N. Estvanik	470
P. Langston N. Estvanik	360 340		170
R. Glazer Senior Master Fen	335	Golden Master Me D. Yourkvitch	en 425
W. Smith-Hdedan	125	Ultra Master	
Senior Master Me R. Haury	n 285	P. Wilder 220	465
C. Cassell	275	Senior Men	***
Golden Master M D. Yourkvitch	en 315	C. Smith Master Men	405
Ultra Master Men P. Wilder	310	M. Burns	515 450
220	310		
Senior Men B. Lachner	510	Senior Master Mer D. Egan	490
C.Smith	405	4th	500
P. Brooks Master Men	305	E. Burton Golden Master Me	475
R. Jordan	380	M. Ruffin	420
M. Burns M. Massie	360 340	Ultra Master Men R. Rees	135
Senior Master Me E. Burton	n 385	242 Master Men	
D. Egan	305	L. Darrow	560
Golden Master M R. Verdi	en 360	Senior Master Mei D. Horvath	515
D. Dougherty	320	Ultra Master Men	250
M. Ruffin Grand Master Me	275 n	C. Pongracz 275	350
D. Jones	315	Open Men	575
Ultra Master Men R. Rees	240	B. Mackey	450
242 Senior Men		Senior Men A. Spencer	500
	515	Master Men	
K. Mayer	360		615 610
K. Mayer R. Porter R. Sherman	330		
R. Porter R. Sherman Master Men	330	N. Lopez	
R. Porter R. Sherman Master Men C. Edwards Senior Master Me	330 420 n	N. Lopez Senior Master Mer M. Semer	
R. Porter R. Sherman Master Men C. Edwards Senior Master Me D. Horvath	330 420 n 400	N. Lopez Senior Master Mer M. Semer SHW	
R. Porter R. Sherman Master Men C. Edwards Senior Master Me D. Horvath Ultra Master Men G. Fogle	330 420 n 400 365	N. Lopez Senior Master Mer M. Semer SHW Senior Men M. Bitterman	n
R. Porter R. Sherman Master Men C. Edwards Senior Master Me D. Horvath Ultra Master Men	330 420 n 400	N. Lopez Senior Master Mei M. Semer SHW Senior Men M. Bitterman Master Men	435
R. Porter R. Sherman Master Men C. Edwards Senior Master Me D. Horvath Ultra Master Men G. Fogle	330 420 n 400 365	N. Lopez Senior Master Mei M. Semer SHW Senior Men M. Bitterman Master Men C. Watts	435

105	120	245	F60	O M					Senior Master M	en			
195	120	245	200		E00			500	M. Bahnsen	470	400	470	1340
					500			300	M Semer	450	255	435	1140
230	230	300	760						Golden Master A	Aen			
					425	405	405	1235	M. Combs	650	320	520	1490
		1000	100000			1224			SHW				
255	230	305	790										
				R. Jordan						460	380	500	1340
				B. Eggers	360	300	350	1010					
545	365	515	1425	Senior Master	Men				(Thanks to bill Lat	cimier ic	n provid	ing uses	se results
525	340	505	1370	E. Burton	450	385	475	1310					
				D. Egan	475	305	490	1270					
320	265	345	930	M. Ruffin	450	285	425	1160	4th Annual	Mice	ouri C	tate "	DAIA/
				Golden Master	Men								
	345	550	1355	M. Ruffin	430	275	420	1125	05 AU	G 00	- Fulto	on, Me	0
	343	550							"PAW" Powerlift	ing			
	225	250	910								RP	DI	TOT
233	223	330	010		605	250	560	1515		24		-	
						330	300	1313					
	225	***	1200			400		1205		115	100	265	480
500	335	403	1300			400	313	1393		113	100	203	400
				O101									
605	365	560	1530		375	260	350	1060					
													400
490				Open Men				- ELECTRICAL		135	120	215	470
420		470	1230		450	320	450	1220					
385	275	375	1035	Senior Men					275				
len				A. Spencer	460	320	500	1280	Joe Lane	530	330	580	1440
355	315	425	1095	Master Men					Open				
n				M. Reese	640	435	630	1705	181				
445	310	365	1220	H. Torrens	525	400	615	1540	Brandon Doster	490	310	580	1380
	-10			M. Zupko	610	525		1135	198				
	525 320 sen 460 len 235 500 605 490 420 385 sen 355	230 230 ten 255 230 545 365 525 340 320 265 ten 460 345 ten 235 225 500 335 605 365 490 350 420 340 385 275 ten 355 315	230 230 300 ten 255 230 305 545 365 515 525 340 505 320 265 345 ten 460 345 550 ten 235 225 350 500 335 465 605 365 560 490 350 500 420 340 470 385 275 375 ten 355 315 425	230 230 300 760 len 255 230 305 790 545 365 515 1425 525 340 505 1370 320 265 345 930 len 460 345 550 1355 len 235 225 350 810 500 335 465 1300 605 365 560 1530 490 350 500 1340 420 340 470 1230 385 275 375 1035 len 355 315 425 1095	230 230 300 760 Keith Curtin Senior Men C. Smith Master Men Master Men Master Men B. Figure Senior Master Senior Master Senior Master Senior Master Men B. Eggers Senior Master E. Burton D. Egan M. Ruffin Golden Master Men M. Ruffin 242 Senior Master Men L. Darrow Senior Master Men D. Horvath Ultra Master Men D. Horvath Ultra Master Men M. Senior Men Master Men	230 230 300 760 Senior Men C. Smith 425 405 405 1235	195 120 245 560 Open Men Keith Curtin 500 230 230 300 760 Senlor Men C. Smith Master Men 255 230 305 790 M. Burns 500 360 515 1375 R. Jordan 435 380 450 1265 Senlor Master Men 545 365 515 1425 Senlor Master Men 525 340 505 1370 E. Burton 450 385 475 1310 D. Egan 475 305 490 1270 320 265 345 930 M. Ruffin 450 285 425 1160 Iden 460 345 550 1355 M. Ruffin 430 275 420 1125 Iden 235 225 350 810 Master Men L. Darrow 605 350 560 1515 16-17 Senlor Master Men L. Darrow 605 350 560 1515 198+ Senlor Master Men L. Darrow 605 350 560 1515 198+ Senlor Master Men L. Darrow 605 350 560 1515 198+ Senlor Master Men L. Darrow 605 350 560 1515 198+ Senlor Master Men L. Darrow 605 350 560 1515 198+ Senlor Master Men L. Darrow 605 350 560 1515 198+ Senlor Master Men L. Darrow 605 350 560 1515 198+ Senlor Master Men L. Darrow 605 350 560 1515 1395 Jordan Sipes Men 105 AU 114 12-13 yrs. Chris McClain 18-19 yrs. 275 Senlor Men 445 310 365 1220 H. Torrens 525 400 615 1540 Brandon Doster	230 230 300 760 Senior Men C. Smith 425 405 405 1235 18en 255 230 305 790 M. Burns 500 360 515 1375 R. Jordan 435 380 450 1265 SHW Senior Master Men Senior Master Men Senior Master Men M. Combs 650 SHW Senior Men M. Bitterman 460 (Thanks to Bill Lachner for M. Bitterman 460 (Thanks to Bill	195 120 245 560 Open Men Kelth Curlin 500 Kelth Curlin 500 Kelth Curlin 500 Kelth Curlin 500 M Semer 450 255 230 300 760 Senkor Men C. Smith 425 405 405 1235 M. M. Semer 450 320 320 Senkor Men C. Smith 425 405 405 1235 M. M. Semer 450 320 320 Senkor Men M. Semer 450 320 320 Senkor Master Men M. Combs 650 320 Senkor Master Men Senkor Master Men Senkor Master Men D. Egan 475 305 490 1270 M. Ruffin 450 285 425 1160 M. Ruffin 450 285 425 1160 Senkor Master Men Golden Master Men A. Senkor Master Men Senkor Men Master Men Senkor Me	195 120 245 560 Open Men Keith Curtin 500 Master Men C. Smith 425 405 405 1235 Golden Master Men M. Combs 650 320 520 Master Men M. Ruffin 450 285 425 1160 Master Men M. Ruffin 450 285 425 1160 Master Men L. Darrow 605 350 560 1515 Master Men L. Darrow 605 350 560 1515 Master Men M. Combs 650 320 560 1515 Master Men M. Combs 650 320 560 1515 Master Men M. Combs 650 320 500 1200 Master Men M. Combs Men			

FATBURNING

PROTEIN COOKIES

DYMETADRINE 750 XTREME nedra Extract 8% - 300 mg L-Phenylalanne ne - 200 mg Caffeine - 100 mg Willow Bark Extract 100 capsules / Reg. \$29.95 \$17.97

SPORT DRINKS

PRO COMPLEX "The Drink"

rostenedione - 100 mg. Androstenediol enedione - 60 capsules - Reg. \$64.95 \$42.22 5-DIOL 250

CREATINE / RIBOSE

CREATINE Powder

00 gram / \$43.99 \$26.39 00 gram / \$59.99 \$35.99

RIBOSE Powder

\$35.99

RIBOSE-2500 MG

90 capsules / \$48.99 \$29.39

ANDRO PRODUCTS

ANDRO-STACK 850

2 capsules contain - 100 mg Androstenedion 100 mg DHEA - 650 mg Tribulus Terrestis 120 capsules - Reg. \$29.99 \$17.99

19-NOR 3-ANDRO

250 mg. 5-Androstenediol FOR POTENT ANABOLIC EFFECTS TESTOSTERONE BOOSTING PROPERTIES 60 capsules - Reg. \$23.37 \$38.95

3 ANDRO XTREME Ephedra Extract - L-Phenylalanine - L-Lyrosine - 4-Diol, 5-Diol, 19-Nor 60 capsules / Reg. \$39.95 \$23.97

VITAMINS AND PAKS

> SUPER MULTI PAK \$13.75

> > PRO PAK 30 packets / Reg. \$29.99 \$17.99

VIT-A-DAY ablets / Reg. \$17.99 \$9.00

ANABOLIC ACTIVATOR A combination of activators such as Dibencozide, Yohimbe Bark, BCA/s, hosine, Girseng, Chromium and much more 32 g. Protein Reg. \$50.00 75 g. Carbs \$22.36

32 g. Protein 75 g. Carbs EXTREME PURE PROTEIN

DRINK Reg. \$50.00 Close Out! \$37.00 NOW \$27.00

NITRO GLYCEROL 24 oz. bottles - 20 per case carbs, fats, or sugars -tr's DYN-O-MITEI protein, 40g Glycerol, 200mg Ma Huang, and 40mg Nicrin

40mg Niacin Reg. \$50.00 Close Out! \$39.00 NOW \$29.50 RAZOR

18 oz. bottles - 24 per case Herbal combination of Ma Huang and Guarana with L-Carnitne and Chromium Piccolinate - Only 90 calories \$28.50

PURE PROTEIN COOKIE

Reg. \$30.00 \$21.90

PROTEIN POWDERS AMINO ACIDS

100% WHEY
Protein Powder
5 lb / Reg. \$39.99
\$23.99
AWESOME
DEAL! DEAL!

NITRO AMINO 1001 325 capsules / Reg. \$29.99 \$15.00

GLUCOSAMINE plus CSA

\$17.99 PRO COMPLEX POWDER

> \$37.79 EGG D'LITE ERO CARE

> > \$17.95 MIGHTY ONE

8 lb. / Reg. \$29.97 \$17.98

PROTEIN BARS

PURE PROTEIN BAR \$23.88

\$17.52 SHIPPING \$6.00

CRAIN MUSCLE WORLD, LTD. 3803 North Bryan Road ee, Oklahoma 74804-2314 USA

Outside U.S.
\$5.00 Shipping +
30% Sufface or 40% Airmail
Merimum \$6.00
Oklahoma Residents
Add 8.5% Sales Tax

YOUR ORDER MAY BE SUBJECT TO BULK

THERMO SPEED BAR

ALL PRICES SUBJECT TO CHANGE CHECK /CASH /CREDIT CARD /C.O.D. (\$25.00 min.) **Outside USA and Customer Service Call** 1-405-275-3689 1-405-275-3739 Fax Call TOLL FREE - Orders Only

1-800-272-0051

S. Killingworth 315 215 480 1010 220 Brandon Cass Kent Muldock 675 570 1420 350 550 1410 275 "RAW" Bench Meet 1560 525 400 635 Frank Gant 435 300 500 1235 Darin Gilley 100 Women 1165 Tim Fletcher 450 430 285 13-14 yrs. Nathan Gentges 17-18 yrs. 390 320 290 220 450 365 1130 905 Fitz Fitzgerald Bill Clark "RAW'Open 115 100 265 ordan Sipes Frank Ortolani 300 Frank Ortolani 300 On 8-5-00 22 lifter's gathered at Westminster Col-lege in Fulton, Missouri for our 4th annual cham-plonships. A big thanks to all who assisted in 610 375 675 1660 Brandon Cass Submaster Making the meet a success. Special thanks to Joe
Garcia, Pam Fitzgerald, Darin Gilley, and Kerry
Clark for serving as officials. Brandon Chisholm
S. WALKER 415 305 485 1205

Nose Tork Smelling Salts

and James Foster are commended for loading the duration of the meet. Thanks to Bill Clark for letting us use Clark's Gyms weights. Best overall lifter was Brandon Cass. Best Women lifter was Jordan Sipes. Best submaster was Darin Gilley 40-44 lifter was Tim Elektrey 45-48 pages supmass Rest land 1821 for 182 430 285 450 1165 375 255 465 Tim Fletcher, 45-49 Ron Summers, Best teenage lifter Joe Lane, Best teenage Bench Zac Cooper, Best overall Bench Frank Ortolani. (Thanks to 330 65-69 275 Bill Fellows 200 "RAW'Open Bench Meet Jordan Sipes Men WOMEN OP/SB/NV Zac Cooper Brain Holmes Masters 60-64

David DeForest for providing these meet results). "Iron Warriors PL Championships" 22 APR 00 - Augusta, GA FULL POWER SQ BP DL TOT IERRI KEEL (BL) 160 105* 220! 485 123 OP/NV AMY HITCH 215 120 235 570 132 NOVICE
DENISE POTTER 125 95 155 375
TRACEE RAGAN 150 130 240 520 OPEN T. HENTGES 120 175 470 100 275 615 240

Heet - Pain Relieving Liniment w/ applicator 2.33 oz. \$1

ROY FOWLER 90 MILLER NORRIS 240 160 RAW & NV D. WILSON 325 J. BLANKENSHIP 315 225 BRIAN COLEMAN JACK TILLMAN 360 330 450 1140 T. NEWBERRY(BL) 350 255 675 DOUG GURTH 356 430 1110 ALBERT KELLUM 460 ANDY FOWLER 450 GREG CAMPBELL 530 500* SUB P. CIARMELLO 425 305 275 NOVICE T. MOORE BOB MONEY BOMB **BENCH PRESS** PAUL DUNCAN 420 WOMEN RAW GREG BARTLEY 405 DONNA REID 68+ PFM 123 M. BRANHAM 290 B. COOTER SUBS PFM KAREN GURTH ALBERT HARRIS 355 DEADLIFT 148 PFM &RAW D. RUMBOLD W. CLARKE 165 132 B. COLEMAN 475 10-13 P. WHITE JASON BRIDGES 105 TRAVIS DOVER 235 **GEORGE BLACK 505** MONTGOMERY 115 DON BLONDIN 385 100 68+ PFM M. BRANHAM 470 GARY JONES 340

GARY JONES 340

*denotes Best Bench; I denotes Best Deadlift. You should have been there! We had over 40 lifters from GA, SC, FL and AL. We had a 500 lb. bench, 500 plus lbs. in the deadlift and 500 plus lbs. in the squal. Everyone who was tested passed and most importantly WE HAD FUN! Records were shatered as lifters pushed themselves to the limit but the most surprising thing were the LADIES! We had 12 ladies from "Team Morates", "DEHR Powerlifting Team", "The Python Power Team", "City British Team", "City British Team", "The Python Power Team", "City British Team", "C ing Team", "The Python Power Team", "City Boy Powerlifting" and "The Godfather's House of Power." It just goes to show you can be strong, lift like an animal and look beautiful! These ladies did Power." It just goes to show you can be strong, ill ike an animal and look beautiful! These ladies did just that with "Big Mama" having the "Heaviest Bench Press", Sandra "Cocoa" Walker having the "Heaviest Deadlift" but it was the "Gnat" Jerri Keel who stole the show! At 102 lb. bodyweight, her 160 lb. squat, 105 lb. bench & 220 lb. deadlift gave her first place, "Best Bench", "Best Deadlift" and "The Best Lifter" award. 18 year Terrence "Terminator" Newberry showed once again he is the "Best Teenage" Lifter with a 450 lb. deadlift! Greg "Da Head" Campbell astonished everyone as he entered a "Full Power" meet and had the "Heaviest Squat", "Best Bench" and "Biggest Bench" awards along with first place in his division but once again it was Marvin "Big Red" Judge who took home the "Championship Belt" for the "Best Lifter" award. It seems there is no one that can stop him. All in all it was a great show and we appreciate the lifters that came out and supported the "Python Power League." Stay Clean, Stay Strong and 'Il see ya on the platform! E - mail me! pythongym@aol.com and I will "hyperlink" to our Web Page! (fromTee Meyers).



CRAIN'S

MUSCLE WORLD, LTD.

e-mail crain@ionet.net catalog www.crainsmusclework

DMSO - 3 oz. roll on 90% Strength 100% Pure \$12.00

chalk - 8 2 oz. block - 2 oz. block



POWERLIFTING

PARAPHERNALIA

Padded Training Straps w/ neoprene \$8.00



Outside U.S. \$6.00 Shipping + 30% Surface or 40% Airmail

Add 8.5% Sales Tax



Training straps Style #2 (1 1/2" - 2")















ALL PRICES SUBJECT TO CHANGE CHECK / CASH / CREDIT CARD / C.O.D. (925 ou min.)
Outside USA and Customer Service Call
1-405-275-3689 1-405-275-3739 Fax
Call TOLL FREE - Orders Only

1-800-272-0051

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100

114s, ADFPA TOP 20 198s Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s,

ADFPA TOP 20 220s Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s May/94... USPF/ADFPA Collegiates.

USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/ Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength? Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s. Dec/94... Jon Cole Profile, Asian Champi-

onships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.

lan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s

Apr/95... NASA Natural Nationals. Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W.

Compounds, TOP 100 242s. May/95... Mike Bridges, Jamie Harris' 740

Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, PecTear Night-

mare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE AD-

Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

FPA/APF/USPF, How to Use Creatine.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96...TOP 20 Women/Masters/Teen age Rankings, Chromium, Plant Extracts. Multi-Year Training System, First Seniors, Framework for the Novice

ul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner *Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s Feb/97... Power of Compelling Outcomes,

WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo
Apr/97... Clark Benches 800-Waterman

600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

1/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFP Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.

Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s

Sep/97... USAPL/USPF/APFTriple Seniors

Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Pro-

gressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.

Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL. TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James

Henderson, George Nelson, 1st Worlds,

Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL
Women's Nationals, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s. May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Fo-cused Benching, Top 100 275s. Jun/98... Mark Henry, Ernie Milian, Olym-

pic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/

WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam. Sep/98... APF Seniors. Part 1, the Ed Coan

Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan

AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED

Part 1, TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons John Neighbour, TOP 100 148s.

Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.

Dec/98 ... IPF Masters-Iuniors - Mens/

WPC/WDFPF/AAU/AAPFWorld Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.

Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463 -USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DI Workout, TOP 100 220s

Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie nmons, TOP 100 242s.

LIMITED

WORLD,

MUSCLE

CRAIN'S

FROM

EXCLUSIVE

Z

May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational USAPI Women's Nationals Russian Stretches, TOP100 275s.

Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs

Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s

Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

Sep/99 ... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac,

York Spectacular, TOP 100 132s Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s Jan/00 ... IPF Worlds, WABDL Worlds,

Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants The Real Triac IPF World BP IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover

Chronology, Methoxivone, TOP 100 242s May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s. Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry

Miller, Fred Peterson, TOP 100 SHWs. Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights. Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai,

Building the Torso, TOP 100 123s Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ-by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s. Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights

Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies Jan/01 ... IPF Men's Worlds, WABDP Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Train-

ing by Louis Simmons, TOP 100 198s LIST THE ISSUES YOU WANT (AND ALTERNATES). MAKE OUT A CHECK (\$5 PER ISSUE) TO POWERLIFTING USA, BACKISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA.



BOOKS --- VIDEOS --- BOOKS --- VIDEOS --- BOOKS --- VIDEOS --- BOOKS BODYBUILDING ollection H need don MORE 11411 SPECIALTY Rick Well: = get BENCH IRON Might, Muscle, & Miracles Video / Hepburn \$29.95 Paul Speaks To Atheric Coaches Reminisces In His Oym Strongest Math Becomes A Christian POWIERLIFTER VIDEO ALL SALES FINAL ·Buy 4 Get 1 FREE· CALL TOLL FREE 1-800-272-0051

Don't waste another minute lifting heavy bars to change the height on your bend r. Jack racks can and do slip... they are dangerous. See how your garage or set weights, then buy CRAIN'S MUSCLE WORLD, LIMITED HYDRAULICS! WORLD, Official Para-Olympic Designed For And Used At The Bench Press MUSCLE EACH ARE A **GREAT VALUE AT** CRAIN'S **ONLY \$699.00** WITHOUT HYDRAULICS \$599.00 Supplier of bars for the WPC - APF - WPF - USPF - IPA - IPF - USAPL - WABDI \$199.00 TEXAS POWER BAR. \$449.00 OKIE SQUAT BAR ...25 kg THE ONLY TRUE DEAD ON THE MARKE Adds 20 to 50 lbs. IMME LIFT BAR OKIE DEADLIFT BAR \$269.00 IATEL VI \$ 113.85 Olympic Power Bar - 5 ft . Olympic Power Bar - 6 ft . Safty Squat Bar .500 lb... .\$345.0 ..\$ 118.80 700 lb \$395 0 Olympic Power Bar - chrome or black- Imported .

Olympic Power Bar - American Made \$ 70.00 1500 lb . \$ 152.00 Olympic Gerard Trap Bar \$165.0 Olympic E-Z Curl Bar \$44.00 Super Duty Cambered Olympic Bench Press Bar ...45 lb ..\$161.70 **Dumbbell Racks** \$ 52 50 5 pair 10 pair Pro Style Dumbbell or Pro Style Dumbbell or Hex Hex Dumbbell Rack Dumbbell Rack Rubber Gym Floor Mats 4'x6' - 5/8" thick\$70.00 \$288.75 \$437.50 OLYMPIC SOLID HEX DUMBBELLS Olympic E-Z on Sprin E-Z Curl PRO STYLE DUMBBELLS (with Chromod & Knurfed Handles) **** \$.60 /lb.
OLYMPIC PLATES\$.54 /lb. Collars \$9.00 ALL PRICES SUBJECT TO CHANGE
PLEASE CALL FOR UPDATED PRICES
CHECK / CASH / CREDIT CARD / C. O.D. (\$25.00 min.)
Outside USA and Customer Service Call
1-405-275-3689 1-405-275-3739 Fax

Freight FOB Shawnee SHIPPING \$6.00

Call TOLL FREE - Orders Only 1-800-272-0051

26-30 SEP 0	O - So	BP BP	Russia DL	(kg)
14 N. Shapovalova Natalia N. Kolechnikova N. Tokareva N. Tylina N. Krikunova G. Timofejeva D. Golubova A. Aleksejeva L. Grinova	140 142.5 120 125 117.5 110 107.5 102.5 100 102.5	70 70 60 52.5 60 57.5 57.5 52.5 52.5 47.5	152.5 350 120 117.5 115 122.5 110 115 100 110	362.5 362.5 300 295 292.5 290 275 270 262.5 260
K. Korelina 48 F. Eltsova D. Legotkina L. Achtiamova N. Michailova F. Basileva A. Abasova	85 165 145 120 112.5 105 95	52.5 87.5 65 55 60 57.5 50	102.5 152.5 150 125 120 117.5 105	405 360 300 292.5 280 250
N. Burtzeva 52 1. Ajugina 5. Nikolayenko N. Ivanova Guptogaleyeva F. Sebarova A. Smirnova I. Krjukova S. Grigovorova E. Borobjova E. Lebedeva Y. Popova O. Denchenko A. Ryschkova Y. Bacina	85 175 165 167.5 160 145 155 125 125 117.5 115 120 100 95	50 87.5 95 85 80 75 75 70 60 65 70 47.5 52.5	107.5 177.5 157.5 162.5 150 162.5 150 135 120 132.5 120 100 117.5 110	242.5 440 417.5 415 395 387.5 380 335 315 310 300 290 265 257.5
N. Uschakova V. Morosova 56 I. Filimonova E. Petrunina E. Perfiljeva E. Nikulina S. Samar O. Belyakova N. Igoscheva T. Dolgui A. Panferova T. Savyalova O. Lavrenova L. Sviderskaya E. Kopa A. Merijeva A. Pudovkina V. Gubanova V. Anisimova	195 180 185 157.5 155 150 140 147.5 150 125 140 127.5 137.5 132.5 130 140	90 97.5 90 82.5 75 90 80 67.5 65 70 80 55 60 67.5	175 170 160 165 155 160 147.5 140 160 140 132.5 135 140 122.5 130 122.5	460 447.5 435 405 392.5 385 377.5 357.5 350 345 345 342.5 325 325 320 315
G. Pozelueva V. Filina 60 I. Abramova E. Fomina V. Petuchova V. Kanutkina A. Jakovleva E. Bukina A. Suchatchova O. Pantina L. Lushtchinina O. Baxtenova C. Solotova A. Bulkina M. Anzivrova	220 205 175 180 172.5 160 165 150 145 100	110 125 90 90 85 82.5 77.5 82.5 65 65 67.5	220 200 177.5 172.5 165 167.5 170 140 160 155 150 130	550 530 442.5 442.5 422.5 410 407.5 387.5 375 370 362.5 297.5
O. Yurichenko 67.5 M. Kudinova N. Magula O. Tchumincheva I. Sacharova M. Ananeva D. Maschtchenka N. Mirsoeva E. Korsunova N. Rastorgueva N. Bogatova T. Kudriyaschova E. Fedortzova Y. Epichina L. Zhtepina G. Tsoukanova L. Yurinskaya E. Sheverdina	195 165	135 107.5 110 100 85 95 885 77.5 80 82.5 70 77.5 60 85	227.5 200 195 185 195 150 155 150 145 140 152.5 130 137.5	607.5 517.5 495 480 445 415 390 387.5 385 382.5 375 367.5 352.5 352.5
A. Yudinzeva O. Prokufeva 75 S. Dudulia A. Terenteva M. Panferova C. Korbeinikova S. Makarova S. Gobatchenko O. Agejeva	237.5 210 172.5 145 145 150 150	155 135 85 95 102.5 82.5 70	215 200 155 162.5 142.5 152.5 152.5	607.5 545 412.5 402.5 390 385 372.5
82.5 N. Rumyantseva O. Rytchkova I. Naskripniak E. Baskakova Y. Metvejeba	230 230 155 165 152.5	155 130 112.5 70 80	220 230 142.5 162.5 135	605 590 410 397.5 367.5

						220	117.5	210	547.5	A. Petrov	225	157.5	200	582.5
E. Ignatenkova					J. Tcholovky S. Savinich	200	130	205	535	M. Schiryaev	200	155	195	550
90		137.5	257.5	***	O. Artemiev	197.5	142.5	185	525	D. Staroverov	180	120	210	510
A. Chatimchenko		100		610 520		215	120	182.5	517.5	V. Bogdanov	260	192.5	-10	3.0
Y. Kurina	230		190		V. Laljagov	195	115	200	510	I. Kaliya	200	. ,		
S. Liseko	110	55	125	290	D. Panin E. Melechov	197.5	115	187.5	500	S. Lebedev				
90+	240		242	***			97.5	205	482.5	A. Osokin				
N. Payusova	240	157.5	243	640	Y. Karasov	180		185	482.5	V. Magomadov				
G. Karpova	245	145	215	605	R. Asisov	190	107.5			A. Jakovlev	237.5	160		
E. Avilkina	255	125	205	585j	D. Smirnov	160	100	170	430	S. Petruchin	237.3	100		
Xodchamkulova	210	130	200	540	60					75				
E. Kurbakova	195	130	160	485	A. Zviagintsev	232.5	167.5	215	615	V. Baranov	315	182.5	322.5	820
G. Dubova	130	90	135	355	F. Mukhiamatov	245	172.5	195	612.5	V. Furashkin	312.5	205	302.5	820
In the competition					A. Proskurin	235	127.5	230	592.5	V. Sokolov	295	180	290	765
Regionpoints: 1.					G. Sayapin	220	125	225	570	R. Vostrikov	300	177.5	287.5	765
12-12-9-9-6-5; 2. K					I. Kokorfev	200	127.5	225	552.5			190	282.5	747.5
12-9-7-6-6-6; 3. UI					J. Kuimov	200	130	220	550	A. Bugaiskiy	375			
9-9-7; 4. Kranojan					I. Teplich	212.5	107.5	190	510	A. Ermilov	280	175	270	725
Champ of Champ					S. Voronov	165	132.5	195	492.5	Y. Sadoroschniy	275	157.5	285	717.5
Altaiskii-621.35	; 2. 1	rina A	bramo	va (74)	Tchadaevidris	155	115	160	430	A. Alekseev	267.5	177.5	265	710
Baschkortostan	-618.8	0; 3.	Svetla	na (75)	67.5					A. Saidov	270	160	272.5	702.5
Xabarovskaya-580	0.95.				E. Dolgov	277.5	162.5	270	710	P. Oserov	265	182.5	252.5	700
MEN					I. Muler	280	135	280	495	E. Titov	260	167.5	272.5	700
52					R. Araslanov	240	177.5	270	687.5	V. Tchernov	272.5	155	272.5	700
S. Zhuravliev	215	110	210	535	M. Andriuchin	265	147.5	272.5	685	S. Koschkin	255	170	265	690
I. Artemiev	172.5	130	182.5	485	A. Sidorov	260	185	240	685	V. Tchadkov	247.5	200	235	682.5
V. Kurbatov	180	110	152.5	442.5	A. Artemiev	242.5	137.5	255	635	D. Ogienko	250	175	240	665
V. Borisob	160	87.5	155	402.5	D. Dudnik	245	155	235	635	A. Saforian	230	137.5	245	612.5
D. Alexeev		0,13		102.5	A. Marenok	250	150	232.5	632.5	M. Mamedov	230	130	250	610
D. Cilaev					S. Averyanov	240	135	240	615	A. Sabolotniy	220	140	200	560
56					M. Matveev	235	135	225	595	E. Mamedov	260	170		
K. Pavlov	240	170	220	630	G. Volkov	215	120	250	585	82.5				



S. Mor	320	222.5	325	867.5	A. Sorokin	315	210	307.5	832.5	K. Emetz	295	222.5	320	837.5
S. Gordeev	320	195	310	825	A. Malunin	300	210	320	830	V. Kotkov	320	195	315	830
A. Charayasov	312.5	200	305	817.5	A. Bagdanov	310	200	295	805	Tchernomoretz	342.5	195	290	827.5
. Tchestakov	332.5	185	295	812.5	M. Barchotov	305	200	300	805	S. Saloshkov	330	180	280	790
R. Bitchenko	300	187.5	320	807.5	I. Alikberov	300	195	300	795	V. Vargin	310	200	260	770
A. Grushinskly	305	192.5	295	792.5	S. Matrusevich	297.5	185	302.5	785	V. Sholudev	280	180	290	750
V. Usanov	270	180	305	755	K. Otavin	280	192.5	300	772.5	V. Selenov	290	190	260	740
A. Svarikin	287.5	172.5	295	755	V.Tchernich	285	185	300	770	S. Anatzki	305	170	260	735
T. Polsha	262.5	167.5	322.5	752.5	A. Durkin	270	197.5	297.5	765	A. Elisarov	265	195	260	720
B. Redyuk	270	190	285	745	A. Corbatchev	290	205	270	765	A. Litvinov	242.5	205	250	697.5
D. Lubtchenkov	282.5	175	280	737.5	D. Riskalenko	292.5	207.5	265	765	E. Bagrayatzov	250	200	240	690
A. Kokornov	300	187.5	250	737.5	S. Xaritov	285	175	295	755	D. Borisenko	225	175	260	660
M. Epifanov	285	170	280	735	V. Sedov	285	190	280	755	S. Apasov	275	237.5		512.5
Novokreschtenov	270	190	257.5	717.5	E. Bokov	295	190	260	745	D. Polikarpov				
R. Shafeev	265	165	280	710	D. Kurbanov	290	175	280	745	E. Grebenkiy				
V. Grishaev	285	175	245	705	A. Butov	290	170	280	740	A. Petrov				
Y. Kusnetzov	270	150	285	705	S. Malischev	255	170	305	730	M. Frolov	310			
S. Bolschak	275	160	250	685	A. Tcheremicin	240	180	307.5	727.5	110				
A. Aliev	250	150	270	670	V. Smakotin	280	167.5	245	692.5	V. Piskunov	405	190	310	905
V. Kachula	220	170	230	620	G. Tchichradse	250	140	255	645	I. Medvedev	345	225	320	890
A. Pavlov					V. Nikishin	260	175			A. Malyarenko	330	220	332.5	882.5
V. Manishin	240				P. Mitin					A. Tchebotarev	320	240	305	865
A. Alekseev	240				E. Shukov	295	175			L. Akimov	315	215	330	860
A. Makarov	250	150			D. Shekalis	255	185			D. Sapatov	330	220	310	860
D. Vasilenko	300	175			100					M. Michailov	330	227.5	300	857.5
A. Onofrionko	285	173			V. Smishchenko	335	240	325	900	M. Novikov	325	205	325	855
P. Maligin	285				D. Fedenko	345	222.5	315	882.5	A. Samsonov	305	245	292.5	842.5
S. Guschtchin	203				A. Kusnetzov	330	210	320	860	E. Kurtzev	332.5	215	287.5	835
90					E. Gratchev	337.5	192.5	325	855	S. Bisultanov	300	190	310	800
Y. Federenko	327.5	195	330	852.5	A. Babikov	340	202.5	310	852.5	Tchevernoshenko	315	192.5	280	787.5
I. rederenko	327.3	207.5	320	847.5	A. Ushakov	320	212.5	310	842.5	S. Sidenko	300	200	285	785

837.5	1. Balakshin	290	185	280	755
830	A. Kashlinov	280	170	300	750
827.5	A. Eginov	290	190	270	750
790	D. Permjakov	275	195	270	740
770	D. Gresnev				
750	A. Rudenko				
740	V. Maksimov				
735	E. Birun				
720	I. Gagin				
697.5	O. Teslikov	277.5	177.5		
690	125				
660	A. Gankov	370	250	370	990
512.5	A. Malanichev	385	225	340	950
	S. Burmistrov	367.5	237.5	300	905
	V. Karch	320	235	280	835
	S. Grinyajev	330	200	305	835
	A. Tschukin	330	195	305	830
	V. Kishkunov	330	210	290	830
905	S. Volkov	315	195	290	800
890	V. Chindarov	290	192.5	300	782.5
882.5	O. Manuilov	295	195	280	770
865	G. Ribin	307.5	190	272.5	770
860	S. Ovsiannikov				
860	M. Bulichev				
857.5	125+				
855	Y. Fomin	408	260	385	1052.5
842.5	O. Gagin	385	242.5	310	937.5
835	N. Gurianov	350	210	345	905
800	A. Topilskiy	345	217.5	280	842.5
787.5	A. Vasnetzov	330	190	300	820
785	S. Ryschkov	325	210	260	795
	V. Aksenov	262.5	162.5	280	705
	A. Sirotkin				
	M. Gurianov				
720	A. Moros	330			
-	I. Nastinov				
Name of Street	In the competiti	ion 189	Men we	ere parti	cipating
	Regionpoints: 1.				
	12-12-9-8-7-7:2.				

12-12-9-8-7-7; 2. Vladimirksya - 53 pts. 6 lifters = 12-12-9-8-3; 3. Baschkortostan - 51 pts. 6 lifters = 12-12-9-7-4. Champ of Champions: 1. Viktor Baranov (67) Vladimirksya - 587.61; 2. Yuriy Fomin (69) Moskovskaya - 584.03; 3. Sergey Mor (69) Baschkortostan - 582. j = world record junior. Heiner Koberich, "that was a very good meet with big results as you can see and the banquet after better then a lot of World's banquets. In only 5 days 298 lifters were lifting in good organized meet and never after midnight". (Results by Thomas Klose).

USAPL Atlantic States 16 SEP 00 - Union, ME

			agnusso	on 285
Women		198		
Open		E. Mo		390
144		M. LI		375
A. Madore	125	C. Kie	enzle	340
181		220		
. Look	245		ghton	405
. Grant	145	D. Gr	roder	325
98		275		
. A. Saletta	145		oucette	475
Submasters		B. Bri	uno	450
.A. Saletta	145	Teen		
Men		P. Lai		250
Open		S. Flo		285
165		T. Mi		160
D. Sqrio	290		asters	
181			ourde	370
B. Shores	385	C. Kie		340
. Cronkite	345		d maste	
		D. Ra		260
			ckwort	
Women		BP	DL	TOT
Open				
181				1
K. Grant		145	290	435
98				
S. A. Saletta		150	235	385
ubmasters				
S. A. Saletta		150	235	385
Men				
Open				
181		-		
. Morton		235	435	670
. Orcutt		275	395	670
198				
M. Lloyd		375	540	915
. Flaherty		275	550	825
220		200	L	
M. Laliberty		375	520	895
een				
T. Mitchell		160	320	480
Masters		The same	1	
. Flaherty		275	550	825

Point Lookout - MBNA; Women's BP Team Cham-pions: Champions Fitness Center. Men's Best Lifter Push/Pull: Mark Lloyd; Women's Best Lifter Push/ Pull: Kerish Grant; Team Champions Push/Pull: Champions Fitness Center. The meet directors were Mark Clevette and Lynn Atheam. We would like to thank John Mathieu and Sonia, Amy Clevette, Donn Spearin, Mike Eugley, and also www.k2bh.com for covering the meet. (Results of this competition were provided to POWERLIFT-ING USA by Meet Director Mark Clevette).

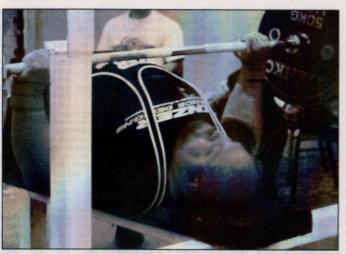
Natures		ve it an	u we c	ant ge	it then		TRE	ANABO STEROI
Sports	ULTIMATE SPORTS NUTRITION	DMSO	Control Cult	A STATE OF THE STA	10300	QUEST	STEROIDS GAME	SPOR
0.	Sid	NATURES S HEALER	17.00m	DE/	313	ANABOLISE AND OTHER ENGINEERING ANDS	makes stand on a specia	EXERC
Nature's Sports	Ultimate Sports	DMSO: Nature's	7 Minute Rotator	The Back Relief	Anabolic Training & Nutrition Handguide	In Quest Of Size	Charles & Vinantis Virginia & Cowert The Steroids Game / Yesalis	Anabolic Ste
Pharmacy / Hatfield \$14.95	Nutrition / Hatfield \$16.95	Healer / Walker \$12.95	Cuff Solution / Robinson \$19.95	Book / Weitz \$19.95	/ Whitford \$19.95	/ Chinnery \$ 6.00	\$16.95	Anabolic Ste in Sports Exercise / Yi HB \$3
SPEED!	Will	Milo Journal for	MASTERY	THERMS	MINISTER WATER	CREGENESIS	RESO SURUS SYSTEM	KEY
STRENGTH TRAINING A		serious	HAND STRENGTH	œ.	Sharest Control of the Control of th	-CK	磨	PROGR
TRAINING A WEIGHTLIFT	ING 4 issues p	perIssue	Mastery Of Hand	Dinosaur Training	Dinosaur Strength	Ergogenisis	Kelso Shrug	MCCALL Complete Ke
ANABOLIC	(March, June, Septer All back issues of Dologyall J. [10] No.	mber, December) are available	Strength / Brookfield \$14.95	/ Kubik \$19.95	Training Notebook / Kubik \$19.95	/ Harfield \$10.95	/ Kelso \$9.95	/ McCallum
MUSCLE WASS	1	20	7 L	5			STRENGTH	STREET
	A. K.	3	2 Just	1		253	All and the last of the last o	17
Anabolic Muscle Mass / Weis-	Bodybuilding	Brawn	Beyound Brawn	Big Arms / McRobert	Big Bench / McRobert	Development Of Physical Power	BRIAN BORN Eternal Strength	Getting Str
Mass / Weis - Kennedy \$19.95	Bodybuilding Scientific Approach / Hatfield \$16.95	/ McRobert \$23.95	/McRobert \$24.95	\$7.95	7 McRobert \$7.95	/ Saxon \$15.00	SONS of SAMSON	\$19.9
*	-	N EE		POLICUIN PRINCIPLES		~ ~	SAMSON HOLING PROFILES	SAMS
0	NEW	MUSCLE TOWN VSA		46	- 24		- Fan	40
Barbeits and Bearbeits and Bea	Strength And Speed Ratings- 2000/ Harder \$29.95	Muscletown USA / Hoffman & York	PNF - Flexibility Training / Hatfield	Poliquin Principles	Power A Scientific Approach / Hatfield	Quantum Strength	Sons Of Samson I	Sons Of Sar \$27.96
/ Webster \$20.00	2000/ Harder \$29.95	\$23.50	\$5.00	/ Poliquin \$39.95	\$16.95	& Power Training / O'Shea \$25.00 SUPER	-	
	11,000	1880	STRENGTH	IRONMIND	A STATE OF THE PARTY OF THE PAR	SQUATS	TRAINING TABLET	TRAIN TABL
Speed Strength Trotning For Poetball	19	Charles		Arsthic J. Stanson, 789	五	-	No.1	1
Speed - Strength Training For	Sports Agility / Kreis	Sports Chute	Of Stones And	Ironmind: Stronger Minds -	Strongest Shall Survive / Starr	Super Squats / Strossen	Iron Mind Training Tablet #1	Iron Mind T
Football - SB / Kreis \$18.99	\$18.95	Training Manual - ISSA / Hatfield \$10.00	Strength / Jeck - Martin \$17.95	Stronger Bodies / Strossen \$14.95	\$24.00	\$12.95	/ Strossen \$11.95	/ Stross \$11.9
POR	Weight-Training Societies	OLYMPIC Style	1	Father	Forty	Greater Strength	"New It Is"	0
77 1	1222	WEIGHTLIPTING	A PART	- Sm	Riving	R		4
Weightlifting	Weight Training	Olympic Style Weightlifting / Schmitz	200 Years As I See	Father & Son / Anderson	Forty And Rising / Anderson	A Greater Strength	How It is / Anderson	Kook Let / Anders
Encylopedia / Drechsier \$29.95	/McRobert \$29.95	/ Schmitz \$19.95	\$8.00	\$25.00	\$25.00	\$7.95 BU	\$8.00 Y 4 ISSUES OF	\$6.00
POWER	(O O	Weights	Youth	ANDERS	SON 28	Po	Magazine	
BY	(N)	Spexta	Strength	0			or all your information et results, meet schedules, ing tips and complete line powerlifting equipment	
Power By Paul	Secrets's Of My	Weights And Sports	Youth Strength	Paul Anden	ion -	Issues Are Available)	advertisments. his is ALL you need! \$ 5.00 each and	Poweri
Power By Paul / Anderson 2 book set \$30.00	Strength / Anderson \$15.00	\$25.00	/ Anderson \$25.00	The Mightiest 1 \$24.95	winister "WE!	BUY BACK ISSUES"		Magazine \$15.0

USAPL Lifetime Drug Free Nationals

7,8 OCT	00 - N	ewark	, NJ (kg)
WOMEN	SO	BP	DL	TOT
165 lb.				
Andrea Sortwell	160	112.5	175	447.5
181 lb				
Linda Schaefer	130	75	195.5*	400.5
MEN				
123 lb.				
AlDiDonato	152.5	102.5	197.5	452.5
1481b				
Mark Sigala	222.5		280	652.5
Brad Olsen	220	145	215	580
1651b				
Greg Simmons	230		257.5	
Greg Retz	230	140	259.5	629.5
David Kirschen	227.5			624.5
Mike Cagliola	230	170	222.5	
Joe DeMatteo	200	177.5		587.5
Matthew Vail	182.5	155	197.5	535
181 lb				
Gary Beck	255	155	272	682
Kenny Davis	245	177.5	247.5	670
Les Greene	227.5		267.5	
John D'Allessio	227.5		245	637.5
George Sousa	227.5			625
Tom Riffe	200	155	252.5	607.5
Ron Falcone	205	160	220	585
Tom Piazza				
DAY 2				
1981b.				
Mike Willett	285	177.5		762.5
Sean Malecha	275	180	287.5	742.5



SHW Jim Weiss-Team New Jersey



Dan Gaudreau with the biggest bench of the meet. (Safran photos)

						-
Jerry Dally	240	150	247.5	637.5	for lifetime drug free lifters nationwide as the	
Andrew Heaphy 220 lb	232.5	140	255	627.5	USAPL Lifetime Drug Free Nationals rocked Jersey! Three teams - one from Colorado, Indiana, and the	
Donald Teets	302.5	190	282.5	775	hometown team New Jersey - each boasted some	_
Julian Ulwang	282.5	192.5	280	755	of their best lifters to battle out for the team win.	3
Ray Brunk	245	205	250	700	In the end, Team Indiana was crowned USAPL's	1
Don Broseman 242 lb	272.5	157.5	262.5	692.5	drug free best! In the women's class, National champion An-	
Ken Howard	302.5	162.5	345	810	drea Sortwell came back after missing her opening	
Steve Mann	327.5	200	280	807.5	squat to have a successful day. Andrea came close	
Doug Ballard	302.5	180	302.5	785	to setting American records, but still went home	
loe Hirsch	282.5	215	272.5	770	with Best Female Lifter trophy, Linda Schaefer	
Tom Lamoreux	272.5	220	262.5	755	pulled an American Masters Record on her open-	
ason Shoopman	272.5	180	287.5	740	ing attempt.	
Sid O'Bryant	310	155	272.5	737.5	National competitor Al DiDonato went unop-	
Jim McElwee 275 lb	250	200	250	700	posed in winning the 123s. Look out for Al at this year's nationals! The 148s was a battle between	
Willy Croner	355	227.5	325	907.5	two long-time National competitors. In the end,	
Kelvin Hayes	355	210	235	800	Mark Sigala, with a huge deadlift, came away with	
Dave Villeneuve	300	207.5	282.5	790	the win over Brad Olsen. Sigala also took home	
Mike O'Donnell	300	200	282.5	782.5	Best Lifter for the first day of lifting.	
Darren Nemow	292.5	217.5	255	765	The 165s was a hard fought class. When all was	
Phillip Battle SHW	295	205	262.5	762.5	done, National competitor Greg Simmons (up from the 148 class) was victorious with balanced	
Dan Gaudreau	350	255	300	905	lifting. Second place with the highest deadlift in the	
Dennis Huslander	320	230	320	870	class was Greg Retz. Coming in third and fourth, in	
im Weiss	295	165	302.5	762.5	a close race, was David Kirschen and Mike Cagliola.	
Rocco Coppocia	282.5	172.5	275	730	In fifth place, yet with the biggest bench in the	
Chad Aichs	307.5	205			class, was Joe DeMatteo.	
BEST LIFTERS: Wo	men -	Andrea	Sortwe	I , Mens	The 181s was another hard fought class. Long-	
light - Mark Sigal	a , Mer	s Heav	y - Willy	Croner.	time National Masters competitor Gary Beck came	
TEAMS: 1st Place	Indian	a, 2nd F	Hace - C	olorado,	out on top. National competitor Kenny Davis was	
3rd Place - New Je					close to locking out the winning deadlift, but	
Newark, New Jerse us think of the air					instead went home with second. Close by in third was Les Greene who came back to finish the meet	
Well, on October					strong after injuring himself in the squat. In fourth	
Newark was transf					place, with balanced lifting, was John D'Allessio.	
ACMAIK MAS ITALISE	ormea	into a po	wennu	ng naven	place, with balanced inting, was John D'Allessio.	

Day 2 started with the 198s and when the chalk settled, two Indiana lifters took home the top two places: National competitor Mike Willett in first over teammate and Junion National competitor Sean Malecha. In third place was Jerry Dally who tore his bicep while taking his second deadlift. We hope for a speedy recovery!

The top three in the 220s were Donald Teets, Julian Ulvang and Ray Brunk. With the biggest squat and deadlift was first place winner Teets. Ulvang showed fine balance in all his lifts, and Brunk had a big bench.

The 242s came down to the final deadlift. In the end, Ken Howard, who lifted raw and pulled an impressive 760, took first place. In second, with a big squat of 722, was Steve Mann, who had a strong performance at the last Men's Nationals. In third place was Doug Ballard.

The 275s were a two-horse race. Both World Team member Willy Croner and National competitor Kelvin Hayes squatted 782. After the squat, Croner took the lead with a 501 bench. He finished the meet off with a 716 deadlift. This gave him the win and also Best Lifter for the day. Hayes, who tweaked himself in the squat, had to take light deadlift attempts in order to finish the meet.

The SHW was a battle between National competitors and in the end Dan Gaudreau came out victorious over Dennis Huslander. Both lifters fired up the crowd, plus, they both had strong performances coming off the Men's Nationals.

Special thanks to our sponsors Titan, inzer, Universal Nutrition, MHP, Academy Bus, Kicker Speakers, and ProFitness Cym. The meet would have not been possible without the help of the entire ProFitness, Team New Jersey gang. (thanks to Craig Safran for results and report of this meet)



198 lber Jerry Dally tore a bicep

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725 (219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. It will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. It I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If am suspended from membership for any reason including testing positive for a banned substance. I consume a substance are designed to the consumption of that banned substance and shall accept the results and consequences of that test.

SIGNATURE:	27.5 180 307.5ge; E	If under 21 yrs., Parent Initial:	Date:	Prior Reg. #
Name:	OF THE STREET	Phone:	E-Mail:	
Address / City / St	ate / Zip Code:			
Date Of Birth:	Age:	Sex: U.S. Citizen? USAPL Registered (Club Represented:	
Competing Divisions:	Membership Prices:	USAPL Merchandise:	Method Of Payment:	
Open Teen (14-19 yrs.)	Adult - \$40.00	Logo T-Shirt = \$15.00 (Size Qty) Rulebook = \$25.00		Card - Discover Exp. Date
Junior (20-23 yrs.) Master (40 yrs. & up)	High School - \$30.00	 Polo Shirt w/Logo - (s-xl) = \$35.00 (xxl & up) = \$37.00 (navy - white) (Size Oty) 	•	12 0/340 21 2508
Collegiate Military	Special Olympian - \$10.00	•Sweatshirts w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.00 (navy) (SizeQty)	Credit Cardholder Signature	
Police & Fire High School	Tax Deductible Donation	 Logo Hats (denim – black – white) = \$15.00 Referee Designation Polo w/Logo - (s-xl)=\$30.00 (xxl & up)=\$32.50 	Check / Money Order #	DE STREET
Special Olympian	\$	Ref. Status(Size Qty)	Total Purchase	d:

"100% RAW" Deadlift Nationals 17 SEP 00 - Rockville, MD

> 4th 14-15 125 T. Lyons 148

225 J. Boyd D. Thau

105 14-15

315

370 205

M. Vaugeois 30-34 S. Aybar 114 14-15 Y. Ward 4th R. Taylor 123 14-15 R. Childers 16-17 S. Lhota C. Ward	200 160 180	33-39 V. Aybar 4th 165 14-15 G. Childers C. Balance 4th 16-17	490 500 345 345 350	time as well. Hu Sheri Aybar bol Lhota (dad) succ to another title a Manuel (husban first National tit	usband and the poster essfully co and record and coach tie. Cong	ni and Sava for the nd wife team Victory d individual wins, oached daughter S rd - setting day, an ed his wife Grayce gratulations to all	or and Dave abrina d Russ to her
114' 14-15 Y. Ward 4th R. Taylor 123 14-15 R. Childers 16-17 S. Lhota	160 180	165 14-15 G. Childers C. Balance 4th	345 345	Lhota (dad) succe to another title a Manuel (husban first National tit	essfully o and record d) coach tle. Cong	oached daughter S rd - setting day, an ed his wife Grayce tratulations to all	d Russ to her
14-15 Y. Ward 4th R. Taylor 123 14-15 R. Childers 16-17 S. Lhota	180	14-15 G. Childers C. Balance 4th	345	Manuel (husban first National tit	and record d) coach tle. Cong	rd - setting day, an ed his wife Grayce tratulations to all	d Russ to her
Y. Ward 4th R. Taylor 123 14-15 R. Childers 16-17 S. Lhota	180	G. Childers C. Balance 4th	345	Manuel (husban first National tit	d) coach tle. Cong	ed his wife Grayce tratulations to all	to her
4th R. Taylor 123 14-15 R. Childers 16-17 S. Lhota	180	C. Balance 4th	345	first National tit	tle. Cong	ratulations to all	of the
123 14-15 R. Childers 16-17 S. Lhota	105		350				
14-15 R. Childers 16-17 S. Lhota			7-7-7			d accomplishmen	
R. Childers 16-17 S. Lhota			400			championships. C	
16-17 S. Lhota	195	D. Nelson J. Polanco	275			t to all qualified a	
		20-24	mploms	at the end of this	month.	Caryn and I thanky	you for
		C. McGrail	455			and encourageme	
S. Gilberg	185	181 14-15				ord to seeing you contikidis for the re	
20-24		S. Lee	150	Worlds: (Thanks	10 3. 151	Difficulty for the I	
G. Manuel	245	40-44					
132		S. Tshontikidis	555	Finnish Te	eam BF	Championsh	nip
14-15 S. Fatemi	105	45-49 J. Alston	580			ampere (kg)	
20-24	103	198	300	1HVV	Allen	P. Tammisto	200
J. Akroush	275			J. Paavilainen	202.5	A. Tiainen	220
148		S. Horwitz	550	J. Borgman	185		735
14-15	180	220 14-15		T. Parviainen H. Toivanen	195 225	6 La Vo No J. Silanen	152.5
T. Antigone K. Denison	125		460	n. Iowanen	807.5	H. Nystrom	152.5
16-17	ON THE	16-17	TOTAL SA	2 Tap. Era		T.Pusa	200
R. Hawkins		M. Walker	575	J. Riekkinen	150	K. Pakarinen	210
4th		4th	600	J. Ornberg	197.5	7 N-V-	715
L. Syphax		A. Nyange 20-24	200	J. Tuononen	195 212.5	7. NoVo K. Savonen	210
N. Levinson 165	193	S. Stewart	375	E. Jantunen	755	J. Saarinen	162.5
12-13		30-34		3 MKK PT		H. Savola	160
L. Taylor	135	R. Soto	550	A. Savolainen	167.5	R. Kannisto	170
16-17		S. Bashar	510	R. Pantsukov	177.5	-	702.5
K. Cox		35-39		J.Linden	195	8 PCV-94	162 -
A. Seales 35-39	230	B. Wrabley 242	575	J. Keinanen	212.5 752.5	J. Kvist J. Haapasalo	162.5 145
C. Tshontikidis	245	16-17		4JVK	/32.3	A. Niskanen	182.5
181		G. Gremi	400	K. Veid	185	E. Haapalainen	205
16-17		C. Starks	235	H. Hagfors	177.5		695
K. Whitaker		35-39		J. Kaiho	180	(out of competiti	ion)
R. Kraft 198+	250	W. McDonald 40-44	520	J. Ruokonen	207.5 750	SalVo J. Suomela	152.5
14-15		G. Bartholomew	660	5 Valtti	730	P. Heino	230
R. Goiton	165	275	-	O. Rantanen	160	K. Laakso	195
MEN		18-19		J. Antilla	155	J. Ruohonen	192.5
66		J. Desi	500	/d - 1 - 1 - 11 - 11 - 11 - 11 - 11 - 11		(770
5-under S. Tshontikidis	35	30-34 G. Emrich	605	(thanks to Heiki	d Orasmi	aa for providing re	esuits)
10-11	33	H. Haukland	425				
G. Banks	100	L. Stewart	405	St. Marvs	Bench	& Deadlift M	eet
77		35-39				t. Marys, PA	
6-7	-	L. Szymanski	640	BENCH		MASTERS	
J. Haulkand 8-9	90	40-44 B. McGeorge	670	AMATEUR		T. Donahue	390
Y. Tshontikidis	175	45-49	0,0	Women		R. Hoover	235
88		B. Phillips	640	129		T. Tullio	185
8-9		SHW		E. Ferra Men	150	DEADLIFT TINY TOT & JR.	
J. Haukland	120	18-19		123		Jared Meinert	35
97		L. Isenberg	415	W. Heverley	190	Jeffrey Meinert	55
12-13 K. Medva	155	35-39 J. James	690	148		K. Ferra	120
Special thanks to	the Go	ood Lord who was w		J. Brown	290	AMATEUR	
over the Washin	ngton	Gateway Hotel t	his past	G. Ginther	230	Women 129	
Sunday as 50 sing	gle - lit	it records were est	ablished	T. Tullio 165	185	E. Ferra	330*
		ationals sanctioned		M. Maroni	370	Men	330
deemed Among t	ne Wo	orld, Inc. Proceeds to "pay-off" recent p	rom the	181	-	123	
		quipment purcha		T. Donahue	390	W. Heverley	230*
powerlifting's nev	west sp	ports ministry is on	ce again	S. Burnside	350	148	450
"in the black!" In	additi	on, funds were dis	tributed	E. Reynolds	300	L. Zmitravich T. Tullio	450 285
to Brenda and M	vichol	as' family (our sp	onsored	J. Meckler	425	181	203
children in South	Ame	erica) and to River istry that heals po	s of the	A. Dornisch	420	S. Burnside	430
remote jungle at	eas o	f River Blindness)!	So lets	M. Pyne	380	198	
		God for our grow		220		A. Dornisch	575*
		ore thanks to our		S. Pollard	475	J. Howell	550
Graham Bartholo	mew, l	Dave Lhota, Wardel	Sewell,	P. Parks E. Barr	410 385	E. Howell	550
Steve Horwitz, S	abrin	Shockley (all lifter	s tested	D. Martin	375	242	-
were drug free!).	Anita	Kellog, Steve Oge	Ithorpe.	242		C. Seeker	700
		elly Sports!), and e		C. Seeker	545	SUBMASTERS	
who helped out!	God B	less you all! Now th	ne lifting	R. Miller	500	J. Howell	550
		from Wilson Seni		P. Hilliard	415	MASTER T. Tullio	285
school in Washi	ngton,	D.C. dominated thirdual titles and	records	SUBMASTERS		Guest Lifter 242	
form recistories				M. Maroni	370	Bench	
form, registering		lift in the 148s (Ro		P. Parks	410	C. Seeker	545
Wilson's Robin H	I UCA			M. Pyne	380	Deadlift	700
Wilson's Robin H		er fourth attempt a	s went,				
Wilson's Robin H with a 285 pound successful at 300	on he	er fourth attempt a lcKenzie's 225 pour		J. Howell	390	C. Seeker	700
Wilson's Robin H with a 285 pound successful at 300 and teammate Kn lift in the 105s wo	on he estie M	overall top honors.	nd dead- Fairfax,	* denotes State R	ecord. Re	eynoldsville Chirop	practic
Wilson's Robin H with a 285 pound successful at 300 and teammate Kn lift in the 105s wo Virginia's Jumana	on he stie M on her Akros	tcKenzie's 225 pour overall top honors. ush was the top sen	Fairfax, ior lifter	* denotes State R Team: Mike Pyr	ecord. Rene, Ellen	Ferra, Terry Dor	practic nahue,
Wilson's Robin H with a 285 pound successful at 300 and teammate Kr lift in the 105s wo Virginia's Jumana with her 275 po	on he estie M on her Akrou und e	overall top honors, ush was the top sen iffort in the 132s.	Fairfax, ior lifter On the	* denotes State R Team: Mike Pyr Reggie Hoover,	tecord. Rene, Ellen Leonard	eynoldsville Chirop Ferra, Terry Dor Zmitravich, John E	practic nahue, Brown,
Wilson's Robin H with a 285 pound successful at 300 and teammate Kn lift in the 105s wo Virginia's Jumana with her 275 po men's side, Wilso men's side, Wilso	on he stie Mon her Akron und e	tcKenzie's 225 pour overall top honors. ush was the top sen	Fairfax, ior lifter On the sthe top	* denotes State R Team: Mike Pyr Reggie Hoover, Wes Heverley. T	tecord. Rene, Ellen Leonard he 4th ar	Ferra, Terry Dor	practic nahue, Brown, ench &

Team (Indian Lake, Pennsylvania) was the top teenage lifter with a 575 pound deadlift in the 220s; Matt was successful at 600 on his fourth attempt as well! Maryland lifter Victor Aybar won his second National title In *100% RAW* and captured top honors in the senior division with his 490 pound deadlift in the 148s (Victor successfully pulled 500 on his 4th attempt as well!). Finally, John James posted the meet's biggest deadlift at 690 pounds. On the family end, Heath Haukland (dad) and his kids - Allie, Jacob, and Jared - all competed together on Sunday. In addition, Caryn (awesome 245 pound deadlift, sweetie!) and I enjoyed lifting with Yanni and Sava for the first time as well. Husband and wife team Victor and Sheri Aybar both posted individual wins, Dave Lhota (dad) successfully coached his wife Grayce to her first National title. Congratulations to all of the lifters on their efforts and accomplishments, and welcome to all of our new members! Our next contest is the 2000 World Championships. Contest packets will be mailed out to all qualified athletes at the end of this month. Caryn and I thank you for your friendship, support, and encouragement this year. and we look forward to seeing you at the

or friendship, support, and encouragement this ir, and we look forward to seeing you at the orlds! (Thanks to S. Tshontikidis for the results).

RON VIKING

200 220 735 Men 152.5 50 152.5 Youth 5-56 152.5 Youth 5-56 200 D. Robinson 210 70 715 Youth 7-8 A. Robinson 210 105 162.5 Youth 12-13 160 J.G. Smoker 170 148 702.5 Master 50+ 162.5 181

162.5 181
145
Open
182.5 R.Palmer
600
205
Special thanks to: Mike Wider, Carol Smoker,
695
Rachael Smoker, Al Robinson and Lynne Boshoven,
whose deadlift bar was the centerpiece of a most
successful meet. A very nice turnout for the Dead152.5 lift on the River meet was rewarded with perfect
230
weather with predictable results... fantastic lifting!
195
Former USPF State Chair, Al Robinson, competed
192.5 for the first time in well over 10 years and managed
2445 in the 198s. It's not like he hasn't been busy
in the meantime; getting a Black Belt in karate,
playing semi-Pro football and fathering a couple of
sons, both of whom lifted in their first meet. But he
found himself in the toughest class of the meet, as
Tyrone Ward came into the meet in the shape of his
life. Using his usual impeccable form, the owner of
the Power Works Gym polished off a very smooth
580. He had a 605 up with great effort, which is the
best lift I've ever seen him make, but his grip gave
way just before he got the down signal. Steve
Mendel took second with a 555 although he did try
for the win with a 580 since he was lighter than Ty,
but it just wasn't there. And although he had to

all the other judges and table help along with the spotters and plate loaders. We look forward to seeing you at the next meet. (Thanks to Ken Mountain for providing the results of this competition).

2nd Annual Deadlift on the River
17 SEP 00 - Elkhart, IN

2nd Annual Deadlift on the River
17 SEP 00 - Elkhart, IN

Deadlift Masters 60+
Women M...Miller 375
L. Boshoven 500 198
L. Boshoven 500 198
Men Open
Men Open
Seeing you at the next meet. A waster solution, and is Dad, Mike (Gramps) Miller made 375 at 181 at age 63! At age 12 Jon Gabriel Smoker weighed in at 100 for the first time and hit a pr 175. He pulled 185 strongly and would have made it if he hadn't lost his balance forward. In the 200 John Magner also joined the pr hit parade with a 515, which isn't surprising as the great George Rorex is his coach. The winner at 220 was a surprising as the great George Rorex is his coach. The winner at 220 was attempt at 700 was a no go, but that was by far the wost he's attempted at such a light bodyweight and something in between 650 and 700 would have most he's attempted at such a light bodyweight and something in between 650 and 700 would have most he's attempted at such a light bodyweight and something in between 650 and 700 would have most he's attempted at such a light bodyweight and something in between 650 and 700 would have most he's attempted at such a light bodyweight and something in between 650 and 700 would have most he's attempted at such a light bodyweight and something in between 650 and 700 would have most he's attempted at such a light bodyweight and something in between 650 and 700 would have most he's attempted at such a light bodyweight and something in between 650 and 700 and certainly can't fault a guy for doing that. It beats seeing someone sand - bag their way thru a meet. In the waster will always be a breezy 72, but I can promise the meet will always be a breezy 72, but I can promise the meet will always be fun. (Thanks to Jon Smoker, for providing the meet results to Pt. USA).

Shop Secure online for all your

powerlifting needs..

www.ironviking.com

COMPETITION BELTS

1/2" Competition Lever Belts - \$74.99

1/2" Competition Buckle Belts - \$64.99

Call - 1 - 800 - 600 - 8241 the IRON VIKING - located in London, Canada

USPF Nickel City Classic DL 25 MAR 00 - Buffalo, NY

220	
. Helmicki	640
Ramanchandan	360
hanks to the Referees w	ho braved the Blizzard to
elp out with such a sm	all meet (Big Ski, Froggy,
Cenny "Amherst's stronge	est cop"). This was a come-
	lmicki after rupturing his
ight biceps tendon in 1	998. It was also Mohan's
	y openers for both lifters
	is missed 660 twice and
	400 twice. Hopefully this
	ition will bring Helmicki
	venty and Ramanchandan
	to S. Helmicki for results).
ne elusive 400. (Thanks	o s. rieimicki ioi results).



Ellen Ferra with a Women's Amateur APA Pennsylvania State Record of 150 pounds in the bench press, and she also pulled a 330 DL. (photograph provided by courtesy of St. Mary's Health & Recreation)

CAPITOL DISCOUNT NUTRITION \$\$\$AVE Big Bucks on Top Name Supplements & Vitamins!!! Call 1-800-499-4810

MuscleTech CellTech 4 lbs. Optimum Amino 2222mg. 300 caps Twinlab ZMA Fuel 90 caps Sportpharma Nutriforce 20 servings Optimum 5 Lb. Whey

Retail: \$59.99 Capitol: \$36.29 Retail: \$30.99 Capitol: \$17.49 Retail: \$24.99 Capitol: \$14.99 Retail: \$48.95 Capitol: \$24.49

Retail \$39.95 Capitol: \$22.49

WE CARRY SUBLINGUAL AND TRANSDERMAL ANDROS, THE MOST POTENT FORMS OF ANDRO LEGALLY AVAILABLE.

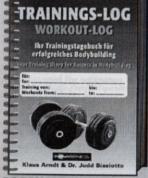
> 30-55% off on all brands ALL THE TIME!!! THOUSANDS of items in stock

- Powerlifters & Bodybuilders on staff to answer calls and questions
- FREE DELIVERY on all net orders of \$200 or more
- CHICAGO AREA CUSTOMERS: Free Delivery available with no \$200 minimum

CAPITOL DISCOUNT NUTRITION 5480 159th Street Oak Forest, Illinois 60452 1-800-499-4810

BioChem, Champion, Country Life, Cytodyne, EAS, Enzymatic Therapy, Labrada, Kaizen, Muscle linc, MuscleTech, Nature's Best, Next, Optimum, Solaray, Sportpharma, Twinlab, Worldwide AND MANY MORE!

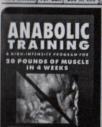
EUROPEAN TRAINING SECRETS 2 new books



PLANNED SUCCESS

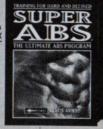
Quickly record important lifting data, saving time each day. Pre-fabricated boxes and input fields for

every detail of your workouts and diet, supplements and the rest you get. You can see at a glance what you put in and what you got out, allowing for easy corrections in raining and diet. Bi-lingual edition (English - German), with extensive instructions how to use for best results and durable spiral \$8.95 Paperback, 150 Pages vire binding for daily use in the eym.



EUROPEAN BULK-UP

sional preparation for the mass-training phase op mass exercises, proven super-intensity techtiques, lots of photos and a detailed 4-week outine with a time-schedule, weights and reps or every single set! Germany's Federal Institute or Sports Science judged: "... a scientifically backed, highly effective program for building nuscle mass." Regular price \$16.95, now only. \$9.95 Poperback, 100 Pages ISBN 0-9648775-2-X



Muscular, Strongest and Fastest Athletes

PROFESSIONALS TALK STRAIGHT

vealed: The drugs and dosages professional athletes are using dybuilders and Powerlifters talk straight about the incredible unts and combinations of Steroids and Growth Hormone which re commonplace among athletes today. International Champions penly tell what drugs they use for mass and power, the drugs and binations they feel are working best, and how they fight side ffects. Anabolic Steroids are known as *breakfast of champions*. But the extent of drug use in sports today is shocking! \$19.95 Poperback, 110 Pages in Sports today is shocking!

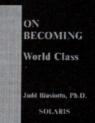
SUPERIOR BENCH PRESS TRAINING

he U.S and Europe: Clark, Tokarski, Lain, Arcidi, Confessore, Hall, Williams, Pfraumer, Bruegger, Saliger. Their exact training routines, ogether with tips-tricks on best benching techniques, equipment, ontest preparation etc. Ironman Magazine: "Sends your bench press oundages through the roof... why hasn't somebody put together a ook like this before?" Powerlifting USA says: "Lots of photos you haven't seen and lots of stories you haven't heard \$19.95 Poperbook, 126 Pages stories you haven't heard \$19.95 ISBN 0-9648775-0-3

ROCK-HARD ABS | BEST OF DR. JUDD

bdominal training for an incredibly leak? I will make you laugh out loud, and it will and ripped midsection. New and improhelp you to make the best of your weight ved exercises, the best exercise combinalifting career. Dr. Judd reveals how to get ions, increased intensity, how to avoid a winning attitude by overcoming defeat the most common mistakes, the best way | and believing in yourself. Joe Weider says: to get rid of fat, a complete program with | 'Dr. Judd is one of the best sports writers tos · sets · reps for every workout. in America". Regular price \$14.95, now for Regular price \$12.95, now for only...

\$6.95 | Poperback, 80 Pages | \$12.95 | Poperback, 179 Pages | \$12.95 | ISBN 0-9648775-4-6



SOLARIS CORPORATION
P.O. BOX 52022

ALBANY, GA 31703-2022

FAX 912-436-7434

SOLARIS CORPORATION
P.O. BOX 52022

ALBANY, GA 31703-2022

ALBANY, GA 31703-2022

FAX 912-436-7434

SOLARIS CORPORATION

Overline Solaris, For S&H please add of the please add of the please add solaris prepaid only, for S&H please add solaris prepaid only, for S&H please add solaris prepaid only and please add solaris please add solaris prepaid only and please add solaris prepaid only and please add solaris prepaid only and please add solaris please add solaris please add solaris please a

OF THE WORLD'S GREATEST

competition, and to forge unity among the regions. Each national federation may have a regional championship, to which all member nations are invited. Records may be established. Perhaps the best model for this is the European Powerlifting Federation, which holds separate championship meets, one for every division. I.e. women, masters, men's and women's open, etc. Some of the best lifters from each country compete, but those who are aspiring world competitors also have the opportunity to represent their respective countries in international competition. Each open regional championship also includes a congress which provides a forum for the discussion of regional and development issues. The first North American Championships are scheduled for May 18th, 19th, and 20th in Minneapolis, Minnesota. Mr. Steve Gavin and his associates will be hosting this meet. Our plan is to offer this meet to another country in this region for it's second year. Speaking for the lifters from the far north, someplace warm would be nice. This meet will include both men's and women's Open, Junior and Master divisions. Several of the

Report from Larry Maile, NAPF Vice President (North America), USA

Powerlifting Vice President - A number of interesting things have occurred in the

past several months in USA Powerlifting and IPF lifting. The first of these is the chartering of the North American Powerlifting Federation under the IPF banner. The

IPF constitution mandates that there be regional federations in each of the five major

regions, which include Europe, Asia, South America, Africa, and Oceania (Australia,

New Zealand, the Pacific Islands). The purpose of these federations is not to replace or compete with national federations, but to provide another avenue for international

member nations from this region have indicated that they will attend. The competition format will be similar to an IPF world championships. This meet will also include an open competition, which will be similar to the previously held ADFPA Open North American Championships, which were formerly held in Wilkes-Barre, Pennsylvania. This will give lifters the opportunity to compete in a large, international format meet with international competition. Lifters are being invited from each of our regional member nations, and guest lifters may attend from other IPF member nations. The invitations for the international competition, and entry forms for the North American Open will be available from Mr. Gavin in the next few weeks. He may be reached by phone at (612) 207-4796, or by email at stevegavin@hotmail.com.

One of the most exciting things happening on the USAPL/IPF lifting scene is the high level of participation, and success of U.S. lifters and officials attending IPF world championships. While you may think that this is a "closed shop" and only the few elite athletes may attend, that hasn't been true recently. Almost 100 lifters traveled overseas this year to compete, and we were invariably represented by full coaching staffs, often number five or more per team. Family members and supporters equaled the number of lifters at several meets. As an example, our contingent for Jr. Worlds was 42 people, all representing the best of America. Over the next year, two world championships are being added as well as additional age groups for masters. In March, the first Master's Bench World Championships will be contested in Hamm, Luxemburg, and the first Sub-Junior World Championships will be held in St. Petersburg, Russia. Lifters for the Master Bench Worlds will be selected from the master divisions of our (USAPL) Nationals and Bench Nationals over the past year. For the first time, there will be two age divisions for women, 40-49, and 50+, with all weight classes represented. Men's Master competition will include all weight classes and the 40-49, 50-59, and 60+ age divisions.

The Sub-Junior Worlds is for lifters from 14-18 years of age, inclusive. Selection will be from the Teen Divisions of Women's Nationals, High School Nationals, and the teen divisions of men's Teen/Jr. Nationals. Our high school programs have been very strong over the past several years with large teams in Wisconsin, Michigan, Louisiana, and lifters and smaller teams for many other states. Most of the lifters in this age group have not had the opportunity to attend a world championship meet in the past because of the difficulty in qualifying against more seasoned Junior lifters. This

barrier is removed this year, and there will be many competent and gifted young competitors who will have entree' to the world stage.

Our lifters and teams have placed well this year in international competition. Our women's open team placed third at the Women's Worlds in Argentina, our women's Junior team, third, and our men's team, second in Taiwan. Our Master's women won the World Team Championship in Czechia. Our Men's Master I (40-49) placed second. Our Men's Open Team placed third in Akita City, Japan, and our Men's Bench team brought home the third place cup. We had several individual world champions this year: Jennifer Maile, Julia Loya, Tony Caprari, and P.J. Chovanec from the Jr. Worlds, Harriet Hall, myself, and Shawn Cain from Master Worlds, Brad Gillingham from Men's Open worlds, and Mike Hara from Bench Worlds. One thing that distinguished our champions from those of other federations and championships is the ability to perform in heavy traffic. No IPF world championship is gotten in an uncontested class and none is easily won. Lifters from the USA are proving that we can perform under pressure with poise and can produce when it counts. There has not been one drug test failure in international competition from a U.S.

Several bids have been entered on behalf of the United States for world championships. The 2nd Masters World Bench Press championships are to be held

in Texas in 2002. Women's worlds in 2003 will be in Chicago, and World Juniors in 2004 will be in the U.S. We have entered bids for the Bench Press Worlds and World Master's championships for 2004, but these must be decided at the next IPF congress. We have also gotten permission from the IPF to hold cup matches between IPF member nations here in the U.S. The first Pacific Cup was held in December in Hawaii, with small attendance due to the short notice given. Planning is underway for next year and nations from the Pacific Rim have already been invited

In addition, lifters from IPF member nations have been invited to compete as quests in local, state, and national level competition here in the U.S. There is great interest in coming to the U.S. on the part of our friends internationally, and they offer knowledge and experience that our lifters, coaches, and officials could benefit from. Some of them may require financial and administrative assistance getting here, but the chance for exchange makes it worth it.

To close, the future for international competition by U.S. lifters looks bright. Many more lifters, coaches, officials, and fans have the chance to participate. The IPF has been referred to recently as "the Big Show." It truly is, and the "Big Show" is open to everyone. Larry Maile

Additional Comments from Jim Ford: Yes, it is an exciting time for the evolution and popularity of the sport of POWERLIFTING. I echo the statements made by the other gentlemen here; we have seen much progress in the last year. At long last we will begin to see IPF World Championships in the USA again! We have made many friends as we traveled to many nations over the last years; and now we welcome the opportunity to let the lifting world come to the US and be our guests. Two of the first meet promoters to step up and take on the challenge of putting on the "Big Show" are two of our finest; Steve Gavin in Minnesota and Johnny Graham in Texas. Steve is already hard at work in preparations for the North Americans. Johnny will travel to Europe soon, just to scout out this year's competition, and be ready for 2002.

This would be an excellent opportunity for US corporate sponsors and individuals to come together and help us to really put out the "welcome mat" for the worlds best in our sport. There are already firm commitments from the major PL'ing companies to sponsor these events; but there is plenty of opportunity for other businesses to get there message out there to the public. What company or corporate enterprise wouldn't benefit from being associated with the "World's Strongest Sport"? Contact North American VP Larry Maile for details.

Good lifting to you all Jim Ford/Dec. 2000



WABDL N. California BP & DL 30 SEP 00 - Daly City, CA

JU JEI	00	Daily City, Ch	
BENCH		Super	
Teenage 13-15		Leo Contreras	407
148		Master Men 54-6	0
Hayward Blake	220	198	Acres 1
Adam Contreras	99	Doc Hilger	308
181	15 200	Master 61-67	-
Mike Minahan	220	242	
Teenage 16-19	220	Omar Bruce	347
220		Master Men 68-7	
Daniel Puder	275	198	State I
Law/Fire Open	2/3	Bill Peckham	248
220			440
	202	Open women 132	
James Hutchins	363		
242		Judy Rodriguez	143
Mike Smeyser	390	DEADLIFT	
Open		Teenage 13-15	
165		148	
Mark Laurel	325	Hayward Blake	352
Brian Ridolfi	319	Adam Contreras	176
Nick Erbe	303	181	
181		Mike Minahan	325
Lee Jones	462	Teenage 16-19	
220		220	
Dr. M. Ludovico	573	Daniel Puder	402
Jim Hutchins	363	Law/Fire Master	40-47
242		308	
Cody Smith	413	John Minahan	539
Mike Smeyser	390	Open Men	
308		165	
Tom Manno	633	Brian Ridolfi	456
Submaster		242	
165		Mike Smeyser	518
Mark Laurel	324	Cody Smith	379
198		Submaster	
Steve Ughe	368	198	
242		Steve Ughe	495
Delbert Shay	368	242	
Dave Hatfield	341	Delbert Shay	501
Master Men 40-4	6	Master 40-46	
165		181	
Manuel Tinoco	170	Rich Cirigliano	562
181		198	
Mark Reifkind	380	David Bertier	529
198	500	242	
David Bertier	308	David Glahn	567
308	300	Gary Stevens	550
Tom Manno	633	Master 47-53	330
Master Men 47-5		165	
220	follow!	Gordon Santee	534
D.J. Jamerson	291	Super	334
242	291	Leo Contreras	451
Fred Kendall	352	Master 61-67	431
ried Kendali	332	242	
		474	

242
Omar Bruce 523
In teenage bench in 13-15 age group Adam Contreras put up 99 lbs. to finish second to Hayward
Blake who tied the world record with 220 lbs. in the
148 lb. class and had to settle for a California state record. At 181, Mike Minahan set a California state record with 220. In teenage 16-19 220 lb. class Daniel Puder set a California state record with 275. In law/fire master 40-47 John Minahan set a California state record with 473 at 308 but couldn't handle 500. Bruce Sabin was second with 423. In law/fire open Mike Smeyser won 242 with 390. At





Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL) Current Card # (If Renewal) YN City Area Code/Telephone MF Elite Master 1 II III IV Registration Fee \$15.00 NOTE All WABDL-sanctioned meets will be subject to Make checks payable to and mail to: WORLD ASSOCIATION OF BENCH In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate PRESSERS AND DEADLIFTERS by WABDL or its agents and shall accept the results P.O. Box 5292 and consequences of such tests. Bend, Oregon 97708 If under 18, have parent initial Signature_

Art Ramsey (left) with Tom Manno, who benched 633 at the WABDL Northern California Meet (photo courtesy of Gus), where Dr. Michael Ludovico (below, left) benched a new PR and California State record 573 at 220 (photo-

220, James Hutchings set a California state record with 363. In open men at 165, Mark Laurel did 324 to edge out Brian Ridolfi 319. Nick Erbe was third with 302. At 181 Lee Jones from Chico put up an above average 462. At 220, Dr. Mike Ludovico one of the finest chiropractors in the world did a 573 and left 10 pounds on the platform. Jim Hutchins was second with 363. At 242 Cody Smith of Iron Gym on the west coast did a 412. Mike Smeyser was second with 390. At 308 Tom Manno opened with a smoked 595, went to 616 which was just as easy, and then on to a 633 which was also a master world record 40-46 age group. The old record was world record 40-46 age group. The old record was held by Bill Gillespie at 589. The 633 by Manno is held by Bill Gillespie at 589. The 633 by Manno is the highest bench ever in WABDL by a master lifter. The previous high was 610 by George Nelson who at 55 is 13 years older than Manno. In submaster Bench at 165 Mark Laurel pushed up 324. At 198, Steve Ughe the Guru of Palace Gym in Burlingame did a 368 to beat Dave Hatfield's 341. In master men 40-46 Manuel Tinoco set a California state record of 170 pounds at 165. At 181, Mark Reifkind set a California state record of 380 with authority. He slammed his lifts up. At 198 Keith Kanemoto put up 445, shy of his California state record of 451. David Bertier was second with 308. At 308, Tom Manno was the show with 595, 616, and 633 all of them world records! Tom is out of Phoenix, AZ and Manno was the show with 595, 616, and 633 all of them world records! Tom is out of Phoenix, AZ and played in the NFL with the Cowboys. In master 47-53 Leo Contreras rammed up 407 for a California state record at Superheavy. Fred Kendall set a California state record of 352 at 242. D.J. Jamerson won the 220 class with 291. Dan Waters won 198 with 253 lbs. In master 54-60 Doc Hilger set a with 233 lbs. In master 34-00 DOC Hilger set a California state record of 308 at 198 lbs. In master men 61-67 a very fired up Omar Bruce set a California state record of 347 at 242 and Bill Peckham set a California state record of 248 at 198 In master 68-74. In open women bench Judy Rodriguez did a 143 at 132 lbs. Outstanding lifters to the bench lightweight way Kalif Normannia. Rodriguez did a 143 at 132 lbs. Outstanding lifters in the bench lightweight was Keith Kanemoto-Heavyweight Tom Manno. In the deadlift teenage 13-15, Hayward Blake set a California state record at 148 with 352. Mike Minahan set a California state of 325 at 181. In teenage 16-19 220 Dan Puder set a California state record of 402. In law/fire master 40-47 John Minahan set a California state record of 539 at 308. In open men at 165 Blass Pild-fild did a lack 456. the fire good weight for state record of 539 at 308. In open men at 165 Brian Ridolfi did a nice 456-that's good weight for 165. At 242, Mike Smeyser hauled in 517. Cody Smith was second with 379. In submaster Delbert Shay set a California state record of 501 at 242. Steve Ughe did 495 at 198. In master 40-46 198 David Bertlerset a California state record with 529. At 242, David Glahn pulled a hard 567 for a California state record. Gary Stevens was second with 550. At 181, Rick Cirigliano pulled a huge California state record of 562. In master 47-53 Gordon Santee tied a world record 534 at 165 and Leo Contreras pulled a California state and world record 451 at super. In master 61-67 Omar Bruce ripped up a world record 523 at 242 lbs. and was named the outstanding deadlifter for heavyweights. Rick Cirigliano was the outstanding deadlifter for lightweights. Iron Island Cym of Alameda won the team competition. I want to thank John and Nancy Ford for staging this contest held at the Cym Magniffique in Daly City. After the contest John had a banquet featuring lasagna and chicken and apple Magnifique in Daly City. After the contest John had a banquet featuring lasagna and chicken and apple pie and ice cream that was magnificent. I also want to thank John and Nancy for their judging as well as Gordon Santee and Gus Rethwisch. I also want to thank Jane Yuster for a good job of scorekeeping and MCing. (Thanks to Gus Rethwisch for results).

USAPL New Jersey BP Open

Women (formula	1)	B. Newell	127.5
L. Stiegler	72.5	Open	
L. Harris	55	165	
Raw (formula)		W. Lee	170
J. Bongiovanni	157.5	J. Caliguari	145
A. Bishop	160	S. Glick	
D. Lupardo	167.5	181	
A. Haas	110	J. Bongiovanni	157.5
J. Fitzpatrick	110	K. Kubat	155
Teens (formula)		R. Leonard	142.5
M. Abramson	105	198	
Juniors (formula)	B. Dunado	180
M. Ciupinski	147.5	B. Burritt Sr.	170
Submasters (form	nula)	J. Poggioli	145
C. Neal	192.5	242	
Masters (formula	1)	L. Saviano (BL)	227.5
S. Krawczyk	150	R. Scandle	182.5
RI - Rest Lift (by f	ormula)	. (The results by U	ISAPL).

(article continued from page 11)

Andrus was the lightest among the field at 193. He finished strong in DL (633) for 1614 TOT and 4th place. Bronson Brown, 28, of RSA hoisted 661 on his last DL for 1675 and the bronze. Although Martin Donvan, 31, GBR was no match for Kellum (who is?) he produced a fine performance: 716 SQ, 485 BP, 716 DL, a 1918 TOT with no misses. Kellum. of Mandeville, LA, had an incredible day last year in Calgary making an incredible 2138 TOT, the 2nd highest All Time. Jesse had designs on beating that number sometime down the road, but this wouldn't be the day. Kellum chastised himself for having "a bad day". He chalked up a 2055 TOT making only 4 of his 9 attempts: his 821 SQ opener was destroyed. He misgrooved 854 and lost it on balance, and failed again on a 3rd. He got 2 benches - 578 and 595 - but missed 606. Jess pulled 639 on his opener, but couldn't find his pulling groove with either 666 nor his last try at 683. His 6th WPC World title was a CAKEWALK. But, Jess looked at it as CASH LOST! He did win WPO prize money for finishing 3rd, matched against heavier opponents in the next highest category.

220 - The 220 class featured the

hottest competition of the whole

meeting. Three of them were former

World Champs, with a powerful newcomer who figured he could take them all being newcomer Harold Selsam, 33, the German destroyer. Matt Zweng, 28, of Michigan had moved South to pursue a career as a Chiropractor. He was the 198 WPC World Open Champin 1998 in Graz, AUT. Matt, belabored with his work had originally announced his retirement from PL, but was lured into making this event his swan song. Kevin Hammerton of Brighton, England was the defending champ. He and Matt battled for the bronze as it turned out. Hammerton, I was told. had dunked an incredible 411 Kg. at the British Nats (906 lbs). I believe it, having seen his enormous SQ strength on several occasions. This wasn't Kevin's day. After posting 782 as his opening lift, he went up to 837, a weight he squatted twice, but the judges said "Nope!" Zweng repeated his missed 2nd 799 lift on a final go. Hammerton continued to struggle, BPing 485, and missing 501 twice. Matt put up 512, then 534 strongly, before missing his 545 final. Zweng was only 5 lbs. behind the leader Selsam, GER, going into the deciding phase. Matt's 683 deadlift duplicated Hammerton's 2017 TOT, which the Brit had established by lifting 705 on his 2nd round. By virtue of lighter weight, Zweng got the silver medal, when Hammerton failed 749 going for a do or die try. The two leaders slugging it out proved to be the German Harold Selsam and the bionic backed Austrian, Gerhard Depner,



Winners in the WPO Cash Prize Division up to 100 kg. - (seen left to right) 5th - Hammerton GBR - 915; 2nd Selsam GERMANY 935; 1st Depner AUSTRIA 940; 3rd Kellum USA 932.5; 4th Zweng USA 915.

42. Depner had been champ in '98, and is handicapped by a missing finger. Gerhard took 793 down into the hole - and was twice denied. He went to 815, and went lower and ground it up using his powerful back as a fulcrum. This time it was good! Selsam proved he didn't come to America to see the sights; he smoked 749, and then went straight to 826 miss. On a final truit was a good lift. No more misses for the DETER-MINED GERMAN! BP (512) and a final 722 DL led to a TOT of 2061. Depner raised all three: 705, 749, 760 with the greatest of ease. He's done right at 800 and could've pulled that much, if needed, here. Now he's a 2 time champ for Austria. Fifth place went to Mike Fessenden, 33. He had an off day getting an 810 SQ, 440 BP, and 644 DL for 1895, way under his best. Depner's 2072 TOT earned him WPO cash to take home, not to mention the World title.

242 - The 242s had a big lineup with 10 men present. Keith Thompson, 33, GBR, must've been hurt warming up. He didn't come out. Then AUT's Hannes Winkler, 24, missed all his 716 SQ attempts. Johan Nel was at the bottom of the heap with 2nd attempts all good - 1609. His teammate Pieter Appelcrum, 29, took 7th with 1763. Jarmo Veisala was sandwiched between the two Brits-Mark Cullimore, 34, and Steven Middleton in 5th spot with 1895. He got 705 SQ & DL openers along with 3 BPs (485). Middleton was 6th @ 1846 going 8/9. Cullimore ended up in 4th via his 771 SQ, 479 BP and 694 DL - 1945 - with only 5 lifts. Paul Urchik, 41, out of Southgate, Michigan pulled off the THREEPEAT, his 3rd consecutive Worlds gold medal. He grunted through his 876 2nd attempt SQ before failing 903. He was red hot in the BP, getting all 3 and a new PR - 551. A bit of drama in the DL! Urchik had a momentary lapse of concentration, missing his 716 opener but came back to clinch the title. His heart wasn't in his 771

try and it hardly moved. Paul smiled sheepishly and waved to the crowd as he exited. It was nip and tuck to see who'd get silver and bronze between USA's burly backup Dennis Muratori, 34, from Huron, OH and Michael Weiler of Austria. Dennis had a fitful time getting his SQ on the board. He began at 815 with balance problems, then missed again. On his 3rd he was arising when the spotters grabbed the bar as he was twisting to the right. This nullified the lift. A protest was lodged and he was granted his 3rd and final attempt over. To the relief of everyone he finally got it. Weiler, looking powerful, wrapped up his 837 2nd try, then made a quantum leap to 903 - he missed! After Weiler finished with a 490 BP; this gave Dennis the opportunity to strike. He did with 512, to tie, but Weiler was still ahead as lighter man. Muratori pushed Weiler to 3rd, outpulling him 711 to 705. Muratori TOT - 2044, Weiler - 2033.

275 - Five men contested here for top honors. Rufat Agayev, AZE, @ 254 stayed in the mix with his 793 final SQ. After benching 485, he tore a pectoral muscle trying 507 and was out of the meet and off to the hospital. David Clements, GBR, and 266, had SQ depth problems. He stayed



Al Mehan's beautiful squat style.

in the medal hunt getting his final 793 try. Dave punched up a 462 BP, but couldn't negotiate 496 despite two brave tries. Clements pulled well, raising a 738 DL 2nd. TOT - 1995 -4th place. Steve Wisemon of CAN proved his strength in his Worlds debut. He handled a 749 SQ - no problem. His 804 was wishful thinking. Steve made powerful presses and finished with 529 - good. His pulling ability was impressive indeed. He yanked up 727, then a big 782, before missing 804. TOT 2072 third place. Bill Nichols, 42, from Naperville, IL is still one of the best around. He overcame balance problems early on to blow away 859, after a missed SQ opener of 832. He jumped big and put 926 in the hole and cranked it right up - good. Bill, with a reoccurring shoulder problem, was forced to stroke 474 twice to get approval. He added a good 716 DL, popping it right up in his wide stance sumo. He couldn't get 749 to stay in the groove. TOT 2116 - a silver medal for a nice guy. Ano Turtianen, the broad backed, 33 year old FINN dominated decisively. His display was scintillating - 881, then 914 SQ pass 3rd. He began his BP with 551, missed twice at 573. His 793 DL opener looked ridiculously effortless. He went to 859 and raised that right up. Up to 887 he went, seeking to beat his own WPC WR of 881. He missed it, but came back on an extra try, and ripped it right up. TOT 2325 three times now the World Champion. Who - if anyone - can beat him next year? 308 - This has become a very

popular class. Not every Superheavyweight wants to weigh 350 or more. This year the 308s were loaded with talent. Last year's champ, Scott Warman, had returned from injury and semi-retirement to nab his 8th World Title. Will we ever see him again? This year the USA was represented by Craig Gallo, 28, Ann Arbor, MI. Craig was the surprise '98 WPC World Champ @ 275, and was this year's Seniors champ. His backup man was Russ Barlow, 40. Also in the mix was Allen Mehan, Canada. The British powerhouse Andy Bolton had his own designs on the gold medal! Holger Kuttrof, GER, @ 305.5 used a close stance and sat ultra deep. He powered up with 815, but got pinned with 859 - hurt himself and dropped out. Mike Robertson, RSA, 297, handled 815. He made a big increase to 881 - too much. TOT 1796 - and he finished 7th. IN 6TH TODAY - IT'S UWE FREY. At 286 the best German made all his attempts with the exception of his final 529 BP try: 771 SQ, 507 BP, 650 DL for 1929. The backup Brit was Andrew Bowman (290). He made 3 good SQs (859) plus openers - 507 BP and 672 DL for 2039 and fifth position. USA's Russ Barlow had a splendid day: SQ 821, 551 BP and a strong 782 2nd DL-TOT 2155-4th



The Incredible Upper Pulling Apparatus of Finland's ANO TURTIAINEN

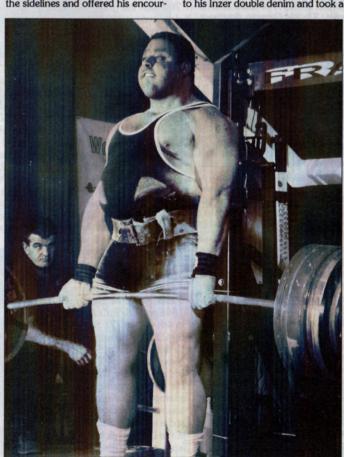
place. It was nip and tuck between Allen Mehan of Canada and the USA's Brahama Bull Craig Gallo. Gallo had no misses and motored up all 3: 942 - a big lift. Mehan lost his EZ 892 start due to balance. He obliterated that weight on a repeat. He went way up to a sky high 981 and absolutely destroyed it. Way down and he roared up like a freight train. He wanted to break the WR of 992 owned by RSA's Gerritt Badenhorst, a World's Strongest Man competitor. Allen called for 458.5 kg. (1010.8). He descended, hit the hole, and rose back up. Yes, it was good! Mean-while GBR's ANDY BOLTON did some DANDY STROKIN' of his own. He barreled through 837, 881, and finally a British Record 926! Things were heating up! Mehan was much improved in BP. He popped up 529 - his best ever. Bolton ran into a brick wall. He needed all three tries to make his 540 opener. Gallo was on a roll. He completed them all (556) and exceeded his own PR! Mehan's DL was good. He pulled 711 on his final round - TOT 2221. Gallo had to hoist 744 on his second lift to win silver - 2243. Three competitors represented the WPO outside the competition and added excitement. WPO founder and promoter Kieran Kidder, a former WPC World Champ himself, came in at a streamlined 297 and really looked good having shed some 50 lbs. Kieran dunked 903 deep and easily. He twanged his hamstring attempting 953. This left him hobbling and forced him to forgo attempts in the other lifts. Beau Moore from FL weighed 306 and gave a good account of himself: 788 SQ, 655 BP (temporarily a WPO WR taking 3 tries to get it), 733 DL, for a 2177 TOT. That's with very little preparation in training all 3 lifts (2-3 mos.). Rob Fusner from the famous Westside Barbell Club is an incredible powerhouse. He came to prove he is the REAL DEAL, and did so in a most convincing manner. Weighing 294.7

he SO'd 903. BP'd an unbelievable 688 (the highest of the whole meet and a WPO WR). Rob raised 766, a personal best, in the DL for an astounding TOT of 2358! This inspired Andy Bolton, the British Bulldog, to reveal his devastating deadlift ability. We knew he was a powerful puller, but never expected what we were about to witness! Andy opened with 837. It looked so easy we thought surely it must've been a hundred lbs. lighter misload - but with 2303 he'd won; just like that. Next he advanced to 881, and yanked it up with no visible effort - TOT 2347 - a WR aggregate. He reserved his final lift for a WR try with 898. This would surpass Badenhorst's 892 set back in the late 80s. He pulled it up so ridiculously easy we could scarcely believe our eyes. He held it a long time, turning his head from side to side to glare at the judges, and roaring his defiance like a enraged lion. This lift gave him an incredible aggregate of 2364. Not only did this better his still smoldering TOT mark, but put him 5 lbs. better than outsider guest Fusner. Wow! Bolton was also registered with the WPO, and in the hunt for cash as well as Fusner. But wait! It wasn't over. Bolton, backstage, had worked himself up into a near frenzy. He wanted to hoist the biggest weight of all time. That was a tall order as the record was held by the 6'7" 320 lb. Gary Heisey at a mind boggling 925 lbs!! Andy called for 420 kg. (925.941 lbs). The bar was loaded and he attacked it. The load of iron cleared the deck, and was going up. It was above the knees; but then came to a dead stop. What an

SUPERHEAVYWEIGHT - No one in the rest of the World showed up this year to mount a challenge to the reigning WPC World Superheavy-weight champ. I've dubbed him the MILLENNIUM MAN in previous writeups because he has risen in the last two years to became the most

dominant SHW powerlifter as we have crossed the threshold into the 21st century. Garry Frank, 35, was a few short years ago - like a big locomotive: his engine was revved up to full throttle, but he sat there his wheels spitting sparks, unable to get traction. Then came the boost of confidence that was all that he needed. A former pro football player, Garry is now a teacher and head high school football coach. This Louisiana Leviathan stands 6'4" tall and tips the scale at 374 lbs. Despite his intimidating size and strength, he has a quiet, affable demeanor, but nonetheless he maintains a serious persona resolute in his objective. Garry posted a 2453 TOT in winning the USA Srs. Only the great Ed Coan had totaled more (2463). Garry had aims to surpass that aggregate. Would today be the day? The only other man in his class was Brent Mikesell, 24. He's 6'1" and 336, and hit a sky high 2342 TOT as runner-up to Garry at the APF Senior Nationals in Michigan. There Brent smashed the thousand lb. barrier in the SQ (1003) deep and powerfully. Third there and an WPO extra lifter here was a man equal to Garry in size! Jim Voronin of El Paso, TX. Voronin had a disappointing day here struggling to get his 871 SQ, a weight he handled easily on a 3rd, finally conquering his balance and depth problems. Big Jim ran into a brick wall in the BP, failing 3 times to lift his big 655 start weight. He sat on the sidelines and offered his encour-

agement to his SHW comrades. Mikesell, who'd hit a 600 BP in training, had hurt himself doing so, and was not in the best of condition. Brent began with a 936 SQ. but couldn't get low enough. His canvas suit seemed to hamper rather than help him. Brent got the weight up on his 2nd. Mikesell went straight to 1003, a weight he'd done officially twice! He got it, but struggled - unlike his easy deep lift at the Seniors. A safe 440 BP to get on the board was followed by big misses with 562, and then 573. Brent pulled 711 to assure 2nd place (2155), but missed 771 badly. It was a tough day for Brent. This set the stage for the BAD DUDE from BATON ROUGE! Garry appeared like a monster in a fairy tale. He's big as a mountain and bandies big barbells about like they're play tous! Frank had no difficulty in getting his SQs low and roared right up: 865, 909, and finally 942 which seemed the easiest of all. He was out of sunc in the BP. He succeeded with his 650 opener, but that was all! He increased to 694. A single handoff from training partner Bob Phillips works for him. The side spotters were told not to assist. This must've fell on deaf ears as one handler picked up on the right side which tilted him badly. A rerack would have been best move. In such a case another opportunity would've been given. Garry tried it anyway, resulting in a miss. On his 3rd, his shirt ripped. Garry changed to his Inzer double denim and took a



last two years to became the most Andy Bolton of Great Britain with his easy DL attempt with 881 pounds.

4th with 727. He seemed to never get it down, but finally touched, too low, and it wouldn't go. Garry never warms up for the deadlift. He opened with 837 - just came out and yanked it right up - 2430 TOT - right off the bat. Seeking to register the highest legitimate TOT of all time, he called for a PR 876 going for 2469.17 lbs! This would also be a WPC WR, beating his own mark of 2453! Out he came like a charging rhino. Poised over the bar he crouched and pulled. The load literally exploded from the grasp of Earth's gravity, moved up rapidly, and was locked out cleanly on both sides, perfectly level. It got 3W, including that of Vanessa Gibson of GBR, who is a very tough scrutinizer. He'd done it - the highest official TOT of all time. But wait! Garry wasn't through yet. He went up to 412.5 kg for his final try (909.4 lbs.) He yanked this up above his knees, but it stopped dead. What a fitting climax to an outstanding competition. Most people agreed with me on one thing. Ernie Frantz will be

remembered a long tine for this. He

really outdid himself! Next month-

Part 2 of the WPC Worlds (Teens,

Juniors, Sub-Masters, Masters)



W. P. O.™ World Powerlifting Organization™ YEAR 2000 Membership Application



PLEASE PRINT CLEARLY * COMPLETE ALL BLANKS

Last Name			First Name			Initial		
Street Address/P. O. Bo	x				THE STATE OF THE S	BAKA Daye		
City			State		ZIP	to the state of th		
Telephone Number		Date of Birth		Age	Callifordate Wil-	Sex		
Social Security Number		Occupation		Date of	Application			
IF UNDER 18 PARENT MUST INITIAL	CORRECT AND							

YEAR 2000 Membership Registration Fee: \$ 25.00

Mail Application & Check To:

Huge Iron Production, Inc. 910 S. Atlantic Avenue Ormond Beach, FL 32176

																Office	ilu b	Cacii	, ,,	321	.70				
WPC	C We	rld Pl	Cha	mpion	ships	- 17-1	19 NO						N. Primich	RSA	81.7	340	360	375	202.5	210	210				NIL
WOMEN	NAT	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT	90			272 5	307.5	307.5	262.5	270	275	290	302.5	310	932.5
Open													J. Kellum M. Donovan	GBR	89.9	372.5 300	315	325	200	210	220	280	300	325	870
48	con			***		47.5			110	120	130	282.5	B. Brown		89.4	280	280	310	150	170	170	270	300	300	760
J. Schroeder		46.8	100	110	115 95	47.5 57.5	60	55	90	100	105	247.5	M. Andrus	USA		265	207.5	207.5	172.5	177.5		267.5		290	732.5
L. Watson L. Barlow	GBR	45	145	150	150	37.3		-	30	100	100	NIL	C. Blake	GBR		285	295	295	155	162.5	167.5	252.5	270	272.5	705
52	USA	4,10											P. Schwarz	AUT	89.1	240	265	275	140	150	152.5	240	260	272.5	687.5
K. Wilcox	GBR	51	80	90	100	60	65	70	110	120	135	300	R. Lahtinen	FIN	88.6	250	255	265	180	190	190	220	232.5	232.5	675
56									-				100		00.0	360	360	370	212.5	220	225	320	340	345	940
A. Weisberger			188	180	180	117.5		*137.5	180 177.5		207.5 102.5		G. Depner H. Selsam	AUT GER		340	375	375	220		232.5	290	315	327.5	935
N. Avigliano I. Thomas		53.6 55.4	152.5 150	160	160 170	87.5 75	90 77.5	80	160	167.5		407.5	M. Zweng	USA		352.5	362.5	362.5	232.5		247.5	300	310	315	915
60	UDK	33.4	130	100	110	"	,,,,	00				*******	K. Hammerton			355	380	380	220	227.5	227.5	305	340	360	915
V. Huyser	RSA	59.8	160	180	195	85	95	100	160	170	180	450	100			and the same of		-222							
V. Ware		59.8	150	170	180	97.5	105	105	160	172.5	107.5		D. Warren	GBR		320	335	335	207.5	220	220	310 292.5	325 312.5	337.5 312.5	877.5
M. Diamond	USA	58.8	172.5	172.5	172.5							NIL	M. Fessenden	USA	99.6	345 300	345 310	367.5 310	200		217.5	292.5	305	310	810
67.5								****	105	102 5	497.5		K. Pontinen E. Bitek	RSA		300	320	320	215	225	225	260	275	290	790
M. Liggett	240.	66.8	202.5	220	220	125	132.3	132.5	185	192.5	13710	343	K. Kruger	RSA		300	320	320	160	170	177.5	280	290	10700	777.5
4th N. Dangerfield		65.5	175	192.5	192.5	92.5	100	105	207.5	Pass	230.5	482.5	M. Jordan	GBR		270	270	290	160	175	182.5	250	280	290	732.5
S. Downie		65.9	117.5	117.5		65	75	75	120	132.5	150	332.5	NOV 19												
75													110								250	225	225	250	972.5
J. Scanlon	USA		205	217.5		125		142.5	195	215	215	542.5	P. Urchik		107.9		397.5 370	410 370	235	242.5	232.5	325	325 322.5	350 325	925
J. Tacktill	USA	72.6	165	165	182.5	102.5	112.5	120	150	175	189	460	D. Muratori M. Weiler	USA			380	410	210		222.5	290	320	325	922.5
82.5	CDD	79.7	168	190	210	110	115	122.5	200	215	230	552.5	M. Cullimore	GBR			350	350	210	217.5		315	325		882.5
J. Miller C. Rainer	AUS		165 165	165	180	70	80	85	150	160	172.5		J. Veisala	FIN	108	320	340	340	210	217.5	220	320	335	335	860
90	703	13.3	100	.03	100	,,	-				100		S. Middleton	GBR	106.3	320	320	350	200		207.5	290	300	310	837.5
T. Rantanen	FIN	85.3	180	180	180	145	150	155*	180	200	213.5	535	P. Appelcrum	RSA			320	330	185	185	190	280	290	290	800
90+							ma	MIN	No. of the last	10.70	0110		J. Nel	RSA			260	290 325	185	195	200	270	275	290	730 NIL
M. Vandyke		100.6		225	225	110	117.5	117.5	200	207.5	207.5		H. Winkler K. Thompson	GBR		325	325	353							NIL
D. Shaw	GBR	103.1	240	260	206							NIL	125	COR	107.0										H.
MEN Open													A. Turtianen	FIN	124.5	400	415		250	260	260	360	390	402.5	1055
56													4th										402.5		
E. Milian	USA	54.7	182.5	202.5	202.5	100	107.5	112.5	182.5	215	227.5	510	B. Nichols			377.5	390	420	215	225	255	325	340	340	960
60									SALES OF				S. Wiseman		123.1		345	365	227.5	227.5	240	330 320	355 335	365 345	940
R. Karkuschke			140	160	160	105	115	120	140	165	175	450	D. Clements		120.8		360 340	360 360	210 220	235	INJUR		333	243	903
S. Grey	GBR	59.2	125	135	142.5	90	100	105	130	140	145	370	R. Agayev 140	ALE	115.2	340	340	300	220	230	HAJORI				
67.5 S. Seikainano	FIN		260	275	275	165	170	175	250	250	265	685	A. Bolton	GBR	136.5	380	400	420	245	245	245	380	400	407.5*	1072.5
T. ludge	USA		205	220	232.5	147.5		165	202.5		215	595	C. Gallo		133.8	400	415	427.5	235	247.5		320	337.5		1017.5
S. Cook		67.5	180	200	200	100	110	120	220	230	235	520	A. Meehan	CAN	1129	405	405	445	215	240	250	290	315	322.5	1007.5
Guest WPO													4th			458.5*		272 5	240	250	250	222 5	335	367.5	977.5
A. Conyers	USA	67.5	242.5	280	280	155	105	185	227.5	318	318	692.5	R. Barlow	GBR	140	342.5	362.5 370	372.5 390	240	250	250 240	332.5 305	315	315	925
75		***	200	227.5	327.5	192.5	210	217.5	250	267 5	272.5	795	A. Bowman U. Frey	GER			340	350	220	230	240	270	285	295	875
A. Berardinelli	FIN	74.9	308	327.5 317.5	325	170	175	177.5	280	295	300	790	M. Robertson	RSA	40000	370	400	400	210	225	230	320	330	330	815
J. Laine D. Mannering			265	280	300	195	200	200	245	260	272.5		H. Kuttroff	GER	138.6	370	390	INJUR							
I. Almodovar		73.5	277.5	295	305			182.5	262.5		202.5	735	R. Fusner	USA			410	410	205			320		347.5	
L. Gordon	GBR	74.1	270	205	285	152.5		165	270	270	290	720	B. Moore	USA		335	357.5	367.5			297.5	305	332.5	340	987.5
F. Manka	RSA	74.6	500	280	292.5	152.5	157.5	162.5	260	267.5	267.5	715	K. Kidder 140+	USA	135.3	410	432.5		INJUR	ED					
NOV 18													G. Frank	USA	169.8	392.5	412.5	427.5	295	315	315	380	397.5	412.5	1120*
82.5	USA	92	277.5	300	320	212 5	227 5	237.5	272 5	295	302.5	860	4th				-	1000	330	The same		1010	13.00	1000	
J. Dougherty A. Coleman	USA		317.5	340	345		237.5		295	306.5			B. Mikesell	USA	152.7	425	425	455	200	255	260	322.5	350		977.5
4th	USA	00	317.3	340	-	250*	20,10	salerles	a stilling			No Person	Guest Lifter W			RICER	MOTE		1-11.37	Bly	18 Dr				
E. Athias	FRA	81.6	302.5	302.5	317.5	172.5	182.5	187.5	275	285	295	795	J. Voronin	USA	172.5	395	395	395	297		297.5	CIA	/1		NIL
R. Archibald		80.4	260	280		180		192.5	260	275	297.5		Team Champi	on US	A, 2nd	GBR. B	est Lifte	rs - (Te	en) Wol	men -	Par	Glodin	ISA)	A), Mei	- Stank
C. Evans	CAN		265	265	265	185	195	200	245	260	270	735	Duplessis (RSA Fanone (USA),	(Sub	mor) W	Women-A	nne Do	worth (DCA) MEI	len - Li	ght - Vin	ce Gra	ham (C	AN). M	en - Hear
S. Molnar		81.1	290	320	320	167.5		182.5	275	290	290 250	732.5 695	- Brent Tracey,	(Mar	tor) W	omen -	Vadine	Baker (Master)	Men	Frank	Richev	Open	Women	- Maria
A. Hearn		80.5	235	235	275	167.5 170		175 175	245	250	252.5		Liggett, Open	Men	It. And	elo Bera	rdenelli	HVY-	Garry F	rank.			-		-
N. Arnold	CBK	81.7	260	275	200	170	170	173	243	20210	EUEIU	350	- Serid oben												

South Florida BP and DL 14 OCT 00 - N. Lauderdale, FL Women B. Lemus (105) G. Walker (208) M. Quinn (319) M. Fries (250) D. Ortiz (136) M. Barba (148) Men 132 Sanfilippo (226) 405 V. Donofrio (191) 375 S. Pullaro (195) J. Clark (241) W. Holloway 260 g (196) 315 Hudak (216) P. Schaugat 165 B. Schwab G. Wright K. Norwood Sal D B. Hopper (193) D. Davis (172) T. Jenkins (117) DEADLIFT 350 335 325 315 315 A. Yezer 181 R. Daniels K. Yates T. Houke Women M. Barba (148) 260 200 Men 148 A. Sniadow 198 G. Rubin S. Pullaro A. Morzella M. Brown 475 580 550 430 P. Chang R. Fichera 500 500

M. Dexter

J. Cevero K. Middler

S. Gissing H. Allison J. Calloway SHW

S. Fromberg

570 420

600 560 525

Greg Wright won Best Lifter in the Deadlift with this 580 at 163 bodyweight at the South Florida Bench Off and Monster Pull. (photo courtesy Ironworks Gym)

a 240 lift, and Willy Holloway took the 148 lb. class with a 260. Brian Schwab hit a big 365 at 156 and Richard Daniels won the 181 lb. class with 390. Gary Rubin won the 198 lb class with a 430 and Scott Schuler won the 220 lb. class with 420. Jason R. Ashman
H. Allison
J. Bivens
S. Knowles
S. Natal (239)
S. M. Rdry
S. Solver Hubble
S. S. Solver Hubble
S. S. Solver Hubble

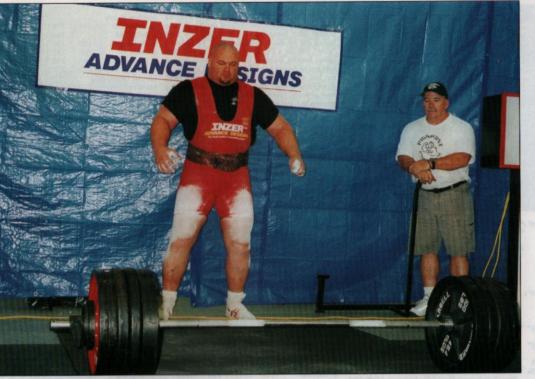


Best Lifters at the Chicagoland Open were (left to right) Chris Therman for his 625 lb. deadlift in the 308 lb. class, and Craig Hansen for his 500 lb. bench press in the 220 lb. class. (photograph by Latch)

BENCH PRESS		shw
MEN PRESS		Luis Gonzales
		DEADLIFT
teenage Jason Daviera	335*	submaster
master 40-49	333	Rick Roberts
Greg Foster	475	master 40-49
Craig Gordon	450	master 40-45
police & fire	430	Jesus Feliciano
Greg Foster	475	165
160	4/3	Tony Corona
loe Gaffin	405	198
4th	415*	Yohance Lacour
Jesus Feliciano	265	4th
198	203	*
Sal Medina	385*	220
220	303	Jeff Archer
Craig Hansen	500	Vic Shenberg
Noel Castillo	405*	242
242		Nectar Kirkiris
Phil Thomason	470	308
4th	485*	Chris Therman
308		
	360	

FOR REVIEW issue 31 of POWIERLIFTER Video Magazine is now available and it starts out with footage from the recent IPA Nationals (covered in this issue of POWERLIFTING USA as well) with video footage of lifters like Brian Crowe, Karen Sizemore (with her all time female world record bench of 410!!!), Doug Heath, Chuck Vogelpohl's 900 lb. squat, Dan Kovacs' 830 deadlift, Paul Childress' 930 squat, J. R. Hunt's 950 lb. squat, and Terry Bryan's 1000 lb. squat in his meet ever (EXTREMELY IMPRESSIVE), followed by an in-depth segment on the fundamentals of the squat and deadlift by Coach Bernie Gagne and his daughter Vick Hembree. Bar placement is discussed in great detail (some material is actually repeated twice in our sample of the tape) - with some great analogies by Bernie on stress on the low back and the right kind of shoes to squat in. Next up is tape of a recent Julie Havelka and Ryan Kennelly bench pressing exhibition, with Ryan literally "banging" up reps - like 600x2 without a shirt. Then it's off Rich Schoeneberger and his training partner Chris Sestito, who provide all kinds of workout information - how about reverse curls to work the grip. Rich, who is way over 300 lbs., demonstrates some remarkable cardiovascular fitness by never seeming to run out of breath despite virtually non-stop dialogue throughout the training session. From there it's on to a brutal Glen Chabot training session profile - not many reps, and huge 90 lb. jumps to some awesome poundages. J.M. Blakley's new competition bench press technique videotape is highlighted, and J.M. claims you can gain 40 lbs. in the first year according to the tape, just by emphasizing technique. Every detail J.M. could possibly think of is in there-plus some exciting contest footage. From there, it's down the road to the Deep Tissue Center for some help with Vick's shoulder - Daniel Rosales provides a quick diagnosis and gets into some deep tissue massage right away. There's some great expression on Vick's face as she gets a workover from Rosales. Next up is footage of the APA Nationals, including some lifters you saw in the coverage of that meet in PL USA: Tony Vellake's benching makes the TOP 100 list this month, and Jeff McVicar's 470 4th attempt at 198 on the tape is a lift that didn't make the TOP 100 last month, as it wasn't noted on the results. There's a training tip finale to this edition of POWIERLIFTER VIDEO as they head back to its back to analysis of different deadlift techniques for various body types with Coach Gagne and Vick. (If you want to order this tape or a subscription to POW!ERLIFTER Video, see their ad on page 2 of this issue of POWERLIFTING USA) --Mike Lambert, PL USA

* personal best. Best Lifters: Bench - Craig Hansen; Deadlift - Chris Therman. The Chicagoland Open Bench Press/Deadlift Classic was held at the Hard Core Gym. Thanks to owners and hosts Harry Zaras and Kym Kmeic for their continued support. In the bench press competition Jason Daviera had a great day, finishing with a personal best 335 @ 154 for the title at teenage 18-19. Greg Foster was getting ready for the AAPF Worlds in Vegas and came to see where he was at! Taking both the master men 40-49 and police & fire classes, Greg got an easy opener of 475. Weighing in at 211, Greg missed his next two attempts with 500, but is feeling better with that weight. Good luck at Vegast Craig Gordon got his opener of 450, then blew out his shirt with 4751 New shirt, ripped right down the middlel Boy if that guy can ever get his shirts straight maybe he'll finally get that 500 he deserves! At 165 it was joe Gain with four strong lifts, loe finished with 405, then came back for a 415 pr fourth attempt! Jesus Feliciano was second at 165 with 265. Sal Medina was lifting in his first competition, where he took the 198 lb. class, finishing with a personal best 385. Craig Hansen might as well not even used his shirt, for all that he got out of it, but he did finish with a strong 500 for the title at 220. Craig was also close with a 525 fourth, but had gotten 500 raw in his shirt, for all that he got out of it, but he did finish with a strong 500 for the title at 220. Craig was also close with a 525 fourth, but had gotten 500 raw in the gym the week before. Craig who weighed in at 216, also captured the best lifter award for the competition. Second place at 220 went to Noel Castillo, who was also competing for the first time. Noel finished with a personal best 405 at a 205 bwt. Phil Thomason took the 242's with some strong Castino, who was anso competent for me inst time. Noel finished with a personal best 405 at a 205 bwt. Phil Thomason took the 242's with some strong lifting, finishing with a personal best 485 fourth attempt. At 308 it was Dan Cotter with 360, after failing with his final attempt of 370, which would have been a new pr for him. SHW winner was Luis Gonzales, who got all three of his attempts to finish with 350. In the deadlift competition Rick Roberts looked strong in his win at submaster. Rick finished with a personal best 500, weighing in at 232. Jesus Feliciano pulled a new personal record on his third attempt with 425 for the win at master 40-49. Jesus weighed in at 154. Tony Corona had a tough day at 165, getting just his opener of 425. Tony is a great lifter, but like us all, we have those off days every so often. Competing for the first time ever was Yohance Lacour at 198. With his win here, Yohance finished with a pr second attempt of 370, then nailing a 405 fourth. Jeff Archer just competed in a full meet about two weeks ago, so he struggled with his deadlift, getting just his opener of 445. But with Vic Shenherg failing to get his opener of 475 in, Jeff was the victor at 220. Vic had been out of competition for a while and just started a little too in, Jeff was the victor at 220. Vic had been out of competition for a while and just started a little too high. Nectar Kirkiris pulled a strong 585 opener for the win at 242 before missing 625 twice. His opener left him just short of the best lifter title when Chris Therman got that same weight at 308. Chris also came close with his final attempt, a pr 650, missing just short of lockout. At a bwt. of 300 Chris finished with 625, the title at 308 and the best lifter award. Thanks to all who helped with the competition. (Thanks to Darrell Latch for results).



Garry Frank gets ready to finish the history making total portrayed on the cover of this month's PL USA.

(article continued from page 7)

warming up for the deadlift. Backstage, Phillips was giving Garry a massage to the back of his thighs. He lay there purring (it was more like a low rumbling) like a tiger. Everybody waited to watch him warmup with the weights, but nothing happened. "When is he going to warm up?" asked the inquisitive "Pink Panther" - LALC's question man. "That's his secret. He doesn't warm up" I explained. Believe it or not, it's true. Garry does no DL warmups. He figures by the time he gets to it he's already warmed up. Garry, much to the crowd's excitement, opened his DLs with 840. Ordinarily he secures his grip, pushes the bar forward, then pulls it back into his shins, dips into his crouch position, and pulls. He didn't get the bar pulled in properly in this try, and being almost a foot out in front of him it only moved a few inches from the floor. Everybody felt a big letdown. It looked like Garry wouldn't make the grade today. Our hearts sank. He took the weight over. This time with better form the bar came up and he locked it out cleanly, but it lacked his usual explosiveness. Garry had his work cut out for him. To reach his goal he needed 890! That is 50 more lbs., and his 840 hadn't looked that easy. It appeared that lifting only two weeks earlier had taken it's toll on the big man. As the bar awaited his 3rd try, Garry was backstage trying to get himself worked up. Maybe there was still a flicker of hope. The volume was turned up on the music. As Garry charged out to the bar, everyone was shouting encouragement. He was trembling like a giant turbine engine at idle. The awesome power within was reaching a crescendo, peaking for one tremendous outbursts. His eyes were glaring as he secured his grip, prancing from foot to foot like a nervous horse. As he stopped to assume his pulling position, the bar having been pulled into his shins, I thought of the ominous words from the sci-fi movie classic -2010, a Space Odvssey - a cryptic forecast: SOMETHING WONDER-FUL IS GOING TO HAPPEN. The monstrous load of iron exploded from the deck as he released his tremendous pent up energy, and the pull that would make history began. It moved up rapidly, without hesitation, and slowed only for the last few inches, when it was locked out completely and perfectly level. He held it there a few seconds to make sure and returned the load to the platform. Three white lights came on! With absolutely not the slightest question in any one's mind - HE'D DONE IT. GARRY FRANK HAD TO-TALED 2500 LBS!

In case you're curious about Garry's gear, he wore the INZER single ply HARDCORE SUIT for the SQUAT with one pair of the INZER high-cut single ply briefs worn beneath. In the BP, he wears the IN-ZER single ply shirt. As for the deadlift, he doesn't wear a special deadlift suit, just a belt. How's that for STRICT & LEGIT? It was a moment in History. Thanks to the Aviglianos & the LALC for staging here. That's best official lifts totaling 2566 right now. Garry wasn't at his best today, but rose to the occasion!! Figure for 2600 he needs a 980 SQ, 720 BP, and a 900 DL. Only 15 more in the SQ, 9 more in the BP and 10 more on the DL, and -BINGO - IT'S A DONE DEAL! Thanks to all the people who

made this meet a great success: Referees: WL: Dr. John Garhammer, Timmy Chin, Gordon Santee, Tony Pasterello and Bryan Delgado. Referees for PL were: Gordon Santee, head, with Kevin Meskew, and Bryan Delgado (sides). Expeditor Deanne Miller. Scoreboard Dan DeSolva and Sean McMunn. Scorekeepers: Jo Rodefer and Nance Avigliano. Announcers: Nance and Joe Avigliano. Loaders and Spotters: Dan Madagan, Michael Javanovic, Walt Cracknell and Teddy Grant.

Garry Frank's 2500 TOT has been submitted with paperwork complete to APF Headquarters and will be recognized as a new APF American Record! Congrats Garry for giving us all a great Christmas present. What a bang-up way to end the first year of a new Century! Garry wants to thank the Aviglianos for providing him the perfect environment in which to make this historic total and especially to JOHN INZER OF INZER ADVANCE DESIGNS for providing him with the best powerlifting gear manufactured on the planet. He feels without it this would never have been possible.

scoped), a 711 BP (WPC WR at the HERB GLOSSBRENNER 2000 APF Seniors, and an 890 DL WEPOF/APF Superman/Superwoman II Powerlifting and Bench Press

this incredible contest. I witnessed it

all, something that will never be

forgotten. Garry believes he will do 2600 in 2001. His best official lifts in

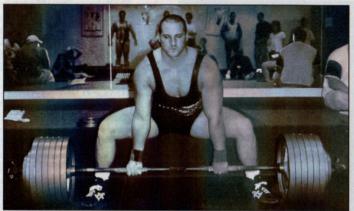
competition are: 965 SQ (done in

1988 before he hurt his knees play-

ing football and having them both

		2-	3 Dec	ember	00 - B	urb		CA				
WOMEN	DIV	CL	SN	CJ	TO	r	SQ	BP	DL	TC		CO. To
A. Weisberger	Open	132	110	138	248		385	300	460			1393
S. Waits	Open	132	88	110	198		255	145	265			863
D. Fuhrman MEN	Open	148	171	209	380		365	167	367	90	0	1280
H. Glossbrenner	Open	165	143	171	314		335	235	345	91	5	1229
G. Smagurauskas	40-44	181	176	253	429	1	395	297	465	11	57	1587
B. Strange	60-64	198	187	253	440		440	310	510	12	60	1700
S. Waits	Open	220	253	319	573		685	440	660	17	85	2358
I. Mancini	20-23	220	149	187	336		440	310	460	12	10	1546
BENCH PRESS	DIV	CL	1	2	3							
L. Slaughter	Open	148	385*	410*	415	*						
I. Lawrence	40-44	147	335	340								
M. Ludovico	Open	220	530	545*	580							
W. Ghent	65-69	157	275*	290*	300							
S. Mendelson	Open	275	610*	650	660							
Powerlifting WOMEN	Div	CAT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	тот
A. Weisberger	SUP	132	385	420	440	260	290	300	440	430	460	1145
4th							4th	310				
S. Waits	SUP	132	225	255	270	120	140	145		265	280	665
D. Fuhrman MEN	SUP	148	320	345	365*	160	167	172		345	367	900*
V. Tanabe	33-39	148	415	440	455*	225	240	250		475	490	1170
H. Glossbrenner	SUP	165	320*	335*	345	235	245	255		345*		915*
P. Ayala	20-23	165	425	440	455	295	310	322		355	405	1155
G. Smagurauskas	SUP	157	350	375	395	285	297	307		440	465	1157
J. Owens	40-44	198	525	550	570	380	395	405		500	525	1465
B. Strange	SUP	198	335	440	450	285	310	320	475	500	510	
S. Waits	SUP	220	660	685		415	440	455		650	660	1785
J. Avigliano 4th	40-44	220	670	702	702* 720*	300	385	405	di tol	595	615	1722
D. Jesolva	Open	220	570	600	615	405	420	427		600	610	1642
J. Mancini	SUP	220	410	440	440	310	330	330	420	440	460	1210
B. Harris	40-44	220	375	410	410							NIL
J. Planas	Open	275	680	705	725	480	500	500		625	640	1830
T. Pasterello	Open	275	610	650	675	420	430	460	550	590	600	1630
B. Phillips	Open	275	710	735	735	440	440	440				NIL
B. Meek	Open	308	625	680	720	450	490	510		670		1900
B. Meek	50-54	308	625	680	720	450	490	510*		670		1900
G. Frank	Open	SHW	880	925	940		670	670		840	890	2500!
* denotes APF sta	te Reco	rd.!der	otes AP	F America	n Reco	rd. Re	eferees	W/L Dr	. John	Gart	amm	er, Timn

Chin, Gordon Santee, Tony Pasterello, Bryan Delgado. Referees P/L Gordon Santee, Bryan Delgado Kevin Meskew. Expeditor Deanne Miller, Scoreboard Sean McMunn, Dan Desolva, Scorekeepers Jr Rodefer, Nance Avigliano, Announcers Joe and Nance Avigliano, Loaders and Spotters Dan Madagan Michael Jovanvic, and Teddy Grant, Walt Cracknell. (thanks to Herb Glossbrenner for these results)



John Troxel won Best Lifter at the APA Illinois Push/Pull (Scott Taylor)

APA I	llinois	Open BP/DI	old
30 SE	P 00 - 1	Vaukegan, II	
BENCH		DEADLIFT	
Women		Women	
Open		Open	
T. Brewton	140*s	J. Durbin	250*s
Men		Men	
Open		Open	
220		198	
T. Mull (BL)	450*1	D. Cole (BL)	555*
J. Hull	405	242	
Junior		N. Kirkiris	585*
I. Hernandez	2751	Submaster	
	-	P. Olsen	515
		4th	535s
		Junior	
		I Hamanday	4121

*denotes a state record; ! denotes master state record; s denotes submaster state record; j denotes junior state record; BL denotes best lifter. (Thanks to APA for providing these competition results).

APA CT Open Fall Classic Bp/DL 05 NOV 00 - Canterbury, CT

BENCH		242	
WOMEN		M. Slaga	400
114		M. Mitchell	400
D. Baker (BL) (M)	107.5		
165		T. Lamoureaux	485
L. Cannamela	120	J. Toland	460
4th	130*	T. Toland	415
MEN	THE R. P.	308+	
Teenage (formula	1)	V. Paoletti	
13-16		Non - Tested Ope	n
D. Rivers	250*	formula	
17-19	Nauto N	Up to 132	Name .
J. Beaudry	280	C. Byrnes	340
Submaster (form	ula)	133-181	243
33-39	Section 2	D. Altieri	340
A. Murray	450	182-242	1011
C. Audibert	330	G. Beinstein (BL)	530
Master (formula)		DEADLIFT	
40-49		WOMEN	
M. Slaga	400	165	
D. Corsi	260**	L. Cannamela	245
50-59		4th (BL)	255*
J. Landrette	325	MEN	
R. Altieri	335	Teenage (formula	
A. Speach	320**	J. Beaudry	485
B. Paoletti	of Page	4th	500*
Drug tested Oper 123	,	B. Lanoue 4th	535
	205		545!
V. Pichay (M) J. Dugas	180	Master 40-49 (for J. Copland	485
132	100	Open Open	483
	340	148	
C. Byrnes (BL) 165	340		500**
D. Altieri	240	D. Corsi (BL)	300
198	340	275	
	22011	J. Toland	625
A. Speach (M) 220	320**	T. Lamoureux	550
A. Murray	450		
	The same of the sa	d; ** denotes NY	

" denotes CT state record; "* denotes NY state record; I denotes APA CT Open Fall Classic Bench Press & Deadlift Championships were held at the Willimantic YMCA Health & Fitness. Thanks to Harry Carboni for hosting this event and many thanks to Janet Arel, Gary Larson, Roland Cote, Bill Grim, Mark Slaga, Lon & Dawn Baker, John Dugas, Lynn & Mario Cannamela and Andy Mecteau for all their help. In the bench press competition, 50 year old Dawn Baker continues to impress with a new Master's World Record of 107.5 and Best Lifter honors. Lynn Cannamela set a new CT state record of 130 in her first bench press meet. In the men's teenage division, 16 year old Dan Rivers also set a new CT state record with a fine 250 in his very first meet. Jay Beaudry dropped a weight class and took home first place with a nice lift of 280. Submaster Alan Murray came down

division and gave a 515 NY record a ride. I'll expect to see it next time Jeff. David Corsi, another NY and master lifter himself, had a great day. He kept telling me his deads felt slow. Well, he pulled a "slow" 500 for a PR, a NY state record and Best Lifters honors. So much for "slow"! James Toland told me he hadn't been deadlifting but entered at the last minute. How does 625 for a guy, NOT deadlifting sound? Nice job James and... uhh... kind of scary! I'd like to thank all of the lifters for coming out and showing their support. We had 8 coming out and showing their support. We had 8 kind of scary! I'd like to thank all of the lifters for coming out and showing their support. We had 8 state records and 2 world records set, as well as a large number of personal records. My goal is to provide the best environment possible so that the lifters can perform at their bests. Judging by the number of records set at both this and the last meet, we are headed in the right direction. Many thanks to my husband Mark for the spiffy carpeted platform he built for the meet. I received many compliments from the lifters about it. Hope everyone has a good holiday and we'll see you all early next year! (Thanks to Donna Slaga for the results).

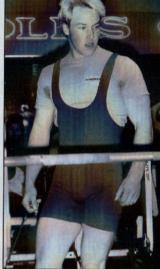
		next year! (Thanks to Donna Slaga for the results).						
1	APA Illinois Push/Pull (Scott Taylor)	LICAL	PI W	oming	State			
							110	
	6 111 bad a bad down to bad at	24 SEP	00 - 0	heye	nne, V	VY	11/4	
	from MA and had a great day to win both the submaster and 220 lb. class with a rock solid 450	Teenage 148	SQ	BP	DL	тот		
	and looked good for more. Mark Slaga had a tough day and only made his opener but won the Master's 40-49 and 242 lb. class with a lift of 400. David	M. Jarret Open	370	260	410	1040		
8		132 T. Bishop	315	180	365	860		
	division was a tough battle with all the competitors	148 C. Hughs	470	330	510	1310		
	lifting over 300 lbs.! Joe Landrette came away with	M. Jarret	370	260	410	1040		
10	the win and Al Speech set a NY state record with an	165					19/1	
	easy 320. Al, you looked good for 20 lbs. more! Vincente Pichay came through under pressure	C. Brown	535	290	510	1335		
	after missing his first and second attempts to get	M. Herrmann	415	315	475	1205		
	the win on his third with a nice 205. Chris Byrnes	V. Rodriguez 181	400	300	525	1225		
	amazed everyone with a 340 at only 129 lbs. to win	R. Erickson	500	295	550	1345		
	Best Lifter honors. Even more impressive is that this	A. Hahl	450	350	500	1300		
e	was an off day for Chris. Can't wait to see him on a good day! Daren Altieri won the 165 lb. class with	L. Sanchez 198	480	280	530	1290		
5	a great double bodyweight plus lift of 340. Tom	R. Clark	615	345	565	1525	1	
5	Lamoureaux was another MA lifter that joined us	M. Sharpe	470	345	520	1345	4	
	and he won the 275 lb. class with a nice 485 and just missed 500. You will get it next time Tom!	D. Barkee 220	450	375	475	1300		
	Gordon Beinstein got the crowd buzzing and took	M. Matthew	520	325	580	1425	M	
	home Best Lifter honors in the heavyweight class	S. Heyl	490	375	505	1370	at	
	with 530 and came very close with 575. Gordon is	R. Lang		405		405		
1	already the CT state record holder with a 570 on the books, so we can expect to see him rewrite that	B. Fleming 242	350	250	440	1040	Pr	
	record soon. A number of records, both World and State, fell during the deadlifting meet. Lynn	B. Hutchinson 275	425	330	485	1240		
	Cannamela got things started with a new CT state	B. Leonard	465	460	475	1400		
	record of 255, a 30 lb. PR! Jay Beaudry dropped a	R. Minshew		315		315	BEN	
	weight class and added the 165 lb. CT state record to the 181 lb. record he set at the last meet. The	K. Linde SHW	405	355	600	1360	Wor	
	amazing thing is that there is only a 5 lb. difference	G. Duggan		390		390	L. Pr	
	between records. Brian Lanoue had his heart set on	T. Koenigs		405		405	Men	
	pulling a new teenage APA world record and he	L. Betzer		275		275	Teer	
	stormed the platform and made a fine pull of 545	Masters Light					13-1	
	to get it. Not bad for only his second meet! Jeff	T. Bishop 63	315	180	365	860	K. M	
	Copland, the APA NY state chairman, came down and made a nice 485 for the win in the Master's	M. Cucinella 50	375	265	405	1045	W. F	
	and made a nice 403 for the win in the Master's	R. Erickson 47	500	295	550	1345	16-1 M. V	

APPLICATION FOR REGISTRATION American Powerlifting Association

Last Name	First Name	Initial	Date of App	
Street Address	City	State or	Province	
Country	Zip Code	Telephone	Number	
Date of Birth	Age Sex	Mail and make chec	ks payable to	
ALL STATE OF	A PARTY OF THE PARTY OF T	P.O. BOX 2720	4	
Social Security N	umber	EL JOBEAN, I	FL 33927	

Parents Initial I Certify that If Under 18 yrs. the above answers are correct

Masters Heavy				
D. Barkee 49	450	375	475	1300
L Betzer 44		300		300
B. Fleming 62	350	250	440	1040
J. Miller 40	395	345	415	1155
P. Predecki 62	355	295	415	1065
D. Worley 51	570	250	540	1360
Special Olympic	5			
Masters Heavy				
J. Handley 46	300	145	380	825
Place of meet: B	ody by I	Design;	Coordin	ator: Ron
Erickson. (Thank	s to US	APL for	the mee	t results).



Matt Weber (18) prepares for an attempt at the APA Bay State Bench Press . (Scott Taylor photograph)

APA Bay State Open BP & DL 08 OCT 00 - Worcester, MA

135	D. Whalen T. Matheos 275 J. Toland 308	400 365 470
DHAT	275 J. Toland 308	
DHAT	J. Toland 308	470
230*	308	470
230*		
230*		
230*	K. Gleason	540
	A. Fornaro	500
215*	DEADLIFT	
	Women	
275		
		180
	Men	
	Teenage 13-15	
365		305
125	4th	315*
	The state of the s	3.5
550		460
		100
		315
		313
		315
723		313
200		590
		390
		560
2/0		500
240		475
340		4/3
200		
290		
		530
		520
235		485
		425
340		600
1991		585
		AND SECTION
		600
		illo.
315	K. Gleason (BL)	660
550	CHARLES THE PARTY OF	FEBR
m of W	Vorcester, Massach	usetts
	125 365 125 550 410 425 425 380 365 270 340 290 235 430 340 410 45 410 410 410 410 410 410 410 410 410 410	275 Open L. Proulx Men Teenage 13-15 Men Teenage 13-15 M. Weber Soo Junior 20-23 M. Weber Special Olympics S. Curtis Submaster 33-39 J. Bourgault Master 40-49 J. Piper Open 290 M. Galante J. Gardner M Rampino S. Colby 430 L. Gardner M Rampino S. Colby M. Galante J. Gardner M Rampino M Rampin

for providing a great meet site and great equip-ment. I would especially like to thank the spotters, loaders, referee's, and scorekeeper who put in a long hard day making this meet a quality event that was enjoyed by all. (Thanks to Scott Taylor, APA President, for providing these competition results).



BENCH PPESS		4th	470*
eenage men Ulen Hinders	200*	Mike Gugino 242	380
unior men	200	Christen Allen	475 *
ric Allen ubmaster men	265	Mark Struck 275	380*
Mike Hinders master men 40-49	400*	Jim Helsley DEADLIFT	460
om Blacketer	500	master men 40-49	
im Helsley	460	Tom Blacketer	550
naster men 60-69		Mike Boyer	500
Gaylord Good	315	master men 60-69	
uth	325	Tom Richardson	305*
om Richardson	270*	198	
48		Mike Gugino	465
phraim Shields	345*		
81		Mark Struck	550*
Mitchell Allen	290*	4th 275	580*
Marty Mills	460*	C. Steenburgen	660*
personal best. I Best Lifter (DL) - (CHARL	ter (BP) - MARTY I ES STEENBURGEN Y'S FITNESS. The C	. Team

B	A. Taylor Men Teen	132	J. Her Subm 75	nandez asters	440
de	13 yrs.		J. Cur	ningham	369
	J. Angelo	77	90 J. Her	nandez	440
0	14-15		Maste 50-54		
t	67 R. Rizhie	176	100		
e	16-17		C. Do	uglas	
9	M. Preslar	231	B. Pac		
y	75 J. Ritchie	275	70-74 100		
D n	90	-/-	J. Mill	ler	236
d	R. Nixon 135		AAPF Teen	BENCH	
n !	R. Erquiaga	303	14-15		
1	18-19 75		52 D. Yo	ung	165
n	J. Hurd	215	56		
e	Woolsteinhulme 90		R. Die 16-17		165
esf	S. Long	315	60		
5	Open 75		B. Ho 67	ff	187
!!	J. Cunningham	369	M. Pr		231
e	82 C. Chandler	380	J. Wal 75	lthers	225
it),	90	300	N. Pa	sek	265
1	J. Weber	325	4th		275
t	J. Gray	352	Open 52		
f	110		D. Yo	ung	165
0	D. Fortner 125	440	56 R. Die	ede	165
r	K. Kreimann	396	60		
	140 G. Brower	468	D. Ol	son	270
	+140		J. Cur	ningham	
	M. Chase Novice	402	Jeff H	lernande2	214
	75		John	Hernande	z 440
	J. Bedow 100	264	100 D. Ski	idmore	424
	B. Woodbury	315		asters	
	Submasters		60 D. Ol		270
	J. Cunningham	369	75	son	
	110			nningham	369
	R. Podgorney 140	319	90 John	Hernande	z 440
	G. Brower	468	100		
	Masters 40-44		Maste	idmore	424
	67		40-44		
	J. Smith 75	203	67 J. Smi	ith	203
	M. Adamson	325	75		
	4th 70-74	330	M. Ac	lamson	325 330
	100		50-54		
	J. Miller APF BENCH	236	100 C. Do	uplas	
	Teen		70-74		
	16-17		100 J. Mil	lor	236
	B. Hoff	181	Wom	en	230
	4th	187	Maste 100	ers 45-49	
	67 J. Walthers	225		Cadavon	e 165
	Powerlift Youth	SQ	BP	DL	тот
	8 yrs				
	P. Skidmore	83	55	105	243
	D. Penny	25	30	83	138
	11 yrs.				
	52 P. Ward	115	77	154	346
	13 yrs.	1			
	67 M. Ward	176	83	220	479
	Teen Female				
	16-17 60				
	44				

1300 300 1040 1155 1065 1360	Gaylord Good, took the title that with a strong 325 fourth minutes to visit with Gaylord a very interesting man. It's all new lifters; that's what I realling competitions. Another gre the past year, is Tom Richa second to Gaylord with a personal tempt. Great job, Tom. Bot	attempt. I had a few after and found him to be that ways great to meet vike about promoting to be the at guy, who I met in rdson. Tom placed lifte ship th of these men are tors.	empts, but he certat t weight and more en 275 class, he als deadlift competiti aave a good time, ar ers, in the effort the p and the camarade s. Thanks again, ev	ont of him and mi ninly has the streng ! Charles not only o won best lifter ho on. Well, everyone nd I always apprecia y put forth, their spe rie we all share as eryone! (Thanks to	th to get took the onors for seemed te all the ortsman- competi- Dr. Dar-	Thanks for making successive stronger tervalue to: Orth	ing the ccess. V r and g s in the	We are greate	petition e building cr chara n. Thar	n a ing ac- nks
825 lor: Ron results).	great positive role models for lifters. In the open classes, Et the 148 class with a personal by	phraim Shields took est 345. Weighing in	Latch for providing	g the results for thi	meet).	Teton (Eastern)	Idahol	Regio	nalMe	edi-
	at 142, this gave Ephraim a si double bodyweight lift! Mitche on all of his attempts, finish	Il Allen looked strong ing with a personal		hampionships 0 - Idaho Falls		calCent sist Ass	sociate	es, A	nders	on
	record 290, to take the 181 within inches of locking out a At 198 it was best lifter Mart	300 fourth attempt. Wor	NCH omen	75 N. Pasek	265	Lumba Steakho				
	Marty missed a personal recor attempt, but came back strong	to get it on his third.	n 18-19 Rovnak 248	4th Open 3 75	275	Meet di	rector	Mike	Higgir	rs).
(Taking a fourth, Marty powere the day with an even stronger went to Mike Gugino, who set in	r 470! Second place Ope	en	J. Cunningham 90	369	V 5	165	72	192	420
	one of those off days. Mike's pr	th an easy personal Mer		J. Hernandez Submasters 75	440	K. Sargent 18-19 82	165	/2	192	429
	PRs a 270 Bench and 305 Deadlift on this day, he failed twice, et	ven though he came 13)		J. Cunningham	369	C. Rovnak 4th	245	192 203	405	842
	at the Greater Indianapolis meet. within inches of locking it out There's no doubt he will get 50 tillion. Second at 242 was Mark	00 in his next compe-	ingelo 77	J. Hernandez Masters	440	Teen Men 14-15				
	Greater Indianapolis BP/DL get 380 and did just that on his	final attempt. Great s looking forward to	Rizhie 176	50-54 5 100 C. Douglas		67 J. Richie 16-17	165	176	253	594
	BENCH PPESS 4th 470* suffered a slight back injury wa	rming up and wisely 62	Preslar 231	125		90 T. Hernandez				
	Allen Hinders 200* 242 class, Tom Blacketer won his se	econd title of the day 75	itchie 275	70-74 5 100	1 1	100 R. Diehl				
P. Comments	junior men Eric Allen 265 Mark Struck 380* pr would have gone, but the but submaster men 275 Tom halfway up the pull.	ar drifted forward on	Nixon	J. Miller AAPF BENCH	236	R. Erquiaga	396	303	493	1193
	Mike Hinders 400° Jim Helsley 460 second with a hard - fought 5 master men 40-49 DEADLIFT three attempts to get. Just a l	600, which took him R. E	Erquiaga 303			18-19 75 J. Hurd	330	214	374	918
	Tom Blacketer 500 master men 40-49 He'll be back! Tom Richardson Jim Helsley 460 Tom Blacketer 550 the day with a strong 305 for t	n got his second pr of the win at master 60-		52 D. Young 5 56	165	90 S. Long	341	314	468	112
	master men 60-69 Mike Boyer 500 69. Tom could have gotten r Gaylord Good 315 master men 60-69 pulling with his head down a	little, causing some Wo	lurd 215 polsteinhulme	R. Diede	165*	Novice 60	en erebe en erebe	to and	100	
	4th 325 Tom Richardson 305* minor stress on his lower back Tom Richardson 270* 198 third attempt. Mike Gugino on 148 Mike Gugino 465 for the wind 198, missing	nly got his opener of S. L.	ong 315		187*	D. Johnson 4th	198	181	270 303	649
	Ephraim Shields 345* 242 guy's built like a block of cem	ent! What potential! 75	Cunningham 369		231	75 J. Cunningham	330*	369	363	1063
or an	Mark Struck 350 Mark Struck wasn't satisfied Mitchell Allen 290* 4th 580* bench, so he got three pr's in 198 275 him take his hat off, so he staye	the deadlift! I made 82	Chandler 380		225	4th 18-19			391	
ench aph)	Marty Mills 460* C. Steenburgen 660* of the meet, but he worked the personal best. Best Lifter (BP) - MARTY MILLS; 550 and 580 just like he knew	rough his lifts of 530, 90 J. W	Veber 325		265 275*	R. Ward Junior	424	325	512	126
	Best Lifter (DL) - CHARLES STEENBURGEN. Team A great day of lifting for Mark! Championships - POTTSY'S FITNESS. The Greater natural puller, Charles Steenb	Up next was a great Up nex	Gray 352	FR 14	165	82 A. Karenke	451	259	451	116
	Indianapolis Regional Bench Press/Deadlift Clas- sic was held at World Gym Indianapolis North on 660. Charles then called for	700, which I had no	Fortner 440	D. Young 56 R. Diede	165	Open 75				
430 400	October 8, 2000. Many thanks and appreciation to doubt he could pull. Both time owner and world champion		Kreimann 396		270	J. Cunningham 4th	330	369	363 391	1062
365	bench presser Richard Erickson for providing the fa-		Brower 468	J. Cunningham	369	82 K. Penny	518	270	617	140
470	cility for the competition. Also thanks to our loaders and spot- ters William Lee, P. J.		Chase 402	90		110 E. Davis	501	336	512	134
540 500	Tavarczky and Brooks Johnson for their help. Thanks also		ledow 264			Submasters 75	330	369*	363	106
	to my son Joey for all his help. In the bench press competi-		Woodbury 315	D. Skidmore Submasters	424	J. Cunningham Masters 45-49	330	309	303	100.
180	tion sixteen year old Allen Hinders did well, winning the	75	bmasters Cunningham 369	D. Olson	270*	110 A. Anderson	551	358	529	1438
305	teenage class with a personal best 200. Allen opened with a	110		J. Cunningham	369	125 T. Wood	303	352	352	100
315*	pr 185, got 200 for his second attempt, then failed on his	140		John Hernande	z 440	50-54 110				
460	lockout with 225. Eric Allen was lifting in his first competi- tion, where he captured the		sters	D. Skidmore Masters	424	D. Ward 70-74	512	352	523	138
315	junior title with a personal best 265. Weighing in at 185,	67 J. Si	mith 203			J. Miller	374	236	501*	111
315 590	Eric came close with his final attempt of 285. Mike Hinders,		Adamson 32		203	4th B. Woodbury J. Findley	402 325	314	424	1063
560	Allen's dad, finally got that 400 that had been eluding	4th 70-1 100	74	M. Adamson 4th 50-54	325 330*	110 K. Korenke	352	275	440	106
500 475	him for so long. Getting all three of his attempts, Mike	J. M	Ailler 230 F BENCH			Open 82				
	even locked out a 405 fourth attempt but was called for dip-	Tee 16-	en	70-74 100		C. Chandler 125	518	381	518	141
530 520	ping the bar, on his way to winning the submaster title. Congratulations, Mike! In the	60 B. H	Hoff 18		236	J. Thompson Masters	600	424	628	165
485 425	master 40-49 class Tom Blacketertook top honors over	4th 67		100		70-74 100	274	236	501	111
600	Jim Heisley 500 to 460. Weighing in at 235, Tom got 500		Walthers 22!			J. Miller 4th APF Powerlift	374 405	230	301	***
585 600	with ease, but stalled with his final attempt of 520. Tom was	You		BP DL	тот	Female Teen 16-17				
660	using a new shirt he had just gotten and was wearing for	8 yr 30		55 105	243	82 P. Giddings	330	170	363	863
Arthur III	the first time. Once he gets used to the shirt he'll get 550	D. I	Skidmore 83 Penny 25		138	4th Submasters	352			
hanks event	with ease! Jim was having some problems with his arm	52	yrs. Ward 11:	5 77 154	346	75 K. Pfeiffer	369	148	330	847
usetts equip-	and just never quite got com- fortable, though he did come Mark Struck locks out a 550 Person	onal Record 13	yrs.			Open 75				
otters, it in a	close with 475. Jim did, how- ever, take the title at 275 with his solid 460. Two great guys Deadlift on his way to another 58 242 lb. class at the Greater India	BUPK in the M.	Ward 170 en Female	6 83 220	479	J. Cunningham 4th	330	369	363 391	1062
nt that r, APA suits).	at master 60-69! An individual I had never met before,	rrell Latch) 16-	-17			T. Mash	722	462	699	1883
auraj.										

424 424 424 672 666 628 1840 1740 1652 744 650 600 507 771 2214 330 363 1062 1740 Joe Thomps 424 666 Masters 50-54 B. Packer 70-74 100 J. Miller 374 236 501* 1111 AAPF Po Female Teen 60 192 429 165* 72 A. Ward 170* 83* 214* 467 45-49 M. Ward 115 83* 165* 363 W. Cadavon 253* 165* 319* 737 231 225 281 737 231 275* 341 847

Record-AAPF/APF; BL-best lifter Just when you think you entries are down, they're up just at the last minute! Another great turn out and just at the last minute! Another great turn out and more importantly another rewarding experience! Coach Del Olson, of the Wyoming Boys School, best put lit this way: The SPORT of powerlifting has many benefits to offer to all people, from the young to the old (if their old and powerlifting looks are deceiving'). But more importantly, powerlifting benefits go beyond just the development of strength and lifting accomplishments, but also teaches. It teaches lessons in life and the values of life, As a prime example of these values of life, try reading the values that are taught in the articles written by Dr. Judd, entitled "In Pursuit of Success", within Powerlifting USA. The powerlifting programs have provided my students avenues of success where failure prevailed. It replaces laziness with motivation, self-hate with self-confidence, and a pessimistic attitude with an optimistic attitude toward life. Rance Diede, Nick Pasek, Jesse Walthers, David Young and Bryon Hoff personified those traits, which Coach Olson spoke of. They were great role models and champions who deserved the "Best Team Bench Award!" Joe Angelo, son of sponsor Rick 'Godfather' Angelo, helped set ups all Friday and still did some nice benching in the teen competition. Saturday's "Best Bencher" Jon Cunningham took the 165's in every bench event and had a trunk full of rattler's to prove it!! (Trophies were gold, silver, bronze sculptured colloid rattlesnakes with barbells in their mouth) Chris Chandler (Jerome Fitness, 'Mr. Idaho') did a nice 380 lb. bench At 181 lbs. Jim Weber had his mind on a 350 lb. bench, but a sore shoulder made him settle for 325 lbs. Dave Fortner made his Intended 440 lb. bench, but a sore shoulder made him settle for 325 lbs. Dave Fortner made his Intended 440 lb. bench, but a sore shoulder made him settle for mes shirt?' Those heavy weights must stretch the shirts quickly. Returning to the platform after years off was Michael "Buck" Chase. Mike managed a 402 lb. 'raw' bench after taking a week of for a event at Sturgis more importantly another rewarding experience!
Coach Del Olson, of the Wyoming Boys School, turning to the platform after years off was Michael "Buck" Chase. Mike managed a 402 lb. 'raw' bench after taking a week of for a event at Sturgis, North Dakota! Rob Podgorney increased to 320 lbs. after helping with the coefficient's. The Wyoming teen boys or "young men" come from the "Wyoming Boys School" and received the first team trophy at the championships! Coached by Del Olson; Byron Hoff, Rance Diede, Nick Pasek, Jesse Walthers, and David Young all were light weights lifting heavy Hoff, Rance Diede, Nick Pasek, Jesse Walthers, and David Young all were light weights lifting heavy metal! And that's all it takes when it comes to the coefficient calculation. Byron (16-17 yrs. 60 kg.) got them started with almost a 200 lb. bench. Jesse took the 67 kg. teen class with over 200 lbs. Nick (75 kg.) almost benched 300 lbs., making 275 lbs. with ease. Also at 52 kg. was David Young with a 165 lb. bench, just missing 170 lbs. Coach Del hadn't just been coaching either! At 60 kg., with no leg drive at all, Del made 270 lbs.! Parker Ray Skidmore (8 yrs.) coached father Dale to a nice 424 lb. bench. Caleb Douglas, still looking for the magic 400 bench, is still en route by wagon train from Casper, WY. The youth power event during lunch is always entertaining. Parker Ray and David Penny were great competitors! Parker took the lead with his 83 lb. squat. David, whose father

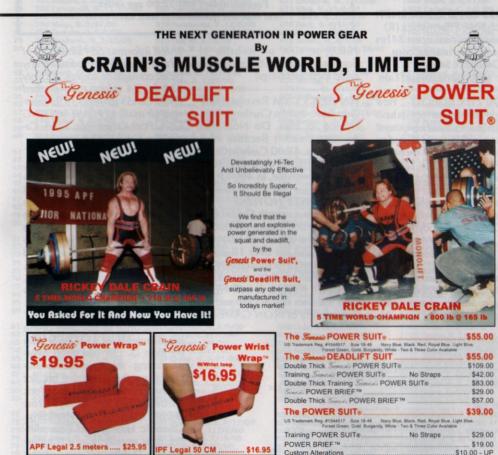
Keith took best deadlifter in March, was not concerned because they "love to deadlift". However, Parker Ray's 25 lb. advantage on the bench, and 20 lb. advantage on the deadlift won him first honors. Annie Ward after fighting and losing the making weight battle, was up early to get the Ward family lifting. Patrick and Matt followed with great composure. Margaret Ward (mom) even lifted and after she got over the butterflies enjoyed herself. The novice lifters had a good showing. Derrick Johnson (60 kg.) came to pull 300 lbs and did! Kirk Korenke joined brother Adam for some growling lift's. Kirk's 352 lb. squat was perfect for his first time, and he just missed 380 lbs. Travis Mash (Colorado Springs, Co.) has a new look since his last attendance in 1998. His wife Carey and daugher Balley were doing the camera work, while a big 220 lb. lifter went to work. Travis began Friday night with a clean & jerk seminar. Then Sunday morning the Olympic trainer turned heads! "Olympic athletes can't powerlift, hogwash!" With only a month powerlifting cycle, Travis went 722-462-699! His 760 squat only lacked depth, and the 699 lb. pull was solid! Erik Davis (open 110 kg.) brought some excitement to the platform. This was Erik's first trip to the Snake River Championships, and with the pr's he set; he'll be back! Katii "The Sarg" Sargent took the teen 60 kg. class and broke a squat record while doing it. It was her first competition took the teen 60 kg. class and broke a squ record while doing it. It was her first competition and she loved it! She will notice a big strength



The Powerlifting Ward Family ... (left to right) Douglas, Patrick, Margarent, Annie, Robert. (photos provided courtesy of Linda Higgins)



The Wyoming Boys School, Best Team Benchers at the Snake River Meet: (left to right) Rance Diede, Nick Pasek, Jesse Walters, Coach Olson, Daivd Young, and Byron Hoff - Michael and Linda Higgins standing.





ALL PRICES SUBJECT TO CHANGE CHECK / CASH / CREDIT CARD / C.O.D. (\$25.00 min.) Outside USA and Customer Service Call 1-405-275-3689 FAX: 1-405-275-3739

\$83.00

\$35.00

\$ 42.00

\$ 75.00

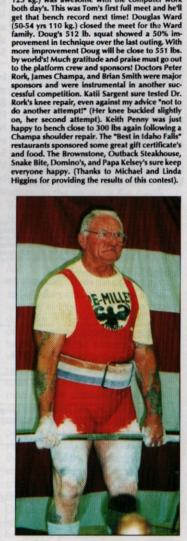
\$ 60.00

\$127.00

\$104.95

1-800-272-0051





Mighty Joe Miller with a 501 DL.

UNCLASSIFIED ADS

\$3.00 per line per insertion Figure 34 letters & spaces per line

Shrug & Log Bars, Talons, Farmer dumbbells & Handles, thick grip barbells & dumbbells. vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel.Much more. From the same folks who have brought you affordable accurate machined steel fractional plates since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard \$5.85 US, 9.95 elsewhere PDA 104 Bangor Street Mauldin SC 864-963-5640 29662 fractionalplates.com

IRON MAN MAGAZINE, honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man. 1701 Ives Ave., Oxnard, CA 93033

Build Your Own Professional Metal Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O.Box 1234, Ft. Laud, Florida 33302

National & World Championship Powerlifting Customized Rings by Josten. C.W. Lee, 4000 Linfield Lane, Lima, Ohio 45806 (419) 229-5346 SASE.

Frantz Sports Ctr for all your powerlifting needs. Call 1-800-537-5532

Safety Power Racks Armor Clad & Built to Suit 2x2 2x3 2x4 3x3 tubing

.120 .188 .250 thick Unique Gussets Quick Assembly Std or Sumo Base / Q-Fold / Olympic 1/2" incremental adjustment Quick UPS Delivery included from Crepinseks's

SAFETY POWER SQUAT BAR The New COMBO BAR **SAFETY POWER HOOKS** 831-637-0797 call/fax

Frantz liquid smelling salts - 3X stronger & lasts 3X longer, Call for retail & wholesale prices. 1-800-537-5532

Discount Sports Nutrition www.massmedia-online.

EARN \$\$\$ ON THE INTERNET!

- Why choose Pharmanex (R)
- Keep your business open 24 hrs www.rep.pharmanex.com
- * Rep ID#9087654
- E-mail: globalfitness@surf1.de

HAVE YOU EVER NOTICED ... How many world and national records have been set on Sorinex brand equipment? Many pro and college teams depend on us for their strength needs! We have it all! 803 781 9471, PO Box 121 Irmo S.C. 29063, www.sorinex.com

Insane prices - Compete Supplements has them on: ANSI, Betastatin, Biotest, Champion, Cytodyne, E.A.S., FSI, HDT, ISS Research, Muscletech, Nature's Best, next Proteins, Optimum Nutrition, P.A. C. Research. Scitec, Sopharma, Syntrax, Twinlab, VPX, and many more! We willnot be beaten by anyone, anywhere on price or product knowledge. Call 618-233-

Personalized Powerlifting Training

We've been in business since 1986. Other personalized training course companies can't say that. Get your training advice from a proven source. Check out the Strength Ink difference:

1) Each course unique, not computer generated or generic. 2) Specific, unpublished articles written by Doug Daniels, 3) Advice on supplements, lifting gear, save more than the cost of the course itself. 4) Exact exercises and weights used throughout the course, not just sets and reps. 5) Training Tips 6) Designed with an emphasis on drug free training. 7) Questions during the course, just write!

Courses available for bench, squat and deadlift for both competition and off season training modes, please specify. 1 course - \$13.95, 2 courses - \$25.00, 3 courses (BEST DEAL) - \$30.00. Send Check or Money Order. Payable to:

> STRENGTH INK, INC. DEPT. PL-4 Box 1974 Highland, IN 46322

Foreign orders add \$2.00 per order Will mail out questionaire with each order

1080, or visit or website at Completesupplements.com. Be prepared for huge savings!

HANSEN'S GYM Revolutionary Grip Tool. Build a Crushing Grip. Novice to Elite. Do Not Miss Another Deadlift Because of a Weak Grip. \$7.00 Cash/MO (includes S/H) 8300 Weaver Woods Place, Noblesville, In 46060

POWER HOTLINE

is the twice a month FLASH bulletin of the Iron Game, produced through the offices of POWER-LIFTING USA for over 18 years, and sent out to its subscribers via FIRST CLASS MAIL so you will get the news while it is still NEW. Each edition is packed with a huge variety of IRON GAME-oriented information - almost all of which you will never find in any other composite source. It's only \$28 for 24 information packed FIRST CLASS issues (\$39 for overseas air mail) to POWERLIFTING USA, Post Office Box 3238, Camarillo, CA 93011

this is the classic Bill Starr training manual, long out of print, but now available once again. (See our review of the book in the Feb/97 PL USA, page 10). Price for a copy of the book is \$20 plus \$4 postage and handling. Send vour order to Powerlifting USA. P.O. Box 467, Camarillo, California 9301 1, before this book sells out again FOREVER!

The response to our offer of the new book MUSCLETOWN USA orders for MUSCLETOWN USA

For standard 220 lb/ 100 kg. USA lifters in results received from December 1999 through Nov. 2000.

900 Vogelpohl, C..11/19/00 848 Fessenden, M..6/11/00 826 Zweng, M..6/11/00 782 Maxwell, C.6/11/00 782 Harris, T..11/18/00 780 Hammond, C.2/20/00 775 Chellino, M..3/5/00 775 McDonnell, R..6/17/00 770 Karam, D..11/19/00 750 Patterson, E..11/19/00

740 Simmers, G..6/17/00 735 Hill, M..2/20/00 735 Hill, M. 2/20/00 733 Waits, S. 4/16/00 725 Young, C. 2/20/00 722 Mash, T. 8/20/00 722 Cots, S. 10/28/00 720 Maroscher, E. 7/8/00 720 Burlingame, D. 10/29/00 715 Tests, D. 12/11/99 715 Fields, B. 6/17/00

715 Halliwell, P..11/19/00 705 Handerson, A.J..5/21/00 705 Black, J..5/21/00 705 Burnell, J..6/25/00 705 Ferrantelli, M..11/10/00 700 Burbank, S..1/15/00 700 Mann, S..2/27/00 700 Cadotto, C..5/7/00 700 Saudarek, M..5/13/00 700 Cos...6/18/00

700 Impastato, R. 7/23/00 700 Frank, Q. 11/18/00 700 Bartley, M. 11/19/00 699 Gerard, H. 3/25/00 699 Fields, G. 6/3/00 695 Steen, J. 10/21/00 690 King, M. 12/4/99 690 Taylor, R. 9/9/00 688 Succarotte, T. 112/5/99 688 Roberts, S. 10/21/00

675 Scott, G..11/19/00 672 Chovanac, P.J..4/16/00 672 Smith, S..6/11/00 672 Pincock, S..7/9/00 672 Borgo, B..11/11/00 670 Sierpien, D..12/12/99 670 Heck, B..4/15/00 670 Pernell, G..4/29/00 668 Rothgery, D..3/11/00 666 Mag

655 Mistric, L.11/4/00 655 Murphy, V.11/12/00 650 Thompson, D.2/20/00 650 Jones, D.3/18/00 650 Ellis, S.4/15/00 650 Clark, B.5/20/00 650 Clark, B.5/20/00

650 Weaver, J..7/23/00 650 Augenstein, J..11/19/00 650 Dick, P..11/19/00 645 Becker, M..1/22/00 645 Hurlbut, L..2/27/00 644 Hasler, L..3/11/00 644 Griggs, J..3/25/00 644 Swan, E..6/11/00 644 Pessell, G..11/16/00 640 Anderson, B..12/4/99

BENCH PRESS

515 Miller, R. 6/10/00 515 Allen, C. 11/12/00 510 Stec, A. 4/29/00 510 Lord...7/26/00 510 Lord...7/26/00 507 Lenven, B. 12/4/99 507 Shura, J. 4/16/00 507 Miller, N. 6/4/00 505 Carroll, D. 12/12/99

500 Roberts, L.4/1/00 500 Stitt, D.4/2/00 500 Poors, C.9/9/00 500 Burbank, S.9/24/00 500 Hansen, C.10/15/00 500 Patterson, E.11/19/00 496 Whittle, D.3/25/00 495 Cox..6/18/00 495 Pollard, S.11/19/00 490 Wilson, A.4/29/00

490 Capriotti, M..5/6/00 490 Smith, S..6/11/00 490 Winters...7/8/00 490 Bell, G..9/17/00 490 Fester, G..9/23/00 490 Will, M..11/18/00 485 Gibson, C..12/4/99 485 Onorato, J..2/13/00 485 Thompson, J..2/13/00 485 Barber, G..3/18/00

485 Nip, N..7/22/00 485 Malcormon, L..9/17/00 485 Pauley, R..11/11/00 482 Rowton, S..2/19/00 480 Sect, C..3/25/00 480 Bell, J..4/2/00 480 Rhodes, Z..4/2/00 480 Decato, S..5/13/00 480 Eckart, B..6/10/00 480 Sanders, M..6/17/00

480 Ehrhardt..7/8/00 480 Keene, J..7/22/00 480 McMillan..7/26/00 480 Hall, E..10/21/00 480 Halfi, E...10/21/00 480 Austin, G..11/11/00 480 Landino, M...11/12/00 480 Stevenson, D...11/18/00 480 Young, C...11/19/00 479 Rachtenwald, E...3/4/00

479 Focht, C..3/11/00 479 Gerard, H..3/25/00 479 Larsen, A..3/26/00 475 Young, M..12/5/99 475 Grohoski, P..4/2/00 475 Heintosh, R..5/20/00 475 Mcintosh, R..5/20/00 475 Mcintosh, R..5/20/00

DEADLIFT

683 Stratton, D..11/18/00 680 Saunders..5/6/00 677 Terman, M..5/7/00 677 Drusppel, M..7/16/00 675 King, M..12/4/99 675 Young, C..3/26/00 675 Heck, B..4/15/00 675 Thomas..5/6/00 675 Jarvett, M..8/5/00 675 Fahrenfeld, B..10/28/00

672 Gerard, H..7/9/00 670 Leland, E..12/11/99 670 Machin, C..2/6/00 670 Dover, D..3/18/00 670 McDonnell, R..6/17/00 670 Bradsher, J..8/13/00 670 Edmondson, S..8/15/00 666 Rogers, C..5/21/00 665 Cadotto, C..5/7/00

655 Maroscher, E.7/8/00 655 Musto, M..10/28/00 655 Wells, V..11/12/00 650 Campbell, T..12/5/99 650 Burbank, S..1/15/00 650 O'Reilly, J..2/5/00 650 O'Reilly, J..2/26/00 650 McIntye, F..2/26/00 650 McIntye, F..2/29/00 650 Mullins, R..3/4/00

650 Cole, G. 4/15/00 650 Coleman, D. 4/16/00 650 Blanchi, A. 4/22/00 650 McGhynn, J. 5/7/00 650 Massey, J. 5/13/00 650 Duyer, J. 6/4/00 650 Jones, L. 6/25/00 650 Succarotte, T. 7/9/00 650 King, A. 7/22/00 650 Panora, G. 8/13/00

650 Bult, G..9/17/00 650 Pierce, R..10/28/00 650 Patterson, E..11/19/00 650 Augenstein, J..11/19/00 645 Owens, J..3/11/00 645 Owens, J..3/11/00 644 Falbo, T..4/9/00 644 Clark, D..5/7/00

640 Saudarek, M..12/12/99 640 Funaro, A..2/27/00 640 Keleman, N..3/25/00 640 Helmáckik, S..3/25/00 640 Best, L..6/10/00 640 Ferro, B..10/29/00 640 Ferro, B..10/29/00 639 Meyer, R..6/3/00 639 King, B..6/3/00 639 Smith, S..6/11/00

2100 Vogelpohl, C..11/19/00 2033 Zweng, M..6/11/00 2017 Harris, T..7/9/00 2000 Hammond, C..2/20/00 1984 Fessenden, M..6/11/00 1910 Maxwell, C..2/20/00 1905 Chellino, M..3/5/00 1900 Hill, M..2/20/00 1900 Flekds, B..6/17/00 1900 Patterson, E..11/19/00 777 Harris, T..7/9/00 775 Gahagan, C..1/15/00 750 Maxwell, C..2/20/00 749 Henderson, R..5/13/00 734 McCoy, W..11/18/00 730 Anguish, D..1/11/00 720 Vogelpohl, C..1/11/9/00 710 Howard, B..4/1/00 700 Hammond, C..2/20/00 700 Cass, B..3/18/00 699 Zwaanstra, S. 7/9/00 699 Mash, T. 8/20/00 694 Lawary, R. 4/8/00 690 Whitman, B. 4/29/00 688 Chovanec, P. J. 6/11/00 685 Lorentz, P. 2/5/00 685 Bell, J. 4/2/00 683 Fessenken, M. 6/11/00 683 Frank, Q. 7/9/00 683 Zweng, M. 11/18/00

TOTAL.

1890 McDonnell, R...6/17/00 1884 Mash, T...8/20/00 1865 Gahagan, C..1/15/00 1851 Zwanstra, S...79/00 1850 Scott, G..11/19/00 1850 Karam, D...11/19/00 1835 Young, C...11/19/00 1825 Burbank, S...9/24/00 1824 Frank, Q...79/00 1818 Succarotte, T...12/5/99

1813 Henderson, R..5/13/00 1807 Walts, S..4/16/00 1807 Ferrantelli, M..11/10/00 1802 Smith, S..6/11/00 1800 Cadotto, C..5/7/00 1709 Bell, J..4/2/00 1785 Cass, B..3/18/00 1785 Burnell, J..6/25/00 1785 Maroacher, E..7/8/00

1779 Whittle, D..3/25/00 1774 Gerard, H..3/25/00 1768 Lawary, R..4/8/00 1768 Lawernca, R..5/20/00 1760 Sierpien, D..12/12/99 1760 Burlingame, D..7/8/00 1750 Mann, S..2/27/00 1750 Augenstein, J..11/19/00 1747 Chovanec, P.J..6/11/00 1745 Cox..6/18/00

1741 Branham, J. 4/9/00 1741 Passell, G..5/21/00 1741 Swan, E..6/11/00 1741 Pierce, R..10/28/00 1740 Bianchi, A..4/22/00 1740 Bianchi, A..4/22/00 1730 Teets, D..12/11/99 1730 Lorentz, P..2/5/00 1730 Hasler, L..3/11/00 1730 Roberts, S..5/7/00 1730 Ferro, B..10/29/00

1719 Focht, C..3/11/00 1715 Gibson, C..12/4/99 1715 Heck, B..4/15/00 1714 Jones, L..3/25/00 1714 Billings, C..11/4/00 1705 Whitman, B..4/29/0 1705 Funaro, A..8/13/00 1705 Reape, J..10/28/00 1703 Dover, D..3/18/00 1703 Rogers, C..5/21/00

1700 Crum, E..2/26/00 1700 Taylor, R..11/19/00 1700 Bartley, M..11/19/00 1697 Oncosto, J..2/13/00 1697 Matric, L..11/4/00 1695 Grohoski, P..4/2/00 1695 Steen, J..10/21/00 1695 Steen, J..10/21/00 1692 Falbo, T..4/9/00 1692 Falso, T..4/9/00

1692 McAuliffe, J..11/19/00 1690 King, M..12/4/99 1690 Carter, J..4/2/00 1690 Ulvang, J..8/10/00 1686 Henderson, A.J..5/21/00 1681 Pincock, S..7/9/00 1680 Howard, B..4/1/00 1680 Magoon, D..4/1/00 1680 Simmers, G..6/17/00

1675 Griggs, J..3/25/00 1675 Dwyer, J..6/4/00 1675 Dick, P..11/19/00 1670 Brown, J.12/4/99 1665 Henget, D.1/22/00 1665 O'Reilly, J.2/5/00 1665 Pernell, G.4/29/00 1664 Coleman, D.4/16/00 1664 Downing, J.6/17/00 1660 Carroll, D.12/12/99

1660 Conklin, T..1/22/00 1660 Murphy, V..11/12/00 1660 Keleman, N..11/12/00 1658 This, G..2/27/00 1658 Gottled, J..4/1/00 1658 Ruls, L..5/21/00 1658 Avgillano, J..6/11/00 1655 Campbell, G..9/9/00 1653 Meyers, T..8/13/00 1653 Cote, S..10/28/00

PL USA Top 100 **Achievement Awards**



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover. ready to hang. The certificate and display plague are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send vour name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Power-lifting USA, Box 467, Camarillo, CA 93011. (CA residents - add 7% tax).

NEXT MONTH... TOP 20s

Corrections... Leonard Lense did not receive credit for his 606 lb. squat in the TOP 100 listing for the 198 lb. class. Scott Albano's squat of 707, bench of 462, and total of 1771 were not listed on the TOP 100 198 lb. class list as well. Jeff McVicar's 470 bench press was not listed on the TOP 100 198 lb. list either. In the report of the AWPC World Championships, Greg Foster should have been listed in the 45-49 age group, rather than 40-44. Willie Wessels has indicated that his wife Dione qualified for the AWPC World Championships as an alternate, when the opportunity for an alternate to compete in her specific weight division arose. We do make errors in our compilation of the various ranking lists we publish, however, in some cases we were not able to obtain a copy of the necessary meet results from the meet director, and occasionally the meet results contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, regardless of the source of the problem, and we encourage you to please send any corrections to "PL USA ERRORS" Department, Box 467, Camarillo, California 93011. (Sometimes, it takes a while to verify the correction before it is published)

ASSOCIATION OFFICE COPY

This is a membership application form. Complete all areas and return Part One to the address shown. For information on registration and program, call 1-480-AAU-4USA.

AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

Beta-til Ability in the Englewing Sports.

Regular Fee 20.00 *AB* Fee 23.50 Adult Athletes in the Following Sports: **ANNUAL MEMBERSHIP DUES** Adult Athletes in the Following Sports: 20.00
Baseball, Biathon, Basketball, Broomball, Cycling,
Kayak, Gymnastics, Modern Pentathlon, Multi-Events
(Decathlon, Pentathlon), Physique, Softball,
Surfing, Trampoline & Tumbling, Triathlon, and Weightifiling
Adult Athletes in the Following Sports: 20.00
Field Hockey, Flag Football, Hockey (fce and Roller), Regular Fee 10.00 <u>"AB" Fee</u> 12.00 Youth Athlete Coach
Volunteer or Official
Adult Athletes in the Following Sports: 12 00 14.00 12.00 25.00 Adult Affilietes in the Foliowing Sports: Field Hockey, Flag Footbal, Hockey (be and Rolle Rugby, Soccer, Water Polo and Wrestling. Adult Athletes in the Following Sports: Chinese Martial Arts, Judo, Jujitsu, and Karate Adult Tae Kwon Do Athletes Adult Powerlifting Athletes 12.00 Aerobics, Badminton, Baton Twirling, Bowling, Cance, Cross Co Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball 25.00 ASSOCIATION CODE | MEMBERSHIP CHECK CATEGORY ONE: _ SPORT CODE Athlete ___ Coach ___ Official ___ Volunteer ____Youth Program ____Adult Program Added Benefit ____Yes ___No | Club | [E-Mail ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC. Date of Birth agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office. NOTE: Parent/Guardian signature required if member under 18 years old.

by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. The foundations of our sport obviously had some cracks, but the bedrock of our origins was just as obviously vital, resilient, and impossible to keep down. This is a book that you will be compelled to read from cover to cover. (432 pages, 70 illustrations). Paperback edition is \$23.50 plus \$4 shipping and handling per book (we have some more of the hardbound books in stock - \$65 plus \$4 s/h). Send payable to Powerlifting USA, Post Office Box 467, Camarillo, CA

To Our Extreme Pure Protein Powder, Your Muscles **Look Exactly Like This.**



Extreme Pure Protein Powder™—One of The Quickest and Most Readily Absorbed Forms of Protein.

Extreme Pure Protein Powder™ contains Bi-Pure™ a specially formulated all natural whey protein isolate composed of betalactoglobulin and alpha-lactalbumin, the quickest and most readily absorbed forms of protein. In fact, the protein source used in Extreme Pure Protein Powder™ is so superior, it's even prescribed by doctors for the treatment of severe catabolic tissue injury. Extreme Pure Protein Powder™ is high in lactoferrin for immune system support and has a total of 17 grams of branched chain amino acids. With no fat, no sugar and no aspartame, it's the clear choice for those who wish to build and maintain lean muscle tissue. Available in Swiss Chocolate and French Vanilla.



Extreme Pure Protein Powder™—The Strongest Protein Ever Developed™

800.854.5019 • www.sportnutrition.com

Both Flavors Now Available in A New

10mm buckle or lever belt \$58 Tapered buckle or lever belt \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

• Tongue Looi RIVETED NOT SEWN

· Lockstitched with CORROSIVE RESISTANT HI-DENSITY NYLON

Same rivets as used on

· Highest quality suede provides non-slip surface.

• Not bradded. High compression riveted. Will never come loose.

• New, closer prong holes for more choice in precise fitting.

Available at GNC LiveWell and other fine gyms and healthfood stores nationwide.