

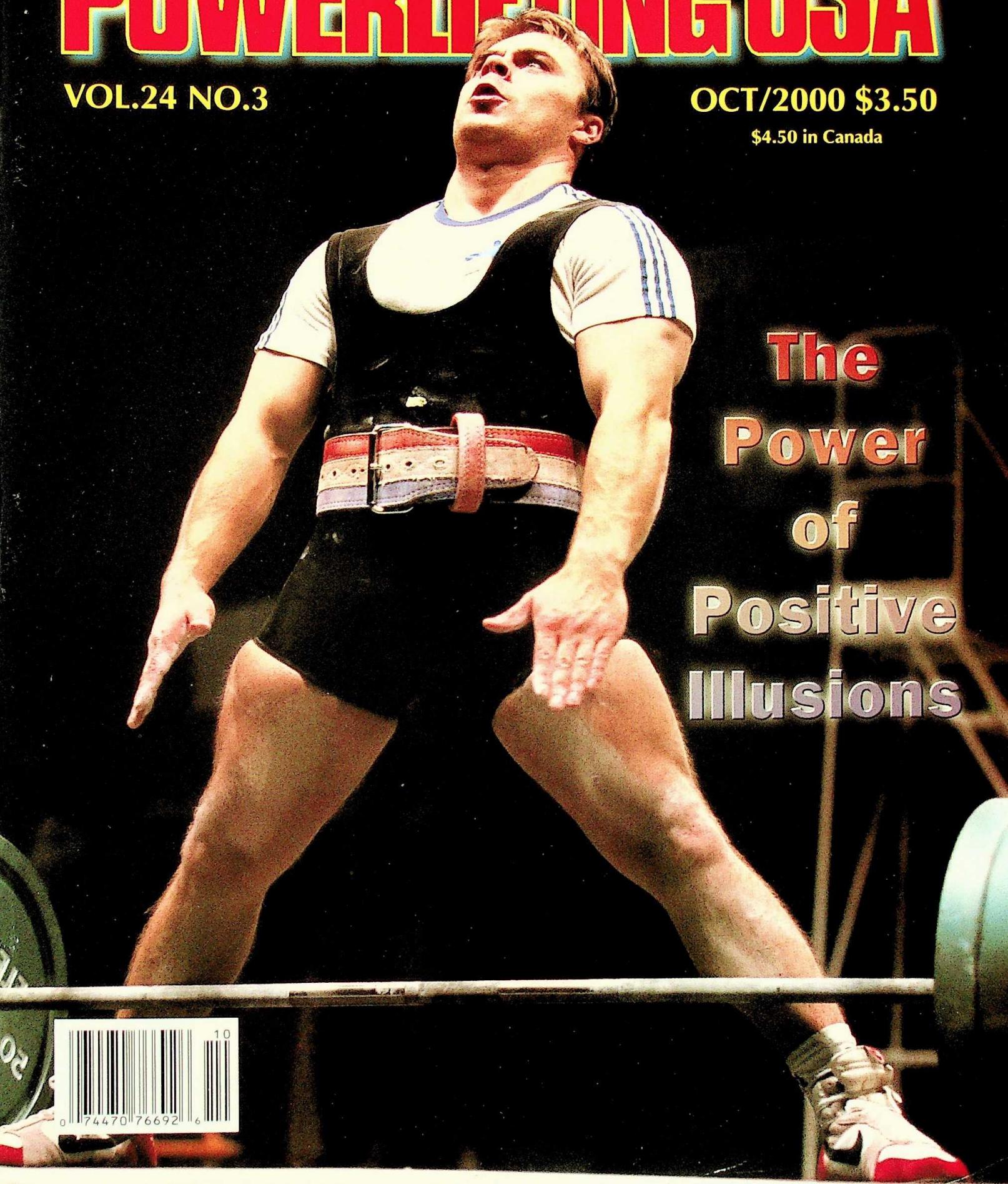
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send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

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....\$31.95
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First Class Mail, USA, 1 yr.....\$54.00
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ON THE COVER.... many time IPF World Champion Jarmo Virtanen having a positive illusion about his next attempt.

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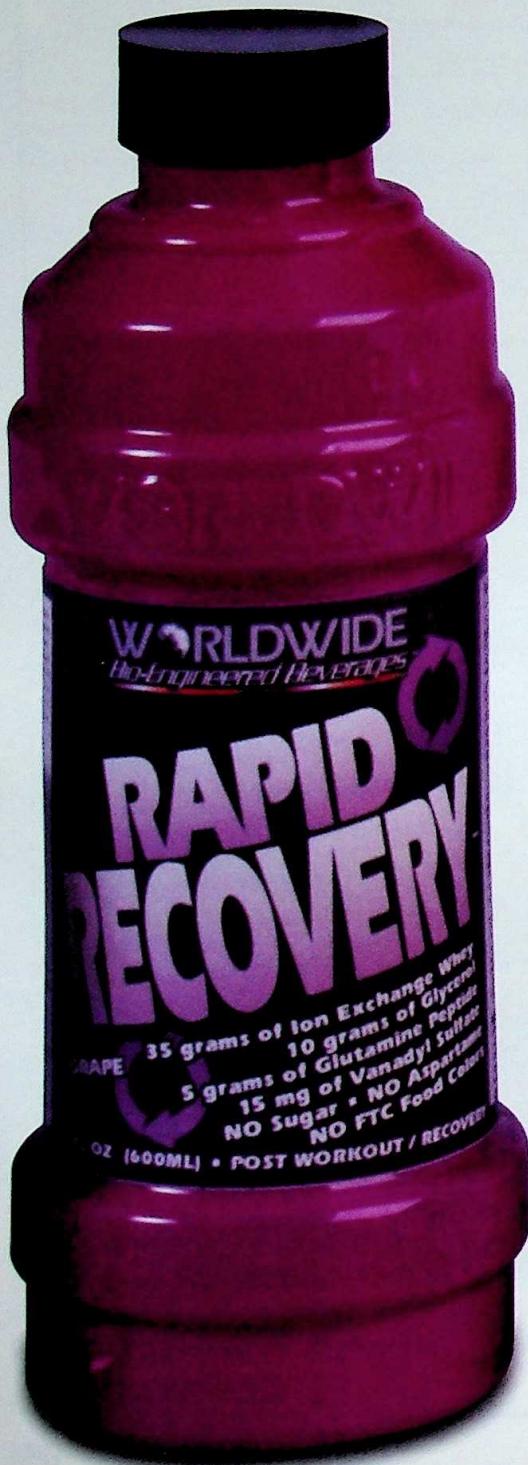
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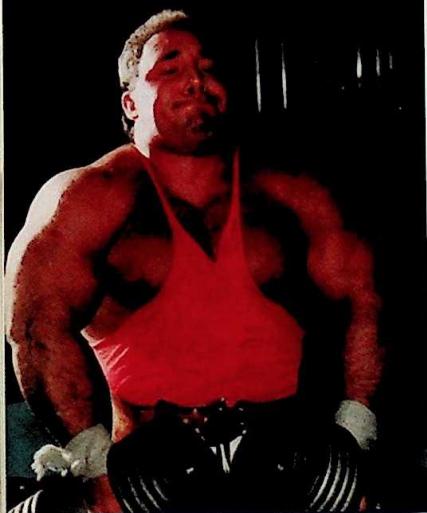
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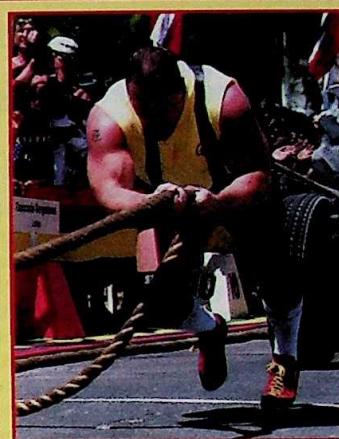
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POWER - RESEARCH

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At the elite level in powerlifting, everyone is strong, and everyone has developed the physical skills necessary for success in the upper echelons of sport. But, in the upper echelons of competitive powerlifting, physical characteristics and genetics alone cannot account for all the variance in performance. What differences exist between one sub-group of powerlifters and another? What cognitive processes are responsible for athletic success and what characterizes these processes? What goes on inside the powerlifter's mind between perception and action? How are these perceptions constructed? The answers to these questions are pursued while addressing an enterprising aspect of personality called positive illusion, a variable meriting definition, examination, assessment, and application to sport. Positive illusion, to some degree, may explain what separates elite powerlifters from their non-elite counterparts.

Taylor presented the notion of positive illusion in 1983. The phenomenon was discovered in her research with cancer patients. The term positive illusion represents three cognitive characteristics: self-aggrandizement, illusion

Positive Illusion and Powerlifting Success by Peter Daniel Catina, Ph.D.

of control, and unrealistic optimism. These illusions are engaged as a cognitive coping strategy for a devastating event such as having cancer. This cognitive adaptation is based on fostering emotional adjustment by instilling a sense of optimism, providing meaning for the experience, and regaining a perception of control over one's life. Self-aggrandizement is an overly positive self-evaluation. It is the perception of one's self, one's past behavior, and one's enduring attributes as more positive than is actually the case (Taylor & Armor, 1996). Illusion of control is the exaggerated belief in one's personal control, involving the perception that one can bring about primarily positive but not negative outcomes. Unrealistic optimism is perceived invulnerability. It is the perception that the future holds an unrealistically bountiful array of opportunities and a singular absence of adverse events (Taylor, 1989). These cognitive illusions are common in mentally healthy individuals and become especially important in the heat of competition in the powerlifting arena.

What makes this theory extraor-

dinary is that Taylor and Brown's (1988) formulation of positive illusion turned the psychological world on its ear by seriously showing that accurate perceptions of reality are not essential for mental health. In fact, most people hold inaccurate perceptions of themselves and the world in which they function. Mentally healthy individuals are motivated to avoid psychological distress. A positive sense of self, a need for control, and an optimistic view of the future are essential for normal mental functioning (Taylor & Brown, 1988).

Application to powerlifting - If we focus on an idea or successful lift regularly, we increase its potential to become objective reality. Upon this very notion, the domain of mental training and imagery has been predicated. Can positive illusions be linked with mental imagery? Can optimistic thinking change the powerlifter's perception of the competitive environment? Do positive illusions enable us to augment our performance? Can overly optimistic self-appraisals of ability be advantageous? If pessimism is a

limiting factor to success, then it only makes sense that optimism is responsible for the increased motivation and persistence that lead to success. The difference, however, between positive illusion and optimism is that optimism refers simply to the expectation that things will turn out well, without any consideration of how those beneficial outcomes will be achieved. A powerlifter's illusion becomes a personal statement about how positive outcomes will be achieved, not merely by wishing and hoping that they will happen, but by making them happen.

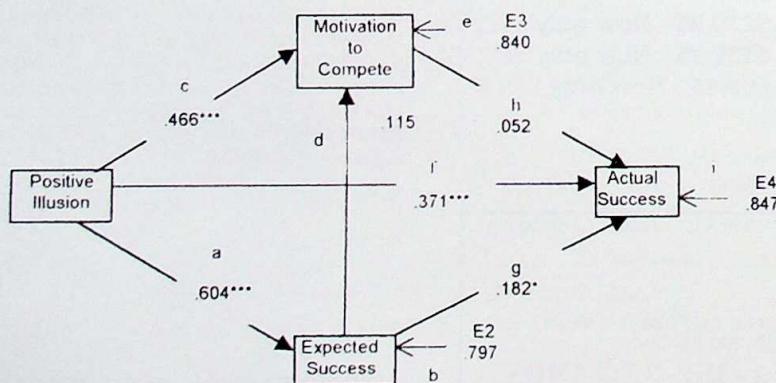
Method - My research involves the development and application of a psychological instrument measuring the level of positive illusion in competitive powerlifters. The theoretical path model tested in this study is shown in Figure 1. Accordingly, positive illusion is the main predictor variable and actual success the main criterion (dependent) variable; expected success and motivation to compete were additional predictor variables. The direct effect of positive illusion on actual success and indirect effects of positive illusion through expected success and motivation to compete on actual success were analyzed.

Subjects - Participants were 190 competitive powerlifters (18% female and 82% male) ($M=9.53$ plus or minus 6.83 years experience) ranging in age from 15 to 79 years ($M=36.62$ plus or minus 12.16 years) classified as elite ($N=75$), master ($N=37$), class I ($N=36$), and class II ($N=42$) athletes. The stratification of classes was determined according to the amount of weight lifted in each weight class for both men and women, in each of 4 classifications (Elite, Masters, Class I, and Class II).

Sampling procedures - The questionnaire, measuring positive illusion, expected success, motivation to compete, and actual success was mailed to 407 competitive powerlifters. Altogether, 190 subjects responded via an electronic mailing list (69 returned, 88% return rate) or via regular postal mail (121 returned, 37% return rate). The total return rate was 47%. Data analysis indicated that there were no statistically significant differences between the two samples on any of the research variables. Thus, the

Figure 1

Path model depicting the relationships among Positive Illusion, Expected Success, Motivation, and Actual Success



Note: * $p < .05$, ** $p < .001$, *** $p < .0001$. Path coefficients are standardized beta weights.

Structural Equations

$$\begin{aligned}V2 &= (a) V1 + (b) E2 \\V3 &= (c) V1 + (d) V2 + (e) E3 \\V4 &= (f) V1 + (g) V2 + (h) V3 + (i) E4\end{aligned}$$

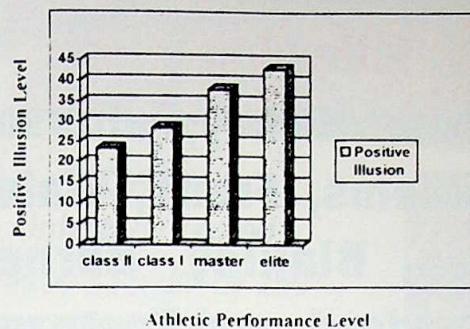
Standardized Solution:

$$\begin{aligned}\text{Expected} &= V2 = .604^* V1 + .797 E2 \text{ (paths a, b)} \\ \text{Motivation} &= V3 = .115^* V2 + .466^* V1 + .840 E3 \text{ (paths c, d, e)} \\ \text{Actual} &= V4 = .182^* V2 + .052^* V3 + .371^* V1 + .847 E4 \text{ (paths f, g, h, i)}\end{aligned}$$

$$\begin{aligned}\text{Positive Illusion} &= V1 \\ \text{Expected Success} &= V2 \\ \text{Motivation} &= V3 \\ \text{Actual Success} &= V4\end{aligned}$$

Figure 2

Graph depicting levels of positive illusion and athletic success



two samples were combined in data analyses.

Instrumentation - The Positive Illusion Sport Scale is a 23 item scale assessing the degree of positive illusion in competitive powerlifters using a Likert scale format ranging from -3 (strongly disagree) to +3 (strongly agree). Along with the Positive Illusion Sport Scale, measures of expected success, motivation to compete, and actual success were obtained. A single item ("In terms of total pounds to be lifted at your next contest, indicate how successful you expect to be from extremely successful to unsuccessful, 1-6?") was used to measure the subject's degree of expected success. A single item ("What is your highest total (pounds) in competition?") was used to measure actual success. This was the basis for classifying the subjects into the four categories (Elite, Master, Class I, and Class II). The 13 item competitiveness section of the Sport Orientation Questionnaire was used to measure the subject's degree of competitiveness motivation defined as the motivation to enter and strive for success in a sport achievement situation (Gill & Deeter, 1988, p. 195).

Results - The results of this study contribute to the understanding of positive illusion as a potential causal factor in sport performance.

The dimensions in the present model accounted for significant amounts of variance in the actual success of powerlifters. Powerlifters scoring highest in positive illusion also ranked highest in actual success in competition. Descriptive statistics showed that the overall mean for the positive illusion variable was 34.268 with a standard deviation of 15.712 (Table 1). This indicates considerable and adequate variance on the variable. As can be seen in Figure 2, increases in positive illusion are commensurate with increases in athletic success. Positive illusion means were reported at 23.35, 28.51, 37.84, and 42.88 for the categories Class II, Class I, Masters, and Elite respectively.

The test statistics supported the hypothesis that positive illusion is significantly related to actual success. Inspection of positive illusion with actual success revealed a statistically significant z-score of 4.384 ($p<.0001$). Path coefficients are presented in the standardized solution below the diagram in Figure 1. Of particular interest is the path relating positive illusion as a predictor variable to actual success. The strength of positive illusion as a predictor variable to actual success was determined by path analytic procedures which produced a statistically significant path coefficient of .371 on the single headed arrow

representing a causal influence of positive illusion on actual success.

The practical significance of the present study lies in the finding that positive illusion exerted a strong direct influence of athletic success among competitive powerlifters. It would be interesting to follow the lifters in the present study throughout the years, charting the progress of the low and high performance lifters. Perhaps those scoring low in positive illusion will become despondent and quit the sport. Positive illusion drives the elite lifters to persist and maybe they've had positive illusions before they became elite. Maybe that's why they became elite. Further research would profit by ascertaining whether or not the effects of positive illusion on performance can have stability over time and be generalized across multiple sport situations. Future researchers should assess the effectiveness of positive illusion as a pedagogical strategy for increasing the performance of non-elite powerlifters. In other words, if teaching positive illusion were added to the models used in the present study, would the path coefficients between positive illusion and actual success increase in pre- and post - test measures of non-elite powerlifters?

Conclusion - It can be extremely difficult to rise to the top level in any sport because, in order to get there, one must overcome failure again and again. Believing in one's abilities and one's future is mandatory for gaining the strength to keep on going. Powerlifters subject their bodies to enormous physical pain. Having positive illusions and dreams of success is what prevents us from quitting. It allows us to let go of what we normally would do and try something beyond our expectations. It has been said "to discover new oceans, one must have the courage to lose sight of the shore." I understand this because I have been competitive in powerlifting for over 16 consecutive years. It's like a trapeze act, in order to grab the next one,

you have to have the guts to let go of the one you're presently on. This takes dreaming, this takes positive illusions.

I am not so naive as to believe that there does not exist a huge chasm between reality and illusion. Life, however, has a funny way of harkening us back to reality at times. However, to the elite powerlifter, reality can be somewhat limiting. Positive illusions are interpretations of reality that make things appear better than they are. There should be no doubt that people who demonstrate positive illusions are, indeed, in touch with reality. It is one thing to close one's eyes to reality; it is quite another to look at the world through rose-colored glasses.

One of the oldest assumptions in sport psychology is that once mental training techniques are learned by athletes, they will know how and why it is appropriate to engage them in the heat of competition. This is like saying knowledge is power. It is not knowledge that is powerful, but rather the application of knowledge. Elite powerlifters are not remote-controlled robots who passively respond to the instructional commands of their coaches, they are individuals who operate under the illusion of control that they will affect successful outcomes in the face of severe adversity and intense situational demands. Positive illusions will not augment sport performance unless they become synthesized and integrated into the behavioral repertoire of the athlete.

The nature of powerlifting as a sport is such that it may promote more mastery/learning than ego/competitive orientation. A mastery orientation is one where the focus is on the task one is engaged in. The goal is not to be better than someone else, but to operate at one's optimal level. High competitiveness has been shown to undermine mastery motivation (Spence & Helmreich, 1983). So instead of competitiveness motivation, mas-

Table 1
Descriptive Statistics for all Measured Variables

	Positive Illusion		Motivation to Compete		Expected Success		Perceived Success	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Elite (N=75)	42.88	13.58	32.28	6.74	5.16	.85	5.03	.93
Masters (N=37)	37.84	16.91	32.62	7.23	4.81	1.08	4.73	0.99
Class I (N=36)	28.51	15.55	24.22	11.87	4.31	1.12	3.87	1.18
Class II (N=42)	23.35	15.86	26.43	8.60	4.05	.96	3.93	1.17
Total Average:	34.268	15.712	29.526	9.071	4.684	1.072	4.50	1.087

terity and improvement in a skill may be more important contributors to success among powerlifters. Powerlifters, however, may be distracted by how they are performing relative to others and may focus on outcome instead of the tasks that are situationally specific. When powerlifters are self-referenced and mastery-focused, they are more likely to achieve a positive performance state. This state is a function of being focused on performance which is mastery oriented and primarily motivated by personal challenge.

It becomes increasingly difficult for an elite powerlifter to sustain his or her level of performance when that level is a pinnacle. Positive illusion may act as a buffer against the negative consequences associated with failure. It can have an anesthetic effect on the pain associated with failure in powerlifting. Doubt is a built-in obstacle in powerlifting. Positive illusion can mask doubt just long enough to allow the athlete to achieve goals that were previously thought to be out of reach. Positive illusion is neither an elixir for emotional anguish nor a panacea for sport performance. It may provide a cognitive escape route from the negative affect associated with failure, thereby allowing powerlifters to re-program their

minds in ways that minimize distress and conserve energy by becoming increasingly choosy as to what their energy is expended on. In powerlifting, the absence of positive illusion can lead to self-defeat just as the presence of positive illusion can lead to a self-fulfilling prophecy.

Acknowledgments: I would like to thank Mike Lambert for giving me the opportunity to share my research experience with the readers of Powerlifting USA.

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Attention to the following lifters:

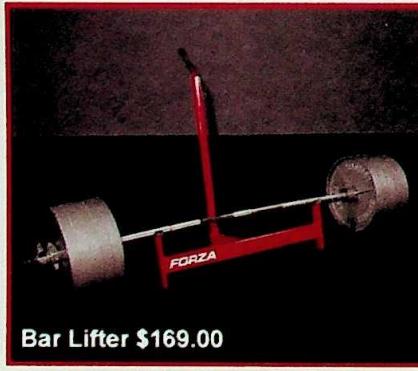
Fusner, Hickey, Patterson, Williams, Frank, Waterman, Blakley, Barnes, Crawford, and Toranzo. I believe the world needs to find out who the best of the best is at the Arnold Classic 2001. Let's make it happen." Glen Chabot.

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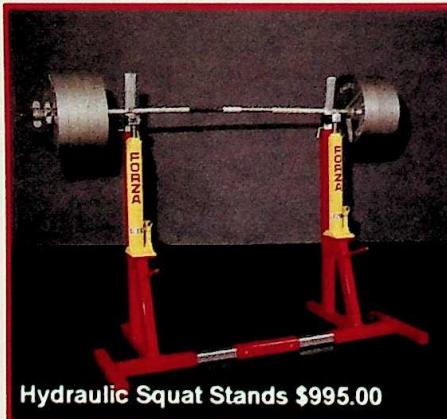


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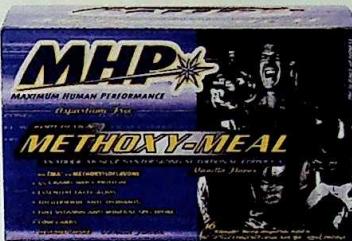
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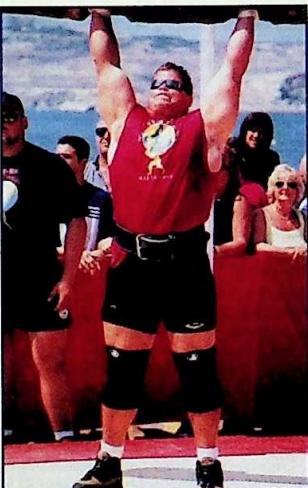


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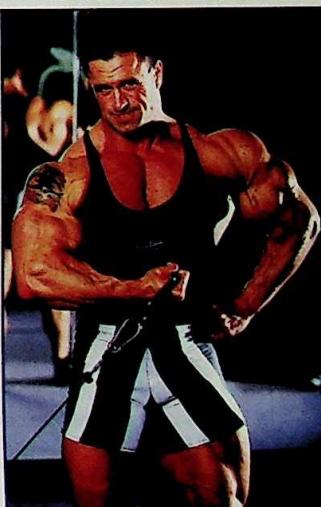
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— CHRIS BENNETT

This event featured 148 lifters and was staged at the Doubletree Hotel, right on I-5. Easy access. The trademark of WABDL - convenient hotels to find - check in, weigh in, eat dinner, eat breakfast and lift all in the same venue. In the master men's bench 40-46, Steve Gall pushed up 341 at 198. At 220, Thomas Sybouts broke the 400 barrier with 402. At 242, Joe Harms coached by Terry Luehrs and a member of Team Oregon did an impressive 435. Mike Spencer was second with 413 and Todd Allen did 341. At 275, Dan Frosland, Jr. the World Record holder at 507 did 468. Kurt Sacher the Wrestling coach of Silverton High was a close second with 451 and Ted Stewart of Sparks, NV set a Nevada State Record with 336. At 308, Paul Ratsch from Kennewick, Washington beat Dave McCreary from Eugene 424 to 402. At super, Art Ramsey, the ultimate dedicated lifter with the great psyche who hails from Alameda, CA put up 545. Art holds the World Record at 574. Moving on to 47-53 age group, Leonard McAllister coached by Terry Luehrs set a World Record 413 at 181. Terry Luehrs has coached more World Record Holders in the bench in the 1st 3 years than anyone I know. John Clay, a Vietnam vet, who still has issues from the war and resides at the VA Domiciliary because of those issues was second with 314. At 198, Dave Smith from Medford, OR put up 187. At 220, age 47-53 Bill Sekernestrovich put up 440. Bill is the World Record holder with 473. In second was Michael Davis from California who set a California State record with 341. Jack Rhine was third with 292. Moving on to age group 54-60 242 Terry Bunce put up 325. At 275, George Nelson did 600 breaking 600 for the second time in two months at age 55. His World Record is an unbelievable 610. In Master 61-67, Donald Barden won with 297 at 181. Keith Nichols won at 242 with 264. David Johnson won at 275 with a nice 380. Dan Frosland, Sr. did 275 at age 71 and Dick Gibson did an Oregon state record 154 at 165 at age 77. In open men's bench, Marc Morishige set an Oregon state record at 123 with 308. Marc also has the Oregon record at 132 with 352. At 165 Wesley Kampen the proprietor of the Powerlifting Superstore - a great place to get our powerlifting gear - Wesley always has a booth at WABDL meets - put up 402 at 165. At 242, Casey Gallagher put up an impressive 507 and at 275, 55 year old George Nelson put up 600. At 308, Ryan Kennelly weighing only 272 opened with 650 went to 705, then 723 to beat Glenn Chabot, and then 733 - 3 attempts successful over 700. He's the strongest bencher I have ever seen. He's only 26. George Nelson is the best I've seen with the possible exception.

Ryan Kennelly Benches 733!!!



Ryan Kennelly made 3 successful benches over 700 (Brian Baertlein)

tion of Mike MacDonald and Jeff Magruder, because he's 55. Could any other 700 pound bencher pass a drug test? Ryan will be tested at the Worlds in Reno. This is a drug tested Federation. Eventually lifters will get caught. Unfortunately due to the high cost of drug testing - testing remains only a threat not a cure-all. Some may wonder why I'm writing this. I don't look the other way on testing. Ryan is high profile. He's the strongest bencher in the world. His coefficient beat George Nelson with Nelson's Foster Formula. Ryan has done 645 raw. I've seen Ted Arcidi, Ken Lain, Jeff Maddy, Anthony Clark, Bill Kazmaier, Mike MacDonald, Rick Weil, Pacifico, Kiu Tuita and James Henderson. He's the most impressive 700 pound bencher I've seen. In regards to WABDL Drug testing, names of lifters who flunk are never published. I'm not out to embarrass anyone. Here's the policy for WABDL. If you flunk, you lose any record or title for that particular contest. You will be immediately tested again at your next contest. If you flunk that you're suspended for a year. If you pass you are still eligible to compete. If you flunk a second time you're suspended for three years. A third time is a lifetime ban. All over the

counter products are legal. Andro types, etc. However, if in the presence of Andro a positive reading is given a second test may be required. When the federal government makes Andro illegal then WABDL will make it illegal. Moving on to Submaster Bench, Robby Fisher did 248 at 165. Ed Sim set a World Record 479 in submaster Law/Fire. He was entered in both divisions and Jim Cunningham broke into the 600 pound barrier for the first time. Jim is a lifetime drug free lifter who works as a construction foreman all day in the hot sun. If he had an easy job he's a 650 bencher. Jim is also a great guy. In Junior men's bench Lyle Culp set a World Record at 114 weighing only 112 with 308 - pretty close to triple bodyweight. At 132, Barry Kunkel who holds the open World Record of 446 put up 286. At 148, Daniel Martinez did 286 to beat Ross Johnson who did 203. At 165, Jessie Romero - Romero and Martinez are both from Tri-Cities, Washington - did 314 for the Gold. At 198, Eric White did 407 to beat John Anthony's 292. At 220, Troy Charley of Eagle Point, Oregon beat Scott Mickelson of Albany, OR 374 to 358. At 242, Travis Osborne set an Oregon State Record of 424. At 275,

Kris Jensen of Benton City, Washington did 451 a PR for him. At 308, Andrew Snider put up a PR 440. Andrew is from Klamath Falls, Oregon. Outstanding lifter was Lyle Culp. In teen men 13-15 age group bench, Michael Enloe pushed 148 to beat Robert Chu who did 110. At 220, Nick Heppner put up 259. In Teenage 16-19 bench Nick Mortier put up 270 in great style to beat Rick Mitchell's 214 and Ryan Ford's 170. Ryan is from the Washington School for the blind. At 198 Jarred Loomis set a World Record 408 and jumped into the arms of his coach Don Frosland Jr. At 220, Don Goldworthy did 451 and won best lifter. At 308, Cody Sacher set a World Record 451. Cody is 19 and is one of the 10 top amateur wrestlers in the nation. He looks like a wrestler with the big traps. His father is his wrestling coach. In master men law/fire Robert Straker put up 203 at 165. Randy Cardwell who holds the World Record at 366 at 181 did 363 on an opener. Jeff Jones set a Nevada State Record of 374 at 220 and Jack Rhyne set an Oregon State record of 292 at 220, 48+ age group. In submaster law/fire Ed Sim set a World record of 479 at 198 and was outstanding lifter for law/fire. In Class I bench, Roger Sanchez won the 165 with 303. At 181, John Clay put up 314. At 198, Michael Stevenson put up 385 for an Oregon State Record. Jason Nelson was second with 347 followed by Brad Evans in third with 325 and Dave Smith in fourth with 187. At 220, Brad Carr did a fire looking 396. At 242, Zach Hall beat Greg Ramsdell on bodyweight with 380. But Ramsdell came back on a fourth and set the Oregon State Record with 385. At 275, Greg Demetz set an Oregon State Record with 358. Outstanding lifter was Michael Stevenson. Now on to the ladies. In Master women 40-46, Colleen Frey put up 110 at 132. At 148, Cindy Cameron did 148. At 165, Mary Jacobson set a World Record 253 and was named outstanding lifter. Mary is on a mission. She will bench over 300 and deadlift over 400 very soon. Betty Heriford put up 165 at 165 and Kitty Gallagher set a World Record in her very first meet with 100 pounds at 165 in the 61-67 age group. In open women, Mary Jacobson beat Betty Heriford 249 to 165. In Teen Women, Rachel Malone set an Oregon state record of 154 in 198+. In submaster women Susan Gall set an Oregon State Record of 177 at 148, Cindy Wurdinger - Kelly put up 170 at 165 and Sharon Allen set a World Record 193 at 181. Outstanding lifter was Susan Gall. In Junior women, Jenni Bechtold put up 132 at 132 for a state record. Erin Moore was second with the same weight but was heavier. Christi Hansen did 192 at 148. In the Dead-

(article continued on page 69)

WABDL Pepsi Regional BP & DL 3, 4 JUN 00 - Eugene, OR

BENCH / MEN	198	220	J. Jones	374	Master 54-60	G. De Melz	358	C. Caswell	C. Guches	451	J. Chism (BL)	556
Open	E. White	407	48+	220	T. Bunce	325	WOMEN	DEADLIFT/MEN	181	309+	S.J. Taylor	617
123	J. Anthony	292	J. Rhine	292	G. Nelson	600	Master 40-46	Junior 20-25	R. Mitchell	451		
M. Morishige	308	220	Submaster Law/Fire	Master 61-67	198	132		132	R. Ford	358	Class I	
165	T. Charley	374	198	181	C. Frey	110	B. Kunkel (BL)	446	242	198		
W. Kampe	402	S. Mickelson	358	E. Sim (BL)	479	D. Barden	297	R. Kunkel	J. Mason - Gere	468	R. Lacy	556
198	242	Master 40-46	198	242	242	165	D. Price	473	Master 40-46	40-47	D. Price	473
G. Warrington	T. Osborne	424	S. Gall	341	K. Nichols	264	J. Capello	220	165	165	B. Evans	473
242	275	Master 47-53	275	275	D. Frosland, Sr.	275	J. Anderson	479	R. Straker	336	D. Smith	385
C. Gallagher	507	K. Jensen	451	220	D. Gibson	154	165	220	J. Anderson	336	242	
R. Cox	391	308	T. Sybouts	402	G. Johnson	303	165	123	J. Hertager	336		
275	A. Snider	440	242	Master 68-74	198	165	165	J. Anderson	198	J. Hertager	562	
G. Nelson	600	Teen 13-15	J. Harms	435	J. Nichols	264	165	123	G. Ramsdell	198	G. Ramsdell	457
308	148	M. Spencer	413	D. Frosland, Sr.	275	165	165	165	165	165		
R. Kennelly	723	M. Enloe	148	Master 75+	165	165	165	165	165	165		
P. Ratsch	424	R. Chu	110	D. Gibson	154	165	165	165	165	165		
Submaster	220	D. Frosland, Jr.	468	B. Kunkel	132	165	165	165	165	165		
165	N. Heppner	259	K. Sacher	451	Class I	Teen 16-19	Teen 16-19	Teen 16-19	Teen 16-19	Teen 16-19		
R. Fisher	248	Teen 16-19	T. Stewart	336	198	199+	199+	199+	199+	199+		
198	N. Mortier	270	R. Sanchez	303	R. Sanchez	303	R. Sanchez	303	R. Sanchez	303		
E. Sim	479	R. Mitchell	214	P. Ratsch	424	314	314	314	314	314		
308	R. Ford	170	D. McCreary	402	J. Clay	314	148	148	148	148		
Cunningham (BL)	600	198	309+	198	M. Stevenson	385	S. Edmondson	655	J. Clay	551	M. Jacobson	358
Junior 20-25	220	J. Loomis	408	345	J. Nelson	347	S. Gall	177	J. Clay	551	M. Jacobson	358
114	220	Master 47-53	181	345	B. Evans	325	165	165	D. Smith	385	148	253
L. Culp (BL)	304	Goldworthy (BL)	451	181	D. Smith	187	165	165	B. Anderberg	490	P. Pendergast	253
132	308	Master 47-53	181	181	S. Allen	193	181	181	Master 54-60	165	B. Heriford	292
B. Kunkel	286	C. Sacher	451	220	J. McKay	462	181	181	Submaster 34-39	181	D. Hawkins	352
148	286	Master Law/Fire	198	220	I. McKey	462	181	181	Submaster 34-39	181	H. Gantz (BL)	341
D. Martinez	286	40-47	198	220	R. Chu	259	181	181	Submaster 34-39	181	K. Nichols	435
R. Johnson	203	165	D. Smith	187	B. Carr	396	198	198	Submaster 34-39	181	S. Gall	352
T. Deitrick	203	R. Straker	203	220	M. Davis	341	198	198	Submaster 34-39	181	G. Johnson	303
165	181	M. Davis	341	220	J. Bechtold	132	132	132	Submaster 34-39	181	J. Wurdinger - Kelly	275
J. Romero	314	R. Cardwell	363	220	E. Moore	132	220	220	Submaster 34-39	181	R. Fisher	367
				220	Z. Hall	380	148	148	Submaster 34-39	181	J. Bechtold	275
				220	G. Ramsdell	380	148	148	Submaster 34-39	181	E. Moore	231
				220	J. Rhyne	292	165	165	Submaster 34-39	181		

Don't let the news of earthquakes, rumbling volcanoes, tsunamis and yakuza thugs lose you any sleep. Japan is not what you get from TV or Clive Cussler novels, and light years from the chop-socky movie drivel. The kimono-wearing delicate miss has been replaced by the mini-skirted lass clomping about on six-inch high platform boots while talking on her porto-phone.

The traditional is still alive, but reality for the newcomer is getting lost, horrendous traffic, bashing the forehead on short doorways and facing life's Great Moment Of Truth For The Westerner: the dreaded SQUAT TOILET.

Planners for the IPF Mens' World Championship in Akita City, Nov. 14-19, are looking to the 2001 World Games in the same city. The lifters who came to Japan in 1995, for the Womens' Worlds agreed. The Japanese do not do sloppy. I'll bet my season Sumo tickets there will be a superlatively well-run contest in Akita. No one will try to rip you off and all will hustle to meet your needs. To do otherwise is to bring shame on themselves.

Akita is pronounced Ah-kee-tah with equal stress on each syllable. Use Texan and say uh-KEE-tuh and you may be telling someone that "you are not interested in them any more." Akita is on the west coast of Japan, far north of Tokyo. It shares the latitude of Boston, USA.

Bring your heavy jackets. Across the Sea of Japan is North Korea. Akita (pop. 317,000) impresses as a clean city with modern facilities. There is a fine park and a pretty little river runs through the downtown cafe and night-club district. Some eateries are in wooden structures 300 years old. The town boasts of its beautiful women, famous for their white skin.

Few histories tell you that Akita was the target of the last Allied attack of WWII. Bombers left Guam August 14, 1945, and flew the longest aerial mission in history up to that time, bombing the Akita oil refineries early on the 15th, about two and a half hours AFTER the Japanese government notified the Allied leaders that they had accepted the Potsdam Accords. The mission was not recalled because rebel elements in the Japanese Army were trying to overthrow their government and continue the war. It was a near thing; the revolt failed, saving several million lives.

First things Americans notice on coming to Japan is the phone and power lines hanging over head, the narrow streets except for main drags, everybody living too close together and that the locals drive on the wrong side of the road. Brits will like it, but...

Look both ways when crossing the street like your mother told you. Every year of the eleven I've been here some Yank newbie will automatically look to his left when stepping off a curb and get plastered by a bus coming from the

Coming to Japan for the IPF Mens' Worlds? THAT'S 'TAKO', NOT 'TACO' as told to Powerlifting USA by Paul Kelso

right. Maybe half a dozen dead or crippled. It ain't funny.

Neither are short doorways. I've creamed my noggin on the doortops of hotel rooms, train station toilets and mama-san bars, twice drawing blood. Bicycle helmets should be issued at Customs to every foreigner six feet or over.

Here are things to watch out for, as in good news and bad news.

1) Money. No dudes in doorways will whisper "sharngue mohnee, G.I.?" You can exchange for yen, that's Y, at the airports or banks in Akita. The rate as I write is about Y109 to a US dollar. Your Y1000 bill is worth roughly \$9.16. Credit cards are fine. ATMs are a pain in your oishi-shiri because they often click off at six P.M.. No one knows why. It's very doubtful they'll take a card from your local bank, anyway.

2) Vending machines ON THE STREET sell damned near anything. Cold drinks, cigs, tissues, tampons, pantyhose, dirty books, umbrellas, batteries and booze till 11 P.M.. Hotel machines sell pop and beer 24/7 but are expensive. Not that any of you athletes drink.

3) All-night convenience stores are all over the place and have prepared food and snacks. If you want aspirin or Pepto, you'll have to find a drugstore. Best bring your own. Supermarkets will have a separate section for drugs and take-out food. Do NOT drink the pick-me-up vitamin-C health drinks in small bottles. They are loaded with caffeine and the canned coffeee with sugar. Some herbal health drinks here surpass Viagra, and actually contain testosterone. Ask any aging expatriate in Asia.

Stick to what you know and don't get busted if tested. Oh, some 7-11s sell booze all night - should you develop a 4:00 a.m. thirst.

4) I'd budget 25-40% extra for food than if you were vacationing in the

States. You may get lucky with a breakfast buffet included in your hotel charge, or you may not. Two restaurants are located in the competition hall. Restaurants can be expensive. A 'set' dinner will cost about \$12 at family restaurants like Gusto (cheap), Skylark, Coco's, even Denny's. Don't tip! You might order extra as Japanese servings run to small. Menus often have color pictures and English sub-titles. Common are displays of plastic replicas of menu dishes that look better than the real thing. It's OK to lead the waitress outside to the window and point at what you want. Pizzas in restaurants disappoint; delivery pizzas are fine, but get a local to call in for you. Warning: 'Tako' isn't Tex-Mex. It's octopus.

Don't sweat about chopsticks; almost all restaurants have western cutlery. Take some slip-on shoes for going out at night; sooner or later you will have to leave your shoes at the door. Wrestling shoestrings in public gets old quick. Fast food joints abound. I prefer Lotteria and Mosburger. The local McDonald's places generally SHABURU, and yes, you do too know what that means.

5) Your hotel will be modern with western toilets. Old-style joints and public toilets usually have the floor model. Be safe: throw a roll of TP in your bag and carry a pocket pack of tissues in case of emergencies. Many public facilities do not provide tissue or hand towels! Toss a hand towel in your bag and carry a hankie.

So you're in the men's john doing your business and a squad of cleaning women comes in and starts swabbing. Ignore 'em and proceed. They've seen it all before.

Name-tag everything you carry. Half the foreigners in Japan have lost a bag or wallet and had it returned intact, money included, by a local citizen who may have gone to great trouble to do so.

It's a delightful Japanese trait.

6) The food and water are safe. The Japanese are hygiene freaks in their homes and kitchens. I'm 99% certain you won't have intestinal attacks, unless you get into the truly exotic menu items or load up on too much sashimi (raw fish) the first day.

7) Assuming your travel organizer has gotten it straight with the ticket agents how to get your group on the domestic flight from Narita or Haneda airports for the flight on to Akita, I'd suggest staying with your group. If there are guides, stick to 'em like glue. Getting stranded can be serious. Don't panic if it happens.

Many Japanese speak English well (including several dozen

of their lifters), but are inhibited by fear of making mistakes. Say excuse me, ask your question and give 'em time to answer. Speak clear, standard English without slang. If lost, every neighborhood has a small police office called a koban (koh-bahn).

Some words you need: doko (dohkoh) and ikura (eekoorah, said quickly). "Doko desu(deh-sue)ka" means "where is ____?" as in "Sunshine Hotel wah doko desu kah." Substitute what you want to find to open that phrase and it'll work. 'Ka' is a spoken question mark. "Ikura desu kah" means "What's the price of this?" Say ikura slowly and you get salmon eggs.

The great news is most cash registers have a digital display indicating how much you owe. Otherwise guess-timate high and hold out a wad of yen. They won't cheat.

Carry the info sent from the organizers and a contest program in your bag. Pocket your hotel's pamphlet or matches with its name in Japanese to show taxi drivers, cops and bartenders.

Taxis. Two little red lights showing mounted to the left on the dash - or a red box with two white Chinese figures - means the taxi is available. Just show the driver the hotel or venue info and you're off. Don't tip!

Yes, free shuttle buses will run from hotels to the contest.

Car rentals. Don't. You'll get lost and parking is a nightmare. Take my word.

8) You've gone 9 for 9, and want to celebrate. There are food/drink parlors everywhere. Japanese PL folk may volunteer as guides, but tend to steer you to karaoke bars. That's 'kah-rah-oh-keh,' not 'carry-OH-kee.'

If you hope for a romantic adventure with a local, you are probably out of luck. It can happen, but finding the equivalent of a singles meat-market on your own is tough. The pick-up scene is shunned by decent girls; indecent women are absurdly expensive and such places as "soaplands" that offer special "services" will usually not let foreigners in anyway, unless you're with a group of Japanese men. "Hostess" bars are sky-high priced and not worth your time if they do let you in.

If my experience is a true measure, and some of you are more traveled than I, you know that romance does blossom at international contests. But the first question a Japanese woman will ask is how long you will stay in Japan.

Japan is an experience; the organized sight-seeing is worth your time, or go on your own. See some Japan while you're here. The souvenir shops are fun but can nick your budget. What the heck. Where else can you get tanuki statues or kokeshi dolls?

I won't be in Akita until Friday noon due to my teaching schedule. But look me up. I'll be the guy in the bicycle helmet.

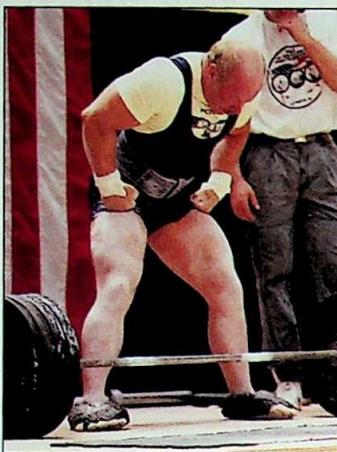
Email questions to - pkelso@olive.ocn.ne.jp - or tel/fax +81-0286-32-7231.



Passings..... Jerry Jones has died, reportedly suffering a crushed larynx when he collapsed after a cardio workout done to keep his weight down for his recent efforts in bodybuilding. There is some indication that a heart problem may have contributed to his death as well. Jerry was the 1972 IPF World Powerlifting Champion in the 198 lb. class and on several occasions he broke the IPF world record holder in the squat. He was revered for his insights of his freely given training advice and very wry wit. Jerry was the meet director for the 1987 APF Senior National Powerlifting Championships in Minnesota, and was approximately in his early 50s when he died. ### In another tragic loss, early pioneer Bob Samuels has passed away, according to Denis Reno's *WEIGHTLIFTER'S NEWSLETTER*. Bob was active in strong man stunts, olympic lifting, the odd lifts and powerlifting (hitting an early record in the deadlift of 640 lbs.) with sidetracks into the movies and pro wrestling. He directed the 1970 Senior Nationals in Powerlifting, and he coached his Lee Circle YMCA team into a victory over the vaunted York Barbell Club in 1969. The death of his protege David Burger at the 1972 Olympic Games, sent him into seclusion from active involvement in the Iron Game, however, in the late 80s he was honored as a legend in the sport at his old training grounds, the Lee Circle YMCA. We believe that Bob was 86 at the time of his death. ### "Heath Clifton was 29 years of age, a gym owner, champion powerlifter, husband and father he passed away earlier this year. He had been training hard for what would have been his first official 500 bench at 220 lbs. bodyweight at the Y2K Muscle Power Bash in Rector, Arkansas. With his passing, Heath's close friend and training partner, D.D. Nichols, began the competition with a 500 bench, in memory of Heath. Heath

will be missed by his family and many friends whose lives he touched. Our prayers go out to them, but most of all to his wife, Robin, and daughter, pictured here with Heath" (from Dr. Darrell Latch) ### "Billy Hetrick, a devoted powerlifter and long time subscriber to *Powerlifting USA* was killed on July 10, 2000. He was a Clay Township (OH) police officer and was killed on duty while pursuing an automobile. Billy deadlifted 525 lbs. at 145 lb. bodyweight when he was 16 years old, a national teenage record at the time. Left behind are his three

small children and beautiful wife. Bill was 30 years old. We loved him so much." (from Kenny Hetrick)



Jerry Jones at the '87 APF Seniors.

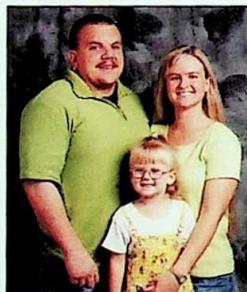


Bob Samuels - a Power Pioneer.

Y2K Muscle Power Bash in Rector, Arkansas. With his passing, Heath's close friend and training partner, D.D. Nichols, began the competition with a 500 bench, in memory of Heath. Heath

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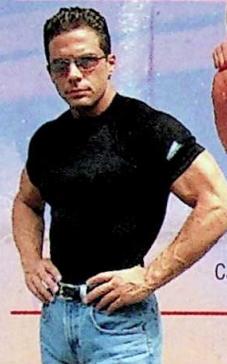
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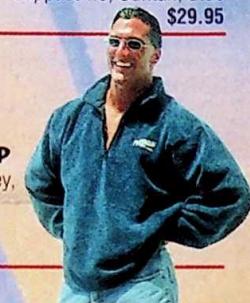
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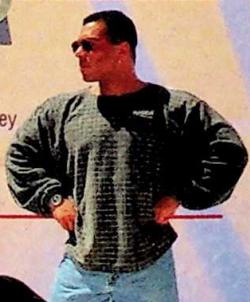
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THE HOLLEY STRENGTH SYSTEM - "When people think of the hotbed areas for powerlifting here in the U.S. probably one of the last places you would think of would be West Virginia. Yes, it's true, unbeknown to much of the country, West Virginia has been producing notable champions for years, and the most notable producer of champions has been the Holley Strength System located in South Charleston. The Holley Strength System was started in the late 1970s by our very own Vince White. The gym got its early start in the basement of the old Holley Hotel in downtown Charleston. The hotel was owned by Vince's uncle Frank Veltri and for years Vince and Frank allowed the team to train there for free. The likes of Vince White, Frank White, Herb Fitzsimmons, Don Hundley, the Hall brothers - Don and Dan, Doug Currence, Paul Sutphin, and myself made up the core list of State and National Champions who trained there regularly. In 1991 Vince decided to move to Florida and pursue a very profitable job opportunity. This left us with a huge dilemma - had the time come to disband and go our separate ways or would our true team spirit show through and we would

find a new location since the old Holley Hotel was to be torn down by Urban Renewal and Vince had left us. Well, it didn't take long for us to see that we had to keep the tradition alive and we all banded together to keep the Holley spirit and team together. Besides, some team had to stick around to make sure that Dave Jeffery's Bio Muscle group from Parkersburg wouldn't dominate the team ranks year after year, but that's another story. After a search of the area's suitable facilities we chose a location in South Charleston. The new Holley was up and running after a great team effort and the legacy of producing quality lifters and champions would continue. Since opening in 1991 the gym has produced numerous legitimate State and National Champions. Such noteables as the Critchfield brothers, Brian and Mike, had great success as teenage lifters. Brian, at the age of 15 was once tabbed to be the next Ed Coan, yet football injuries that resulted in a wrecked knee put his PL career on hold. Brian Siders was the first teenager to break Dave Passenella's



From the 1987 USPF West Virginia State Championships - One of the best teams ever assembled from the Holley Strength System. They won the team title this year. Pictured, kneeling - left to right - Allen Smith, Mike Brown, Vince White, John Bayliss, Mike Hundley; standing - left to right - Paul Sutphin, Doug Currence, John Messinger, Steve Pauley, Dan Hall, Mike Nidy, Don Hall, Don Hundley. (courtesy John)

275 teenage bench record. Brian's 523 at 275 at age 19 has been a springboard into a bright and promising PL career. Other teenagers such as Jon McClure, Bill Szasz, Andy Rabel, Andy Johnson, and Richard Zuniga all have been State or National Champions in one organization or another and all still have great futures ahead of them. Allen Smith has been a record breaker for years and Rick Harper and Aaron Hill are good young lifters who have already shown record setting potential. What has made the Holley so successful in producing champions? No doubt it has been the original members who have stuck together over the years and have worked hard to stay active in powerlifting. The lure of the Holley even brought Vince back to us after a year or so in Florida. The Masters Division has claimed many of us now but our wealth of knowledge and success continues to produce champions. At our 1999 W. Va. USPF State Championships Don Hall lifting in his 24th consecutive state meet set a state squat record with an incredible 551 pound effort at 220, 50-54. Vince White has continued to set records after recovering from open heart surgery in 1997. I have come back from a torn bicep surgery in 1997 to post competition lifts of 722 Squat, 475 bench, and 633 deadlift at age 46. Troy McCormick did his first 500 pound bench press this year in competition and George Hartman is a 400 pound bench presser at age 47. Not all of our members compete, but all contribute to our team effort. Those members such as Kenney Bolar, Jay Monig, Don Brotherton, Dave Selbe, Jim Cagle, Paul Franklin, and Jeff McCroskey are all available on meet day to help run the events sponsored by Holley Strength Systems. The gym also gets visits quite often from notable lifters from the area, Willie Williams, of 700 pound plus bench fame, visits us often along with his wife Chris and good friend Troy McNett. Willie often brings other lifters with him and we work together to help each other and trade secrets. Phil Pfister, America's number one Strongman Competition competitor, came to us about three and one half years ago and has become one of the most recognizable strength athletes in the world. Through Phil we have entertained the likes of World's Strongest Man Competition winner Jouka Ahola from Finland and noted strength athlete John Brookfield from North Carolina. Arden Cogar Jr. who is a world champion lumberjack, has trained at the Holley and has guided our own Doug Currence into the professional lumberjack arena. These are just a few of the folks who have come to the Holley to hone their skills or improve their lifts. We always welcome the serious athletes who know, as we do, that the iron game has played and continues to play an influential role in our lives. For information about the Holley Strength System or if you would like to visit us contact John Messinger at 304-744-2475. (article by John Messinger)



A More Recent Shot of the Holley Strength System - involving both young and old-seated (left to right) Richard Zuniga (19), Vince White (54), Justin Winters (17); standing (left to right) Jeff Johnson (12), George Hartmann (47), John Messinger (46), Dan Hall (47), Andrew Johnson (18). Photograph courtesy of John Messinger.

POWER PROFILE

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

When Pat walked into the cafeteria, I knew I was looking at a powerlifter. His walk, the thickness of his torso, his confident bearing - all conveyed strength. I was studying under John Gamble to earn a Masters in physical education. Pat was head of athletic dining at the University of Virginia. We became friends, and stayed in loose contact for ten years. When I told Pat I wanted to interview him, he replied with typical humility. "With all those big names out there, who'd want to read about me?"

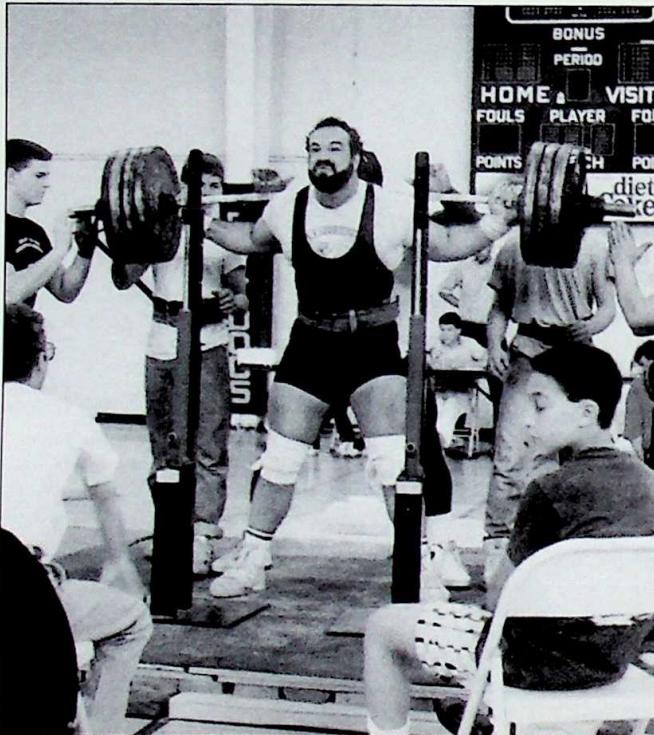
His impressiveness, obvious to the rest of the world, escapes him. At forty three years of age, Pat has slimmed his 6'1" frame from his former 300 to 225. So modest is he, that he could not recite all the titles he has garnered. Some that come to mind were the '91 WPA SHW submasters world championship, three time 275 or superheavy USPF Maryland champion in the late eighties, two time USPF Virginia superheavy champion and 242 second place (due to bodyweight) Virginia State championship in the early nineties. His best competition lifts have been 775, 525, 670, with gym bests of 800, and 545 x 2 in the squat and bench respectively.

Still in charge of dining services, now at the University of Scranton, Pat continues to impress and educate those around him. As he enjoys taking tests, he has become certified in most of the personal training certification bodies including the National Strength and Conditioning Association. He also holds a Bachelor's in Exercise Science from Hamilton University, Wyoming. Being a free thinker, he is opposed to the current trend of "politically correct" personal trainers who do their best not to look like athletes. The white coat and clipboard look are a feeble attempt to validate a suspect trainer. He prefers to work out with clients and believes in leading by example. "What makes you effective as a coach is if you can do it and you can look it," says Pat.

His own lifting began as a thirteen year old. His father, a civil war buff, kept musket ball lead in buckets in the basement. Pat hefted these primitive forms of resistance, kettlebell style, to develop juvenile muscle. It was a course he'd thrown himself into after being impressed with Vasili Alexeev on TV. From

PAT BROOKS: He Can Do It and He Can Look It!

as told to Powerlifting USA by Marc Cavigioli



Pat Brooks squatting big in his heavier days (courtesy of Cavigioli)

those unassuming beginnings, Pat continued to train at the limited, seventies era, facility at his high school. With extra money he occasionally drove to York to purchase more plates. The consummate high school athlete, he excelled at wrestling and football. Later, attending Essex Community College, he was invited to take part in the Maryland State Tug-o-War Championship. His team had the honor of placing second to a team comprised of Kazmaier, Gamble, and others. Pat had been following Gamble's exploits and was thrilled to meet him. He was impressed with John's willingness to speak with him. That meeting inspired him to commute forty miles to train under Coach Bixler of Bixler's Power Producers in Westminster, Maryland. With this powerlifting team Pat entered his first meet. He was thrilled to place second in the 275s weighing 265.

Some of Pat's lifting neighbors

then took him to Chaillet's in D.C. where he met Don Mills, Dimiduk, Gallagher, and Karwoski - who was just beginning. For newcomers to the sport, Mark Chaillet is a world record holder in the deadlift at 275. He and his record holding wife owned one of the nation's most renowned power gyms called Chaillet's House of Pain, (see *PL USA* Dec. '93). Gallagher mentions, from time to time, the umpteen members who could squat and dead close to eight, and bench over five. Pat trained with this crew for three years learning the finer points from Grand Master Gallagher.

At Chaillet's, most trained three, or at most four, days per week: bench, squat Monday, assistance Wednesday, deadlift on Thursday with and optional lighter assistance day on Saturday. Most heavy assistance work was performed the same day as the core lift. It was there Pat learned the value of regular training

partners or a viable group from which to draw the "audience effect" while training. Rivalry or performing before others fuels motivation. At the time of this interview, Brooks was in the midst of an in-house deadlift challenge with another masters lifter. Such deadlifting is a comeback of sorts for Brooks whose back injuries eventually forced his retirement from competition. Unbeknownst to him, he'd trained for eleven years on four bulging disks. His entire lumbar region was affected and required surgery. Yet, Pat stresses the deadlift as the best all 'round mass builder. Even more productive than the squat, in his opinion, it is an exercise that hits all the major areas crucial to athletic performance. Brooks spoke of the feeling of achievement he gets from pulling a challenging weight. It is a primitive, powerful feeling of dominance. This from a self-professed hater of the deadlift. He hates the exercise, hates training it, and yet he battled chronic pain to pull close to seven. Showing the colors of a true champion, Pat persevered to maximize this potent lift.

His classic training style emphasizes the powerlifts. While he believes assistance work offers benefits for the total, he cautions against doing too much. In fact, Pat feels overtraining or bodybuilding are the most common and deleterious mistakes he sees in the gym. "Kids read the muscle magazines and believe them. They don't realize those are arbitrarily invented routines geared towards a steroid user who has size and strength and is trying to burn calories."

To encapsulate Pat's views in one sentence: "Train heavy, train seldom and utilize self hypnosis." Anyone who's been around the block knows powerlifting is a mind game. Pat's commitment to self hypnosis borders on religious zeal. Using techniques he learned from writing of Bill Starr, the John Hopkins strength coach, he induces a trance-like state in which Pat converts himself into a raging behemoth capable of super human feats. So strong is his investment in mental focus, Pat puts on impromptu self-hypnosis seminars for kids at the university weight room. He even visualizes his light sets.

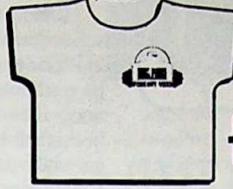
Though cautious about cross training during the competitive season, Pat, a former boxer, has used

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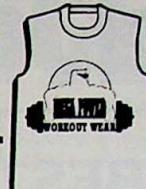
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the bags and rope to keep body weight down. He sparred regularly with Nate Williams, big Jim William's son, and even knocked yours truly around a racquet ball court down at UVA.

For a director of athletic dining, Pat's nutritional views clash with the current high card trend. He prefers a low carb, high protein diet, avoids red meat, but consumes a fair quantity of chicken and fish. Not totally opposed to current trends, he drinks two glasses of wine per day, as this is touted as enhancing longevity.

Having trained when the mantra was "If you don't need a prescription for it, it doesn't work," creatine is the only supplement he has seen change that. Even so creatine is a far cry from drugs. With regard to steroids, Pat feels they lead to the physical and psychological deterioration of those who indulge. Use is a personal choice, but should be restricted to non-drug tested meets. Even hormone replacement for aging men is questionable for competition. He feels testosterone replacement is a money making trend that will soon be clamped down on. Most importantly, Pat feels anything that alters the body from its normal biochemistry, though potentially of immediate benefit, will cause the body to burn out prematurely. "Your growth hormone and testosterone levels are where they are for a reason. If you play around with them you're taking a big risk."

Another hot topic - the use of equipment - finds Pat more non-committal. He doesn't mind the use of limited equipment, but feels many youngsters overdo it with gear they do not know how to utilize. "Things have gotten way out of hand. I can respect lifting raw. On the other hand if a federation allows gear, why

not us it?"

On the topic of strongman competitions, Brooks feels their rigors demand a unique personality. He feels particularly suited to them and regrets having not involved himself earlier. Still he vents atavistic urges moving cabers and stones in a sort of Neanderthal landscaping behind his house. To put Pat's stone lifting into perspective, the fabled Husafell stone of the World's Strongest Man contest weighs three hundred ninety-six pounds, the largest of the Atlas stone spheres two hundred ninety-seven. When he heard this, Pat was curious about the awkward natural stones he'd lifted. Using the help of a friend's pickup truck who works at a meat packing plant, he weighed them on a truck scale. His back surgery must have been a success because Pat lifted 409 pounds to the shoulder. Chirping chickadees were his only audience for this stunning feat. His wife knew he was up to his usual antics when he entered the house with his clothes shredded, and his chest bleeding.

But even she took notice when he shouldered a three hundred forty two pound chunk for an eighth of a mile walk! "What are the neighbors gonna think of my husband?"

"The only way you're gonna shoulder something that heavy is to sue your whole body," Pat said. "If lifting free weights is so much better

than machines, imagine what stone lifting'll do for you. Think of the muscle involvement. I never feel as taxed as when I've wrestled with stones." Whether hauling rocks or training heavy Pat is lucky - he does not require large amounts of sleep. While he recognizes its value, he personally gets by on an average of five hours per night. "It is misguided to assign yourself a number of hours rather than listen to your body," he says. Thus, while he usually requires little sleep, when he feels significant fatigue, he allows himself more.

Listening to oneself is a theme that runs through Pat's training and lifestyle philosophy. Though constants are rare in the lifting realm, this is one Brooks ascribes to. Perhaps Pat's most insightful views are on training as one ages. It is crucial to feel progress is being made. This may be difficult for an aging powerlifter who set high water marks in his/her youth. A huge total set in one's prime cannot realistically be eclipsed year after year. Pat finds it difficult to feel "weeked" by a four hundred plus bench knowing he has doubled 545 in the past. To counter this, he tries for new PRs at his lighter body weight. He invites personal challenges with other gym members. And he races the clock. It is ironic that aging lifters can cope with the ticking of years by using a

Timex. Challenge always exists in lifting more weight within a certain amount of time. In Europe such challenges exist. In November '97, Powerlifting USA ran an article on the German, Karl-Heinz Otto, who benched 325 for ten reps in 7.1 seconds. But the Guinness record for timed bench pressing is held by American, Glen Tenove, who benched 1.8 million

pounds in twelve hours. Pat trains against the clock for a given set, exercise or entire workout. "The imagination is the limit when it comes to varying time applications for training."

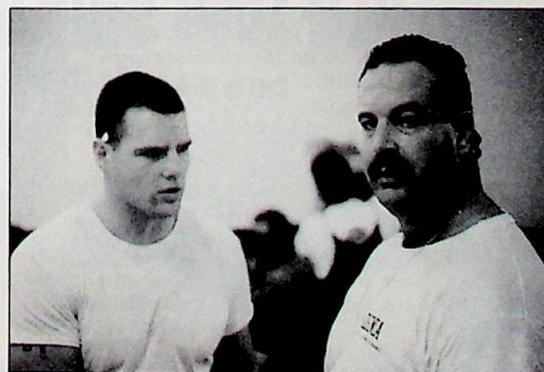
Maximum reps is another angle to pursue when change is sought. On a lark, Brooks benched 275 for 28 reps. Seeking fresh angles to keep training interesting and aggressive is not only for aging lifters. Many strength coaches boost athletes via such techniques. As an innovator of such, Brooks is sought by both athletes and coaches.

Additionally, Pat feels keeping active is pivotal in staying young. He enjoys intramural football. When he first began participating, he was such a force the team captains got together and tried to have him removed from the program. He had to ease up. As his acceptance grew over time however, he resumed fierce competitiveness leading his team to win the championship for the last three years. He also plays lacrosse and basketball. He enjoys defeating twenty year olds, watching them sweat as the "old man from the cafeteria" breezes past.

Pat embodies the qualities powerlifting needs in an ambassador to the outside world. While he has a no-nonsense approach, he is a thoughtful mentor to serious iron students. An intelligent, educated man, he offers insight into the diverse facets of strength training. We are lucky to count him among our own.

Pouring intense drive into his work, community projects and training, Pat's presence benefits all around him. He is an athlete whose gifts extend beyond the physical realm. Attitude makes the difference. If we can adopt such an attitude then perhaps we too "can do it and can look it."

I would like to thank Patrick Brooks for granting me this interview as well as for the fax machine he generously purchased and donated to Iron Shark Barbell Club!



Marc Cavigioli working with Pat Brooks at a contest.

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If I were to give what I consider the single most useful bit of advice for all humanity it would be this: Expect trouble as an inevitable part of life and when it comes, hold your head high, look it squarely in the eye and say, 'I will be bigger than you. You cannot defeat me.' - Ann Landers

One of the most critical learning experiences for me was finding Bud Bullock. I first met Bud in my freshman year at Notre Dame High School. We were both trying out for the freshman basketball. Actually Bud looked nothing like a basketball player. He was big, about 6'4", but he had to weigh every bit of 325 pounds. And not an ounce of that weight was muscle. He was pure unadulterated fat. I'm telling the guy looked like a white version of Fat Albert. When I first saw him I thought to myself, "what the heck is this guy doing trying out for basketball?" At best he looked like a heart attack waiting to happen. Then, after watching him play for five minutes, I knew the guy was in the wrong place. He couldn't run, jump, or shoot. I'm serious! His vertical jump was literally nonexistent and you could clock him with a sundial getting from one end of the court to the other. And those were his strong points. Talk about shooting bricks; this guy shot cinder blocks. He was just that pitiful. Needless to say he didn't even make the first cut.

Now this may surprise you, but Bud and I became good friends. Actually, we became the best of

Dr. JUDD

THE BEST YOU CAN BE IS ALL YOU CAN BE

as told to PL USA by Judd Biasiotto Ph.D.

friends. In fact, we hung out together throughout our high school career. If there was one thing I learned about Bud during all that time, it was that he loved the game of basketball. It was his passion. He couldn't play it, but he really loved it. Every time I would go over to his house he would be in the back alley by himself playing basketball. He would play out there five to six hours a day. It could be freezing cold or hot as hell, but he would still be out in the alley shooting hoops. If it snowed he would shovel the snow out of the alleyway so he could play. I'm not exaggerating! He would be out in that street come hell or high water.

In our sophomore year he again tried out for the basketball team. And once again he got "axed" on the first cut. He didn't quit though. The next day he was back in the alley playing basketball. Day after day you would find him out in the alley practicing his shots and moves. He would take thousands and thousands of shots. It was like a ritual for him. He couldn't get enough of it.

By the time our junior year rolled around Bud had dropped his body-weight down to 265 pounds. He wasn't just lean either, he was hard. It was like his body went through a metamorphosis. From a kid with baby fat to a man with mature muscle. And his game had improved just as dramatically. Well, he wasn't exactly Michael Jordan, but at least

he had developed the basic skills. Heck, he looked and played like a "real" basketball player.

Unfortunately, he still wasn't good enough. Again he got cut the first time around. This time, though, it really bothered him. He cried right there in the locker room. Still he refused to quit. Like I said, he loved the game of basketball. It was his fervor. Day after day he practiced, and when we didn't have school he would play from dawn to dusk. He played in the heat of the summer and cold chill of the winter. He played basketball while his friends went to parties. He played while everyone else went on the school picnic. He played when we went to the prom and on our class trip. It seemed that he always had a basketball in his hands.

When the tryouts came for basketball his senior year, Bud was ready. He was strong, quick, agile, and he could shoot the eyes out of a basketball. During the trials he was great. I really mean that. I thought for sure that he was going to make the team. On the very last cut though he was released from the team. This time we both cried in the locker room. It didn't stop him though, for the very next day he was back in the alley practicing. Seven days a week, five to six hours a day he would "shoot the rock". The skin on his fingers was worn thin from all the shooting and dribbling. He would practice move after

move. He was totally absorbed with the game.

When we graduated from high school Bud went to Drexell College in Philadelphia, Pennsylvania. Yes, he continued to practice basketball, and - yes - he tried out for the basketball team and - yes - he got cut and - yes, he didn't quit. In his sophomore year he tried out again, but this time he made the team. As he put it, "By the skin of his teeth". He sat on the bench the entire year. He didn't get into one single game. He didn't get one second of playing time. But he didn't quit ... not Bud. In his junior year he started at Drexell and averaged 14 points per game. Can you believe that! Now listen to this: In his senior year he led the conference in scoring and rebounding and was named first team All-American. Is that great or what? No one in the history of our high school ever went on to accomplish such a magnificent feat. In other words, when it was all said and done, Bud Bullock became the most accomplished basketball player who ever graduated from Notre Dame High School. I get chills all over my body just reflecting about that. Think about what this guy accomplished. He went from being an absolute motor moron to one of the greatest basketball players in the nation.

I learned so much from Bud. As I said, he was one of my most critical learning experiences. He gave me some major gifts. He taught me that nothing is impossible, that you can be anything you want to provided you're willing to work at it, because nothing comes naturally. Bud also showed me that it doesn't matter where you start in life, but where you end up, that counts. No matter what you are or where you are in life, you can change. You can become all that you can be. What Bud taught me most is that the dreams of today truly are the realities of tomorrow. That if you dream and work towards those dreams you can make the impossible possible.

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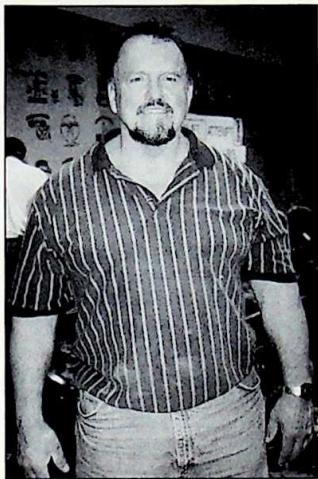
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A few years ago Michael Jordan retired from basketball, played baseball for a while, and then went back to the sport in which he was a star. A couple years ago Jamie Harris hung up his lifting shirt, retired from powerlifting, and wrestled for a while. Now Jamie is returning to the sport in which he was a star, and he'll be making his return to the powerlifting platform on October 7th in Pittsburgh, at the Mon Valley Fitness Center BP Open.

Big Jamie has a PR of 760 in the bench, and topping that in his first meet back might be tough, but Jamie says his training is going great, and that he's aiming for his best ever benching, either at Mon Valley or at the IPA Nationals in November. It's good to see the stars "un-retire" and get back in action!



Gus Rethwisch head of WABDL

Gus Rethwisch is staying retired as a terrific powerlifter and strongman competitor, but he's going great as a meet organizer and promoter. Gus' WABDL had its first ever meet in Southern California recently, and Power Scene and POWERLIFTER Video went out to cover the action in beautiful downtown Burbank. Gus and meet directors Chris Kostas and Steve Denison put on a wonderful meet with lots of great benching and deadlifting, and great food (see picture), and great support for the lifters.



Chuck LaMantia & Kevin Meskew enjoying some of the great food at the WABDL meet

POWER SCENE

I'm looking forward to the WABDL coming back to town, and in the mean time you should check out Chris and Steve's next meet, the USPF USA Nationals, on November 10-12 in Burbank. You can reach Chris at 661-245-0115, or Steve at 661-664-7724, and for more info on WABDL meets, you can reach Gus at 541-389-0600. He's got a big meet in Reno set for November 16-19, the WABDL World Bench Press and Deadlift Championships, and that should be worth going to.

I recently got a letter from Michael Ludovico, who we wrote up in *Power Scene* a couple of months ago when he benched 529 weighing 219 at a Muscle Beach meet. Michael trains at the Palace Gym in Northern California, and he wrote to tell me about it, and I



Jeff Jones blasting triceps inside the confines of the *Palace Gym*

wanted to share part of the letter with our readers.

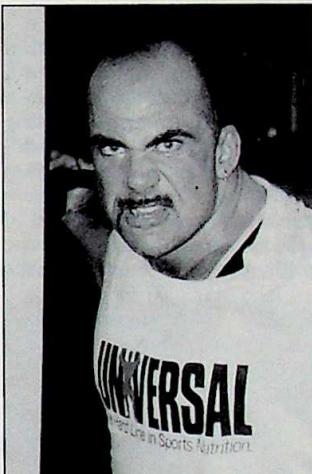
"The Palace Gym is a private gym. There are about 25 core members with keys. You can only enter with an existing member. Entering the property you must first negotiate past two biting German Shepards. When you successfully reach the back of the house, all you see is a pair of steel storm doors. Once inside the doors, you go down the stairs and find a gym... a real powerlifter's dream. The 800 square foot gym has high ceilings, walls plastered with pictures of big lifts, years of back issues of *PL USA*, a trophy wall, blaring stereo, power racks, deadlift platform, tons and tons of standard and kilo plates, and no mirrors."

When you are inside you meet the man, the guru, gym owner Steve

Ughe. Steve is a quiet and tough 198 lb. lifter with heart the size of Texas and a temper as hot as molten lava. He is definitely the kind of guy you want in your corner at a meet...

...Once a year Ughe puts on the "Extravaganza." It's a three lift meet only open to members. The meet win is based on a bodyweight to total formula. To this day my best finishes are only in the top four. Winning this event would mean as much to me as all my state or national championships I have ever won."

Now that sounds like a powerlifting gym (and I only included a small part of the letter). Michael, thanks for writing, and explaining



how motivational the right gym and training partners can be.

If you can't get into the right gym, or your training partners aren't fulfilling your expectations, perhaps our new bench press video can get that motivational spark going. *POWERLIFTER Video* has just finished its second Special Edition, and it's called *THE BENCH PRESS*, Volume 2, and it's got in-the-gym workouts with Chris Confessore, Scott Werner, James Henderson, and Anthony Clark, along with coaching tips, big lifts from Dave Waterman and Kenny Patterson, and what not to do. Volume 1 was a big success, and Volume 2 is the same price, \$29.95 plus \$2.95 s&h, for 55 great minutes of benching.

And if your taste is toward something lighter, our new regular issue is our second ever swimsuit issue, and you can enjoy that between the regular segments like Louis Simmons on benching and J.M. Blakley demonstrating the J.M. press. Or try them both for really big motivation. Anyway, the toll-free number is 1-800-227-2355.

Hope you're enjoying Autumn, which is a good time to get re-motivated and get back pushing some heavy iron. 'Til next month, stay strong and lift heavy, and we'll see you on video. **NED LOW**



The new issue of *POWERLIFTER Video Magazine* is their second annual Swimsuit Edition, which incorporates the likes of Bethany Bryan (pictured above), and Lora DeAngelis (at left) -whose brother Joe (above left) will appear in one of the regular segments training the squat (and repping out with 675!) at Gold's Gym/Venice. (all of these photographs provided to *POWERLIFTING USA* through the courtesy of Ned Low)

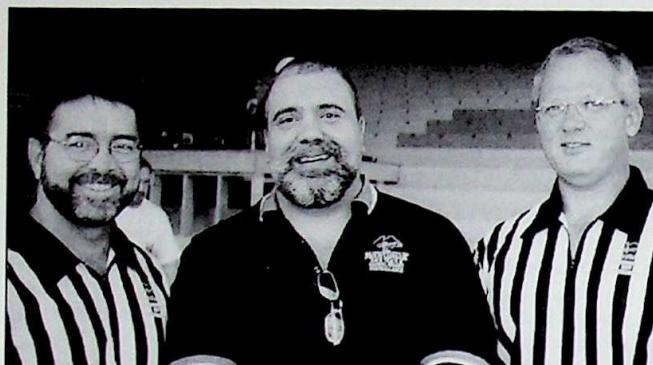
Nick Busick has a plan.

Mr. Busick is on the executive management team of the Mountaineer Racetrack and Gaming Casino in Chester, West Virginia and he has a grandiose vision, one that could influence the future of powerlifting in a very positive and lucrative way. Though convoluted and complex, his master plan is breathtaking in both scope and audacity. If he can pull it off, his approach could prove to be the pathway to the financial Promised Land, a road to salvation that could lead powerlifting out of its eternal dead-end doldrums. Powerlifting, like Moses exiled, has wandered in the proverbial desert, seeking public acceptance, with none forthcoming, for eons. This bedeviled and beleaguered sport self-implied and splintered itself into a million fragments back in the 1980s. I was in Larry Pacifico's hotel room in Chicago on that fateful Sunday evening long, long ago when the initial insurrection occurred. The seeds of the Great Scattering were tossed to the wind that night as the powerlifting brotherhood broke itself into a hundred factions. It started off as a small regional brush fire but quickly spread, feeding on itself, fueled by years of repressed hostility, bitterness, derision and verbal sniping.

Ernie Frantz had a lot of respect among the elite so when he proposed nothing less than a full-blown revolution against the established order, top lifters sat up and took notice. And where top men go lesser men will follow. Rebellion is an occurrence as natural as waking up in the morning and one replayed anywhere and everywhere there is a central power figure (or organization) against which to rebel. Monoliths intrinsically invite competition by their very existence. This civil war fired its first volley immediately after the USPF national championships. Up in Larry P's room (and this is when Pacifico's influence was at its zenith), Ernie Frantz made an impassioned, salt-of-the-earth pitch to a roomful of seasoned lifters. He was seeking nothing less than secession, a total and complete rejection of the established order. The room was a virtual "who's who" of powerlifting. They uncharacteristically sat and stood quietly as Ernie talked to this fearsome conglomeration of muscle and power like an old-time two-fisted union labor organizer. He addressed the shock troops in a plain fashion; "It's time for the tail to quit wagging the dog!" This point set heads wagging in muted agreement.

The lifters of the United States were being treated disrespectfully, he contended. Worse, the abuse was by a small clique of foreign

POWERLIFTING'S SALVATION? One man's valiant attempt to resurrect the world's strongest sport by Marty Gallagher



Nick Busick with referees Dave Jeffrey (left) and Dave Kyle (right) at the Mountaineer this year. (photograph taken by Herb Glossbrenner)

bureaucrats elected in one country/one vote elections that ignored the simple fact that 80% of powerlifters world-wide resided in the USA. These men ran powerlifting like a fiefdom and contemptuously addressed American concerns in a cold and dictatorial style. Americans don't cotton to being talked to like a bunch of plantation slaves and Frantz's audience was receptive to revolt. He and Maris had gotten boiled alive over some two-bit trifling by the international federation and Ernie felt that these callous men, who routinely ignored the concerns of American lifters, would never change in their ways - and something needed to be done about it.

A goodly percentage of all-star powerlifters had bombed out at the competition and this threw further fuel on the flames of discontent. Ernie was calling for succession and the establishment of a new and different powerlifting organization. Ernie would duel the twin monopolistic monoliths, the United States Powerlifting Federation and the ironfisted International Powerlifting Federation, for the hearts, minds, and checkbooks of lifters worldwide. Ernie would establish a powerlifting organization far more userfriendly to the lifter.

And so it came to pass.

Unfortunately, the fruition of Ernie's efforts never fully captured the hearts and minds of all powerlifters.

It is said, "If you strike the King then you must kill the King" - or else is implied. Frantz's organization was successful, but never obtained widespread international acceptance. Eventually the APF catered to a particular segment of the powerlifter spectrum. Organizations catering to other segments quickly arose and powerlifting became a

series of fiefdoms. The floodgates were opened; there was no putting Humpty Dumpty back together again, the lid on Pandora's Box had been lifted and a plague was now loose upon the power landscape.

Moses just shook his head and wandered out into the desert disgusted.

Frederic Hegel once postulated that in important human events there is an inevitable "dialectic" - a *thesis* is followed by an *antithesis* and ultimately a *synthesis* arises in response. The emergence of the synthesis simultaneously establishes the new thesis and then the cycle repeats itself ceaselessly. Hegel mused that anytime a monopoly arises inevitably there arise challengers, rivals to the prevailing dominant force. A battle for the hearts and minds of men occurs and the battling powers will use philosophic, economic and opportunistic reasoning to attract converts. The USPF/IPF, it was perceived rightly or wrongly, justly or unjustly, had metamorphosed into a pair of uncaring bureaucracies, ones in which the officials had raised their stature to that equal to that of the athletes. This perception was so strong and pervasive that the lifters pulled the trigger and actually succeeded from these twin power monopolies. In around this same time the ADFPA came strongly and forthrightly into existence and thus was born another viable alternative to the existing monolithic monopolies. The existing monolithic thesis, the USPF/IPF, suddenly had a formidable antithesis.

And things ain't ever been the same since. * * *

Oddly, sixteen years later, I could be witnessing the emergence of the third and final phase of the Hegelian dialectic. I suspect I am witnessing

the birth of the synthesis.

Moses, please phone home.

"In order for powerlifting to prosper, powerlifting needs to generate money," said the clear thinking, straight talking Nick Busick, "and Television is the key to generating public interest. Get the public interested and the money will naturally follow. We intend to get the public interested in powerlifting."

Tell us something we don't already know Nick - the question is how?

"We had ESPN II coverage at the Mountaineer Cup in June, so already we have some experience and success in attracting the interest of TV. It is all predicted in a 5 year business plan I laid out many years ago. My stated objective is to popularize and profitize powerlifting."

A corporate business plan involving powerlifting as a saleable commodity? Well that certainly is a unique approach. Our interest was certainly perked. He continued,

"I have a long-term plan, one which I devised after long and careful thought. I wrote it up in 1995 and we implemented the first phase of it in 1998. The plan was factual, realistic and persuasive enough to attract the interest of Mountaineer Racetrack and Gaming C.E.O. (and President) Ted Arneault."

Mr. Arneault has a superb reputation as a businessman and the fact that he saw fit to sign-off on Nick's idea, strictly on the business merits and the tangible money making potential, speaks volumes about the soundness of Busick's rock-ribbed approach. As with every serious business venture, you take baby steps before you run and Nick Busick's plan has been humming along quietly, just below the radar-scope of the average powerlifter, for a few years now.

"Next year's Mountaineer Cup will far exceed the one we just completed." Nick Busick allowed a long pregnant pause before adding, "This year's Mountaineer Cup was a resounding success on every level. We had TV coverage, strong public acceptance, great lifting, and the planning and execution of the events came off without a hitch."

ESPN II covered the Mountaineer Cup. Asked how they liked the lifting, the TV folks said that they thought that the sport was loaded with potential and could perk public interest and win eventual widespread acceptance - assuming they see it. They confirmed Nick's gut intuition: "The TV people said the lifting was great, the athletes colorful and impressive, and they felt very strongly that once the footage from the Mountaineer Cup is shown, powerlifting could take off and gen-

erate huge audience interest."

The Mountaineer Cup will be shown on ESPN II on September 26, 2000 - or a close alternate date, schedules permitting. "The Cup will definitely be aired," Busick said with a lead-pipe-cinch certainty in his voice.

He could be on to something. Witness the weird resurgence in popularity of 'The World's Strongest Man' events. Currently the WSM is a ratings giant in the cable world. Odd, because the whole concept languished for decades, thought to be as dead as yesterday's newspapers. Suddenly, those old tapes of Kaz dissing Bruce, Jon Paul and O.D. tossing kegs, Chief Iron Bear battling Gary Taylor in the log press, started drawing a nice audience share. This resurgence in interest sparked by the old tapes resurrected the WSM and now Kaz is commentating, and MetRx is sponsoring, and WSM 2000 is held in exotic locals like Morocco. Now go figure! Surely those who find esthetic pleasure in watching Harold Collins lift a 350 pound log overhead will no doubt groove on Ed "Giant Killer" Coan squatting 1000 pounds. It only stands to reason that there will be a lot of WSM - powerlifter audience crossover. Nick Busick has another crossover audience in mind: pro wrestling. "If we can get powerlifting shown on TV on some kind of regular basis, I am thoroughly convinced that we can capture a respectable marketshare. The timing is right for professional powerlifting."

Now that's a heck of an idea.

Nick Busick also realized that the basic powerlifting format needed some streamlining and modification in order to make it a bit more presentable to the TV audience. His modus operandi is simple, showcase the very best athletes and hand out enough prize money to attract the elite lifters from around the world, across any and all party and organizational lines. The money would outweigh any inter-organizational sniping that might occur, and in the end, if all went according to plan, powerlifters - and powerlifting - would prosper.

Nick related how he plans to attract the best powerlifters in the world to this year's Mountaineer Cup.

"We want to hand out some serious prize money. This year, Ed Coan took home a check for \$10,000 as the winner of the Mountaineer Cup. Each year, competing will become more and more lucrative. We have worked out our relationships with other organizations and are not in conflict with any other powerlifting federation. We have worded our participants' agree-

ment in such a fashion that no lifter can realistically be suspended for competing in the Mountaineer Open."

In the meantime, Nick Busick has an idea to end all powerlifting ideas: "The next phase of my 5 year business plan calls for the establishment of team powerlifting."

Nick paused, collected his thoughts before continuing, "Three or four-man powerlifting teams will compete for big prize money, the winning team will distribute some serious cash among themselves."

How much dough, Mr. Nick?

"Oh, let's just say a whole lot more than \$10,000."

Mr. Busick had, once again, gotten our undivided attention.

"The idea is simple. A team will consist of three or four lifters in different weight divisions. Nothing is finalized as we are currently quizzing the top lifters for their input on weight categories."

Under Nick Busick's team concept, sponsors, both corporate and private individuals, would buy one of thirty team "licenses". The money collected would fund TV production costs and prize money. The Mountaineer Cup will become the Superbowl of powerlifting, as teams from around the world would compete for big prize money.

The team championships would be covered by cable TV. Could pay-per-view be far behind? Nick talked

of the phenomenal popularity of the *Ultimate Fighting Championships* and how their approach could figure into powerlifting's future.

"The UFC concept went wild; the first fight was shown to less than fifty thousand households, within a year that number had grown to 450,000. I say, why not powerlifting? Down the road, franchise teams would conduct a "draft". Powerlifters would be picked and contracts signed between athletes and teams."

My head was spinning, but Mr. Nick wasn't finished,

"Wait until the sports betting industry get a good long look at team powerlifting. I'm in the gaming industry and I know for a fact that when betting occurs on a sport, that sport experiences a huge influx in cash. This could be a real opportunity for powerlifters to make a living at powerlifting. This could be a way for the sport to reach a widespread audience, gain some real acceptance and recognition."

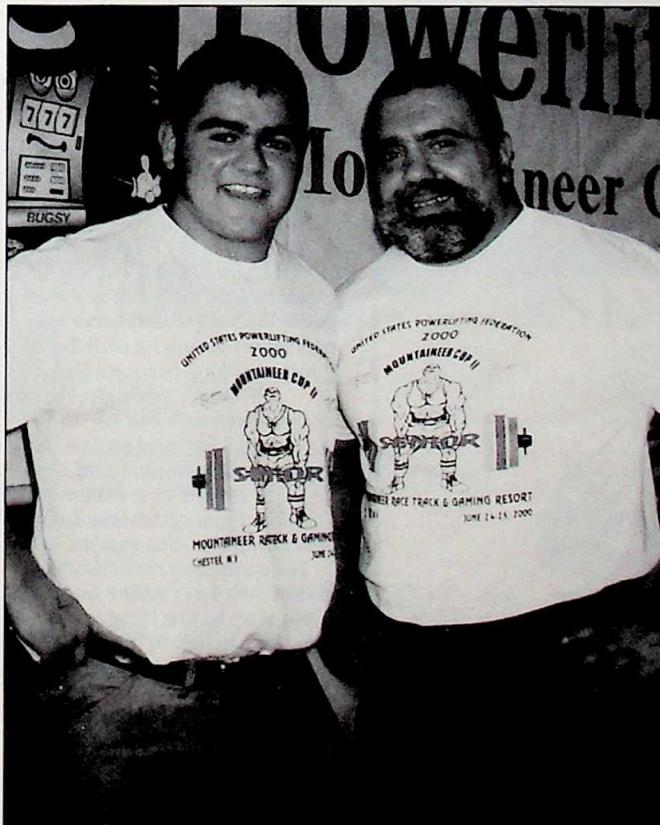
This year's Mountaineer Cup was unusual and unique. Imagine this: top powerlifters competing at a racetrack in Chester, West Virginia, roughly thirty miles west of Pittsburgh. The meet itself was held in the enclosed upper deck of the main grandstand and spectators sat in box seats while the racetrack served as a visual backdrop. The athletes were excellent, the judging

tough, the TV lights hot and the lifting riveting. Highlights included Danforth's 700 pound deadlift and the crisp, precise, textbook-style lifting of the two Russian old-timers, 48 year old multi-time world Champion Victor Naleikin and 44 year old Vlad Ivanenko - who recently broke Karwoski's IPF 242 pound record of 904 with 910. I traveled to the meet and shared a hotel room with Karwoski and when he saw the Russians it was like old home week. Scott Smith finally had the meet we all knew he was capable of. His squat of 850+ was deep and explosive, his 633 pound bench press was a clutch lift and his 750+ deadlift allowed him to capture second place to Coan. Smith, in a grand gesture, gave \$500 of his prize money to third place finisher Naleikin to help him defer air travel back to Russia. A class act from a class guy.

Incredible Eddie Coan totaled 2400 for the 4th time, more 2400 pound totals than any other lifter in history. Ed had gotten back that same week from John Binkowski's wedding in Hawaii and was a little jet-lagged and under the weather. Along with Doug Farnas and Paul Rodriguez, I handled Ed during his lifting - which is always an honor. Ed totaled 2400 on an average - not great - day. This bodes well for his future lifting. He vows to crack 2500 and I for one do not doubt him for an instant. His lifting, I thought, was akin to Mark McGwire hitting 63 home runs in the season following 70.

I talked to Nick Busick after the meet and he made it clear that the master plan was on track to this point. "Two years ago we lost money. Last year we awarded Victor Naleikin \$10,000 and still made money. This year it looks as though we will make even more money. Next year we hope to institute the team concept. We'll allow the lifters to form their own teams. To qualify they will have to lift in the USPF National Championships. I think the lure of tens of thousands in team prize money will ensure active participation by a wide cross section of the top powerlifters from around the world. The following year our plan calls for the institution of the total team concept, complete with draft. I already have sponsorship interest from a number of corporations, individuals and one professional sports team."

"It's enough to make your brain spin around in dizzy circles as you mull over the possibilities. We will be sure to provide you with periodic updates on Mr. Nick and the Master Plan. Nick Busick could be the guy who gets the powerlifting Moses to come in from the desert."



Nick Busick and his son Robert. (photograph by Herb Glossbrenner)

Magnus Samuelsson, "the big Swede", has an excellent record in World Strongest Man competition. For the year 1998 Magnus was the World's Strongest Man, laying claim to that title by winning the W.S.M. competition held that year in Tangiers. He is always a threat to the title when he competes and he has the distinction of being the only man to beat the great Jouka Ahola at World Strongest Man level for three consecutive years. This giant 6 ft. 6 in. 22 stone plus athlete made his debut at World Strongest Man level in Paradise Island in the Bahamas in 1995. Magnus, at that time, was by far the lightest contestant in his qualifying heat, going up against some truly big men in the form of Phil Martin (U.S.A.), Torvi Olafsson (ICELAND) and Nathan Jones (AUSTRALIA). By the time the qualifying round had ended Magnus had won three out of the four events and had qualified for the World's Strongest Man final in his very first effort.

At that time Magnus was around the 19 stone mark in bodyweight and his size compared to his competitors prompted one of the British commentators to state that Magnus looked like he had done only half of the Charles Atlas course, as Magnus' upper body development outstripped his lower body

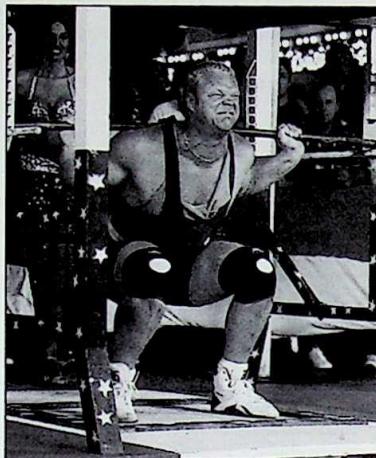
The Strongman Interviews

MAGNUS SAMUELSSON by Derek Cope

development by some margin. That comment certainly could not be made now about Magnus, as he has been involved with a training schedule that has helped him gain 30 Kg in bodyweight over the last 5 years.

Before strongmen events Magnus competed regularly in arm wrestling and won the Swedish title five times along with a European title. To gain power for arm wrestling, Magnus trained the powerlifts and as a junior competed in Bench Press competition. At age 19 Magnus hit an excellent 187.5 Kg. (413 lb.) bench at 110 Kg., but has bumped that lift up by a huge margin as he is now capable of a 270 Kg. (595 lb.) single with a loose shirt and a 250 Kg (551 lb) single raw.

While still a junior Magnus also had abundant leg and back power, but he was injured deadlifting and has had to use a cautious approach to leg and back training ever since. Indeed, one of Magnus' training philosophies is to train rather than strain in the gym and by avoiding injury in the gym Magnus can make



Magnus puts his lower body to work.

heavy lifts when it matters - in competition.

Magnus has a very busy schedule as he competes in the I.F.S.A. (International Federation Of Strength Athletes) Grand Prix events which take him all over the world but in the off season Magnus outlined his training as follows;

MONDAY: Leg Work - lower back. The leg press is worked heavily and deadlift assistance is done such as hack squats and leg curls.

TUESDAY: Chest & Triceps. The bench press is done first followed by 3 sets of 5 reps in the incline press followed by dumbbell incline press. To complete the workout triceps are worked with pulley pushdowns and one arm tricep extensions.

WEDNESDAY: Rest

THURSDAY: Deadlift followed by high pulls 5x5 and then power cleans 3x5. Bent over rows with palms out are hit with 3x5 to 8 followed by T-bar rows 3x6.

FRIDAY: Shoulders are worked hard with the log lift using a metal 'log' and on this day Magnus will warm-up, and then go up in singles to a maximum. Shoulder Press with heavy dumbbells completes this session.

The compound movements are worked with a rep system that was dreamed up by Eric Hougen someone who has helped Magnus very much. It is not a complicated system, but has aided Magnus to attain good strength gains along with the 30 kg bodyweight gain mentioned earlier. The set and rep structure is as follows; after a warmup, five singles are done with increasing poundage working up to a heavy last single. After these singles 3 sets

of 5 reps are hit with the last set of 5 being heavy. The workout is then completed with a medium poundage which Magnus will rep out to max.

A study of this program will show that all areas of the repetition scheme are covered. Heavy singles are accomplished while the athlete is still fresh. The last single is heavy, but is never a failed weight. Magnus tries to gradually coax the poundages up rather than force them, the 3 sets of 5 reps are excellent for strength and the pumpdown set flushes the muscles and prevents boredom or staleness as a different number of repetitions can be attacked each time. The lift is worked hard but is not overtrained - yet another benefit to this system that has helped Magnus so much.

Powerlifting and strongman training has certainly affected Magnus' life in a positive way. He is well known in Sweden and is sponsored by Valmet Valtra, a leading company in farm equipment. Prior to 1995 Magnus was a farmer and averaged a 12 hour work day. Nowadays, Magnus can schedule most of his time toward training and his strongman endeavours, but recognises that the farm work 'toughened him up' in preparation for what he does now.

Magnus' greatest friend and supporter is his wife Kristina who helps Magnus every step of the way. In the 1999 Maltese W.S.M. qualifiers it was Kristina who ensured that Magnus' lane in the medley was swept free of any loose grit and that the Atlas Stones that Magnus was preparing to lift were covered during a brief shower of rain. Magnus also credits Jamie Reeves in being very helpful with advice both on technique and training.

In closing the interview for PL USA, I asked Magnus what he felt his greatest achievement was and he obviously stated that winning the W.S.M. title for 1998 was the highlight of his career so far. However, Magnus also added that he is very proud to have accomplished all his strength feats drug free. Magnus made the point that in no way is he downgrading any who choose to follow a different path to his, but he gains great personal satisfaction in knowing that the gains he has made are natural ones and all his own.

At age 31 Magnus has, if he so chooses, the opportunity for a long career in strength athletics. Whether at World's Strongest Man level or Grand Prix level, any competition entered will be enhanced by the presence of this excellent all-round athlete, Magnus Samuelsson - The Big Swede.

LOUIE SIMMONS PRESENTS

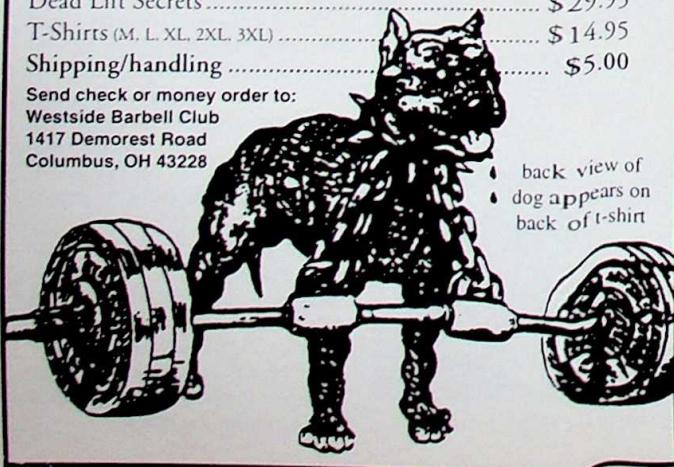
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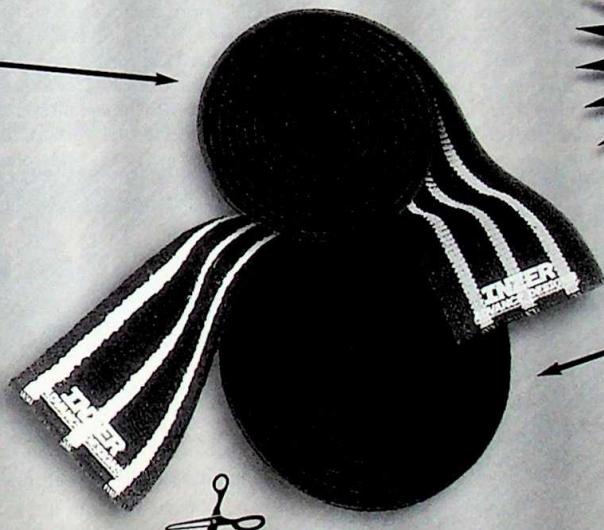
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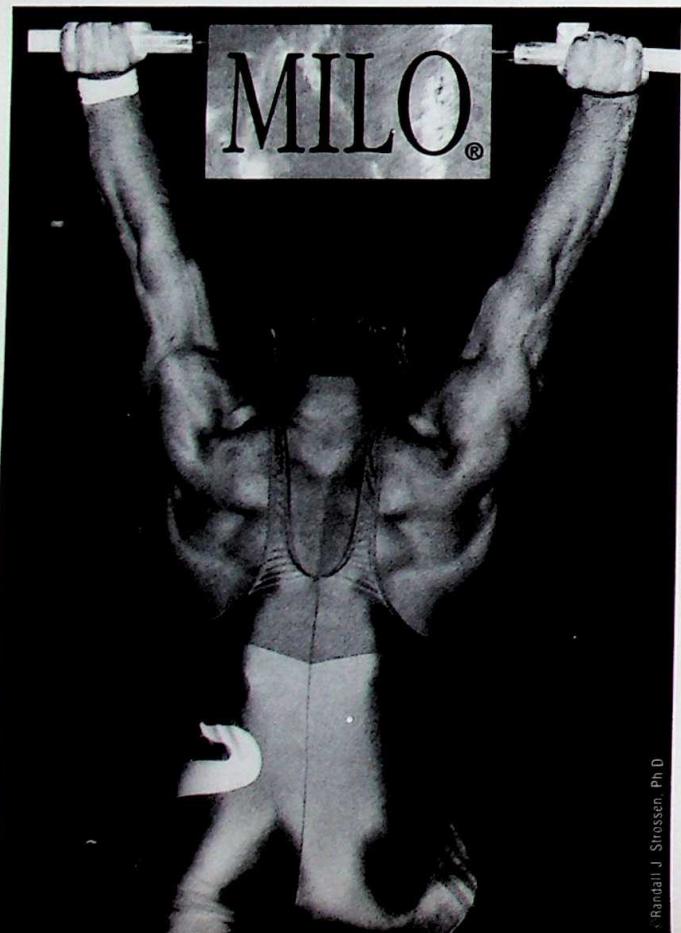
I received a shock yesterday, one strong enough to propel me to write this column. As a young man, I had a good appetite, in fact, many "knew" me because of what they considered to be a large appetite. When *PL USA* Editor In Chief Mike Lambert and I ate at a buffet at the 1980 Junior National Championships in El Dorado, Arkansas, he and others noted that I held my own with most of the superheavyweights and that was without trying. Over the years, with the responsibilities of a professional practice curtailing the calorie burning activities that my many physical labor related jobs involved, I've purposely reduced my caloric intake. As a teenager and in my early twenties, football fueled my desire to train and I was constantly attempting to gain muscular bodyweight. Once my involvement with that sport was completed, I had neither the desire nor need to weigh in excess of 220-230 pounds and that too influenced me to reduce my caloric intake and bodyweight. Eating less plus being "sensitive" to a number of foods that most lifters and health conscious people consider to be staples, limits my choices of intake, especially regarding protein. For a variety of reasons, including serious medical complications which have landed me in the hospital a few times, I cannot and do not eat fowl (chicken, turkey, duck, and - in N.Y.

More From Ken Leistner

City - pigeons!), eggs (which usually come from fowl), peanut butter, soy based products, and for intermittent periods of time, lactose/dairy based products. I grew up in a house where we never had fish (other than the obligatory Friday as-cheap-as-you-could-get-in-the-frozen-seafood-case fish sticks which I could usually not gag down) and so never eat fish by choice. This doesn't leave much past red meat for a protein needing athlete. Other than red meat, I'm limited to milk and egg protein powder during those periods of time that my intermittent lactose intolerance doesn't strike hard. As a change of pace and as an attempt to avoid the dairy related problems, I decided to try to boost my protein intake with an egg powder protein. While I am sensitive to the salmonella that often accompanies fowl and eggs, egg protein powder, or powdered eggs or egg whites, have been processed in a manner that eliminates this risk. Mixed with orange juice, it is a viable

alternative, and lower in fat and cholesterol than a milk and egg product mixed in milk or half and half. I finished training the Sunday of Memorial Day Weekend, and was wasted. I had actually trained on Saturday with my buddy, Jack, and while he pushed hard, I was way off, still in cruise control after my very difficult press and squat performance of a month prior. I felt unsatisfied and joined my son Sol for a Sunday session of rock lifting, farmers walk, and super yoke strolling in the driveway. Sol also squatted and did dumbbell deadlifts, but at his age, he was off and running later that evening with his buddies. I, of course, was looking for a place to lie down, but first I decided to charge over to the local GNC store, anxious to have the egg protein to begin the week. There are days when I just don't get enough protein, which is unusual for almost anyone involved in the weight sports as we are notorious, as a group, for over-indulging in that one macronutri-

ent. I almost fell over when I saw the price of the egg powder. As a boy, I swept out Hittleman's Bakery. I looked forward to the "bonus" of blueberry muffins and apple turnovers and it was interesting to watch the Hittleman brothers bake. When a bakery uses "eggs" in their batter, they usually use powdered eggs. You don't have a guy back there cracking six hundred eggs between 3 and 5AM and popping things into the oven. When I began to train, and later, realized that to gain muscular bodyweight I would need to ingest more calories and more protein than my usual fare provided, I bought nonfat milk powder at the store. Reading that Blair's Protein was the favorite of all of the California bodybuilders and lifters, I bought that when finances allowed, but when they didn't, I went back to the nonfat milk powder and mixed it with milk and various flavorings. I then asked the Hittlemans if I could have or purchase some of the egg powder to also mix into the shakes I was having three or four times per day. They were very gracious but after experiencing the great taste of Blair's protein powder (Iron Mind's Just Protein is very similar), the flavor of the egg powder was a real turn off. It was explained to me that the egg powder was often overcooked or otherwise processed to the point where the taste was harsh. This made the



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shakes sometimes difficult to choke down despite my dedication to gaining weight. One of my ploys, especially when using the egg powder as the base of my shake, was to jog over to Marvel, the soft ice cream stand in Lido Beach, a two and a half mile run from the house. There, the proprietor, a nice elderly woman who was concerned about my relative lack of bodyweight, would keep my powder, and often raw eggs, behind the counter where she would throw them into one of her otherwise usual shakes or malts. This made it possible to drink, no matter how bad the powder. Most often, I was not charged for the few pounds of egg powder that the Hittlemans gave me. When I was, it was reasonable, even for a teenager working a number of after school, weekend, and time off from school jobs. The cost of egg protein powder astounded me and I realized that buying eggs and microwaving them enough to kill any salmonella and then throwing them into orange juice was a much more financially palatable alternative. This drove me out of the GNC, empty handed. It also made me think of alternatives for those who just can't afford to put down \$10.00 or more for the protein or other powders. Protein powder is expensive and most lifters don't need

it, as they are usually getting in excess of any need for protein their bodies would normally have. Even three hundred pound lifters consume more than enough protein from the kitchen table, without the need for additional, supplemental amounts. I often don't, so need a "supplement", just to give me my minimal daily allowance. For those in need of excess calories and protein, Bob Whelan has had a number of articles and suggestions that are financially feasible for most. For those who like tuna or cottage cheese, think of these items as "protein supplements". Eat three or more meals and supplement those meals with one, two or three servings of tuna each day. Use a serving of cottage cheese as a between meal snack to provide protein. Eggs are still cheap and once again, what seems like the cyclical research and published findings now exonerates the egg as a primary culprit in the development of heart disease. Up until the late 1960s and early 1970s, it seemed that everyone in the United States began their day with two or three eggs, almost every morning. On the days that one didn't eat eggs, they ate French toast or pancakes, both made with eggs. A great gain weight treat in the old days were waffles, especially if covered with ice

cream and syrup and those too have egg in the batter. Then came the warnings that high cholesterol counts would lay out the typical male in short order, and eggs, being high in cholesterol, became the poster child for what not to eat for the heart health, intelligent individual. Egg consumption dropped hard and fast. The 1980s saw the advent of the "egg white omelet" where only the yolk, the carrier for the "bad cholesterol", would be eliminated. Dogs everywhere were thrilled as their masters whipped up six or eight egg whites at a time, flavoring the bland mess with salsa or a variety of nouvelle mustards, and tossed the yolks to the family pet. Now it seems as if the egg is making a comeback and science is stating that, even after all the hoopla, you can still eat plenty of them. Eggs are still a very cheap source of protein and while I would never suggest that one consume two to four dozen a day as bodybuilders from my day did (shades of Vic Downs and the late Dave Johns), they can serve as a protein supplement if mixed into one's favorite juice or milk. When I was trying to gain weight, I would throw a dozen eggs into a blender and drink them. This was easier than facing a plateful of twelve scrambled eggs and a lot faster to get down. There are a

number of government bulletins that instruct how to guard against salmonella infestation. Milk is still a cheap, easy to consume food that is relatively high in protein. If one consumes whole fat milk, it is also relatively high in calories if one drinks three to six quarts per day. That may seem excessive to this generation of lifters who believe that metabolic optimizers are part and parcel of "everyone's" diet, but heavy milk consumption was the way to go for those bodybuilders and lifters seeking to gain muscular bodyweight from the 1950s up until the time when it became obvious that there was a ton of money to be made by invoking the name of "science" in relation to athletic nutritional supplements. Eating a well balanced diet and then supplementing that with a few quarts of milk will supply anyone with plenty of calories and protein to grow on. I have always said that gaining muscular size is easy in theory; one has to train very hard in order to turn on the cell machinery for growth, and then supply the secondary factors, nutrition and rest. The nutrition is not as complicated as those who are in "the business" would have a gullible public believe and yes, it can be done with common foodstuffs, items all of us have been eating for most of our lives.

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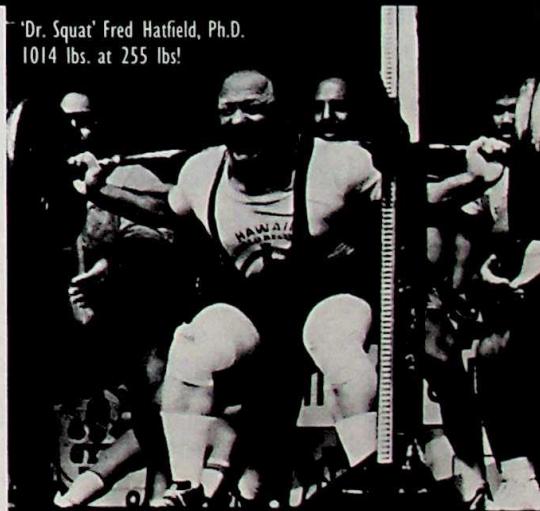
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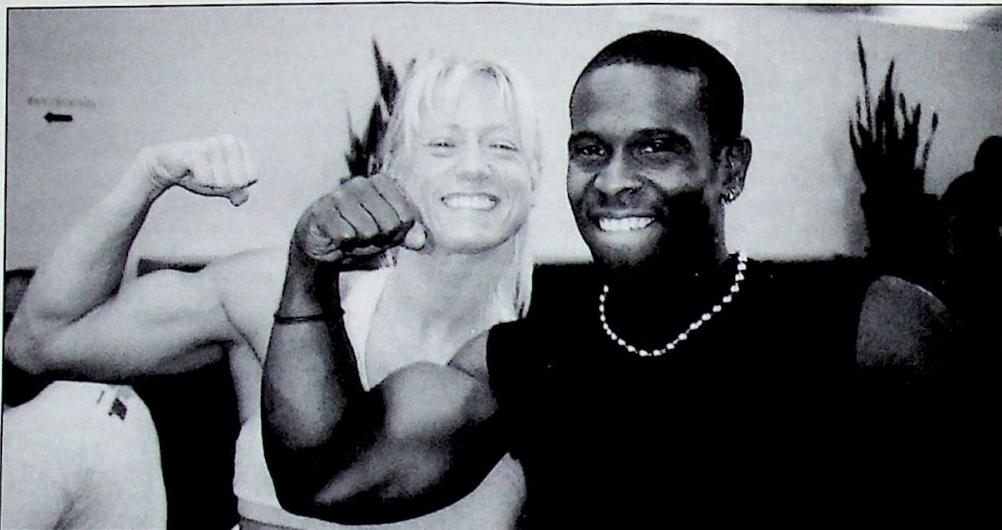
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WPC World Champ August Clark Bench Press Routine

Hello fellow powerlifters, my name is August Clark, Jr., but all my strength warriors call me "Coco Puff" (5'2" and buff with 18" arms). I'm from a small village in the country called Lonesome Pines, which is between Covington and Abita Springs, LA (about 35 miles north of New Orleans). I've always dreamed of taking my family names, Clark (dad) and Brent (mom) all over the country, maybe the world. That dream just seem to be just that, "A dream." I was basically too short (so they say) to play basketball, football, baseball, and track - every little boy's dream. But I promised my dad that I would make it in some sport and I did, Powerlifting. Before my pops died, December 19, 1999, he did get a chance to see me win two APF National titles, one WPC World title, set a world record in the bench press and win quite a few state and



August Clark Jr. compares biceps with fellow 123'er Nance Avigliano. (photo by Herb Glossbrenner)

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local titles. So with the help of God and my mentor/coach Jesse Kellum, I've become one of the best lightweight benchers in the world.

I'm going to present to you a bench press routine that I used to get where I'm at today. This is an eight week cycle, two days a week, one light day and one heavy day. This routine is based on a 300 lb. bench presser and should increase the max to 20 lbs. I trained the bench on Tuesday and Saturday - Tuesday being the light day and Saturday, my heavy day. Form is important to me, so use a full grip and a competition pause throughout the entire cycle. Remember, practice makes perfect. You will need your bench shirt and wrist wraps for last three weeks of heavy day workouts. Assistance exercises varies with me, but I'll give you a few that I believe helped my bench press. On Tuesday, 80% of max will be used for all eight weeks with three different routines. On Saturday, 80% for first four weeks and will be increased 5th - 8th week.

Warmups: 85x10, 135x8, 185x5, 205x1, 225x1. (Use some warmup every training day and contest day.)

Week 1: (Tuesday) 4 sets x 3 reps (240); (Saturday) 5s x 4r (240).

Week 2: (Tuesday) 3s x 4r (240); (Saturday) 5s x 4r (240)

Week 3: (Tuesday) 6s x 2r (240); (Saturday) 6s x 5r (240)

Week 4: (Tuesday) 4s x 3r (240); (Saturday) 7s x 5r (240)

Week 5: (Tuesday) 3s x 4r (240); (Saturday) 5s x 5r (255)

Week 6: (Tuesday) 6s x 2r (240); (Saturday) 4s x 4r (270)

Week 7: (Tuesday) 4s x 3r (240); (Saturday) 3s x 3r (285)

Week 8: (Tuesday) 3s x 4r (240); (Saturday) 2s x 2r (300)

Contest day: 1st - 285; 2nd - 305; 3rd - 320.

Light day assistance: Floor extensions 5s x 8-10 reps. Weighted dips and pull-ups 15-20 reps.

Heavy day assistance: Floor press, board press, rack lockouts. 5s x 3-5 reps. (Heavy) No benching the week of the contest.

Special thanks to my wife, Doretha, my coach Jesse and the Kellum PL Team, my family, Sid Campbell, Walter Mackay, Brian Brown Const., Hugh Lemoines, Skinny Bridges, Northlake Texaco, Mr. Joe (Rug Busters), my friends at World Gym in Covington, LA and PL USA for giving me this opportunity and making a little boy's dream come true. Thanks again and God Bless.

August Clark Jr.
Box 1454, Folsom, LA 70437
504-796-8019

If you've read my previous articles on the best rep scheme, you may remember I believed there was none. Sets of 8s, 5s, 3s or singles are all good choices, but the body will respond best if it's exposed to many different rep schemes over time. This keeps the muscles off balance, forcing them to grow. I was wrong and there was a best rep scheme, at least by varying the number of reps I was using that "best" scheme for some portion of my cycle. My suggestion was to vary your workset reps every 3-4 weeks. Perform 12 rep worksets for 3-4 weeks, then drop to 10s for 3-4 weeks, then to 8s, 5s, 3s, then finally singles to prep for a meet.

Most of my writing has dealt with reps for the 3 powerlifts. What about assistance work like presses, curls, rows, etc.? Is it best to follow the same scheme on your assistance work as you are for the 3 powerlifts? If you are doing 8s in the bench, do you do 8s on overhead presses? If you're doing singles in the deadlift do you single on curls?

It's a good idea to vary your reps on your assistance work as you do on your powerlifts, but it may not be desirable to follow the exact rep scheme. It makes little sense to single with curls or pulldowns. For assistance work, I would follow either the same rep scheme or a

STARTIN' OUT

A special section dedicated to the beginning lifter

Best Reps for Assistance Work as told to Powerlifting USA by DOUG DANIELS

slightly higher one. For example if you're on 8s for the powerlifts, use 8-10 reps on assistance. See the table that follows for guidelines.

Reps on the PL	Reps on assist.
12	12-15
10	10-12
8	8-10
5	5-8
3	5-8
1	no assistance work

These are suggestions; you can create your own matrix and alter it over time for variety. Notice also that the assistance reps were given in ranges. This allows the lifter to follow the same rep scheme for all his lifts or increase the reps on assistance work. You can also vary

the reps over a 3-4 week period by using 10s one week and 12s the next during your 10 rep period and so on. The key is not to go below 5s in assistance work. This increases the chances of injury and overtraining. Avoiding overtraining is especially important the last 2-3 weeks prior a meet. Doing heavy, low rep assistance work can add up when considering your recovery abilities. That's why I suggest no assistance work, outside of abs, for the final period.

Obviously, you must include some warmups. The amount of warmup volume will increase as the reps on assistance work decrease. I don't think you need as many war-

mup reps and sets on some of the assistance exercises as you do on the powerlifts, especially if you are working a bodypart or muscle group that you had already worked. For example if you finish benching, you do not need to do more than a few warmup reps for presses or tricep work. Back work is a little different as the lats and biceps are not directly worked or warmed up by the deadlift work preceding it. Perform just enough warmup volume to get accustomed to the feel and range of movement of the assistance exercise.

The goal of assistance exercises is to improve the powerlifts, they are not an end unto themselves. It doesn't matter how much you can curl or how much you can Arnold press - powerlifting results are measured on the platform in the Big Three. I believe there is no best rep scheme (or at least I'm not smart enough to know it). Cover all your bases and add variety to your routine by varying reps on both your powerlifts and assistance work during your training cycle. Next time you are asked by another lifter in the gym, 'what's the best rep scheme for assistance'; say 'yes'.

Doug's Web address:
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For the second year in a row, at Hawaii's Sea Life Park, the 'Beauty and the Beast' materialized into what may be the most prestigious strongman contest in the USA. Having grown every year since its inception in 1998, the B & B has attracted sponsors' prize money totaling nearly \$25,000, \$10,000 going to the first place winner. Such awards have necessitated that the world's best strength athletes attend. Coming from halfway around the world were such well-known competitors as Derek Boyer, Australia's Strongest Man; Svend Karlsen of Norway; Heinz Ollesch from Germany; and 1999 WSM runner up, Janne Virtanen of Finland. Along with the fine athletes from overseas were some of America's best including WSM competitors Phil Pfister of West Virginia, Whit Baskin of Oklahoma, Joe Onosai of American Samoa, and Mark Philippi of Las Vegas, Nevada - the 1998 B & B champion. Other notables included Chad Coy and Doug Ahr from Indiana, along with the Gillingham brothers, Karl and Wade from Minnesota, plus a couple of up and comers, Brian Schoonveld and Shawn Smith, also from Indiana.

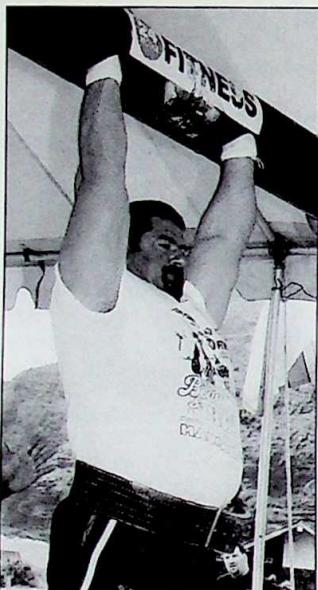
Starting on Friday, May 26th, a total of twenty four athletes drew lots to determine their starting positions. This took place at a buffet lunch held at one of the sponsor's restaurants, the Gordon Biersch micro-brewery, which was also the establishment that provided the kegs for the "throw for height" event. Along with the picking of lot numbers, each contestant's weight was recorded. With a scale that registered a maximum weight of 440 pounds, 6'8" Doug Ahr had to be listed as 440 plus. The other contestants' body weights ranged down to the lightest competitor, 6' Chad Coy at 260 pounds.

Unlike last year when International Federation Of Strength Athletes (IFSA) "pros" competed only in the final events, this year all contestants were required to qualify for the final. The first four events on the first day, May 27th, were qualifying events used for this purpose. Twelve contestants were "weeded" out, and twelve remained. By design of the promoter, Odd Haugen, these first four events were the toughest. The head judge for the competition was Finland's Timo Kangasluoma who has represented the IFSA interests in many big strongman contests in Finland. Timo was ably assisted by four-time World's Strongest Man, Magnus Ver Magnusson of Iceland. Because the IFSA sanctioned this contest, all American contestants, if they had not already, had to register with the

BEAUTY AND THE BEAST 2000 as told to Powerlifting USA by Christie Bridges

IFSA American affiliate, the National Strength Athletes Association (NSAA). These duties were administered by contestant Gary Mitchell's wife, Amanda. Both have been familiar faces for a number of years at many strongman contests in America.

THE QUALIFIER - The first



Heinz Ollesch of Germany winning the 24 Hour Fitness Log Lift.

event of the weekend was a very tough Farmer's Walk sponsored by 24 HOUR FITNESS. Two 275 lb. cylinders were to be carried 75 meters/246 feet within a 90 second time limit. Only 9 of the 24 contestants were able to complete the entire full distance. Phil Pfister edged out Janne Virtanen - 42.34 vs. 42.65. Jan Bartl of the Czech Republic was third with 44.06 seconds. It should be noted that Jan is also a world class shot putter, having represented his country in the last Olympics. Host Odd Haugen came in fourth.

The next event was the LIFE FITNESS Apollon Axle Lift. Here each contestant had to clean or continental a 265 lb. 2" thick barbell, then press or jerk it for as many reps as possible in 90 seconds. The bar could be put down for a rest period in that time, and then cleaned again for more presses, but if the bar was dropped, then one of the contestant's reps would be taken away. Everything went smoothly until Norway's Svend Karlsen did fourteen straight reps! Svend, having time to spare, decided to put the bar down and take a breather before attempting to do more. He managed a fifteenth repetition which

put him in first place, but time ran out and he let the bar drop. Svend therefore lost a point because he dropped the bar and was relegated to fourteen reps and second place. However, he strongly protested and convinced Magnus Ver Magnusson to reverse the decision. Thus Svend's fifteenth rep was counted, and he tied Jan Bartl for first place! Magnus' reasoning for reversing the decision was that Svend dropped the bar on the sixteenth rep attempt, and it was that rep that was under scrutiny, not the preceding one. Other notable performances on the Apollon Axle Lift were fourteen repetitions by Shawn Smith, Mark Philippi and Brian Schoonveld who tied for second, and a three-way, thirteen point tie for third among Phil Pfister, Joe Onosai, and Heinz Ollesch.

The third event was the ERGOGEN LABS Super Yoke Race, another grueling affair where two contestants paired off in heats based upon placement in their previous event. Here two 800 pound



Mark Philippi, strongman and powerlifter extraordinaire in the Ergogen Labs Super Yoke. (All photos provided by C. L. Bridges)

yokes each made of cylinders filled with lead and suspended on a crossbar, had to be carried thirty meters (approximately 100 feet). This was five meters farther than last year's yoke race and proved to be tougher than many contestants had anticipated. The rules allowed only one setdown on the course, and only ten of the twenty-four competitors finished the full distance in the 90 second time limit. One of the favorites to fall by the wayside was last year's winner of The Yoke, Joe Onosai. As it were, Svend Karlsen blew away the rest of the field with

an outstanding 16.97 seconds. Janne Virtanen was second, a full four seconds behind Svend at 20.97 seconds. Third place went to Heinz Ollesch with 23.50 seconds, and 50 year old Odd Haugen came in a close fourth with 23.70 seconds.

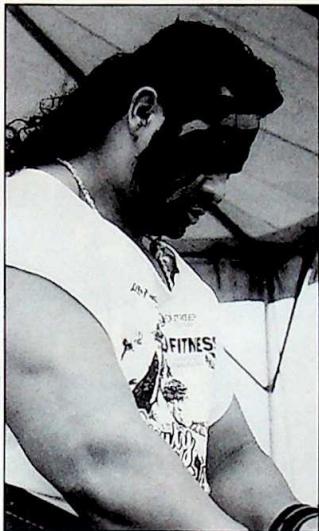
The fourth event, the OHANA HOTELS Medley, was the final qualifying event. As expected this proved to make or break many contestants. Without a doubt it was the toughest event of the contest as evidenced by the completion of the full course by only 4 of the 24 competitors within the designated 2 minute time period! Here each contestant paired off with another - first flipping an 800 lb. tire four times then carrying a 440 lb. weight with a handle 50 feet to a sled. From there the contestant ran back 50 feet and picked up and carried a large and awkward 220 lb. round stone to the sled. If the stone was dropped and rolled forward, it had to be returned to the point of the drop before it could be lifted and carried to the sled. Once the sled was loaded with the full 660 pounds, it had to be dragged 50 feet to the finish line. Of the four who completed the course, Svend Karlsen showed why he is one of the world's best strongmen. He finished with a fantastic time of 1:20.69; Janne Virtanen was second, a full nine seconds slower than Svend at 1:29.69, and Heinz Ollesch came in third with a time of 1:49.78. Karl Gillingham surprised everyone by finishing right at the whistle with a 2:00 flat for fourth place.

THE FINAL - Like last year, the last event of the first day was the first event of the Final. The ATLANTIS Trolley Pull would contest against each other only the best twelve men from the first four events. Also the venue for this event was moved to downtown Honolulu at the mall of the Aloha Tower, one of the city's most notable landmarks. After about a 30 minute delay in order to recruit extra bodies to ride on the trolley (and thus add weight), Chad Coy started things off. He was followed by Derek Boyer, Jan Bartl, and Whit Baskin. At this point it appeared Whit's 30.47 seconds was the time to beat, as no one seemed to be able to break the 30 second mark. Then Phil Pfister stepped up and blew away the field with an outstanding 24.97 seconds. Phil's time stood, giving him first place. Janne Virtanen got second place with a time of 25.88 seconds, and veteran Heinz Ollesch was third in 26.96 seconds.

DAY TWO - The first event on Sunday, and the second event of the Final was the 24 HOUR FITNESS Log Lift. The winning weight this year, 374 lbs., was the same as

last years'. Each contestant had four attempts to lift 275, 297, 319, 330, 341, 352, 363, 374 and 385 lbs. Heinz Ollesch pressed 374 on his fourth attempt, but Svend Karlsen waited out Heinz believing he could win the event outright with a 385 lb. attempt. Although close, Svend was unsuccessful, and because he made 363 lbs. on his third attempt, he edged out Mark Philippi who needed four attempts to get to the same weight. Another notable performance for fourth place was a 352 lb. lift by 22 year old Whit Baskin.

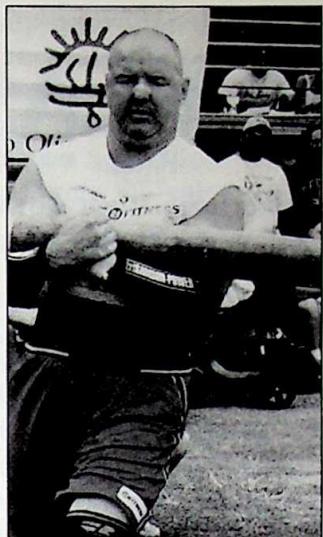
The third event of the Final, the Conan Wheel, sponsored by ERGOGEN LABS, brought forth a little controversy! On this event, a



Derek Boyer getting psyched for a max 24 Hour Fitness Log Lift.

weighted pole attached to an axis is lifted in the crook of the arms and a load is suspended at the opposite end of the axis. It is then walked around in a circle for distance until it is dropped. The event apparently got its name from an apparatus that was seen in the movie "Conan The Barbarian". No pun intended, but the old saying is, "the squeaky wheel gets the grease". In this case Phil Pfister was the squeaky wheel! Phil, who was leading with the farthest distance, vehemently protested

when Janne Virtanen passed his distance. Phil's gripe was that Janne had his belt buckle in front, which was a clear violation of the rules.

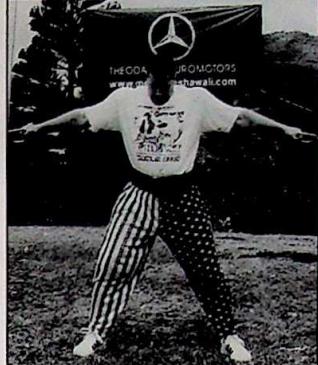


Odd Haugen making the rounds on the Ergogen Labs Conan Wheel. Haugen is a proponent of Apex and Ergogen Labs products. (Photos by Christie Bridges)

Thus it was ruled that Janne had to do the walk again, and this dropped him to fourth place behind Svend Karlsen and Derek Boyer. Also the turn of events on the Conan's Wheel put Svend Karlsen in overall first place at the halfway point of the final. With three events remaining Svend led with 71.75 points; Janne was second with 69 and Heinz Ollesch was close behind in third with 68.5. So it appeared to be a three-man race for the \$10,000 first prize.

The fourth event of the Final, the Mercedes Benz 320 ML Hercules Hold, sponsored by THEODAVIES EUROMOTORS, may well have been the most difficult Hercules Hold to date. Jan Bartl, who had placed last on the Conan's Wheel, went first and set a mark of 29.99 seconds, which amazed everyone when it stood to win the event. Karl Gillingham was

second with 24.63 seconds and Janne stayed close with 23.19 seconds. It should be noted, that Jan



Karl Gillingham finishing second in the Theo Davies Euromotors Mercedes Benz 320 ML Hercules Hold. (C. L. Bridges)

Bartl's win on the Hercules Hold was no fluke! Just two nights previous Jan had proved he had a super



Janne Virtanen triumphant after winning the Life Fitness Power Stairs and overall competition.

grip when he set a world record on a thick handled, one-hand deadlift. Using an apparatus called a Rolling Thunder manufactured by IronMind Enterprises, Jan set a world record of 265.4 lbs. IronMind's owner,

Randall Strossen, was on hand to record this lift for posterity.

The fifth event of the Final, the GORDON BIERSCH Keg Toss, allowed the contestants to relax a little. Even Magnus Ver Magnusson got into the act by demonstrating his prowess. Magnus decided to forego the contest due to minor knee surgery to remove calcium deposits from his patellas. However, in order to furnish some extra entertainment he did the Keg Toss, and the crowd loved it when he easily cleared 17' while throwing with one arm. Having won four WSM titles, Magnus draws attention wherever he goes, and he is always very gracious to his many admirers. The best throw with the 44-lb. beer keg was a height of 18' by Mark Philippi. In fact, this event proved to be the best showing for the American athletes, with Whit Baskin and Karl Gillingham getting second and third places respectively. They tied with a height of 17'6", but Whit got second place based on fewer misses.

Going into the sixth and final event the top two places were about as close as they could be! If Janne Virtanen (86.5 points) won the event, he would win the \$10,000 first prize; the same applied if Svend Karlsen (85.75 points) won. This event, the LIFE FITNESS Power Stairs, proved to be a tough finale. Each contestant had to lift and carry up six, seventeen inch high steps, three, 440 lb. weights. Eight of the twelve finalists finished with all three weights on top of the stairs at the end of the 90 second time limit. Svend, who was the second to the last to go, registered a fantastic time of 39.07 seconds. All Janne had to do was beat that time. Without any hesitation he seemed to breeze up the stairs posting an astonishing 35.09 seconds for to win the event and the \$10,000.

The 2000 B&B had all the ingredients of a great contest. It had the best athletes the sport has to offer; the venue and weather made for a great holiday atmosphere; finally, the events ranked with the best contests around. In fact, some

contestants were overheard saying they thought the B&B was better than the WSM. All this and a great bikini fitness contest too!

OVERALL POINTS:
Janne Virtanen - 98.5;
Svend Karlsen - 96.75;
Heinz Ollesch - 87; Phil
Pfister - 86; Mark Philippi -
83.5; Karl Gillingham - 77;
Whit Baskin - 73; Odd
Haugen - 62.75; Jan Bartl
- 62.25; Derek Boyer -
59.25; Brian Schoonveld -
58; Chad Coy - 39.25



Last, but definitely not least, **The Beauties!** (Photographs provided courtesy of Christie L. Bridges to PL USA.)

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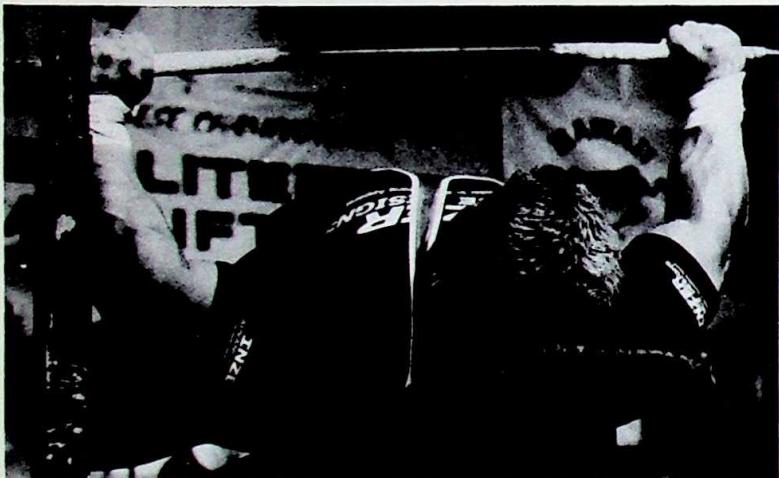
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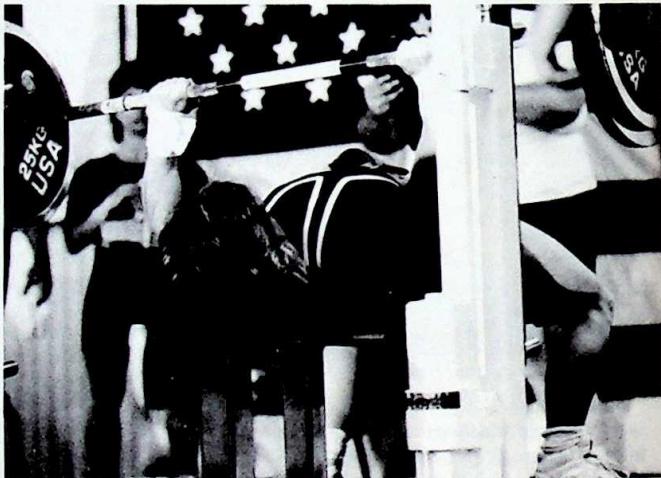


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Ask the Doctor

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 K0K 3K0 (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: I was squatting on Thursday morning. My goal was to squat what I normally could squat ten times and do it thirty. The first fifteen, no problem, next five I struggled a little. I then did three, two, and the rest I had to do as singles. During this squat session I did not rack the weight. But I did and still do have a little problem and I need some advice. On the fourth single I heard a small pop inside my head and then it felt like my head was going to explode. It started in the back and worked its way forward. All I remember was racking the weight and falling down. My partner said I was out for about five minutes. I blew it off - thinking no big deal. On Friday I was straining and the same thing happened again. Kind of freaked me out a little. So what I am saying is I need some advice. I live in a state that has lots of pencil neck geeks for doctors. The first thing they will say is to stop lifting and to find another sport. Thanks in advance for the help and sorry for the long post. **Richard S.**

DEAR RICHARD: The kind of thing you're experiencing could be nothing but a bad pull or it could be secondary to high blood pressure or even something more serious. The only way to find out which is to see your doctor and have him check you out for any cardiovascular/neurological/musculoskeletal problems. I wouldn't shrug it off. You should have it looked into. Let me know how it turns out. **Mauro Di Pasquale M.D.**

(2nd Question from Richard S.)

DEAR MAURO: The doctor said my blood pressure is high but all tests were negative. He gave me Atenolol 50mg a day. This does not sound smart. Would this not be treating the symptom and not the source? I do not know - I am just irritated. This is for high blood pressure. I do not want to take a pill for the rest of my life. I would rather eat better, train better, or smarter. Any advice? THANKS. **Richard S.**

DEAR RICHARD: Atenolol is a beta blocker and as such it is a good medication for people with hypertension and it's cardioprotective as well. On the other hand it can leave feeling somewhat tired and as such can be counter productive for working out. Doctors usually deal with high blood pressure by prescribing medication in order to control the hypertension as soon as possible. They rightly don't want to take the risk that something might happen if they don't normalize the blood pressure somewhat quickly. The way I would approach this is to take the medication while at the same time doing what you can to naturally decrease your blood pressure. That would include weight and fat loss if you need to, cutting back on salt, taking some of the nutritional supplements that are good for blood pressure and the cardiovascular system in general such as the essential fatty acids especially the omega 3 as found in fish oil (Singer P, Jaeger W, Berger J, et al. Effects of dietary oleic, linoleic and alpha-linolenic acids on blood pressure, serum lipids, lipoproteins and the formation of eicosanoid precursors in patients with mild essential hypertension. *J Human Hypertension* 1990;4:227-33.), calcium, chromium, manganese, and some herbs. As the blood pressure normalizes then you can ~~wean~~ take it and perhaps eventually cut out the medication. Of course you should continue to keep track of your blood pressure while you're cutting back on the medication and after you stop taking it. I hope that this information helps. **Mauro Di Pasquale M.D.**

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(3rd Question from Richard S.)

DEAR MAURO: I have not taken Atenolol now for three weeks. I have monitored my blood pressure and the numbers are low. I feel great and my lifting is returning normal. However, I did notice that when I squat my blood pressure is high along with the head pain. So I have been watching my form on the squat. When I place the bar low across my back this does not happen. If it is placed high it happens. I talked to the doctor about this and all he said was, "that's interesting." Well I will continue to squat with the bar placed low on my back. Thank you for your help. **Richard S.**

DEAR RICHARD: Obviously, you should squat with the bar lower on your back. It's best that way anyway if you're looking to push the most weight. It would be unusual for the bar placement to affect your blood pressure unless somehow the abdominal compression is increased with the higher placing of the bar. It sounds to me like you're exerting some pressure on one of the cervical vertebrae, muscle and/or nerve to cause your symptoms. I'd see a good sports chiropractor or therapist to have a good look at you and see if there isn't some structural compression creating some of your problems. **Mauro Di Pasquale M.D.**

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WOMEN'S TOP 50 ALL-TIME

90 +kg. (SHW) as ranked by Herb Glossbrenner

WOMEN'S TOP 50 ALL-TIME									
SQUAT	Costanzo, L	22Nov87	90 +kg. (SHW)	as ranked by Herb Glossbrenner	450	Nansteel, T	17Dec94		
628	Trujillo, J	31Jul94			450	Ferebee, K	20Mar99		
611	Arvin, J	29Mar97			446	Schaefer, L	18Apr99		
575	Todd, J	31Jan81	446	Berkley, V	01Apr89	264	Smith, L	06Dec97	
545	Corson, S	24Apr92	441	Adams, H	06Aug88	264	Sale, N	25Jan98	
545	Sizemore, K	16Jun00	440	Spray, L	28Feb87	264	Harms, L	22Jun97	
525	Sternberg,	09Nov95	440	Day, J	10Feb96	264	Johnson, M	(30)	
523	Reshel, D	01Dec89	440	Wojcik, S	18May96	259	Scopacasa	15Jan94	
523	Scopacasa	23Sep98	440	Pledger	06Nov99	259	Bourg, B	24May98	
523	Willet, L	16May909	(50)			(40)	Borch, A	04Jul98	
			BENCH PRESS		255	(40)	McClurg, E	22Mar98	
510	Meany, S	07Jun86	405	Sizemore, K	16Jun00	253	U'glay, D	31Jan88	
507	McElroy, a	01Feb86	400	Arvin, J	08Feb98	253	Day, J	30Jul94	
507	U'glay, D	31Jan88	352	Ferrell, D	26May00	253	Chaney, T	05Apr98	
507	Klein, C	31Jan88	336	Trujillo, J	30Jul94	253	Nansteel, T	17May98	
501	Lewis, M	19Mar88	323	Regan, C	11Mar92	253	Hallen, S	6Apr00	
500	Nansteel, T	17Dec94	319	Nutt, N	14Nov98	250	Clark, P	10Nov90	
490	Lott, C	26Oct83	319	Malone, T	24Jun00	250	Vandykie	(40)	
490	Butler, J	15May88	314	Costanzo, L	22Nov87	250	Roberts, B	18Apr93	
483	Perry, V	04Mar93	314	Nawrocki,	28Jul90	250	Wojcik, S	29Oct94	
483	Schulz, J	08May94	314	Corson, S	27May94	(50)		418	
			(10)				DEADLIFT	418	
485	Clark, J	08May94	314	Willet, L	26May00	567	Reshel, D	01Dec89	
485	McClellan	14Jun98	303	Sharon, D	06Jul91	563	Nawrocki, L	06May90	
485	Greenup, S	08Oct99	303	Perry, V	17Aug96	563	Arvin, J	08Feb98	
479	Regan, C	11May85	303	Hembree, V	6May00	540	Lewis, M	19Mar88	
479	Capriglione	22Apr89	300	Butler, J	13May88	534	Lott, C	26Oct85	
475	Mitnik, S	17Jun85	300	Curry, P	26Jul97	530	Meaney, S	15Nov85	
475	Ferebee, K	20Mar99	295	Meany, S	07Jun86	529	Perry, V	19Jun92	
473	Sander, W	30Jan83	292	Schulz, J	21Nov91	523	Costanzo, L	31May87	
473	Nawrocki	28Jul90	286	Sander, W	30Jan83	510	Coyer, R	1485	
473	Curry, P	26Oct91	286	Day, J	28Feb98	508	Sanders, W	22Apr95	
			(20)			(10)		1421	
473	Leiferman	09Mar97	286	Pitts, K	24Jun00	501	Price, D	12May81	
473	Sale, N	23Jan98	281	Klein, C	18Jul87	501	Chancy, T	1330	
473	Morgan, J	28Feb99	281	Sale, N	23Jan98	485	Trujillo, J	15Feb98	
470	May, R	14Apr99	281	Thoms, S	01May99	479	Todd, J	31Jul94	
468	Clark, M	06Apr91	280	Whitman	04Mar90	473	Sternberg	1300	
462	Clifton, C	24Apr88	280	Otis, G	12Jul97	473	McClellan	21Oct89	
460	Mathis, B	31Mar90	280	Pole, S	16Jun00	468	Bohach, A	09Sep97	
451	Helms, M	01Feb86	275	Lott, C	26Oct97	462	McElroy, A	07Nov82	
451	Gonsalves	24Apr88	275	Vjesalicu, Z	01Aug87	462	Waters, C	07Nov82	
451	Waters, C	22Apr89	273	Adams, H	06Aug88	462	Crocker, B	24Apr88	
			(40)			(20)		1262	
451	Jewell, K	17Jun89	272	Silvani, M	11Aug93	462	Curry, P	26May90	
451	Avey, N	21Nov92	270	Sternberg	09Nov85	460	Corson, S	1229	
451	Khalaf, M	10Aug96	270	Coyer, R	22Apr83	457	Hoffman, A	1220	
450	Pole, S	16Jun00	265	Carroll, R	9Jun00	451	Willet, L	02Mar91	
			(40)			(20)		1201	
451	Jewell, K	17Jun89	272	Silvani, M	11Aug93	462	Perry, V	01Feb86	
451	Avey, N	21Nov92	270	Sternberg	09Nov85	460	Corson, S	1201	
451	Khalaf, M	10Aug96	270	Coyer, R	22Apr83	457	Hoffman, A	24Apr88	
450	Pole, S	16Jun00	265	Carroll, R	9Jun00	451	Willet, L	17Dec94	
			(40)			(20)		1195	



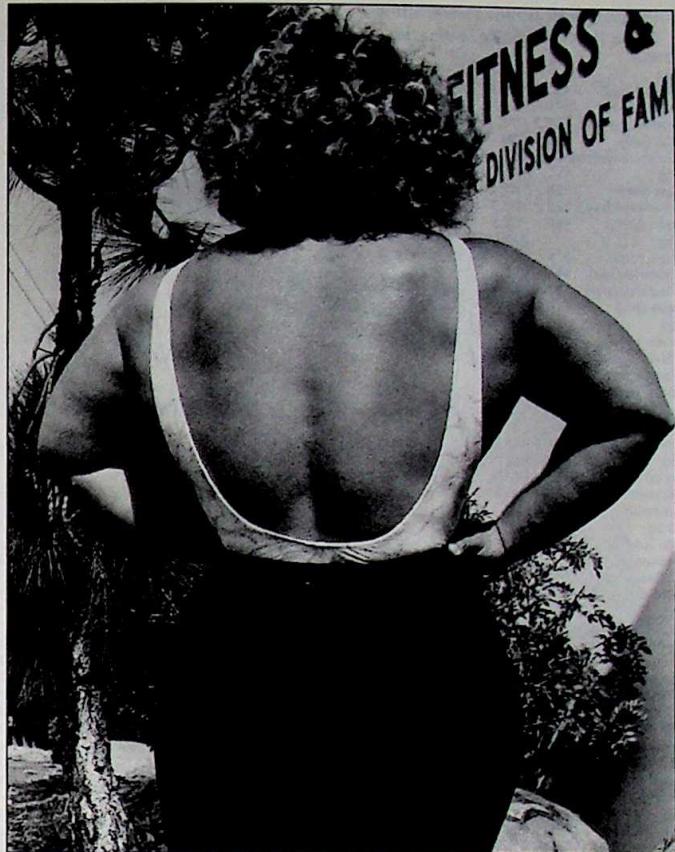
Lorraine Costanzo, the former IPF World Champion, remains highly ranked in all the power disciplines.

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308	R. Mathias	21 AUG 94	J. Lentz	19 JUN 93
302	A. Blakely	11 DEC 93		
300	A. Weisberger	15 JUN 00		
148		198	K. Allen	26 APR 97
352	P. Suzuki	28 APR 95	384	J. Harrell
308	J. Roge	07 AUG 93	350	D. Sharon
308	V. Steenrod	31 OCT 93	332	D. Poston
300	A. Weisberger	15 APR 00	330	L. Boshoven
165		325	J. Arvin	27 APR 96
403	P. Suzuki	10 JUN 00	305	L. Nawrocki
391	D. Erney	11 NOV 95	303	S. Corson
374	S. Vandeweghe	13 DEC 98	300	C. Regan
319	V. Steenrod	20 OCT 95	300	B. Kepley
315	T. Dianda	26 MAY 94	UNL	
310	L.J. Wood	02 MAY 87	405	K. Sizemore
308	J. Scanlon	10 JUN 00	400	J. Arvin
303	J. Lentz	07 OCT 95	336	J. Trujillo
303	B. Priest	09 MAY 98	319	N. Nutt
300	C. Williams	29 JAN 00	314	L. Costanzo
181		314	314	L. Nawrocki
402	T. Grimwood	29 MAY 94	314	S. Corson
365	J. Harrell	87	303	T. Malone
328	Dewitt-Poston	20 APR 85	300	D. Sharon
325	K. Allen	27 MAR 93	303	V. Perry
325	D. Whitman	17 APR 94	303	L. Willett
325	J. Brown	20 MAR 99	300	J. Butler
320	L. Boshoven	04 DEC 99	300	P. Curry
319	L.J. Wood	21 NOV 87	59	Performers by 46 lifters in 6 categories... 11
318	D. Sharon	13 JUN 92	ladies appear in 2 different classes. Jan Harrell	
314	T. Byland	16 JUN 88	is history's only woman to BP in excess of 300	
314	K. Ford	06 NOV 98	in 3 separate bwt. classes. 4 have surpassed the	
308	J. Havelka	14 AUG 99	400 barrier. Tamara Grimwood became the	
303	L. Verhagen	13 AUG 88	first in 1994, Jolynn Arvin surpassed the 400	
303	S. Robertson	28 JUL 90	threshold 2 years ago. Two more new 400	

300	S. Powell	08 OCT 88
300	C. Regan	13 OCT 90
300	J. Lentz	19 JUN 93
390	K. Allen	26 APR 97
384	J. Harrell	11 JUL 87
350	D. Sharon	02 NOV 92
332	D. Poston	26 APR 85
330	L. Boshoven	27 APR 96
325	J. Arvin	11 FEB 96
305	L. Nawrocki	22 OCT 88
303	S. Corson	18 JUN 93
300	C. Regan	01 DEC 90
300	B. Kepley	04 DEC 93
405	K. Sizemore	15 JUN 00
400	J. Arvin	08 FEB 98
336	J. Trujillo	30 JUL 94
319	N. Nutt	14 NOV 98
314	L. Costanzo	22 NOV 87
314	L. Nawrocki	28 JUL 90
314	S. Corson	27 MAY 94
314	T. Malone	25 SEP 99
303	D. Sharon	06 JUL 91
303	V. Perry	17 AUG 96
303	L. Willett	30 JAN 00
300	J. Butler	15 MAY 88
300	P. Curry	26 JUL 97

59 Performers by 46 lifters in 6 categories... 11 ladies appear in 2 different classes. Jan Harrell is history's only woman to BP in excess of 300 in 3 separate bwt. classes. 4 have surpassed the 400 barrier. Tamara Grimwood became the first in 1994, Jolynn Arvin surpassed the 400 threshold 2 years ago. Two more new 400 members just this year with Paula Suzuki's 403.4 at the APF Seniors at 161 Bodyweight. By far the greatest women's BP pound for pound and the heaviest lift until surpassed with 405 by super heavy weight (280 plus) Karen Sizemore at the IPA World's June 15th.



On the List in 3 Classes: Jan Harrell, when she weighed 180 and benched 365. She reportedly had a 50 inch chest and 18 inch arms.

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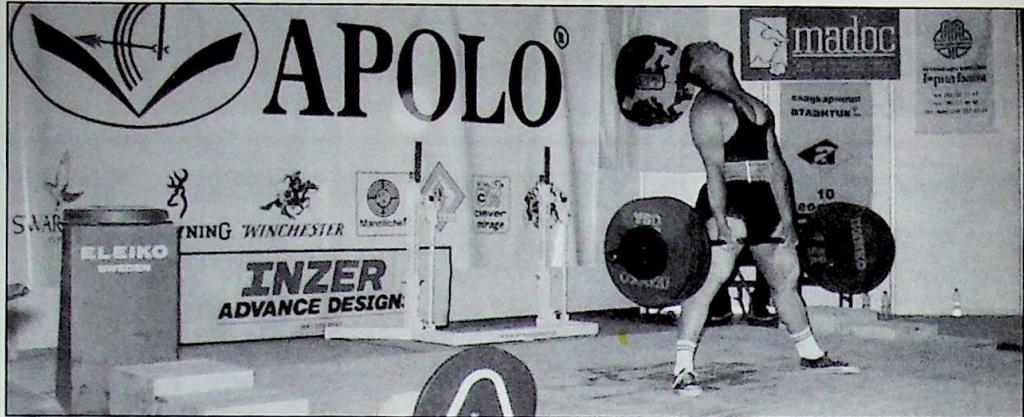
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2000 European Junior Powerlifting
15-18 JUN 00 - Sofia, Bulgaria

	WOMEN	SQ	BP	DL	TOT
44 kg					
Natalia I (rus)	122.5	67.5	137.5	327.5	
Lepanise (fra)	115	77.5	135	327.5	
Chernovtsan (ukr)	122.5	72.5	127.5	322.5	
Rutka (pol)	125	50	125	300	
Raduhovskaya (blr)	102.5	62.5	115	280	
48 kg					
Lasina (rus)	155	85	110	350	
Pavlovskaya (rus)	125	72.5	150	347.5	
Tronke (ger)	110	57.5	115	282.5	
52 kg					
Eltsova (rus)	175	100	162.5	437.5	
Gordienko (ukr)	140	77.5	150	367.5	
Kartoshova (ukr)	122.5	65	130	317.5	
Farqua (fra)	117.5	57.5	137.5	312.5	
56 kg					
Kehanen (fin)	165	85	167.5	417.5	
Perfilieva (rus)	165	87.5	165	417.5	
Florczyk (pol)	160	75	157.5	392.5	
Ivanova (ukr)	160	75	150	385	
Synelnikova (ukr)	142.5	85	150	377.5	
Raquat (fra)	127.5	67.5	152.5	347.5	
Kruger (ger)	115	65	150	330	
60 kg					
Vitzska (ukr)	175	110	205	490	
Zhylyskaya (blr)	175	112.5	180	467.5	
Leszczynska (pol)	182.5	70	180	432.5	
67.5 kg					
Sasko (ukr)	210	105	195	510	
Koskinen (fin)	165	95	150	410	
Karasinska (polo)	160	75	155	390	
Zaugolova (rus)					
75 kg					
Starodubtseva (ukr)	190	115	200	505	
Przytulska (pol)	190	105	180	475	
Krivenko (rus)	170	85	170	425	
Blinnicka (fin)	160	95	160	415	
Sedlickova (svk)	155	70	185	410	
82.5 kg					
Yurik (rus)	205	140!	210	555	
Kruger (ger)	170	95	187.5	452.5	
Zieba (pol)	190	90	170	450	
Hugdal (nor)	172.5	92.5	160	425	
Dziewicz (pol)	160	92.5	170	422.5	
90 kg					
Kurina (rus)	228!	100	202.5	530	
Slivinska (pol)	180	112.5	172.5	465	
Meuler (nth)	170	112.5	167.5	450	
Busby (gbr)	165	82.5	165	412.5	
90+ kg					
Avilkina (rus)	235	127.5	200	562.5	
Torska (ukr)	205	120	180	505	
Best Lifter					
Vitzska (ukr)	175	110	205	490	
Eltsova (rus)	175	100	162.5	437.5	
Sasko (ukr)	210	105	195	510	
MEN					
52 kg					
Wszola (pol)	212.5	117.5	180	510	
Panin (rus)	195	112.5	195	502.5	
Bihari (svk)	150	90	165	405	
Kostura (svk)	150	85	165	400	
56 kg					
Asabin (rus)	232.5	137.5	210	580	
Tinebra (fra)	207.5	130	195	532.5	
Rzani (pol)	160	95	160	415	
60 kg					
Zyagintsev (rus)	240	140	220	600	
Kutcher (ukr)	207.5	137.5	210	555	
Kytola (fin)	205	110	225	540	
Rozanski (pol)	190	122.5	220	532.5	
Bachetevan (bul)	190	127.5	190	507.5	
Christov (bul)					
67.5 kg					
Sokolov (rus)	250	165	260	675	
Jacek (pol)	250	155	250	655	
Posheliuk (blr)	225	157.5	255	637.5	
Olynyk (ukr)	230	147.5	235	612.5	
Kenis (cze)	235	145	220	600	
Andersen (den)	210	140	210	560	
Michailov (bul)	175	122.5	225	522.5	
Dimitrov (bul)	195	102.5	207.5	505	



Sensational Nikolay Suslov lifting in the 220 lb. class at the EPF Junior European Championships (Popov)

Kearnlon (gbr) 202.5 97.5 200 500 Bialous (pol) 315 210 292.5 817.5
 75 kg Pelov (bul) 290 220 280 790 Cervenak (svk) 295 200 290 785
 Vysotskyy (ukr) 300.5 177.5 270 747.5 Fuller (gbr) 300 175 290 765
 Vostrikov (rus) 287.5 180 275 742.5 Best Lifter
 Ivzhenko (ukr) 287.5 162.5 270 720 Suslov (rus) 382.5! 230 342.5 955!
 Andersson (swe) 247.5 165 282.5 695 Shlyakhta (ukr) 305 175 327.5 807.5
 Nyssonnen (fin) 255 170 270 695 Papazov (ukr) 371.5! 242.5 320 932.5!
 Nowak (ger) 247.5 177.5 232.5 657.5 ! Denotes world records. Team Points Women: 1)
 Haddou (fra) 240 160 230 630 Russia - 72; 2) Ukraine - 62; 3) Poland - 50; 4)
 Gajta (yug) 185 140 240 565 Backstrom (swe) Finland - 28; 5) Germany - 26; 7)
 Bowman (gbr) 82.5 kg Shlyakhta (ukr) 305 175 327.5 807.5
 Kopienka (pol) 285 167.5 300 752.5 Grabski (pol) 280 195 250 720
 Eriksson (swe) 255 150 270 675 Kirketeig (nor) 250 140 240 630
 McGowan (gbr) 225 140 232.5 597.5
 90 kg Freydun (ukr) 315 205 297.5 817.5 Kopienka (pol) 310 170 320 800
 Didoyuk (ukr) 330! 197.5 285 812.5 Hornik (cze) 280 200 300 780
 Rudenko (rus) 320 192.5 290 802.5 Ogg (gbr) 270 150 277.5 697.5
 Kopienka (pol) 310 170 320 800 Ivanov (bul) 277.5 170 240 687.5
 Seibel (ger) 307.5 195 270 772.5 Achif (nth) 250 152.5 260 662.5
 100 kg Suslov (rus) 382.5! 230 342.5 955! Kusenda (svk) 280
 Vyshnitsky (ukr) 310 180 320 810 Sharovatov (rus) 290 202.5 302.5 795
 Chakur (blr) 307.5 205 282.5 795 Heikkil (swe) 280 195 285 760
 Filippkowski (pol) 280 195 285 760 Omland (nor) 290 187.5 270 747.5
 Korzeb (pol) 305 200 265 770 Hochstein (ger) 280 190 250 720
 Taylor (gbr) 175 137.5 235 547.5 Karmaukov (ukr) 295 177.5 315 787.5
 Parashkevov (bul) 125 kg Papazov (ukr) 371.5! 242.5 320 932.5!
 Medvedev (rus) 345 220 305 870 Dedulic (rus) 365 220 310 895
 Kopola (fin) 305 195 325 825 Borg (swe) 330 215 320 865
 Korzeb (pol) 305 200 265 770 Hoffmann (ger) 320 175 320 815
 Taylor (gbr) 175 137.5 235 547.5 Zint (ger) 290 232.5 290 812.5
 Karmaukov (ukr) 295 177.5 315 787.5 Hoyle (nor) 295 177.5 315 787.5
 125 kg Papazov (ukr) 371.5! 242.5 320 932.5!
 Dedulic (rus) 365 220 310 895

(The Speed and Strength Ratings book referred to in the article by Dave Tate in the August PL USA (p.23) is available directly from the address below.)

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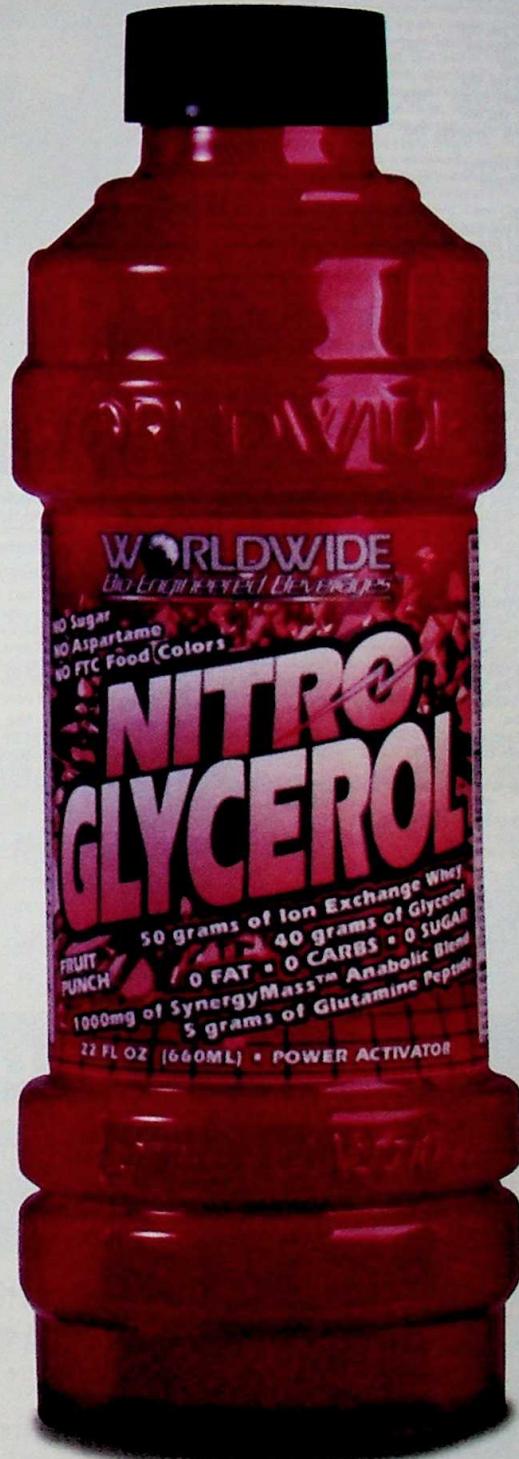
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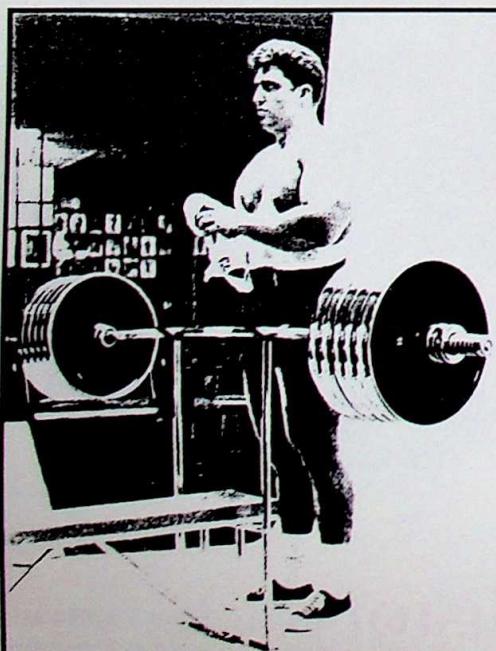
46 MAY 00 - Elizabeth City, NC

66 lbs.				
8-9 yrs. old				
Olivia Childres	65	45	105	215
4th	75		115	
Taylor Coghill	70	35	110	215
M. Ogelthorpe	65	30	90	185
10-11 yrs. old				
Morgan Curry	90	45	120	255
88 lbs.				
14-15 yrs. old				
Linh Nguyen	120	50	160	330
105 lbs.				
14-15 yrs. old				
Michelle Hsiao	105	60	140	305
16-17 yrs. old				
Melissa Vaugeols	115	75	185	375
4th		80	200	
18-19 yrs. old				
P. Williams	107	67	185	360
4th			200	
114 lbs.				
14-15 yrs. old				
Krystle McKenzie	130	70	176	376
4th	136		190	
123 lbs.				
12-13 yrs. old				
Raquel Childers	135	85	170	390
14-15 yrs. old				
Katie Sharp	170	90	230	490
Sabrina Lhota	140	112	205	457
Rachelle Reilly	125	85	200	410
Grace Welsh	145	70	192	407
Sarah Gilberg	120	75	190	385
132 lbs.				
14-15 yrs.old				
S. Frederick	121	96	211	428
J. Fraunfelder	60	100	175	335
16-17 yrs. old				
Vicki Sharp	150	95	235	480
Leigh Syphax	127	67	220	415
148 lbs.				
14-15 yrs. old				
Monica Trudell	175	60	210	445
Amy Hamilton	150	90	180	420
Taryn Antilone	135	75	195	385
16-17 yrs. old				
Nora Levinson	152	70	215	437
Dawn Elliott	90	85	200	375
20-24 yrs. old				
Cassi Lhota	175	110	225	515
165 lbs.				
12-13 yrs. old				
Danielle Luff	120	80	175	375
16-17 yrs. old				
Kristen Whitaker	200	110	255	565
4th			280	
Ashley Leagle	135	95	225	455
Elizabeth Gregg	145	75	195	415
Neville Wilson	80	60	150	290
181 lbs.				
14-15 yrs. old				
Shannon Moran	190	110	290	580
16-17 yrs. old				
Rachel Kraft	190	101	236	527
4th			245	
18-19 yrs. old				



Members of Woodrow Wilson Senior High School (in Washington DC) celebrate their national title at the "RAW" High School Nationals: bottom row, left to right - Leigh Syphax, Taryn Antigone, Linh Nguyen, Neville Wilson, Sanyu Burrell, Kristen Whitaker; top row, left to right - Nora Levinson, Shahinde Frederick, Sarah Gilberg, Rachel Kraft, Laruen Wollack, Grace Welsh, Peppertina Williams, Ashley Seales. (Spero T.)

Arlene Doucette	210	105	185	500	88 lbs.		4th	166	236	
198 lbs.					8-9 yrs. old		D. Bright	140	220	
18-19 yrs. old					Jeremiah Cahill	75	45	125	245	465
J. Seyfried	200	130	210	540	4th		4th	105	233	
198+ lbs.					12-13 yrs. old		123 lbs.			
14-15 yrs. old					E. Saunders	130	90	210	430	
S. Pole-Summers	350	230	340	920	97 lbs.		12-13 yrs. old			
Erin Owens	100	150	275	525	12-13 yrs. old		Timothy Lyons	175	125	600
Milly Walther	175	75	215	465	A. Armstrong	140	90	226	456	535
Katie Farrell	135	95	170	400	4th		Drake Curry	200	100	465
MEN'S					Robert Lee	125	85	165	375	150
66 lbs.					14-15 yrs. old		Gregory Pike	150	105	
8-9 yrs. old					David Hudson	100	65	125	290	
James Scott	90	50	105	245	105 lbs.		14-15 yrs. old			
4th		55			12-13 yrs. old		R. Schaarschmidt	171	115	536
77 lbs.					M. Welcheck	160	110	215	485	
8-9 yrs. old					4th		18-19 yrs. old			
Y. Tshontikidis	101	52	157	412	114 lbs.		Jose Lince	165	155	
4th			160		12-13 yrs. old		4th			
Jamie Reeves	75	50	130	255	Otis Swain	150	90	232	472	245
12-13 yrs. old					4th		132 lbs.		275	
Steve Fesby	60	40	110	210	Kevin Houlrood	145	101	225	471	565
					12-13 yrs. old		12-13 yrs. old			
							Ryan Gibson	185	115	
							4th			
							Jonathan Bowser	125	100	530
							14-15 yrs. old		235	460



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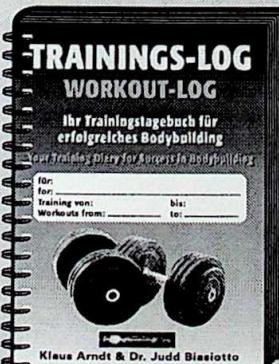
10-11 yrs. old

Deeven Sutton	165	130	205	500	Amjad Hatu	190	185	320	695	35-39 yrs.old
12-13 yrs. old					Steven Ferguson	205	170	315	690	B. Caraway
Derek Basnight	185	130	275	590	Donnie Williams	210	170	300	680	345
14-15 yrs. old					Josh Cropp	190	155	315	660	250
Nathan Deslogue	315	205	400	920	18-19 yrs.old					425
Rourke O'Brien	280	155	400	835	Michael Lucas	365	255	405	1075	1020
Josh Tiller	205	175	385	765	4th					
Josh Riddick	185	165	330	680	M. Blanchette	355	220	420	995	
Charles Gough	175	120	245	540	4th					
16-17 yrs.old					Aaron Henry	280	230	380	890	
Jason Billings	410	265	490	1165	Jeff Wise	225	210	285	720	
Jamel Johnson	286	220	355	861	22 lbs.					
Donny Nelson	265	180	401	846	12-13 yrs. old					
Robert Barnes	275	175	390	840	Alan Brooks	200	180	360	740	
18-19 yrs. old					J. Caraway	240	160	340	740	
Yao Konan	371	260	450	1081	14-15 yrs. old					
4th	400	271	471		J. Gordon	425	235	540	1200	
Russell Passon	260	170	380	810	Jerome Burger	355	220	425	1000	
Carl Fisher	265	155	310	730	Thomas Seyfried	305	145	360	810	
Dirin Kaziu	155	165	305	625	16-17 yrs. old					
David Cruz	155	90	260	505	Matt Walker	450	350	565	1365	
Joseph Robertson	200	180			Carl Stanley	430	315	500	1245	
181 lbs.					Darryl Pittman	315	300	405	1020	
12-13 yrs. old					18-19 yrs. old					
Chris Balance	260	160	326	746	Jabbar Perry	425	250	470	1145	
Nick Adkins	155	90	205	450	45-49 yrs.old					
14-15 yrs. old					Dave Lhota					
Mareo Jeffreys	275	215	390	880	242 lbs.					
4th					14-15 yrs. old					
Charles Cary	185	240	421	846	Scott Ferguson	475	285	475	1235	
Ryon Duncan	245	200	400	845	Jeremy Godfrey	325	235	400	960	
16-17 yrs. old					Daniel Laguette	200	175	190	565	
Roy Melton	385	320	410	1115	16-17 yrs.old					
4th	325				Bobby Workman	385	215	445	1045	
Chris Bos	375	255	436	1066	Michael Woolard	305	240	360	905	
J. Giovianazzo	275	220	375	870	Grid Gremi	305	220	375	900	
18-19 yrs. old					45-49 yrs. old					
Victor Moor	305	185	400	890	Bob Strauss	500	275	485	1270	
Brian Honeycutt	330				4th					
35-39 yrs. old					55-59 yrs. old					
Steve Ogeltorpe	310	190	370	870	Carl Summers					
4th	315				275 yrs. old					
198 lbs.					14-15 yrs.old					
14-15 yrs. old					Keith Cole	305	285	335	925	
Jeff Pierce	260	260	425	945	Tony Gibson	205	175	330	710	
Lee Wiggins	245	205	355	805	4th					
Derek Beckford	260	160	325	745	Jamie Godfrey	315	275	400	990	
16-17 yrs. old					345					
Ivory Johnson	315	300	400	1015	Alex Cobb	245	185	385	815	
4th	325	445			16-19 yrs. old					
Marcus Brewster	340	220	440	1000	Eddie Murphy	475	360	500	1335	
Tim Bourque	250	195	320	765	25-29 yrs.old					
Jesse Hood	225	180	320	725	Carl Elliott					
					535					

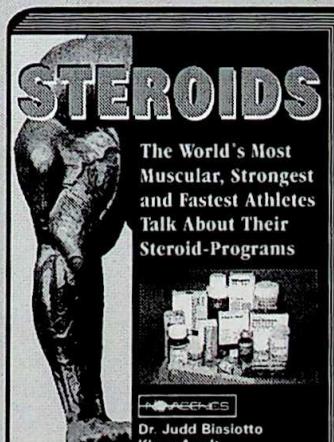
Maureen Cahill, took the Team honors in the Elementary Division. In the YOUTH division, Olivia's older sister Raquel won Best Lifter honors. Lifting under Coach Dave Lhota, Raquel broke four World records and scored 121 points for the Thunderbirds. Hometown boy Timothy Lyons of River Road Middle School was the Outstanding Male Lifter, posting several World records to include his 300 pound deadlift in the 12-13 year old, 123 pound class. River Road captured the Middle School Division team honors with a host of individual National Champions. In the TEENAGE division, awesome lifting was seen by athletes from all the competing teams. God's Squad (Easley, South Carolina) team captain Shannon Pole-Summers led the female division with lifts of 350, 230, and 340 to capture Best Lifter honors. Taneytown, Maryland's Jason Billings won top honors on the men's side with lifts of 410, 265, and 490 in the 165s. Wilson's Yao Konan, lifting in his first meet, broke four World records en route to his first place finish; Elizabeth City's Donnel Moore won a National title in the 148s with his 975 total; and Thunderbird lifter Matthew Walker posted the largest total at 1365 in the 220s. In the COLLEGIATE division, Casal Lhota of Robert Morris College was the Outstanding Female Lifter despite a shoulder injury, and York College's Chris Camigot made his "100% RAW" debut with World record lifts of 350, 305, and 460 in the 148s. On the women's side, Saint Mary's Ryken from Leonardtown, Maryland won the High School team honors. Wilson Powerlifting, led by veteran lifter Melissa Vaugeons and Kristen Whilaker and newcomers Linh Nguyen and Krystle McKenzie, won the Overall Women's champions. Saint Mary's and Wilson also captured the High School and Overall Combined titles, respectively. Dave Lhota's Thunderbird Power Team won the Elementary, Middle, High School, & Collegiate Mixed title, and Carl Summers' God Squad took the Elementary, Middle, & High School Mixed title. On the men's side, North Carolina's Rocky Mount High School won the High School title, followed by Elizabeth City Elite and Saint Mary's. Elizabeth City Elite captured the Middle & High School Overall title, and Hargrave Military Academy captured the Middle, High School, & Post-Graduate Overall title. Congratulations to all the lifters on their efforts and accomplishments. All competitors have qualified for the "100% RAW" World Championships scheduled for December 8-10! May God richly bless each of you! Until we meet again, keep your lifts heavy and your hearts in Heaven! Praise the King! (Dr. Spero S. Tshontikidis, Meet Director)

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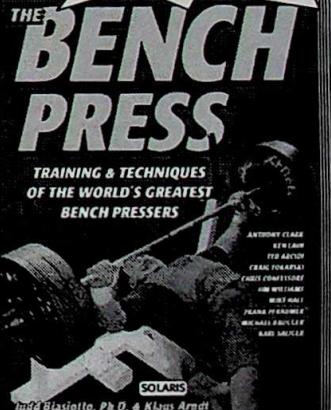
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WHY

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FLAVORS	• Fruit Punch
	• Grape

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THE PROFILE

WHAT

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- 24 mg ephedrine
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WHY

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FLAVORS	• Fruit Punch
	• Grape
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WHAT

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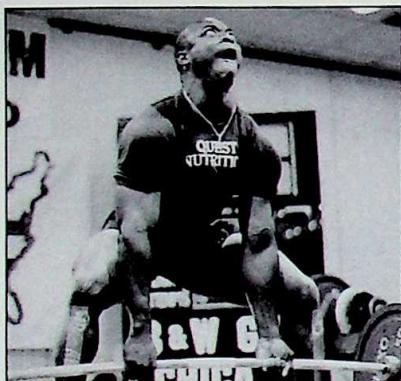


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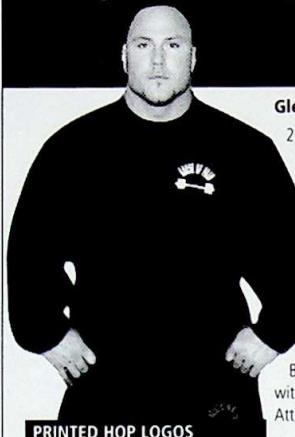
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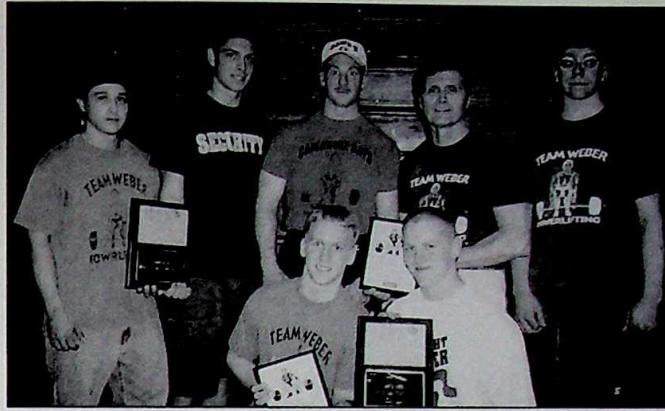
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**Iowa Open BP, DL, Trap DL
15 Apr 00 - Oskaloosa, IA**

women	198 open	Cole, Gary	650	Lilvers, Jerad	300
114	Honkomp, P.	Mendez, Eddie	515	Buss, Nate	225
novice	Michael, Marc	220 submaster	220 master 3	165 open	
Flodeen, S.	90	Mendez, Eddie	515	Phipps, Dan	550
132	Gibson, Luke	242 novice	165 novice	165 novice	
open	Key, Wayn	Kellow, Lance	500	Weber, Robert	535
Meadows, Jody	198 submaster	Olson, Erich	500	181 teen	
148	Smith, Eric	Flodeen, Scott	430	Meyer, Patrick	600
submaster	Nelson, Jerry	275 novice	181 teen	Harms, Ryan	305
Lawrence, S.	Hugunin, Tim	Leach, Jeff	475	Kuehner, Michael	300
140	345	275 master 1	198 teen		
Ford, Janell	Happach, M.	Cozine, Cozy	535	Grage, Ryan	550
Newman, Carol	135	hwrl open	198 submaster		
148	Lehr, Dennis	Sadowski, R.	560	Lehr, Dennis	500
open	198 master 1	Teen	500	Welton, Tim	500
Randall, Kevin	300	114	220 teen		
Miller, Wendi	198 master 3	Powers, Colt	500	242 teen	
Lawrence, S.	140 May, Gene	Graeser, Les	300		
Newman, Carol	120 220 novice	123	242 open		
165	Fisher, Cory	Fridley, Kevin	245	Swieter, Mike	620
Cornelison, Debra	145 Summers, Lance	148	242 master 2		
Bishop, Jenni	100	Trap Deadlift	600	Sharp, Mark	525
m-1	300	Teen	390		
132	220 open	114	275 teen		
Comelison, Debra	145 Cole, Gary	Hinrichs, Tom	365	Morris, Shawn	450
198	Duff, Steve	Helmick, Josh	240	Hannah, Brian	400
open	Anderson, John	165	Heuer, Joel	365	
Engel, Carolee	180 Ford, Craig	Hahn, Sam	500	275 master	
Teen	430	Lehmkuhl, Craig	485	O'nehus, Eric	645
123	Gerhardt, Matt	Swieter, Mike	325	hwrl teen	
Ruge, Heath	160 Meadows, Scott	Loring, John	415		
132	330				
Hanson, Jesse	225 Duff, Steve				
Graham, Kyle	220 220 master 1				
148	Thomas, Lyle				
Ruge, Cole	235 Hoy, Danny				
Seymour, Sean	225 220 master 3				
Millage, Brandon	210 Ites, James				
Scanlon, Patrick	205 242 novice				
Hansen, Heath	170 Vilko, John				
Wobschall, Ben	150 Shafrath, Jerry				
165	242 submaster				
Mason, Aaron	240 Babe, Dwayne				
Huffman, Bryan	150 Bender, Kurt				
181	385				
Robinson, Joe	400 Schulz, John				
Snyder, Andrew	290 Flodeen, Scott				
Manning, Matt	280 242 open				
Burns, Michael	260 Lipscomb, Larry				
Price, Randy	260 Babe, Dwayne				
Meyer, Patrick	225 Ferguson, Taron				
198	390				
Dean, Tavares	305 242 master 1				
Barr, Stewart	250 Last, Gene				
Brant, Matt	235 Lipscomb, Larry				
220	465				
Stewart, Jade	315 242 master 2				
Fuller, Tim	265 McAnally, David				
Tim, Robert	275 275 novice				
242	Leach, Jeff				
Parker, Ross	275 Goeders, Tom				
Scherer, T.J.	425 Leuang, Nathan				
275	335				
Griswold, Mike	315 275 open				
Christy, Daniel	285 Leach, Jeff				
Petersen, Eric	230 Allen, Andre				
Morris, Shawn	225 275 submaster				
hwrl	Levang, Nathan				
Harris, Gregory	335				
Loring, John	415 275 master 1				
Quasdorff, John	225 Regnier, Bill				
132 open	435				
Graham, Kyle	210 White, Frank				
148 novice	405				
Finger, Randy	260 Summers, James				
Scanlon, Patrick	440				
McAnally, Cory	205 hwrl submaster				
148 submaster	145 Brantley, Jerad				
Whitt, Bryan	500 Clennan, Randy				
148 master 1	260 260				
Ohson, Andy	340 Conventional Deadlift				
165 novice	Women				
Donovan, Bill	285 114 open				
Piggee, Mitchell	275 165 open				
165 open	265 Comelison, D.				
Weber, Eric	250 165 master 1				
Burgess, Robert	305 Comelison, D.				
submaster	285 198 open				
Rosonke, Gary	290 Engel, Carolee				
181 novice	320				
Burgess, Robert	300 Teen				
181 novice	285 242				
Leazer, Bob	Parker, Ross				
Hennigar, Roger	450				
Manning, Matt	315 Cass, Darin				
Thompson, Scott	295 435				
Towsley, Jeremy	275 148 novice				
181 submaster	265 Scanlon, Patrick				
DeFrancisco, C.	280 165 novice				
Maynard, Bill	360 Donovan, Bill				
Fratzke, Darin	330 181 submaster				
Hennigar, Roger	300 Herald, James				
Herald, James	295 198 novice				
181 master 1	290 Purdy, Brad				
Ford, Bert	480				
Haskovec, Joe	198 open				
198 novice	325 Engel, Jake				
Patton, Mike	535				
Happach, M.	300 198 submaster				
Overton, David	345 Lehr, Dennis				
Engle, Jake	450				
Sutler, Mike	250 220 open				



Team Deadlift Champions at Iowa Open Weightlifting: front row (left - right): Sam Hahn and Patrick Meyer; back row (left - right): Sean Seymour, Ryan Grage, Dan Phipps, Robert Weber, and Craig Lehn Kuhl. (Photo provided to the PL USA courtesy of Wayne Hammes).

his future endeavors. (Meet results by Jon Smoker).

**APF California Open & Novice BP
10 JUN 00 - Fresno, CA (kg)**

Womens	100 kg. class
56 kg. class	R. Arrendondo 165
Julie Green	60-64
75 kg. class	100 kg. class
75 kg. class	Kim Pfeiffer 70
181	Pete Wilson 145
A. Cancel	110 kg. class (open)
SHW	Delbert Shay 165
S. Blizzard	530 380 350 1260
Iron Women 70+	110 kg. class
L. Slotnick	127.5 Mike Lutz 200
Special thanks to Lynne Boshoven and Gil Mendez. There was natural air conditioning outside the gym, so we flung open a window and let it in and the result of all that fresh air was loads of personal bests. Newcomer to the sport, Lori Slotnick made one in the deadlift of 70 lbs. in her second meet at 132 and 70 and over, proving you're never too old to start. Gramps Miller made one in the squat with a 410, and his Son, Brandon Miller, made one in the squat and bench with 400 and 200 at age 15 in the 198's. Angel Cancel also got PR's in the squat and bench press with 500 and 340, and also in his 1240 total. Lynne Boshoven looked capable of PR's in all 3 lifts, but basically saved all her 3rd attempts for the APF Seniors. And I was sad to learn that Norm Shackleford had moved to Florida. His athleticism and happy-go-lucky personality will certainly be missed; but I certainly wish him well in all	
56 kg. class (open)	Charles Trembley Masters 45-49
82 kg. class (open)	Rich Eley 160 Delmer Brown 162.5
90 kg. class (open)	Tyson Orwoll 155 Mike Moore 162.5
90 kg. class (masters)	90 kg. class (novice) Darrin Guerro 172.5
1. Rich Tsutsui 175 Jimmy Garza 142.5	
100 kg. class (open)	100 kg. class (open) Masters 50-54
Wes Tanaka 190 125 kg. class	Randy Green 177.5 Bob Packer 122.5
125 kg. class (open)	Masters 125 kg. class (open)
45-49	Roland Sanchez 200
Best Lifter: Women- Kim Pfeiffer; Open - Wes Tanaka; Novice Darrin Guerro; Masters- Pete Wilson. Referees- Bill Ramsrud, Al Garcia, Pele Wilson, Bob Packer, Delbert Shay. Announcers- Bob Packer, Kim Pfeiffer. Scorekeeper- Norma Garcia. Meet Director-Bob Packer (Thanks to Bob Packer for providing the results of this contest.)	

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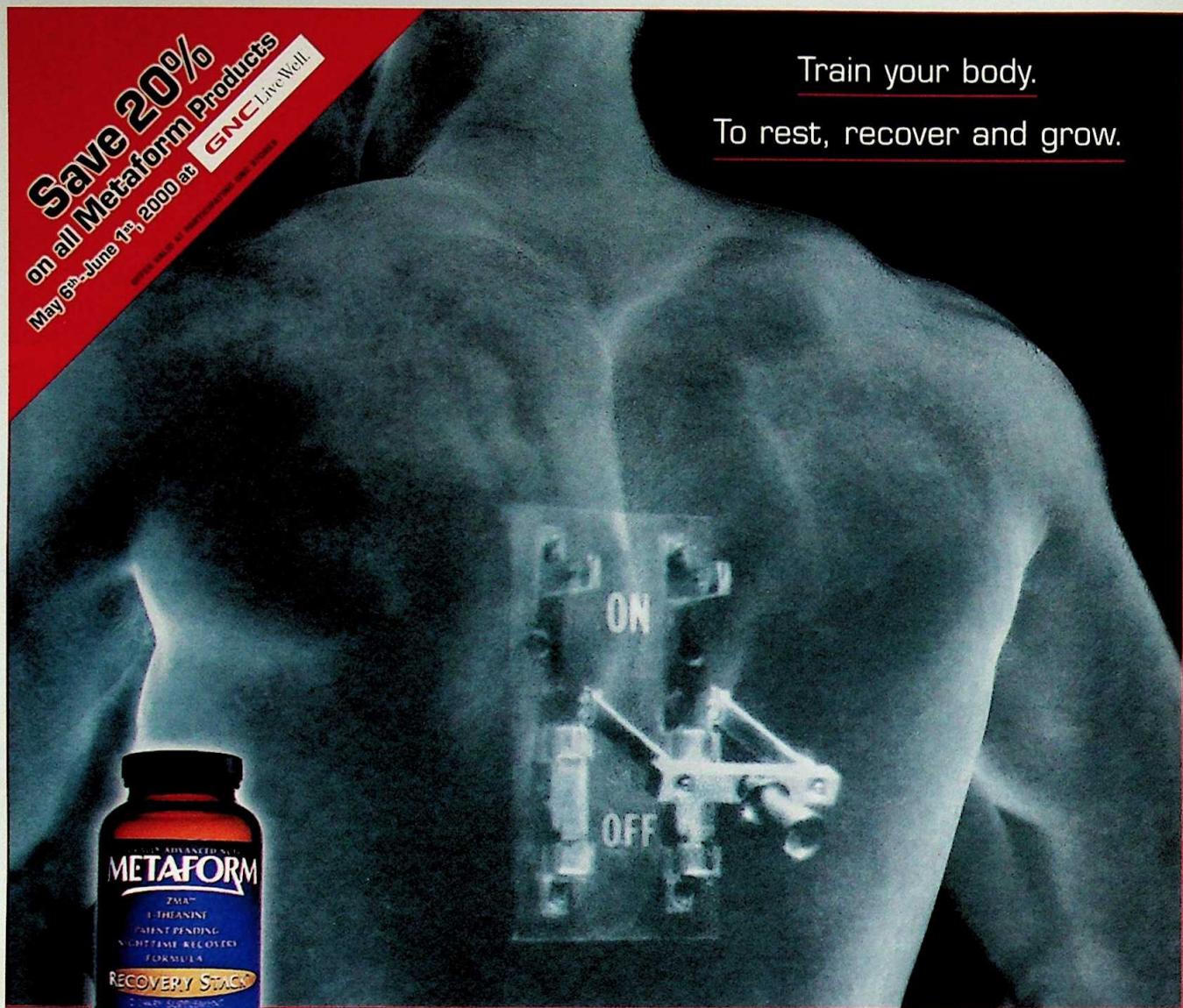
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7 OCT, USPF Central California Championships (San Luis Obispo - National Qualifier) Geni Estrada, 805-544-0155
7,8 OCT, USAPL Lifetime Drug Free National Championships, John Corsello, Box 289, Mt. Freedom, NJ 07970, 973-724-7817, clayton@blast.net
7,8 OCT, USPF BP & DL Nationals (Shiloh Inn, Portland, OR) Anthony Carrillo, Box 2124, Olympia, WA 98507, 360-754-2475
8 OCT, Northern Illinois Drug Tested Fall Classic DL/BP, Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 Stephenson St., Freeport, IL, 61032, 815-233-2292
8 OCT, APA Bay State BP/DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.com/fl/wpaapacpa
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7,8 OCT, USAPL Lifetime Drug Free National Championships, John Corsello, Box 289, Mt. Freedom, NJ 07970, 973-724-7817, clayton@blast.net
7,8 OCT, USPF BP & DL Nationals (Shiloh Inn, Portland, OR) Anthony Carrillo, Box 2124, Olympia, WA 98507, 360-754-2475
8 OCT, Northern Illinois Drug Tested Fall Classic DL/BP, Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 Stephenson St., Freeport, IL, 61032, 815-233-2292
8 OCT, APA Bay State BP/DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.com/fl/wpaapacpa
8 OCT, Greater Indianapolis Regional BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
8 OCT, USPF Push/Pull (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220
14 OCT, APA Texas Cup Classic BP & DL & Strength Sports (Waco, TX) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com
14 OCT, Walker's Gym Bench Press (open, raw, men, women, teen, master,

1st Annual ADAU Applejack Raw Bench Press Championship At Phoenix Fitness (National Qualifier)

Saturday, November 4, 2000
@8:30 AM

Allentown, Pennsylvania

Divisions

Open Men

Open Women

Master Men/ Women

Junior Men/ Women

Submaster Men/ Women

Teen Men/ Women

Law/ Fire Men/Women

Contact Information

Meet Promoter- Allen Davis

1402 South Jefferson Street

Allentown, PA, 18103

Phone: 610-797-6377

Email: Al@Pikitup.com

Meet Director- Fred Glass

Phone: 610-770-9333

A.P.F. 47th Annual Iron Man Bench Press - Powerlifting Championships

Sat. Dec. 9, 2000

Center Point Athletic Club

3003 N. Maroa Ave.

Fresno, Ca.

Awards 1st thru 3rd place in all weight classes and divisions.

Where Records and Legends

have been made

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559-658-5437 (after 8:00P.M.)

9:00 A.M. Start Lifting



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police, fire, military) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

14 OCT, 12th Annual Indian Summer Powerlifting Meet (with BP only division) Contact: Goshen Fitness, PO Box 92, Goshen, IN 46526-0092, 219-537-9329

14 OCT, South Florida Benchoff and Monster Pull (open men, women, teen, masters BP and/or DL) Ironworks Gym, 1611 South, S.R. 7, N. Lauderdale, FL 33068, 954-974-9786

14 OCT, USAPL Columbus Day BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

14 OCT, NASA Big River Classic, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094 , daryltoebey@aol.com

14 OCT, Fall BP, John Shifflett, Box 941, Standardsville, VA 22973, 804-985-3932, valifit@aol.com

14 OCT, NASS North America's Strongest Man (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378 , heavydutybubba@aol.com

14 OCT, Flowtown Open Bench Press #2, Armorplate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 843-875-1434

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

14 OCT, SLP Arkansas State BP/DL (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429 , sonlight@advancenet.net

14 OCT, APF/AAPF Alabama Championships, Robbins Fitness Advantage, 42115th St. East, Tuscaloosa, AL 35401, 205-344-5200

15 OCT, Judgement Day IV BP, Joe Luciano, Greater Scranton YMCA, 706 N. Blakely St., Dunmore, PA 18512, 570-342-8115

15 OCT, Chicagoland Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429 , sonlight@advancenet.net

17-22 OCT, 2000 IPF World Masters (Prague, Czech Republic)

20-22 OCT, WDFPF World PL & Single Lift SQ & Congress (Antwerp, Belgium) Wim Backelant (BDFPF)

21 OCT, APA Orlando Open BP/DL (Orange Ave. Gym - Orlando, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962 , apapresident@yahoo.com

21 OCT, 2nd Gold's Gym BP Challenge (Laurel Springs, NJ) Eugene Rychlak, 610-948-7823, Lou Rodia, 301 White Horse Pike, Laurel Springs, NJ 08021, 856-435-5566

WESTSIDE SEMINARS

Columbus Dates

2000

Oct. 21 Westside Seminar
Oct. 22 Mastering the Bench

2001

Jan. 13 Westside Seminar
Jan. 14 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
Mastering the Bench
July 14 Westside Seminar
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

On Site Seminars

Albany, NY

Jan. 27 Cutting Edge Sports Science

Spring, TX

Feb. 3 Powerhouse Gym

Lock Haven, PA

March 3 Lock Haven University

Tallahassee, FL

March 10 Fahey's Gym

West Palm Beach, FL

March 24 Santaluces High School

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

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1695 Itawamba Trail
London, Ohio 43140
888*854*8806

21 OCT, 1st Annual FALL Classic BP/DL (Richmond, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

21 OCT, APF/AAPF Power Station PL/BP, Nicholas, 5634 S. 107th East Ave., Tulsa, OK 74146, 918-459-5956

21 OCT (new date), AAU World Bench Press (Boston, MA area) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764

21 OCT (new date), WNPF Palmetto Classic (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

21 OCT, 9th USPF Muscle Beach Venice Special Olympics Power Lift-off (invitation only) Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

21 OCT, NASA Iowa Regional (Des Moines) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 OCT, Max Flex BP & DL Classic (all divs. -Houston, TX) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

22 OCT, CPA Quebec Championship PL & BP, Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, QC, J1E 2S2, 819-346-9466 (tel/fax)

28 OCT, USAPL California State Push/Pull, Jody Woods, Box 163288, Sacramento, CA 95816, 916-431-5503

28 OCT, APF Pine Tree State Open (Men & Women, Open, Master, Teen, AAPF) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180

28 OCT, Halloween BP/DL (Gold's Gym, Sheffield, AL) Danny Dover 256-331-9105

28 OCT, USAPL Hudson Open (open, teen, master, women) Shawn Cain, 1040 192 Ave., New Richmond, WI 54017, 715-246-9363/3560 (not aftern 9pm)

28 OCT, Topeka Powerlifting Summit, James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326

28 OCT, NASA Pennsylvania Regional PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26146, 304-273-2283 , guhl@wtrfire.com

28 OCT, 18th ADAU Raw Drug Free Central PA Open (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

28 OCT (tentative) NASA N. Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

28,29 OCT, ANPPC NATIONAL DRUG FREE POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-

253-5429, sonlight@advancenet.net

29 OCT, Halloween Classic BP and/or DL (teen, masters, submasters, women, open, raw) John or Kayleen Blackstone, Musclebound Fitness, 102 E. Main St., W. Lafayette, OH 43285, 740-545-0840

29 OCT, APF/AAPF Halloween Classic PL (Hurst, TX - novice, open, teen, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488

OCT, APA Southern States PL (TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com

OCT?, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or gvh@emwv.com

3,4 NOV, MonsterMuscle.com, APF Beach Bash for Cash BP & DL (Newport, OR) Big Bears Gym, 541-574-4507, dozer2000@hotmail.com, R. McClung, Box 304, Yachats, OR 97498

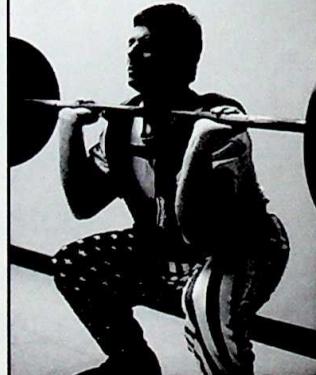
4 NOV, USAPL Maryland State BP & DL, Ocean City Health and Racquet Club, 61st St. & Bayside, Ocean City, MD 21842, Gary Howard, 410-723-2323

4 NOV, USAPL Central USA PL & BP (Cape Girardeau, MO), Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1241 (8-10pm), www.usaplnationals.com

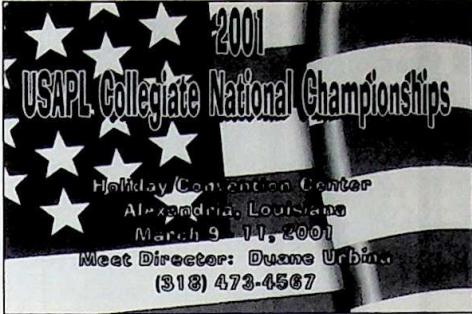
4 NOV, 1st Applejack BP Open (men, women, teen, police, fire) Allan Davis, Phoenix Fitness, 333 Court St., Allentown, PA 18103, 610-797-6377

4 NOV, USPF Texas Cup Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Austin, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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military, physically challenged - open/raw - men/women - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797
5 NOV, APA CT Open Fall Classic BP/DL (drug tested and non-tested)
 Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091

4 NOV, Farris Open BP/DL, Fitness Express, 5900 D-3 Rivers Ave., N. Charleston, SC 29406, 843-744-7800 or Floyd Powe 843-875-1434

4 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513

4 NOV, X-treme Fitness Fall BP/DL Classic (Union, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

4 NOV, USPF BP & DL Championships, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@fortress.com

4 NOV, USAPL State of Michigan Championships (BP, DL, Iron Man, PL - Lansing, MI) Mike Lawrence, 248-616-5447
4.5 NOV, WePumpUUp.com IPA New York State Full Power and Bench Meet (all classes, m/f) Joe Giuliano, 14 Stevens Ct., Saratoga Springs, NY 12866, 518-583-7539

4.5 NOV, Physique Magnifique Powerlifting Championships, 650-757-9506

4.5 NOV (new date), AAU Drug Free Works & Intl. BP (youth, teen, jr., open, submasters, masters, law enf.,

dslaga@yahoo.com

5 NOV, CPA Deadlift Championships and unsanctioned Montreal Bench Press, Marcel St. Laurent, 457 7ieme Ave. N. #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466

9-19 NOV, AWPC Worlds, AWPC & WPC World BP, WPC Worlds (Plaza Hotel, Las Vegas, NV) Ernie Frantz, 800-537-5532

10-12 NOV (new date), USPF U.S.A. Nationals Open PL/BP Championships (including a Disneyland Day Trip 11/9/00) (World Qualifier - Burbank, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724, purlftrs@delnet.com

11 NOV, (new date) PPL Georgia "Drug Free" State BP/PL or full PL, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@prodigy.com

11 NOV, USAPL Southeastern U.S. (open, women, submaster, master, BP, entry deadline 10/16/00) Mike Requa, Box 126, Moncks Corner, SC 29461,

WePumpUUp.com IPA New York State Powerlifting and Bench Meet

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11 NOV, ADAU South Jersey Open BP/
 DL, Greg & Nichole Triast, 107 Birch
 Ave., Egg Harbor Township, NJ 08215,
 609-407-1680

11 NOV, 7th Ed Jubinville BP (men,

women - all age groups/wt. classes) Berk-
 shire Nautilus, 205 West St., Pittsfield,
 MA 01201, 413-499-1217

11 NOV, Thanksgiving BP/Curl, John
 Shifflett, Box 941, Standardsville, VA
 22973, 804-985-3932, valifting@aol.com

11 NOV, AAU NC, VA, SC Regional
 (Henderson, NC) Ben Zak, Box 978,
 Grandy, NC 27939, 252-453-6116

11 NOV, AAPF Southern States (drug
 tested) Huge Iron, 910 S. Atlantic, Ormond
 Beach, FL 32176, 904-677-4000

11 NOV, SLP Kentucky
 State BP/DL (Calvert City,
 KY) Dr. Darrell Latch, 126
 W. Sale St. Tuscola, IL 61953,
 217-253-5429,
 sonlight@advancenet.net

11 NOV, Max Flex BP &
 DL USA Championships
 (all divs. - Denver, CO)
 Hobo Prods, Box 1971,
 Crystal Lake, IL 60039,
 847-277-7760

12 NOV, USAPL Day of
 Domination BP (Power Gym,
 Taylor, PA) Joe Moceynas,
 570-562-3642 or Bob
 Granko 570-342-0668

12 NOV, USAPL Ohio PL &
 BP (open men & women,
 teen, raw men, women, mas-
 ters, & men's police & fire)
 King's Gym, 24775 Aurora
 Rd., Bedford Hts., OH
 44146, Ed and Frank King
 440-439-5464

12 NOV, AAU Mass Open
 PL/BP, Bruce Lynch, 165
 Paul Revere Terrace,
 Taunton, MA 02780, 508-
 823-5729

12 NOV, Franklin Health &
 Fitness BP/DL Classic
 (Franklin, IN) Dr. Darrell
 Latch, 126 W. Sale St.
 Tuscola, IL 61953, 217-253-
 5429,
 sonlight@advancenet.net

14-19 NOV, 2000 IPF

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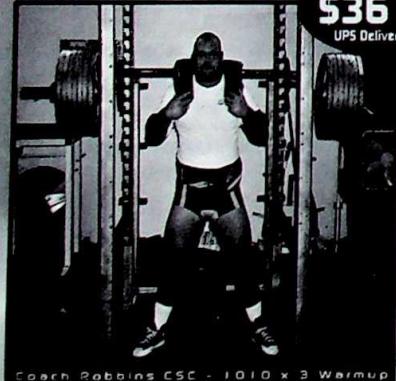
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16-19 NOV, 2000 WABDL 24 Hour Fitness Drug Tested World BP/DL Championships (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@polycorp.com

17-19 NOV (new dates), WNPW Worlds (all events/divs. - Baltimore, MD) WNPW, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

17-19 NOV, IPA Nationals (Columbus, OH) Elite Fitness, 1695 Itawamba Trail, London, OH 43140, 888-854-8806

18 NOV, Minnesota's Raw Meet II (Bloomington, MN Open, Masters, Teen) Dennis Green, Box 147, New Market, MN 55054, 612-461-3007 after 7 p.m., http://rawmeet.tripod.com

18 NOV, USAPL Idaho State/Open, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

18 NOV, NASA WV Regional PL, BP, PS (Ravenswood, WV) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164,

3 0 4 - 2 7 3 - 2 2 8 3 ,

guhl@wlfire.com

18 NOV, 3rd Southern States BP/DL Classic, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324

18 NOV, Omaha Open, Keith Machulka, 4808 Cass, Omaha, NE 68132, 402-444-5596
18 NOV (new date), SLP National 'Raw' PL, BP, DL Championships (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

18 NOV, ADAU North American Raw BP Championships (teen, jr., submaster, master, open) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

18 NOV, 13th Elkhart Bench Press, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 219-674-6683

18 NOV, USAPL Great Alaska PL Challenge & 9th annual Biggest Bench, Jamie Bursell, 9170 Glacier Wood Dr., Juneau, AK 99801, 907-789-5997

18,19 NOV, N.J. State Championships (Morris County Area) Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

19 NOV (new date), Iowa/Midwest Open BP/DL & Trap DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

19 NOV (new date), USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS (Tuscola, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

24-26 NOV, WDFPF World Single

Lift BP & DL (nr. Como, Italy) Ivano Bianchi (WDFPF Italia)

NOV, 3rd Southern States BP/DL, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324

NOV, USAPL Mass States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm

2 DEC, NASS Teenage, Masters, Women National Strongman Championships Fit For Life Center, Ft. Worth, TX, Bill Holland, 817-847-6082

2 DEC, "Jim Miller's" Christmas Bench Press (Teen, Open, Master-Men & Women) The Gym In Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison, 763-441-4232 (Day), Jerry Gnerre, 763-753-6064 (e)

2 DEC, N.C. AAU State (Raw & Full Gear - Men & Women - Teen, Open, Submasters, Masters) J. Howie, 209 Myers St., Monroe, NC 28110, 704-289-4940 / 8716, Jhowie@trellis.net

2 DEC, I.H.M. 4th Holiday BP, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
2 DEC, I.H.M. 4th annual Holiday BP, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

2 DEC, CPA Estrie Championship (Granby) Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, QC, J1E 2S2, 819-346-9466 (tel/fax)
2 DEC, USAPL Nebraska Sr. State (Omaha, NE) Tim Anderson, 1829 South St. #42, Blair, NE 68008, timanderson@hunet.net

2 DEC, USPF Seminole (OK) Meet, Rickey Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689
2 DEC, USAPL Kentucky State/Blue Grass Open PL & BP (all ages & wt. classes) Steve Corum, 1614 S. Green St., Henderson, KY 42420, 270-826-8354

2 DEC, 17th Southeastern Cup, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (d), 3989 (n), bduke@surfus.com

2 DEC, APF Southern States Open, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

2 DEC, Son Light Winter Classic BP/DL, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

2,3 DEC, USPF/WPL World BP/PL (Men & women, open, junior, masters, submasters) (Corpus Christi, TX) Gary Pendergrass, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

2,3 DEC, Los Angeles Lifting Club presents WEPOF Superman II (OL-2 Dec, PL - 3 Dec, combined or separate) Joe Avigliano, 818-846-5438

3 DEC (new date), 3rd AAPF Michigan State PL, BP, DL, John Maddox, 17036

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7-10 DEC, 2000 IPF World Bench Press (Ostrava, Czech Republic)

8-10 DEC, "100% RAW" World Championships (men & women, all age groups/wt. classes, limited entries, deadline 11/1) Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-537-5941

9 DEC, Slamfest 2000, Cimmerian Gym, 412 S. Mitchell St., Cadillac, MI 49601, 231-779-4961

9 DEC, Ozark Open, Casey Fant, 1330 SE 14th Street, Bentonville, AR 72716, 501-204-1000

9 DEC, 47th annual Iron Man BP/DL (Fresno, CA) Bob Packer, 559-439-4394 (d), 658-5437 (after 8 pm)

9 DEC (new date), USAPL Rhode Island State PL & BP (deadline 9/9/00) David

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Men/Women

Open

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Submaster (35-39)

Master (40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+)

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Roderick, 126 Chestnut St., Rehoboth, MA 02769, DR705@medianeone.net

9 DEC, USAPL Blue Santa PL/BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

9 DEC (new date), APF 47th Iron Man PL / BP / Physique (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

9 DEC, Mimi's Power Day BP/DL Classic (Rockford, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9 DEC, Robbins Fitness Advantage Bench Press, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

9 DEC, USPF Winter Classic DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115

9,10 DEC, USAPL Virginia State PL/BP, John Shiflett, Box 941, Stanardsville, VA 22973, 8 0 4 - 9 8 5 - 3 9 3 2 , valifting@aol.com

10 DEC, WNPF Eastern Regional BP Open & Ironman/woman (BP & DL) & USSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net

10 DEC, 8th ADAU Raw Drug Free Coal Country BP & DL Classic (separate meets - open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

10 DEC, Christmas for Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

16 DEC, AAU Planet Fitness Winter Dolldrums Push/Pull (raw & equipped: teen, novice, open, masters) Roger Broeg,

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525 S. Garfield, Burlington, IA 52601, gymrat@willinet.net

16 DEC, APA BP Nationals & WPA PLer Year Banquet (Nashville, TN) APA, Box 27204, El JoBean, FL 33927, 941-697-7962, wpa50@hotmail.com

16 DEC, USAPL 2000 Holiday Classic (national qualifier) Power Promotions, 23106 19th Dr. SE, Bothell, WA 98021, 425-486-5864, mtrupi@seanent.com

16 DEC, Christmas BP/Curl, John Shiflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

17 DEC, 1st "Show Me State" BP, Jim

King's Big Iron Gym, 3229 Queen Ridge Dr., Independence, MO 64055, 816-350-3439

17 DEC (new date), WNPF 3rd Sarge McCray BP/DL/IronMan Charity Event (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

31 DEC, The Last One! BP/DL Championships, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

DEC, APF Southwest PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825

13 JAN, PPL Drug Free BP/DL or PL, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

14 JAN, Winter Blues Meet (PL, BP, DL; Grand Rapids, MI) Jon Smoker, 30907 CR16W, Elkhart, IN 46576, 219-674-6683

19-21 JAN, USAPL Women's Nationals (all age divisions) Dr. Mike Hartle, 3835 W. Jefferson Blvd., Ft. Wayne, IN 46804, 219-456-8485

20 JAN, AAU Open BP (Reston, VA) AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534

28 JAN, World Gym Winter Push/Pull, Jeff Butler, 2500 Miracle Ln., Mishawaka, IN 46545, 219-254-0460

JAN, AAU Northern Virginia BP & Jr. Olympics Qualifier, AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com

3 FEB, AAU BP & DL Open, Virginia State (Richmond, VA - National Qualifier) AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA

20170, 203-397-0534, aaupcva@cox.rr.com

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

10 FEB, NASA Virginia State PL, BP, PS (Charlottesville, VA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2833, guhl@wlfrefire.com

10 FEB, ADAU Drug Free Raw 13th East Coast Classic & Raw BP Meet, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

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

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, aaupcva@cox.rr.com

2-4 MAR, Arnold Classic Bench Press Challenge, Clas-

sic Productions Inc., 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600

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 Convention Center, Alexandria, LA) Duane Urbina, 318-473-4567

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

10,11 MAR, 5th APF Michigan Sr. States/2nd APF Spartan Open PL & Ironman & Woman (Men/Women: open, teen, jr., submaster, master) Dan DeFelice, 10641 Voiland, Roseville, MI 48066, 810-294-7055, www.apfmichigan.com

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

24 MAR, NASA Police & Fire Nationals, James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326

24,25 MAR, USAPL Oregon State (Open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570

24,25 MAR, ADAU Great Lakes PL (men & women - all ages - all wt. classes) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

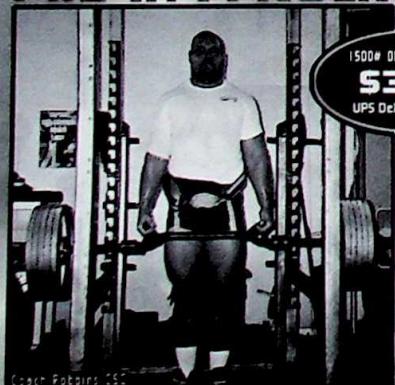
31 MAR, 3rd Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608

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

MAR, ASPF Rhode Island Championships, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728

MAR, USPF New Hampshire State & New England Open (Bedford, NH - open, women, teen, masters) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-

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November 11, 2000 - AAPF Southern States Powerlifting Championship (Drug Tested)

December 2, 2000 - APF Southern States Open Powerlifting Championship

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

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

5489

1 APR, 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

7,8 APR, Power Palooza (PL, BP, DL - all div./wt. classes) Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

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

28 APR, USPC Spring Classic Push Pull BP/DL (Seminole, OK) Shane Williams, RT. 1, Box 149, Wewoka, OK 74884

APR, PPL Spring Classic Drug Free PL, Tee Meyers, 2250 Lumpkin Rd., Augusta, CA 30906, 706-790-3806, pythongym@aol.com

APR, NASA West Virginia State PL, BP & PS, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wifire.com

APR, NASA Pennsylvania State PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wifire.com

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

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, [rkh@bellatlantic.net](mailto:rhk@bellatlantic.net)

13 MAY, 6th USPF American Open BP & PL (Beaver College - Glenside, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rkh@bellatlantic.net

18-20 MAY, APF Master, Submaster, Junior, Teenage Nationals, Russ

Barlow, 175 Kennebec TR., Turner, ME 04282, 207-225-5070 or **Shane McKenna** 207-442-0180

2 JUN, APF Florida State Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

8,9 JUN, WNPF American BP & DL (men, women, masters, junior, teen) **Brian Washington**, BOX 20042, Baltimore, MD 21284, 410-2 6 5 - 8 2 6 4 , 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.

30 JUN, Intl. Bavaria Cup DL (women, men, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany 0871-77575, grek@t-online.de

7 JUL, APF Florida Push/Pull in Memory of Lawrence Monberg, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

12-15 JUL, USAPL Men's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

21 JUL, WPO (TM) Semi-Finals Qualifier (location tba) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

8 SEP, WPO (TM) Bench Bash for Cash,

Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5444

OCT 2001, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

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

1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

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 DONT CALL COLLECT.

P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

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APF West Coast Open

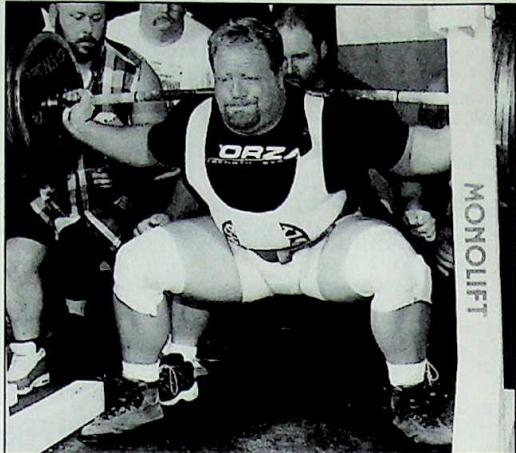
17 JUN 00 - Newport, OR

	SQ	BP	DL	TOT
WOMEN				
148 Open				
Chelsea Becher	330	170	286	782
198 Novice				
Tori Lopez	325	203	286	787
148 submaster				
Lisa Otter	209	137	236	583
132 master (45-49)				
Janet May	225	143	286	650
181 master (45-49)				
Karen Hubbard	264	148	303	689
MEN				
181 teenage (14-15)				
Ian McKay	518	253	462	1207
275 teenage (14-15)				
Brandon Weston	402	225	402	1030
148 teenage (16-17)				
Kyle Herzik	231	198	314	743
242 teenage (16-17)				
C. Field-Eaton	485	303	578	1311
165 teenage (18-19)				
Josh Manley	314	203	363	881
242 teenage (18-19)				
Brady Cyphert	600	325	402	1328
165 junior (20-23)				
Derek Felch	501	292	540	1333
181 junior (20-23)				
John Lara	407	253	424	1085
198 junior (20-23)				
Steve Manley	600	319	644	1537
198 junior (20-23)				
Kevin Rose	501	385	479	1367
220 junior (20-23)				
Josh Downing	639	413	611	1663
242 junior (20-23)				
Chris Paudler	529	281	584	1394
Open				
148				
Shane Kido	440	347	462	1250
165				
Dan Dutt	578	352	507	1438
181				
Jason Henson	429	242	485	1157
198				
Brian Baertlein	633	369	501	1504
Anthony Carrillo	529	330	578	1438
220				
Evan Arntzen	650	402	578	1631
Phil Cicero	551	347	529	1427
Kevin Eller	507	286	534	1327
242				
Ryan Marvin	562	369	485	1416
275				
A. Adalsteinsson	826	440	694	1961
308				
Brice Gimbel	832	451	724	2000
Dean Munsey	771	424	683	1879
Brian Jackson	705	534	132	1372
SHW				
Brent Mikesell	1003	540	761	2304
Submaster				
165				
Jerry Riley	468	352	451	1272
220				
Dave Olsen	600	325	402	1327
Rick Valentine	391	325	407	1124
242				
Tyler Kopla	473	314	512	1300
275				
Luke Harris	777	435	639	1851
308				
A. Adalsteinsson	633	446	722	1802
Ron Uhl	501	352	556	1410
Masters (40-44)				
165				
Carl Smith	407	281	465	1107
Robert Straker	314	181	407	903
181				
Terry Wilson	512	308	518	1339
220				
Frank Peters	507	363	573	1444
Phil Carey	473	275	501	1250
275				
Joe Smith	429	369	440	1273
Masters (45-49)				
198				
Mike Higgins	523	363	540	1427
Masters (50-54)				
181				
Gordon Olson	633	93	573	1300
198				
Robert Ward	407	242	462	1113
220				
Jay Donkers	446	319	407	1173
308				
Bill Kohlleppe	551	319	501	1306
Masters (55-59)				
SHW				
Donald James	529	446	540	1515
Masters (60-64)				
242				
Skip Sandberg	611	429	639	1681
Masters (65-69)				
198				
Earl Cotton	424	297	429	1146

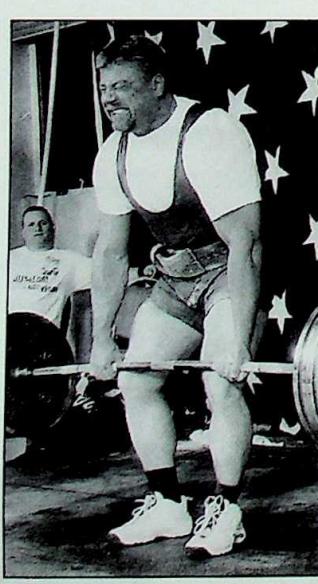
The APF West Coast Open was started by Doyle Kenady in 1980. Over the years, many of the best lifters in the world have competed in this meet.

Different people have promoted this meet over the years, but those who attended this year will have to agree that Rick McClung did a great job of bringing back the excitement and intensity that the West Coast Open has long stood for. This year was the 20th anniversary of the meet, and things couldn't have gone better or been more memorable for those who were able to attend this year. 65 Oregon state records were broken at the meet, and the crowd was just as loud at the end of the day for the last deadlift as they were for the first squat of the morning. The meet site was the Hallmark Resort in Newport Oregon, where every room has an ocean-front view. The weather was beautiful and sunny on Friday as the lifters arrived to weighed in for the competition. People were in good spirits and ready to kick butt the following day. The meet started around 9:00 A.M. with the Masters and Submasters in the morning group, but you wouldn't know it was the older guys by the way they were lifting! Jerry Riley took the submaster 165 lb. class and set new state records with all of his lifts. Dave Olsen took the 220 submasters with Rick Valentine coming in second. Dave holds the 242 submaster squat record with 622 that he did last August. Tyler Kopla did well with 1300 at 242 submaster. Next up was big Luke Harris from Washington, who impressed everyone with his tremendous quads and gigantic squats. He opened with an easy 705, then smoked 755 and 777. He's got great form and is fast on his way to an 800 lb. squat. He weighed in just under 270 lbs. Luke also took the submaster overall lifter award. Overall awards for classes other than open were 18 inch barbarian knives with leather sheathes, and man were those things sharp! Open class awards were 3 1/2 foot long barbarian swords - one for the men's and one for the women's class. They must have weighed 6 lbs each! Axel Adalsteinsson was up next, and had an awesome day with 633, 446, 722 for a 1602 total. His brother Agnar also lifted. The Adalsteinssons are a lot to be reckoned with - they look pretty intimidating from across the room, but are really nice guys when you get to talking to them. Ron Uhl took second to Axel in the 308 submasters. Another sensational lifter in the masters was Carl Smith. This was his first meet and something he had really trained hard for. With the help and guidance of coach Tod Becroft, Carl achieved all his goals at this meet. He accomplished 407, 281, 465 for an 1107 total weighing 158 lbs at the age of 44. His squat and deadlift were new state masters records. Carl had the crowd all fired up for his lifts - the energy was great! Robert Straker came in second to Carl. Phil Carey had a great day and was very pleased with his lifts, taking second to Frank Peters in the 220 40-44 class. Mike and Linda Higgins drove all the way from Idaho Falls, ID to compete in the meet. Mike lifted and Linda announced for a good part of the day. They brought their giant US flag with them and it served as a great backdrop for the meet. Mike had a good day and managed to take the best lifter award in the masters 40-50 group. Good job Mike and we wish you the best of luck in November at the WPC Worlds. Gordon Olson came in from Seaside to compete in the 181 masters class at age 51. This guy is incredible - still squatting 600+ after over 30 years in the sport. He recently had tricep surgery so didn't go heavy on the bench, but had a great squat and pull with 633 and 573, respectively. He tried 633 on the dead but couldn't lock it out. Robert Ward did well and earned 2 state records with his lifts. He did a 407 squat and 462 deadlift in the 198

50-54 class for his records. Jay Donkers had a good day. He went 446, 319, 407, 1173 at age 51 weighing 219. It was his first power meet. Bill Kohlleppe made it to the meet and set some new records in the 308 masters 50-54 class. Donald James also set all new records in the SHW 55-59 category. He told us that those were all personal best for him - good job Donald. Skip Sandberg came down from Richland, Washington (not a short drive) not only to lift in the meet, but also to bring two monoliths with him! Monoliths are scarce if not nonexistent here in the Northwest, so it was GREATLY appreciated that Skip offered to haul them in. Skip himself was the phenom of the masters. At age 60 he managed 611, 429, 639 for a 1681 total at 234 bodyweight. He picked up the best lifter over 50 award - no one else even came close. Good job Skip, keep up the great lifting. Earl Cotton, who's competing spans across 5 decades set new state records in the 198 65-69 class with 424, 297, 429 1146. Earl is an inspiration to us all. The afternoon session consisted of 2 flights - the women, Jr.'s and teens going first, and saving the big boys for last. Chelsea Becher did great. It was her first meet, and she achieved all the goals she had set for herself. She set all the Jr. 148 class records, and an open 148 record with her 330 lb. squat. All her squats were undeniably deep - with Tod Becroft, Julie Havelka and Ray Hellage as her coaches, how can you go wrong? Chelsea also grabbed the best female lifter award. It was a close race between Chelsea and Janet May for the best lifter award. Janet who is 48 and hasn't competed since having back surgery, had an incredible day and set all the 132 lb. 45-49 records. Looks like back surgery didn't keep Janet from making a strong comeback! Tor Lopez had an awesome day in the 198 novice class. It was her first meet, and she got all the lifts she had been planning for. She set new open state records in all but the deadlift with a 325 squat, 203 bench press and 787 total. Tor tells us she had the time of her life and can't wait to compete again. That's what we like to hear! Lisa Otter did some great lifting in the 181 submaster class and was all smiles when trophy time came around. Karen Hubbard was the last of the women, but I think surprised us most, by breaking all her old records in the 181 45-49 class. Bill Kohlleppe has been working with her and has apparently done a great job. Karen's squats were all picture perfect, ending with 264. She also benched 148 and finally joined the 300 lb. deadlift club with 303 for a 689 total. Good job Karen! Ian McKay totaled 1207 weighing 170 at age 15. He grabbed the best lifter award for the teenage men in the process. Incredibly lifts - look out for him in the future. Brandon Weston is only 14 and accomplished a 1030 total with 402, 225, 402. His coaches told us he had wanted to get a 1000 lb. total, looks like he surpassed that! Both Ian and Brandon set records in their respective age groups/wt classes. Kyle Herzik came all the way from Reno, NV to lift and had a great day at 148 16-17. Cameron Field-Eaton set a new state record in the deadlift with 578 at 242 16-17. Josh Manley came along with his brother Steve Manley, totaling 881 at 165 18-19. Steve blew everybody away with his 600 squat and 644 deadlift at 198 Jr. class. This guy was built to deadlift! Brady Cyphert got a new record in the squat with 600 at 242 18-19. Josh Downing came in from Corvallis to claim some new records and amaze the crowd perfectly executed lifts. He got 639, 413, 611 for a 1663 total in the 220 Jr. class. This guy's only getting started so watch for him in the future. Shane Kido got his name in the record books with a 347 lb. bench press and 462 deadlift at 148 Jr. Shane was very polite and had great form on all his lifts. Brian Baertlein reclaimed the squat record that he set and lost in 1998, by squatting 633 and then bombing on the deadlifts. Well, there was no bombing this time. He got his 633 squat, and finished the meet with 369 and 501 in the bench and dead. He took first in the 198 open class with a 1504 total. Nice to have that squat back, eh Brian? Anthony Carrillo came down from Olympia, WA to compete. He put quite the energy into his lifts and did well with a 1438 total. Even Arntzen took first in the 220 open class with Phil Cicero coming in second. Agnar Adalsteinsson dominated at 275 open (no wonder no one wanted to go up against him!) He did 826, 440, 694 for a 1961 total weighing 272. Agnar has competed in the WPC Worlds and took



Brent Mikesell ... (in a Brian Baertlein photograph)



Agnar Adalsteinsson..(Baertlein)

first place in the submaster 275's there last year. Brice Gimbel came to the meet with a plan. No one knew what his agenda was until he was punching away on his calculator trying to figure out how much he needed for a 2000 total. This kid's only 21, and got 832, 451, 724 for a 2000 even total (724 was a 4th attempt). He also took the open class records in all his lifts but the bench. Just think what he'll be lifting after he leaves the Jr class! Brice also trains for strongman events and will be competing in the Northwest strongman/woman contest on July 8th in Salem, OR. Dean Munsey had a good day and took second in the 308 open class with 771, 424, 683 for an 1879 total. Dean has competed in the strongman also, and his best total ever is 2000 at SHW. Brian Jackson took third place in the 308's with 705 534 and a token deadlift. He was lifting with a sore back but still managed to take the open 308 bench press record. Brian brings a lot of intensity to the platform and gets everyone fired up when it's his turn to lift. The biggest lifter of the meet was Brent Mikesell, who flew in from Spokane, WA to lift at this meet. He had just lifted 6 days before at the APF Sr. Nationals and had done his best total ever with 1003. 556, 781 for a 2342 total. He opened with 903 in the squat and went straight to 1003. This guy knows how to go deep! He took 1030 on his third and would have got it if his suit had not blown out. Perfect execution on the squats. Brent has a good chance at getting the biggest squat in history in the near future. He also tried 804 on his 3rd deadlift, and came closer than he's ever come before to locking it out. Brent is missing his index finger on his left hand and still deadlifts close to 800 lbs. The 800 deadlift has eluded him for some time, but it's only a matter of time before he gets it now. He's on his way to the WPC Worlds this November. Brent is a great guy and we really appreciate him taking the time to come down to Newport after a tough battle at Sr.'s. He had also been sick all week and had dropped a few pounds. Talk about strong and no excuses! Brent also went home with a new barbarian sword for the open class to credit his lifting that day. One lifter that we failed to mention above trained hard for the meet and came into the meet with a nagging leg injury. During the warm-ups, he aggravated the injury again and had to decline lifting in the meet. This lifter was Ray Hellage, and it didn't even matter to us that he couldn't lift that day, we were just glad to have him there. Ray lifted at the first West Coast Open back in 1980, and has been an inspiration to many, many lifters during his lifting career. One such lifter was Tod Becroft. Ray had brought his family with him to watch him compete, and even flew in relatives from Florida. They didn't get to see him lift that day, but they did see just how much of an impression Ray has left on his friends and followers when Tod presented a barbarian sword to Ray in front of the crowd, with "Powerlifting Achievement" inscribed on the sword. Talking to Ray later in the day he said he didn't even mind that he didn't get to lift, that it's all part of the game. He was very touched and happy to know that he's affected people's lives in such a positive way. Thanks for all your help Ray, we were glad to have you at the 20th anniversary of the West Coast Open Powerlifting Championships. Thank you also to Rick and Anna McClung, who were responsible for putting this meet on. We wouldn't have had this meet without you. The spotters and loaders did an incredible job, for most of them it was their first time doing it. Thanks for Tod Becroft, Julie Havelka, Ray Hellage and Mike Higgins for the judging. Linda Higgins and Bob M. for announcing. For information on Oregon APF events, visit the chairman's website at: web.pdx.edu/~psu1443/apf.html Contact Tod Becroft for upcoming APF events in Oregon at: Tman51@ao.com (Thanks to Julie Havelka for providing these meet results).

AAU Suburban North YMCA BP/DL
10 JUN 00 - Catasauqua, PA

Bench Press	242 lb. Assisted
Women	Frank Schlofer 460
114 lb. Raw	Greg Keiser 380
Joan Groman	130* 275 lb. Raw
198+ Assisted	Bill Schmidt 425*
Rhonda Carroll	225* Doug Croley 335
Teen	275 lb. Assisted
14-15 Raw	Matt Boettner 425
Mike Kuhns	210 Dan Frable 410
Mike McConigal	230 Jim Walk 340
Will Poole	195 319 lb. Raw
Ray Hutton	185 Mike Elsesser 450
Brandon Krajnak	130 Les Schoekoph 265
16-17 Raw	319 lb. Assisted
John Poole	270 John Long 470
Willy Gonzalez	200 Jeffrey Wiedaw 355
Matt Bealer	270 Deadlift
Aaron Heydt	180 Women
Matt Tullio	200 Kidstrong 10 yr.
Kevin Myrski	225 S. Schlofer 100
Ryan DeLong	230 114 lb. Raw
Bryan Simek	200 Joan Groman 185
Vince Casiano	160 123 lb. Raw
Frank Waiter	160 Kimberly Tracy 265*
18-19 Raw	Teen
Troy Kuzmitsky	335* 14-15 Raw
Men's Master	Kwincy Wiedaw 330
40-49 Raw	16-17 Raw
Stephen Lang	390* Willy Gonzalez 450*
Don Hulton	325 Matt Tullio 415
Bob Philippi	330 Kevin Myrski 440
Fran Felix	330 Bryan Simek 405
Tony Weiss Jr.	300 Frank Waiter 325
John Miller	275 Jeremy Maresh 350
40-49 Assisted	Albert Kauker 325
John Long	455* 18-19 Raw
Bruce Wiedaw	320 Nogoy Mukusa 480
Jim Wall	340 Men's Master
C. Dissinger Jr.	325 40-49 Raw
50-59 Raw	Bob Philippi 500*
Les Schoekoph	265 Fran Felix 490
Tim Tullio	185 Tony Weiss Jr. 425
60-69 Raw	40-49 Assisted
Walt Richardson	275 Charles Dissinger 480*
Gary Bechtel	325 50-59 Raw
Men's Open	260 Tim Tullio
132 lb. Raw	60-69 Raw
Mike Kuhns	210 Walt Richardson 400
148 lb. Raw	160 80-89 Raw
Frank Waiter	360 P. Eberhardinger 215
165 lb. Assisted	Matt Boyer 315
Matt Boyer	181 lb. Raw
P. Contastathes	345 Frank Waiter 325
Jim Disabella	315 181 lb. Raw
181 lb. Assisted	Michael Long 475
Bob Yeaney	385 Chuck Shaw
M. MacLaughlin	370 198 lb. Raw
P. Contastathes	345 Paul Felix 470
198 lb. Raw	198 lb. Assisted
Ed Cridge	370 + Terry Groman 605*
Paul Felix	305 220 lb. Raw
John Miller	275 Kevin Oldt 475
198 lb. Assisted	Jarred Malo 440
Scott Thomas	320 Tony Weiss Jr. 425
220 lb. Raw	220 lb. Assisted
S. Rothenberger	355 Jon Schaeffer 475
Kevin Oldt	335 242 lb. Raw
Tony Weiss Jr.	300 Bob Philippi 500
220 lb. Assisted	Fran Felix 490
Bill Eckart	480* 242 lb. Assisted
242 lb. Raw	Greg Keiser 525
Ron Morey	385 275 lb. Raw
Bob Philippi	330 Bill Schmidt 630*
	Doug Croley 475

+ American Record; * Best Lifter. For the third consecutive year, the Suburban North YMCA BP/DL Classic was sanctioned by the AAUPC. Competitive lifting and American Record attempts were the highlights of the meet. The meet began with the teenage lifters going head-to-head with the winner being determined by the Schwartz Formula. Coming out on top were Twin City lifter Mike Kuhns in the 14-15 year old age group and John Poole in the 16-17 year old class. Rounding out the teens was the best lifter, Troy Kuzmitsky, in the 18-19 year old class. The Men's Master class was also determined by formula, with Stephen Lang (390 Raw) and John Long (455 Assisted) winning their classes and taking home best lifter honors. The Men's Open class featured raw American Records of 370 by Ed Cridge and 425 by Bill Schmidt, who was also named best lifter. The assisted benchers featured American Record attempts by Rhonda Carroll (275) and Bill Eckart (505) with both lifters taking first and also winning best lifter awards. The deadlift started with the youngest lifter of the competition, 10-year-old Stephanie Schlofer doing an easy 100 pound pull for first place in her first competition. The Teen class featured Willie Gonzalez of Jim Thorpe High School pulling 450 pounds, and just missing an American Record 460, to take first place and best lifter honors. The Men's Master class saw Bob Philippi (500 Raw) and Charles Dissinger (480 Assisted) taking wins and best lifter awards. Always a crowd favorite, 80-year-old Paul Eberhardinger again showed us that you are as young as you feel by pulling 215 pounds. Last to pull in the meet was

the Men's Open class, which featured best lifters Terry Groman (605 Assisted) and Bill Schmidt (630 Raw). Many thanks to our fine Judges - Nick Theodorou, Bob DeRisi, Rich Schmidt, Bill Barnhardt and Dean Lewis - Twin City Powerlifting for all of their hard work in set-up, spotting, loading, scoring and tear-down, and the YMCA staff for their support. Special thanks to our sponsor, Nutritional Technologies for their continued support. Last, but certainly not least, thanks to all of the competitors who were on hand to again make the meet a success. Submitted by: Scott Nace - President, Twin City Powerlifting. (Thanks to Scott Nace for results)

L. D. Acosta	350	335	405	1090
242				
A. Parrilla	525	325	520	1340
R. Alers	300	175	380	855
+275				
M. Sandoval	365	200	405	970
(thanks to Nestor Gregory for providing results)				

Puerto Rico Junior Nationals
JUN 00 - (14-23 Yrs. of Age)

WOMEN	SQ	BP	DL	TOT
97				
Y. Lugo	170	65	200	435
A. Ayala	140	70	185	395
105				
K. Feliciano	240	105	290	635
K. Velez	230	100	285	615
N. Martinez	155	80	185	420
123				
V. Coreano	130	80	185	385
K. Rios	185	75	185	385
148				
D. Cabrera	300	200	330	830
Y. Quinonez	215	90	225	520
M. Olmo	190	85	240	515
165				
L. Perez	345	145	335	825
L. Ortiz	140	75	175	390
181				
G. Costas	315	140	375	830
I. Garcia	250	150	290	690
R. Rodriguez	180	75	210	470
+198				
K. Leclerc	400	180	335	910
N. Viera	205	115	250	570
MEN				
114				
J. Rosario	340	200	330	870
R. Isaac	220	140	260	620
132				
L. Velez	370	260	430	1060
R. Ramos	320	280	400	1000
165				
M. Ramos	405	220	500	1125
A. Torres	390	240	480	1110
I. Cosme	385	260	405	1070
J. A. Acosta	300	235	365	895
A. Castillo	245	120	295	730
181				
T. Quinonez	245	225	365	835
Y. Velez	280	160	360	800
X. Rosario	265	165	330	760
198				
L. Olmeda	225	170	275	670
R. Mercado	390	265	480	1125
L. Martinez	340	200	380	920
220				
M. Cruz	510	315	500	1325
R. Virella	400	240	460	1100

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10.00	12.00
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Adult Athletes in the Following Sports:	Not Available	25.00
Chinese Martial Arts, Judo, Jujitsu, and Karate		
Adult Tae Kwon Do Athletes	20.00	Not Available
Adult Powerlifting Athletes	30.00	35.00

(Thanks to USAPL for providing these meet results)

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Date of Birth	Age	Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	Application Date	Social Security Number
First	Middle	Last		
Address				
City		State	Zip Code	
County			Phone (With Area Code)	
Member's Signature _____				
Parent/Guardian Signature _____				



Eva England locks out a pr 300 in her 1st meet at the Hard Core Open BP/DL. (Photo provided to PL USA by Son Light Power).

gland, was also competing for the first time. Eva finished the day with a great 275 pr, then called for a 300 fourth attempt, which she made in style. Weighing in at 145, Eva also shows a lot of potential. Jesus Feliciano got a new pr in the deadlift competition, pulling a strong 425 to take the master class again. At 165 Tony Corona got his second title of the day with an easy 485, just missing a pr 505 for his final attempt. Mike Glade also got a personal record on his fourth attempt with 385 after finishing with 365. It was Alex Zweig, though, who stole the show. Alex went 585, 615, 635 like clockwork. Having some problems with his grip, Alex failed to lockout a personal record 645 fourth attempt. Weighing in at 220, Alex easily took best lifter honors. At 242 it was Eduardo Marquez with an easy 410. Anthony Hogan got a personal record 450 in his win at 275. Tony shows a lot of potential; just needs a little coaching and more experience. Dan Cotter also pr'd in his win at 308 with a great 500 pull. Dan just missed his fourth with 525. Thanks again to everyone who helped with the competition. See you all again in October! Dr. Darrell Latch (Thanks to Dr. Darrell Latch for providing the results for this competition)

USAPL Under the Big Top BP
11 JUN 00 - Bedford, OH

BENCH	F. Palmer	500
Powerlifting	SQ 485	BP 300
G. Page	DL 495	TOT 1280

(Thanks to USAPL for providing these meet results)

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Best Lifters at the Cross County Pull BP/DL Classic were (left to right) Brian Nolan (BP), and Greg Zoeller (DL). (photo by D. Latch)

CROSS COUNTY PULL BP/DL 13 MAY 00 - Mattoon, IL

BENCH PRESS	181	
Junior women	Ken Danbar	280*
Stephanie Smith	90*	198
submaster women	Gary Catton	360*
R. Blackwell	110*	6 Darrel Sidwell
master women 40-49	Joey Greenwall	190
Andrea Apple	100*	220
masterwomen 50-59	Tony Nixon	450*
Donna Catron	115*	Keith Waddle
Gaye Paff	60*	205
open women	Bill McDonough	550
VVendy Cross	100*	Greg Zoeller
teenage men	Scott Kellerhals	370*
Jerry Amsbury	195*	shw
Duane Frost	160*	Loren Belzer
Dennis Frost	155*	4th
junior men	Carl Lynch	330*
Smitty Lancaster	175*	DEADLIFT
submaster men	submaster women	
John Shea	455	R. Blackwell
Earl Cross	340	225*
mastermen 40-44	open women	Wendy Cross
James Amsbury	270	230*
Doug Pettersen	325	teenage men
Mark Witmer	430*	Kyle Best
master men 45-49	junior men	
Doug Pettersen	455*	Smitty Lancaster
Wally Strosnider	385	350
Dr. T Mattaline	385	submaster men
police & fire	Earl Cross	500*
Brian Dolan	200	master men 40-49
Doug Pettersen	340*	50-54
Jim Kenny	198	Jon Springmeyer
Ryan Turner	435*	330*
Rick Espinoza	240*	James Ewing
	275	500
	400	Loren Belzer
	445*	500
	400	500
	405*	Keith Waddle
	510*	365*

*personal record Best Lifter - BRIAN NOLAN *personal record Best Lifter - GREG ZOELLER. Team Champions - WALLY'S WORLD. The sixteenth annual Cross County Pull Bench Press/Deadlift Classic was held May 13, 2000 at the Cross County Mall in Mattoon, Illinois. Another great competition with a good turnout and an enthusiastic crowd to watch. Thanks once again to the Mall Association and manager Mike Witwicki for their continued support. In the bench press competition Wendy Cross won the open women's class with a personal best 100. With her bench shirt, belt and the rest of her clothes, soaking wet, she only weighs 98 lbs! Rozanna Blackwell, lifting in her first competition, took the submaster women's class with 110, another personal record! Boy, was this girl a pain! Kind of like Rozanna Anna Dana of Saturday Night Live fame! Stephanie Smith was also competing for the first time, but finished well, getting two personal records and finishing with 90 for the win at junior women. Andrea Apple was competing in her second competition ever, where she finished with 100 in her win at master women 40-49. Donna Catron, a great looking fifty-one year old lady (with a homely, hairy-legged husband) took the master women 50-59 class with a personal best 115.

Donna was lifting in her first competition, getting three new pr's on the day. Another good-looking fifty-something lady was Gayle Paff who finished second to Donna, but with a personal best 60. Gayle came up with a team from Showtime Gym in Henderson, Kentucky. In the teenage men's class Jerry Amsbury took the field with a personal best 195 at a 135 bodyweight. Second place went to Duane Frost who finished with 160, also at a 135 bwt. Duane's twin brother Dennis, was third with a lift of 155, weighing in at 145. Both Duane and Dennis posted new pr's on the day! Smitty Lancaster also got a pr in his win at junior, pressing 175 at a 150 bwt. James Amsbury was the winner of the master men 40-44 age group, finishing with 270 at 150. This was James first competition since having carpal tunnel surgery on both hands a few months back, and it was great to see him back on the platform. Second in the master 40-44 class was Mark Witmer with 325. Mark is a big man at 272, but a good lifter getting all three of his attempts. Doug Pettersen also went three for three to finish with 455 and the title at master 45-49. Mark's 455 was a new personal record for him at 242. Second place at 45-49 was Wally Strosnider (The Great One-Man Team) who finished with 385, weighing in at only 205. Third place went to Dr. Tony Mattaline, who also pressed 385, but at a 217 bwt. Tony did come close with a 405 fourth attempt! Watch out Wally! Jon Springmeyer had a great day of lifting, getting all four of his attempts, along with two new pr's, finishing with 340 for the win at master 50-59. Taking the master 60-69 class was Darrel Sidwell with 200. Darrel just missed his third attempt with a 210 pr. John Shea returned to competition after about a year and a half to take the submaster men's class with 455. John was a little disappointed with his effort, but like a lot of us has been working some long hours with little time for training. John was close with 485 though, and is really not that far off. He'll be back over 500 before long. (I just said that to be nice; didn't really mean it.) Second at submaster was Earl Cross from Showtime Gym. Earl finished with 340, using pretty much a non-existent shirt. All three of the lifters in the police and fire class posted new personal records! Brian Dolan finished first with a great 540, weighing in at only 250. Brian's lifting earned him best lifter honors for the competition. Doug Pettersen was second with 455 at 235 and Jim Kenny third with 405 This was Jim's first competition and the first time he had gone over 400 in the bench. Ryan Turner took the open 165 class with a strong pr 285, weighing in at a light 150 bwt. Second at 165 went to Rick Espinoza, who was lifting in just his second competition. Rick finished with another pr of 245. Ken Danbar won at 181 with another great showing, getting his second pr in as many competitions, ending with 280. Gary Catron, owner of Ironhouse Gym in Hooperston, Illinois, took the 198 class with a personal best 360. Training partner Ed Teran took second, also with a

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two new pr's, finishing with 340 for the win at master 50-59. Taking the master 60-69 class was Darrel Sidwell with 200. Darrel just missed his third attempt with a 210 pr. John Shea returned to competition after about a year and a half to take the submaster men's class with 455. John was a little disappointed with his effort, but like a lot of us has been working some long hours with little time for training. John was close with 485 though, and is really not that far off. He'll be back over 500 before long. (I just said that to be nice; didn't really mean it.) Second at submaster was Earl Cross from Showtime Gym. Earl finished with 340, using pretty much a non-existent shirt. All three of the lifters in the police and fire class posted new personal records! Brian Dolan finished first with a great 540, weighing in at only 250. Brian's lifting earned him best lifter honors for the competition. Doug Pettersen was second with 455 at 235 and Jim Kenny third with 405. This was Jim's first competition and the first time he had gone over 400 in the bench. Ryan Turner took the open 165 class with a strong pr 285, weighing in at a light 150 bwt. Second at 165 went to Rick Espinoza, who was lifting in just his second competition. Rick finished with another pr of 245. Ken Danbar won at 181 with another great showing, getting his second pr in as many competitions, ending with 280. Gary Catron, owner of Ironhouse Gym in Hooperston, Illinois, took the 198 class with a personal best 360. Training partner Ed Teran took second, also with a

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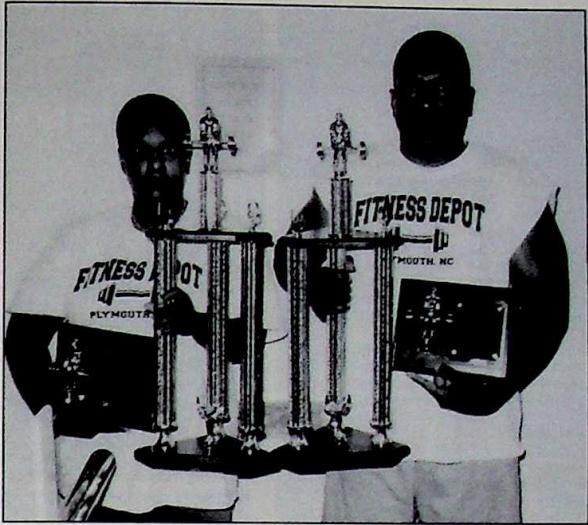
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new personal mark of 315. Joey Greenwall was third with 190, making only his opener. Tony Nixon won at 220 with a great personal best 450, just missing another at 465 for a fourth attempt. Keith Waddle was second with 205. Keith just missed a 225 pr third attempt. Bill McDonough had the biggest bench of the meet with a strong 550 opening attempt. Two tries at a pr 575 failed to lockout. Greg Zoeller was second with a personal best 450, followed by Scott Kellher's pr 370. Loren Belzer came all the way from Leavenworth, Kansas to take the shw class. Loren got a pr 330 on his final attempt of the day. Second place went to Carl Lynch, who also got a personal best, his at 225. This was Carl's second bench press competition. In the deadlift competition Little Wendy Cross again amazed the crowd. Winning the open women's class, again weighing only 98 lbs., she finished the day with an all-time personal best 250. Great, great lifting. Wendy! Up next was Ironhouse's prodigal daughter, Rozanna Blackwell. "Susie" again took the submaster class, finishing with a personal best 225. Up next was the teenage men's winner, Kyle Best. Kyle locked out 410 on his second attempt, which was turned down due to hitching, but came back for a successful pull at 430 for the win and a new personal record. Smitty Lancaster got all new prs, finishing with 350 to take the junior class. Not bad for a 150 lb. bwt! Earl Cross, not to be outdone by his petite wife, finished the day with a new personal record also, with 500, for the win at

submaster. There was another battle in the master class with both lifters finishing with 500. First place went to James Ewing who weighed in at 240. You know Jim, the famous RotoRooter Man from Gays, Illinois, the home of the only two-story outhouse in the world! (Jim says, "Just make sure you're the one on top!"). Second place went to Loren Belzer, who weighed in about eighty pounds heavier. Gary Catron got another personal best in his win at 198 with 435. Eric Michaels was second after missing that same weight, having to settle with 365. Third place went to Joey Greenwell, who finished with 400. Keith Waddle had to come back with 365 on his third attempt to get his personal record and the win at 220. The big pull of the day came from Greg Zoeller with 620 and the win at 275. This was new territory for Greg, earning him best lifter honors for the competition. This class would have been much closer if Mike Lukens had had his way. Mike had problems with his opener, taking three attempts to pull his 565 pr. A fourth attempt with 600 was close, but just a little too late. Third place went to Scott Kellher's, who also got a personal record with his final pull of 510. Team honors went to Wally's World, represented by Wally Strosnider, Jon Springmeyer, Dr. Tony Mataline, Carl Lynch, Rick Espinoza and Andrea Apple. Of course, of this group, the one which does not compete is the most important, Nancy, Wally's better half. Nancy is the team photographer, cheerleader, manager, the everything you know, the nice one! We appreciate you, Nancy! Thanks to Doug Peterson, Sr., Doug Peterson, Jr., Darrel Sidwell, Joey Greenwell and my son Joey for helping load and spot throughout the day. Thanks also to the lifters and spectators and to everyone else who helped with the meet. (contest results courtesy of Dr. Darrel Latch).



Fitness Depot Members Vanessa Cherry and Victor Armstrong competed in the Fitness Depot Spring Bench Press Championships. Vanessa won 1st place and Best Female Lifter overall. Victor took 1st place in the 198 class and Best Lightweight Lifter overall. ((photo by Ricky Young)

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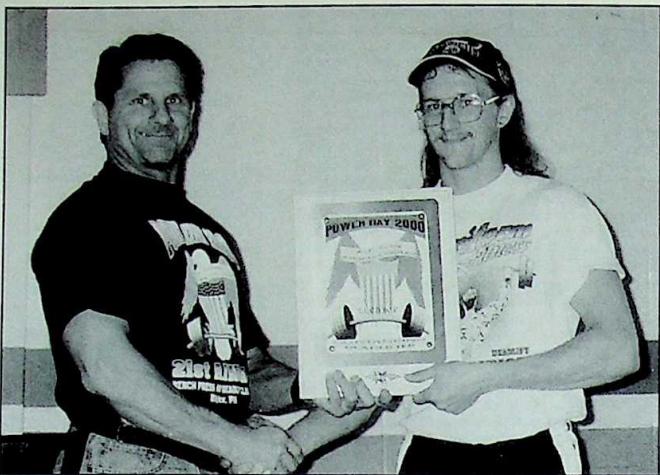
ADAU Power BP/DL
29 Apr 00 - Bigler, PA

BENCH	D. FAFINSKI	380
MEN	4th	385
165 # CLASS:	W. CLOUTHIER	347
L. DELLMYER	319# DEADLIFT	
MARK SKAL	WOMEN	
ERIC HUMANAY	1 23 # CLASS:	
181# CLASS:	WINKELBLECH	264
JOE OSBORN	148 # CLASS:	
J. SHOMPER	N. LOWDER	518
198# CLASS:	4th	529
BUCK SISKO	165 # CLASS:	
BUGS BAYER	THEODOROU	540
JOHN HERBEIN	MARK SKAL	424
SHANE RYENA	DAVID VERERIO	407
220# CLASS:	181 # CLASS:	
MARINKOVIC	R. GREGORY	451
4th	4th	490
BUTCH HUEY	198 # CLASS:	
C.ACUNA	BUGS BAYER	551
M. LABANS	A. MCCLAIN	551
N. MCCLAIN	JOHN HERBEIN	512
4th	220 # CLASS:	
JOHN KUHAR	G. SCHUCK	600
242 # CLASS:	C. ACUNA	496
C. CHIARO	N. MCCLAIN	341
R. HENNINGS	4th	352
G. SCHUCK	242 # CLASS:	
R. SCHAACK	G. KNOWLES	485
275 # CLASS:	275 # CLASS:	
D. RAYBUCK	D. RAYBUCK	606
319 # CLASS:	319 # CLASS:	
PROTOMASTRO	PROTOMASTRO	611
PAT CUNTRERA	4th	622
SUPER HEAVY CLASS:	P. CUNTRERA	440
BUGSBAYER AND ALLAN MCCLAIN WERE TIED.		
BOTH LIFTERS WEIGHTED 194, AND		
REWEIGHTED AT 193.75. OUTSTANDING BENCH		
PRESSER WAS 30 YEAR OLD JOE OSBORN OF		
CURWENSVILLE, PA WHO WENT 3 FOR 3 AND		
FINISHED WITH A 358# BENCH AT A BODY		
WEIGHT OF 181#. OUTSTANDING DEADLIFTER		
WAS 30 YEAR OLD NORMAN LOWDER OF		
WOODLAND, PENNSYLVANIA WITH A 4 FOR		
FOUR DAY.....HE OPENED WITH 451#, JUMPED		
STRAIGHT TO 501#, MADE A THIRD ATTEMPT AT		
518#, AND STILL HAD ENOUGH LEFT IN HIM TO		
HAVE A GOOD 4TH ATTEMPT. AMERICAN		
RECORD AT 529#. ALL AT A BODYWEIGHT OF		
147#. DADE YODER HANDLED THE ANNOUNCING		
FOR THE MEET WITH SONDRALEE VILLO AT		
THIS SIDE AS SCOREKEEPER AND EXPEDITOR.		
SPOTTING AND LOADING ALL DAY WERE JAY		
SIEGEL, AND "BEAR" NORRIS. JUDGING WAS		
HANDLED BY BRENDA AND AL SIEGEL, JOE		
O'RENIA AND NICK THEODOROU. URINE TESTING		
WAS DONE ON 13% OF THE LIFTERS AND		
THE SPECIMENS HAVE BEEN SENT TO QUEST		
DIAGNOSTICS OF SAN DIEGO CALIFORNIA FOR		
THE NECESSARY LAB WORK. (THANKS TO AL		
SIEGEL FOR PROVIDING THESE MEET RESULTS).		

**Hillsboro Health & Fitness BP/DL
30 APR 00 - Hillsboro, IL**

BENCH PRESS		220	
master women	40-49	Jeff Withington	350
D. Withington	130	242	
teenage men		Kevin Hahn	470
Jerry Amsbury	190*	4th	480
junior men		275	
Scott Knebel	275*	Kevin Simburger	425
master men 40-49		shw	
242		Damion Huff	320*
Steve Markham	395*	Shane Reid	300*
4th	400*	DEADLIFT	
master men 50-59		teenage men	
123		Jason Brown	325
Jim Raburn	215	junior men	
Oppenmen		Scott Knebel	400*
181		4th	450*
Ken Dangbar	255*	open men	
4th	270*	shw	
198		Shane Reid	520*
Bob Compton	375*	4th	560*
Kris Charles	345*	shw	
		Damion Huff	480*

Best Bench Presser - KEVIN HAHN. The Hillsboro Health & Fitness Bench Press/Deadline Championships were held April 30, 2000 at the gym in Hillsboro, Illinois. A special thanks to co-owner Craig Scoggins for his help in promoting and hosting this competition. In the bench press competition Debbie Withington returned to again claim her title in the women's class with a strong 130. Two more tries at a personal best 135 was close but just short of knockout. Jerry Ambury came up from Edwardsville, Illinois to take the teenage title with a personal best 190. It was great to see that Jerry's dad James is recovering well from recent carpal tunnel surgery and should be back in competition again soon. Scott Knebel did well in his first competition, finishing with 275 to take the junior title. Steve Markham had another great day of lifting, going four for four with three new pr's on the day. Steve finished with that magical 400 for his final attempt to take the master 40-49 title. Jim Raburn,



Norm Lowder (right) receives his Outstanding Deadlifter award from ADAU State Chair Joe Orentia at the Power Day Classic. (Joe)

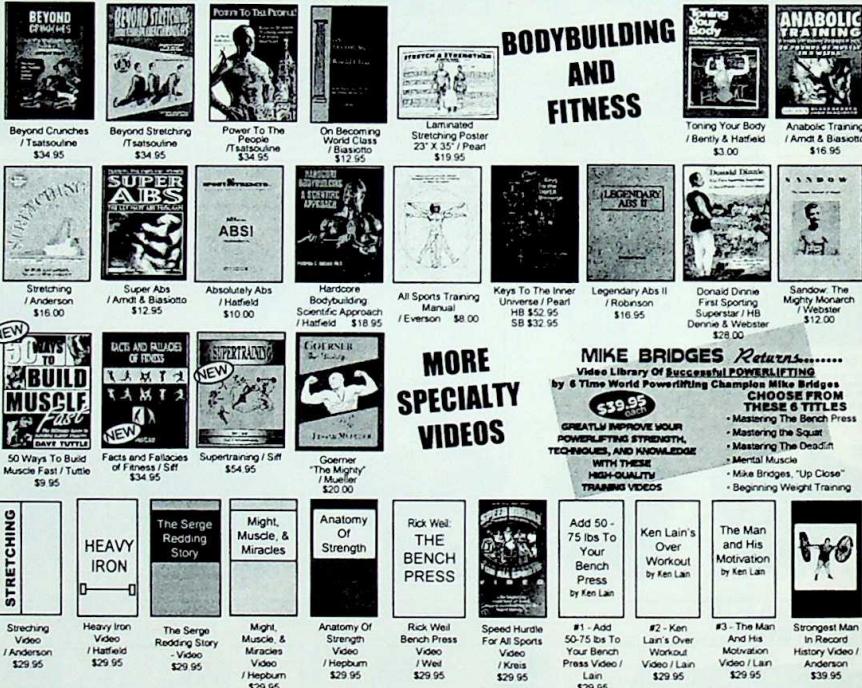
weighing in at a trim 120, pressed up and easy 215 for the win at master 50-59. Jim, who is consistently listed in the top ten of his age and weight class nationally, almost locked out 225 on his final attempt! In the open division, Ken Dangbar kept getting stronger with each attempt, getting a fourth attempt with a personal best 270 for the win at 181. At 198 it was Bob Compton for the win over Kris Charles 375 to 345, both getting new pr's on the day. Bob looked strong at 375, breaking his old mark of 370, even coming close with 400 for his final attempt. Kris, lifting in his first competition, got his first two attempts with ease, missing only his final attempt with 365. Jeff Withington came over from Missouri to take the 220 title with 350. A mislead on Jeff's final attempt gave him another with a pr 360, but which came short of lockout. Kevin Hahn, also from Missouri, was the big lifter of the day, winning both the open 242 and best lifter award for the competition. Kevin opened with an easy 445, struggled with his second attempt with 460, but then came back strong with a 470 third and a solid 480 fourth attempt. Kevin's last two were personal records! I told Kevin three months ago he would get 500 with his new shirt and it looks as though it will come true by his next competition! Great lifting Kevin! Kevin Simburger was lifting with a minor injury to his forearm, but still finished with a strong 425 for the 275 title. Kevin has been doing some good works with a local evangelistic group called Awesome 3:16, reaching

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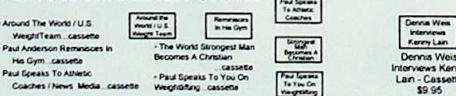
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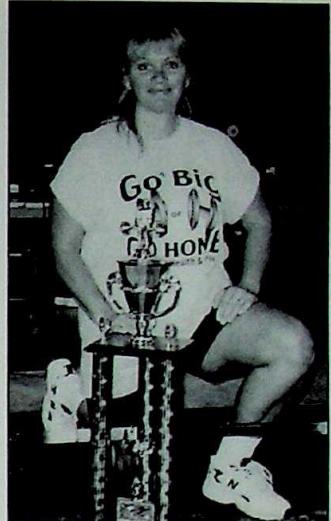
Best Lifter at the Hillsboro Health & Fitness Contest was Kevin Hahn.
(photograph by Dr. Darrell Latch)

the needs of children and teenagers, and we are all proud of the work he and others are doing. At shw we had two new lifters, two workout partners, and boy were they a trip! (Both just need a good beatin'. These boys were big!) After the smoke had settled, Damion Huff had won with 320 over Shane Reid, who finished with 300. I don't know who had more fun, these two lifters or their family! In the deadlift competition, Missouri's own Jason Brown had a disappointing day, getting only his opener of 325. Jason, who recently turned 16, is a great puller who was just a little off, but who will come back and pull 400 before long! Scott Knebel took the junior class in the deadlift as he did in the bench, showing lots of potential in the pull. Scott finished with 400, but then locked out 450 for a fourth attempt. Not bad for his first competition! Uh-oh, here they come again, the bash brothers, Shane Reid and Damion Huff. Now it was Shane's time to shine as he outlifted Damion 520 to 480. Damion did finish with a new personal record (480), but so did Shane! Then Shane went on to pull and easy (but ugly) 560 for his fourth attempt! This boy is just naturally strong, and if they both just get their form down, they will be pulling fools! Well, we all had a great time. Thanks to Craig and his friend for spotting and loading for the bench and to Kurt Hess and Steve Markham for their help with the deadlift. (the results of this competition were provided to Powerlifting USA by courtesy of Dr. Darrell Latch).

Durand Fitness BP/DL 14 MAY 00 - Durand, IL

Junior women	132	Terrell Owens	235*
Stacey Woychik	110	Andrew Spielman	365
master women 40-49	148		
Theresa Heller	80*		
open women	165		
Terri Holt	140	Mike Spradling	290
4th	150*	Wade Boegli	365
teenage men	220		
165	242		
Mike Spradling	290	Dan Kaline	405
165	275	Kevin Hudson	365
M. Winterhalter	275	4th	375*
220	275		
Pete Brown	330*	Brad Saunders	425*
242	330*	Shane Mathison	300
Al Stark	290*	DEADLIFT	
shw		master women	
Mark Peiffer	335*	Jean Schuur	165*
junior men		teenage men	
Ryan Pryor	235*	Al Stark	425*
submaster men		242	
Peter Olsen	325	Kevin Fludson	425
master men 40-49	275		
Dale Koning	325*	Shane Mathison	530
Jerry Lano	350	Brad Saunders	525

*PERSONAL RECORD; BEST BENCHPRESSER - ANDREW SPIELMAN. The Durand Fitness Bench Press/Deadlift Championships were held May 14, 2000 at Durand Fitness in Durand, Illinois. We had



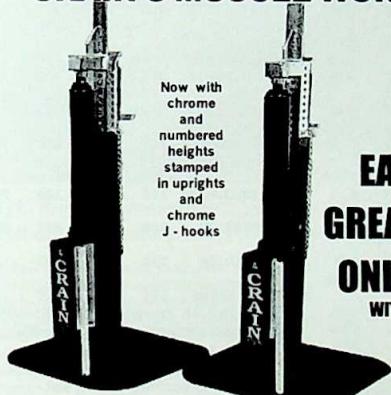
A First Time Competitor ... Jean Schuur proudly displays her massive deadlift trophy from the Durand Fitness Bench Press and Deadlift Championships which she won for completing her 165 pound effort, which was a new personal record (photograph provided to us by Dr. Darrell Latch)

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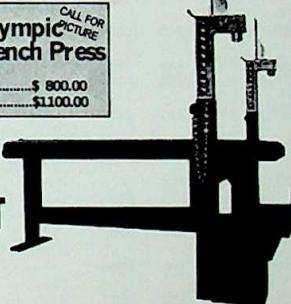
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a good turnout with an enthusiastic crowd of spectators for this first-time competition, even if it was Mother's Day. Thanks to owners Steve Eisen and his wife for sponsoring this event. Thanks also to Steve and Jim Meyers for loading and spotting during the competition. Stacey Woychik took the junior women's class with an easy 110, missing 125 twice. This was Stacey's second competition. In the master women's 40-49 class, Theresa Heller was competing for the first time, finishing with the win and a new personal record 80. Terri Holt also set a new personal record in her win at the open class. Terri got 150 for a fourth attempt, weighing in at 128. We had five teenagers, so we put them in weight classes. At 165 Mike Spradling took top honors with 290, just missing a pr 300 for his final attempt. Mike also took the open 165 class. Second at 165 was Matt Winterhalter, who finished with 275. Matt also missed 300 for his final attempt. Pete Brown took the teenage 220 class with 330 missing only his third attempt with 350. Al Stark got a personal record in his win at 242 with a strong 290. Al came close with 310 twice. Big Mark Peiffer also got a pr with his 335, taking the shw class. Mark, Pete and Matt are all the products of Rockton coach Jerry Lano. You're doing a great job with these kids, Jerry! Junior class winner Ryan Pryor got a personal best 235 on his third attempt, after missing that weight for his second. Peter Olsen took the sub-master class with a strong 325. In the master men's 40-49 class, it was a close one, with Dale Koning edging out Jerry Lano by formula. Dale finished with a personal best 325 at a bodyweight of 192. Jerry weighed in at 215 but finished with a strong 350. In the 132 class it was Terrell Owens with an impressive personal record 235 for the win. Andrew Spielman was also quite impressive, finishing with 365 at a bodyweight of 147. Andy won best lifter honors for the competition. Wade Boegli got all three of his lifts to finish with 365 for the win at 220. Dan Kaline took the open 242 class with his opener of 405. Dan just missed 435 twice, even though he had gotten that weight with ease just the week before. Second at 242 was Kevin Hudson who finished with 365, then got a personal best 375 for a fourth attempt. At 275 it was Brad Saunders had a great day in the bench with a new pr of 425. Ever since Brad, Kevin and Al started benching with their shirts open in the back, their weights just keep going up! Second at 275 was Shane Mathison with 300, using a reverse grip due to shoulder problems. In the deadlift competition Jean Shuur did well in her first meet, finishing with a personal record 165 to take the master women's class. Al Stark got his second personal record and second win of the competition with 425 in the teenage class. Kevin Hudson also finished with 425 in his win at 242. Kevin came close with a personal record 475 twice. Shane Mathison pulled 530 for the win at 275 over Brad Saunders, who finished with 525. Thanks again to all the competitors and the fans who supported this competition. Dr. Darrell Latch (Thanks to Dr. Darrell Latch for results).

USAPL Boss Nutrition, Eclipse 2000
26 MAR 00 - Dunmore, PA

Women	198	
123 Tammy McCabe	110	Chris Chopko 300
132 Diane Broody	115	Proschik 370
TEEN (14-16)		Ed Bronko 270
148		OPEN
Greg Emiliani	185	Matthew Walter 300
TEEN (17-19)		Clifford Dickey 370
David Pearce	285	SUB MASTER (35-39)
Jeff Decker	245	Bob Lehman 380
Michael Schiffer	230	MASTERS (50-54)
David Davis	205	Doug Morrow 220
OPEN		MASTERS (55-59)
Mark Meehan	250	Robert D'Angelo 200
SUB MASTERS		MASTERS (60-64)
Gary Teeler	270	Bob Ecclestro 240
TEEN (14-16)		TEEN (14-16)
165		220
Eric Makala	265	Sean Powell 310
TEEN (17-19)		TEENS (17-19)
Steve Thomas	285	Taylor Young 385
Joshua Giannotti	245	Travis Dawson 360
JUNIOR		OPEN
Sal Scarantino	305	Jimmy Brown 450
Brian Kizer	280	Nathan Williams 425
OPEN		Taylor Young 385
Carl Barkley	405	Gary Hallis 335
Daniel Evans	330	SUB MASTER (35-39)
Mazurkiewicz	275	Billy Grippo 420
MASTERS (50-53)		POLICE & FIRE
Jeff Freemont	225	Kevin Reilly 400
MASTERS (45-49)		TEEN (14-16)
Robert Legg	235	242
LIFE TIME		Ray Ragnacci 315
Robert Legg	235	MASTERS (45-49)
LAW & FIRE		New State Record
Robert Legg	235	Richard Davies 420
OPEN		TEEN (14-16)
181		275
Karl Keller	400	Vinnie Biella 155
Terry Dickes	400	OPEN
MASTERS (45-49)		Robert Gogdon 380
A. Scopelliti	255	MASTERS (55-59)
Bill Schype	255	Bob Charette 300

JUDGEMENT DAY AT THE YMCA. The Greater Scranton YMCA-Eclipse 2000 3rd Annual Judgement Day Bench Press Contest was held on March 26, 2000. Meet Director was Joe Luciano, Associate Program Director at the Greater Scranton YMCA. The Meet was held under the auspices of USA Powerlifting (formerly ADFPA). The air was full of electricity as the forty-seven lifters prepared to do battle on the Bench, and as the smoke cleared the contest produced two state records. Dave Pearce set a state record in the Teen Division (17-19) at body weight of 148 lbs. with a lift of 285 lbs. Along with Dave, Jeff Freemont also set a state record with a lift of 225 at body weight of 165 in the Masters (50-53) Division. Great job Dave and Jeff. Special thanks to Bob O'Leary and his staff of Boss-Eclipse 2000 for his on going support of this Judgement Day Contest and his support of Powerlifting. Judgement Day IV will be held on October 15, 2000. (Thanks to Jim Rainey for the results).



From left to the right at the USAPL Boss Nutrition Judgement Day Bench Press Championships- Don King (spotter), Tony Scopellitti (lifter who won 1st place), Rosakio Riggi (spotter), Joe Nealis (head judge), Carl Pisa (spotter). (This photograph was provided to Powerlifting USA through courtesy of Joe Luciano).

USAPL Michigan High School
13 MAY 00 - Goodrich, MI

14-15 yrs. old	SQ	BP	DL	TOT	CHRIS JORDAN	225	180	350	755	242
Erica Schuelke	150	80	170	400	123	DAVID BRAZIE	310	195	365	870
114					132	HEATH COLLEY	330	160	385	875
A. McMILLAN	180	125	245	550	148	A. McMILLEN	300	145	360	805
123					165	TONY PARR	335	190	340	865
BRAD SCOTT	130	120	250	500	165	B. RICHARDSON	370	195	440	1005
TONY REID	205	160	250	615	181	RICK VERDIER	235	125	275	635
S. PACHECO	135	95	215	445	165	C. MAUDIN	375	230	425	1030
148					181	JERRY MOORE	330	165	335	830
NICK ABBEY	300		325	625	198	JASON THOMAS	365	195	385	945
165					198	JASON KARAS	350	300	400	1050
CHAD ABBEY	375	220	415	1010	200	JOSH OUTMAN	480	300	475	1255
TROYTHOMAS	250	155	315	720	200	NOAH COCKE	435	225	405	1065
198					200	DON HICKEY	360	200	200	995
RYAN DEAN	400	160	420	980	219	J. BRADBURN	360	235	400	995
220					219					
DALE GRUBB	445	255	380	1080	219					
275					219					
WEATHERFORD	420	250	385	1055	219					
319					219					

(Thanks to USA Powerlifting for providing the results of this competition to the Powerlifting USA),



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(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

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**APA "Big AL" Steele Memorial
04 JUL 00 - New Haven, CT**

BENCH	123	165	W. Foster (BL)	550	370	570	1490
Children	E. Steele	50	L. Washington	400	250	465	1115
Girls	Men	165	J. Shipley	415	345	540	1300
97	181	220	G. Balnes				
B. Steele	45	S. Cannandy	225	L. Contratti	365	260	400
105	181	220	B. Eastham	600	420	620	1640
K. Steele	60	J. Steele	255	J. Carter	705	390	625
114	N. Wellins	200	P. Watson	540	380	530	1450
K. Steele	55	J. Steele	185	J. Moore	440	350	500
Boys	242	275					
148	P. Canzanella	300	M. Hogan #	650	505	575	1730
D. Steele	70	308	J. Allen	600	375	625	1600
Women	R. Rohmer	300	P. Bouchard				
97			J. Moore				
K. Steele #	75						



left. to rt.- Brianna Steele (6 yrs. old) and Kara Steele (10 yrs. old) at their grandfather's gravesite at Big Al's Memorial (Photo by Joseph Steele).

denotes Best Lifter. This meet took place at East Shore Park. Meet Director: Joseph Steele; time - 1 hour. Head Judge: Joseph Steele; side judges: Neal Wellins, Andy Bram, and Mark Hogan. Announcer - Andy Bram. Sponsor: Connie Steele. The first annual APA Big Al Steele Memorial 4th of July Bench Press Contest was held in New Haven this year. Seventy - five people gathered for a Steele family reunion in honor of Big Al Steele, a powerlifter who passed away two years ago this June. This year's family reunion had a bench press contest, cookout, and several activities including a huge fireworks display over the harbor, sponsored by the City of New Haven. Most of Big Al's grandchildren took part from Dan Steele who is 12, to Brianna Steele who is 6. A total of 13 lifters took part in the meet. Eight Steele family members lifted as well as friends of the family. This living memorial was a fine tribute to a great husband, father, grandfather, and powerlifter. This would be the way that he wanted to be remembered. After the contest, the grandchildren laid a bouquet of flowers and American flags at Big Al's gravesight. He was a WWII veteran who endured many hardships during the war. The Steele Family Reunion made a donation of the WWII monument being planned in Washington D.C. in Big Al's name. Connie Steele, Al's widow said, "We believe it is long overdue that a WWII monument be built in our capital." (Thanks to Joe Steele for providing these contest results).

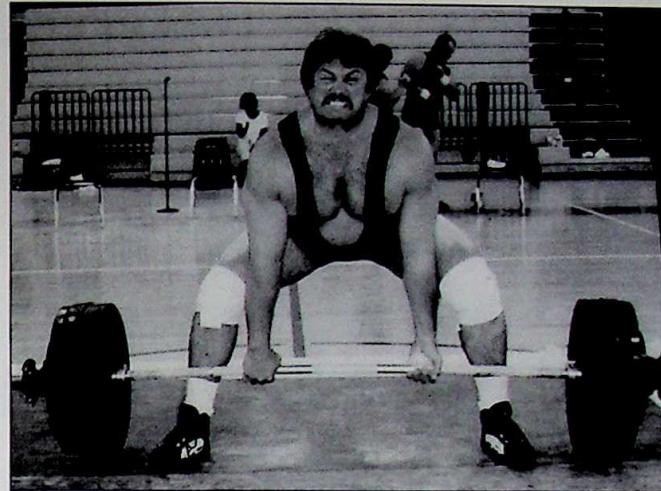
(Thanks to Scott Taylor for providing these results).

**APA South Atlantic BP/DL
10 JUN 00 - Palm Bay, FL**

BENCH	open	R. Mahaffey	450
WOMEN		BENCH REPS	
open	D. Gerrard	G. Walker	27
	175	V. Lopez	25
MEN		S. Volkes	23
Submaster	T. Vellake	T. Robinson	21
Master	520*	T. Koller	19
40-49	J. Walker	J. Walker	18
B. Bradford	480	F. McBride	11
50-59	DEADLIFT		
G. Walker	385	WOMEN	
J. May	350	L. Robertson	185
F. McBride	60-69	Teen	
60-69	T. Scott	S. Laver	400
T. Scott	340	Submaster	
Open	Open	D. Robertson	560
181	181	Open	
T. Maggart	J. Maggart	198	
390	275	220	
H. Allen	505	V. Lopez	460
J. Shipley	345	198	
345	Masters 50-59	220	
C. Poore	J. Myatt	400	
460	380	J. Krause (BL)	600
J.T. Hall	W. Johnson	220	
435	305	D. Robertson	560
Powerlifting	SQ	T. Vellake (BL)	520
Open	BP	DEADLIFT REPS	
148	DL	G. Walker	385
J. Moses	TOT	308	20
		B. Bradford	480
		SHW	14
		T. Robinson	8

**APA Tennessee Open PL & BP
08 JUL 00 - Lebanon, TN**

BENCH	4th	455	
Open	242		
181	J. Maggart	440	
T. Maggart	390	181	
198	H. Allen	505	
J. Shipley	345	R. Kelly	420
345	Masters 50-59	198	
C. Poore	J. Myatt	400	
460	380	V. Lopez	400
J.T. Hall	W. Johnson	220	
435	305	J. Krause (BL)	600
Powerlifting	SQ	T. Vellake (BL)	520
Open	BP	DEADLIFT REPS	
148	DL	G. Walker	385
J. Moses	TOT	308	20
		B. Bradford	480
		SHW	14
		T. Robinson	8



Pete "Iron Bear" Bouchard placed 2nd in the 275 class with a 1600 total at the APA Tennessee Open. (Photo provided by Scott Taylor).

* Denotes Florida Record. (Thanks to Scott Taylor for providing the results for this meet to PLUSA).

**2000 APA Eastern Seaboard BP
22 JUL 00 - Palm Bay, FL**

BENCH	R. Fraizer	420
Teen	198	
J. Molohon	290	F. McBride
Junior (formula)	220	300
M. Allan	300	J. Keene
S. Rutsis	290	480
Masters	E. Rechtenwald	475
40-49 (formula)	G. Boldissar	415
B. Bradford	465	J. McCartney
G. Boldissar	415	415
Submaster (formula)	S. Beckwith (BL)	555
S. Beckwith	555	J. LaComb
J. LaComb	425	425
50-59 (formula)	E. Martin	
F. McBride	300	B. Bradford
Open	Guest	465
181	B. Youngs	
Repetition with bodyweight		
Under 200		
M. Bradley	29 reps with 170 lbs.	
S. Rutsis	20 reps with 175 lbs.	
F. McBride	16 reps with 195 lbs	
200+		
M. Cintron	28 reps with 200 lbs.	
J. LaComb	14 reps with 255 lbs.	
J. McDonald	0 reps with 225 lbs.	

staff, great equipment and a nice atmosphere for a meet. Several quality lifts were registered at the event and in the end the Best Lifter award went to Sam Beckwith who benched 555 at a bodyweight of 250 pounds. Sam just missed a 575 attempt. Special thanks to Bob Young who was guest lifter at the event. I would also like to thank the referee's for doing an excellent job and the spotters who did a spectacular job and prevented a few close calls. (Thanks to Scott Taylor for providing the results).

**USAPL NW Women's Regional
13 Nov 99 - Seattle, WA**

165 lbs.	SQ	BP	DL	TOT
Master (50-54)				
D. Backiel-54	145	120	265	530
Master (45-49)	148 lbs.			
G. Bennett-46	210	120	250	580
Master (40-44)	198+ lbs.			
V. Stephens-40	205	150	305	660
Master (45-49)	148 lbs.			
S. Bennett-45	105	80	185	370
Master (55-59)				
F. Ireland-57	115	85	185	385
Open 165 lbs.				
N. Harmon-32	305	125	335	765
198+ lbs.				
L. LaFrance-29	215	205	285	705
Teen 148 lbs.				
E. Happel-17	155	80	200	435

Special thanks to Bodyworks for providing a great

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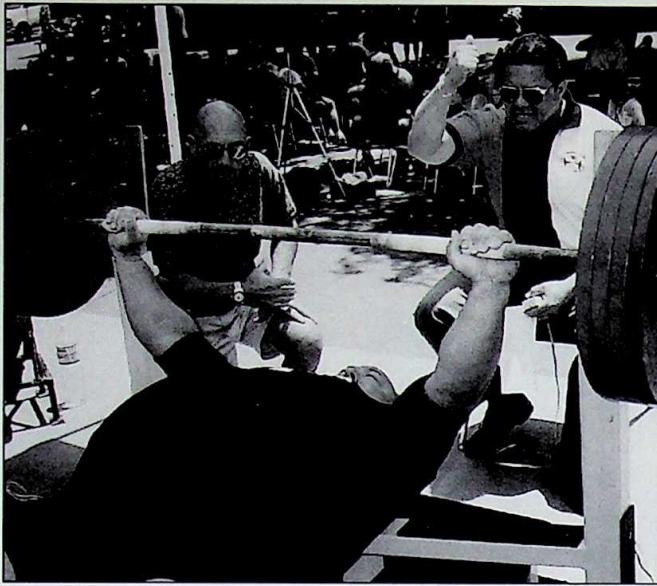
**USPF Mid Cities BP
06 MAY 00 - Norwalk, CA**

Women	308	Brian Meek	485
Over 132 lb.	291	John Woerner	468*
V.Hembree	303*	Dave Marr	435
Linette Vasquez	192	308+lb	
M. Pennington	176*	Big "O" Walker	457
Lynda Stark	137*	Cliff Lewis	396
Men's Open		Men's Masters 40-49	
148 lb.		181 lb.	
Scott Layman	363	Charlie Ortega	352
Steve Kalo	314*	198 lb.	
165 lb.		Lance Claggett	286
William Padilla	308	220 lb.	
181 lb.		M. Womelsdorf	270
Kingston Lee	391	275 lb.	
Eric Thorn	385	Art Thompson	545*
Juan Contreras	352	Leonard Coaston	451
242 lb.		Men's Masters 50-59	
Bob Dunham	501	308 lb.	
Sunday Sims	473	Brian Meek	485*
275 lb.		Rick Belles	380
Art Thompson	545	Obbie Hampton	
Leonard Coaston	451	308+ lb.	
Steve Denison	424	Larry Hedrick	336*

(* Denotes California State Single Lift Record (!))

Denotes American Single Lift record. The meet was held outside at Los Alisos Middle School in Norwalk, CA. It was a wonderful venue and the great weather was a bonus. Multiple CA State record holder, Bob Seibold, held a very informative seminar on bench pressing before the contest got under way. His good-natured attitude and helpful insights were greatly appreciated. The woman got things rolling with Lynda Stark setting a new state record in the Master 45-49, 148 lb. weight class. Mary Pennington was strong with a new submaster record in the 181 lb. class. It was a pleasure to see Vicki Hembree, who struggled a little, missing her first two attempts. She came back and got her third at 292 lb. then went on to a fourth attempt, with a solid 303, CA State open, submaster and an American record in one day, not too bad!

Scott Layman made the trip from Bakersfield and won the 148 lb. class and Best Lifter-lightweight men (114 to 181). Steve Kalo was impressive (and raw) setting a new submaster record in the 148 lb. class. Kingston Lee edged out fellow competitors in the 181 lb. class for the win. Bob Dunham tied the CA state record in the 242 lb. class. He tried to break it on a fourth attempt, but didn't quite make it. Art Thompson cruised by fellow 275ers Leonard Coaston and co-meet director, Steve Denison, with a massive 545 bench, setting a CA state record in the masters 40-49 division. He also took home the Best Lifter-Heavyweight (198 to 308+) award. John Woerner set a CA state record in the 308 submaster division, but the 308 open class belonged to Brian Meek. With a 485 lb. bench, Brian set a new CA state master 50-54 record and an American record as well. The winner in the 308+ open was Big "O" Walker, with a nice 457 on his third attempt. Larry Hedrick set a new CA state record in the master 50-59 division. After the sanctioned competition, we



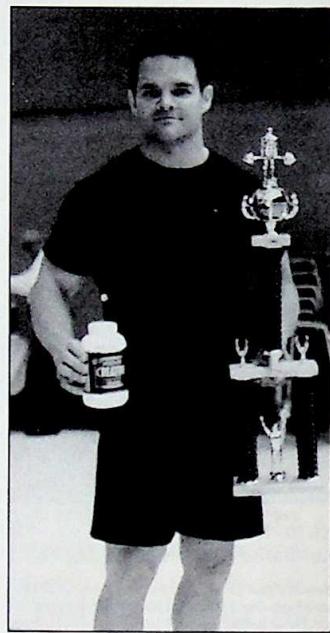
Brian Meek at the Mid Cities BP - 220 kg. 485 lbs. American Single lift record; Master 50-54. (Photo provided courtesy of Lisa Denison).

had some teenage lifters from local schools compete. We hope that they too have been "bitten by the iron bug" and we look forward to seeing them compete in Powerlifting events in the future. We'd like to thank the Outback Steakhouse for coming out and providing a great burger deal to the athletes and spectators. We'd like to acknowledge those who contributed to making this meet a success: Our referees; Fran Haley, Don Hale, Victor Elliott, Kelli LaMantia and Lisa Denison. Scott Layman, Eric Thorn and Jim Merlino also helped to referee the teenage lifters. Our deep appreciation goes to our co-meet director, Chris Kostas and once again, his lovely wife Krishna for her flawless scorekeeping. We'd also like to thank Brian Pfiffner and Shane Toal for spotting and loading. Not to mention Chuck LaMantia who made most of the arrangements to make this meet happen, as well as his entertaining announcing. Kevin Meskew even took a turn on the mike! A big "Thank You" goes out to everyone at Los Alisos Middle School for all of their help. And last, but not least, our sponsors: Wright's Power Promotions, The Deep Tissue Center, Digital Disc Jockeys, House of Pain Ironwear, Powerlifter Video Magazine, US Army Recruiting Station, Inzer Advance

Designs, Ascending Awards, The American Eagle Bodybuilding Gym and Outback Steakhouse. It was an outstanding meet. Woo Woo!! Results-Lisa Denison. (Thanks to Lisa Denison for the results).

**USPF Region III Competition
10 JUN 00 - Savannah, GA**

Teenage	SQ	BP	DL	TOT
14-15				
Trey McAfee	330	250	400	980
16-17				
Jimmy Smith	325	275	450	1050
Cale Smith	500	305	400	1205
Women - Open - Lightweight				
Lorinda Nelson	300	150	275	725
L. Christopher	100	125	275	500
Women-Open-Heavyweight				
Vernetta Alston	55	215	145	415
Novice-Lightweight				
L. Christopher	100	125	275	500
Men's Novice				
181				
Wayne Pullum	500	320	525	1325
198				
Alberto Valdez	505	325	515	1345



Kenny Davis - Best Open Lifter at the USPF Region III Competition. (Photoproduced by Ana Leverett).

Auditorium which is an excellent meet site. The weight room is adjacent to the auditorium and quite adequate for a contest. Lifters came from Florida, Alabama, North Carolina as well as Georgia at the competition and broke several Region III records. Teenager Vernetta Alston of North Carolina had 2 open women's regional bench records. Dennis Pittman from Jacksonville, winning master's Best Lifter award, set some master's regional records. The best lifter of the contest, Kenny Davis, of Valdosta, battled last year's champ, Donnell Blue of Jacksonville. Both of these men are great lifters and truly nice people as well. The novice best lifter award went to Jason Schottel of Jacksonville, who lifted using only a belt and knee wraps. The judging was handled by Ben and Nancy Parker, David Coleman and Amy Orellana. Our spotters and loaders, doing an excellent job, included Brian Anderson, David Chait, Bob Dimmitt, Randy Lamb and Glen Nesbitt. Christopher Leverett kept the contest running smoothly as he acted as platform manager. Sandy Ellis did a great job announcing and handling the scoring along with Johnny Orvin. (Thanks to Ann Leverett for these contest results).



**Application for Registration
UNITED STATES POWERLIFTING FEDERATION**

(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
			Y N	
Street Address			Club Name	
City		State	Zip	Area Code/Telephone
Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Este Master I II III IV	IPF Cat 1 Cat 2 Nat State	Y N	Y N	Y N
Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date
Y N	Y N	/ /	M F	/ /

Registration Fee \$25.00

Make checks payable to and Mail to:

UNITED STATES POWERLIFTING FEDERATION

NATIONAL HEADQUARTERS

P.O. Box 650

Roy, Utah 84067

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 testing.

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.

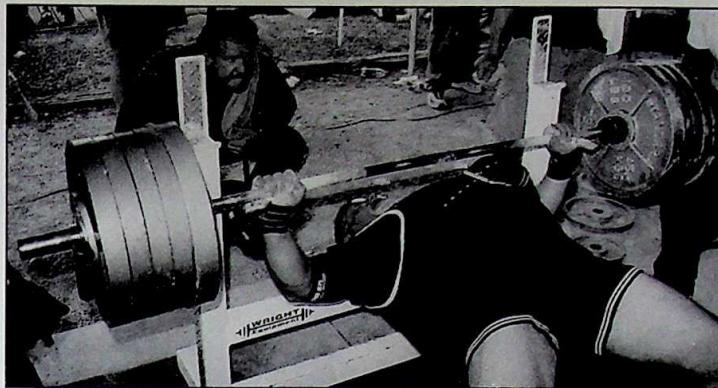
If Under 18 have Parent Initial _____

Signature _____

Power Photos... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well. We pay for all photos we use in the magazine and, of course, we credit the photographer.

WABDL Southern States BP/DL
20 MAY 00 - Gadsden, AL

BENCH	220
WOMEN	315
123	350
A. Wright	140
C. South	132
Master	350
40-46	275
105	13-15
V. Mc Neely	110
61-67	132
165	16-19
P. Parker	65
Master Law/Fire	148
40-47	181
148	275
P. Rowe	165
MEN	DEADLIFT
Class 1	WOMEN
148	123
A. Parker	300
181	132
D. Hagen	275
4th	C. South
M. Rainey	275
198	Master 61-67
A. Young	148
220	165
T. Snellings	375
J. Skip Hall	340
R. Kornis	315
242	V. Mc Kneely
D. Callas	335
M. Hamby	420
4th	Open
275	4th
H. Kuiper	380
N. Sprayberry	225
Masters	Q. Richards
40-46	340
181	4th
R. Hagedorn	335
198	165
G. Herring	500
242	G. Kaiser
D. Callas	335
B. Williams	180
47-53	242
198	B. Driskill
J. Snodgrass	335
220	S. McKinney
R. Edward	375
S. Ramey	440
275	4th
E. Mc Connell	350
54-60	181
220	D. Hagen
J. Skip Hall	340
275	4th
G. Nelson	350
H. Kuiper	380
61-67	40-46
242	114
N. Bailey	405
Open	K. Snell
132	181
Q. Richards	255
165	B. Driskill
G. Kaiser	350
181	G. Gridley
M. Rhiney	315
198	47-53
G. Herring	500
220	J. Snodgrass
G. Lands	350
R. Rogers	430
242	54-60
T.J. Lofgren	425
275	220
S. Khader	350
D. Thomas	Class I
308	220
C. Berey	440
SHW	T. Snelling
B. Mc Connell	405
Submaster	R. Kornis
	275
This was an outdoor meet promoted by Rich Hagedorn and his wife Janette. It was on the river at a big festival called River Fest-about 300 people attended. Not more than 1/4 mile away, the Beach Boys performed in front of 55,000 fans. Next year's event will be closer to the music venue and there should be at least 1,000 people in attendance.	H. Kuiper
Deadline: In Class I, Rick Kornis pulled a 405 in 220. Dr. Hendrik Kuiper pulled a Class I Mississippi state record of 550 in the 275s. He, also, passed the drug test. Thomas Snelling pulled 480 to beat Rick Kornis in 220 and Nick Sprayberry pulled 315 at 275 to finish second to Dr. Hendrik Kuiper, who's out of Mississippi (age 40-46). In masters division deadlift, Rich Hagedorn pulled an Alabama state record of 575 at 181. At 242, Bobby Driskill pulled an Alabama state record of 625. Bobby or "Horse", as he is called, put a tremendous effort into getting the meet ready-a very nice person, who is also very competitive. In master 47-53 198 pound class, Jim Snodgrass of Texas, pulled a Texas state record of 450. In master 54-60, Skip Hall pulled an impressive 555 for an Alabama state record in the 220	N. Sprayberry

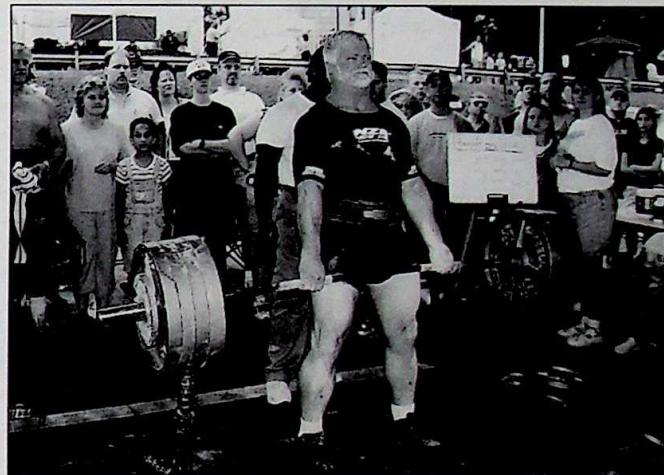


George Nelson tries a 615 at age 55, while Gus Rethwisch judges the lift.

pound class and Dr. Hendrik Kuiper pulled a Mississippi state record of 550 at 275 pounds. In open men's deadlift, Daniel Hagen pulled 475 at 181. Skip Hall set an Alabama state record of 555 at 220 - his second state record of the day. Bobby Driskill pulled 625 at 242 to beat Shane McKinney who did 600 but was turned down due to hitching. At 275, Steve Khader pulled 525. At 308, Eric Roberts was close to lock out with 700. He settled for 650. At super, Bubba McConnell pulled an Alabama state record of 530. Bubba, also, worked very hard in helping set the meet up. At 132, Quinn Richards pulled 340 for an Alabama state record. In submaster, Steve Khader set an Alabama state record of 525 at 275. In women's open deadlift, Annette Wright did a magical 300 at 123 for an Alabama state record. At 132, Christie South got 275, missed 300, but still got an Alabama state record. At 102, Vickie McNeely pulled a state record of 225. In master 61-67 at 165, Patsy Parker in her first meet got a World Record 123 and Patsy Rowe in master law/fire 48+ got a World Record of 265. Moving on to the bench press in the teen division, Jaye Hall set an Alabama state record with 155 at 13-15 132 pound. Adam Parker set a Georgia state record with 275 at 148 in 16-19 - a very good life for that weight and age. At 181 16-19, Kreston Collier set an Alabama state record of 275. In submaster bench in 220, Gary Lands did 350 to finish second to Roderick Rogers, who put up an Alabama state record of 430. Rick Kornis was third at 220 with 315. At 275, submaster bench, Steve Khader won with a hard fought 350. In open at 181, Michael Rainey won with 315. At 198, George Herring, the old master who hasn't been around too much lately, smoked 500 and just missed 560. At 220, Roderick Rogers beat Gary Lands 430 to 350. At 242, T.J. Lofgren set an Alabama state record of 425. At open 275, Steve Khader did 350. At open 308, Clint Berey set a Georgia state record with a big 440. At super, Bubba McConnell put up

405. At 132, Quinn Richards pushed 255. In master bench 40-46 at 181, the tireless meet director Rick Hagedorn set an Alabama state record with 335. At 198, George Herring set a World Record with 500 and a near miss at 560. At 242, David Callas set a Georgia state record with 335. Bill Williams was second with 180. In master 47-53 at 198, Jim Snodgrass set a Texas state record with 335. At 220, Steve Ramey, the current World Champion, did

440 and just missed a World Record with 475. Ronnie Edward was second with 375. At 275 pounds, Eddie McConnell won with a fine 350. In master's 54-60, Skip Hall set an Alabama state record with 340 at 220 pounds. At 275, Hendrik Kuiper set a Mississippi state record with 380 and George Nelson put up a magnificent 585 and gave 615 a ride. In 61-67, Norman Bailey tried a World Record 415 at 242 pounds and almost made it. He had to settle for 405. Norman is 67!! In Class I bench, Daniel Hagen set an Alabama state record of 330 at 181 and beat Michael Rainey in the process. At 198, Andy Young did 260. At 220, Skip Hall beat Rick Kornis 340 to 315, but Thomas Snellings won with 380. At 242, David Callas set a Georgia state record but lost to Mike Hamby, who also set an Oklahoma state record with 440. At 275, Dr. Hendrik Kuiper set a Mississippi state record with 380. Nick Sprayberry was second with 225. At 148, Adam Parker set a Georgia state record with 275. In women's bench, Patsy Rowe did a World Record 165 on Law/Fire 148 Master 40-47. In master's bench, Vickie McNeely did 110 at 105 and Patsy Parker did 65 pounds at 61-67 165 pound class. In open women, Annette Wright did 140 at 123 and Christie South did a respectable 135 at 132. I would like to thank Rich and Janette Hagedorn for putting on this event. Leon Trammel and Jerome Vaughn did a great job of spotting and Scott Griffen was the M.C. (Thanks to Gus for results).



Skip Hall deadlifts 535 (So. Reflections photos, courtesy Rich Hagedorn)



Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
		<input checked="" type="checkbox"/> Y <input type="checkbox"/> N		
Street Address		Club Name		
City		State	ZIP	Area Code/Telephone
Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV	World National State	<input checked="" type="checkbox"/> Y <input type="checkbox"/> N		<input checked="" type="checkbox"/> M <input type="checkbox"/> F
Today's Date		Card Issued By		

Registration Fee \$15.00

Make checks payable to and mail to:

WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS
P.O. Box 5292
Bend, Oregon 97708

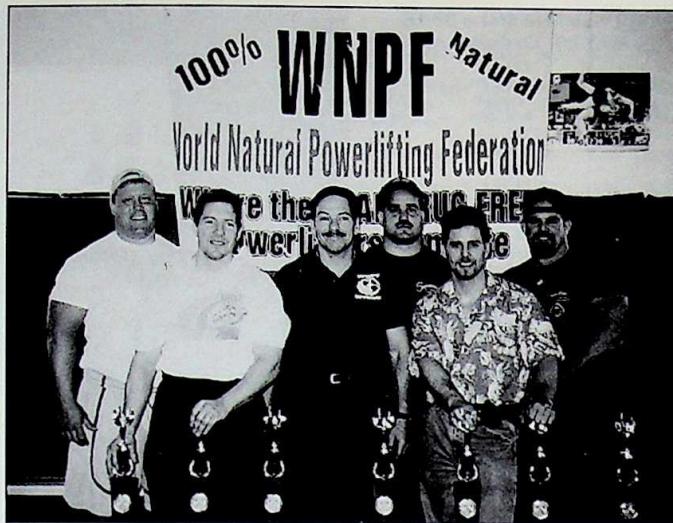
If under 18, have parent initial _____

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature _____

WNPF Lifetime Nationals 20,21 MAY 00 - Austintown, OH								
BENCH PRESS	A. Khalil	275	40-49	D. Blochey	340	235	340	930
Women Assisted	33-39	J. Misorski Jr.	345	148				
97	50-59	L. Zimmelman	245	165				
Open	1401 J. Misorski Sr.	198	Open	N. Mercorelli*	455	380	440	1275
L. Proulx	132	17-19	198	L. Zimmelman	315	335	460	1100
S. Schaffer	40-49	G. Foy	385	33-39	485	415	1015	
Men Assisted	130 B. Misorski	215	40-49	G. Foy	181			
123	242	R. Kellish	390	40-49	181			
Open	33-39	198	300	R. Kellish	198			
S. Petrenck	445	Open	410	198	1100			
148 Open	M Lyden	380	D. Polis*	510	375	550	1435	
A. Khalil	340 DEADLIFT ASSISTED	165	S. Hailey	460	365	415	1240	
165 Open	L. Zimmelman	335	33-39	D. Polis	510	375	550	1435
T. Bazzi	20-23	Open	40-49	J. Phillips	465	365	485	1315
D. Newell	220	220	40-49	220				
181	340 Open	M. Rydelek	500	Novice	Novice			
33-39	SQUAT ASSISTED	540	500	M. Rydelek	500	385	540	1425
J. Fiumara*	370	275	Open	E. Boehler	455	315	550	1320
198	33-39	33-39	40-49	50-59				
Novice	M. Torrie	500	R. Walter	450	300	450	1200	
J. Hilinski	360 DEADLIFT RAW	60	Open	R. Burres	600	440	605	1645
220	Youth	60	40-49	R. Walter	565	315	575	1455
50-59	300 M. Misorski	115!	275	R. Walter	565	315	575	1455
W. Schaffer	132	Open	40-49	R. Walter	565	315	575	1455
242	G. Landess	330!	40-49	R. Walter	565	315	575	1455
Open	165	Open	275	J. Peshek	705	570	625	1900
P. Vargo	530 Open	D. Snyder	330	M. Zupko	640	530	600	1770
275	570 33-39	A. Sangermano	300	D. Coleman	640	475	610	1725
20-23	181	181	T. Kristoff	680	400	635	1715	
B. Karlovic	470 Open	M. Torrie	550	P. Aracri	615	465	500	1580
Open	425 J. Kramer	475	33-39	B. Pflueger	500	365	500	1365
J. Peshek*	33-39	M. Torrie	550	T. DeSantis	515	365	475	1355
SHW	181	181	Police/Fire	M. Zupko	640	530	600	1770
Open	470 Open	T. DeSantis	515	Open	Open			
J. Miller	425 D. Bosler	475	40-49	J. Yoder	500	375	580	1455
33-39	33-39	R. Graham	725	40-49	R. Graham	725	365	615
J. Wilson	365 J. Misorski Jr.	400	148	1705	1705			
BENCH PRESS RAW	50-59	B. Lovejoy	550!	14-16	Powerlifting Raw	Powerlifting Raw		
Men	50-59	SQUAT RAW	181	A. Granger	185!	100!	240!	525!
148	198	14-16	185!	A. Granger	185!	100!	240!	525!
Open	40-49	181	132	M. McNinch*	450	345!	495	1290
A. Khalil	340! B. Misorski	350	40-49	J. Kramer	420	290	475	1185
33-39	242	181	165	A. Sangelmano	240	200	310	750
T. Baran	225 40-49	B. Lovejoy	550!	165	Open	Open		
165	181	SQUAT RAW	181	G. Landess	210!	165!	330!	715!
Open	225 Open	14-16	181	181	181	181		
L. Tyler	305 181	A. Sangermano	240	181	181	181		
M. Farrell	225 33-39	20-23	181	181	181	181		
D. Snyder	195 J. Kramer	420	181	181	181	181		
33-39	33-39	J. Clyde	340	220	400	960		
A. Sangermano	200 J. Misorski Jr.	360	33-39	M. Mcninch*	450	345!	495	1290
40-49	165	181	181	J. Kramer	420	290	475	1185
M. Farrell	225 33-39	181	181	A. Sangelmano	240	200	310	750
181	275	20-23	181	181	181	181		
J. Kramer	290 T. Kustoff	680!	181	181	181	181		
WOMEN Assisted	SQ BP DL	TOT	181	181	181	181		
Open	105	Open	181	181	181	181		
R. Kassel	205 130 275	610	181	181	181	181		
17-19	250!	605!	181	181	181	181		
132	J. Misorski Jr.	50-59	181	181	181	181		
S. Schaffer!	225! 130!	250!	181	181	181	181		
MEN Assisted	605!	605!	181	181	181	181		



Competitors at the WNPF Lifetime Drug Free Nationals ... (left to right) Jeff Pesek, David Polis, Meet Director Ron DeAmicis, Mitch Zupko, Mike McNinch, and Paul Vargo. Pesek, McNinch, and Polis were Best Lifter award winners. (photograph provided by Ron DeAmicis)

LIGHTWEIGHT DIVISIONS AND TAKING FIRST IN THE 165LB CLASS FOLLOWED BY LEE ZIMMERMAN. MASTER LIFTERS BOB KELLISH AND DENNIS BROCHET ALSO POSTED STRONG TOTALS WHILE WINNING THEIR DIVISIONS. IN THE 198LB CLASS DAVID POLIS WON THE OPEN AND SUBMASTER CLASS ON HIS WAY TO TAKING BEST LIFTER IN THE HEAVYWEIGHT DIVISIONS, AND MASTER LIFTER JOHN PHILLIPS POSTED ANOTHER FINE TOTAL IN THE 220 CLASS. MATT RYDELEK AND ED BOEHLER TOOK THEIR DIVISIONS AND MASTER LIFTER BILL SCHAFFER RETURNED TO ADD ANOTHER NATIONAL WINTO HIS COLLECTION. IN THE 242LB CLASS ROBERT BURRES AND ROBERT WALTER BATTLED IN THE OPEN DIVISION WITH BURRES TAKING THE OPEN AND WALTERS LOCKING UP THE MASTER DIVISION. IN THE 275LB CLASS, SEVEN STRONG LIFTERS ENGAGED IN THE BATTLE IN THE OPEN DIVISION WITH JEFF PESHEK TAKING FIRST AND POSTING THE HIGHEST TOTAL OF THE MEET. MITCH ZUPKO FINISHED A STRONG SECOND AND ALSO TOOK THE POLICE AND FIRE DIVISION. MICHAEL TORRIE CAME DOWN FROM NEW YORK AND CAPTURED THE SUBMASTER DIVISION. IN THE SHW CLASS JEFF YODER TURNED IN A FINE PERFORMANCE AND RON GRAHAM POSTED A STRONG TOTAL TO WIN THE MASTERS DIVISION. IN THE RAW POWERLIFTING TEENAGER ALICIA GRANGER SET ALL NEW AMERICAN RECORDS AND SO DID GARY LANDESS ON THEIR WAY TO WINNING THEIR DIVISIONS. STRONG TOTALS WERE PUT UP BY DONTAYLOR II AND FRED FAIT IN THE 198LB CLASS AND BRAD LOVEJOY AND BRAD HENNEBERT RULED THE 242LB CLASS. ONCE AGAIN THE GREAT GROUP OF GUYS FROM MISORSKIS GYM CAME FROM AREAS IN OHIO AND PA AND TURNED IN SOME FINE TOTALS WITH JOHN JR., JOHN SR., AND BILL MISORSKI WINNING THEIR DIVISIONS. ALSO WITH MISORSKIS GYM WERE ANTHONY SANGERMANO AND JEFF KRAMER WHO TURNED IN FINE PERFORMANCES. MIKE MCNINCH WON THE 181LB OPEN DIVISION WHILE SETTING A NEW RECORD IN THE BENCH AND WINNING BEST LIFTER IN THE LIGHTWEIGHT DIVISION. DIRK POUNDS TURNED IN A FINE TOTAL TO WIN THE SUBMASTER 275LB CLASS. IN THE BENCH PRESS COMPETITION MANY STRONG LIFTS WERE PUSHED UP WITH NEW RECORDS BEING SET BY LAURA PROULX AND STEVE PETRENCK IN THE ASSISTED DIVISION. BEST LIFTERS WERE JEFF PESHEK AND JOE FIUMARA. IN THE RAW DIVISION ABBAS KHALIL SET A NEW RECORD IN THE 148 LB CLASS. MISORSKIS GYM WON THE TEAM AWARDS IN THE RAW BENCH, DEADLIFT, AND POWERLIFTING. IN THE DEADLIFT MATT MISORSKI, GARY LANDESS, JOHN MISORSKI SR., AND BRAD LOVEJOY ALL POSTED NEW RECORDS WHILE WINNING THEIR DIVISIONS. A SPECIAL THANKS TO ALL THE PEOPLE WHO HELPED MAKE THIS ANOTHER SUCCESSFUL MEET. AND THANKS AGAIN TO BILL AND SARA SCHAFFER FOR THE SPECIAL GIFT! (results provided by Ron DeAmicis)

World Natural Powerlifting Federation (WNPF) Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

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

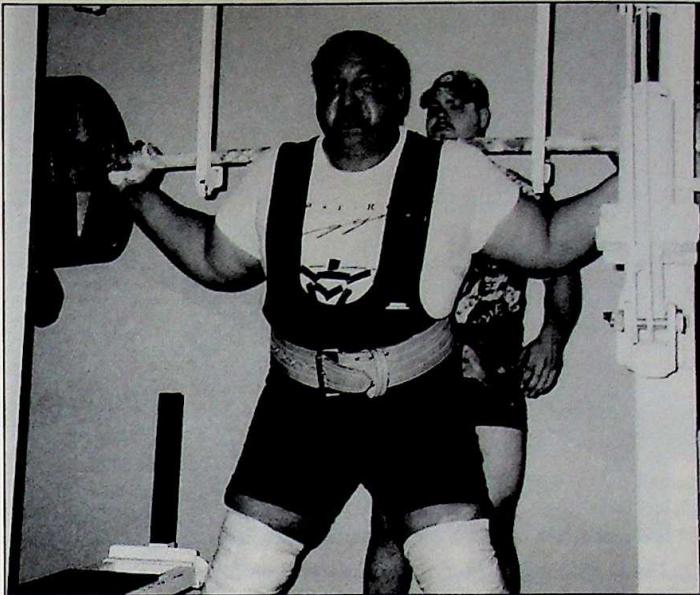
FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ (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 from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

ANPPC World Cup PL
08 JUN 00 - Tuscola, IL

BENCH PRESS	Butch Adams	375*
master women 50-54	SHW	
148 Linda Middleton	John Magee	480*
master men 40-44	open men	
220 D. Burlingame	165 Wade Phillips	380*
master men 45-49	198 Tom Carnaghi	385*
165 Jim Cosentino	220	
275 Keith Earley	242 Eric Maroscher	410*
master men 50-54	Tobey Hays	500*
275 Powerlifting	shw	
teenage men 16-17	Fred Sorg	415
242 Ben Myers	SQ BP DL	TOT
4th master men 40-44		
165 Manuel Rivera	560*	360* 535* 1455*
198 Frank Rivera	455	290 490 1235
220 D. Burlingame	710*	400 650 1760*
master men 45-49		
132 Gary Landess	260*	180* 350 790*
4th 275 Keith Earley	370*	810*
master men 50-54	500*	425* 485 1410*
242 Darrell Latch	400	130 400 930
275 Butch Adams	450*	375* 475* 1300*
shw		
John Magee	900*	480* 500* 1880*
open men		
165 Wade Phillips	500	380* 465 1345
181 Nick Young	135	430* 225 790
198 Tom Carnaghi	825*	385* 650 1860*
220 Eric Maroscher	720*	410* 655 1785*
D. Burlingame	710	400 650 1760
Doug Trier	550	385 510 1445
242 Todd Rohrs	700	420* 600 1720
shw		
John Magee	900*	480* 500 1880
Fred Sorg	735	415 585 1735
Best Lifters: bench press - TOBEY HAYS; master men - DUANE BURLINGAME; open men - TOM CARNAGHI; team champions: CARNAGHI POWER. *ANPPC world record. The 2000 ANPPC World Cup Powerlifting Championships were held July 8 at Son Light Power Gym in Tuscola, Illinois. With thirty total entries, the competition went very smoothly, and a number of new national and world records were set. All competitors were given a polygraph test. A very special thanks to all who helped, including the members of Carnaghi's Power Team, who did most of the loading and spotting throughout the meet. Thanks also to my wife Susie and Linda Middleton for serving as side judges. The full meet marked the return to competition one of the best young powerlifters in the world, Ben Myers. Since his first competition about a year and a half ago, the seventeen year old has put on almost seventy pounds in bodyweight, coming in at a solid 232. Ben has always been a great natural deadlifter, but has also made dramatic improvements in the other two lifts. Ben had a fantastic day, getting all three of his attempts in the squat and all four of his bench and deadlifts. Eleven for eleven, with each being a new world record for his teenage class. Ben finished with a 540 squat, a 315 bench, and a 625 deadlift for a 1480 total! Can you imagine what he'll be totaling at the age of 25? or even 21! Great lifting Ben. In the master men's 40-44 class, there were three competitors. Manuel Rivera was up first at 165, posting all new world marks for that class. Manuel also had a perfect day of lifting, going nine for nine, with each lift being a record breaker. Manuel finished with a great 560 squat, 360 bench, and a 535 deadlift, for a big 1455 total, giving him his first ANPPC World title. Manuel's brother, Frank, also won his first title, lifting in the 198 class. Frank got all three of his squats, finishing with 455. In the bench Frank settled with his second attempt of 290, after missing his third with 315. But in the deadlift Frank came back strong, getting all three of his attempts again, his last being 490. This gave Frank a new personal record total of 1235! Duane Burlingame won his third consecutive world title at 220, with his biggest total ever, 1760. This, along with his personal best 710 squat, were new ANPPC world marks. Duane got all three of his squats, going deeper with each attempt. In the bench he finally got that elusive 400, coming on his final attempt. Then in the deadlift, Duane pulled an easy 650, but a pr attempt with 670 was a little too much on this day. Duane's total at a 212 bwt. also gave him best		



A big ANPPC World Record 900 squat for John Magee. (Darrell Latch)

lifter honors for the masters. At 45-49 Gary Landess retained his title at 132 with another great day of lifting. Weighing in at just 130, Gary finished the day with a world record double bodyweight squat of 260. In the bench another record fell when his final attempt of 180 was successful. Gary's fourth attempt in the deadlift gave him his third world record of the day when he was successful with 370. This gave Gary a new record total of 810, which also represented four new pr's on the day for him. Big Keith Earley had his greatest day of lifting ever, as he captured his first world title at 275. Keith had some problems getting started, but got a strong 500 squat on his final attempt. This tied my own world record at 275, in the 45-49 class. Then came the bench; Keith's specialty! 405 and 425 were both new world records, with his final attempt of 440 just short of lockout. Keith also got all three of his deadlifts, finishing with 485 to give him a new world record total of 1410! (This also broke my existing total record. That's great, though, because Keith is such a deserving guy.) Three new world records for his first world championship! Congratulations, Keith! In the 50-54 age group, since I was still injured and a little short on help, I just did some openers for the a1242. Those of you who have been injured know how discouraging it can be. Oh, well, maybe some day. (Like my boy Joey says, "Dad, you want some cheese with that whine!") But at 275 Butch Adams continues to get stronger with each new outing, retaining his title at 275. Butch got new personal records in the squat, deadlift and total, while posting all new world records in each event! His squats continue to improve, finishing here with 450, 375 in the bench gave him his second world record of the day. Then came his deadlift with 475 and a new record total of 1300. This bettered all of Butch's existing records at 275. The BIG BOY was up next, BIG JOHN MAGEE! This guy is truly one of the nicest lifters in the sport, as well as being one of its strongest. John opened with an easy 750 squat; then 820; and last, a personal best, ANPPC world record 900! John got his depth, with no doubt, and came up with the biggest squat in ANPPC history! John followed that with a 480 bench and an easy opener of 500 in the deadlift for a 1880 total. All of John's lifts were new world records for the shw 50-54 class. Great job, John! On top of that, John was using this meet as a warmup for the following day where he would be lifting again! In the open division, Wade Phillips took the 165's with all new personal records on that day. Wade started with a great 500 squat, which he got for his final attempt, then went right to the task of breaking the existing world record in the bench with 360, then 380! He then finished the day with a 465 pull for a 1345 total and his first world title! Nick Young came up from Missouri for the sole purpose of breaking the bench record at 181. Entering the full meet to do so, Nick took a token squat of 135 and a 225 deadlift. Nick opened with a strong 400, going next to 415, which wasn't quite as smooth. With the record standing at 425, Nick called for 430, which he made with ease! Actually 435 would have given him best lifter in the bench competition, but he chose to go for the record instead. Great lifting, Nick! At 198 it was all Tom Carnaghi, once again, for the win and best lifter title. With Bill Centano and Mark Chellino out due to injuries, Tom had no real threat for best lifter, as he had the best total of his career! Tom's

weight. Duane finished with 650, while Eric went on to lockout 655 to take the title 1785 to 1760. Eric's total, along with his bench and squat were new ANPPC world records. Taking third place at 220 was first time competitor Doug Trier. Doug actually had a great day, getting all new personal records with a 550 squat, 385 bench and a 510 deadlift, for a 1445 total. Todd Rohrs won his first world title with just a great day of lifting. Todd was ready; finishing the squats with a personal best 700. He also got a personal best 420 in the bench, which was also a new world record at 242. Todd actually locked out 450 for his final attempt, but was called for dipping the bar. Finishing with a strong 600 deadlift, Todd totaled out at 1720, another personal best for him. John McGee was took the shw title with an 1880 total, which included that big 900 squat. Second at shw was Fred Sorg, who started with a pr 735 squat. A 415 bench and a 585 deadlift gave Fred a personal record 1735 total. Fred, who is a great guy and a great lifter, will be a master lifter by this time next year, so watch those records fall! In the bench press competition, multi-world master champion Linda Middleton was the sole women's competitor. Linda finished with a strong 150 to take the 50-54 148 class, for a new world record there. At master 40-44, in the men's 220 class was Duane Burlingame with a wr 400, which was also a new personal record for him. At 45-49, Jim Cosentino set a new world mark at 165 with 340. Jim got all three of his attempts with ease, looking good for 10-15 lbs. more. Keith Earley got his wr at 275, a record which will surely stand for some time to come. At 50-54 it was Butch Adams at 275 with 375 for still another wr. John McGee's wr 480 was easy, giving him first at shw. In the open division Wade Phillips got his wr in his win at 165. Tom Carnaghi got his wr 385 at 198 and Eric Maroscher's 410 at 220. Then at 242 was best lifter Tobey Hays. Weighing in at 236, Tobey finished with a new ANPPC world record 500. Tobey got a little out of the groove on his final attempt with 520, just missing his lockout. Taking the open shw title was Fred Sorg with 415. Thanks again to all the competitors, lifters and helpers for making this annual event a continued success. See you all next year! (Thanks to Dr. Darrell Latch for results).

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**USPF Greater Buffalo BP
04 DEC 99 - Amherst, NY**

Womens Open 56k	Mens 55-59 90k
Michelle Woodard 62	Robert Doll 72
Teenage 14-15 56k	Mens Open 100k
Ryan Sugg 62	Tom Schmidt 192
Teenage 14-15 67k	Rhyreef Patton 180
Dan Lopez	Jeff Mersmann 157
Teenage 18-19 67k	Mens Submaster 100k
Robert Nosek 125	James Howell 185
Mens Open 67k	Mens 45-49 100k
Andre Jackson# 170	Geoffrey Gerow 147
Mens Submaster 67k	Mens 60-64 100k
Anthony DiGiore 127	Richard Furman 132
Mens 45-49 67k	Mens Open 110k
Dennis Brochey 112	Sean Sullivan 255
Teenage 14-15 75k	Matt Rydelek 175
Brian Juda 97	Larry Huff Jr. 160
Teenage 18-19 75k	Mens Submaster 110k
Tom Kingsley 112	Keith Naslund 215
Jeff Wohlfahrt 82	Mens 40-44 110k
Mens Open 75k	Tom Stevenson 147
Johnny Elsberry 155	Mens Open 125k
Kevin Grover	Wayne Aman # 272*
Teenage 14-15 82k	Frank Vicks 210
Aaron Kosek	Mike Torrie 190
Teenage 18-19 82k	Todd Fryberger 187
J. Corbett-Smith 132	Mens 50-54 125k
Mens 50-54 82k	Larry Huff Sr. 162
Paul Heller 140	Mens Open 140k
Mens Open 90k	Travis Rogers 265
A. Castricone 175	Craig Barone 192
John Valentl 175	Larry Haley 190
Chris Cramer 167	Tom Dicalo 175
Sean Halley 145	Mens Open 140+
	Jeff Miller 217

1st Place Team Ironworks; 2nd Place Team Big Push; # Best Lifter Lightweight Andre Jackson ; # Best Lifter Heavyweight Wayne Aman; * New York State Record Wayne Aman . THE GREATER BUFFALO BENCH PRESS CLASSIC DECEMBER 1999. T-Birds Night Club was the venue for this year's Greater Buffalo Bench Press Classic. Close to 50 lifters braved the elements to make the event a resounding success. The highlight of the day was big Wayne Aman's New York State record-setting performance. Wayne pushed just over 600 lbs in the 275 class-an amazing display of raw power. Bench press extraordinaire Sean Sullivan registered a 562 @ 242 amidst much fanfare. The "Pride



The Outstanding Lifter at the Greater Buffalo Bench Press Classic was Wayne Aman (at left) who bench pressed 600 lbs. in the 275 lb. class for a new USPF New York State record . He is congratulated by Meet Director Mike Wlosinski . (photograph was by Tim Jaworowicz)

of Spence's Gym", Andre Jackson, had a great day as well pressing a fantastic 375 as a 148er to garner the best lifter trophy in the light division. Wayne Aman took best lifter in the heavies. First place team honors went to Team Ironworks. The Crew from up north defeated the mighty Team Big Push which took second place team honors. Many thanks to Angelo Castricone, owner of T-Birds, for being a most gracious and accommodating host. Thanks also to the referees: Mike Wlosinski, Tim Jaworowicz, Liza Nowacki, Stan Nowacki, Derek

Barker, Kenny Sieber and Chris Flynn. I would be remiss not to mention our platform crew consisting of Mike Andersen, Paul Childress, Josh Thomson, and Mike Maclag. Congratulations to all lifters and we'll see you next year. (courtesy Mike Wlosinski).

R. Stoeckl	130	105	140	375
R. Wagner	120	70	150	340
-82				
G. Grossbeck	240	180	250	670
-90				
F. Stadler	170	140	19.5	505
R. Erdogan	195	87	212	495
-100				
H. Stummer	260	180	260	700
-110				
O. Mair	290	167	300	757
R. Pokorny	250	175	280	705
W. Krieka	177	112	200	490
-125				
E. Pirkbauer	290	190	280	760

(Thanks to Karl Auer for providing these results).

USAPL Michigan Championship

06 NOV 99 - Dimondale, MI

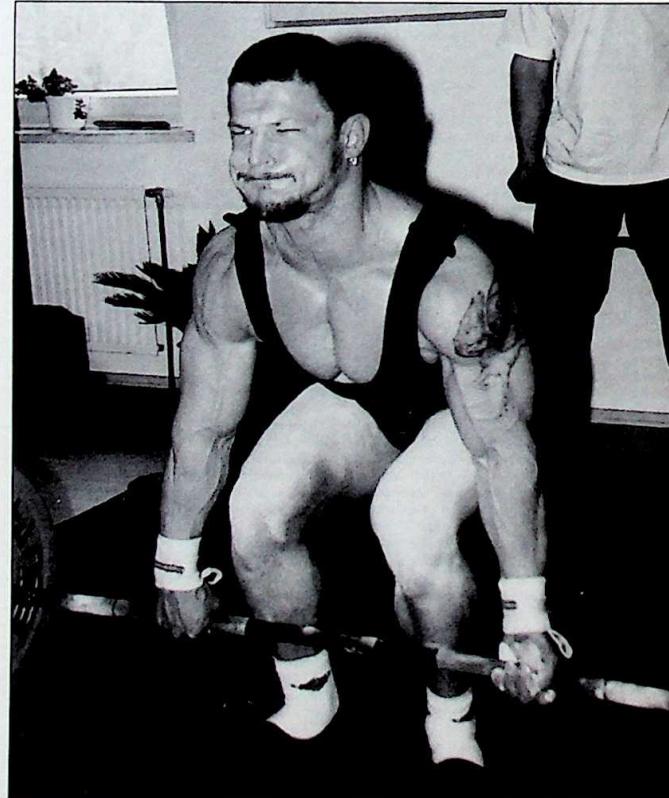
MEN	SQ	BP	DL	TOT
Open				
165				
B. Gallagher	375	250	415	1040
J. Ponick	350	275	425	1050
181				
N. Piazza	485	315	525	1325
M. Smith	470	290	405	1165
M. Poirier	380	310	475	1165
T. Miller	420	315	505	1240
C. Dewey	415	305	485	1205
D. Failla	285	245	375	905
198				
J. Felarca	405	255	450	1110
M. Kowalski	430	320	500	905
220				
A. Bird	515	380	550	1445
T. Garris	485	305	510	1300
C. Cadotto	700	435	665	1800
T. DiCicco	95	95	755	945
242				
P. Douglas	600	380	570	1550
B. Nassar	450	450	425	875
275				
J. Murray	550	325	575	1450
A. Silverson	625	455	600	1680
B. Smith	500	370	455	1325
M. Raffin	545	360	595	1500
W. Hanna	645	430	705	1780
W. Waller	610	420	600	1630
C. Werda	550	390	625	1565
319				
V. DiFonzo	585	345	625	1555
A. A. Wesolowski	740	395	735	1870

(Thanks to USAPL for providing the meet results).

13th Upper Austrian Championships

16 APR 00 - Scharnstein (kg)

WOMEN	SQ	BP	DL	TOT
-67				
C. Narovnigg	130	95	150	375
-75				
R. Beer	160	100	170	430
N. Kallinger	90	70	120	280
Mens				
-67				



Gerhard Grossbeck was judged to be the strongest lifter in the Upper Austrian Championships. He is 24 years old and is deaf and dumb.

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Central States Open BP/DL 03 JUN 00 - Burlington, IA

BENCH PRESS	275	
submaster men	525	
Jeff Estrada	390*	Don Shumaker
master men 40-49	375	Loren Betzer
John Lambert	320	DEADLIFT
Rick Dexter	245	submaster men
Dan Hale	245	Eddie Mendez
master men 50-59	245	master men 40-49
Clay Barnett	335	John Lambert
4th	355*	355
Dave Lawrence	300	Dan Hale
police & fire	300	master men 50-59
John Lambert	375	Dave Lawrence
148	375	police & fire
Paul Pelzer	260	John Lambert
165	148	555
Bryan Leander	345*	John Lambert
181	198	555
Jamie Siebrecht	365	Eddie Mendez
220	220	480
John Lambert	375	John Lambert
242	550	550
Jeff Estrada	390*	shw
Tobey Hays	400	Loren Betzer

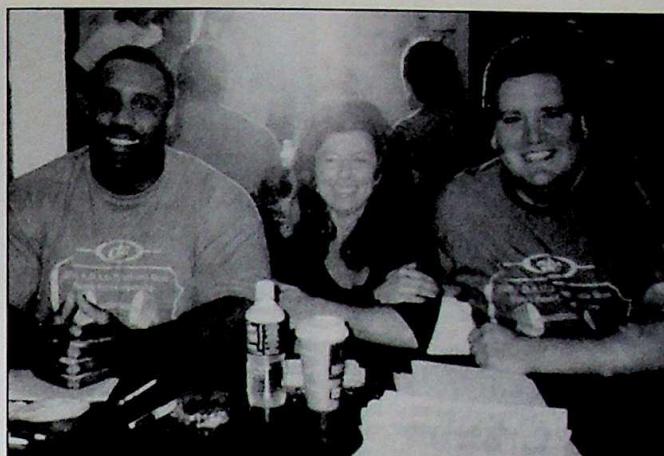
Best Bench Presser - DON SHUMAKER; Best Deadlifter - DAVE LAWRENCE; *personal record The Central States Open Bench Press/Deadlift Championships were held June 3, 2000 at the Summer Street Athletic Club in Burlington, Iowa. A special thanks to Brent and Melissa Mixer for their help in promoting this competition. An added thanks to my son Joey for all his help loading, spotting, etc. In the bench press competition Jeff Estrada made a strong showing, winning both the submaster and open 242 class with a personal best 390. A fourth attempt with another pr of 400 was within inches of lockout. Not bad for the "Fl. Madison Mauler" who had a little too much Mount-



Best Lifter BP - Don Shumaker's 525 at 275 at the Central State Open. (Photo by Son Light Gym)..

tain Dew the night before and was involved in a minor incident of fistcuffs (minor! try about thirty to one; minor!!!) John Lambert took home three first place trophies in the bench competition, winning the master 40-49, the open 220's, and the police & fire division. Weighing in at 210, John finished with a strong 375, after just missing his final attempt with 390. Second at master 40-49 was Rick Dexter. Rick got all three of his attempts with ease, to finish with 320, at a 180 bwt. Third place went to Dan Hale with 245. Dan's lifting is down a little now due to a neck injury and we hope he gets over it real soon. Clay Barnett took the master 50-59 class with a strong 335 third attempt, but went on to get a 355 fourth as well. Second at master 50-59 was Dave Lawrence, with 300 at 195. In the open division, Paul Pelzer got 260 for the win at 148. Bryan Leander, lifting in his first competition, finished with a strong 345 at a 156 bwt, taking the open 165 class. Jamie Siebrecht got a strong double bodyweight bench of 365 for the win at 181, coming close with 380. Tobey Hays had worked all night, so without sleep he opened too heavy and wasn't able to get his opener of 475. That's too bad, 'cause it may have given him best lifter as well as first in the 242 class. Don Shumaker won the best lifter award as well as the open 275 class with 525. Don continues to struggle with his bench shirt (still being able to match that weight without a shirt), getting only his opener, but still a well deserved winner. Loren Betzer came all the way from Leavenworth, Kansas to compete, taking the shw

class with an easy 315. In the deadlift competition Eddie Mendez took the submaster class with his opener of 484 Eddie tried 505 twice, but was just not in the groove. Eddie also placed second in the open 198 class, and certainly has the strength to pull in the 510-530 range. John Lambert won the master 50-59, open 220 and police & fire divisions as he did in the bench competition, pulling a smooth 550 to lockout. 560 was close, stopping just below the knees. Dan Hale took second in the master 40-49 class with 365, missing 400 twice again due to that nagging neck injury. Dave Lawrence took the master 50-59 and open 198 class with picture perfect form and a big 555 lift at a 195 bwt. Dave also garnered the best lifter trophy. Paul Pelzer won his second title of the day with his 400 at 148. Lastly, Loren Betzer pulled a token lift of 400 for the win at shw, since he was going to compete the next day in Indianapolis. Thanks again to all the lifters, helpers and spectators. (Thanks to Dr. Darrell for these meet results)



From left to right: Paul "Big Dawg" Brown, Andrea Lynn and Bob "Bub" Verner" at the scorer's table at the 2000 ADAU PA State BP. (Photograph was provided to the Powerlifting USA courtesy of Bob Verner).

ADAU RAW Pennsylvania State 21 MAY 00 - Pittsburgh, PA

BENCH	Masters 45-49
WOMEN	242
Master 40-44	K. Balykefer
148	400*
A. Kichy	Masters 55-59
120*	198
MEN	C. Beliveau
Teen	260*
148	D. Fleming
F. Todorich	380*
285*	MEN
M. Woods	Open
220	132
S. McClaine	S. Fellows
330*	255*
242	148
N. McClaine	M. Booth
Junior	345*
181	K. Hodges
J. Stoner	F. Todorich
315*	285
198	O. Bey
S. Loebach	385
242	405*
R. Hennings	G. James
345*	260
Submaster	181
198	D. Martin
K. Kopczynski	415*
380	198
220	S. Crisanti
N. Sheldon	340
275	R. Rusinek
B. Jenkins	365
Masters 40-44	4th
165	415*
J. Cmkovich	M. Gasiorowski
198	300
N. Carter	242
330*	R. Hennings
319	345
375*	G. Plowman
319	275
B. Washington	365
380	B. Washington

* Denotes American Records. We enter the new millennium under a new sanction. This was our 7th year for our bench press contest and our first under the ADAU (Anti-Drug Athletes United) banner. We decided on the ADAU because of its total commitment to drug-free lifters! Even though our sanction is new, we witnessed some of the finest "raw" lifting we have ever seen. Some of the highlights included Orme Bey's 405 at 165 pounds, Bob Jenkins 415 at 275 pounds, Dave "Rooster" Flemings 380 at 220 in the 55-59 Master category. Our best lifter was Duane Martin who posted a 415 pound bench at 181 pounds. Duane is a good kid, who often brings his young daughter with him to the gym so he can train with some of the greats, like Paul "Big Dawg" Brown and Gary "Gee" Edmondson, here at G.B.C. What makes Duane's lift even more memorable is he broke one of the greatest bench pressers of the last decade, Mr. Tom Wright. Tom was injured and unable to compete, but I bet he is in the gym right now getting ready for another great run! I want to thank Joe Orienga and Al and Brenda Seigel, for their fine judging. Thanks to all my loaders, spotters, and helpers, Big Mo Thomas, Ron Anderson, Tom Brodie, Mike McGeever, Dave Fleming, Damon Ealy, Stan White, and Gary Edmondson. Thanks to

Paul Brown for all his help at the scorers' table. Special thanks to my mother-in-Law, Marlene Sciarretti, for her post meet party help. Thank you, Andrea Lynn, my beautiful wife of seven years, and partner, here at G.B.C. For without you, this does not happen. See you all next year! Drug-free and proud, Bob "Bub" Verner. (courtesy Bob Verner)

IPA Adirondack Bench Wars

13 MAY 00 - NY

WOMEN	S. Rabin	450
L. Turcoleo	165	240
A. Treceno	123	135
C. Enigh	165	155
MASTERS MEN	220	
P. Joubert	270	305
P. Bush	105	175
T. Dalaba	198	250
B. Fosano	198	335
MEN	K. Clark	445
123	C. Semon	400
P. Cary	255	1. Bruce
181	J. Tomaski	530

(Thanks to Amy Treceno for these contest results).

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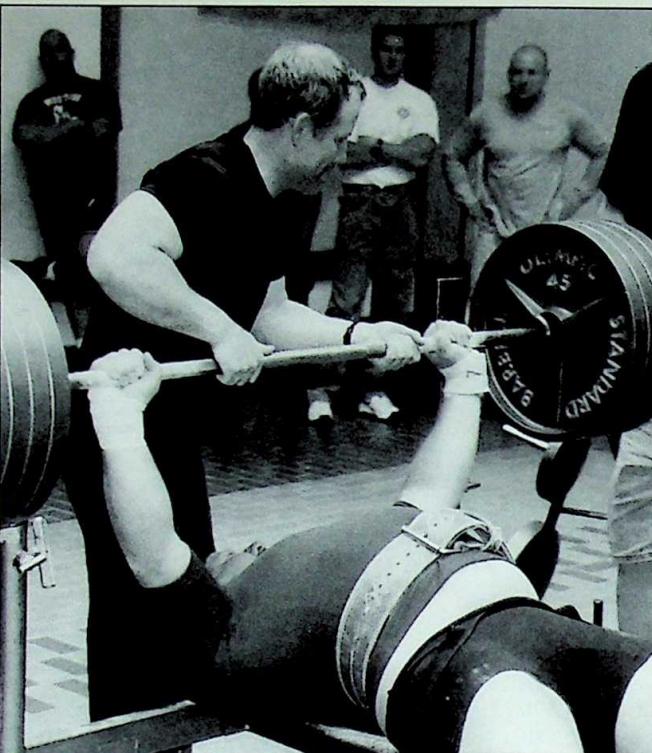
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**Rock Springs Hosts BP
29 Apr 00 - Rock Springs, WY**

BENCH	165		
Youth 12 & Under	J. Cunningham	380	
N. Robinson	C. Fraughton	295	
K. Thompson	J. Hernandez	285	
Teen 13-15	181		
D. Young	D. Clayton	375	
E. Potter	M. Urila	360	
R. Benson	R. Griffis	340	
Teen 16-17	198		
J. Anderson	G. Patterson	365	
D. Aragon	C. Enloe	340	
J. Metcalf	J. Mitchell	300	
Teen 18-19	220		
J. Walker	J. Regis	430	
WOMEN	R. Wehrle	430	
Light	J. Robinson	400	
C. Barber	155	242	
S. Pelice	S. Walker	490	
Heavy	M. Killian	445	
M. Stanstill	D. Gilbertson	405	
J. Walker	130	275	
A. Blakie	M. Inoke	600	
Masters	J. Thompson	450	
S. Wehrle	D. Wolfe	355	
J. Walker	SHW		
MEN	J. Denison	530	
Open	R. Thompson	415	
132	J. Miller	405	
D. Young	180	Masters 40+	
C. Barber	155	S. Walker	490
J. Bartek	150	G. Patterson	365
148		D. Clayton	375
B. Montique	360	Masters 50+	
C. Viley	275	E. Acey	415
J. Whitley	255	C. Douglas	355
		B. Wehrle	225

(Youth, teens', masters', and women's places are all based on formula of body weight per pounds lifted.) Rock Springs, Wyoming hosted it's 11th annual bench press on April 29th, 2000. Turnout, once again, was fabulous, with competitors coming to compete from neighboring states; including Montana, Idaho, Utah, South Dakota, Colorado, and all around the state of Wyoming. The event was, again, held at White Mountain Mall of Rock Springs, drawing huge spectator crowds. At times, the spectator crowd was so large that mall security would have to get people moving. Everyone had a great time, though, with a fun filled environment. Records, once again, seemed to fall easily. Missi Inoke, of Pleasant Grove, Utah, despite injuring a pectoral muscle just weeks earlier, pressed an easy



Ron Thompson barely misses 430 at the Rock Springs Bench Press.
(Photograph was provided to the Powerlifting USA by Jim McCoy).

600 to set a new 275 pound record, taking the previous record from Knute Orzil with a 580. Brad Montique, set a new 148 pound record with an amazing 360 pound push. White John Cunningham walked away with the new 165 class title with a mark of 380 pounds. Local lifter, Jerry Miller, took

a third place in the Super Heavy's with a 405 pound push, despite having total hip replacement surgery just months before. Outstanding lifters, for this years event, each received a 42 engraved sword for their efforts. This years outstanding lifters were Calra Barber of Rapid City, SD in the women's division. The teen lifter went to Jason Walker of Green River, Wyoming while the Men's Open heavy went to Missi Inoke of Pleasant Grove, Utah. The Men's Open Lightweight went to Brad Montique, also from Utah. All lifters placing first through third this year received a trophy along with a 2000 Bench Press Championship jacket to send them into the new millennium. After the contest, a banquet was hosted at Sante Fe Trails Restaurant for all lifters and family. Food was great with door

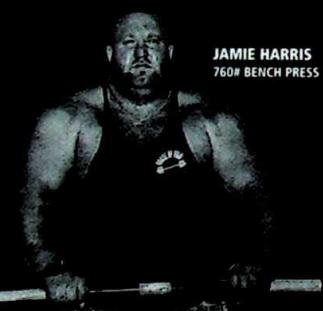
prizes handed out to several lucky people. The banquet gives lifters a chance to get to know each other more on a social level. With music, food, and prizes, people ate and danced having a great time making the contest a definite one to mark on your calendar for next year. For more information about this contest, you can contact Rick Wehrle, 307-362-4071, Rock Springs Weightlifters Association. This year's team award went to the Sante Fe Trails Team of Gordon Patterson, Rick Wehrle, Jason Walker, Jeanie Walker, and Scott Walker. Thanks everyone for coming. See ya next year, Rick Wehrle. Both Acey and Walker both set new records in the Masters 40+ and Masters 50+. (Thanks to Rick Wehrle for providing these contest results).

**BEND the STEEL DAY
01 APR 00 - Millheim, PA**

	MEN			
WOMEN	114			
132	A. Snyder	75		
D. Foust	90	123		
		B. Zubler	65	
WOMEN	SQ	BP	DL	TOT
148				
K. Ford	140	80	220	440
55-59 age group	P. Levengood	90	65	160
				315
MEN				
148				
S. Homan	220	145	250	615
60-64 age group	M. Levengood	150	120	165
				435
181				
E. Weaver	250	180	365	795
198				
B. Carper	345	280	475	1100
B. Bressler	265	210	360	835
220				
D. Harer (age 16)	310	210	400	885
70-74 age group				
242				
F. Atkinson	140	100	225	475

Saturday, April 1, 2000, 12 lifters entered the "Bend the Steel Day" at TransFitness Health & Fitness Club in Millheim. This contest was open to all members and personal training clients of all ages either entered Bench Press or Powerlifting meet. The youngest personal training client entered the bench press only, while the oldest entered into the full powerlifting meet. Steve and Ruth Snyder, owners of TransFitness, were judges for the day. They would like to thank the following people who contributed to making their first meet a great success. Spotters & Loaders - Tim Holt & Ken Snyder, Announcer - Richard Mauser, Expeditor - Nancy Eberly, Photographer - Karen Copenhafer and the third judge for the day Carol Winkleblech. Trophies were given as awards to all lifters after completion of the contest. The Snyder's are planning on having another contest in the fall to all members and personal training clients of their club. (Thanks to TransFitness for the results).

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	LOGO SWEATSHIRT	\$18	(black, ash)	M-4X
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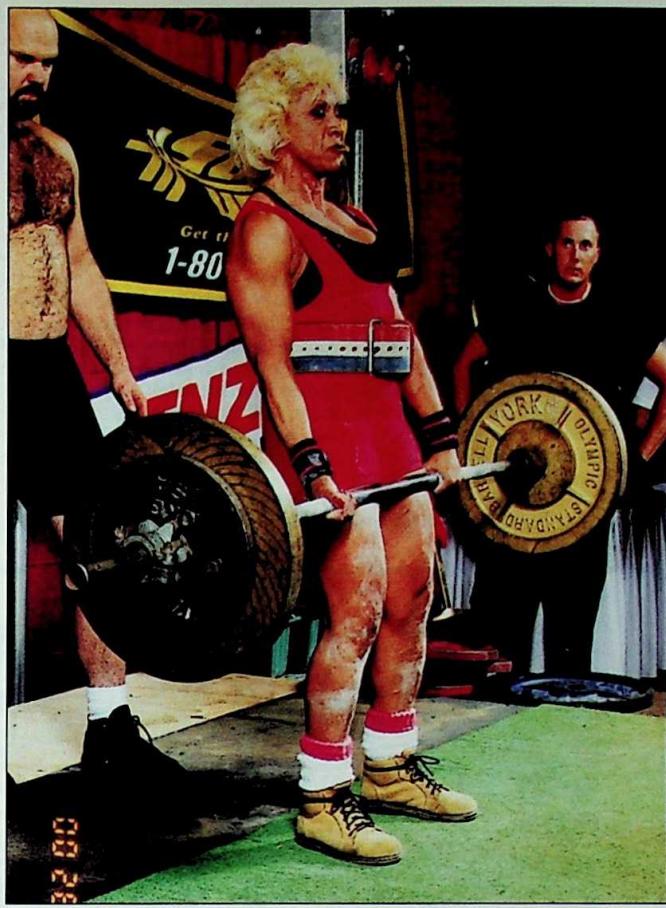
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At the TransFitness "Bend the Steel Day", Back row (l-r): Frank Atkinson, Barry Carper, Drew Harer, Brian Bressler, Kristal Ford; Middle row (l-r): Eric Weaver, Darlene Foust, Shawn Homan; Front row (l-r): Peggy Levengood, Brett Zublen, Alix Snyder, Mike Levengood. (Photograph provided to the PL USA by TransFitness Health & Fitness Club).

(article continued from page 10)

lift, in the junior men, Barry Kunkel did 446 at 132 and was named outstanding lifter. At 198, Ron Lacy did 556. Price was second with 473. Jake Anderson ripped 479 at 220. At 242 Travis Osborne did a good 551 and at 308 Andrew Snider got a Oregon state record with 540. In open men Marc Morishige did 413 at 123, 12 pounds shy of the state record held by Barry Kunkel. At 132, Barry Kunkel set a World Record of 446. At 181, John Clay did 551 and Scott Edmondson did an impressive 655 at 220. Barry Kunkel was best lifter. In Class I Deadlift Ron Lacy set an Oregon state record with 556 at 198 and Jerry Hertager beat Greg Ramsdell with an Oregon state record 562 to 457. At 198, David Price and Brad Evans was tied for second with 473 with Evans relegated to third due to bodyweight. Dave Smith was fourth with 385. Ron Lacy was best lifter. In teen men 13-15 148 Michael Enloe set a World Record with 286. Robert Chu from the Washington school for the blind was second with 259. At 181 13-15 Ian McKay was phenomenal with a World Record 479. Chris Ware also set a World Record with 413 at 198 and Nick Heppner set a World Record with 457 at 220. In teen 16-19 Casey Guches won at 165 with 451. At 181, Rick Mitchell did 451 to beat Ryan Ford who did 358. Jared Mason - Gere did 468 at 242. Outstanding lifter was Casey Guches. In master men law/fire 40-47 165, Robert Straker set a World Record with 336. The master men 40-46 Steve Gall did 468 at 198. Jerry Capello who holds the World Record of 688 at 242 did 622. At 275, Ted Stewart set a Nevada State Record of 551. In master 47-53 John Clay won at 181 with 551. Dave Smith won at 198 with 385. Bill Anderberg won at 242 with 490. In 54-60 181, Darryl Hawkins did 352. In 61-67 242, Keith Nichols set a World Record of 435 and 61-67 275, Gary Johnson of Walla Walla, WA did 303. Best lifter was John Clay. In submaster men, Robby Fisher won at 165 with 367. In 220,



Mary Jacobson continued her record breaking ways (Brian Baertlein)

2000 Bearcat State Powerlifting 03 JUN 00 - Monroe, WA

WOMEN	SQ	BP	DL	TOT
97				
B. Turner	180	105	250	535
K. Connolly	135	65	175	375
105				
D. Stembidge	210	90	240	540
L. Graves	215	105	215	535
T. Olson	200	90	210	500
114				
C. Carlson	185	135	275	595
K. Stephens	220	95	240	550
H. Block	200	90	215	505
L. Hogan	100	240	340	
123				
C. Solway	225	115	260	600
B. Nash	240	115	245	600
M. Vanderwal	180	125	210	515
M. Saucedo	145	75	225	445
L. Kramer	170	85	185	440
H. Moreno	135	90	210	435
L. Smith	110	245	355	
B. Garcia	140	95	235	
132				
H. Rodgers	240	140	325	705
M. Urban	220	115	280	615
C. Tran	250	115	245	610
J. Bishop	155	75	225	455
L. Auseh	160	60	200	420
R. Clark	115	225	340	
148				
E. McMillen	235	120	270	625
R. Graves	220	125	250	595
J. Clark	210	130	240	580
B. Brown	160	120	280	560
M. May	175	105	230	510
L. True	165	115	225	505
R. Dillard	175	115	210	500
C. Chadwick	155	100	215	470
E. Edwards	155	100	215	470
K. Cisneros	140	90	210	440
165				
M.A. Graves	315	165	340	820
S. Martinez	305	140	320	765
S. Talley	250	195	250	695
K. Simms	260	145	280	685
T. Webb	220	165	290	675
K. Hamilton	205	140	290	635
J. Kinder	265	105	260	630
E. Blankenship	235	105	250	590

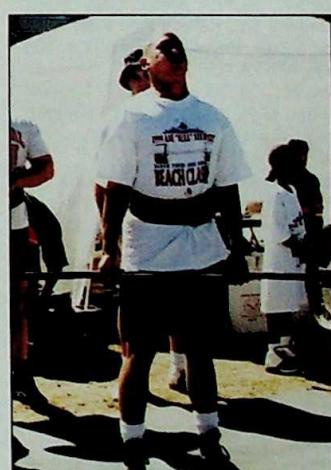
181	C. Blankenship	290	120	285	685	L. Howard	370	215	495	1080
K. Maestas	180	120	285	585	TJ Johnson	415	215	415	1045	
A. Koe	200	120	225	545	W. Henderson	380	210	440	1030	
S. Hewitt	165	95	245	505	Al Mell	350	205	405	960	
A. Villa	175	100	225	500	J. Meeks	250	220	330	800	
K. Karl	190	100	200	490	E. Sun	465	345	550	1360	
A. Atkins		105	230	335	S. Alcock	450	300	545	1295	
UNL					H. Hazen	450	325	490	1265	
B. Tahmalwash		145	275	420	J. White	440	300	510	1250	
MEN					RC Gray	445	295	465	1205	
Z. Sheetz					J. Hall	375	270	440	1085	
J. Cha	215	175	305	695	J. Scrimsher	330	215	450	995	
A. Belen	250	170	265	685	M. Snyder	325	235	395	955	
P. Miller	185	135	245	565	M. Murdock	340	195	405	940	
C. Figueiroa	160	125	225	510	J. Kiske	450		465	910	
S. Luedtke	170	100	185	455	S. Asher	420			420	
122					220					
R. Gonzales	340	160	355	855	W. Edelbrock	380	315	435	1130	
T. Franklin	285	165	340	790	G. Winter	390	280	400	1070	
J.T. Sawyer	225	140	245	610	M. Miqui	355	250	430	1035	
A. Anderson			250	250	Z. Martin	400	235	400	1035	
S. Burleson	255	150	280	685	C. Johnson	390	190	420	1000	
132					R. Patterson	290	200	420	910	
R. Gonzales	340	160	355	855	J. Stoney	550	285		835	
T. Franklin	285	165	340	790	C. Torrey	225			225	
J.T. Sawyer	225	140	245	610	V. Razumousky	550	340	560	1450	
A. Anderson			250	250	R. Vassey	560	320	540	1420	
S. Burleson	405	235	440	1080	J. Manibusan	495	310	430	1235	
132					D. Budnick	465	265	465	1195	
R. Gonzales	340	160	355	855	J. Phelps	400	270	495	1165	
T. Franklin	285	165	340	790	A. Nalder	420	275	440	1135	
J.T. Sawyer	225	140	245	610	C. Hammer	370	260	500	1130	
A. Anderson			250	250	M. Arellano	400	215	450	1065	
S. Burleson	405	235	440	1080	R. Johnson	345	250	450	1045	
132					K. Bucher	470	230		700	
R. Gonzales	340	160	355	855	UNL					
T. Franklin	285	165	340	790	T. Tausa	560	430	655	1645	
J.T. Sawyer	225	140	245	610	A. Smith	525	305	570	1460	
A. Anderson			250	250	O. Tovia	510	315	465	1290	
S. Burleson	405	235	440	1080	B. Connor	500	290	450	1240	
132					J. Patterson	400	310	415	1125	
R. Gonzales	340	160	355	855	F. Hall	425	265	425	1115	
T. Franklin	285	165	340	790	C. Andrews	385	245	370	1000	

John Chism looked very good with 556 and S.J. Taylor pulled 617 at super. In women's deadlift in the master women's 40-46 at 132 Colleen Frey pulled 231. At 148 Cindy Cameron pulled 242 and at 165 Mary Jacobson.

That is 4 sacks of cement in one haul. I used to unload box cars, full of cement at my Dad's lumberyard. The point is 364 for a woman is big time. Mary also passed a drug test in Monterey, CA on January 22. In Women's 47-53 pulled 253 at 148 and Betty Ann Heriford pulled a World Record 292 at 165. Outstanding lifter was Mary Jacobson. In Submaster women's Heidi Gantz and Susan Gall both coached very ably by Jerry Capello pulled World Records. Gantz did 341 at 132 and Susan Gall Did 352 at 148. They have both pulled 400 in a year. At 165, Cindy Wurdinger - Kelly pulled 275 at 165. Heidi Gantz was best lifter. In junior women's Jenni Bechtold pulled an Oregon State Record of 275 at 132. I want to thank Elena Thomas on the computer, Gary Thomas who conducted weigh-ins, Beth Mallory was the scorekeeper. The judges Dave Cheek, Joaquin Diaz de Leon, Terry Lehrer, Gustavo Warrington, and Christi Hansen. James Parch was the Platform manager. York Barbell supplied the weights. In Shape supplied the bench. I want to thank our sponsors Tim Larkin of Pepsi, Rick Brewer of House of Pain, Doug Patterson and Mike Bandera of Mac Barbell, Ron Coleman and Steve Blechman of Twin Labs and Muscular Development, John Inzer of Inzer Advance Designs, Neal Spruce of Apex Fitness, Wesley Kampen of the Powerlifting Superstore, Scott Safe of Safe USA, Rick Dunn of In-Shape Strength Equipment, Hillary Roberts and Josh Wheeler of 24 Hour Fitness, Time Isaac of Johnston - Keay Labs Nutritional Supplements, Rick Crain of Crain's Muscle World, Don Buehl of Vital Foods Sports Supplements, Doug Phillips and Matt Peterson of Abby's Pizza, Gene Joseph of Iron Works Gym and Shawny McCormick and Rico Lea of Red Robin. (resultsfrom Gus Rethwisch).

WOMEN: Best SQ - Mary Ann Graves 315 at 162; Best BP - Katrina Talley 195 at 155; Best DL - Hillary Rodgers 705 at 132. **WOMEN'S TEAM:** Columbia - WS: 58 pts; Davis: 35 pts; Shelton: 18 pts; Riverside - Auburn: 12 pts; 51 female lifters participated. Talley's BP is a new state record.

MEN: Best SQ - Jeff Theorell 540 at 230; Best BP - Tavia Tausa 430 at 350 (new state record); Best DL - Shawna Alexander 525 at 148 (new state record); Best Lifter - Jeff Theorell 1465 at 203. T. Tausa set state records in the DL (655) and total (1645). **MEN'S TEAM:** Shelton - 33 pts; Spanaway Lake - 26 pts; ML Sl - 25 pts; Davis - 22 pts; Monroe - 21 pts. 79 male lifters. (Thanks to Kevin Eiene for results).



Ed Sun, a junior from Newport HS warms up for the DL. Ed was the winner of the 198 lbs. class. (Photograph courtesy of Kevin Eiene).

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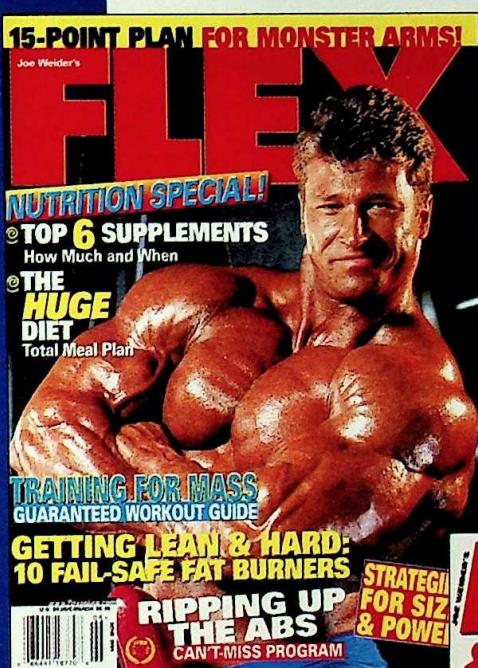
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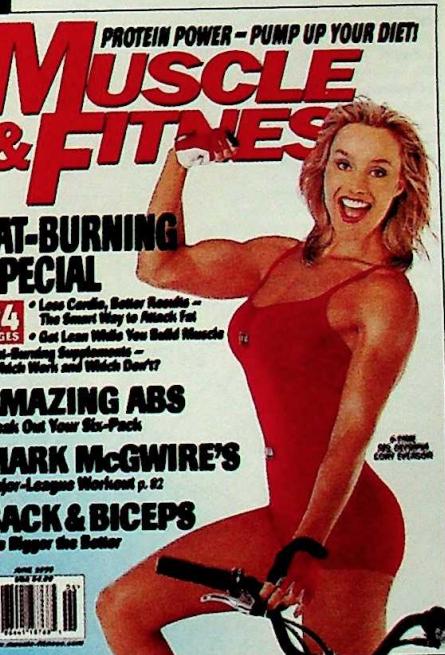


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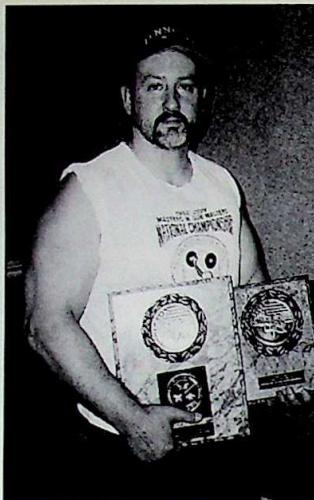
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227	E. Akins	154.3						
182.5 G. Figard	85							
M. Davis	177.5 sm2							
mpure	227 P. Arrowood	147.5						
227	E. Akins	182.5 wml						
nat	119 D. Adams	52.5						
154.3	G. Figard	85	SQ	BP	DL	TOT		
Powerlifting								
int.								
SHW								
B. Icenhour	327.5	205	250	782.5				
jr								
SHW								
A. Ervin	185	150	275	610				
mpure								
154.3	R. Fowler	157.5	80	182.5	420			
nat								
154.3	G. Figard	145	85	172.5	402.5			
250.2								
J. moore	180	137.5	220	537.5				
novice								
154.3	G. Figard	145	85	172.5	402.5			
205	L. Kestner	195	125	212.5	532.5			
P. Castellano	140	115	195	450				
227	D. Franks	235	157.5	240	632.5			
A.P. Gehring	145	112.5	205	462.5				
250.2								
J. Burns	205	165	210	580				
J. Moore	180	137.5	220	537.5				
L. Contratti	152.5	115	175	442.5				
pure								
154.3	G. Figard	145	85	172.5	402.5			
P. Prater	95	92.5	140	327.5				
170.8								
W. Foster	250	160	250	660				
280								
T. Dunlap	300	177.5	300	777.5				
sm1								
154.3	G. Figard	145	85	172.5	402.5			
280								
T. Dunlap	300	177.5	300	777.5				



Eddie Akins was the winner of the 227 lb. class in the Masters Division at the NASA Tennessee State meet after being unable to compete for over a year due to a shoulder injury. (L. Akins photo)

dinov						
170.8						
K. Joseph						
hs						
227						
J. Wakefield	52.5	105	167.5	325		
novice						
170.8						
K. Joseph	60	130	182.5	372.5		
187						
D. Kim	57.5	115	131.5	301		
250						
P. Dempsey	50	165	227.5	442.5		
280						
T. Claffraglion	62.5	137.5	217.5	417.5		
pure						
205						
C. Poore	67.5	192.5	227.5	487.5		
sm2						
227						
C. Smith	70	175	245	490		
wbpnov						
110.2						
P. Nichols			60			
wcnov						
110.2						
P. Nichols			31			

(Thanks to NASA for providing the meet results).

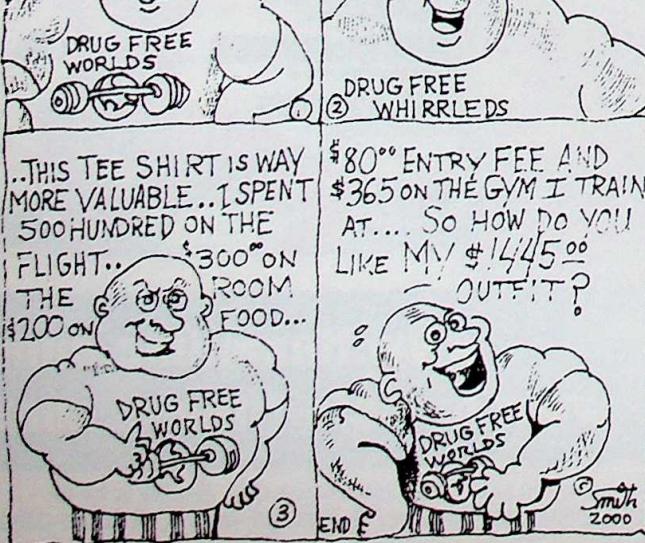
USAPL Tennessee S.P.F State
22 APR 00 - Chattanooga, TN

BENCHPRESS		Master					
TEEN 17-19		D. Apple	*395				
S. LaFakis	*325	242					
J. Flynn	300		*430				
C. Tyler	300	D. Webb	425				
OPEN		Submaster					
	165	D. Webb	*425				
P. Avons	*320	Master					
S. Sergeant	275	M. Doneff	*350				
181		275					
** A. Wood	*400	L. Blanton	*435				
D. Hahn	385	Master					
198		J. Hall	*425				
A. Klaehn	360	308					
220		** C. Bailey	*560				
M. McRobert	*470	E. West	450				
K. Millary	425	Submaster					
	** C. Bailey	*560					
K. Millary	*425	E. West	450				
D. Swafford	315	SUPER HVY.	L. Forsythe	*510			
TEEN 13-16	SQ	BP	DL	TOT			
D. Baker	*325	*205	*365	*895			
OPEN							
	165						
D. Moore	*435	*320	*365	*1120			
P. Prater	255	210	325	790			
181							
B. Tomkins	*405	*305	*460	*1170			
Master							
B. Tomkins	*405	*305	*460	*1170			
198							
** R. Evans	*565	*405	*550	*1520			
S. Brown	*530	340	*540	*1410			
Master							
D. Swafford	*425	315	*450	*1190			
242							
J. Gerhardt	*625	405	*450	*1480			
Submaster							
J. Gerhardt	*625	405	*450	*1480			
275							
M. Phillips	*640	*370	*630	*1610			
J. Young	555	325	555	1430			
Submaster							
M. Phillips	*640	*370	*630	*1610			
J. Young	555	325	555	1430			
308							
G. Hicks	*500	475	*405	*1380			
SHW							
** L. Forsythe	*675	*510	*715	*1900			
Note: * Denotes S.P.F Tennessee Record. ** Winner of Best Lifter Award. Meet Directors: Jesse Rodgers, Rick Posey. (results courtesy Rickey Posey).							

Brebner** - Sco	145 kg	187.5			
Davidson -M2-Sco	260	165	290	715	
Christie -Sco	250	140	280	670	
** unequipped lifters. This competition, though small in number, was an important milestone for the BDFPA, being the first one run in Scotland for 8 years. Of the 13 lifters, 10 were from Scotland itself, and a number of these lifted to a standard which could take them to BDFPA Nationals and to the WDFFP platform as members of a Scottish team. The only female competitor, Vicki McCann, is new to powerlifting, though well-known in the natural bodybuilding circles of the ANB. Her debut total of 330 at only 63.2 (just over the class limit) was very impressive, and with more practice and adapting her technique and training to the demands of competitive lifting, she will be a dominant force in the women's section. Her 75 bench press was particularly impressive, just missing 77.5. She had been hoping for 80. In the men's section, the 82.5 class saw two lifters - T3 and first-time lifter Kevin Muldoon unfortunately misjudged his capacity on the squat and bombed with 140. He went on to lift in the bench press & dead lift. Hopefully the disappointment of coming unstuck in his first competition will not put him off and we will see him in action again at the next occasion. William Shaw is an RAF lifter who did well this time, missing only his first squat on a technicality. In the 100s England's Lee Pilling got all nine lifts to finish on 720. Peter Whitehead is a terrific deadlifter (just missed 305) who matched Les all the way on the Bench & Deadlift, but Pilling's superior squatting put him a fair way in front at the finish. M6 lifter Peter Hudson also came up from England, to get nine good lifts and finish on 585. His 260 dead lift at 65 years of age was especially noteworthy. On the single lift Dead Lift, Alex Dick, one of 3 unequipped lifters at this event, turned in a good 230, just coming unstuck on 245. John West (Ireland) lifted in the 110s to end up with 655 at M4, while at 125 Raymond Christie and newcomer Anton Dirkin were pretty much neck and neck till the finish, Christie ending up only 12.5 kgs ahead. For purposes of rankings etc., the two will be classed separately, since Dirkin was lifting as unequipped on this occasion. Single lift bENCHER Francis Brebner is an outstanding prospect. His third attempt at 187.5 (unequipped) looked very easy. He should top 200 soon. At 145 Alistair Christie (Raymond's big brother) notched up a useful 670, just failing with a 290 dead lift. Normally a 125 lifter, Alistair looks likely to top 700 in the near future, and is one of several Scottish lifters expected to appear during this year's internationals. Finally promoter Hamish Davidson, better known as a Highland Games competitor & organizer, has taken to powerlifting like a duck to water. At M2, and also only just over the 125 limit his 715 total is set to increase to a level where he will achieve success at national and international level. World Bench Champion & record holder John Feehan made a guest appearance, and greatly impressed the small but appreciative audience at Marco's Leisure Center in Edinburgh with his lifting (255 done in the touch-and-go style), as well as entertaining everyone with his efforts getting into a very light bench shirt having first become sweaty from running around and generally helping out on the platform! The "Best Lifter" trophy was won by Lee Pilling, with Peter Whitehead and Hamish Davidson not far behind. Results and report by Andrew Cominos-President WDFFP. (Thanks to Andrew Cominos for providing these meet results).					

Bay State Powerlifting Team
26 Mar 00 - Norfolk, MA

148 lbs.	SQ	BP	DL	TOT	
D. Wilson	275	225	365	865	
165 lbs.					
B. Florentino-42	365	245	390	1000	
181 lbs.					
J. Horan-42	485	325	500	1310	
M. Morissette	400	305	400	1105	
T. Rose!	300	225	405	930	
198 lbs.					
B. Anderson-49	665	375	610	1650	
T. Colantoni	475	255	435	1165	
R. Seymour-50	400	300	440	1140	
220 lbs.					
D. Bingham	600	340	575	1515	
R. Brewster-42	400	300	400	1100	
242 lbs.					
A. Johnson-41	690	360	525	1575	
A. Monaco!	495	420	500	1415	
J. Smith	405	350	565	1320	
R. Bentley	425	320	455	1200	
275 lbs.					
B. Bowen	545	415	455	1415	
SHW					
M. Zawilinski!	575	150	525	1250	
!-Outside Guest Lifter. Best Lifter: Bruce Anderson (Inside), Jerry Horan (outside). Most Improved: Don Bingham. Officials: Larry Larsen, Darrell Calhoun, Ray Cross, Steve Brown. (Thanks to Bruce Anderson for providing PL USA with these results)					



BDFPA Scottish Open (kg)				
26 FEB 00 - Edinburgh, Scotland				
WOMEN	SQ	BP	DL	TOT
70 k				
McCann -Sco	115	75	140	330
Men				
82.5 kg				
Shaw -Sco	165	100	185	450
Muldoon-T3 -Sco	65	140		
100 kg				
Pilling-M2- Eng	275	155	290	720
Whitehead -Sco	220	150	295	665
Hudson- M6 -Eng	210	115	260	585
Alec Dick** -Sco			230	
110 kg				
West- M4 -Ire	240	150	265	655
125 kg				
Christie -Sco	215	132.5	260	607.5
Dirkin** -Sco	210	140	245	595

**Lifetime Natural PL Society Nats.
20 MAY 00 - Tuscola, IL**

BENCH PRESS	148			
submaster 181	Dennis Belt	275*		
4th	375	4th	290*	
385	198			
submaster 220	Steve Vollmer	360*		
Rod McIntosh	475*	open 148		
submaster 242	Dennis Belt	275*		
Tobey Hays	500*	4th	290*	
master 40-44	Eli Smith	240		
220	open 181			
D. Burlingame	Allan Barr	245		
220	open 220			
Dennis George	Rod McIntosh	475*		
master 45-49	D. Burlingame	380		
	open shw			
POWERLIFTING	Fred Sorg	420		
WOMEN	SQ	BP	DL	TOT
submaster				
165				
C. Hopkins	115*	135*	330*	580*
master 40-44				
181				
Cindy Irons	175*	140*	245*	560*
4th			250*	565*
master 50-54				
132				
Linda Middleton	290*	155*	260*	705*
master 50-54				
198				
Diane Harper	165*	145*	240*	550*
4th			250*	560*
master 60-64				
165				
J. Christensen	165*	135*	285*	585*
4th			300*	600*
open				
198				
Jo Phillips	255*	170*	335*	760*
MEN				
teenage (13-15)				
132				
Joey Latch	180*	85*	190*	455*
148				
Jordan Trask	210*	120*	275*	605*
181				
David Kibler	310*	165*	340*	815*
submaster				
165				
Monty Trask	400*	225*	410*	1035*
181				
Daryl Evrard	375*	375*	375	1125
4th			385*	1135*
242				
Joe Newton	550*	350	570*	1470*
master (40-44)				
165				
Darrell Kibler	450*	235*	380*	1065*
220				
D. Burlingame	700*	380	625	1705*
242				
Rick Thomas	325*	195*	415*	935*
master (45-49)				
148				
Dennis Belt	435*	275*	545*	1255*
4th			290*	1270*
181				
Richard Palmer	500*	320*	485*	1305*
4th			330*	1315*
master (50-54)				
242				
Darrell Latch	480	125	480*	1085
242				
Walter Allen	450	285	530*	1265
master (65-69)				
198				
Dave Bragg	375*	200*	400*	975*
master (75-79)				
165				
Robert Stephan		325*		
4th		335*		
open				
148				
Dennis Belt	435	275	545	1255
4th		290		1270
165				
Chris Stroud	330	185	470	985
181				
Scott Wallace	525	340	500	1365
220				
D. Burlingame	700*	380	625	1705*
220				
Derek Hall	520	315	500	1335
242				
Joe Newton	550	350	570	1470
shw				
Fred Sorg	700*	420*	585*	1705*

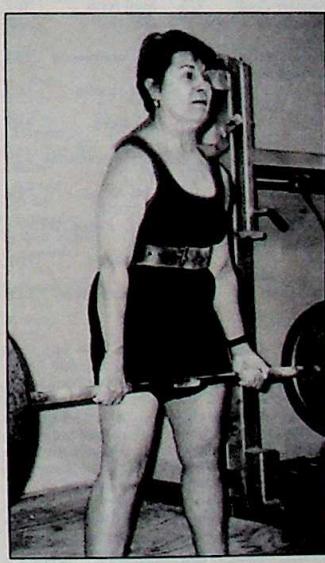
* national records. Best Lifters: women - Linda Middleton; master men - Dennis Belt; open men - Duane Burlingame; bench press - Tobey Hays; Team Champions: THE MARION FOUR. The seventh annual Lifetime Natural Powerlifting Society Nationals was held at Son Light Power Gym in Tuscola, Illinois on May 20, 2000. With forty-two entries this was the most successful LPNS national event to date. A very special thanks to all who helped make this such a success. Thanks to my wife Susie, Linda Middleton, and Dave Bragg for doing

a great judging to Dave, my son Joey, Jordan Trask, Monty Trask, Darrell Kibler, David Kibler, Daniel Moutria, and Steve Vollmer for loading and spotting; and to Klim Evrard for helping at the table. Also a special thanks to Andy Scheffer (cut that hair) for all his help loading and spotting. I appreciate you all! Hey, we had some great lady lifters! Especially those girls from Davenport, Iowa! This group included everyone but Linda Middleton, and is coached by Vernon Phillips, who, by the way, did not show up! (Thanks a lot, Vernon!) First up was Catherine Hopkins. Catherine took the submaster 165 class in style! She squatted 115, benched 135, and deadlifted a great 330 for a 580 total. This was Catherine's first full meet, but she came away with all new personal and new national records for her class! Teammate Cindy Irons, also in her first powerlifting competition, took the master 40-44 181 class. (Cindy is the troublemaker of Vernon Phillips' group, so naturally she fussed at me with each new attempt.) Also with new prs and new national marks, Cindy got a 175 squat, her opener bench of 140, and a great 250 fourth attempt deadlift for a 565 total. Not bad for a mean old gal over forty! At master 50-54, 132, the old pro, Linda Middleton took best lifter honors with her 705 total. Linda started with a big 290 squat, followed with a 155 bench, then settled with a 260 deadlift for all new national marks. Linda had just finished her second bodybuilding show a few weeks before and the strain showed in her deadlift, which is usually around 300. Still a great day of lifting for Linda! At 198, in the same 50-54 age group, Diane Harper followed suit with a 165-145-250-560 day. The really great thing about this gutsy lady is that she just had knee surgery in February, but she didn't let that stop her; she just wrapped her knee tight and away she went! All new personal and national records for her in her first national competition. Tuff!! Up next was a really special lady, Jeanne Christensen. At sixty-one, not only is she a great-looking gal, in the past year she has become one of the premier lifters in her age group in the country. Jeanne got a 165 squat, a 135 bench and a fabulous 300 deadlift for a great 600 total. And she has only been lifting for just over a year. Jeanne established all new marks for the 165 class and her first national title. Last, but not least was Vernon's wife, Jo Phillips. This girl is a great, competitive lifter! Jo took the open 198 title, again with all new national records. Her 255 squat was strong! Jo also benched 170 and pulled the biggest deadlift with 335 for the highest total in LPNS history, 760!. The great thing about all of these gals is that they are just beginning to realize their potential. Great lifting girls! Moving to the teenage men's division, we had three great lifters, all in the 13-15 age group. First up was my twelve-year-old son, Joey. Actually, Joey has been competing off and on in bench press/deadlift meets since he was eight so in a lot of ways he's an old pro. Joey did great, squatting 180, benching 85 and pulling 190 for a 455 total. His win at 132 was his first national title, establishing all new records for that class. The great thing about this kid is that his final attempt in the deadlift with 205 would have been a new pr for him, and he pulled with all his heart, just short of lockout. Afterwards, he said to me, "Dad, I could have pulled that, but I would have had to hitched it a little, and I know it wouldn't have counted." Lot of maturity for such a young lifter, right! At 148 was another first-time competitor, Jordan Trask. Jordan was really impressive, finishing with a 210 squat, a 120 bench, and a great 275 deadlift for a 605 total. At a 133 bwt Jordan almost locked out 300 for his final attempt! Jordan now holds all the records at 148 along with a new national title. (Must take after his mom.) Our final competitor was David Kibler, a fifteen year old who had been training for this competition about six months. In his first time out, weighing in at 168, David posted all new personal and national marks with a 310 squat, a 165 bench, and a 340 deadlift for a great 815 total. David had a perfect day of lifting, going nine for nine, to take the title at 181. In the submaster men's division, up first was another first-timer, Monty Trask, Jordan's father. Monty came from Indianapolis, Indiana, but had been working in the area and working out in our gym for the past five months. During that time Monty had gone from a terrible lifter to a mediocre one, but for some odd reason he lifted like an old pro on this day. His squats were deep (400), his bench was strong (225), just missing a 250, and his deadlift was right on (410), for a solid 1035 total. All new national marks for "Skin Head" along with a national title at 165. At 181 it was Daryl Evrard with all new personal records on the day. Among these were national records in the squat (375), bench (385), and total with 1135, for his first national title of his lifting career. A great bENCHer, Daryl also took the submaster bench press title at 181. Joe Newton was the winner at 242, taking his second national title in the past two months. Joe

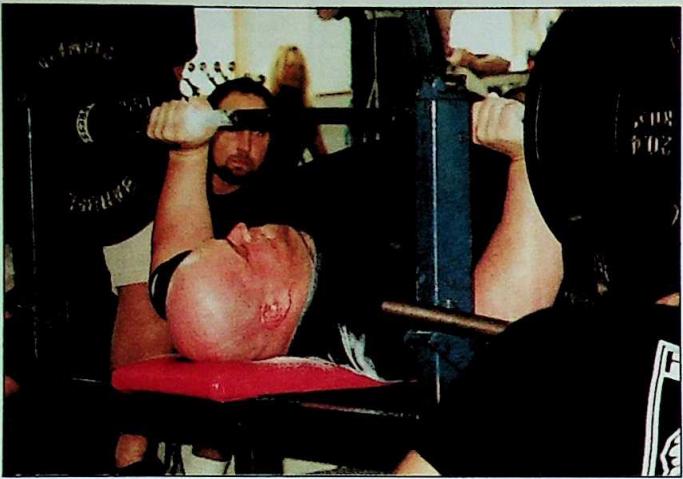


Best Lifter Open Men - Duane Burlingame
locks out a 700lb. squat. (Latch photograph)

also won the SLP Drug-Free Nationals, held the first weekend of April. Joe got a solid national mark in the squat with 550, just missing a pr 580, a personal best 350 bench, and a great pr national record 570 deadlift, for a new national record total of 1470 at 242. Joe also took the open 242 title, uncontested. Darrell Kibler moved up to the 165 lb. class for his first national title at that weight. Darrell had also just competed in two bodybuilding events in the past two months, which may have affected his lifting somewhat. Darrell started strong with a 450 squat, though a pr 480 seemed too much on this day. He then had to settle for a 235 bench and just his opener deadlift of 380. What should have been a 1200 total ended up 1065. Still, all new national records by a great master lifter. Also in the 40-44 division was Duane Burlingame, the LPNS's brightest star. It took Duane two tries, but he finally got that 700 squat he had been wanting for so long. Duane matched his existing record in the bench with 380, but only got his opener pull of 625. Together this was a 1705 total, another national record for Duane. At 242 it was Rick Thomas, going 325-195-415-935, establishing all new records for the win. Rick is a great natural lifter from Wyoming, Michigan who continues to improve with each new competition. Rick also won his class at the recent SLP Drug-Free National, making this his second national title of the spring. At 45-49 Dennis Belt, one of the nations greatest natural lightweight deadlifters, took not only the 148 class, but the overall best title for the master lifters. Establishing all new national records, Dennis got a 435 squat, a 275 and a 290 fourth attempt bench and a great 545 pull for a 1270 total. Dennis had pulled his right bicep tendon a year ago, so it was great to see him come back just as strong as before. A great guy and a truly great legend in the sport. Training partner Richard Palmer took the 181 class also establishing new national marks there. All of Rick's lifts were new personal records. Richard got a 500 squat, a big 330 bench and a 485 deadlift for a great 1315 total. Rick's final pull of 500 was locked out, but called for hitching. This guy will be totaling 1400 before long! In the 50-54 class, the old war horse squared and deadlifted 480 without a belt, still trying to come back from that truck accident and tricep surgery. Well, at least I'm back at it and my deadlift was a national record; but that bench! Let's not talk about it!! But, I'll Be Back! Hey, it's just great to be able to lift with all these great guys and gals. Walter Allen was also coming off an injury, but finished with a great day, pulling a new national mark of 530 at 242 in the 55-59 division. Walter combined that great pull with a 450 squat, a 285 bench and a 1265 total. Not bad for a 59 year old kid! Dave Bragg won the 65-69 division of the 198 lb. class, with all new national records. Dave had only been training for the past month or so, but did great, squatting 375, benching 200, and pulling 400 for a 975 total. Dave should have his best competition yet at the upcoming ANPPC World Cup in July. Our final master competitor came from Wisconsin and competed in just the deadlift competition. Seventy-nine year old Robert Stephan pulled a pr 325 for the win at 165. I asked him if he wanted a fourth, and he said, "Okay, let's go up another five pounds. That 325 was the most I've ever pulled." Well, you know me, I knew he could pull another ten pounds, so I "slipped" another five on; and of course he pulled it! A new pr and national mark of 335! Afterwards I admitted I had "made" a mistake loading the weight. Right! It was a real honor and a great inspiration to have Robert compete with us. In the open division Dennis Belt continued his winning

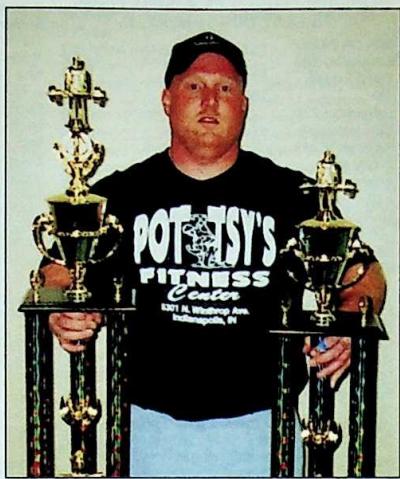


61 year old Jeanne Christensen
locks out a PR & national record
300 @ 165, 60-64 master. (Latch)



Mike Hodge benching 600 at the Wisconsin Bench Press Championships. (photograph provided courtesy of Muscles & Fitness)

captured the title at 275 in the junior division with a strong second attempt of 385. Two tries with a pr 405 were just short of lockout. Didn't get much out of his shirt. Howard Lamaster looked good at 242 master 40-44 getting 425 and a near miss with 460 for the win. At the rate Howard is improving 500 is just around the corner! In the open division Bill Lowe captured the 165 class with 285. A 300 personal record attempt for his third attempt was real close and well within his range. Bill Streib won at 181, but had to settle with just his opener of 280. Bill is a great guy always jumping in and helping out with the competitions, which I always appreciate. Matt Nelis had the best form of the competition, getting 385 for his third attempt and a great 405 fourth attempt for the win at 198. Both of these lifts were new pr's for Matt. Second at 198 was Matt VanBruaene, getting only his opener of 255. This was just Matt's third competition, but the teenager continues to improve with each competition. Paul Linville looked good at 242, getting all three of his attempts to end up with 405. Paul also continues to improve on his form with each new outing. Rob Reed won at 275, finishing with 460, though



Best Lifter at the Indiana State BP/DL meet was **Gordon Williams.** (D. Latch)

Wisconsin State BP 07 MAY 00 - Madison, WI

WOMEN'S MASTERS:	Bob Brodt	360
Debbie Huset	125	305
OPEN WOMEN'S:	Bob Hanson	
123 lb Class	OPEN MEN'S	
Debbie Huset	125	148 lb Class
165 lb Class	Tyrone Hill	305
Lisa Van Buskirk	225	Brock Tafelski
Larua Styrlund	195	265
198 lb Class	David Connor	245
Judi Berger	200	165 lb Class
TEEN MALE:	Jonah Roberts	430
Roger Zerler	405	181 lb Class
Brock Tafelski	290	W. Skenandore
Jared McDonald	305	305
Will Mieding	290	Steve Berger
Daniel Lammer	285	450
Cory Holmes	265	Robert Norman
Rupinder Singh	275	198 lb Class
MEN'S MASTERS:	John Markham	475
Jack Twet	330	Patrick Rohde
Ron Elkendorf	315	275 lb Class
John Markham	370	Scott Cole
Barry Borchert	365	495
Tom Sherman	400	Guy Powell
Kevin Bonde	410	460
		Mike Hodge*
		Brian Jacobs
		600
		465

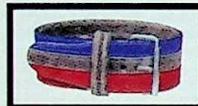
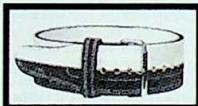
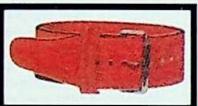
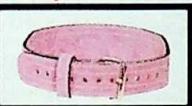
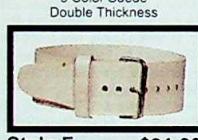
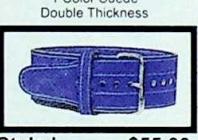
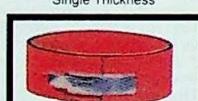
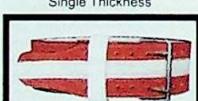
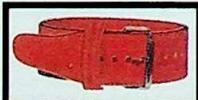
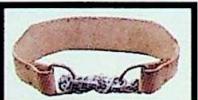
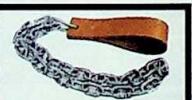
* Best Lifters (Thanks to Muscles & Fitness Gym for providing the results for this competition).

Son Light Power BP/DL 29 APR 00 - Indianapolis, IN

BENCH PRESS	181
teenage men 13-15	Bill Streib
220	198
Zachary Clark	225
teenage men 16-17	Matt Nelis
198	385
Mark Clerkin	225
teenage men 18-19	M. VanBruaene
181	255
Doug Ding	242
198	275
Andy Gillaspy	325
198	308
Jon Luedeman	275
junior men	Gordon Williams
275	505
Chad Robinson	385
master men 40-44	teenage men 18-19
242	181
H. Lamaster	Doug Ding
open men	370
165	M. Vanbruane
Bill Lowe	315

Best BP- GORDON WILLIAMS. The Son Light Power Indiana State Bench Press/Deadlift Championships were held April 29, 2000 at World Gym, Indianapolis West. Thanks to owner and world master bench press champion Richard Erickson for hosting this competition. In the bench press competition Zachary Clark took the teenage men's 13-15 age group 220 lb. class with a personal best 225. This was only Zach's second competition, but the fifteen year old had a perfect day of lifting, getting all three of his attempts. In the 16-17 age group Mark Clerkin won at 198, also getting a personal best with 225. This was Mark's first competition. Doug Ding lifted well, capturing the title at 181 in the 18-19 age group with 245. Also at 18-19 was Andy Gillaspy, who took the win at 198 over Jon Luedeman. Andy looked strong, finishing with a personal best 325. Jon did well in his first competition, also getting a pr with 275. Chad Robinson

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the weight is deceiving. Paul actually came dangerously close with 530, almost locking it out for his third attempt. Only a nagging shoulder injury kept him from getting the lift. Watch this guy get a big lift in the near future! Gordon Williams got the biggest lift of the day at 308 with his 505 second attempt. A 520 third attempt was close, using a new shirt for the first time. Once Gordon gets used to his shirt 550 will be history! Gordon also took best lifter honors for the competition. Second at 308 was Ross Alon with a 440 personal record. Here's another guy who shows lots of potential and will soon be another 500 bencher! In the deadlift competition Doug Ding got another personal record, winning the teenage 18-19, 181 class with a strong 370 pull. At 198 Matt VanBruene struggled with his form and had to settle with his opener of 315. Since we only had the two deadlifters, we spent a little time working on their form and giving them some tips on technique. Both of these lifters have a lot of potential. Good job, all you lifters. Thanks to Andy Lowe, Bill Streib, Paul Linville and to all the other lifters who jumped in and helped with the loading and spotting! Also thanks to Bill's wife, Kim Lowe for serving as trophy girl. The only complaint we had was that she only kissed her husband when she passed out the trophies. (She'll never work in this town again!) (Thanks to Meet Director Dr. Darrell Latch for providing the results of this competition to POWERLIFTING USA).

Powerline Open BP/DL 06 MAY 00 - Chicago Heights, IL

BENCH PRESS	242	George Lealiifano 520
women	260	Pat Diggins 340
Valerie Weber	275	DEADLIFT
police & fire	220	teenage men
David Williams	450*	Mitchell Vega 425
Mike Capriotti	490	275
		Pat Diggins 525
*personal record.		Best Lifter - GEORGE LEALIIFANO.
Women		The first annual Powerline Open Bench Press/Deadlift Classic was held May 6, 2000 at Powerline Gym in Chicago Heights, Illinois.
Valerie Weber		Thanks to Valerie Weber and her staff for hosting this competition. In the bench press competition, Valerie looked strong, even though she had not been training for this meet. Valerie got an easy 260 on her second attempt, just missing 270 for a third and fourth. Time for a good shirt! With a good shirt Valerie will get 300 with no trouble. David Williams was lifting in only his second competition, but came away with two new personal records, 425 and a third attempt with 450 on his way to the police & fire title. Mike Capriotti had some problems with his bench shirt, missing his opener of 475 twice before moving up to 490 and success with his final attempt. Mike took the open 220 class, missing a fourth attempt with 505. George Lealiifano



This Was The Gang Who Showed Up For The Powerline Open: (left to right) Pat Diggins, David Williams, Mike Capriotti, Valerie Weber; (kneeling, left to right) George Lealiifano, Mitchell Vega. (photograph provided to Powerlifting USA by Dr. Darrell Latch)

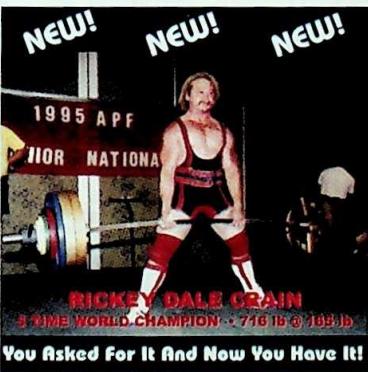
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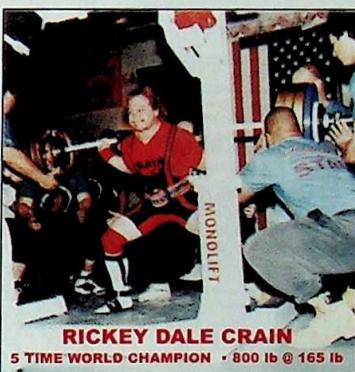
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USAPL Ash Invitational

8 Jan 00 - Alexandria, LA

GIRLS	SQ	BP	DL	TOT
105 lbs.				
J. Long	245	105	265	615
114 lbs.				
A. Deville	250	105	260	615
B. Slavent	190	90	260	540
C. Irwin	175	75	230	480
123 lbs.				
A. Matt	265	105	315	685
C. Kirk	230	105	255	590
165 lbs.				
K. Kelly	285	135	310	730
181 lbs.				
J. Haynes	315	125	335	775
BOYS 165 lbs.				
J. Suter	560	255	500	1315
J. Alberes	420	325	450	1195
220 lbs.				
J. Swanson	605	320	550	1475
College MALE 114 lbs.				
C. Hurley	230	140	285	655
123 lbs.				
T. Cunningham	440	240	485	1165
D. Toro	360	185	405	950
198 lbs.				
J. Johnson	425	285	460	1170
220 lbs.				
C. Miller	440	285	450	1175
275 lbs.				
M. King	550	375	500	1425
SHW				
D. Goody	800	375	600	1775
College GIRLS 132 lbs.				
B. Roseboom	190	100	220	510
181 lbs.				
L. Gooden	265	140	295	700
220 lbs.				
D. Lemott	250	100	250	600
SHW				
K. Bookman	—	—	—	—
B. Davis	325	145	315	785

(Thanks to USAPL for providing these meet results)

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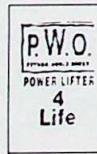
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75 435 Belt, D..5/20/00	320 Larson, G..4/18/00	475 Hutchins, T..9/18/99	1174 Dangerfield, N..6/10/00
76 435 Cruz, R..7/8/00	320 Shields, E..5/13/00	475 Stissier, A..10/30/99	1173 Kempf, J..8/28/99
77 430 Hutchins, T..9/18/99	320 Taylor..5/20/00	475 Holloway, W..2/26/00	1173 Uyeoka, B..4/8/00
78 430 Zapata, E..3/25/00	320 Henderson, G..6/17/00	475 McNew, S..3/25/00	1168 Sullivan, J..4/15/00
79 430 Harris, R..7/29/00	320 Venturella, C..6/25/00	475 Leroux, C..5/7/00	1165 Southwood, T..12/4/99
80 429 Newman, S..10/2/99	319 Peters, R..3/11/00	475 Keenan, P..5/13/00	1162 Barfield, J..3/11/00
81 429 Kreft, D..3/25/00	319 Anderson, M..3/18/00	475 Taylor..5/20/00	1159 Yoshimoto, G..12/18/99
82 429 Larry, M..4/14/00	319 Paquin, G..4/15/00	475 Adolph, E..6/16/00	1159 Coody, D..2/5/00
83 429 Evans, D..5/13/00	319 Weinstein, L..5/6/00	474 Kido, S..11/6/99	1157 Sumner, D..9/25/99
84 429 West, C..6/3/00	319 Golba, J..5/13/00	474 Charles, R..11/18/99	1157 Granato, S..3/12/00
85 429 Grubbe, C..6/10/00	319 Stewart, S..6/3/00	474 Sullivan, J..12/4/99	1174 Dangerfield, N..6/10/00
86 425 Gengo, J..11/20/99	319 Mansourian, M..6/10/00	473 Alexander, S..2/12/00	1173 Kempf, J..8/28/99
87 425 Sexton, R..1/22/00	315 Handke, P..9/18/99	473 Sexton, R..4/14/00	1173 Sullivan, J..4/15/00
88 425 Mendez, T..3/25/00	315 Thomas, J..12/11/99	470 Simone, J..3/11/00	1168 Sullivan, J..4/15/00
89 425 Medina, P..3/25/00	315 Neils, V..2/6/00	470 Evangelista, F..4/15/00	1165 Southwood, T..12/4/99
90 424 Rodgers, R..2/26/00	315 Colella, A..2/26/00	468 Pharma, J..9/99	1162 Barfield, J..3/11/00
91 424 Slaughter, L..4/8/00	315 Moore, J..4/28/00	468 Coody, D..2/5/00	1151 Newman, S..10/2/99
92 424 Glass, F..5/20/00	315 Walker, C..6/10/00	468 Cyr, A..5/20/00	1151 Dewa, B..4/8/00
93 420 Fafor, E..10/23/99	314 Kempf, J..8/28/99	465 Williams, Q..8/21/99	1146 Prigg, C..3/11/00
94 420 Montague, B..11/20/99	314 Galang, W..9/11/99	465 Gardner, W..9/25/99	1146 Galavan, D..3/25/00
95 420 Campbell, G..11/20/99	314 Phaneckham, K..3/25/00	465 McCarty, T..10/23/99	1146 Kato, S..4/8/00
96 420 Taylor, D..1/22/00	314 Kato, S..5/6/00	465 Granato, S..12/00	1140 Griffith, P..12/11/99
97 420 Burk, J..3/25/00	314 Albert, B..5/6/00	465 Baston, M..3/25/00	1140 Harris, R..7/29/00
98 418 Lofting, M..8/28/00	310 Pyland, A..10/2/99	465 Lynch, S..6/17/00	1135 Wynn, M..8/21/99
99 418 Miller, T..10/2/99	310 Silkey, A..2/5/00	462 Balanga, C..10/2/99	1135 Kreft, D..3/25/00
100 418 Aybar, V..12/11/99	310 Swanson, J..2/19/00	462 Newman, S..10/2/99	1135 Mendez, T..3/25/00



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NEXT MONTH... TOP 165s

Corrections... Jay Pruitt's 573 lb. bench press was not listed in the TOP 100 SHW rankings. "This lift was done March 25, 2000 at the Holley Open Bench Press Championships held in conjunction with our 25th annual USPF State Championships held here in West Virginia" (from John Messinger). "In the results of the Granite State Open bench press (Aug. 28, 1999) Arthur Cournoyer was listed in the 55-59 age group. He should have been listed in the 70-74 age group with a 250 bench press, state record for N.H. at 181" (from meet director Louie LaPoint). We recognize that 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 themselves contain errors as well. 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 that you find to "PL USA ERRORS" Department, Post Office Box 467, Camarillo, California 93011. (Sometimes, it takes a while to verify the correction before it is actually published)

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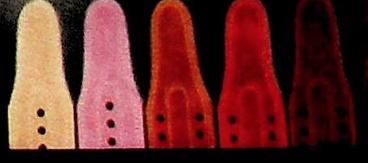
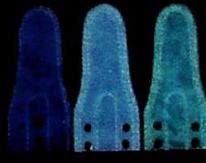
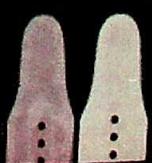
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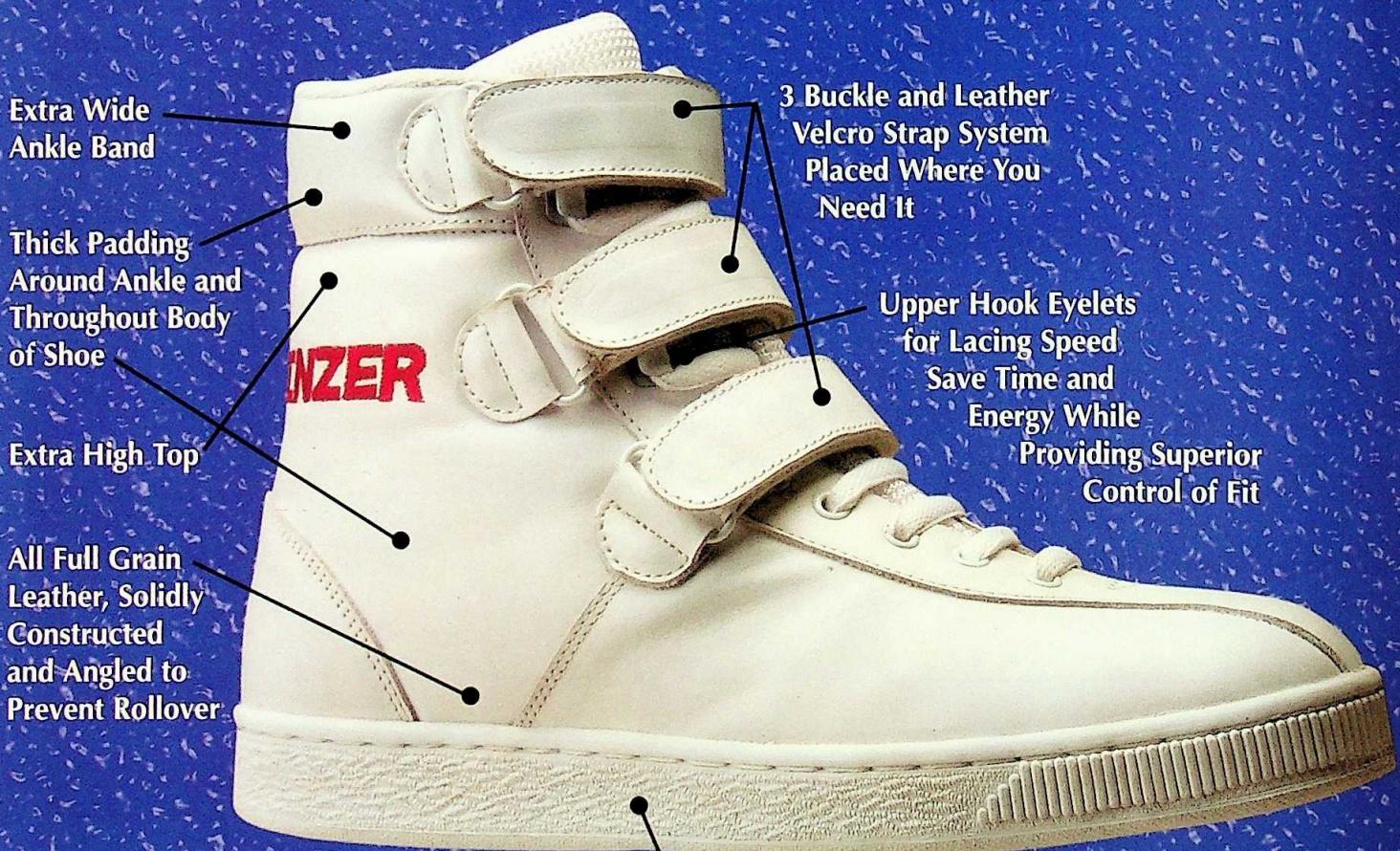


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