

POWERLIFTING USA

VOL.27 NO.4

DEC/2003 \$3.95

\$4.95 in Canada

SHOW OF ENGLAND

WORLD POW

WPO FINALS!!!



0 7447076692 6

ALL BELTS
Made in the
USA



ORDER ONLY:

1-800-382-8081

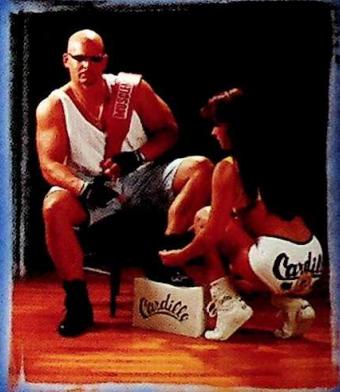
FOR A FREE CATALOG CALL:

1-800-272-BELT



ALL BELTS
Made in the
USA

PRICES DO NOT INCLUDE SHIPPING



Cardillo

also offers footwear, wraps, straps,
clothing apparel and more!

WWW.CARDILLOUSA.COM



Next Proteins
INTERNATIONAL

KAIZEN

SportPharma

AST
SCIENCE

Stacker 2

MUSCLETECH

MET-RX
ENGINEERED NUTRITION

ANC
AMERICAN NUTRITION CENTER
718 Broadway, Everett, MA

ULTIMATE
NUTRITION®

SPECTRUM

EAS

PROLAB

CYTOODYNE
TECHNOLOGIES

TWINLAB
ANOTHER JOE'S BEST

LABRADA

BIO TEST

Wholesale to the PUBLIC
Guaranteed LOWEST Prices...FREE gift with purchase!
americannutritioncenter.com

WEIDER

the Most Potent Joint Formula on the Planet

Glucosamine(+HCl-2KC1so4/+NaCLso4/GlcNAc) Plus
Chondroitin Sulfate(A 4-sulfate, R=so3H, R1=H)

GLC Formula
Patent Pending
US00/30268

Introductory Offer

One Time Saving

15%
Off MSRP

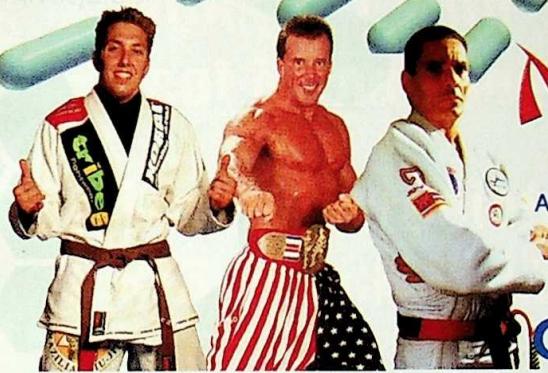
Mention this Ad to receive
discount when placing order



Just got Better

**100% Pure Compound
Now in Capsules**

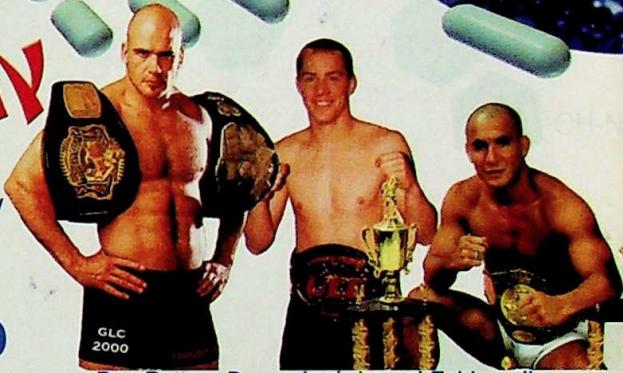
WHOLESALEERS WELCOME



NO PAIN

The World's Greatest Martial Artists Can't Let Joint Pain Slow Them Down. That's Why Top Professionals and World Champions Use the Best

GLC 2000



Todd Margolis, Rob Fletcher and Relson Gracie

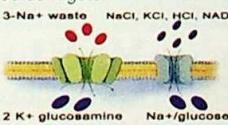
In the ring or in the gym, being the best means pushing your body to the limit each and every day. That's why Professional Athletes and Medical Doctors rely exclusively on the Patent Pending formula found in GLC 2000 to help reduce pain, speed joint recovery and increase their flexibility.



Dr. Sherman G. Madere MD
Surgical Specialist
Co-founder CAPP Care
Preferred Physicians Guild

"GLC 2000 is the only product which effectively addresses glucosamine utilization. If you are serious about the care of your joints, GLC 2000 is as good as it gets."

Glucosamine Active Cellular Transporter and Nutrient Ionic Transfer Conversion HCl-,KCl,-NaCl,NAD Ester Glucosamine 6 Phosphate

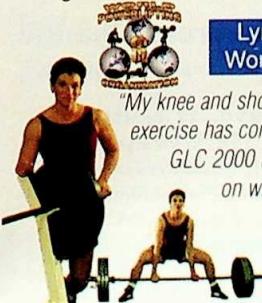


GLC 2000 is the ONLY joint supplement strong enough for the World Powerlifting Organization and strong enough for you.

**Lynne Nelson APA
World Record Holder**

"My knee and shoulder soreness from exercise has completely disappeared."

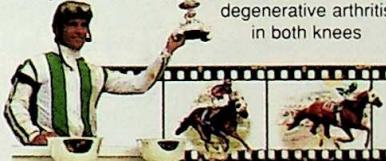
GLC 2000 lets me concentrate on what's most important, taking my workouts and contest preparation one step higher."



GLC is the World's Only Full Spectrum Glucosamine formula scientifically engineered to help your body regenerate damaged and worn articular cartilage.

**World Champion
Gary Stevens**

Forced into retirement November 1999 with degenerative arthritis in both knees



**Attributes Full Comeback to GLC 2000
Year 2001 Earnings \$11,864,491.00**

"This is absolutely the best product I have ever used. The Doctors told me I was out of options, my career was over, but after only 3 months using GLC, the pain totally went away and I'm able to live my dream once again. GLC 2000 has literally given me my life back! Thank you GLC!"

**Jean Mae Cordova
82 years Young**



525lb. Leg Press 120lb.x 2 Flat Bench

"I have suffered with arthritis pain for the last 65 years. After taking GLC 2000 for only 3 weeks the pain disappeared and has never returned! What a relief to work out pain free and wake up in the morning without the achy stiff joints. Thank you for such a wonderful product."

Bas Rutten, Duane Ludwig and Fabiano Iha

100% Pure Pharmaceutical grade powder

Patent Pending



**Each Level Scoop Contains
3.5 grams of Pure GLC
Guaranteed Assay**

Chondroitin Sulfate.....	750mg
Glucosamine HCl.....	750mg
Glucosamine Sulfate.....	750mg
Glucosamine Potassium.....	750mg
N-Acetyl D-glucosamine.....	225mg
Ascorbate.....	225mg
Manganese Proteinate.....	50mg

GLC's powerful powder delivery system is now available in free form and capsules to help increase your bodies uptake and absorption levels. This 100% pure compound guarantees superior bioavailability and utilization. Don't waste your time and money on denatured tablets or sugar water drinks. Take control of your joint pain just like the pros. Get serious, get GLC 2000.

Superior Compound. Best Price Guarantee

As the manufacturer and wholesaler we provide you the lowest price per gram of any reputable national brand GUARANTEE

GLC 2000

3 MONTH SUPPLY 6.37g

Move free ®

\$28 ea

3.57g

Osteo bi-flex ®

\$30 ea

3.23g

Cosamin DS ®

\$55 ea

1.79g



*based on suggested retail price

Cost Analysis : Grams of Glucosamine and Chondroitin per \$1.00*

Powder Concentrate 350 grams-\$55.00 ea + \$5.95 S&H
New Capsule Form 240 grams-\$38.50 ea + \$5.95 S&H

Call NOW

1-866-GLC-DIRECT

866-(452-3473)

WWW.GLCDIRECT.COM

visit us on the web

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat or prevent any disease. *3 month supply based upon 350 gram jar and average body weight of 175 lb.

Powerlifting USA

Post Office Box 467
Camarillo, CA 93011

Editor-In-Chief Mike Lambert
Controller In Joo Lambert
Statistician Herb Glossbrenner
Publisher Mike Lambert

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

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

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....\$31.95
USA addresses, 2 yr.....\$58.95
First Class Mail, USA, 1yr ...\$54.00
Outside USA, surface mail \$42 US
Outside USA, air mail ..\$84.00 US

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

POWERLIFTING USA advertising rates available upon your request.

MUSCLE MENU

- Volume 27, Number 4 - December 2003 -

WPO FINALS	Mike Lambert	5
RYCHLAK BENCHES 885, THEN 900!!!	8	
CARRIE BOUDREAU INTERVIEW	Marty Gallagher	10
GNC SHOW OF STRENGTH	12	
WEAKNESSES	Doug Daniels	14
HARD CORE GYM #27	Rick Brewer	15
IPF WORLD MASTERS	16	
POWER NUTRITION Q&A	Anthony Ricciuto	18
FORCE TRAINING	Jim Wendler	22
AUSBY ALEXANDER PT. 1	Judd Biasiotto Ph.D.	23
POW!ERSCENE	Ned Low	25
TRAINING PT. 1: SPEED DAY	Louie Simmons	26
BENCH AMERICA II	Joe Mukite	32
WORKOUT OF THE MONTH	Shawn Cain	33
ASK THE DOCTOR	Mauro Di Pasquale MD	34
"THE STORY OF ARTHUR JONES" REVIEW	37	
COMING EVENTS	Mike Lambert	49
USAPL CORNER	62	
UNCLASSIFIED ADS.....		86
TOP 100 165s.....	Mike Lambert.....	87

ON THE COVER WPO Finals Champions: Jesse Kellum, Garry Frank, Andy Bolton, Kieran Kidder, Noel Levario, Jose Garcia, Brian Weston, and Anthony Conyers. (l-r from top)

Copyright 2003 Powerlifting USA

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

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

Name _____

Address _____

City _____ State _____ Zip _____

YES! SIGN ME UP!
Check one:

- NEW
 RENEWAL
 Address Change
(indicate previous address)

\$31.95 for 12 monthly issues.

\$58.95 for 2 years

(USA address rates)

Payable to: Powerlifting USA, Box 467, Camarillo, CA 93011
(MC/VISA also accepted)

POW!ERLIFTER VIDEO is BACK!

POW!ERLIFTER VIDEO

MAGAZINE

RECORD SETTING ISSUE 36!

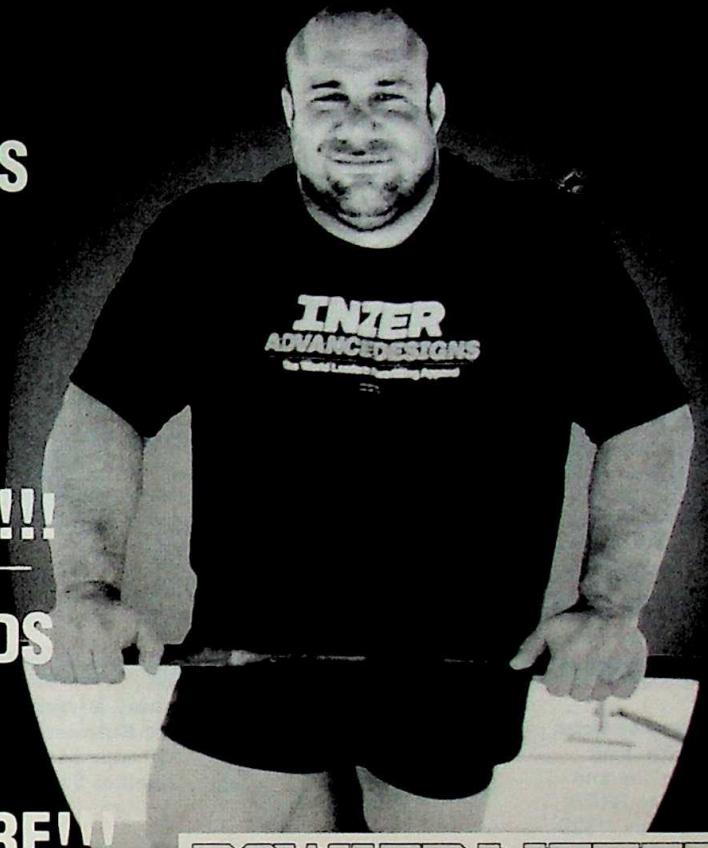
**★ STAR BENCH PRESS
WORKOUT with
Scot Mendelson**

**★ Scot's Incredible
875 BENCH PRESS!!!**

**★ Dave Tate on BANDS
and CHAINS!!**

+ MUCH, MUCH MORE!!!

SUBSCRIBE TODAY!



POW!ERLIFTER
VIDEO MAGAZINE

CALL 1-800-227-2355



Yes, I Want to Lift Big! Sign me up for **POW!ERLIFTER** Video Magazine. Detach and mail this form with your check made payable to **POW!ERLIFTER** Video (Please allow 2-3 weeks for delivery.) You will be billed separately for upcoming issues. These other issues will follow, approximately every 3 months, at \$19.95 per issue* plus S&H. And you are free to cancel anytime.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

*Non U.S. residents add \$3.50 per issue

SPECIAL SUBSCRIPTION OFFER	
First payment	\$ 19.95 US
Shipping + handling	\$ 2.95
Sub-Total	\$ 22.90
Sales tax (CA residents only)	
Total Enclosed	\$
<input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Am Express <input type="checkbox"/> Discover	
Card No. _____ Exp. Date _____	
Signature _____	

SUPPLEMENT DIRECT!

The Best F#&%n' Supplements You'll ever buy. PERIOD!

LOW prices
on PROVEN quality products.
We have everything you could ever need.



L-GLUTAMINE

500 gm-\$19.99
1000 gm-\$34.99
2500 gm-\$79.99.



Pure Whey Protein

2 lbs. - \$11.99
5 lbs. - \$19.99
11 lbs. - \$41.99
33 lbs. - \$120.00



Pure Creatine Monohydrate

2500gm - \$45.00
1000gm - \$19.99
500gm - \$11.99



High Performace Creatine

Grape/fruit
Punch
7.7 pounds - \$30



Pure Yohimbe HCL 5mg
Buy one and get one FREE!
100 caps \$20



Pure ENERGY
60 caps \$6
2 bottles \$10

Maximum Strength Fat Burners

120 caps \$17
2 bottles \$30

Maximum Strength Fat Burners



Pure Ribose
100 grams \$20



Pure Tribulus Terrestris
500mg/250 caps \$22.00



Pure 4-Andro-stenediol
100mg 100 caps
\$17.99



Pure 5-Andro-stenediol
100mg, 100 caps
\$15



Pure 19 Nor-
Androstenedione
50mg 100 caps
\$20



Pure DHEA
100mg
100 caps \$15
25mg
100 caps \$5



Pure
Androstenedione
100mg
100 caps \$15



Pure Whey Protein Isolate

2 lbs. - \$24.99
5 lbs. - \$49.99
33 lbs. - \$264.00



DEXTROSE
11 pounds \$11.99
50 pounds \$39.99



Pure COMPLEX CABS
8 pounds \$20
50 pounds \$150

SUPPLEMENT DIRECT
tests EVERY batch of EVERY
one of our products at an
independant laboratory to
assure you of quality.

CALL TOLL-FREE 24 HOURS A DAY.
PLACE YOUR ORDER TODAY!

1-888-776-7629

OR VISIT US ONLINE!

www.SupplementDirect.com

Questions? Call 805-546-1089

or Fax 805-546-8174

Franchises now available in your area, call for details.

Supplement Direct, 12320 Los Osos Valley Rd, San Luis Obispo, CA 93405

We carry over 500 brands
and 20,000 products

Kara Bohigian was one of two premier women athletes whom WPO President Kieran Kidder elected to include in this competition and in response to the opportunity their lifting was historic. Following a hardish effort with a 534 squat, Kara B. made a piece-of-cake success with a WPO record 552 (after 'napping' between attempts). In the bench, she had an up-down-up techni-failure with 358 on her second, but re-did it smashingly and then went and jammed up a fourth attempt at 374. After two slick hoists in the deadlift, this local (Marietta) girl was distinctly displeased with her miss at a 512 final, though she had posted the highest all time total at 148. She's used to getting her way with the weights. After 'playing' many different sports in her lifetime, KB now declares that PL is, hands down, her favorite.

Amy Weisberger weighed in exactly at 132 and darn near scored a 523 third attempt squat and then didn't miss another attempt until her 479 deadlift, but that still resulted in a three lift sum of 1306, nearly an amazing 10 ten times bodyweight. When her lifting was over, Amy split her fan-time between the neighboring PL and the Strongman venues.

In the WPO lightweight men's division (bodyweights up to 165

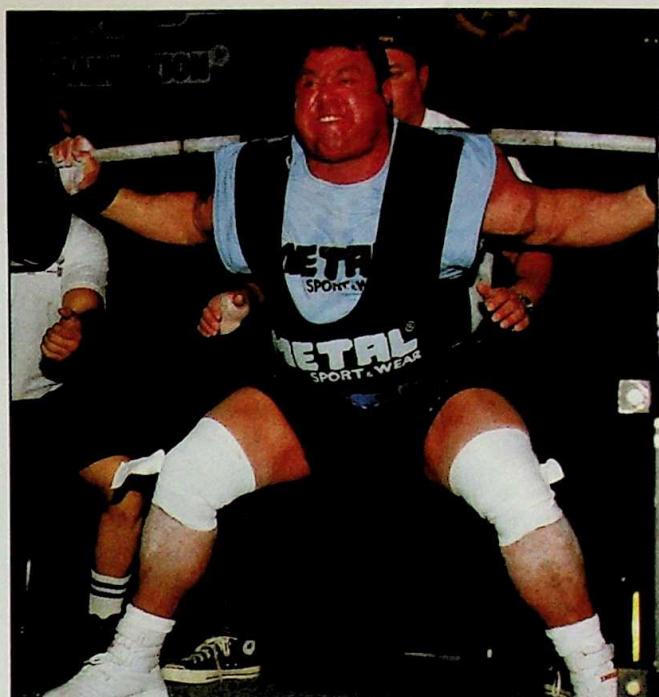
WPO Finals

by PL USA Editor Mike Lambert

lbs.) there was big-time speculation regarding Ron Palmer. Days before the contest Herb Glossbrenner was told Ron would never try to make the 165s again, but then "Lionheart" went ahead and did it one more time. This day much of his lifting bore the look of a man who has suffered the effects of extraordinary weight loss (even if it was 48 hours earlier!). His opening 705 squat had little 'snap', but he forced it up on a second,



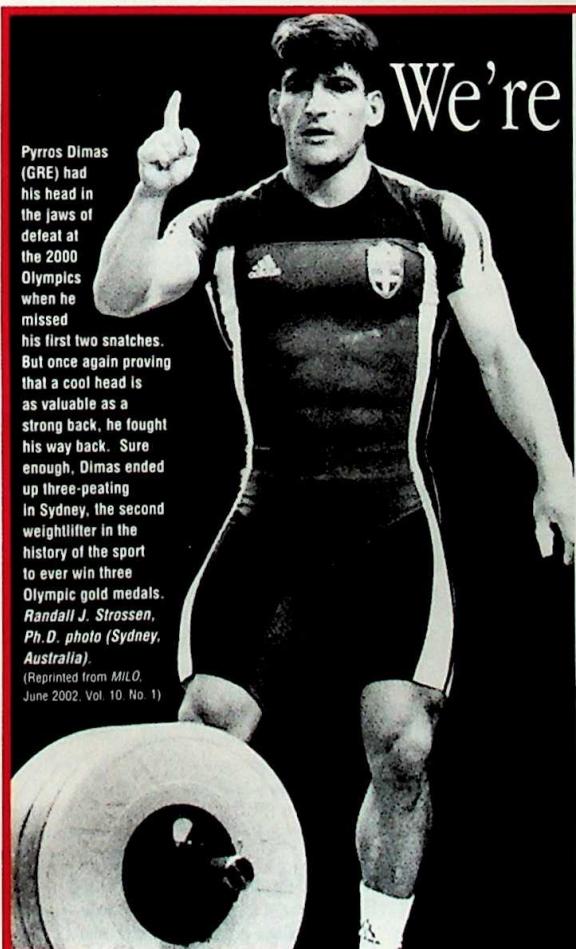
Mikesell ripped off his shirt after breaking his own mark with 1113



Andy Bolton nailed 1114 in the squat on a WPO record 4th attempt

with about all he had left. 733 was very much too much, even for Ron, and especially under the circumstances. The weight loss didn't hurt his push, where he smoothly PR'd a new WPO record 501, but in the

d-lift, his tortured body shut off on two tries at 644, and he was out of the meet. Also out of the competition was a now massively middle-weight August Clark Jr. (Kieran Kidder quipped that he should get



Pyrros Dimas (GRE) had his head in the jaws of defeat at the 2000 Olympics when he missed his first two snatches. But once again proving that a cool head is as valuable as a strong back, he fought his way back. Sure enough, Dimas ended up three-peating in Sydney, the second weightlifter in the history of the sport to ever win three Olympic gold medals. Randall J. Strossen, Ph.D. photo (Sydney, Australia). (Reprinted from MILO, June 2002, Vol. 10, No. 1)

We're Number One . . .

MILO: A Journal For Serious Strength Athletes

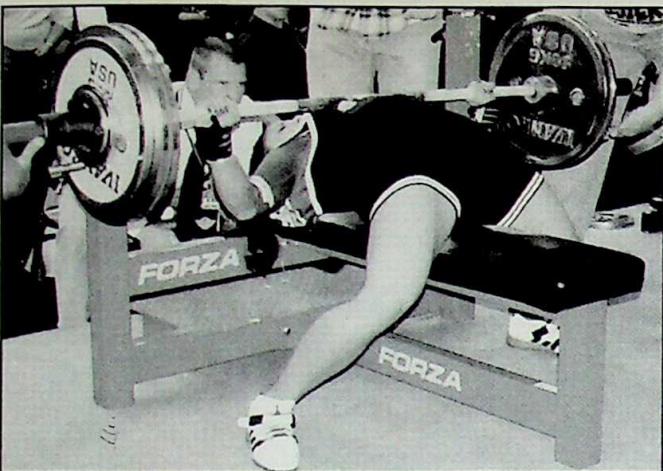
is in a class by itself: 128 pages packed with the information and inspiration to help you lift more, pull harder, throw farther. Olympic lifting, Highland Games, arm wrestling, strongman, all-round, powerlifting, and much more. Soft cover book format, no interior ads, and not the kind of thing you'd be embarrassed to be seen reading in public, *MILO* features authors and photographers who are among the most respected names in the field, bringing you stories and pictures you won't find anywhere else. From Olympic gold medalists to back-yard heroes, if strength is your passion, *MILO* is your magazine.

No. 1282 One year subscription (4 books, published in March, June, September, December), 128 pp. each

USA \$39.95 postpaid (CA residents \$42.90); Canada/Mexico US\$45.95 airmail; all others US\$59.95 airmail

IRONMIND®
Stronger minds, stronger bodies™

IronMind Enterprises, Inc., P. O. Box 1228, Nevada City, CA 95959 USA;
tel: 530-265-6725; fax: 530-265-4876; www.ironmind.com; e-mail: sales@ironmind.com



All Time Record Bench of 374 by Kara Bohigian. (courtesy Kara B.)

a license to carry such "guns"). Post some strong squats, he experienced 'technical difficulties' with his two tries at 507 in the bench press, and in the WPO, it's two strikes and you're out.

Winning the lightweight division was the familiar previous WPO victor Tony Conyers. Tony's third squat was a beautiful new 790 WPO world standard. After an odd miss with 639 on his first try at a deadlift, TC re-made it crisply for the winning total of 1869. Angelo Berardinelli was just behind, missing at a further world record squat of 793, and as well with a near record 496 bench, but the critical lines were drawn through 633 on the scorecard for the deadlift weight which would have given him the division title. Dan Petrillo had a private competitive go-round with Brian Schwab (whom Kieran Kidder proudly noted was a participant in the very first WPO meet on May 20th of 2000). Brian, after an initial bumble with 600 in the squat, came back to nail it and more (even trying a WPO record eraser 684 on a 4th!). He and Petrillo went note for note in the deadlift. Of course, Dan was in deep into the 165 lb. class whereas Brian weighed in under the traditional 148 lb. class limit. Notable for his lifting and his age was Richard Hawthorne, who weighed in two kilos under the 132 pound class limit. He took big jumps in the squat and was likely not low enough with 584. His final bench of 286 was quite easy, but 573 was a tad too hefty in the deadlift. This man-boy is but 19 years old and hit 1405 in his first WPO contest at 132.

In the WPO "Middleweights" it was mainly a clash of some tightened up 220 lb. titans at the finish line with epic 181 lb. efforts also evident. It's hard to out-do a strong and clever Cajun like Jesse Kellum. He watched Chuck Vogelpohl open with a WPO record of 975 and then made sure he exceeded that fresh mark by a pound or so on his

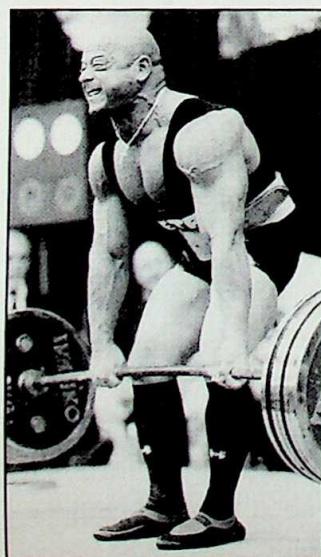
third attempt. In the BP, he went head-to-head with Kenn Patterson. When Kenn jammed up his 689 for a new WPO mark on a third, Jesse came out and made 690 to break it. (Then they both missed at 705). Jesse had some improved deadlifting to total a Coan-esque 2367. Vogelpohl psychoed to a further world record poundage of 1019 on his second and third squats, but both were a no go. Boy, does he un-button a fiendish blast of horsepower coming out of the hole. Nowadays, he's also showing major progress in the bench, though his opener was brought down too low on his chest, and he had to be teased by how close he was to finishing off the deadlift he needed to beat Jesse. Travis Mash winked to the crowd prior to his opener squat, but was subsequently furiously disappointed with himself for missing a big 936. He broke through with a large 606 in the bench and even finished up with a blast at 628. Unfortunately, he also missed a big jump in the deadlift with 799. Kenn Patterson weighed in exactly at the 220 lb. limit and made a trio of great squats, followed by the record-setting bench, to post an excellent total as well. Phil Harrington actually lifted the day after the rest of the competitors in this division, as he missed a flight connection to get to the event when he was scheduled, but he made incredible attempts, even if after the fact. His squat at 837 was an carefully crafted success, despite some early setup problems, and then he went on to all time world best poundage of 859. He even leapt to a WPO record 546 bench on a 4th attempt. He exploded up his "dive" style deadlift attempts to 633 for an excellent 1978 total. Joe Doherty, with lats wide as wings, had a nearly perfect lifting day, missing only a 501 bench for 1956 to put him ahead of Michael Coe, who was lifting within the 198 lb. class. Mike missing only two attempts himself. Mike Danforth missed a huge leap of 733

to 799 in the squat, otherwise he would have been well up there as well. Levi Alday was a bit over the 165 lb. limit, and he made four attempts for his 1718 total. Keith Ferrara, a look-alike for Willie Wessels, with his shaved head, took a big leap to 903 in the squat, and made three good benches, but apparently was hurt and just tokened out in the deadlift. Mike Roberts flubbed his initial two squats, so he was gone. A completely serious Tatu Avola made a humongous 837 squat, but then erred on two bench attempts. As a courtesy, Kieran allowed him to continue to lift, but there would be no official 'finish' for the Finnish star. He made that 518 bench he didn't get beforehand and a couple of deadlifts before his final stall-out at 760. The thundering thighs of Germany's Harald Selsam didn't quite have enough lightning to muster a 903 squat, and then he had that sickening surprise with his opening deadlifts and was a goner.

In the WPO Heavyweight men's division, which is up to the 275 lb. class, Steve Goggins was entered and weighed in just under the 242 limit. Rumor was that he was going to break the all time record of Ed Coan in the squat and total, but he'd developed a twinge in his back while training for this Show of Strength Stars. His buddy, IPF champion and record holder Ausby Alexander, had loaned him an electro-stimulation unit to see if he could work past it in the final few days before lift-off. In the warmups here, he tweaked his back again with about 650, and wisely decided not to compete, but he threw himself into the rest of the event, actively handling Andy Bolton in the Superheavyweight division and others. (On openers Steve would have won the Heavyweight class). A great young lifter,

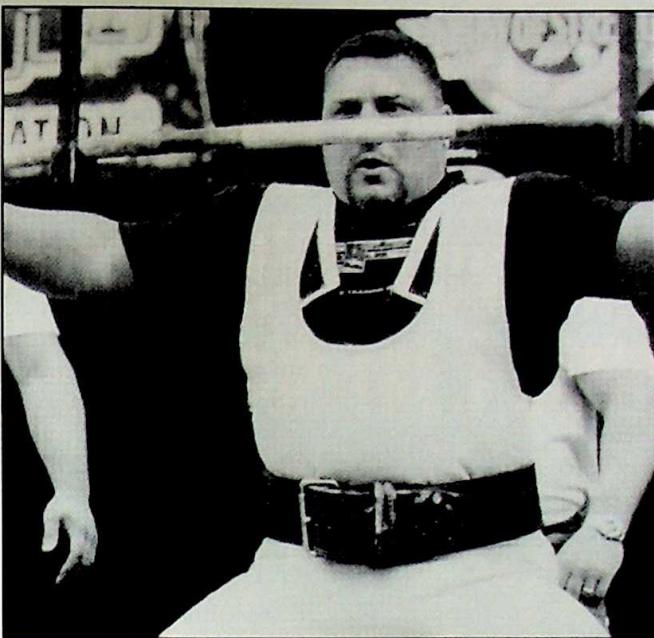
Jose Garcia, asserted his way through the door, fighting back to earn a 931 squat, and he nearly topped out with a 567 bench press. He only missed an 804 deadlift at the last possible instant, and that was enough for the win in this division. It wasn't easy 'cuz Brian Weston was very much stronger than we've seen him before, although a 959 squat seemed out of his reach, and the 782 deadlift he tried wouldn't have hurt his chances. Jose's amigo from Illinois, Noel Levario, made a mighty try to stand up with 1003, got cut short with a 633 bench, and then miffed those last two deadlift attempts or he, too, could have been challenging Jose for win. Marc Bartley couldn't surmount an errant 83 lb. jump in the squat and then played and lost at catch-up in the pulls. Rugged Clay Castile of the North Georgia Barbell Club was noticeably stronger than at the APF Seniors and nobly re-took and overpowered a pesky 710 deadlift for a fine 2149 lb. final best. Jani Ihlalainen from Finland also stubbornly fought back with a 903 squat, but after missing at 501 in the bench, he was behind the necessary pace, and he couldn't make up the ground with an ambitious attempt at a 771 deadlift. Michigan's Matt Kroczaleski missed a pair at 903 in the squat, but not for want of a psyche. Scintillating APF Seniors winner Ron Dayton squatted bodaciously, but nursing a pec injury he took a big leap from 143 to 523 in the bench and missed by a thread. His mammoth pulling power wasn't up to the 826 deadlift he tried twice. Kevin Thomas swung twice and was out with an 804 squat.

In the Superheavyweight division, Jon Grove, another local favorite from the North Georgia Barbell Club, back-stepped himself out of two squats and the contest. Holger Kuroff from Germany has that Westside look with his shaved head and Louie Simon's eye-brow arch. He gave everything to a 1014 squat, failed it, then found something more in himself to get it up on a 3rd try triumph. Without a shirt he benched 573, then he put one on to miss at 617. A 2314 total is nothing less than world class - it was last place in this group. Beau Moore, feistier than ever, made a 733 bench, but 744 short-stopped, and then he dared a big jump to 771 in the deadlift, which would have moved him up a bunch. A wide Donnie Thompson challenged the milestone marks of 1003 in the squat and 705 on the bench, got the feel of 'em, but not the circle on the scorecard, yet he still went over 2400. Matt Smith made that barrier bustin' 1003 squat, and declared himself ready to take somebody's (bleepin') money, but when he couldn't stand tall at 826,



Angelo Berardinelli couldn't quite pull in the winning deadlift

twice, without hitching, that kept him out of the bucks. Brent Mikesell coolly busted his own all time world best standard in the squat with a beautifully deep 1113, then ripped off his shirt and frenzied himself into "most muscular" mode. Brent is "THE MAN" when it comes to squatting, but this new mark wasn't safe, and he had to answer. He graciously encouraged the efforts of his fellow giants of the strength world, then Brent took his own extra attempt at 1118, but 4 tries were too much to ask, this quickly. He shoved a nice 600 bench, missed at 633, and after a 771 deadlift popped out of his grip, he called it a day. He might well be back at the WPC Worlds in Canada with a new world record in the squat after how close things were at this competition (Editor's Note: at the WPC meet, he broke the all time squat record TWICE, with 1124 and 1140!). Paul Childress made the effort to get down to the 308 pound class limit so he could set some WPO world records. With his gaze intently focused on a faraway place, he went a sensational 10 for 10. A 1052 squat did not look like a limit, neither did the 661 bench he tried on a third, thus he went for a WPO record 689 a fourth attempt. His perfect plus day put him at 2525, as fourth attempts are included in a WPO Total, but that



Paul Childress conceiving, believing, and achieving to 2525

only put as at 3rd place in this division. Andy Bolton was much improved in squat after getting 1003 at the 2003 Arnold Classic, and more back in England. After a fine 1074, he made the unexpectedly bold move of going after 1114 to exceed Mikesell's new all time record – and — he got the lights to

go his way! Despite some injured pec issues, which made him open conservatively with 402, he went on to 628. In the deadlift he was stalking the leader and took 936 on his final effort, a new all time record, but it was too much weight for him to finish off. There was an assertive protest by Steve Goggins

that the bar was 'locked up' and not rotating smoothly before Andy's attempt (Steve was hurriedly trying to free the bar up as Andy marched to the bar). The contest was over, the venue was closed, patrons had been asked to leave, and Andy did not take a repeat of that lift. He ended with a 2624 WPO total. Garry Frank was due, perhaps overdue, to break yet another total barrier. He'd shown signs of it in several previous contests (going an all time best 2673 at Joe 'Lat'nier's meet in Mississippi shortly before this meet) but he'd had trouble with squat or the bench. It sure seemed like if he just could get a couple of squats in, and a couple of benches, then the 2700 lb. barrier would necessarily fall in his wake. In this contest, he looked supremely confident in the squat, his eyes gleaming like glacial blue, point source lasers when he took that 1080 up and down, nice and clean. Then, of course, Mikesell and Bolton had their record-busting party. I thought to myself, Garry's not gonna jump into this, he's saving himself to get the total mark. Surprise ... after a long wait, Mr. Frank showed up for his own 4th attempt at 1118, but it was high. In the bench, he had an ugly miss at 672 (not this again!) but he chose to repeat and basically manhandled it up, then did much the same with 727. He also came back for another fourth attempt at an WPO record 760, but apparently he had a different shirt on and couldn't get the bar to touch. Garry could have busted 2700 by a clear margin, but a routine deadlift (for Garry!) of 903 came up into an unfavorable position twice, and he had to put it back down. 2667 – the second highest total in the history of mankind (my kilo conversion chart doesn't go that high!) If he had made everything he tried, it would have come to 2781!

Prize money for the top three finishers was \$750 for 3rd, \$1500 for 2nd, and \$3500 for 1st, plus the customary \$1000 for a WPO World Record, and the entire pot was put up by GNC, the ultimate icon of supplement retailing in the United States with 5300 outlets!. (By the way, GNC just announced that the full line of their GNC branded supplements will now be certified by NSF International). Kieran Kidder is excited about the potential of this type of expo venue to bring WPO lifting to the public eye. About 20,000 visitors made it to the three day Show of Strength, most of them crowding in on Saturday, at the Cobb Galleria, a gorgeous facility, close to a food court, shopping mall, free parking, and right by the freeway, in Marietta, just north of Atlanta. Looks like they will have it in Marietta again next year, so don't miss it!

WPO FINALS -- 7-9 Nov 03 - Cobb Galleria, Marietta, GA															
Women	Bwt.	SQ1	SQ2	SQ3	4th	BP1	BP2	BP3	4th	ST	DL1	DL2	DL3	4th	WPO TOT
Kara Bohigian	66.80	507	534	552		330	358	358	374	926	440	485	512		1412
Amy Weisberger	60.00	457	507	523		303	325	336		843	424	462	479		1306
Lightweight Men															
Tony Conyers	75.00	666	744	790		413	440	462		1230	639	639	661		1869
Angelo Berardinelli	74.75	722	766	793		424	479	496		1245	589	633	633		1835
Dan Petrillo	73.75	600	650	699		435	468	468		1085	562	573	584		1669
Brian Schwab	67.10	600	600	650	684	440	468	468		1091	551	562	573		1664
Richard Hawthorne	58.00	473	551	584		248	275	292		843	529	562	573		1405
August Clark Jr.	74.80	501	562	600		507	507								
Ron Palmer	74.65	705	705	733		462	501	512		1206	644	644			
Middleweight Men															
Jesse Kellum	99.20	903	942	976		661	672	690	705	1667	661	688	699		2367
Chuck Vogelpohl	100.0	975	1019	1019		540	562	578		1554	766	804	821		2320
Travis Mash	99.85	876	903	936		551	606	628		1510	738	799	799		2248
Kenn Patterson	100.0	771	832	848		633	633	689	705	1538	600	633	661		2172
Phil Harrington	82.00	755	837	859		225	440	507	546	1344	501	589	633		1978
Joe Dougherty	82.20	705	755	777		468	485	501		1262	622	666	694		1956
Michael Coe	89.30	744	804	821		413	473	501		1306	600	639	650		1945
Mike Danforth	82.45	733	733	799		451	473	485		1206	661	694	716		1923
Levi Alday	77.75	661	705	705		457	457	479		1118	600	---	---		1718
Keith Ferrara	97.30	821	903	903		407	518	529		1350	143	---	---		1493
Mike Roberts	99.60	771	771												
Tatu Avola	89.75	782	826	837		507	518	518		716	738	760			
Harald Selsam	99.55	815	903	903		507	529	529		1322	694	694			
Heavyweight Men															
Jose Garcia	110.0	881	934	931		523	551	567		1482	744	777	804		2259
Brian Weston	106.95	903	903	959		523	562	600		1503	699	744	782		2248
Noel Levario	121.60	881	953	1003		584	611	639		1565	639	683	694		2204
Marc Bartley	121.15	870	953	953		611	639	639		1510	661	683	705		2193
Clay Castile	109.85	848	887	914		523	551	573		1438	655	710	710		2149
Jani Ihalainen	109.35	837	903	903		473	501	501		1377	661	716	771		2094
Matt Kroczaleski	111.0	848	903	903		512	523	534		1383	661	683	705		2088
Ron Dayton	124.80	854	914	936		143	523	523		1058	782	826	826		1840
Steve Goggins	109.49														
Kevin Thomas	109.7	804	804												
Superheavyweight Men															
Garry Frank	174.35	1025	1063	1080	1118	672	672	727	760	1807	859	903	903		2667
Andy Bolton	147.50	947	1036	1074	1114	402	606	628		1742	771	881	936		2624
Paul Childress	139.65	975	1025	1052		622	644	661	689	1742	749	777	782		2525
Brent Mikesell	153.75	1030	1085	1113	1118	440	600	633		1713	744	771	---		2458
Matthew Smith	154.15	881	964	1003		617	672	---		1675	771	826	826		2447
Donnie Thompson	159.5	925	975	1003		644	683	705		1658	722	760	782		2419
Beau Moore	149.7	870	920	947		705	733	744		1681	705	771	771		2386
Holger Kutroff	142.50	947	1014	1014		529	573	617		1587	661	727	771		2314
Jon Grove	138.65	848	848												

Rychlak Benches 885, THEN 900!!!



At the IPA Nationals on Nov. 16th, Gene broke the 900 lb.



barrier. (images from the video taken by Body Tech -- see ad)



"Gene Rychlak, MHP Athlete, Shatters Bench Press World Record Twice in 8 Days - 900 lbs!" Harrisburg, PA, November 17 — Powerlifter and MHP Athlete, Gene Rychlak, broke the All-Time World Record Bench Press for the second time in 8 days on November 16th when he put up an amazing 900 lbs at the IPA Senior National Championships. Just 8 days prior to that, Gene broke the July 2003 record of 875 lbs. set by Scott Mendelson with a 885 lb.bench press. Rychlak, from Royersford, PA, has been chasing the record all year, putting up an impressive 815 earlier this year at the IPA World Championships and just missing 876 at the WPO Bench Bash for Cash in August when he came within an inch or two of locking out. "This is what it's all about," said Gene. "Ever since I started training 20 years ago, my dream was to hold the world record bench press. Now, I can't believe I've broken it twice in less than two weeks." He uses the MHP supplement T-BOMB, which has helped increase his competition bench from 810 to 900 since starting it in May, '03. Gene also uses Up Your MASS to supply the dense nutrition to fuel his highly explosive muscle movements. MHP is a provider of scientifically formulated sports nutrition supplements and is based in Cedar Grove, New Jersey. To learn more about MHP and its products, please call 1-888-783-8844 or visit <http://www.maxperformance.com>"

www.bodytechusa.com

Bodytech Strength Promotions

An on-line, monthly magazine featuring:

- Hundred's of movie MPG's
- A behind-the-scenes look at powerlifting, strongman, and highland games
- Interviews & photos

We capture the action from the warm-up to the platform. "It's the next best thing to being there!" Bodytech has been hailed by professional athletes as, "the best on the web for strength sports." One-year subscriptions is \$36. Go to www.bodytechusa.com to join or e-mail scott@bodytechusa.com for information

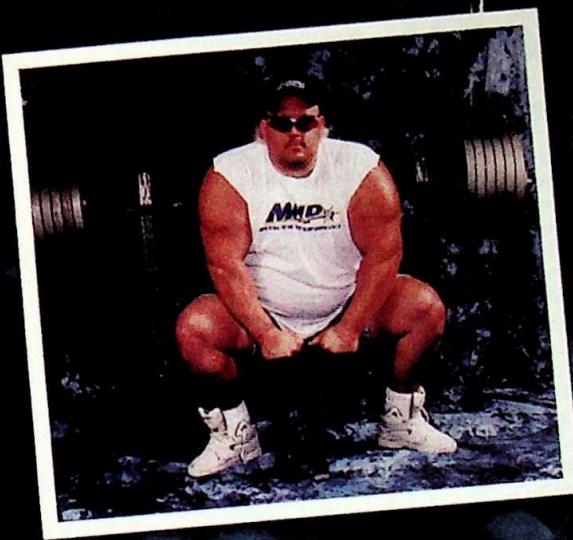
"Where the Big Boys play!"



At the APF Steel City Classic Bench Press Championships, on November 8th, in Pittsburgh, PA, Gene Rychlak put up benches of 785, 840, and then a new all time world record of 885, as the crowd huddled around him in expectation. (photograph by Mark Dreibelbis)

WORLD RECORD 900 L.B. BENCH!

MAKE YOUR BENCH EXPLODE... DROP THE T-BOMB



Gene Rychlak

WORLD RECORD 900 LB BENCH PRESS
- 2003 IPA Senior National Championships



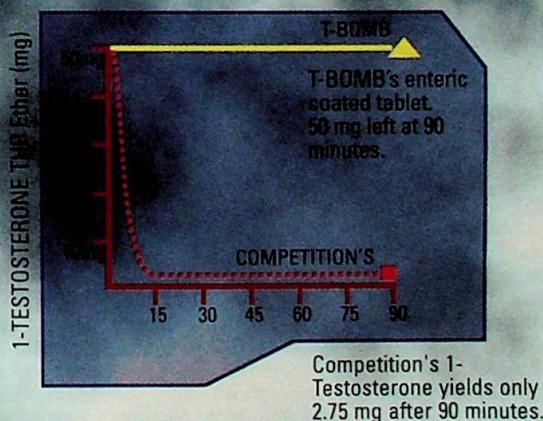
- ▶ Strongest Prohormone Legally Available!
- ▶ 700% More Anabolic Than Testosterone!
- ▶ Enteric Coated for Optimum Absorption!
- ▶ Absolutely NO Conversion to Estrogen!

SERIOUS WEIGHT. WORLD RECORDS.

For Gene Rychlak...the world's strongest bencher of all-time...that's what it's all about. Nothing Else Matters. Gene uses T-BOMB™ from MHP to blow his 1-Testosterone levels through the roof, giving him the explosive power he needed to destroy the 875 lb. bench press world record twice in 8 days and be the first man on the planet to ever bench 900 lbs!

More anabolic than Testosterone, Primobolan, and Masterone, the 1-Testosterone THP Ether in T-BOMB is the most powerful Prohormone legally available to you. And with T-BOMB, you won't experience the aromatization or conversion to estrogen, like you will in all the "Andro" products on the market...the rules of science simply won't allow it!

LAB ANALYSIS REVEALS...
T-BOMB IS 20 TIMES MORE POWERFUL!



EXCLUSIVE ENTERIC COAT TECHNOLOGY

T-BOMB's patented pharmaceutical enteric coating ensures that the full 50 mg dose is absorbed into the bloodstream and delivered to the targeted muscle receptor site. The competition's inferior 1-Testosterone product delivers less than 5% of active 1-Testosterone! If you want a full mega-dose...drop the T-BOMB!

TO ORDER, CALL NOW!

1.888.783.8844 x3701

or online www.maxperformance.com

Available at **GNC** and all fine gyms and health food stores.

MHP
MAXIMUM HUMAN PERFORMANCE

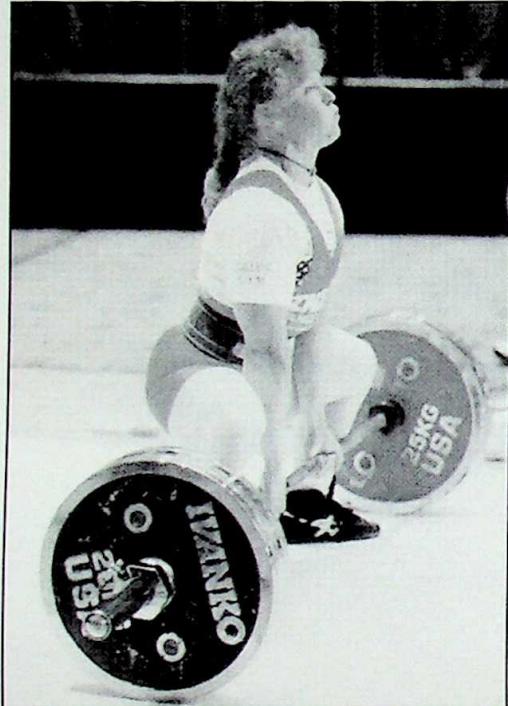
INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

Carrie Boudreau is the greatest female powerlifter of the past decade. During her reign she set American and world powerlifting records that still stand, six years after her retirement. At

the peak of her career she was untouchable, the female version of the great Ed Coan. Carrie hailed from rural Maine, a state that spawns champion lifters all out of proportion to its geographic size and population. Apparently the harsh climate creates champions in an athletic process akin to coal being pressurized into diamonds. Carrie Boudreau was raised in the town of Raymond and from Day One of her power career it was apparent that she was unique. A veritable strength Mozart, her short stature, unique structure, abundance of fast-twitch muscle fiber and fierce mental attitude all combined and aligned and coalesced. She underwent a Hulk-like metamorphosis and became the perfect powerlifter, the ultimate female lifting machine.

Boudreau hoisted incredible iron and with offhand ease began dispatching the best female powerlifters this country had to offer. Within two years of taking up the sport she captured her first national title. That was just for starters: by the time she hung up her power belt, Carrie captured five IPF world titles and won the coveted 'champion of champion' title at the IPF world championships on four separate occasions. In addition she won the prestigious World Games title twice, 1993 and 1997. One Ukrainian world champion summed up the worldwide impression of Boudreau, shaking her head in wonderment as she watched Carrie set a world record in the deadlift and total (earlier she'd broken the squat WR). "She lifts on a different level than the rest of us." The ultimate compliment was when the world's top female lifters begin to flee the 123 pound class in droves, either dropping to 114 or bulking to 132, all to avoid the unbeatable Boudreau. She routinely lifted more in national and world competitions than the cham-



Carrie Boudreau consistently broke the IPF records.

pions in the classes above her. She was untouchable, unapproachable, an unstoppable force. Then she was gone: she simply dropped out of sight. That was in 1998. In the intervening six years she quietly relocated from Maine to Georgia, embarked on a teaching career, took up Olympic lifting and contracted cancer. Her saga since is that of a powerlifting champion who's re-directed herself athletically and deals daily with an adverse hand life has dealt her.

PLUSA: How did you become involved with Olympic lifting?

CB: I was working at Gilly's Gym in Maine in 1996 when owner Ernie Gilbert had an Olympic lift coach, Dennis Reno, come to the gym and teach the two lifts to some track athletes. Out of curiosity, I joined the session and got my first taste of Olympic Style lifting. I was at the peak of my powerlifting career and, frankly, I was bored with powerlifting. I held all the world records in my weight class (except in the bench press) and had been breaking my

own records for the past three years. I was stale, bored, and having a hard time getting fired up for the national and world championships. There was talk of women's weightlifting being accepted into the Olympics. The idea of competing in the Olympic Games had always been in the back of my mind. I thought it would be as a powerlifter, but that never happened. I had won all I could win in powerlifting and Olympic lifting offered a fresh challenge. It seemed like a natural and exciting progression.

PLUSA: What Olympic lifting titles have you won?

CB: In 2000, I won the national championships. I've won lots of competitions in New England. I also compete in the master's division (age 35-39) and have won the Pan American Games, the National

Championships and the World Master's Championships. I hold master world records in two different weight classes.

PLUSA: What are your best competitive Olympic lifts?

CB: My best competitive snatch is 85 kilos, 187 pounds. My best competitive clean & jerk is 105 kilos, 231 pounds. My bodyweight was 125 pounds when I made these lifts.

PLUSA: Could you please compare quick lifting to powerlifting?

CB: Olympic lifting is much more difficult and demanding; the quick lifts are much harder for me. When you snatch or clean and jerk correctly, it's a rush. I must say that I do miss grinding out maximum heavy lifts as I used to do in powerlifting; I always loved that feeling of overcoming a massive weight with guts and willpower.

PLUSA: Did powerlifting help or hinder you?

CB: Powerlifting hinders me and continues to hinder me in Olympic lifting. The point at which you finish a lift in powerlifting is ex-

actly the point where you need to explode in weightlifting. In Olympic lifting often when the weights start to pull I still tighten my upper body - as if I were deadlifting - instead of keeping my arms loose; the proscribed proper technique for Olympic lifting. I subconsciously try and use my upper body strength to pull the bar upward instead of allowing my hips to kick the bar upward. This interferes with the proper path the bar needs to travel. Because I haven't 'unlearned' my ingrained powerlifting techniques, I cannot lift nearly what I'm capable of in a pure physical sense.

PLUSA: How does your training compare to the other Olympic lifters? I would imagine given your unique background, training is different for you than for others without your incredible strength?

CB: Since I'm very strong and have a great strength base from powerlifting, my workouts are far different than most of the other Olympic lifters I train with. Most people taking up Olympic lifting need to develop strength along with technique. I started Olympic lifting at a late age, 31, and my workouts are very different than those of my teammates: more technique training, less strength training.

PLUSA: Do you ever see yourself competing in powerlifting again?
CB: That's hard to say. There are a lot of factors involved. Currently there are too many powerlifting federations and this takes away from the significance of being a national or world champion. Countless people claim they are 'world champions' and this dilutes the title. The sport, in my opinion, has lost integrity. It would take a lot to get me interested in seriously competing in powerlifting again. I might compete to help a friend or a local team. I've been asked to do some lifting for the Abilities Unlimited Team (Team Savannah's Special Olympians) so I might compete under the right circumstances.

PLUSA: This question is from Mike Lambert, "You retired from powerlifting at about the same time that the USPF was replaced by the ADFPA and became the IPF's recognized national federation - coincidence or purposeful?"

CB: That whole episode was bad, it was the straw that broke the camel's back and confirmed my

decision to get out of powerlifting. I lifted my guts out at every competition and made all the goals I set for myself. When I am asked how long I would lift, I reply, 'As long as it's fun.' The fun went out of powerlifting and was replaced by bickering, backstabbing, and false promises. It was sickening. The USAPL claimed that consideration for the athlete was its top priority, but that proved untrue. Let me give you an example: the USAPL received its IPF sanction in November of 1997. I was given notice that I would have to "re-qualify" for the world team. I asked if I could have a "standing total," that is, unless someone beat my original world team qualifying total, I would make the team. That was denied. I was recovering from a marathon competitive year: I had lifted in three major competitions in three months. I was told I had to re-qualify at the USAPL Nationals because I hadn't been subjected to out-of-competition drug testing. I explained that when I'd won the IPF world championships in June, I had been drug tested. I won USPF nationals in July and was drug trusted. I'd won the World Games in August and I was drug tested. I had proven repeatedly that I was a drug free lifter. The circumstances upset me terribly; the not-so-subtle inference was that I was a drugged

lifter. The whole episode was a huge slap in my face. Making the switch to another sport was the right decision. By the way, I am frequently drug tested both in and out of competition in weightlifting.

PLUSA: You mentioned that you like the fact that judging is fair and equipment is a non-issue in Olympic lifting. Could you expand a bit on that?

CB: I like the consistency in rules and consistency in judging. I encounter this continually in weightlifting. I've been working hard for the past six years trying to equal or better top lifts done by others using the same rules as those who've gone before me. I think lifting should always include an element of integrity. Equipment and loose judging has stripped powerlifting of its integrity. Perhaps the AAU can promote RAW lifting and get powerlifting back to what it should be: a true test of strength. I bet pioneer powerlifters are rolling over in their graves; too many federations, too much dependency on equipment.

PLUSA: How old are you, what is your occupation, how tall are you, what do you weigh?

CB: I'm 36 years old and originally from Raymond, Maine. I'm an elementary school teacher and live in Savannah, Georgia. I'm 4' 11" and weigh 128.

PLUSA: Could you comment on your medical condition?

CB: I've been diagnosed with cancer. I finished my last chemotherapy session on September 11th 2003 and I am getting my energy back. I trained through the entire cancer diagnosis and therapy. I took time off immediately after the surgery. When I resumed training I broke three world records as a master lifter and obtained my Grand Master Olympic lift certification thirteen days after my third chemo treatment. I came down with a fever as a result of the chemo; I barely had enough energy to get through the competition, but I snatched 70 kilos and clean & jerked 95 kilos. The whole thing was a terrible ordeal and truly proved that mind (power) can overcome matter.

PLUSA: How long do you see yourself competing as an Olympic lifter?

CB: As long as it remains fun.

PLUSA: What are your outside activities and interests?

CB: I love to kayak and bird watch. I love to walk my dogs.

PLUSA: Do you follow powerlifting at all?

CB: A little bit. My great friend Ann Leverett still competes. I see her almost daily. She gets Powerlifting USA and shows me articles now and then. I ask myself the question: is powerlifting a sport of strength or has it degenerated

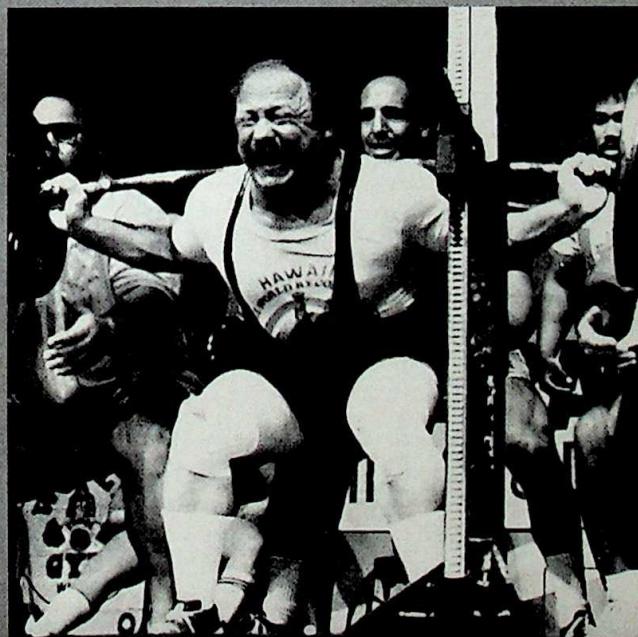
into a sport of equipment? I can't tell anymore who is truly the strongest? The person who has the money to buy the best equipment? I would like to see powerlifting get back to basics: less gear, tighter judging, like Olympic lifting, like strongman competitions.

PLUSA: If you were advising youngsters interested in taking up lifting, which sport would you steer them towards: Powerlifting or Olympic lifting?

CB: Most definitely Olympic lifting. It has a lot to offer young athletes. If you make an international team, the federation pays your way. The only equipment you really need is shoes and a singlet. Competing doesn't require any special gear.

PLUSA: Any final thoughts?

CB: I really loved powerlifting and I miss it very much. I met a lot of wonderful people and made lots of lasting friendships. I know that nothing lasts forever, but I'm saddened by the way powerlifting has regressed. I used to be proud to say I was a powerlifter - but the more I hear and see the less I want to be affiliated with the sport. The athletes work hard to achieve their best and should be given a fair and equal chance to prove their strength. Athletes should band together and help powerlifting evolve in a positive direction.



CHOOSE A CERTIFICATION WITH
POWER
CHOOSE ISSA

PERSONAL TRAINING CERTIFICATION

International Sports Sciences Association



Do people ask you how to train?

Do people ask you how to eat?

Why not become certified?

There has never been a better time to take your passion to the next level and become a Certified Fitness Trainer. As a powerlifter, you know that whether you are in the gym or at the beach, people look up to you. They admire your dedication to training and most importantly, they see the results of your hard work, which makes you a perfect candidate to help others achieve their fitness goals. So call us today and get started with a successful career in training!

Call today for free information

1.800.892.4772

www.FitnessEducation.com

Please mention source code PLUSA104



International Sports Sciences Association
The World Leader in Fitness Certification - Since 1988

GI BILL APPROVED

Yes,

I am interested in becoming a Personal Trainer. Please send me free information.

Name _____

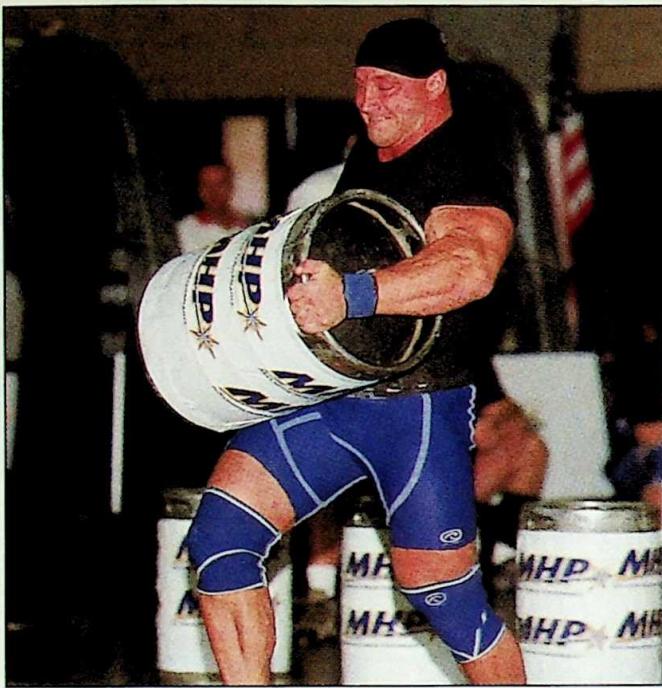
Address _____

City _____ State _____ Zip _____

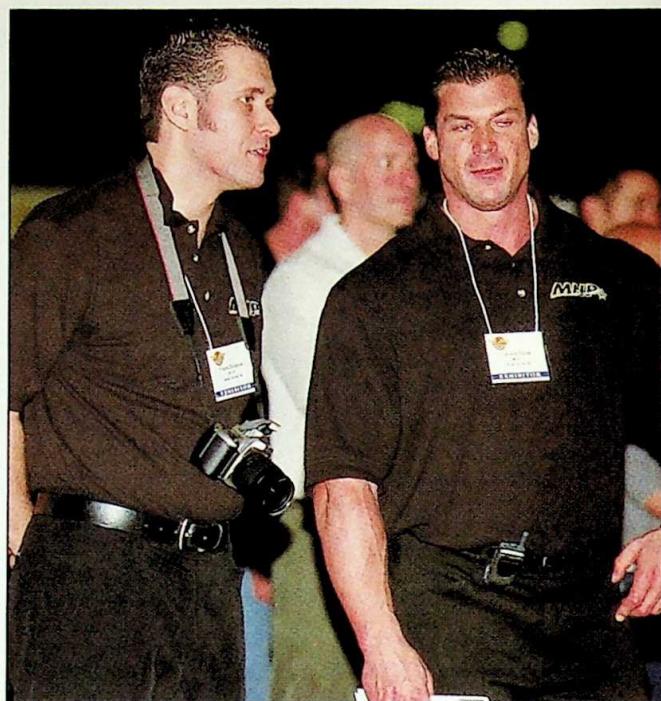
Phone _____ Email _____

ISSA • 400 East Gutierrez Street, Santa Barbara, CA 93101 • PLUSA104

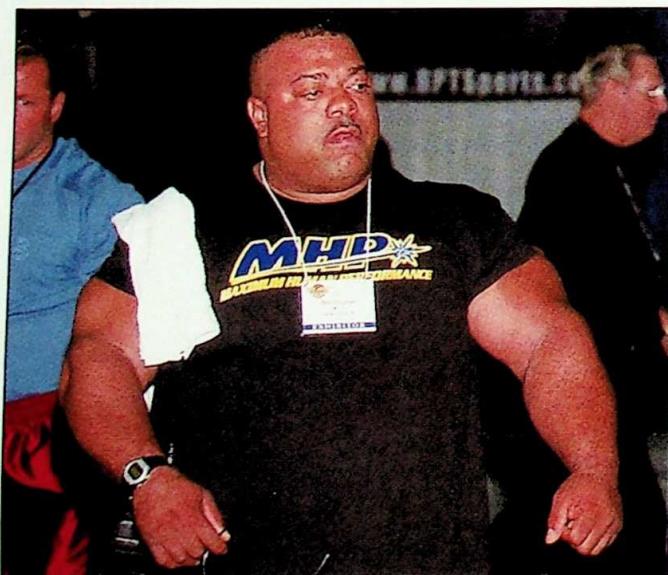
GNC Show of Strength



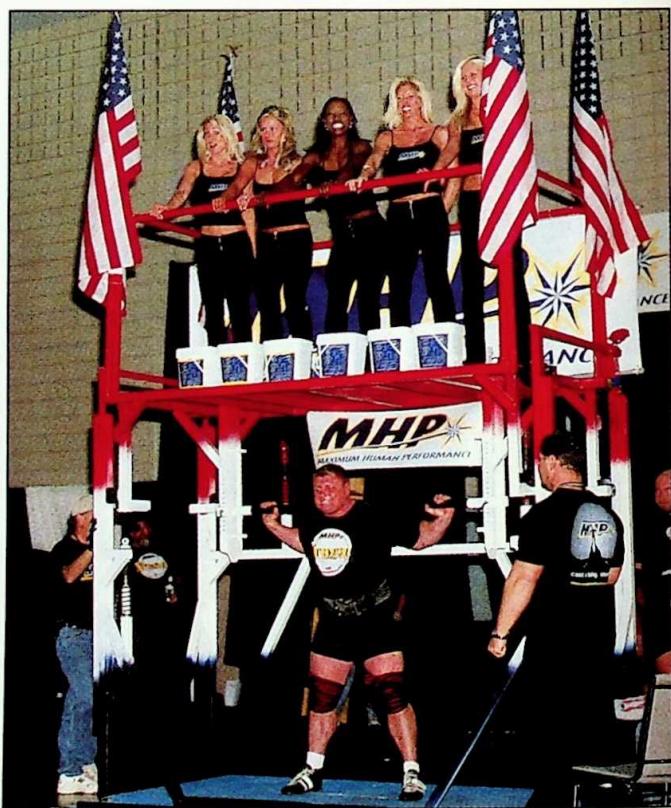
Mariusz Pudzianowski won the MHP X-treme Strongman event and verified why he had won the 2002 and 2003 World's Strongest Man Contest, with blazing speed, fiendish all-round strength, and a physique that should have been on the bodybuilding stage (where Dexter Jackson upset Jay Cutler and Gunter Schlierkamp). 2nd was former WSM winner Svend Karlsen, followed by MHP athletes Phil Pfister, Mark Phillipi, and Steve Kirit, in a World vs. USA team format



MHP Execs Were Pleased Frank Dejianne and Gerard Dente (right) got tremendous exposure from their sponsorship of the Strongman Event, which took place right in front of their display.



Bob Thomas, billed as the World's Strongest Police Officer, coached the Atlanta Law Enforcement team against the Atlanta Firefighters (coached by firefighter Phil Pfister) in the MHP Guns-N-Hoses Power Crunch Challenge. The police won the popular event, and Lee Haney had his Ultimate Teen Challenge strength event in the same location, with Woodward Academy winning out over 25 area high schools. Armwrestlers, fitness, and figure athletes also competed at the GNC Show of Strength, where over \$400,000 in prize money was awarded, and more than 20,000 fans visited the 300 exhibitors. According to Scott Johnson, Basic Media Group CEO "The GNC Show of Strength and World Fitness Expo is truly the most diverse and entertaining strength, health and fitness event out there today."



MHP Up Your Mass Tubs Were Everywhere at the GNC Show of Strength they even used them to load the Girl Lift to a new world record. This was an even match between the USA guys and the World team. The USA guys had qualified for their WSM team just before the World's Strongest Man competition, and - as a result - were kind of beat up in those preliminary WSM rounds, with no Americans making it to the Finals, but the Europeans - who had the extra week of competition in the WSM Finals - were also a bit thrashed before coming over to the States for the MHP X-treme Strongman.

The Nutrition Breakthrough Behind The 3 Strongest Men in America!

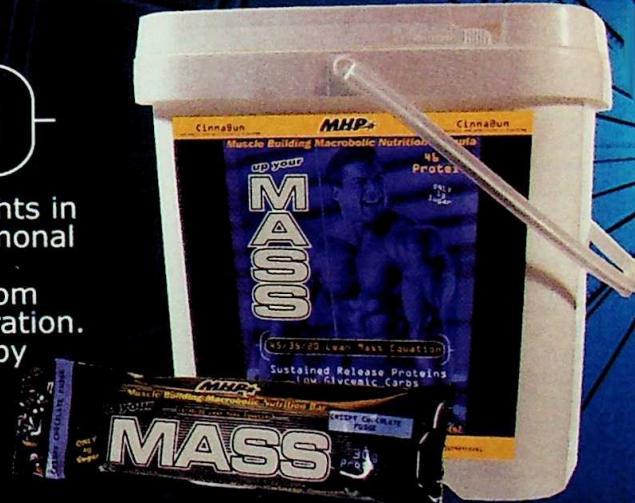


To get strong you have to eat big. So, how do strongmen, Phil Pfister, Steve Kirit, and Mark Philippi pack on the mass to hit their mega-human strength lifts? How can you do it too? Heavy training, of course, but nutrition plays an equally important role...more specifically, dense nutrition, as now provided by the new generation lean mass gainer...**Up Your MASS™**.

Muscle Building Macroabolic Nutrition

45/35/20 Lean Mass Equation

The Macroabolic Nutrition's 45/35/20 ratio of nutrients in **Up Your MASS** creates the ideal metabolic and hormonal environment to increase muscle size, strength and endurance. To achieve this *perfect anabolic ratio* from meals requires a lot of knowledge, time and preparation. **Up Your MASS** took over two years of development by world renowned food scientists and expert flavor specialists to deliver this precise 45/35/20 ratio in delicious bars and powders.



- ▶ **Proabolic™:** The new gold standard in protein technology. This time released amino acid enhanced combination of Whey Protein Concentrate, Supro® Soy Isolate, and Caseinate provides a high concentration of the critical amino acids glutamine, arginine and BCAA's. Each serving provides 46 grams of Proabolic protein.
- ▶ **Glycemix LGI:** A precisely formulated blend of low glycemic carbohydrates. Yes, you can get big and lean with carbs! You just have to eat the right ones. The Low GI Carbs in Up Your MASS are "muscle sparing" and give you constant energy throughout your workout. And while other weight gainers are loaded with sugar and have a fat depositing effect on the body, Up Your MASS powder has only 1 gram of sugar!
- ▶ **Lipid Complex:** Essential Fatty Acids in Up Your MASS optimize muscle building hormones, stabilize insulin release and improve nitrogen retention by slowing the digestion of protein and carbs, and improve joint health.

**No Matter What Your Sport or Goal, Up Your MASS Delivers Just That ...
Macroabolic Nutrition to Prime Your Hard Working Muscles for Growth!**

Available at ...

Supro

GNC

To Order, Call Now!
1.888.783.8844 ext. 3705
or online www.maxperformance.com

MHP
MAXIMUM HUMAN PERFORMANCE

A while back I was at a work-sponsored seminar on increasing personal effectiveness. The world famous instructor asked the question 'How should we approach our weaknesses?' The expected answer came from the crowd: 'We should work them harder until they are no longer weaknesses.' To the astonishment of the class, the instructor retorted: 'Forget about your weaknesses, throw them away. Everyone has weaknesses, even Tiger Woods. His weaknesses just do not include golf. You just don't hear about those.' This was an unusual and novel approach to the subject of weaknesses. Being a student of powerlifting, I saw how this approach had some significance to the lifter too.

With three powerlifts not necessarily overlapping in muscle groups and skills required, many lifters have weaknesses in one lift. Long arms are great for deadlifting, but not so good for bench pressing and visa versa. The usual approach is to increase the work and intensity on the weak lift, which sometimes results in overtraining and further weakness and frustration. Increasing the quantity of work can be a detriment in lifting due to lack of recovery, so that is not always the answer. Unfortunately, we can not forget our weak lift, not train it, or not take attempts at a meet because we are sub-standard in it. So, what are the best ways for a lifter to address his weaknesses?

Let's start with the overtraining issue. Increasing the volume of training is the most common course of action. For example, if a lifter feels he is lacking in the bench, he usually adds sets of assistance work like inclines, declines, close grips, tricep work, barbell over head presses and dips, not to mention more sets of benches. What too often happens is the lifter eventually exceeds his recuperative abilities and overtrains, and the already weak bench press becomes more of a weakness, compounding the problem. In reality, perhaps the answer may be to perform less work. Overambitious training could have been the culprit all along. Adding more work only accelerates the decline. It takes real courage to train less.

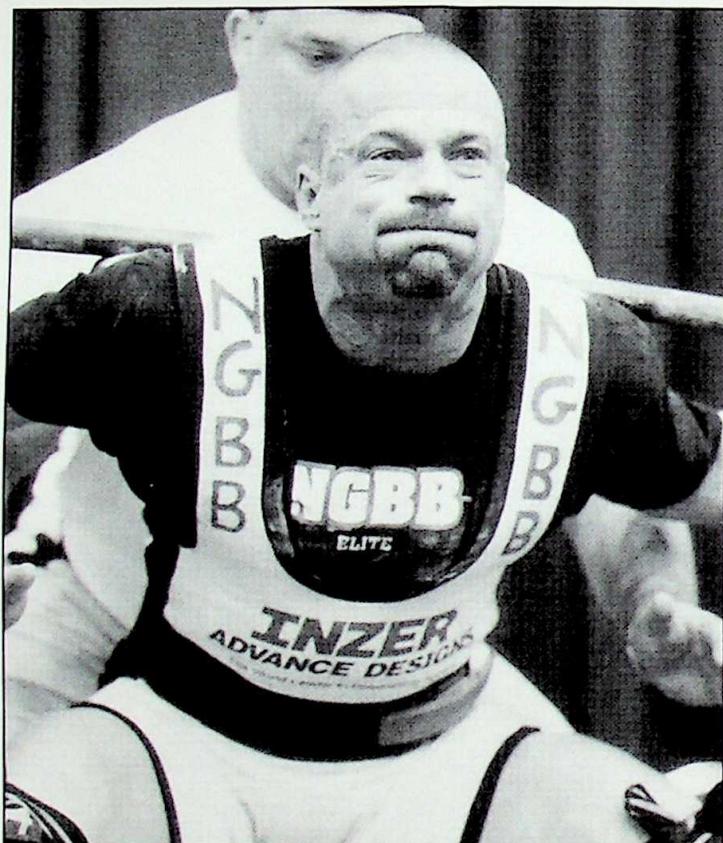
Another reason for a subpar lift could be inefficient lifting form. I have written numerous articles about bad lifting technique. I agree no one style of lifting fits all lifters, but examine your lifting execution on videotape or have an experienced lifter evaluate it. If you uncover a technique flaw, cut back the weight used and work on improving your technique. Lowering the weight helps you to properly learn the new style of execution

STARTIN' OUT

A special section dedicated to the beginning lifter

WEAKNESSES

as told to Powerlifting USA by Doug Daniels



Phil Harrington's (seen at the WPO Finals) squat and bench have exploded lately and he is taking advantage of these gains as they come.

and reduce the chance of injury. Perhaps in the squat you lean too far forward as you descend, placing yourself in a position of decreased leverage. In the deadlift you may straighten your legs out too quickly, reducing their contribution to the lift. Your bench may suffer because you fail to maintain a tight position or arch as the bar nears the chest.

Lack of flexibility can also be a factor affecting your lifting style. Increasing your flexibility can result in a more upright and flat back in the squat and deadlift. Enhanced spinal flexibility can help to maintain your bench arch and tightness. Increasing your width of your squat stance or bench grip can make up for long legs and arms, not to mention using more of the stronger trunk and torso.

Your bodyweight can also make a huge difference. You may not begin to improve a lift until you reach a certain bodyweight. A rule of thumb I go by is the bench is the most affected by a weight change, followed by the squat, then lastly, the deadlift. Perhaps dropping weight (bodyfat) can improve your deadlift because it would enable you to assume a more efficient pulling position. Make your weight gain or loss gradual and high quality, meaning more muscle than fat on the up side and more fat than muscle on the down side. In many cases it takes a full year to 'grow' into a different weight class so patience may be required.

Sometimes we are victims of our own self-fulfilling prophecies. That is we think we are bad at a lift, so we do not train hard and smart.

In this case we concede defeat before we even start. As mortals we naturally enjoy pursuing activities we are good at and too many times lack real dedication to things that are difficult. Look back on the improvement you have made so far. Think of the positives not the negatives. Use the positives to keep your motivational high, never be satisfied.

Even the best of efforts and mental attitude can not make everyone a PL USA TOP 100 squatter or bencher. This is where we can gain from the advice of the personal effectiveness guy in my beginning paragraph. In this case, we must look to our stronger lifts to carry the load for us. My favorite example was Tom Eiseleman, a top lifter from the mid 1980s. Tom was a very slender 181 pounder who racked up quite a few top titles in his heyday. He was limited to a middle 300s bench, but he employed the sit-back-into-it technique to squat big and used his long arms and forklike strong back to pull mammoth near 800 pound deadlifts. His squat would keep him competitive after the bench at subtotal time, but his deadlift would wipe out his deficit after all the lifts were done. In Tom's case he recognized his weaknesses, but used effective technique on all three lifts and relied on his strengths to put it altogether.

The point I am trying to make is that we must both address and learn to live with our weaknesses. Throwing more work and volume at a weakness may only make the situation worse. Instead examine other factors outside of more training like bodyweight, body structure, technique, flexibility and negative attitude. We can not excel at everything we try our hand at, but we can use what abilities we have to perform at continuing higher levels and improve against our toughest opponent; ourselves. Next time you are asked how you deal with your weaknesses, say 'yes'. That's my story and I'm sticking to it.

Doug Daniel's
Web address:
[members.aol.com/
ddani12345/
default.htm](http://members.aol.com/ddani12345/default.htm)

Last month we visited Hal in prison, and then spoofed the "Covert Gym" in St. Louis. Before we go on, let me tell you that the Covert Gym is real. It is supposedly populated with Jungle Op guys, and Jimmy Hoffa's family members. Lest they all come try to kill me; I should tell you that owner Joe Adams is a good guy. I should also tell you that they have a 1902 barbell which is easily the oldest in St. Louis - if not the oldest in the US. Know of any old stuff in your area? Reminds me of the Orange Ave Gym (oldest in the US) which was across the street from me when I went to the IRONZONE WPO Bench Press Bash in Orlando, FL. Old, but cool! Hold that thought for a minute.

Speaking of that Bench Bash - what a meet! Eleven benches over 700#, and 2 over 800#! There were giants in the land! Outstanding display of bench press powers which definitely proved my theory: the biggest benchers have the biggest heads. Almost all of the top benches were made by men with heads as big as watermelons. Somehow, I have missed my potential because I have a big noggin, but can't bench like those guys. It's not fair!

Last month, I told you to practice jumping off of ladders. Keep in mind, we are not responsible for any injuries. (plus; we have no money, so there is no point in trying to sue us.) This month we visit a guy who jumps off houses! Guess who it is? (Here is where the "old-but-cool" theme kicks back in.)

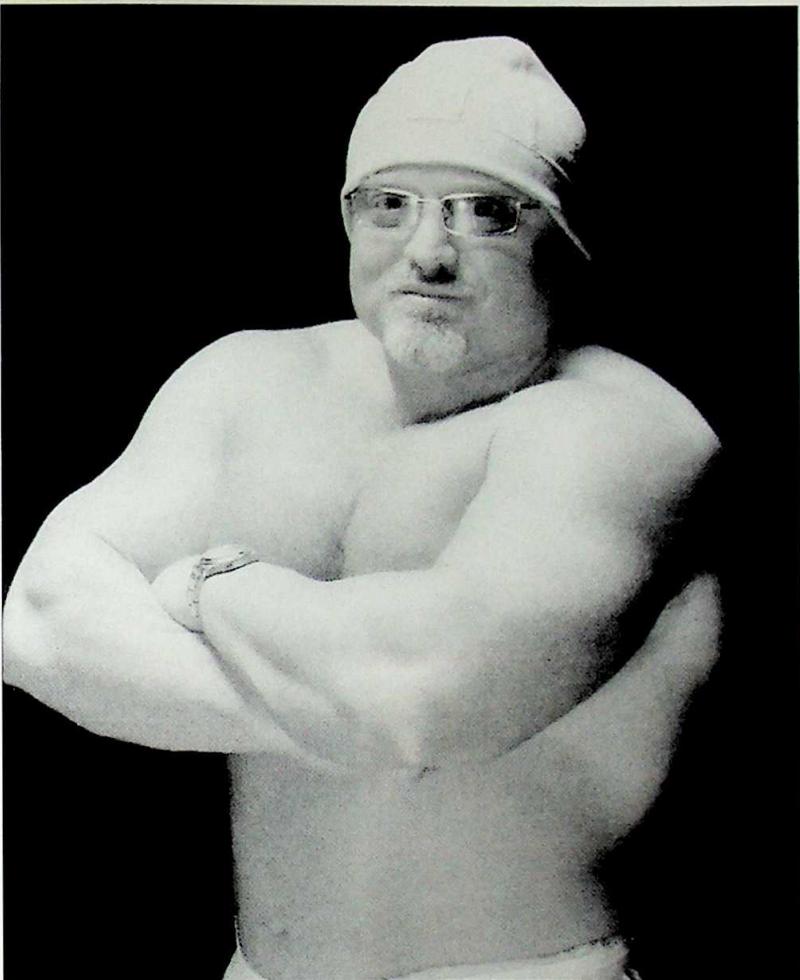
Downtown Fitness in Mandeville, Louisiana (suburb of New Orleans) is this month's Hard Core gym. I'm told that there are 65-75 people who compete there! These guys are not just gym-rats, but actual competitors such as August Clark, who has benched 446@132, and 505@148. Kenny Palazola with 600@198, Rob Ferr with 550@308, and a new guy that is gunning for 615@181. And another old guy named Jesse Kellum! Jesse has benched 615@181, and 735@220. Jesse is also very tough in 3 lift meets, and has been for a long time. He, too, is still way cool!

I remember well the first time I saw him lift. We were both competing in an APF meet in Dallas, TX. This was back when Bill and Linda Holland put on fantastic powerlifting meets, before they started the North American Strongman Society. Fond memories of Bill and Linda almost pulled me off course, but back to the story, Jesse and I were both in the 198s. We both appeared to be normal humans. We were not close in

HARD CORE GYM #27

Jump Off Your House says Jesse Kellum

as told to PL USA by Rick Brewer, of House of Pain



Jesse Kellum has been steadily shredding the all time records for several years

any other way, as he easily totaled about 1000# more than me! I realized very quickly that one of us was not human! He is very calm and unassuming; easily overlooked in a crowd of powerlifters - until the lifting starts. He probably opened with about 300# more than my PR in the squat, and he inspired me with every lift. (I have been a fan ever since.)

I'll let Jesse talk: "When I lived in New Orleans, I had a 1500 sq. ft. gym in my backyard with a sparing ring next to it. I would make the new guys spar with me so I could see if they had "heart," because I can't workout with wimps. I don't care how strong or tough you are, you better have heart. Also, if anyone talked too much crap - they could go out and spar. On Saturday, we would workout for 3 hours and spar for 2. (5 hours total?!). I took martial arts for 15 years, and that's what got me sparing. I had to quit doing that crazy stuff so much though, because I got

a torn ACL in a Karate tournament. I decided that if I wanted to keep powerlifting, then I better quit that stuff. I never did get surgery, and wound up breaking the all-time squat record with a 909@198. I also squatted 1000 in the gym on several occasions.

I use all kinds of training methods that I have developed or copied from people over the years. (I've been competing for 24 years.) I have a lot of knowledge on plyometrics, and we do tons of variations of box jumps.

Before I hurt my knee, I used to jump off the roof of my house into a squat stance (below parallel) and then jump up onto a five-foot box. (?) Did anyone else jump with you? Did you wear any gear?

Nope, no one else - just me. I never wore any equipment when doing jumps. I can still get pretty high, but with my added bodyweight I couldn't do it now. I'm bulking up to 230 now and will

then drop down to 220. I feel REALLY strong with the added bodyweight. At the Arnold Classic I want to be 220 @ 7-10% body fat."

Important disclaimer: if at first you don't succeed, skydiving's not for you. I guess the same is true of these roof-jumps! Or maybe the other famous quote is applicable: if at first you don't succeed, try and try again. (Then quit. No use being a damn fool about it!) Jesse, tell us about Downtown Fitness, and your training partners.

First, I want to thank God and give my Savior all the glory for my success. I want to thank my dad for being my biggest fan, with my grandmother a close 2nd. I want to thank my wife for all of the support - I'm 23 wins and 1 defeat in 9 years with her. I have lots of my equipment at Downtown Fitness, and the gym is set up real well for powerlifting. I have had many great partners the past 24 years, so there is no way to name them all. My main partner right now is August Clark and Kenny Palazola, Steve Lemarie, and Rob Ferr. I thank them all and I would also like to thank John Inzer and Peter Thorne for all of their support.

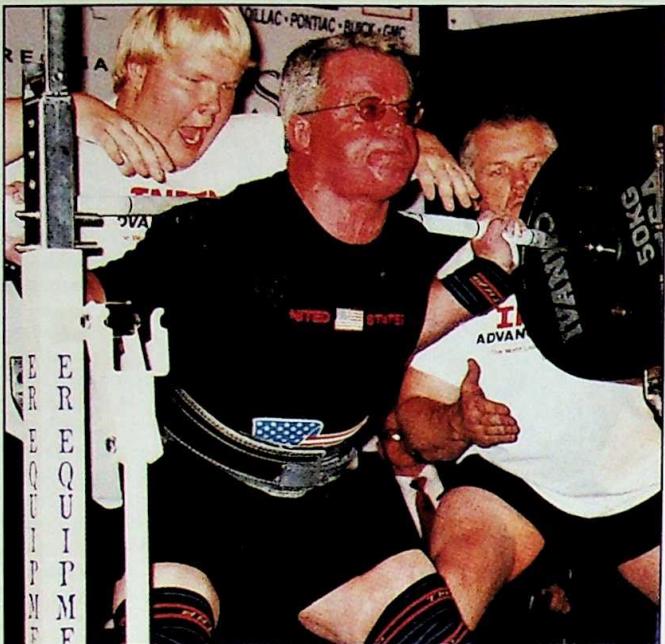
I would also like to thank Ed Coan for giving me goals to shoot for. I know if I break his records, then I break the ALL TIME records which are the ones that I hold in highest regard. As a master lifter, I would like to be the best in the world at any age - with a 1000+ squat, and a 750 bench and deadlift.

Thanks a lot Jesse. Hey sports fans, is this guy a powerlifting freak, or what? If any of you survive jumping off your house - e-mail the info to us! Every time I've ever jumped off anything high, people have called me crazy. And all this time, I was simply training. Yeah, that's my story and I'm sticking to it. I've jumped off a house onto the ground, onto a trampoline, and into a pool - and it was all part of my training.

Don't forget to send info on your favorite gym, and keep sending the comments and suggestions on the optimum number of lifters for a Hard Core gym (as requested last month). Until next month; brush your teeth, comb your hair if you have any, and lift something really big and heavy for no apparent reason.

Comments?
Or
HOUSE OF PAIN
PO Box 333
Fate, TX 75132

IPF WORLD MASTERS



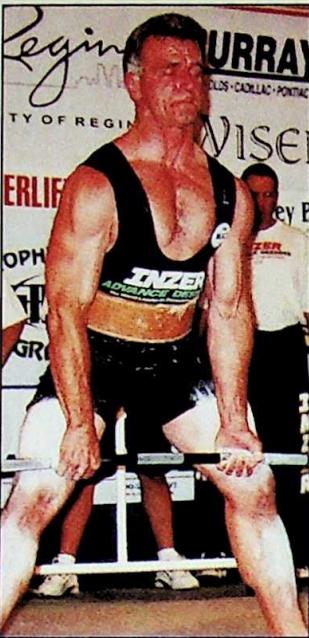
Mike Bridges is looking to hit much more in future competitions.

I did not arrive in Regina, Canada 'til about 11pm on Thursday, October the 9th. I was with Bob Rood, Paul Fletcher, and Jeff Douglas. Bob and I found our luggage, etc. and we waited out in the terminal for about an hour, and we were concerned about Paul and Dave. Finally they came out and told us that their lifting equipment did not show up. The next day, no equipment, and panic was setting in. At any rate, I noticed an unsavory odor wherever those two rather large individuals appeared, just joshing. The equipment did arrive before they lifted, and a serious situation was avoided.

Wayne Cormier and Jeff

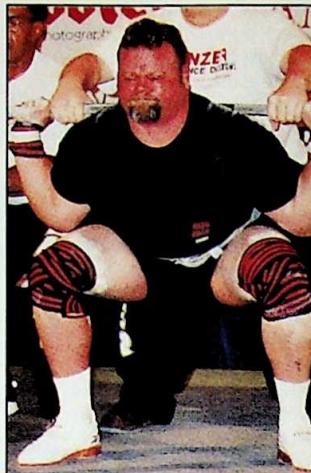
Butt put on a great Masters. In my opinion, it was better than the 2001 Masters, and I hope they get another Masters in the future. I was very impressed with the quality and quantity of the American team, both men and women. Most of all, I was awed by many of the lifters who came back after competing to help their teammates in the warmup area. There were people loading and there were other people wrapping legs, pulling up power suits, putting on bench shirts and giving last second advice. The support team was working harder than those that were actually lifting.

I was very impressed with Mike Bridges, as a lifter and as



Larry Traub was another winner a person. On the platform, he left at least 100 pounds, 50 to 60 pounds in the bench alone. I wear a much smaller and tighter shirt than Mike does. Mike also returned to the warmup area after he lifted, which helped inspire the team. Mike is easy to talk to and he has a good sense of humor. Although I did not get to see it, I was told by reliable sources that he and Sam Alduenda, who is also a world champion and world record holder, can walk on their hands better than some can walk on their feet. Both men were involved in a contest that required them to walk on their hands for distance and both fared well.

I also got to meet some of the new men who are coming into the USAPL Masters ranks and they are going to be

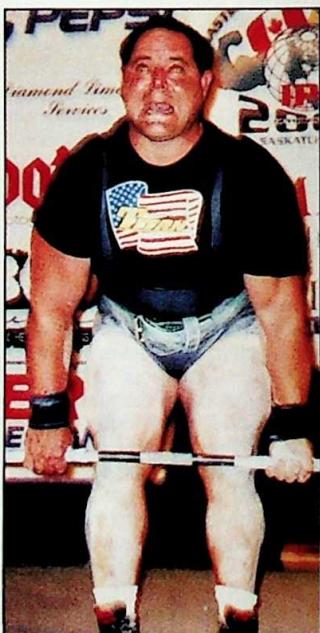


Doug Ballard - a silver medalist

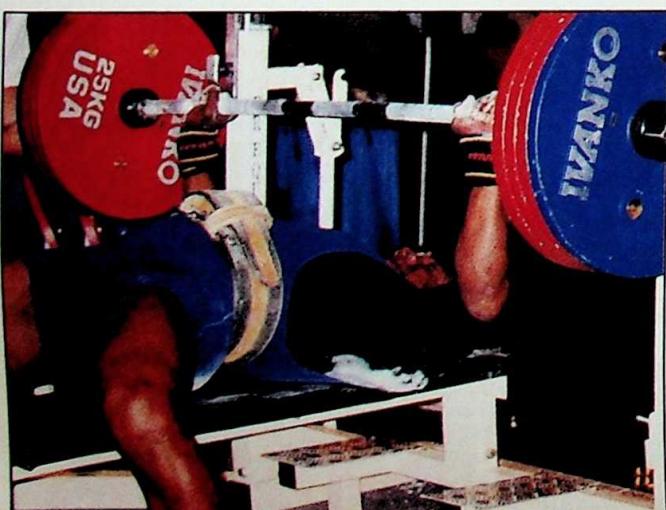
something: Greg Jones at 198, Scott Zwaanstra at 220, Jeff Douglas at 242, and Doug Ballard at 275, just to name a few. Paul Fletcher is a great guy and I enjoyed watching him lift. He is a fun guy to be around (him and Doug and soak up some suds!). Going into the deadlift, Paul had made an easy opener with 305 kilos and he was so far ahead that it would take a 900 pound dead to catch him. At any rate, Johnny Graham told him to pass on his second deadlift, which was a good call, but the look on Paul's face was ... what the hell is going on. Big Paul strode out for his 3rd attempt and yanked up the 320 kilos and became an I.P.F. World Champion.

Thanks for the memories,
Will Morris

(article continued on page 72)



Likable Paul Fletcher got GOLD



Greg Jones brought home a 1st. (these photographs by W. Morris)



Jeff Douglas just missed a win.



FUEL YOUR INTENSITY

**BACK IT WITH
SCIENTIFIC
RESEARCH**

PRO PERFORMANCE[®] CREATINE SERUM. DEMAND THE BEST.

Introducing GNC Pro Performance[®] Creatine Serum—the creatine tested to ensure what's listed on the label is what is inside the bottle, so you can be confident it will deliver the creatine your body craves to fuel your intensity and improve your training. This scientifically formulated liquid delivery system helps restore creatine levels after your workouts—when your muscles need it the most. From GNC—the undisputed leader in sports nutrition.

- Provides 2.5 grams of creatine per serving
- Tested for label accuracy
- Pre-mixed, dropper liquid for quick and easy use



GNC

Go to WWW.GNCproperperformance.com and get your FREE Fitness Planner.

And, stay on top of sports nutrition • Get the latest on bodybuilding events • Receive special offers • Read articles and "Ask the Experts"

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Exclusively at GNC. Call toll free 1-800-477-4462 or visit www.gnc.com for the GNC location nearest you. ©2003 General Nutrition Centers. May not be available outside the U.S.

PRO PERFORMANCE[®] ELITE SERIES

Q: My question is in regards to breakfast cereals. I really like eating them in the morning as it is quick and helps keep me going throughout the day. One thing that I noticed is that most cereals, even some of the healthier ones out there, are pretty low in protein. Are there any new high protein cereals out there that would be good for powerlifters? Thanks for providing us with so much nutritional insight, as I have to agree it is no doubt the most overlooked area in powerlifting. Sincerely, Charles Lee

A: So, you like a nice bowl of cereal in the morning, do ya? Actually you are right, it's quick and if you get a good brand it will be healthy as well. You are in luck today, as I will lay out for you the 411 on high protein breakfast cereals. If you have ever looked at the nutrient breakdown on the box of most cereals you will see that they are very deficient in protein. Now, this can be offset with a protein shake on the side or an omelet, but what do you do if you still want to get more protein from your cereal? The key here is to get a high protein cereal that will provide you with a high quality protein source. There are now many different kinds of high protein cereals on the market. You just have to know which ones to look for. I have laid out a chart (below) of several different kinds of high protein cereals as well as many of the mainstream cereals that you most likely are familiar with and the protein breakdown for each in a 300 calorie serving size. As you can see there are quite a few high protein cereals available on the market, so if you are interested in boosting your protein intake from your cereal you now have several options. You may not be able to find all of these in your grocery store, as many are only available at health food stores. I hope that I have given you the info that you needed to get a boost of protein with your

NUTRITION

Power Nutrition Q&A

by Anthony Ricciuto, B.Phed C.F.T. S.P.N. S.W.M. F.T.

newfound cereals.

Q: I read your column all the time and I will say that you are really trying to change the way powerlifters eat. What's up with that? I just wanted to let you know that I really disagree with all your nutritional theories for powerlifters. I saw that you recommend at least 1 gram of protein per pound of weight for the serious powerlifter. I have read that you need more than half a gram per pound that you weigh to maintain your health. So what gives, why are you recommending so much protein in your nutrition plan? I have never consumed a gram of protein per pound, but I can't see how it could make that much of a difference. Why would you recommend more than the RDA recommends? Wouldn't they know best? Jill Walker

A: It's nice to see someone out there wants to pull my chain a little. OK, you can disagree with me, but where is your proof that eating such a little amount of protein will get the job done. First off, the RDA was set up to give you the minimum amount of nutrients that you need to sustain life for a sedentary individual. It is hardly what a serious hard training powerlifter would need to squat upwards of 800 pounds or to take 500 pounds out of the rack and press it over and over. Yes, I do recommend at least 1 gram of pro-

tein per pound of weight for healthy powerlifters. What you have to consider here is that you cannot compare a 300 pound sedentary couch potato with a powerlifting superstar like Garry Frank. Nor can you compare a sedentary 165 pound pencil neck geek with a powerhouse like Angelo Berardinelli. To do so would be like comparing apples to oranges. It wouldn't take much of a brain to realize that the nutrient needs for the two examples are completely different. There is no way you can compare a serious powerlifter who trains 5 days a week, who throws around thousands of pounds of tonnage per workout, with someone whose most strenuous activity of the day is struggling to get the lid off his pint of Ben & Jerry's ice cream. Yes, you may disagree with my theories, but at least use some common sense when you ask a question. The amount of protein that sedentary individuals need, compared with hard training strength athletes, is like night and day. Think of the nutritional demands that training day in and day out with massive poundage places on the human body. So, after considering all that do you still think that an elite powerlifter will have the same daily nutritional requirements as a couch potato that lounges around all day? Not only will these strength athletes need more protein, but their intake of the other macronutrients, which are carbohydrates and fats, will also need to be increased as well. Let's not forget the micronutrient demands that training at that level causes as well. I know that I am probably wasting my time responding to such a stupid question, but I did anyway to let the readers know some of the mentalities that I sometimes have to work with. Just to let you know, the earth is not flat. I thought I would throw that in just in case you had some other intelligent questions for me.

Q: I know that you are big advocate of drinking protein shakes. My question is what is your opinion of protein bars? Are they just as good? What should I look for when buying one? I am busy going to school and working, so it is much more convenient for me to have a bar on the run instead of blending up a protein shake. How many can I have a day? Please get back to me, so I know if

I am doing something good or bad here. Sincerely, Joey Varlese

A: Hey Joey it's nice to hear from you. I know exactly what you mean. I remember being back in university, running from class to class, lab to lab, basically running around like a chicken with my head cut off. I can fully understand that when you are always on the run it can be hard to get in your protein shakes on time. Now protein bars are one of those tricky foods that you have to be careful of. There are a few reasons why this is true. You always have to check the label when purchasing any type of protein bar. The first thing to look at is how many grams of protein it has. For the aspiring powerlifter it should have a minimum of 25 grams per bar. Otherwise you may have to eat two of them to get the protein that you need. Second if the bar has more carbohydrates then protein, leave it on the shelf. This type of bar would be fine for those trying to go up a weight class as long as it has the minimum grams of protein that I recommended above. This is not the case though with many of them. Some may contain 35 grams of carbohydrates and only 10 grams of protein. Stay away from these types of bars as they are pretty useless for powerlifters and are more geared towards endurance athletes. Next you want to see the type of protein that the bar contains. If it is mostly whey concentrates or isolates or Miscellar Casein, then this is good. If it is mostly soy based with a cheap casein protein, then this is not your best choice. Next, take a look at if it contains any gelatin protein. Some unscrupulous companies try to get away with giving you the lowest source of gelatin protein so that they can save money. If it has gelatin in it, leave it alone. Next, take a look at the amount of carbs it contains and their sources. If the carbs come from complex sources like rolled oats, brown rice, and grains than this is good. But if you look at the label and the main ingredient is high fructose corn syrup and glucose, don't buy it. Yes, it may taste good, but in reality it would just be a candy bar with a little protein thrown in for good measure. This is not what you want. Check the micronutrient spectrum on the bar as well. Does it contain a nice dose of vitamins and minerals? Taste is another factor as well. I know it can be hard to get all the above in a good tasting bar, but there are a few good ones out there. When you find one that meets all my criteria there is no problem having 1-2 per day when on a busy schedule. You have to be careful when choosing a protein bar, because if you just go by what tastes good you may be setting yourself up for very little nutritional value and a thicker waistline. If you want to find out which bars that I recommend than e-mail me and I will give you the real deal so that you

High Protein Cereals

New Paradigm Foods
Soy-N-Grits
Kashi Go Lean
Soy-N-Energy
NeXtra Protein Crunch
Cranberry Protein
Regular Protein Crunch
Nutlettes

Grams of Protein

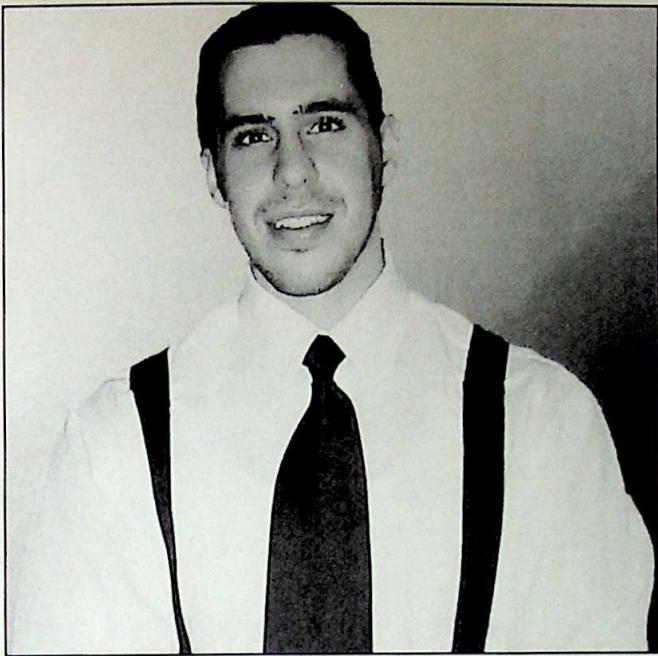
14.2 grams
25.8 grams
14.2 grams
20 grams
40.2 grams
36.4 grams
50 grams
53.6 grams

Mainstream Cereals

Smart Start
Total
Special K
Cheerios
Corn Flakes
Shredded Wheat

Grams of Protein

5 grams
8.6 grams
16.6 grams
8.6 grams
5.8 grams
9 grams



Anthony Ricciuto ... this is the Man Behind *x-tremepower.com*

don't end up eating a glorified candy bar.

Q: I eat out quite often since my job requires me to drive quite a bit. I hate to admit it, but I eat a lot of fast food even though I know it's way too high in saturated fat and cholesterol. I know sooner or later it's going to catch up with me, so I need some advice. I want to eat healthier because I am worried about the health consequences down the road and I still want to be competitive on the platform. What can I eat while on the run that would still be healthy and provide the right nutrients to help my powerlifting ambitions? I eat a lot of burgers and fries, almost on a daily basis, and I know its not doing me much good as my waist size has really increased over the last few months. Please help me out here, as I need some healthy alternatives to the horrible junk that I have been eating recently? Thanks for all your help. Yours truly, Jim Stein

A: Jim, I can truly understand your problem here. I work with between 10-15 athletes every day and I am always on the go. Even though half of my time is in my office, I still go from one client to another making sure that all my athletes are getting the results they need. The main thing here is that you still have to eat decently to keep your health in order. You also want to make sure that your performance isn't going to suffer due to your poor eating habits. There are many different things that you can do to eat well, even though your time is limited. With your type of schedule making your meals the night before is a must. There is no way that you are going to feel like cooking for an hour when you are up at 6 o'clock in the morning. Let's face it, unless you

possess an unbelievable amount of dedication, you are not going to do this day in and day out. Cook your foods ahead of time so that you won't run into this problem. One thing that I like to do is to cook a good amount of food on a Sunday night, so that for the next 3 days my food is basically taken care of. I will grill up a dozen chicken breasts, broil some fish, boil a big pot of brown rice, steam all my vegetables and voila. You now have enough food for a few days without having to go crazy trying to prepare all of them each and every day. This way you can still stick to your nutrition plan without having the stress of having to put it all together on a daily basis. When time is of the essence, you have to plan ahead to make sure that you can still get the nutrients that you need to succeed. Put all the foods in Tupperware containers and then store them in the fridge. Get another set of Tupperware that you bring with you while you are on the go. Another idea is to bring foods and supplements that are easy accessible while you are out. Bring some hard-boiled eggs, yogurt, cottage cheese and fruit. These are all healthy foods that are quick, but will still allow you to get the nutrients that you need. Bring your protein shakes with you so that all you have to do is add water to the shaker bottle and you have it all ready in less than a minute. When eating out there are still many health choices that you can have without having to worry about an increased cholesterol level. At most restaurants or even fast food chains you can easily get a grilled chicken sandwich or chicken salad. A chicken pita or fajita can also serve as a healthy alternative to

(article continued on page 70)

Important Announcement

During my time as a Sports Nutrition Consultant I have worked with numerous World Champion Powerlifters and Professional strength athletes looking to take their performance to new heights. This has taken many top lifters and world-class athletes performance to a new dimension. But it has given me very little time to work with just your everyday powerlifter that is not totaling elite and will never squat a 1000 pounds or bench press 700.

With the launch of the new Nutrition XP3 program and Transformation Contest, all serious powerlifters no matter your age, weight class, or total status will be eligible to work with me one on one. Before this my clientele consisted of mainly star athletes and a selected few who were eligible to learn my secrets to not only increasing your performance, but your health and longevity as well.

What makes this competition different than most is that you will be competing directly against yourself instead of the power and musculature of another powerlifter on the platform. This will give you the chance to take your current condition from mediocrity to superiority in only a few short weeks through your discipline and intellectual application of sound nutrition, supplementation, and training principles.

This contest will be open to all powerlifters. This contest will be open to the first 50 lifters who are interested in giving the Nutrition XP3 program a test drive. This contest will have several divisions, which include the following:

1. Most Fat Lost
2. Best Improved Total
3. Most Improved Women Lifter
4. Most Improved Master Lifter
5. Most Improved Teenage Lifter
6. Fireman, Police and Military Division
7. Novice Powerlifter (Less than 2 years powerlifting)
8. Most increase in Lean Tissue
9. Most Improved Bench Press
10. Most Improved Squat
11. Most Improved Deadlift
12. Grand Champion

Champions from each division will be featured in POWERLIFTING USA magazine to highlight the accomplishments they have attained through the Nutrition XP3 program. Not only will they be featured in this magazine that goes to all corners of the globe but they will also be featured on the official PL USA website as well. This will give the up and coming powerlifter the chance of a lifetime not only to take their total to an all time high, but the opportunity to be featured in our sports most prestigious and informative magazine. Where else would the "Average Joe" powerlifter have the chance to grace the pages of an international magazine with a full exposé done to let others know how they got in the best shape in their life?

So if you think you have what it takes to be one of the champions of the first ever Nutrition XP3 Power Transformation Contest you can write for an entry form right now! You can begin your transformation anytime after December 1st, 2003. Once you begin you will have 12 weeks to show your stuff and get in the best condition of your life. Don't wait as the contest is only open to the first 50 lifters and all will be treated on a first come first serve basis. Truly, this is the one and only Power Transformation Championships in the world that offers every powerlifter a chance to compete. I would personally like to invite everyone to consider getting involved in this contest. What do you have to lose except a few inches around your waist and the chance of a lifetime to be featured in the pioneer magazine for powerlifters? Now is the time to make a change so don't hesitate. You could be the one featured in my column and its only 12 weeks away.

For those interested in finding out more about the contest please contact me at Aricciuto@X-tremePower.com.

Yours truly, Anthony Ricciuto

The *STRONGEST* Man -Pound For Pound-

In the HISTORY of the Human Race

Ron "Lionheart" Palmer

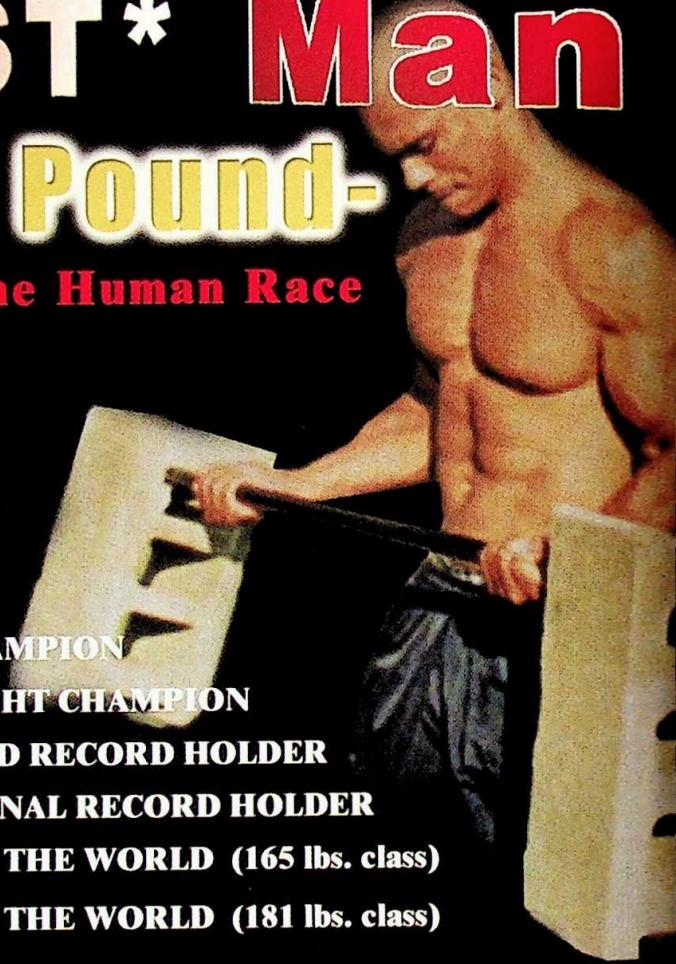
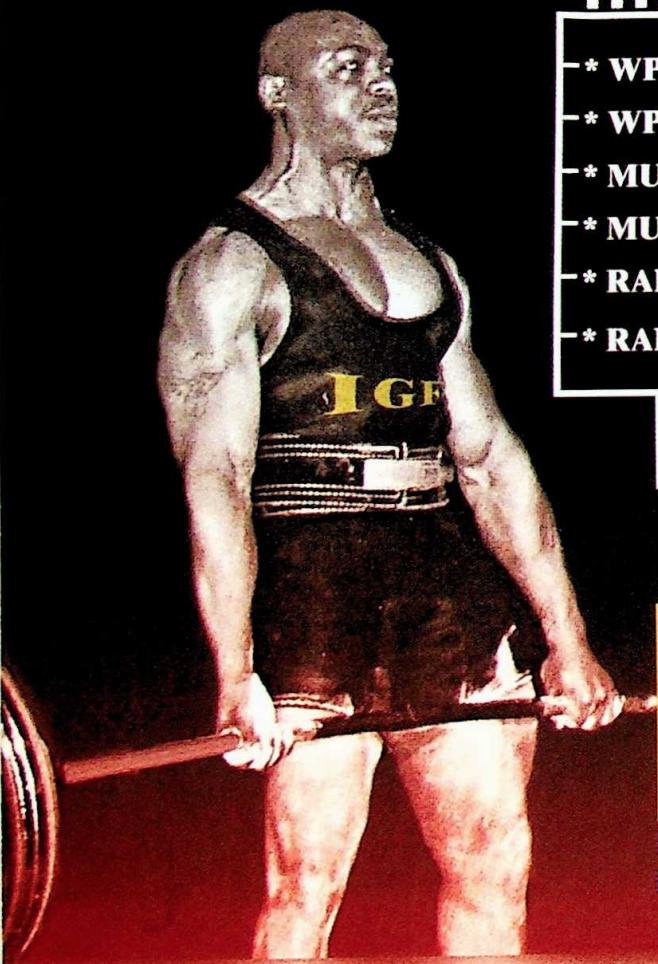
Only Man Ever to Lift 12.2 Times His Own Body Weight
in Competition.

TITLES

- * WPC WORLD CHAMPION
- * WPO LIGHTWEIGHT CHAMPION
- * MULTIPLE WORLD RECORD HOLDER
- * MULTIPLE NATIONAL RECORD HOLDER
- * RANKED NO. 1 IN THE WORLD (165 lbs. class)
- * RANKED NO. 1 IN THE WORLD (181 lbs. class)

5'8" 170 lbs

Squat: 940 lbs.
Dead Lift: 750 lbs.
Bench Press: 540 lbs.



"With God and hardwork, I became a champion.
With Pure IGF Extreme, I became a
CHAMPION OF CHAMPIONS!"

"I feel younger, stronger, and unstoppable."

Here's Ron's secret... He uses Pure IGF Extreme...
because it WORKS!!!!!!! and it will work for YOU!!!

Strength - Recovery - Endurance - Cuts & Vascularity
Fat Loss - Energy - Lean Muscle Growth - Repair
Enhanced Sexual Function

TO PLACE AN ORDER GO TO
www.sportnutrient.com
or call 1-866-805-3673



For Just over
2 bucks a day
Ron's secret
ingredient is
yours.

HARDCORE

THE MOST ADVANCED SQUAT SUIT EVER DEVELOPED

HardCore material has the most rebound power of any power material.

HardCore has a definite stopping point after coil, then rebounds to full return.

The Hardcore is designed by the powerlifting gear experts and is patented with two U.S. patents.

New CoreLock® prevents slipping of the legs without constricting your thigh.
(leg slippage is a major cause of slack in butt area in other brands).

Squeezes the body like a powerful wrap, ensuring support even in the top range.
The perfect amount of non-stretch and rebound combination.

Unlike another company's attempt at a premium suit that has shown to fail with repeated blowouts, the Hardcore is virtually blow proof as proven in recent top level competitions.

The design and thickness of material provides a level of comfort that, until the Hardcore, has been a non-existent feature of squat suits.

HardCore material is over 40% heavier than the closest fabric on the market.

Compared to the Hardcore, a competitor's attempt at a stepped-up fabric is so light weight you can see right through it. (Instead of paying their premium price for a lesser suit, consider the proven, world-record-breaking Champion and Z Suits are a much better price and value).

HardCore material was engineered and created to exact specifications for powerlifting gear.
A first.

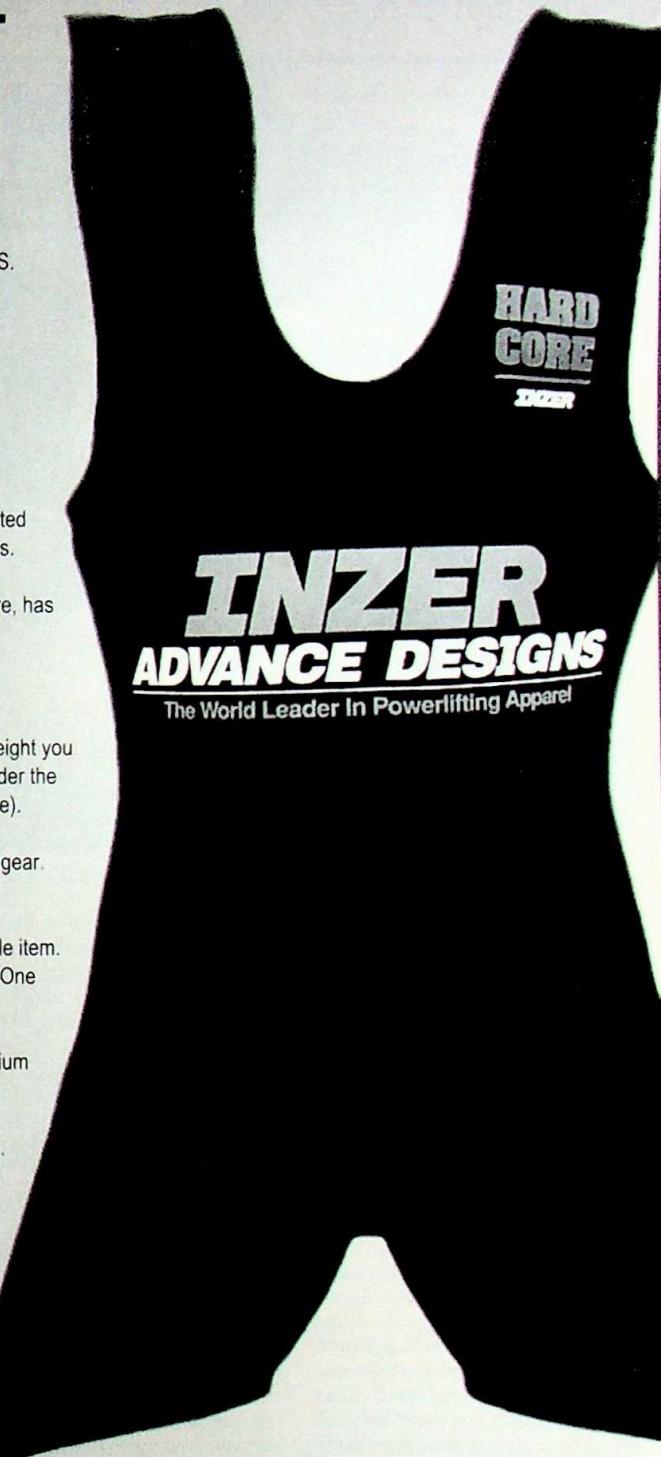
A true investment and long term savings. Until now squat suits have been a replaceable item.
Now with the Hardcore, you won't need another suit until you change weight classes. One Hardcore will last longer than several of any other suit in the world.

Does not sag or get baggy in the butt as is known of a competitor's attempt at a premium suit. Only Hardcore has Memory® which retains its shape and power after every use.

The largest research and development production ever in powerlifting gear technology.
Only Inzer Advance Designs could bring this new evolution to the powerlifting world.

Built for all squat stances and styles. After you pull the crotch up and secure the Hardcore legs in place, the CoreLock® will help your legs stay firmly planted whether you use wide stance, ultra wide or close.

The bottom line: When fitted properly, you will squat significantly more in a Hardcore, over a longer time and with more comfort and safety. You will move the increased poundages with greater ease than ever before!



A FEW OF THE POWERLIFTING GREATS WHO RELY ON THE HARDCORE

GARRY FRANK



JESSE KELLUM



TONY CONYERS



ED COAN



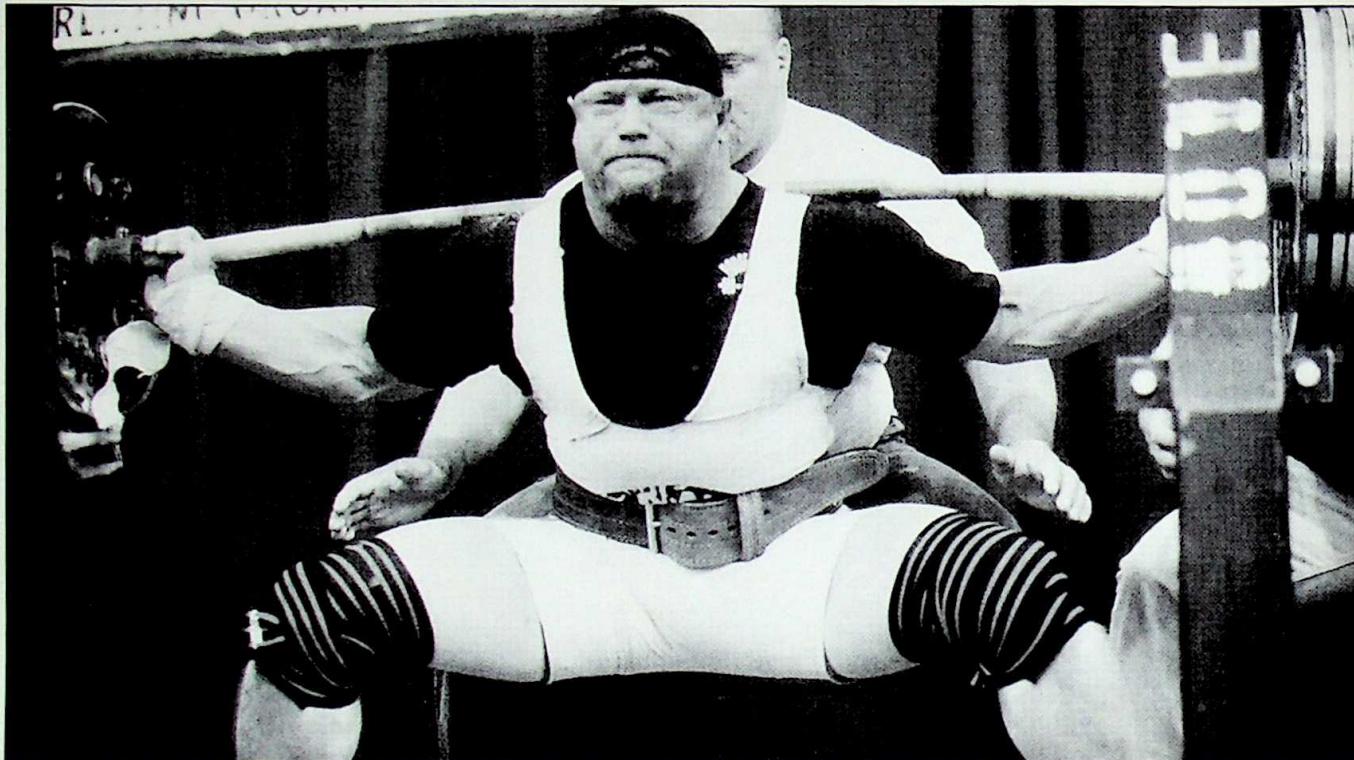
INZER
ADVANCE DESIGNS

inzernet.com

800.222.6897 903.236.401

FORCE TRAINING

by Jim Wendler and
Elite Fitness Systems



Prepare to LAUNCH!!! Westsider Chuck Vogelpohl getting set to blast up a world record squat attempt at the WPO Finals in Atlanta

Question: I have seen in some of the training logs at www.EliteFTS.com that many of you have been using the Safety Squat Bar and the Cambered Squat Bar for your dynamic effort squat workouts. Why are you doing this and how can I incorporate this into my training?

Answer: The Safety Squat Bar and the Cambered Squat Bar are used for several reasons on dynamic effort day. One of the main reasons why we are doing this is to take the stress off of our shoulders and elbows. The SS Bar allows you to keep your hands completely off the bar. The Cambered Squat Bar allows you to put your hands at about waist level. This helps keep the stress off of your shoulders and allows for better bench pressing during the week. Another reason why we are doing this is because it is something different and challenging. Because of the camber of the SS Bar, it is always in the process of trying to pull you forward. Because many people miss squats because they fall forward, we've found this bar to be the perfect antidote to this problem. The Cambered Squat

Bar is one of the toughest bars to squat with. It is very unstable and forces you to stay tight. This is especially true when coming off the box. This is another area that lifters have a problem with and this bar addresses this issue. We are always looking to innovate our training and using these specialty bars may be just the thing to raise our totals.

I should mention that because we are using different bars during dynamic effort training, the idea of "dynamic effort" remains the same. We are still trying to push with force and become more explosive. So the intent of the day remains the same; we are just using a different bar to achieve those means.

If you want to incorporate these bars into your training, then I would first experiment with them when you have plenty of time before a meet. You do not want to introduce a new stimulus to your training when you are several weeks out from a contest. This will allow you to assess your training and how the different bars affect your recovery and progress.

In order to select the proper weight, I would use about 60% of

your best max effort with the appropriate bar. For example, if you perform your dynamic effort squatting on a 14 inch box and have a 600 lbs. SS Bar max on that same box, start with 365 lbs. Perform 10 sets of 2 reps at this weight and increase the weight 3-5% for two more weeks. At the end of this three week cycle, drop back down to the original weight. If you feel that the original weight is too heavy, drop 3-5% and use that weight for your second week. When using the SS Bar, we rarely use bands and will occasionally use chains. If you choose to use chains, the bar weight will remain the same because the chains have a complete de-load at the bottom of the lift. When using this bar, we've found that using a medium stance works best. Some have been experimenting with alternating their foot position from a close, medium and wide stance. Experiment for yourself and see what works for you.

With the Cambered Squat Bar, use the same protocol as above. We have used bands when using this bar, but we have set the bands up differently than with a straight bar. We have been looping the

bands under the Monolift (this has not changed) but instead of placing the bands around the bar, we put them over the 45 lbs. plates. Again, start with about 60% of your best Cambered Box Squat. We have been using a wide stance with this bar. If you choose to use bands, I would highly recommend using a light (purple) band when starting and progress as you see fit.

We are not sure if one can use these bars leading up to a meet. All that have used these bars in the gym have gone into a meet using a straight bar for their training. Unless you have a shoulder problem that prohibits you from using a straight bar (except at meets), I highly recommend that you use a straight bar for the last 6-8 weeks prior to a meet.

Both of these bars can be purchased at www.EliteFTS.com and may be just the thing to bring your total closer to Elite!

For more information regarding training equipment, apparel, powerlifting gear, Force Training seminars and over 10,000 archived questions and answers visit www.EliteFTS.com.

Among the greatest powerlifters in the world, Ausby Alexander remains a legendary figure. Prior to his abrupt resignation from the sport in 1990, Alexander had established himself as the greatest lightweight to walk the face of Earth. At 5'7" and 148 lbs., Alexander, in his prime, was arguably the most powerfully efficient lifter in the world. With a massive chest, a ribbon thin waist, iron hard arms and thighs thicker than most men's waists, he raised weights that were a fantasy for other athletes on the world stage. During his brief career, his extraordinary strength and biomechanics - combined with a unyielding determination to win - netted him eight All-Marine titles, six Armed Forces titles, five National championships, a gold medal at the World Games, one at the WPC Worlds, and two gold medals and two silver medals at the IPF worlds. He was the first Armed Forces athlete to receive the SALUTE magazine award and twice was awarded the U.S. military's prestigious Male Athlete of the Year (the first Powerlifter to earn that honor!). He also set 23 national records and 14 world records. He was the first lightweight to break the 1700 pound barrier, a feat that shocked the powerlifting world. His best lifts at 148 pounds are a mindboggling 644 pound squat, a 380 pound bench press and a 677 pound deadlift. Although he competed at 165 pounds only briefly, he was just as dominant in that division, posting an incredible 1885 total with lifts of 751 pounds in the squat, 413 pounds in the bench press and 722 pounds in the deadlift. He accomplished all of the aforementioned achievements in 8 short years ... that in itself is otherworldly. Ausby Alexander was in a class by himself. In 1990, he was named as one of the greatest powerlifters of all time by POWERLIFTING USA. That very same year, to everyone's surprise, Alexander just ... well ... vanished.

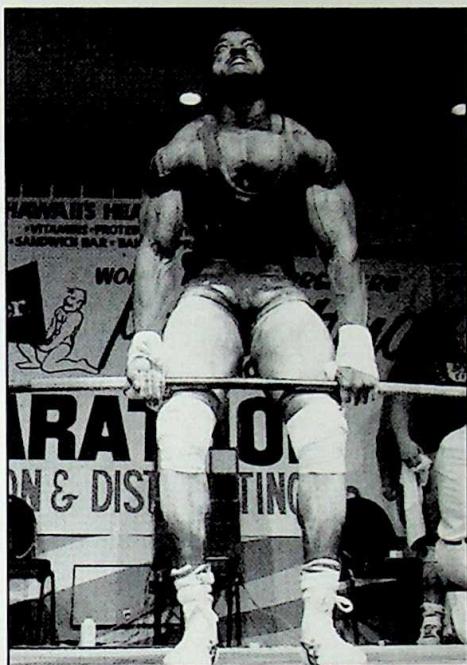
Alexander's phenomenal prowess and unexpected retirement led this author to label him the "Bobby Fisher of Powerlifting." He conquered the world, sat alone, a superhuman, and then he disappeared. Where he went and why he left the sport no one seemed to know, but like Fisher, his celebrated legacy lingered long afterwards.

Now, more than a decade later, Alexander has resurfaced. To interview the former powerlifting great, POWERLIFTING USA sent me to meet with him in Atlanta, Georgia.

Dr. JUDD

AUSBY ALEXANDER

Pt. 1, Introduction by Judd Biasiotto Ph.D.



Ausby when he broke 1700 at 148 lbs. in 1987

We began our conversation with a topic much on the minds of the Iron World.

Dr. Judd: Let's start out slow here ... why the hell did you quit?

Alexander: (laughing out loud) Is that starting out slow?

Dr. Judd: Just answer the question. Let's be honest: that's what everyone wants to know. Why did you quit when you were on the verge of becoming the greatest powerlifter of all time? You were right there ...

Alexander: Well, there were a number of crucial circumstances that lead to my retirement. My health was one of the main reasons I left the sport. In late July of 1990, about a month after I won the Senior Nationals, I experienced a major problem with my heart.

At the time I was stationed in Iwakuni, Japan, and I had just begun training to defend my World title when I started having problems. What happened was I was sleeping one morning and all of a sudden this strange feeling swept through my body. It was a sensation I had never experienced before ... it woke me from a deep sleep. It felt like my spirit was leaving my body. It was very scary. And then there was the added stress of losing my professional and athletic career. It was tough! When I first got the diagnosis, I couldn't believe all of this was happening

like I was going to black out. I literally fought to remain conscious, but I eventually did pass out. When I regained consciousness, the same thing happened, and I blacked out again. This occurred like three or four times. Then when I was finally able to remain conscious I found that I couldn't walk a hundred feet without collapsing. To say the least, it was a rather alarming situation. After seeing several doctors overseas, I was told that I had to have heart surgery and that my career as a lifter and a Marine was, in essence ... over. I was MEDEVAC'd to Balboa Naval Hospital in the States. From there I was sent to UCSD Medical Center, where a number of heart specialists diagnosed me with Wolff-Parkinson White Syndrome (WPW).

Dr. Judd: What exactly is that?

Alexander: Well what happens is your heart goes into this type of accelerated heartbeat. It's a type of extreme tachycardia in which the heart rate elevates to over 200 beats per minute. When this happens, the chambers of your heart don't have time to adequately fill with blood; consequently, less blood is pumped out of the heart. With less blood going out of the heart, you naturally have less oxygen getting to the tissues of the body, which can be extremely dangerous. In fact, if the heart continues at this rate for approximately four minutes, you could end up with brain damage because of the lack of oxygen.

Dr. Judd: How did you deal with that?

Alexander: It wasn't easy. There were times when I felt like I could just reach out and touch death. Like I said before, "there were a number of times when I actually felt like my spirit was leaving my body." It was very scary. And then there was the added stress of losing my professional and athletic career. It was tough! When I first got the diagnosis, I couldn't believe all of this was happening

to me. "Why me?" I thought. I guess this is a question most anyone in a similar situation would ask. What got me through all of it was Christ. I have very strong faith in God and always will. So, when it got too tough for me to handle, I asked the good Lord to guide me through the ordeal.

Dr. Judd: How did things work out?

Alexander: To be honest it was a miracle that everything worked out the way it did. I had to have a heart catheterization performed to see if surgery was required. I was also required to wear a heart monitor for a week after the procedure was done. I nearly had a nervous breakdown waiting for my results. Even though every doctor who saw me prior to that catheterization said I would need surgery, the results came back positive. The doctors were shocked and to be truthful so was I, but God is good. Like I said, "it was a miracle." Later on, the doctors informed me that years of weightlifting and running helped prevent the open heart surgery.

Dr. Judd: But I thought you won the world championships in '90?

Alexander: I did! After I was released from the hospital, I asked God for just one more chance to go back and defend my world title, which He granted me. Even though I only had two months to train, I had the best world championship of my career. I went nine for nine that day, and every lift was easy.

Dr. Judd: So why did you quit after being so successful at the Worlds? I would think that would have motivated you even more.

Alexander: Like I said, "When you are so close to death that you can reach out and touch it, feel it in your soul, literally taste it ... it gives you a different perspective of what is important in life." Actually, my heart problem was a blessing because it forced me to put everything in its proper perspective and helped me to focus on more important things in my life. When I did that I realized that there are way more important things than lifting weights. It also made me aware that I am more than just a powerlifter and that I had other meaningful things to contribute to people. So I just decided that it was time.

Dr. Judd: Looking back now, do you have any regrets about retiring so early? After all, you were on the verge of establishing yourself as the greatest lifter of all time. That had to be hard to walk away from.

Alexander: To this day, my only regret is that I didn't reach my full potential at 165 like I did at 148. I know I could have totaled between 1950 - 2000 at the body-weight of 165 pounds. (Part II, next month)

NEW!

POW!ERLIFTER VIDEO'S

"BENCH PRESS KINGS"

A SPECIAL EDITION VIDEO

Check Out the Incredible Workouts of:

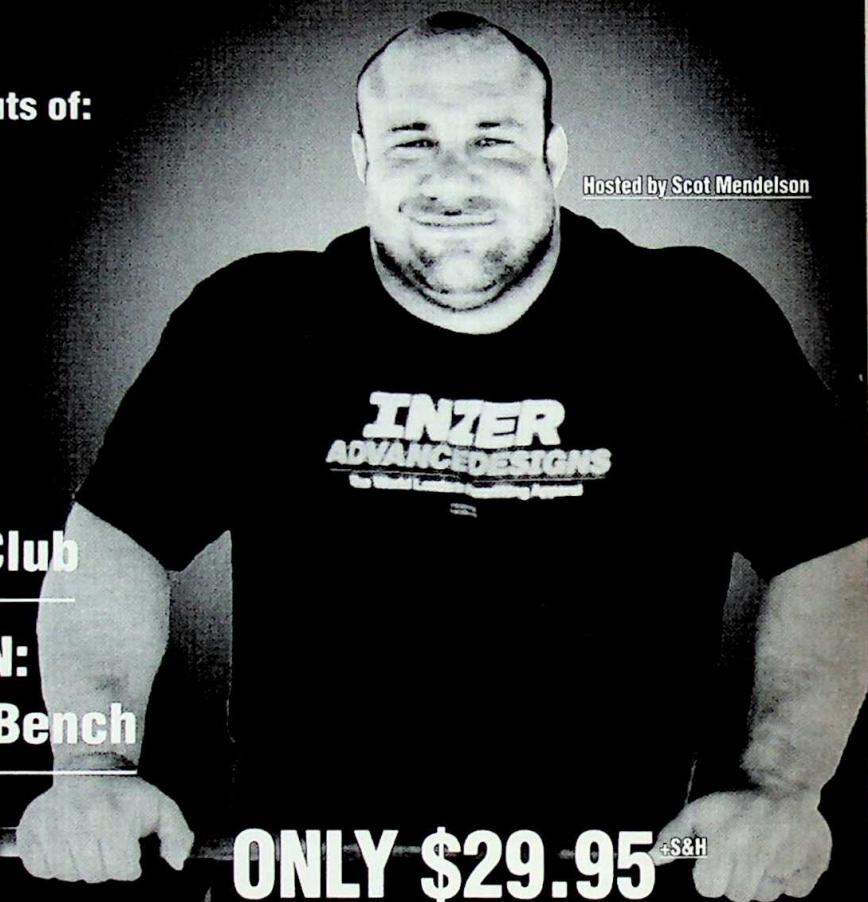
- ★ **Scot Mendelson**
- ★ **Ryan Kennelly**
- ★ **Anthony Clark**
- ★ **Josh Bryant**

★ **Visit Louie Simmons at
The Westside Barbell Club**

★ **WORLD RECORD ACTION:
Scot Mendelson's 875 Bench**

**See Their Real Workouts
Hear Their Advice & Tips
ORDER "BENCH PRESS KINGS"!**

CALL 1-800-227-2355



Hosted by Scot Mendelson

ONLY \$29.95^{ES&H}

POW!ERLIFTER
VIDEO MAGAZINE

Yes, I Want to see the world's best Bench Pressing!
Send me POW!ERLIFTER VIDEO's "BENCH PRESS KINGS."
Detach and mail this form with your check made payable to
POW!ERLIFTER Video (Please allow 2-3 weeks for delivery.)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

*Non U.S. residents add \$3.50 per tape

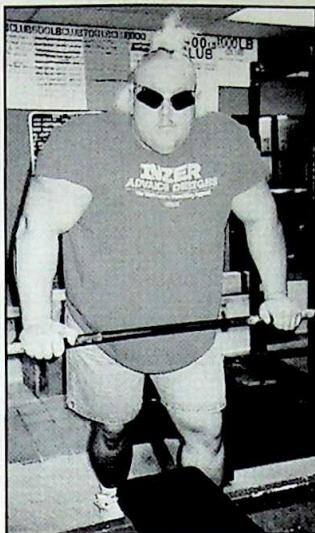
SPECIAL OFFER! SPECIAL OFFER! SPECIAL OFFER!

POW!ERLIFTER'S "BENCH PRESS KINGS"	\$ 29.95 US
Shipping + handling	\$ 2.95
Sub-Total	\$ 32.90*
Sales tax (CA residents only)	
Total Enclosed	\$
<input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Am Express <input type="checkbox"/> Discover	
Card No. _____	Exp. Date _____
Signature _____	

CALL 1-800-227-2355

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

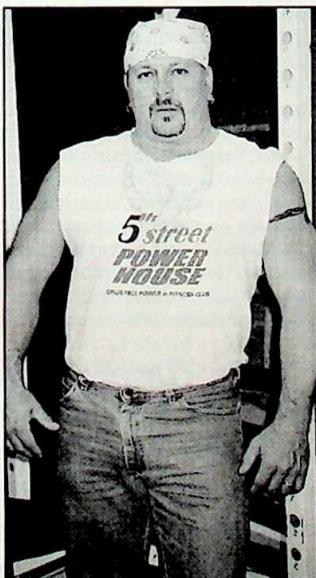
POWER SCENE got back on the road again (well, actually, it was the airplane), to check in with the big blond boucher with the Mohawk haircut, Gene Rychlak.



Gene Rychlak Jr. at 5th St. Gym

Big Gene - he's about 350 - trains at Bob Nagle's 5th Street Gym in Temple, Pennsylvania, and he's chasing bench press history. (Editor's Note: At the IPA Nationals, Gene made 900 in the bench!) In his Powerlifter Video Star Workout (the reason for our visit to Pennsylvania), Gene blasted up 700 for 8 reps, and that was still a month before his next meet. Wow!

Helping Gene train were gym owner Bob Nagle, and Mark

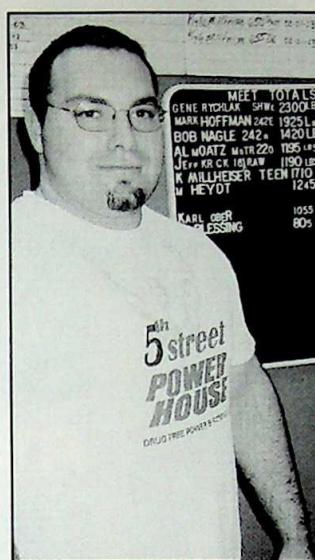


Owner Bob Nagle at 5th St. Gym

Hoffman, who's got a 1925 total and is aiming to top that 2000 lb. barrier.

Bench America competitor Joe Mazza, who hit 525 at 165 there, came by during the workout and we spent a few minutes with him. Joe's

POWER SCENE



Mark Hoffman checks out the record board at 5th Street Gym



Vicky Hembree in an Inzer Deadlift Suit. (courtesy Ned Low)

can supply pants, sweats, shirts, caps, and more, with cool designs, stylish looks, and attitude. Call 888-HOPPAIN.

For unusual strength training equipment, including the famous "Captains of Crush" grippers, and for MILO Magazine, call IronMind at 530-265-6725.

To catch the latest in the power-lifting scene, including step by step workouts with top lifters, contest action, coaching tips, and PL news, all on video, check out **POWERLIFTER Video**.

It's just released its new Special Edition video, **POWERLIFTER Video's Bench Press Kings**, starring BP workouts with Scot Mendelson, Ryan Kennelly, Josh Bryant, and Anthony Clark, plus a visit with Louie Simmons and the footage of Scot's world record 875 bench.

All that in one video, and right now, it's FREE to new subscribers. Call 800-227-2355.

Finally, a subscription to **Powerlifting USA** is always a great gift. To renew, or sign up, call 800-448-7693.

Best wishes for a happy, healthy and strong Holiday Season.

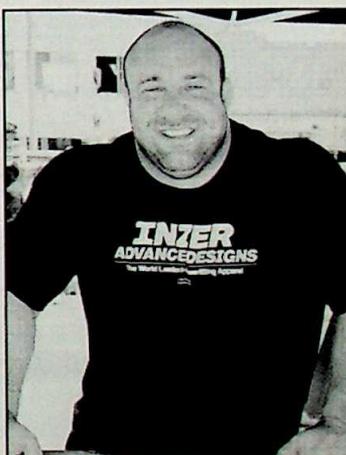
NED LOW

Equipment is always an important concern for powerlifters, and lots of companies supply it. Inzer Advance Designs has been a market leader for many years, with suits of many types for all three lifts, and many other top-quality items, like their ever-popular knee and wrist wraps. Call them at 800-222-6897.

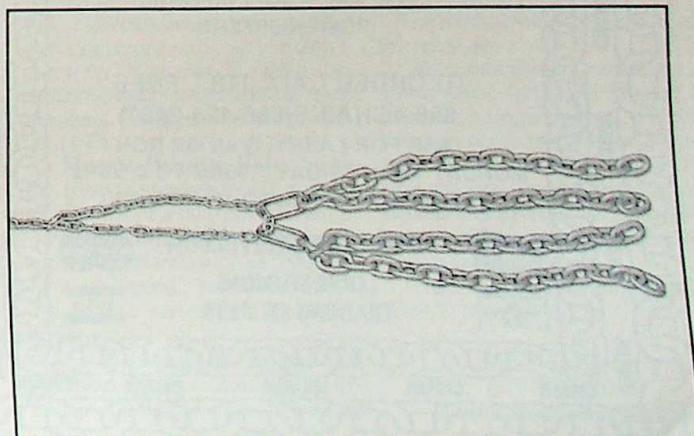
Elite Fitness Systems carries a broad range of the increasingly popular bands and chains, and also has the Metal line of gear, plus books and videos. Call 888-854-8806.

Crain's Muscle World has its own line of lifting gear, and just about everything else a powerlifter could want. Books, videos, chalk, suit slippers, gloves, supplements, t-shirts, etc; Crain's has an amazing amount of things. Call 800-272-0051.

For probably the biggest selection of t-shirts, plus lots of other gym wear, check out House of Pain. The folks there



Scot Mendelson is hosting **POWERLIFTER Video's "Bench Press Kings"**, a new Special Edition Video. Below, chains, one of many training products from Elite Fitness.



TRAINING

TRAINING METHODS PART 1: SPEED DAY

as told to Powerlifting USA by Louie Simmons

While recovering from my second lower back injury, for which doctors recommended removing two disks, taking off a bone spur, and fusing my vertebrae, with no guarantees, I decided that I had to take a new approach to lifting or disappear like everyone else who lifted in the early 1970s.

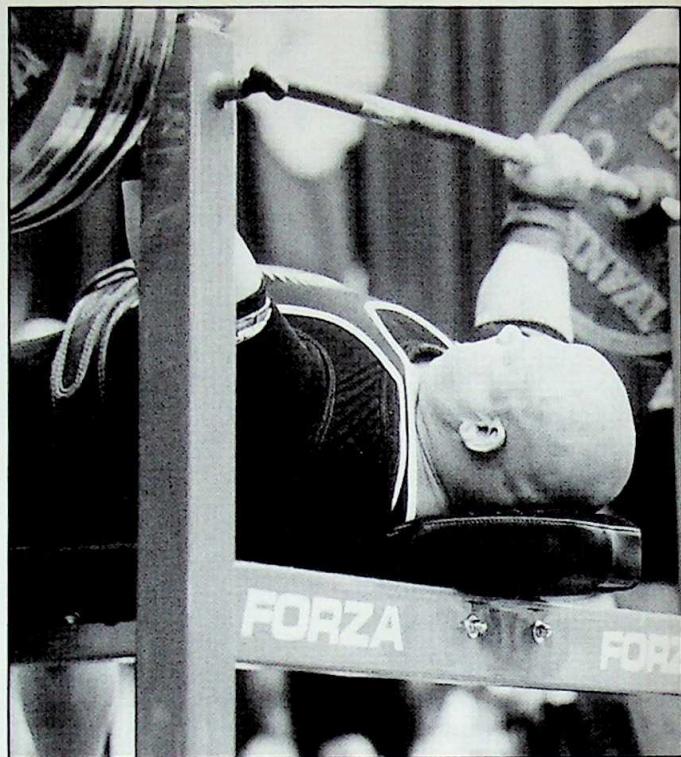
I called Bud Charniga in Michigan and asked for several of his books that were translated from Russian. These books contained an abundance of science combined with special strength training. These materials helped me to realize that lifting was a combination of biomechanics, physics, and mathematics, not like I had previously thought. There was no mention of training with 5's or 3's.

I had followed the progressive overload system since my first Olympic lifting meet in 1960. The only period in which I did not compete was from 1966 to 1969, when I was

in the army. In 1983 I was going nowhere with my training. I was stronger, but slower. That's where Bud's books were invaluable. They described methods of training and organization that I had never heard of before. Furthermore, no one in the United States used these methods until I started writing about them in Powerlifting USA. This article is meant to be a refresher about special methods and means on speed day.

Dynamic Effort Method. On speed day, use submaximal weights with maximal speed. This method is used to increase the rate of force development and explosive strength, not to build absolute strength.
For squatting: 10-12 sets of 2 reps
For benching: 8-9 sets of 3 reps
For deadlifting: 6-10 sets of 1 rep after squatting

Contrast and Reactive Method. Weight releasers provide one overload rep on each set. The



Kenn Patterson jamming up a WPO World Record 689 in Atlanta

recommended load on weight releasers is 20% of the barbell load. For example: 400 pounds on the bar, 80 pounds on the weight releasers. Use chain weight on the weight releasers for best results. Bands are a contrast method. We use only Jump-Stretch bands. Only higher ranked lifters should use bands. For speed strength, 65% of the total weight should be barbell weight and 35% should be band tension. For strength speed or slow strength, used with maximal weights, 65% of the total weight should come from band tension and 35% should be barbell weight.

Lightened Method. By attaching bands to the top of a power rack or Monolift the total barbell weight can be reduced in the bottom of the lift. The percent reduction can range from 15% to 25%. This method builds your rate of force development by overcoming a load with a medium to heavy concentric movement.

Concentric Movements. With the bar suspended by chains or by using the power rack pins, simply crawl under the bar and raise it concentrically. Going from a relaxed condition to overcoming a stable load with light and medium loads of 50% to 80% will develop a rapid rate of force development. When loads of 90% and above are used, this causes maximal force rather than appearing explosive. It

may appear somewhat slow due to the massive external resistance. The second method with 90-100% or more is to be used on max effort day.

Dynamic Method. For benching or squatting, 20-24 total lifts are standard on dynamic method day. For benching, use 40-50% of a 1RM with a method of accommodating resistance, i.e., bands or chains. For squatting, use 50-60% with a method of accommodating resistance. Bands or chains must always be used to greatly reduce the deceleration phase. You can stand up for a long time with a weight at the top of the squat; however, with a large bar load made up of mostly band tension, you are being pulled back down, causing a force exceeding gravity.

Methods to develop a rapid rate of force development after an eccentric phase accompanied by a relaxed phase include box squats, floor

"... These books ... helped me to realize that lifting was a combination of biomechanics, physics, and mathematics, not like I had previously thought. There was no mention of training with 5's or 3's."

TOPPER SUPPLY COMPANY
2108 S. HIGH STREET
COLUMBUS, OHIO 43207



THE SEARCH STOPS HERE!!!
THE COMPLETE POWERLIFTING
ASSEMBLY:

5/8" SET \$89.95 1/2" SET \$69.95
ELITE AND PROFESSIONAL
POWERLIFTERS

TO ORDER CALL TOLL FREE
866-4CHAINS(866-424-2467)
ASK FOR LARRY, IVAN OR RON
MONDAY THRU FRIDAY 7:30AM TO 4:30PM
SATURDAY: 7:30AM TO 12:00PM EST.

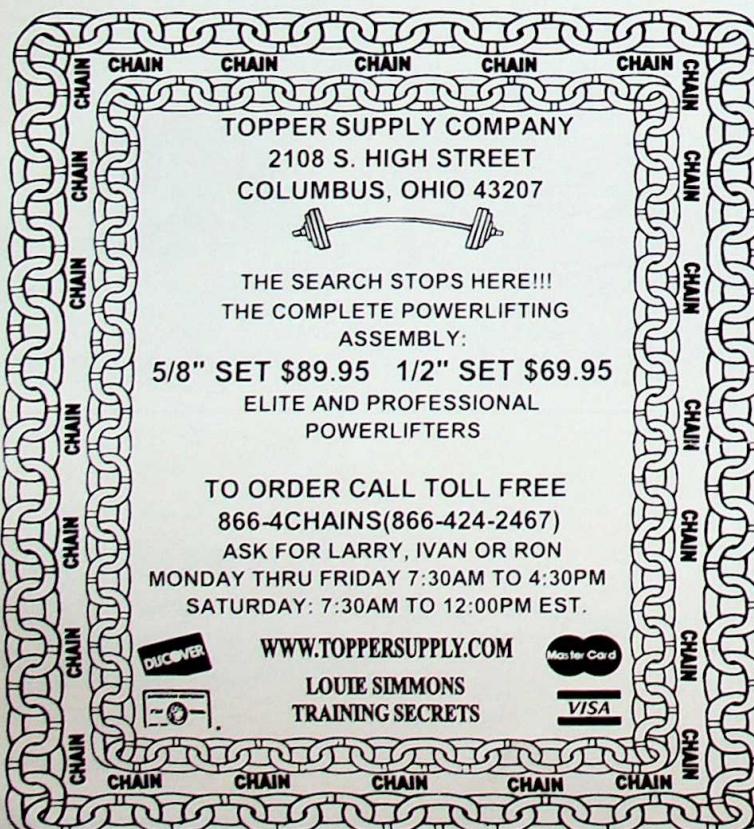
WWW.TOPPERSUPPLY.COM

LOUIE SIMMONS
TRAINING SECRETS

Discover

MasterCard

VISA





Louie Simmons preparing Matt Smith for a lift at the WPO Finals

press, and board press. Many former college athletes are very explosive but lack a high level of maximal strength. They are very fast with light weight, but as the load grows to near max, 95% and higher, they slow considerably. This can be corrected by using a high percentage of band tension - 65% of total bar load. This slows the movement down while developing absolute strength.

Maximal force is displayed for 0.3 seconds. This can be prolonged with the use of bands to prevent a quick bar deceleration. The late Dr. Mel Siff agreed with this. We have a 63-foot shot-putter that said he has always been quick, with a 363 power clean and a 565 deadlift at 250 pounds body weight. However, he could not budge a 600 deadlift. He has zero quickness there. Speed is relative when compared to the amount of resistance.

Pendulum Wave. On dynamic day, use a 3-week pendulum wave. For example, for the squat: week 1, 50%; week 2, 55%; week 3, 60%; week 4, back to 50%. Change from bands to chains, add weight releasers, use the lightened method or overcoming a rested load, or change your grip or stance.

General Physical Preparedness. Rest periods should be 45-60 seconds between sets for explosive and speedwork. The muscles should be in an excitable state or slightly fatigued. This will cause an increase

... No one will ever understand the true definition of strength by only reading a book. You must become strong to recognize a weakness.

"THE ULTIMATE VIDEO FOR TRAINING YOUR ATHLETE"

FORCE TRAINING

LOUIE SIMMONS

NATIONALLY RENOWNED
POWERLIFTING COACH

KENT JOHNSTON

STRENGTH & CONDITIONING COACH
SEATTLE SEAHAWKS
GREEN BAY PACKERS 1992-1998

LOUIE AND KENT INTRODUCE YOU TO
"FORCE TRAINING" A NEW APPROACH TO
TRAINING THE POWER ATHLETE

PACKAGE INCLUDES: 2 HOUR VIDEO PROVIDING EXERCISE TECHNIQUES, DEMONSTRATIONS, AND FUNDAMENTALS THAT COVER:

- * WEIGHT TRAINING
- * LATERAL SPEED
- * SPEED
- * ANAEROBIC CONDITIONING
- * BOX SQUATTING
- * CHAIN UTILIZATION
- * SPORTS SPECIFIC TRAINING
- * SLED UTILIZATION

- * PLYOMETRICS
- * ACCELERATION
- * MEDICINE BALL
- * SANDBAG TRAINING
- * FLEXIBILITY
- * JUMP ROPES
- * POWER ENDURANCE
- * FOOT FREQUENCY

PLUS: A 60 PAGE MANUAL WITH EXAMPLE PROGRAMS FOR THE FOLLOWING SPORTS: FOOTBALL, BASKETBALL, BASEBALL, SOCCER, HOCKEY, WRESTLING, TRACK AND FIELD, TENNIS, VOLLEYBALL, BODYBUILDING AND BOXING.

INCLUDED IS A SECTION ON APPLICATION OF FORCE TRAINING AT THE HIGH SCHOOL LEVEL.

VIDEO \$69.95

MANUAL \$19.95

PLUS SHIPPING AND HANDLING

TO ORDER 1-800-411-4352

Visa / MC accepted

in difficulty in training. If this is impossible for you, your GPP is low. You can raise your GPP through small workouts between days and even prior to training. Chuck Vogelpohl and I commonly go heavy on the Reverse Hyper machine and do abs, lats, and sometimes reversal muscle action workouts before a squat or max effort workout. Small workouts during the week will greatly increase your chances of raising your total. Some of these workouts should be for special strength and some for restoration. This is a must for drug-free lifters. I've had many drug-free lifters here who have greatly pushed up their lifts by doing extra workouts. It's OK to be drug-free, but don't be brain-free. If you don't do more, you will not make progress. A lot of you dudes played high school football, which included 2- and 3-a-day prac-

tice sessions. You were drug-free then, so what's the difference? If these workouts are done systematically, you cannot overtrain. Remember when your squat was 400? 500? 600? and 700? But now you squat 800. How did you get stronger without doing more work, yet you didn't overtrain. You merely raised the amount of work systematically over the years. Simply stated, you raised your GPP.

Muscle Priority Sets. Train the most underdeveloped muscle groups first or a skill that is lacking.

Verbal Commands. Always use verbal commands such as "blast it", "drive it", "speed", "squeeze the bar", "head "up", "knees out", "sit back", and so on.

Conjugate Sequence Method. Always rotate special exercises on speed day. The more

inquiring you are (extroverted), the more often you must switch exercises, using a wide variety. The more introverted you are, the less often you need to switch exercises and the fewer exercises you need.

The hardest thing for some lifters is to change.

We combine many methods on speed day to fortify our training. If one used a single method, it would take forever to utilize them all and they would be nonproductive. No one will ever understand the true definition of strength by only reading a book. You must become strong to recognize a weakness.

Next month: Training Method Part 2: Max Effort Day

Westside Barbell
614-801-2060
www.westside-barbell.com

INZER
ADVANCE DESIGNS

We Make Power Gear A Science
1-800-222-6897
903-236-4012

MC, VISA, D.C.O.D.

IMMEDIATE SHIPPING

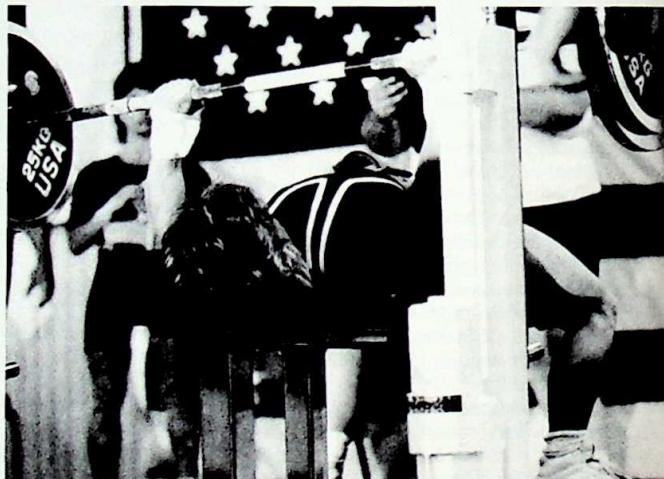
INZER BLAST SHIRT

Patent # 4473908

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

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

Proven by the Greatest Bench Pressers in the world.



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

Ken Lain
722 lb. Bench at SHW

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

Anthony Clark
775 lb. Bench
First Teenager ever
to crack the 600 barrier!

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

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

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

Mike Hall
633 lb. Bench
ADFPA-USPF
National Champion

Plus these all time best benchers:

Jan Harrell-385 Bench. Most ever by a woman.

David Bullock-470 Bench World Record 148's

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

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

INZER ERECTOR SHIRT

-Customized-

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

GROOVE BRIEFS

BY INZER

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

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

Z-SUIT and CHAMPION SUIT on next page—

MC VISA COD Check Money Order

Inzer Blast Shirt - '38

Save '10. Buy 2 for '66

Inzer Erector Shirt - \$38

Please indicate size or include relaxed measurements of

shoulders _____ chest _____ arm _____

Colors: Black Navy Blue Royal Blue

Red

Groove Briefs - \$20

Ht. _____ Wt. _____ Upr. Thigh _____ Hips _____

ITEM	SIZE	QTY.	PRICE	SUB-TOTAL

Overseas orders add 10% surface or 20% air mail.
Texas residents, please add 8.25% sales tax

SHIPPING \$6.00

TOTAL

INZER
ADVANCE DESIGNS

We Make Power Gear A Science

P.O. Box 2981
Longview, TX 75601

1-800-222-6897

903-236-4012

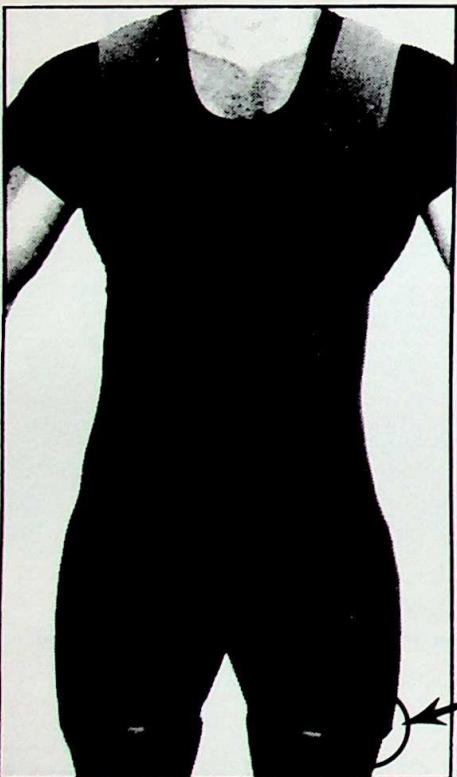
NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____

INZER
ADVANCE DESIGNS

We Make Power Gear A Science
1-800-222-6897
903-236-4012

IMMEDIATE SHIPPING

MC, VISA, D., C.O.D.



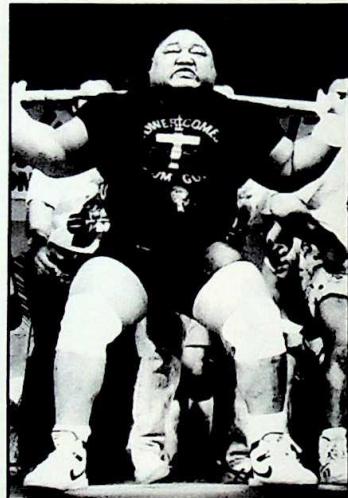
Z-SUIT

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



Z-Lock
(anti-slip
mechanism)

Worn By:



Anthony Clark
2531 TOTAL/1031 SQUAT

John Inzer
744 SQUAT at 165 b.w.

O.D. Wilson
1003 SQUAT

Jesse Jackson
711 SQUAT at 148 b.w.

Matt Dimel
1010 SQUAT

KNEE WRAPS

NEW!!! INZER IRON WRAPS - Style A - The new thickest ever knee wraps.

Super comfortable, easy to wrap to maximum tightness

INZER IRON WRAPS - Style Z - Powerful rubber strand construction. For those who like that super squeeze feel.
Iron Wraps A or Z- 1 pair \$22, 2 pair \$40

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

Ed Coan - World's Number One Ranked Powerlifter

**George Hechter - World Champ, PL
USA Coverman**

Bull Stewart - Multi ADFPA -
WDFPF World Champ

Gerald Welch - ADFPA Ntl.
Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr.
Ntl. Champ

Jim Cash - World Champ

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

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

CHAMPION SUIT has more comfortable leg openings than Z-SUIT, plus provides complete hip support necessary for squatting the heaviest poundages.

Now With Wider Straps Than Pictured

CHAMPION SUIT

The CHAMPION SUIT will endure more stress and outlast any other suit on the market!



CHAMPION SUIT

MC VISA COD Check Money Order

Please indicate size or include measurements of:

Height

Weight _____

Upper Thigh

Upper wing —
Buttocks

CHAMPION SUIT and Z-SUIT colors:

Black Navy Blue Red Royal Blue

ITEM	SIZE	QTY.	PRICE	SUB-TOTAL
Overseas orders add 10% surface or 20% air mail. Texas residents, please add 8.25% sales tax			SHIPPING	\$6.00
			TOTAL	

**Overseas orders add 10% surface or 20% air mail.
Texas residents, please add 8.25% sales tax.**

SHIPPING	\$6.00
TOTAL	

INZER
ADVANCE DESIGNS

P.O. Box 2981
Longview, TX 75606

\$42 or 2 for \$76

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____

1-800-222-6897

903-236-4012

What's going on with BenchAmerica II?

Dear Fellow lifters,

On behalf of BenchAmerica and the Sports Loop, I am pleased to announce some preliminary information for BenchAmerica II. BA-II will continue to be unsanctioned and open to all lifters. In our quest to continue to be "The All-Star Game of Benching" and provide a fair platform and grow our sport with fans, media, and sponsors, we found it necessary to make some changes. These changes, we believe in time, will help bring powerlifting into the mainstream of sports.

We are going to reach out to high school students through our advertising. On a regional basis this year, we are conducting BenchAmerica Lift-a-thons in the high schools as a way for high school athletes to raise funds for their school as well as teach them our sport. The finalist will get to compete, head to head, in the first session at BenchAmerica.

Bringing the sport into high schools will help our sport grow for many reasons: high schools are organized and have a good platform to put together teams that will compete locally and nationally. It will help build our fan base and bring in the big sponsors. We feel it is essential, to our sport, to have our athletes involved at a younger age. Organizing powerlifting in high schools and even younger will create the gateway into our sport instead of just stumbling into it after high school or college.

I have been told that our sport, in the US, grows at the pace of 35% each year. That's great but the downside is the same 35% gets out every year for different reasons but many of them being frustration that I assume comes from all of the wars that live within this sport. Our sport is really fractured and, of course, there are wars - we have too many sets of rules. Imagine going to play a round of golf with five or more sets of rules! Imagine any other sport that you know that has more than one set of rules. Rules won't always be perfect for everyone but they become the guidelines for which we live or compete within. And in the end, under the one set of rules, there is no question about who is the best.

So let me get to the reality of building our sport in high schools. It won't work with steroids. Call America hypocritical for always having exceptions to the rules but, most American's perception of athletes who use steroids is not a good one. It is simply not accepted. Why - because it is a health issue? Maybe - maybe not. The bottom line is that, in America, anabolic steroids are illegal. There will always be people who use them and somehow sneak through but, as a whole, you cannot market steroids and get major sponsors like Coca Cola or Pepsi. I can fight them on the issue all day but it won't happen. And we are aiming, long term, at getting big sponsors. So testing at BenchAmerica II and in the

future years is a reality.

To be fair to all, we will make it so at this point, if you want to compete in BA-II and are currently using performance drugs and are worried that even if you stopped now - you may still test positive, here's our offer so that you don't get singled out. We will test using an independent service with the use of a lie detector test. Based on research it's quite accurate. Our requirement for BA-II is that, in 2004, you do not use performance drugs, synthetic pro-steroids, growth hormones, or anabolic steroids. With the use of this method, come meet day - You determine your fate.

Equipment - so many debates here too but what we want to do is make the lift more real and ensure that the lifter who wins is really the strongest because of his strength and not because of his ability to find the best shirt.

I took the liberty of taking many different benchshirts to a highly reputable orthopedic surgeon in the Chicago area and explained what they are for. Here's the fact - beyond a single layer there is no additional safety. And for the record, a single layer shirt really does offer safety over not using a shirt at all. Beyond single layers, there is too much manipulation and the percentage of real lift versus assisted is somewhere between 100-300 pounds. We find this unfair for our sport.

Unofficially, here are some rules:

Equipment: single layer poly or denim - partial open back okay (collar must continue up to the shoulder line) Understand that this is just a rule being used to make the winner come in closer to his actual raw strength ability.

Testing: Yes, as of January 1, 2004, the lifter must not be using any performance drugs. Testing will be done by the use of a lie detector test. (This is an open door for all lifters - if

you want to compete in 2004, we ask that you simply follow the rules, be honest with yourself and your competitors)

Weigh-in: 24 hour

Meet info:

Date: May 1, 2004

Place: Harper College, 1200 West Algonquin Rd., Palatine, IL 60067-7398 Website: www.harper.cc.il.us (10 minutes from O'Hare Airport)

Television: Yes - National Coverage (We are presently in negotiation with two different networks.)

Divisions: Women's (top 10 based on % of lift/bodyweight), Men's (114-SHW)

Teams: Any sanction that has five lifters qualify will become a team - now, not only can we determine the strongest lifter but also the strongest sanction/team

Awards (to be confirmed at a later date - these figures may go down or up based on sponsorship but this is what we are striving for): Women's top five will receive \$2,500/\$1,500/\$1,000/\$750/\$500; Men's (pound for pound) top five will receive \$5,000/\$2,500/\$1,500/\$1,000/\$500; Men's (overall - most weight lifted) top five will receive \$10,000/\$5,000/\$2,500/\$1,000/\$500; All weight classes (men's) will receive medals for 1st, 2nd and 3rd

Qualification: Top 10 for women, top 5 for men for each weight class based on the ranking system. The top 15 will be listed on our site and will be updated weekly. The ranking will be based on the rules of your meet as compared to the rules of ours. Any meet that has the same rules or stricter will get their actual weight lifted credited. On the other hand, if you lifted in a meet with rules that are not as strict, you'll get deductions. For example, there will be 5% deduction to any meet that has multiple ply and 10% to any

meet that is not tested. If you lifted 500 pounds in a meet that was multiple ply and non-tested, you'll get a 75 pound deduction. The ranking system is designed to fairly credit the lifter compared to BA-II rules. If you feel that the deduction will not fairly credit where you believe you are, you have until 30 days prior to our meet date (TBA) to lift in a meet with similar rules to get full credit for your lift. The ranking system will be set up by January 1, 2004 on our site. The original list will be done by research from Herb Glossbrenner and will be updated by results we get from meet directors and sanction heads. All sanction Presidents have been contacted regarding this. In addition, our fax number will be on our site for all meet directors. Our new site will be ready Jan 1, 2004 with all the official rules and regulations for BA-II. It will also include links to all sanction heads as well as a store for BA apparel, products, and even a calendar that will include photos and dates of national/world meets from all sanctions. In addition, our stats will also be listed on the USSportsScene.com which is an official sports website that has 80 million viewers. USSportsScene.com will soon have the ESPN ticker with up to date scores for all their listed sports.

There is so much more in the works for BA and the future years. Keep checking our site and catch the latest. Our PR firm is working hard on getting us more exposure including having guest lifters appear at half-time during Chicago Rush and Chicago Bulls games, TV shows, and more.

It's exciting to watch the progress and see this sport go to the next level. The big question is, "DO YOU QUALIFY?" I look forward to seeing the best at BA-II.

My best,
Joe Mukite,
BenchAmerica Founder,
November 17, 2003

BenchAmerica selects SportsLoop to handle all BenchAmerica marketing and event planning needs. November 17, 2003 (CHICAGO, IL.) BenchAmerica, the All-Star event of bench press championship meets and SportsLoop, a Chicago based sports marketing company, announced a partnership in which SportsLoop has been selected to handle all of the marketing and event planning needs for the BenchAmerica organization. "At BenchAmerica", according to Joe Mukite, Founder, "we are excited to team up with SportsLoop. Their firm will be essential to help take BenchAmerica and the sport of powerlifting to the next level. You have all heard of the saying, "two heads are better than one." How about 80 million? With their team, that is how many online viewers will have the potential to see the BenchAmerica II event, see our sport and lifters and their stats. This is just one of many ways that SportsLoop will bring the word "power" back into powerlifting." "We are extremely excited to work with BenchAmerica," said Roy D. Kessel, President of SportsLoop. "Joe Mukite has translated his passion for the sport of powerlifting into a phenomenal event and we look forward to empowering him to make BenchAmerica the umbrella organization for powerlifting".

About BenchAmerica - BenchAmerica is a platform for all lifters from all sanctions to compete in one house, with one bench, one bar, and one set of rules in the most popular lift in the Country -- the benchpress. The benchpress has long been one of the truest measurements of a person's strength. Even back to ancient times, people have always wondered, how much can you bench? But the bench press is only one of three lifts -- along with the squat and dead lift -- that make up the sport of powerlifting. Unlike its sporting cousin, Olympic weightlifting, powerlifting still is the truest test of strength in all of sports. BenchAmerica features competition in the bench press only. BenchAmerica was founded and conducted America's 1st unsanctioned national benchpress championships in 2003. Sixty national powerlifters from 14 different sanctions participated. For more detailed information about BenchAmerica and the background for their motto "Do You Qualify", please visit: www.benchamerica.com.

About SportsLoop - SportsLoop is a Chicago based, full service sports and entertainment firm providing innovative and sound approaches to meeting its client's objectives. SportsLoop's services encompass professional representation for athletes and entertainers, event management, sports marketing, corporate consulting, brand management and hospitality services. For more detailed information about our services, please visit our website at www.sportsloop.com.

WORKOUT of the Month

More competitions have been won or lost on a final deadlift attempt than on any other factor in competitive lifting. Give this lift as much attention as the squat or bench and you won't have to look for a crying towel when all the marbles are counted. A lot of good subtotals are left behind because of a poor deadlift. Most lifters either neglect deadlifts, or they overtrain them, as well as the assistance exercises, to the point of injury or fatigue.

This program is directed towards the natural lifter that is capable of a 700 lb. deadlift going into this 16 week cycle. The lifter can expect a gain of 25 to 35 pounds. Because the deadlift is such a demanding exercise for the human body to endure, a lot of stretching and proper warmups are a necessity.

In this cycle deadlifts are done heavy once per week for the first 5 weeks, and heavy every other week until Weeks 14, 15, and 16. This is to allow for the recovery of the low back and erectors. The back can really take a beating when you're training heavy on squats and deadlifts. The idea of going heavy every other week added 40 lbs. to my deadlift the first 8 weeks that I trained this way.

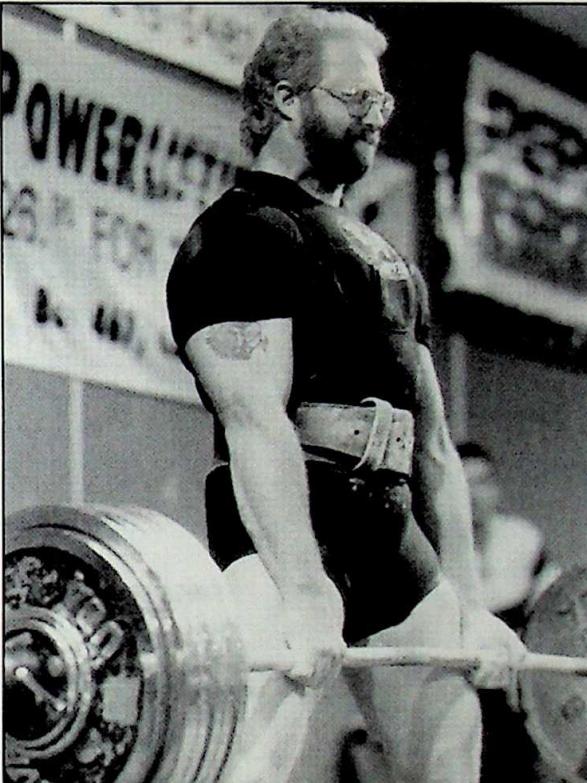
When performing the deadlift, keep your arms straight, back straight and your head up. It takes a lot of practice, but you have to get your back, legs and hips working together in order to actually finish off the weight that you have the basic strength to pull. There are many lifters out there that could be champions if they learned how to coordinate their strengths.

Don't cut yourself any slack! Do each lift as if there were three judges. You want a smooth pull all the way to lock out with the intensity and concentration of a competition attempt.

Choose the style that fits your body structure, strengths, or weaknesses. I use the sumo style because of injuries sustained in a car accident that keep me from developing the low back and pelvic area strength that is necessary for conventional deadlifting. Tom Mittl, my early workout partner, had a very strong low back, which enabled him to lift a lot of weight in the conventional style. I personally made a jump of 65 lbs. when I switched to the sumo style.

To give you an idea of how my training comes together, here is a brief outline of my weekly schedule: Monday: Heavy squat, heavy bench, triceps. Wednesday: Deadlifts, back work, biceps. Thursday: Light bench,

Shawn Cain's Natural Deadlift



Shawn Cain has been one of the steadiest deadlifters in ADPFA/USAPL history, here we reprise his deadlift workout

shoulders, triceps. Friday: Light squats, legs, back work, biceps.

I have used this type of schedule for years, and it's still fun to do!! Keep your workouts interesting and fun and you will go beyond your goals.

I just want to add a short thank you to my workout partners for all the support and an occasional kick in the butt. Do yourself a favor and thank your workout partner for some of what you've accomplished.

Good luck training with this program, Keep your head screwed on right, and your energy up, and you'll pull more weight than ever before!

Just drop me a line if you have any questions or if you just want to talk POWERLIFTING!!

Shawn Cain
1040 192nd Ave.
New Richmond, WI 54017

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

570x5, 590x5. Assistance - same as Week #1.

Week #6: (Wed.) 135X10x2, 225x8, 315x6, 405x3, 500x2, 575x3, 600x3, 625x3. Assistance - same as Week #1.

Week #7: (Wed.) 135X10x2, 225x8, 315x6, 405x3, 500x2, 575x1. Bent over rows - 5 sets of 10 reps, progressive weight. Close grip front pull downs (palms facing you) - 4 sets of 10 reps. Stiff Leg deadlifts - 225x8, 315x8x3. Dumbbell bicep work - 4 sets of 10 reps. Iso shrugs - 4 sets of 8 reps.

Week #8: (Wed.) 135X10x2, 225x8, 315x6, 405x3, 500x2, 575x1, 600x3, 620x3, 640x3. Assistance - same as Week #1.

Week #9: (Wed.) 135X10x2, 225x8, 315x6, 405x3, 500x2, 575x1. Bent over rows 5 sets of 10 reps, progressive weight. Close grip front pull downs 4 sets of 10 reps. Stiff leg deadlifts 225x8, 315x8, 325x8, 340x8. Dumbbell bicep work 4 sets of 10 reps. Iso shrugs 4 sets of 8 reps.

Week #10: (Wed.) 135X10x2, 225x8, 315x6, 405x3, 500x2, 575x1, 610x3, 630x3, 650x3. Assistance - same as Week #1.

Week #11: (Wed.) 135X10x2, 225x8, 315x6, 405x3, 500x2, 575x1. Bent over rows. 5 sets of 10 reps, progressive weight. Close grip front pull downs - 4 sets of 10 reps, progressive weight. Stiff Leg deadlifts - 225x8, 315x8, 340x8, 355x8. Dumbbell bicep work 4 sets of 10 reps. Iso shrugs, 4 sets of 10 reps.

Week #12: (Wed.) 135X10x2, 225x8, 315x6, 405x3, 500x2, 575x1, 625x1, 650x1, 675x1, 625x3. Bent over rows. 5 sets of 10 reps, progressive weight. Dumbbell bicep work, 4 sets of 10 reps.

Week #13: (Wed.) 135X10x2, 225x8, 315x6, 405x3, 500x2, 575x1. Bent over rows 5 sets of 10 reps, progressive weight. Stiff leg deadlifts 225x8, 315x8, 355x8, 370x8. Dumbbell bicep work 4 sets of 10 reps.

Week #14: (Wed.) 135x2, 225x8, 315x6, 405x3, 500x2, 575x1, 640x1, 665x1, 690x1. Assistance - same as Week #12.

Week #15: (Wed.) 135X10x2, 225x8, 315x6, 405x3, 500x2, 595x1, 665x1, 690x1, 715x1. No Assistance work.

Week #16: Week of Competition (Wed.) 135X10x2, 225x10x3. These sets are for form. They also help remove any soreness. (Sat.) Open - 665, 2nd - 705, 3rd - 725-735.

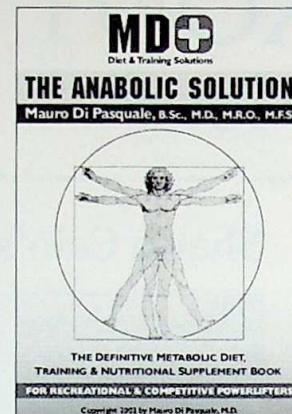
Ask the Doctor

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, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (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've been looking your products over for some time now and decided to give them a try. I started with your Creatine Advantage and couldn't believe the results I got. Ordinary creatine and the creatine plus sugar that most companies sell and they do very little for me, but I gained five pounds in eight days using your Creatine Advantage. One other thing. I noticed that your products have a lot more ingredients in them than others by EAS, Weider, and other companies. Since I know something about the price of these things I'm also wondering how you can keep your prices down, although I've heard a few people complain that the prices are too high. They just don't know what they're talking about. Keep up the good work. **David**

Dear David: Unfortunately, although somewhere in the back of their minds most people realize that they get what they pay for, I'm finding out that many people just look at the bottom line and as such seem to prefer price over quality or should I say perceived quality. My retail price is about or just over 4x what it costs me to manufacture the supplements. If EAS or any large company was selling my products the retail price would easily be three times what it is now. That's because most companies set their retail prices at about 20 times the cost of the ingredients. I'll give you an example. Power Drink costs me 12.51 US per unit to manufacture. Add to that the price of the labels, transport, and storage and it soon rises to about \$18 a bottle. Now at 50% off MSRP, the price I have to give to my wholesalers, the cost is \$24.98. That leaves me \$6.98 per unit to cover all my other costs including salaries, office and other expenses, financing (since you have to keep a certain inventory on hand), insurance, marketing and advertising, my own time and energy, etc. You can see that it would be a losing proposition for any other company and for me if I wasn't operating a tight four man ship. As far as the quality and value of my supplements, nothing even comes close. For example my Myosin Protein is a blend of proteins, short and long chain peptides, and free form amino acids that has several unique properties. The blend of proteins and amino acids is unique and contains the exact amino acid formulation to maximize protein synthesis and minimize protein breakdown. Myosin provides for a varied spectrum of blood amino acids with spikes from the whey protein, intermediate spikes from the egg and soy, and a prolonged amino acid response from the slowly absorbed casein. I engineered the Myosin protein to increase protein synthesis with spikes of blood amino acids and to decrease protein/muscle breakdown with a sustained low level increase in blood amino acids. On top of all this I use the highest quality, and most costly, protein available. You're not going to see this level of quality and sophistication in any other protein on the market today. And you can't compare whey protein with Myosin Protein. Myosin has all the advantages of the best whey protein on the market, since the mix of proteins is treated by the body as if each protein was taken separately since these proteins,

THE SOLUTION IS HERE!



Soft Cover \$39.95
e-book \$29.95

- Maximize Strength
- Maximize Muscle Mass
- Minimize Body Fat

ORDER ONLINE & RECEIVE A
10% DISCOUNT WHEN YOU ENTER
DISCOUNT CODE: PLUSA923

Soft Cover & e-Book NOW AVAILABLE!

ANABOLIC SOLUTION FOR POWERLIFTERS

Dr. Mauro Di Pasquale, a former IPF World Champion Powerlifter, the father of *low-carb, cyclical dieting*, and the author of both the Anabolic and Metabolic Diets, now introduces the **Anabolic Solution for Powerlifters** - a natural and effective alternative to the use of powerful, and dangerous anabolic drugs. While it's true that there are no magic shortcuts to success, the Anabolic Solution for Powerlifters is your best bet for increasing your **strength and lean muscle mass** in the shortest amount of time, whether you are a recreational or professional powerlifter.

Diet & Training Solutions



For more information visit us at:

www.metabolicdiet.com
www.coachsos.com

ORDER ONLINE CALL OR WRITE AND MENTION DISCOUNT CODE
(PLUSA923) FOR 10% DISCOUNT

20 Strathy Rd Unit 6 Cobourg Ontario K9A-5J7
To Order call 1-905-372-1010

even when taken together, maintain their fast and slow absorption rates. (Boirie Y, Dangin M, Gachon P, Vasson MP, Maubois JL, Beaufreire B. Slow and fast dietary proteins differently modulate postprandial protein accretion. Proc Natl Acad Sci U S A 1997 Dec 23;94(26):14930-5.). And Myosin Protein has soooo much more. If you want detailed information on all my products see the pdf files at <http://www.metabolicdiet.com/pdfs/>. There's also more information on the supplements available from the sidebar navigation on both www.MetabolicDiet.com and www.CoachSOS.com. **Mauro**

INZER
ADVANCE DESIGNS

**NEW
AND
AMAZING!**

IRONWRAPS

enable you to lift more than ever before.
A leap ahead in powerlifting knee wrap technology.

IRONWRAPS Z stores a very dense, propulsive energy that produces more power than any knee wrap ever before!

Everything about this wrap exceeds any previous wrap.

VERY, VERY POWERFUL!

IRONWRAPS Z
(actual size)

IRONWRAPS A
(actual size)

You owe it to yourself to use the greatest knee wraps of all!

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

Guaranteed to out perform any other brand.

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

Louie Simmons

"Ironwraps are the best I've ever used."

Bull Stewart

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

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Qty. _____

_____ Ironwraps A \$22 _____

_____ Ironwraps Z \$22 _____

2 pair \$40 Shipping \$6.00

Total _____

Overseas orders add 20% surface or 30% air.

Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS

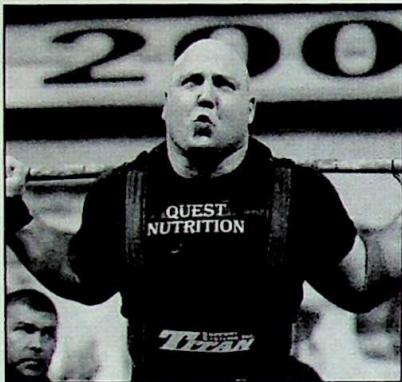
P.O. Box 2981 • Longview, Texas 75606

903-236-4012 • 1-800-222-6897

QUEST NUTRITION

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

Ryan Goldin



Ryan's favorite Quest Products:
Synergy and Hard Core

- Synergy
 - 34 g Protein
 - 5 g Creatine
 - 3 g Glutamine
- Quest Whey - *New Flavors*
Now available in 2 lbs and 5.1 lbs.
- Creatine
- Glutamine - *Unrivaled Quality!*
- Questalean, Thermaslim, Pyruvate....
- Today's Essentials - *A Multi-vitamin you can actually feel!*
- **HARD CORE** - "The Ultimate Anti-catabolic"

Call for *informative* brochure!!

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

Online ordering available at:
www.Quest-Nutrition.com

QUEST NUTRITION
3000 Mattison St. NW
Duluth, GA 30096

PERSONALIZED Powerlifting Training

Courses Designed by PL USA writer
Doug Daniels and WDFPF World
Bench Champ Jim Vrabel.

We've been in business since 1986. Other personalized training course companies can't say that. Get your training advice from a proven source. Check out the Strength Ink difference:

1) Each course unique, not computer generated or generic. 2) Specific, unpublished articles written by Doug Daniels, 3) Advice on supplements, lifting gear, save more than the cost of the course itself. 4) Exact exercises and weights used throughout the course, not just sets and reps. 5) Training Tips 6) Designed with an emphasis on drug free training. 7) Questions during the course, just write!

Courses available for bench, squat and deadlift for both competition and off season training modes, please specify. 1 course - \$13.95, 2 courses - \$25.00, 3 courses (BEST DEAL) - \$30.00. Send Check or Money Order.

Payable to:

STRENGTH INK, INC.
DEPT. PL-M Box 1974
Highland, IN 46322

Foreign orders add \$2.00 per order
Will mail out questionnaire with each order

Beyond A Century®

Performance Nutrition • Anti-Aging

How much have you been paying?

1,4 ADD, 200-400 dose! 20gm	\$69.50
Tribulus Ext. 45% Bulgarian 100gm	9.75
Ribose 100gm	12.00
5-Methyl-7-methoxy Isoflavone 20gm	22.00
1 Test Ether, 100mg, 60 caps	39.75
Long Jack 50% alkaloids, 50 grams ...	7.75
1 Test Ether, 12 gms powder	40.00
Arginine AKG, 150 gm	21.50
4 Androstenediol, 20 grams pwd	23.75
Creatine Mono. 99+%, Micronized, 1kg ...	19.80
Chrysin, pure powder, 50gm	22.50
Yohimbe 2% Std. Extract! 50gm	7.50
Glutamine 300gm/1kg	15.00/40.00
Glucosamine Sulfate, 250 grams	7.50
"Low Heat" Whey Protein 80% 2 lbs	13.50
ZMA, 808 mg, 100 capsules	11.50
Arginine base powder, 300gm	15.00

Visit our website for current sale prices!

Shipping only \$4.75 any size order!
Visa/MC/Dscvr/Amex orders call:

800-777-1324

Or send money order to:

Beyond a Century, Inc. -since 1983-
173 Lily Bay Road, Greenville ME 04441
Hundreds of Products - FREE catalog!
Order On-Line with our Secure Server:
www.beyond-a-century.com
Authenticity of Products Guaranteed!

When is...
KELSO'S SHRUG BOOK
... gonna be available?
NOW!!

In the only book of its kind, Paul Kelso sums up 35 years of experiments with shrugs. Nearly thirty shrug variations - old and new - are presented with 27 photos and drawings.

For all iron men and women, KELSO'S SHRUG BOOK helps trainees develop and strengthen the upper back and shoulder girdle and to improve their competitive lifts. The new info on shrug training for the "Lateral Arch" in the bench press is worth the price.

"Paul has done more for my bench than everyone else put together."

- Collin Rhodes, USAPL world bench press team member.

Paul also updates his pioneering work about "trap bars" and examines "chest expansion and growth" theories. Lots of history, heroes, courses, tips, and the "Shrug Laws" in Paul's popular style. 100 pages - 28,000 words.

"The Mark Twain of iron-gym story telling returns to his "how to" roots with very positive results." Mike Lambert, Editor/Publisher, Powerlifting USA

Just \$14.95 + S & H \$4 (USA)

Order KELSO'S SHRUG BOOK online at:

www.hatsoftbooks.com

Or call toll free in USA 888-934-0888, ext 2, or HATS OFF at 520-798-3306

Dealers call direct or email:
orders@hatsoftbooks.com for discounts.

THE NEW POWER STACK by GORILLA® SPORTS NUTRITION

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

Gorilla C-4 - \$40.95 - 362.16 Grams
Gorilla Nitro -\$59.95 - 60 Tablets
Buy both & save 30% - \$70.63, plus \$5.00 for S/H
Dealers Inquiries Welcome.

For more information or to place an order call:

1-800-852-0425

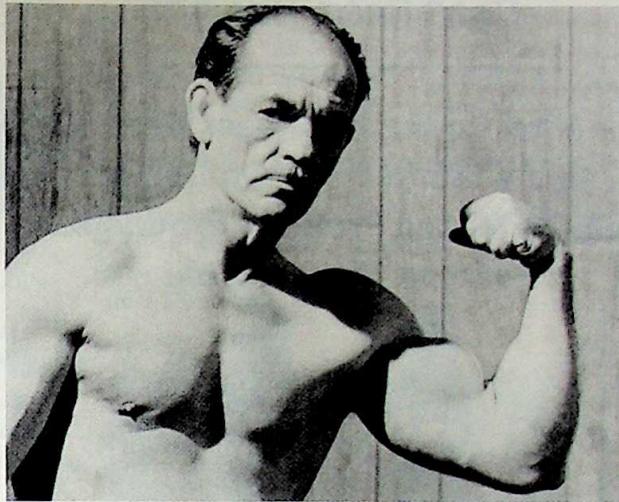
or check our Web Site @
www.gorilla-nutrition.com



FOR REVIEW

"The Story of Arthur Jones - The Man Who Invented the Nautilus Exercise Machines, Revolutionized the Health Club Industry, and Forever Changed the Way Every Human Being Exercises" is the sub-title of a fascinating new book by John Szmanski, of Piedmont Design Associates. (The main title "Younger Women, Faster Airplanes, Bigger Crocodiles" refers to other aspects of the life of this remarkable human being). In a style that is extraordinary in its scrupulous attention to detail, John differentiates fact from legend across the gigantic and diverse themes of Arthur's life. I remember, as a kid, watching Arthur deadpan his way through spectacular adventures with African wildlife in his "Wild Cargo" shows on black and white TV, and his obsession with the development of rattlesnakes and crocodiles of monumental proportions led to his virtual mythological status in the herpetological community. Multiple potential careers came and went for Mr. Jones, but no one who lived through his era can forget how he stormed the Iron Game with his multi-page "advertisements" in Peary Rader's IRON MAN Magazine, the only publication that would let him espouse his theories on exercise and equipment. Suddenly, it seemed, his machines were "everywhere" ... with Nautilus-themed gyms popping up where no one dreamed of opening such establishments only months before. There's no doubt that Arthur Jones' set the

YOUNGER WOMEN, FASTER AIRPLANES, BIGGER CROCODILES



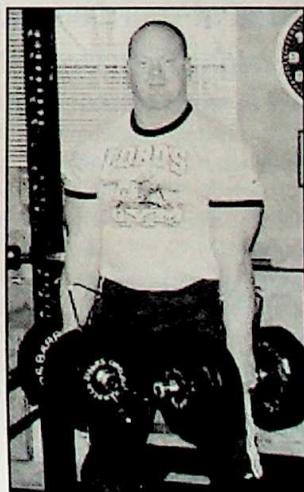
The Story of Arthur Jones - The Man Who Invented the Nautilus Exercise Machines, Revolutionized the Health Club Industry, and Forever Changed the Way Every Human Being Exercises

By

John Szmanski
Piedmont Design Associates

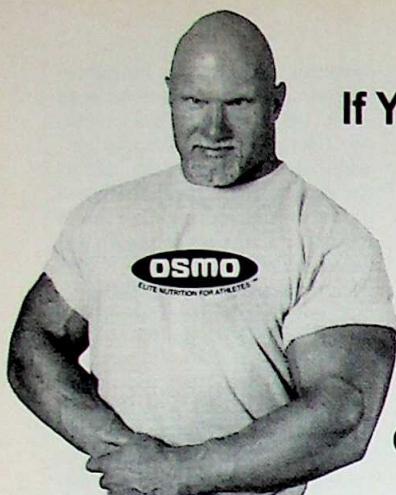
ARE YOU BENCH PRESSING 150 LB. DUMBBELLS FOR 10 REPS?

Country Power, Inc., congratulates Allen Reed from Goshen, IN., for winning its second annual ten-rep dumbbell bench press contest using Power Hooks. Allen at the age of 39 with a body weight of 222 lb. using Power Hooks lifted a total dumbbell weight of 300 lb. (150 lb. dumbbells) for ten reps. Allen received \$1000.00 from Country Power Inc. for accomplishing this lift. Country Power will be showing Allen's winning 10 reps on video at the 2004 Arnold Classic. Allen is a drug free lifter with a solid bench press of 550 lb. He understands the importance of power hooks and dumbbell training for strength gains. The above photo is a picture of Allen with the 150 LB. dumbbells that he bench pressed for 10 reps. Country Power Inc. is the manufacturer of Power Hooks, which is a patented and trademarked product. Power Hooks stay with your dumbbells and hang onto any overhead barbell. This puts you in proper lifting position without having to lift the dumbbell from the floor nor having to drop them back onto the floor after the exercise. The annual contest was started to prove that using Power Hooks is the right way to train with dumbbells. Country Power wants to point out, that it is physically impossible to clear or kick up the dumbbell weight that you can actually press. So if you are clearing or kicking up dumbbells to get in a pressing movement you will never work out with the dumbbell weight you should be pressing. This is one reason why many lifters do not think they get any strength gain training with dumbbells. Working with heavy dumbbells using power hooks will improve your bench press better than working with chains, bands or any auxiliary

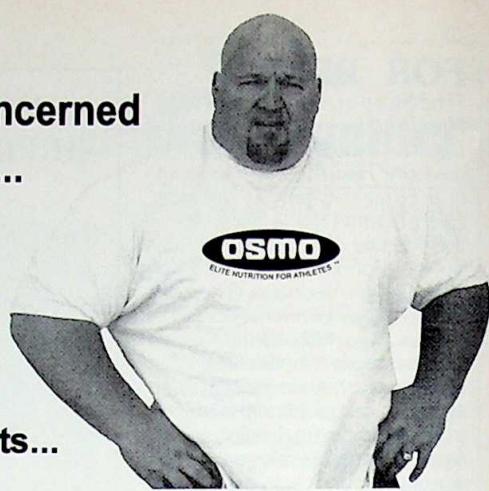


Allen Reed won over 80 entries

table' for the bounty of fitness-related options we can choose from today, but was that his 'grand strategy'? Between the exhilarating 'ups' and exasperating 'downs' of this chronicle, the almost unintentional nature of his astonishing success is revealed. The cast of characters who stood with and against Arthur Jones are illuminated by Mr. Szmanski's forest of footnotes and uncompromised commitment to accuracy, but what's this got to do with Powerlifting? Well, the voice of PL in the 80s and 90s, Dr. Ken Leistner, was also one of the earliest hires of Arthur's at Nautilus in Florida, and his cogent comments help tell this compelling tale. Perhaps the only meaningful explanation of this landmark company's effect on our current state of physical culture affairs would be the propitious convergence of Arthur Jones' lifelong (literally from his childhood) curiosity about the essence of human physical development and a uniquely intense personal will that was arguably far more unyielding than the toughest iron he ever incorporated into any Nautilus product. I received this book with no advance notice, dropped everything in the middle of a demanding business day, and read it straight through without a pause. I had no choice. If you are part of the Iron Game, this is a story that you must know. For further information, contact Piedmont Design Associates, 104 Bangor St., Mauldin, SC 29662, 864-963-5640, or visit www.fractionalplates.com



If You're a "Pretty Boy" More Concerned About Taste Than Results... Don't Read This Ad!



**Why Do the Strongest Men
In the World Insist On Using
OSMO's Methyl Protein™ Products...
Because They Work!!!**

Joe Ladnier
Strongest Bodybuilder In the World
661lb Bench 1st Place
APF Senior Nationals 275lb Class,
NPC Greater Gulf States Heavyweight &
Overall Bodybuilding Champion 2001,
NPC Heart of Dixie/ Heavyweight and Overall
Bodybuilding Champion 2001
2300lb+ Powerlifting Total

Garry Frank
Undisputed Strongest Man In the World
Undisputed Strongest Powerlifter In the World
2700lb+ Powerlifting Total
6'3" 384lbs

Article written by
Joe Ladnier

If you're looking for something new to use - that really works - look no further! The patent-pending Methyl Protein™ products by OSMO offer you the most advanced in nutritionally correct protein formulas available. So nutritionally correct, that after using them your body might spank you for "STARVING" it for so long. That's right - you're body is "STARVING" for the Methyl Cofactors found in OSMO's Muscle Machine™ and Methyl Creatine™. Other proteins are formulated without addressing Methylation in the body. (Methylation is an important cellular process necessary for life).

Without properly feeding the "Methylation Machine" in your body's cells - everything slows down - including muscle recovery, metabolism, fat burning, removal of toxins, and even the production of hormones - the most important of which is, of course, TESTOSTERONE!

Science - Not Marketing!

OSMO's Dr. Anthony J. Meduri (Ph. D. Biochemistry, D.Sc. Neuro-Biochemistry, M.B.A., Yale University Graduate, Fellow in the American College of Nutrition, Fellow in the American College of BioChemists, Diplomate in the American College of Clinical Biochemists) is the first scientist to pioneer the process of correctly formulating proteins which include proprietary Methyl cofactors. These Methyl cofactors, when correctly integrated into the right protein sequences, can trigger dormant processes in the body's cells to suddenly WAKE UP!



This is great news for you and any other strength athlete who do not realize that they're not really being as productive and efficient as they should be. Manufacturers of other protein powders on the market are more concerned about making taste the biggest selling point of their product. Take it from me, taste alone isn't going to **WAKE UP** dormant or less than optimal processes in your body's cells. If all you care about is taste - you're probably a little **PRETTY BOY** and you don't really know what you're doing when it comes to building a really big, hard, defined, strong, muscular body! In fact - you should stop reading this ad and go comb your hair or something! If on the other hand - you're serious about learning how you can use OSMO's Methyl Proteins™ to totally improve your look, your strength, your muscle size, girth, definition and even your cardiovascular conditioning - read on.

Pull Ahead of Your Competition Like a Freight Train Gone Crazy

You see, when Dr. Meduri PhD, DSc, includes the all important Methyl Protein™ cofactors into the protein formulas manufactured by OSMO - you give your body's muscle cells the "STUFF" its pretty much been "DYING" for. By feeding your body OSMO's Methyl Protein™ (called MUSCLE MACHINE™ and Methyl Creatine™) you'll be giving yourself an almost unfair advantage over anyone else in the gym. You'll gain this competitive advantage by choosing very powerful science and biochemistry over taste. Emphasis on taste rather than science is for pretty boys who are too ignorant to know the difference between science and marketing. Let the "whiney" Pretty Boys brag about their great tasting ice cream fashioned protein powder while you pull ahead of them like a freight train gone crazy! With OSMO Methyl Protein System, leave the competition in the dust.

**Stop Toying With Your Heart and
Hormones So that You Can Be Around
For a Few More Years**

OSMO's Methyl Protein System is awesome since it safely works to immediately improve the natural processes of your body's "METHYLATION" so that now you can build muscle faster, recuperate faster, excrete toxins faster (you'll improve your regularity on this stuff since it doesn't stay trapped in your colon like the other guys "Dead in the Water" sweet tasting protein), improve circulation, transport of nutrients to the cells of the body, move heavier weights, do more reps and do more sets, and Cardio - is a breeze on this stuff. The part I love the most is that my body feels like it did 20 years ago when I was 19 breaking powerlifting records. (I officially squatted over 900lbs at age 19, a World Record). Today at age 39,

I want you to know that OSMO's Methyl Protein System is dear to my heart, literally - since it offers me an effective, nutritious way to get stronger, leaner, harder, bigger without resorting to other potentially harmful supplements. You know the supplements I am talking about, the ones that artificially JACK UP your hormone levels (Prohormones) and palpitate my heart (Ephedra). Until OSMO came into my life 2 years ago - I was a slave to these supplements - Yeah sure they work - but if you are like me and starting to worry about your health (I ain't no spring chicken anymore) - tampering with my hormone levels unnaturally and racing my heart with Ephedra is bothersome and probably deadly. I am endorsing OSMO with my heart and soul since OSMO's nutritionally correct Methyl Proteins improve my own body's functionality - so much so that I feel like I am making enough of my own TESTOSTERONE now - that I don't need to screw with it artificially. Ephedra isn't necessary either since the improved functionality of my body at the cellular level (by way of improved Methylation) leaves me feeling more energetic than the freakin' energizer bunny!

Do You Want To Be A Wrecking Machine In the Gym... Kicking Butt and Taking Names...

If you're still reading this ad - congratulations to you. You definitely are among the elite in both mind and body. You'll become even more so - I promise- once you get on OSMO's Methyl Protein System formulated by the best man in the business - Dr. Meduri PhD Biochemistry, DSc Neurochemistry. I am so confident that OSMO's Methyl Protein System is going to work for you that I want to help you get over any reservations that you might have about investing in the best, most correctly formulated protein system in the world. Here's what you can expect when getting on OSMO's Methyl Protein™ System:

DAY 1-5 You sleep better at night(deeper sleep means better growth hormone release). Workouts are more productive, you're sweating more because of natural thermogenesis resulting from improved Methylation in the body.

DAY 6-10 Your musculature is improving. Very noticeable improvements in muscular definition, size, "tightness", and strength. Cardio is getting easier and even fun. Your mid-drift is leaning out. Workouts are very productive and satisfying. People notice you more.

DAY 11- You're a "Wrecking Machine", Kicking Butt and taking names. You "rep-out" with rep ranges you thought were impossible for you. Instead of three sets per exercise you're "getting off" on doing four to five sets. Your metabolism is screaming like a fuel injected jet engine. You sweat like a hog during workouts because you are burning fat. Dramatically improved lean body mass to fat ratios. You're "the Man"! Everyone wants to know "what your takin'".

OSMO Offer

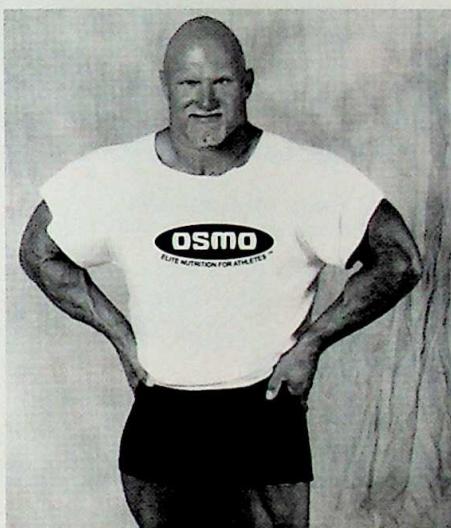
Since you stuck with me this far - I like you and I want to see you do well. It's apparent that you are someone who is serious about proper supplementation and how proper supplementation can serve to improve your strength, size, definition, overall leanness, and muscularity. Since you're serious, I'm serious about making your decision to get on OSMO the easiest decision you've made in a long time.

Here is the OSMO offer which I personally guarantee for you. Buy a 3 week supply of OSMO's Methyl Protein™ System. When you get it - start using it immediately. OSMO's Methyl Protein™ System will arrive to you in a convenient, easy to use package. Use the OSMO's products every single day - **NO INTERRUPTIONS** - and work out hard. Inside your delivery of OSMO's Methyl Protein™ System will be a simple to understand instruction manual on exactly how to use Methyl Protein System.

No Risk 30 Day Guarantee And OSMO Bonus!

When you buy a 3 week supply of OSMO's Methyl Protein™ system, OSMO will guarantee your satisfaction for 30 days! This means that if after you use the Methyl Protein System, you do not agree that your performance, strength, muscularity, definition and overall look is improved dramatically-simply return the canisters of the system and OSMO will refund 100% of your money - no questions asked.

As an additional bonus - just for trying the OSMO Methyl Protein System - OSMO will give you the awesome OSMO rag shirt you see me wearing here (a \$20.00 value - absolutely free).



FREE OSMO Rag Shirt with purchase.

Don't Talk Yourself Out Of It

I am so confident about OSMO's Methyl Protein™ system and how it will help you, that I ain't going to let you talk yourself out of it. That's why I am guaranteeing it - no risk to you. You see I know that OSMO Methyl Protein™ system works. It will work for you and I want to get it in your hands so that you can get off of stuff like potentially harmful prohormones and Ephedra - so that you can feel your body really respond to exercise again, feel and see yourself improving strength, muscularity, definition, hardness and "tightness". I can make this bold guarantee because refunding your money is not even going to be necessary. Quite frankly, I know that you're going to get addicted to OSMO and be calling for more every month. OSMO is what I say it is - safe and effective at building a stronger, harder, leaner more defined you or your money back.



"OSMO MethylTM Protein gives me everything I need lift heavier and heavier. I love this stuff!"

-Garry Frank -Strongest Powerlifter in the World-
Powerlifting total 2700lbs



"OSMO at its best - Here I am - built like a brick outhouse - hard, muscular, defined and strong as an ox. 4% body fat."

- Joe Ladnier - Strongest Bodybuilder in the world
Powerlifting total 2300lbs+

Order Now Toll Free!



MAIL ORDER TO:
OSMO DISTRIBUTION, LLC.
291 COVENANT SQUARE
BILOXI, MS 39531

TOLL
FREE

1-888-388-9233
EXT. 210

QTY	FLAVOR	PRICE	TOTAL
1	CHOC. OR VANILLA (SINGLE CAN)	\$75	\$75

METHYL PROTEIN™ System(3 Week Supply)	1	CHOC. OR VANILLA (SINGLE CAN)	\$75
BONUS #2 OSMO Rag Shirt (\$20 Value)	1	N/A	0

MASTERCARD VISA AMERICAN EXPRESS DISCOVER	SHIPPING	\$4.99
	TOTAL	\$79.99

CREDIT CARD #	EXP
---------------	-----

CHECK MONEY ORDER

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE NUMBER _____

EMAIL ADDRESS _____

DEALER INQUIRIES WELCOME

TITAN HI-PERFORMANCE

Featuring NXG Fabric!



THE CENTURION

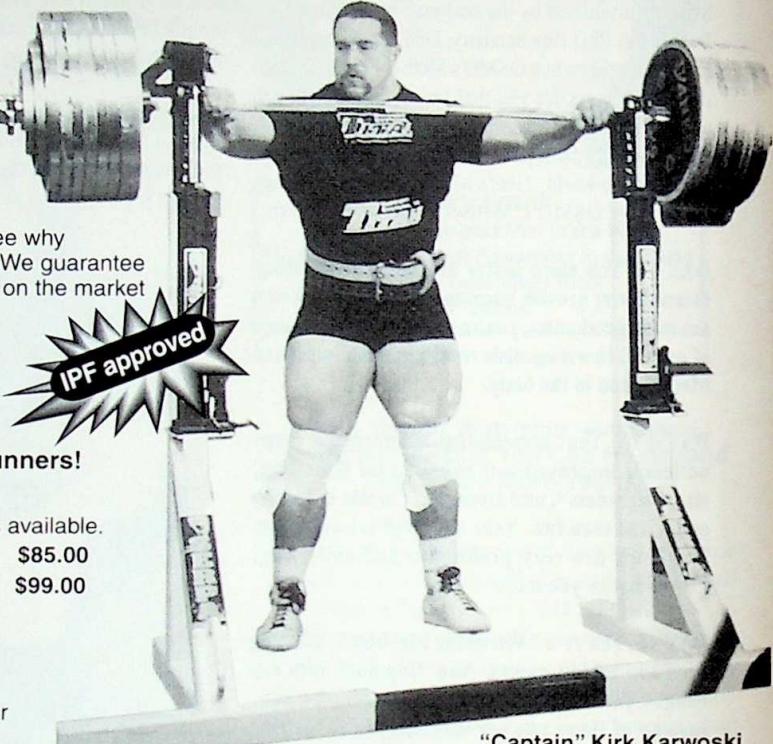
Patent #5,046,194

Now constructed with **NXG** fabric! **NXG** makes every other fabric obsolete! It has the **least stretch** and the **most support** of any fabric on the market, and is virtually **tear proof** and **run proof**!

Combine **NXG** with our **patented harness** support system and you'll see why lifters everywhere are reporting P.R.'s from the local level to the Worlds! We guarantee that Our Centurion or Dual Quad will **outperform** any other suit on the market any day of the year, every day of the year!



Tested at the 2000 Mens Worlds.
Preferred by 7 of 11 lifters of the USA Team!



1 Year Blowout Guarantee and 11/2 Years on Runners!
Guaranteed to outperform every suit on the market!

- Colors: Black, Royal Blue and Red. Combination colors available.
- Centurion (stock sizes) \$85.00
- Custom Tailored Dual Quad \$99.00



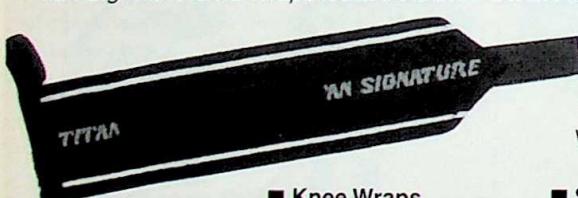
SIGNATURE GOLD WRAPS

In 1995 Titan engineered the most **radical change** in wrap technology ever and forever changed the performance and look of wraps everywhere. In 1999, Titan does it again.

Titan Signature Gold Wraps feature **FOUR POWER BANDS** for maximum power and rebound:

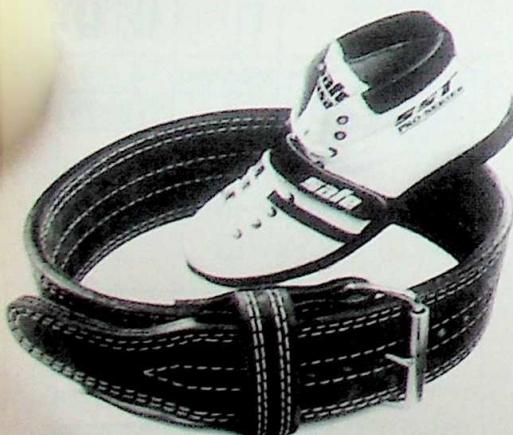
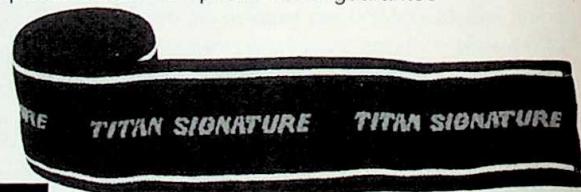
two gold power bands on the outside with two black power bands in the center surrounding our distinctive red logo! One pull will confirm that you'll get more power and performance from Titan Signature Gold Wraps than any other wrap around!

Wrist Wraps feature military grade Aplix and thumb loop. Six month guarantee



- Knee Wraps
1 pr. \$23.95
2 pr. \$22.00

- Std. (12") Wrist Wraps \$13.50
- 50cm \$14.50
- Mid (24") \$15.50
- Full (36") \$17.50



ULTRA BELTS

Made in the USA. The heaviest, strongest belt ever! Features: (1) Seamless roller; (2) Full leather buckle fold over; (3) 2 layers of HD steerhide, 13 mm thickness. Used by Capt. Kirk and other great champions!

- Custom Colors. One or two prong \$99.00

SST PRO SERIES

The original and still ultimate power shoes. Features: (1) Custom sizing; (2) Wedge arch Support; (3) Herringbone design sole; (4) Full grain leather; (5) Cambrelle lining; (6) Heel Counter for max stability; (7) Hi-Density molded sockliner; and (8) Velcro lateral strap. 4-6 wks. No COD's. Extra for E+ width.

- Starting at \$149.95

Call 1-800-627-3145 or 1-361-991-6749, Fax 1-361-991-9470
www.titansupport.com

ONE STOP DISCOUNT CENTER

UNBEATABLE PRICES & QUALITY

SERVING INDUSTRY SINCE 1974



LEATHER PADDED
ANKLE STRAP - \$14.95



POWER LIFTING GLOVES
WITH WRIST WRAPS - \$19.95
#IM-5640 (M, L, XL)



LEATHER DIP BELT
\$24.95

POWER LIFT KNEE WRAPS
#IM-5650

\$19.95
(Free shipping)



1/2" thick top quality Leather
POWER LIFTING BELT

LEATHER HEAD GEAR

FAT BAR (GRIP BAR)

#IM-0055

1 7/8" Dia. Deep Knurled Pipe
FOR COMFORTABLE LIFTING - CHROME PLATED - \$69.95

SAFETY SQUAT BAR #IM-0210

\$199.95

SQUAT CAMBERED OLYMPIC BAR
#IM-0200

\$129.95

COMPETITION BENCH WITH SPOTTER STAND

(C-PRO95202 & SS-B)
4"X2" Steel Tube
Deluxe Padding
6000 lb. Capacity

\$289



GLUTE & HAM STRING
MACHINE #C82625W

\$224

(Step shown costs extra)

Specially Designed Diamond Toe Plate for Foot Support
Adjustable Horizontal & Vertical Slide
Special Contoured Seat
Front & Rear Hand Grips
2" X 4" Base for Stability
60" L x 26" W x 51" H

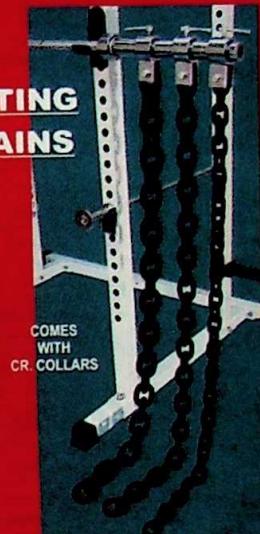
Specially Designed
Step (black) - **\$69.95**
(#c-82625-STEP-B)

TRICEP ROPE



\$14.95

LIFTING CHAINS



COMES WITH
CR. COLLARS

Junior Chain 30lb/pr-\$99
Medium Chain 44lb/pr-\$109
Heavy Chain 60lb/pr-\$149

THICK BARS FOR BIG STRONG HANDS

High Grade Steel Knurled, Chrome Plated & Professionally Finished

C-0125 - FAT OLYMPIC DUMBBELL BAR

\$49.95

1 7/8" Dia. Knurled Grip for Big hands Chrome Plated

C-0130 - FAT DUMBBELL BAR-24"

\$29.95

C-0120 - FAT WRIST LEVERAGE BAR

\$24.95

Great to Build Massive Wrists

PLYO BOXES

Solid Non-Skid Ribbed
Rubber Top
6, 12, 18, 24, 30, 36 & 42"

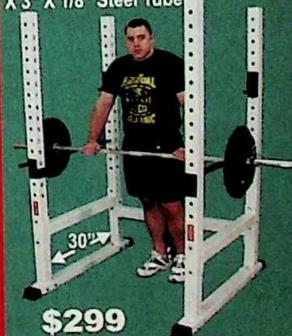


6" - \$47.95; 12" - \$54.95
18" - \$69.95; 24" - \$84.95
30" - \$94.95; 36" - \$109.95 & 42" - \$129.95
BUY COMPLETE SET AND SAVE EVEN MORE!!

8510 POWER RACK SYSTEM

C-PRO92560-TITAN POWER CAGE

3" X 3" X 1/8" Steel Tube



MEGA TRAP/HIP BAR

SHOWN WITH 9 X 45 lb. PLATES ON EACH SIDE #IM-0210-O

\$189

Plates costs extra

BENCHES, CALF MACHINES, DUMBBELL RACKS
LAT MACHINES, PLATE HOLDERS, POWER RACKS
SMITH MACHINES, PLATES, HEX DUBBELLS
WEIGHT SETS, AND MORE!!

160 Home St., Elmira, NY 14904
Tel: 800-446-1833; Fax: 607-733-1010

1550 Jefferson Rd, "Bowl-A-Roll Plaza"
Henrietta, Rochester, NY-14623. 585-424-5180

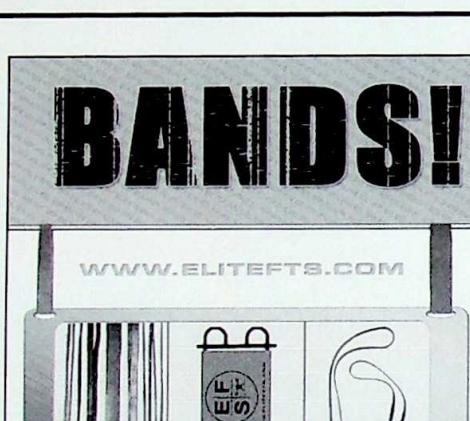
PL-103003

New York Barbell of Elmira

WEB: www.newyorkbarbells.com

**N.A.S.A. BP & DL NATIONALS
08 MAR 03 - Springfield, OH**

BENCH	280	bpm5	dlm1	jr	nov	Powersports	Curl	BP	DL	TOT
hs	138	Mark Evans	105	Bob Lamb	205	Noah Snyder	315			
154	Paul Bryant	192.5	bpm5	127	Mike Connor	192.5	Jim Cheeseman	62.5	132.5	227.5
Trevor Rhiner	92.5	p+f	227	dlm1	250	Noah Snyder	257.5	wbs		422.5
hs	227	Tom Boyer	165	227	p+f	Keith Baker	110			
170	Dennis Herron	242.5	bpmat	187	280	Valerie Pendleton	12.5	37.5	97.5	
Tyson Sanders	117.5	pure	227	dlm2	m1	147.5				
int	170	Keenan Robbison	197.5	Larry Donahue	155	Paul Bryant	170			
187	Ed Mc Corriston	165	bpmov	250	m1	170				
Izzi Martini Jr.	167.5	pure	154	dlm2	280	Erin Rohrer	17.5	37.5	77.5	132.5
int	205	Jessikka Cox	92.5	Frank Newbill	167.5	Tara Palmer	22.5			
280	Christian Durant	182.5	bppure	170	Tom Boyer	202.5	The 2003 N.A.S.A. March 8th Bench Press &			
Jason Voelkel	187.5	pure	227	bpm1	227	Dead Lift National Championship were held	@ Northeast High School, 1480 Bowman			
ir	227	Frank Newbill	167.5	dplure	250	Robert Gregory	215	Road in Springfield, OH. This meet included		
119	J. T. Hall	205	bpm1	227	154	Christian Durant	227.5	the new division called Unlimited Bench Press		
Chris Deck	97.5	pure	227	250	Desmond Phillips	322.5	Division. The rule is that a lifter can use			
jr	250	Ken Baltes	170	wbphs	322.5	Russell Dodson	175	unlimited ply's of bench shirt material, but		
154	Isaac Thomas	222.5	bpm2	119	m3	205	drug testing will be in affect too. The new			
Trevor Rhiner	92.5	pure	227	wbpm1	170	Christian Durant	227.5	Unlimited Bench Press Division offers bench		
jr	250	Keenan Robbison	197.5	wbpm1	154	O. J. Mills	270	pressers to take advantage of the new de-		
170	Greg Martin	205	bpm2	227	sm1	270	velopments in equipment technology. Stan-			
Brit Waters	152.5	pure	227	250	187	Robert Gregory	215	dard weight classes will be used in this new		
jr	250	Keenan Robbison	197.5	wdlm1	170	187	division. No records will be kept the first			
187	Jeff Ritzler	182.5	bpteen	170	227	170	year. The N.A.S.A. lifters voted for this new			
Jason Gonzales	155	sm1	170	250	227	Tyson Sanders	210	Unlimited Bench Press Division. So, N.A.S.A.		
jr	227	Tyson Sanders	117.5	DL Only	145	Steven Schwab	180	is a lifter organization for lifters! Lifters		
187	O. J. Mills	175	dlhs	hs170	145	Clara Queen	145	living in States where N.A.S.A. conducts State		
Adam Roberts	147.5	sm2	315	Seth Castro	227.5					
jr	250	Chuck Mooney	165	Tyson Sanders	210					
205	Ed Mc Corriston	165	dm1	119	nov187					
Mike Connor	152.5	sm2	119	227	Robert Gregory	215				
m1	250	Chuck Mooney	167.5	int	227	Tyson Sanders	210			
119	Jason Andrews	207.5	Chuck Mooney	167.5	nov227	Steven Schwab	180			
Chuck Mooney	92.5	sm2	250	250	Dave Brown	250				
m1	250	Greg Martin	205	Dave Brown	250	Dave Brown	250			
127		sm2								
Bob Lamb	105	Jeff Ritzler	182.5							
m1	250	sm1								
205		sm1								
Tim Mull	195	sm1								
m1	154	John Six	140							
205		sm1								
Larry Lipscomb	187.5	227	Charles Underhill	207.5						
m1	227	sm1								
Dan Goble	195	250	sm1							
m1	250	Isaac Thomas	222.5							
315		sm1								
Michael Giese	180	250	sm1							
m1	250	Jeff Ritzler	182.5							
shw		sm1								
Steve Ellis	237.5	280	sm1							
m2	280	Paul Bryant	192.5							
205		sm1								
Roy Gilbert	115	shw								
m2	280	Dennis Herron	242.5							
227		teen								
Mike Brown	172.5	154	Trevor Rhiner	92.5						
m2	154	teen	teen							
227										
Daniel Dougherty	155	170	Tyson Sanders	117.5						
m2	170	teen	teen							
227										
Vincent White	145	170	Tyson Sanders	117.5						
m3	170	teen	teen							
187										
Jim Shoaf	127.5	227	Mark Battaglini	177.5						
m3	227	UN	UN							
Charles Workman	137.5	220.25	J. T. Hall	205						
m4	220.25	UN	UN							
170										
Harry Rome	72.5	242	Tyler Alexander	175						
m5	242	wm3								
205										
Tim Mull	195	187	Sue Ann Pack	95						
m5	187	bphs								
205										
Larry Lipscomb	187.5	170	Tyson Sanders	117.5						
m5	170	bphs	bm1							
227										
Quinton Scott	152.5	315	Seth Castro	145						
nat	315	bm1	bm1							
205										
Tim Mull	195	138	Tim Gunderson	92.5						
nat	138	bm1	bm1							
227										
J. T. Hall	205	119	Chuck Mooney	92.5						
nat	119	bm1	bm1							
250										
Jeff Ritzler	182.5	127	Bob Lamb	105						
nov	127	bm1	bm1							
227										
John McGee	165	227	Tom Boyer	165						
nov	227	bm1	bm1							
227										
Brad Nuzum	160	187	Jeff Daniel	127.5						
p+f	187	bm1	bm1							
187										
Keith Baker	160	187	Larry Donahue	122.5						
p+f	187	bm1	bm1							
187										
Jim Vaurek	155	250	Michael Ferguson	167.5						
p+f	250	bm1	bm1							
227										
Daniel Dougherty	155	227	Herb Yakel	122.5						
p+f	227	bm1	bm1							



BANDS	COST/ONE BAND*
Mini (1/2" wide, assorted colors)	\$10.00
Light (1-1/8" wide, Purple)	\$18.50
Average (1-3/4" wide, Green)	\$22.50
Strong (2-1/2" wide, Blue)	\$28.50
Jump Stretch Regular Platform	\$145.00
Jump Stretch Sumo Platform	\$245.00

*Shipping charges additional, please call for quotes.

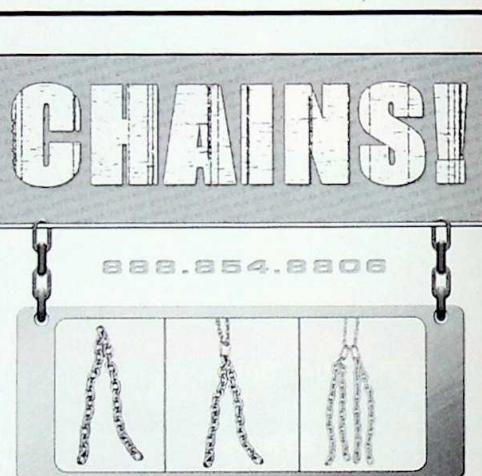
We accept Visa / MC / Discover / AmEx

Checks and money orders may be directed to the address below:

EF
S*
WWW.ELITEFTS.COM

ELITE FITNESS SYSTEMS
122 S. Main St. London, Ohio 43140
P 888.854.8806 F 740.845.0498

EF
S*
WWW.ELITEFTS.COM



5/8 CHAINS: (2) 5/8in chains	\$76.00*
Complete Set: (2)chains,(1)helper chain, (1)oval snap hook	\$95.99*
5-Station Chain Pack: (5)complete sets (10)extra 5/8 chains	\$815.00*

and Regional meet's, must have qualified for this meet in the past year with a 1st thru 3rd place finish. If no N.A.S.A. meets were held in your state in the past year, you need not qualify to enter this meet. The meet director is Rich Peters (OK), the President & Founder of N.A.S.A. Rich Peters had a very long drive from OK. I thank him for bringing the 2003 N.A.S.A. Bench Press and Dead Lift National Championship to the Great Buckeye State. Greg Van Hoose, Vice-President of N.A.S.A. drove from WV with a bench and other equipment to run another platform. Greg had to leave his brand new baby daughter with the mom (Susan). That's dedication & congratulation on a new baby girl!!! The head judges were Bo (WV), Big John Orr (WV) and Gary S. (OH). Thanks for driving from WV to judge this awesome meet. There were 121 entries from 10 different states (OH, NC, PA, WV, TN, IA, IL, MO, IN and KY). OH had the most entries with 84. WV has 10 entries, KY has 8 entries, IA has 5 entries. PA has 5 entries, IL has 4 entries, TN has 2 entries, IN has 1 entry. MO has 1 entry. NC has 1 entry. There were almost 40 late entries during Saturday morning weigh-ins. Each lifter didn't mind paying a \$10 late fee. They just wanted to compete in a great Drug-Free Bench Press National Championship. That's what N.A.S.A. gave to the lifters and

much more! BENCH PRESS COMPETITION Dennis Herron (OH) benched press 535lbs @ body weight of 330lbs with a coefficient of 2.25. Dennis Herron (OH) is currently ranked #35 in the N.A.S.A. Top 100 bench press ranking. This was the biggest bench of the whole meet. Steve Ellis (IL) benched press 523lbs @ body weight of 340lbs with a coefficient of 2.2838. Isaac Thomas (OH) benched press 490lbs @ body weight of 242lbs with a coefficient of 2.5266. Isaac Thomas (OH) is currently ranked #16 in the N.A.S.A. Top 100 bench press ranking. J.T. HALL (KY) benched press 451lbs @ body weight of 206lbs with a coefficient of 2.5129. J.T. HALL (KY) missed 530 @ knockout. J.T. HALL (KY) is currently ranked #53 in PLUSA Top 100 list for the 220lb class with a 510lb bench press and ranked #3 overall in N.A.S.A. Top 100 bench press ranking because of the best bench shirt on the planet which is IN-ZER PHENOM. GOT PHENOM!!!! Charles Underhill (OH) benched press 457lbs @ body weight 226lbs with a coefficient of 2.4350. Charles Underhill (OH) is currently ranked #37 in the N.A.S.A. Top 100 bench press ranking. Tim Mull (IL) benched press 429lbs @ body weight of 203lbs with a coefficient of 2.4100. Tim Mull (IL) is currently ranked #12 in the N.A.S.A. Top 100 bench press ranking. Frank Newbill (OH) benched press 369lbs @ body weight of 163lbs with a coefficient of 2.3183. Frank Newbill is currently ranked #80 in the N.A.S.A. Top 100 bench press ranking. Chuck

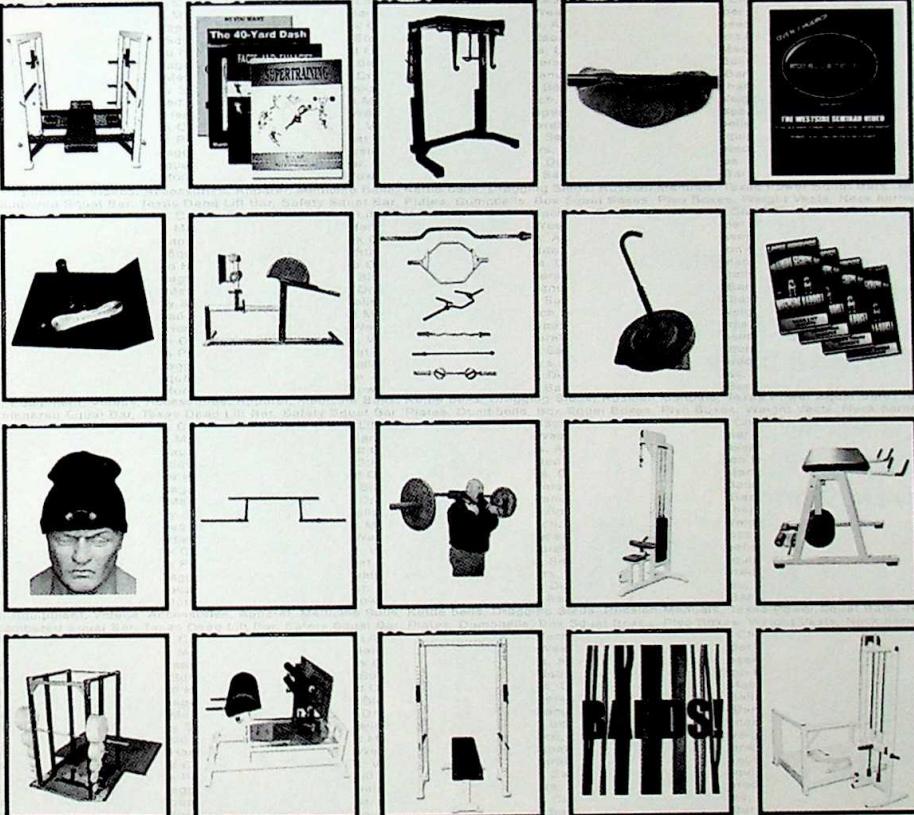
body weight of 236lbs with a coefficient of 2.3534. Jason Andrews (OH) benched press 457lbs @ body weight of 244lbs with a coefficient of 2.3474. Larry Lipscomb (IA) benched press 413lbs @ body weight of 203 with a coefficient of 2.3139. Christian Durant (OH) benched press 402lbs @ body weight of 188lbs with a coefficient of 2.3405. Greg Martin (OH) benched press 451lbs @ body weight of 236lbs with a coefficient of 2.3534. POWERSPORTS COMPETITION is competition without bench shirts, squats suits and deadlift suits. A four-inch belt is allowed, but no wrist wraps are allowed. Also, there is curl competition too. Powersports is a great way to test true powerlifting strength. One of the goals of Powersports competition is to allow lifters to compete without equipment and don't have to worry about the expenses from buying powerlifting equipment. Other words, money to buy powerlifting equipment doesn't determine the winner, but true raw strength does. Keenan Robbison (OH) benched press 435lbs @ body weight 227lbs with a coefficient of 2.3128. Keenan Robbison is currently ranked #94 in the N.A.S.A. Top 100 bench press ranking. Frank Newbill (OH) benched press 369lbs @ body weight of 163lbs with a coefficient of 2.3183. Frank Newbill is currently ranked #80 in the N.A.S.A. Top 100 bench press ranking. Chuck

Mooney (WV) deadlift 369lbs @ body weight of 118lbs with a coefficient of 2.7975. Bob Lamb (KY) deadlift 424lbs @ body weight of 126lbs with a coefficient of 3.0980. Desmond Phillips (OH) deadlift 710lbs @ body weight of 230lbs with a coefficient of 3.7501. That was awesome seeing Desmond Phillips (OH) deadlift more than 700lbs raw! Jim Cheeseman (OH) curled 138lbs, bench press 292lbs and deadlift 501lbs for a total of 931lbs with a coefficient of 4.4949. DEAD LIFT COMPETITION Dave Brown (OH) deadlift 551lbs @ body weight of 215lbs with a coefficient of 2.9988. Jim Warner (OH) deadlift 501lbs @ body weight of 154lbs with a coefficient of 3.2542. Malikzulu Lumumba (OH) deadlift 655lbs @ body weight of 259lbs with a coefficient of 3.2778. Eugene Martin (OH) deadlift 501lbs @ body weight of 208lbs with a coefficient of 2.9307. Keith Baker (WV) deadlift 507lbs @ body weight of 182lbs with a coefficient of 3.26. Christian Durant (OH) deadlift 501lbs @ body weight of 188lbs with a coefficient of 2.9176. O.J. Mills (OH) deadlift 595lbs @ body weight of 221lbs with a coefficient of 3.13. Paul Bryant (OH) deadlift 573lbs @ body weight of 273lbs with a coefficient of 2.19. Noah Snyder (OH) deadlift 567lbs @ body weight of 248lbs with a coefficient of 2.8901. There were 4 flights of bench press, 2 flights of deadlift competition and 1 flight of curl competition. Awards were given 1st thru 5th place for each weight class in each division for Bench press, Deadlift & Powersports competition. Awards consisted of many 2, 3, & 4 feet column trophies and extra large plaques. A nice size 60-inch column trophies were awarded in the unlimited bench press divisions. I would like to thank the judges, spotters and loaders that work their butts off for this meet. Without you guys, there wouldn't have been a Bench press & Deadlift National Championship @ OH! Thank you guys from the bottom of my heart. The next upcoming N.A.S.A. National meet in OH will be the JUNE 14 N.A.S.A. USA NATIONAL CHAMPIONSHIP with an Unlimited Bench Press Division @ Northeast High School, 1480 Bowman Road in Springfield, OH. The N.A.S.A. OH Regional Powerlifting, Bench press & Powersports Championship will be October 11th @ Northeast High School, 1480 Bowman Road in Springfield, OH. For additional information about upcoming N.A.S.A. meets, please check out the web site @ www.nasaports.com or call 405-527-8513. The N.A.S.A. OH web site is www.nasa-ohio.com. God bless. (J.T. HALL, AA, BS, CPT N.A.S.A.KY CHAIRMANnasakentuckystatechairman@yahoo.com)

WNPF Newark Open 20 JUL 03 - Newark, DE

BENCH PRESS	DEADLIFT
181	123
LIFETIME	35-39 RAW
ZIMMERMAN	370 TORRES
13-16	LIFETIME RAW
TOWNSEND	245 TORRES
35-39	100
GATTINELLA	350 9-19 RAW
40-49 RAW	GATTINELLA 105
RENNINGER	190 165
LIFETIME RAW	9-10 RAW
BOWERS	340 TAYLOR
220	181
OPEN RAW	LIFETIME
WALLACE	460 ZIMMERMAN
LIFETIME RAW	40-49 RAW
WALLACE	460 RENNINGER
HICKS	315 198
40-49 RAW	LIFETIME RAW
HICKS	315 BOWERS-BL
60-69 RAW	LIFETIME
DAVIS	275 SKINNER
242	40-49
40-49 RAW	SKINNER
EDGERTON	315 WELTON
40-49	220
RHODES	375 NOVICE RAW
275	MARSHALL
13-16 RAW	424 40-49 RAW
GRANT	225 EDGERTON
40-49	275 20-25
BRINTON	480+ SANDSTRUM
SHW	OPEN
50-59 RAW	SANDSTRUM
GRANT	315 POWERCURL
50-59	220 50-59
GRANT	360 SECCHIUTI
	130

* - WNPF American Record. (Results - WNPF)



WWW.ELITEFTS.COM
ONLINE STORE | Q&A | ARTICLES

OUR STRENGTH IS BEING ELITE
ELITE FITNESS SYSTEMS, INC.
122 South Main Street London, Ohio 43140
Order Line: 888.854.8806 Customer Service: 740.845.0389
WWW.ELITEFTS.COM



More than before in 2004!

GNC

ARNOLD



March 5-7, 2004

Greater Columbus Convention Center & Veterans Memorial
Columbus, Ohio USA

16th Annual Arnold Schwarzenegger Classic

Ms. International • Fitness International • Figure International

Arnold Fitness EXPO • Martial Arts World Games

Arnold Strongest Man Contest • Armwrestling Challenge

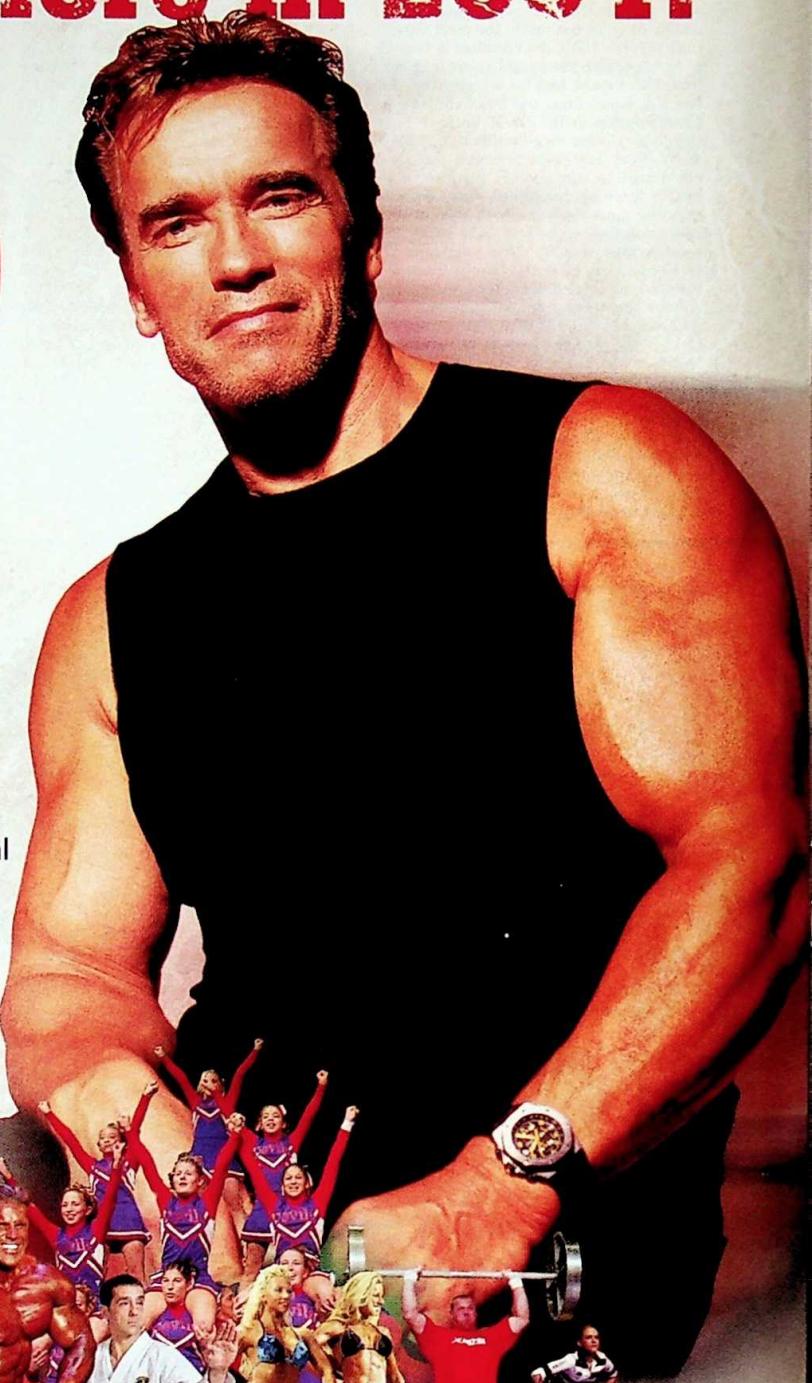
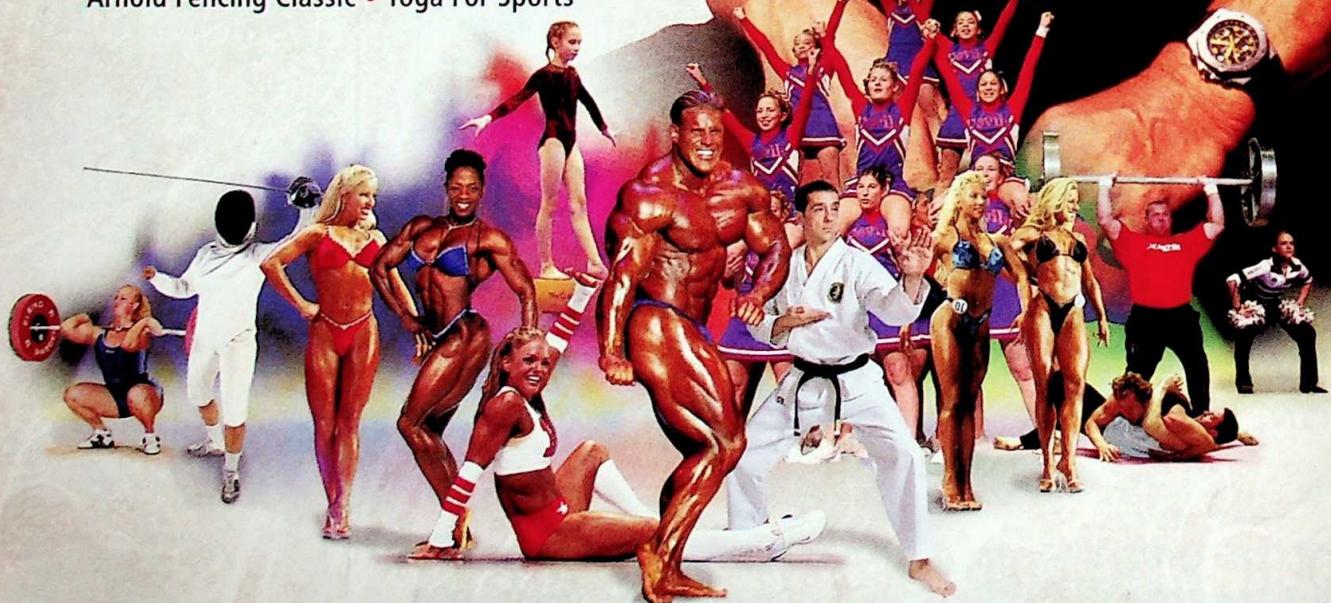
WPO Finals • Arnold Classic Cheerleading & Dance

Team National Championships • Bench Press Challenge

Arnold Olympic Weightlifting Championships

Gymnastics Challenge • 5K Pump and Run

Arnold Fencing Classic • Yoga For Sports



TICKET INFORMATION: www.ticketmaster.com, phone 614-431-3600, or write Ticketmaster, 1103 Schrock Rd, Columbus, Ohio 43229

WEEKEND INFORMATION: www.arnoldfitnessweekend.com www.arnoldclassic.com www.arnoldfitnessexpo.com www.arnoldmartialarts.com

HUMMER  Kingston MET-Rx[®] ENHANCED NUTRITION NET JETS[™] PHYSICAL MAGAZINE Pinnacle STAR TRAC[®]  Nautilus[®]

A SCHWARZENEGGER/LORIMER PRESENTATION (DBA) CLASSIC PRODUCTIONS, INC.

©2003 CLASSIC PRODUCTIONS INC.

Special Thanks to Fitness Phenom Elaine Goodlad.
Photos courtesy of Terry Goodlad.



HOUSE OF PAIN



Call to order

1-888-463-7246

or fax

972-772-5644

or order online @

www.houseofpain.com

or mail your check to: HOUSE OF PAIN P.O. Box 333 Fate, TX 75132



FEATURED ITEMS: Zip Front Vest \$20 black, grey, pale blue, purple (s-xl).

Flare Leg Pants \$26 black, grey, pale blue, purple (s-xl). Triangle Halter Top \$14 black, ash (s-xl).

Gym Girl Shorts \$15 black, grey, navy (s-xl). Spaghetti Strap Top \$14 black, grey, red, white (s-xl).

Baseball T-Shirt \$14 assorted color-combos (s-xl). Baby Doll Tribal T-Shirt \$14 white, pink, ash, black (s-xl).

Tie Halter Top \$14 yellow, white, pink, black, blue (one size). Cheer Shorts w/print on rear \$15 black, grey, red, blue (s-xl).

Gym Girl Tank \$14 black, red, ash, white (s-xl). Sports Bra \$16 black, ash (s-xl).

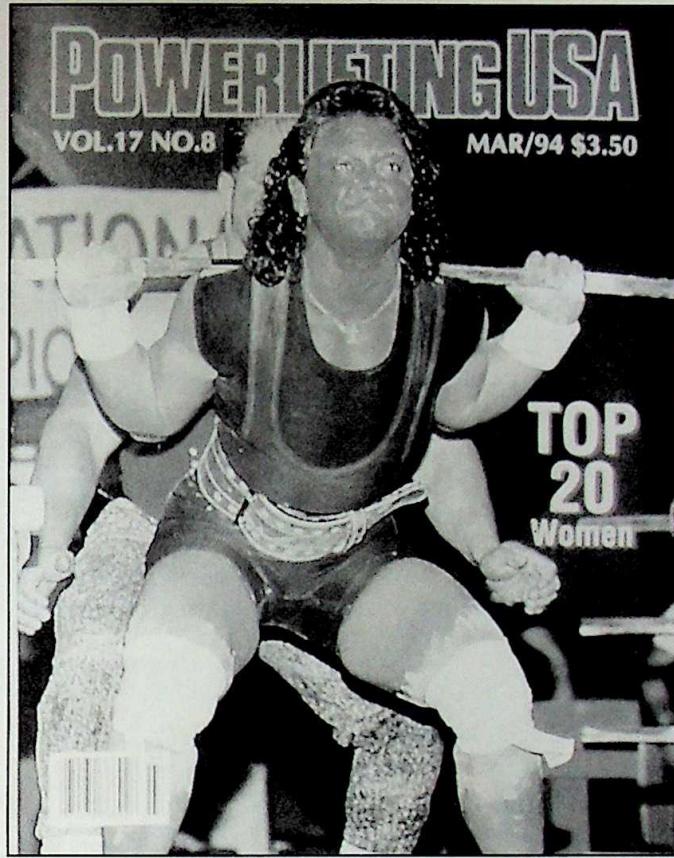
PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPATOP 20181's
Sep/93... ADFPAMen's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPATOP 20198s
Oct/93... APF Seniors, NASAWorldCup, Grant Pitts Profile, ADFPADL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPATOP 20220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Otonto Bench, TOP 100 148s, ADFPATOP 20275s
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPATOP 205HWS.
Feb/94... Drug Test Methods, ADFPANational Masters, Malibu Classic VI, Greg Warr BPWorkout, Hemia Surgery, TOP 181s, ADFPATOP 114s
Mar/94... Women'sTOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPATOP 20123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPFWorlds, TOP 100 220, ADFPATOP 20132s
May/94... USPF/ADFPACollegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPATOP 20148s
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPATOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPATOP 20181s
Aug/94... APFSRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPATOP 20198s.
Sep/94... ADFPAMen's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPATOP 20220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PLA Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPATOP 20275s.
Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jr/Women United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPFWorldMasters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198s.
Mar/95... Women'sTOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, LMW. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Kravet, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BPWorkout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLESENIORSISSUEADPVA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World

123s
Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Lfts.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Asten DL, TOP 100 181s
Jan/98... IPF Men-Master-Jr. Worlds, WDFPF Men -Teen -Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. I, IPF Seniors, Asians, Speed Strength, TOP 100 220s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keysto Success, AAUPC/WDFPFSplit, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's National's, Platform Deadlifts, ADPWA Women, Yueh-Chun Chang, IPFWorld's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors, Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s
Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98... IPF Masters-Juniors-Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 Lbs, Dennis Brady, TOP 100 181s
Jan/99... WABDL Worlds, WPC Worlds Pt. I, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPFWorlds, Jerry Tancil, TOP 100 198s.
Feb/99... WPC Worlds Pt. 2, Coangoes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99... The EDCOAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s
Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
Aug/99... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99... USAPL Men's Nats., APF SRs, Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s
Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duoby Louie Simmons, TOP 100 165s.
Dec/99... IPF World Masters/Juniors, USAPL/AU BN Nationals, Meet Information Management, Maximal Resistance Method by Louis S., TOP 100 181s
Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPN Nationals, Best Lifters of the Century, More Big BPs by Louie S., TOP 100 220s
Mar/00... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women-Teen -Masters, The Conjugate Method by Lou Simmons
Apr/00... ArnoldClassic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00... Dennis Cieri, What is J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00... Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canadato Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 flyweights.
Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF & APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onsai, Building the Torso, TOP 100 123s
Sep/00... USPF Srs., IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ-By Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights
Dec/00... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Light Heavyweights
Jan/01... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s
Feb/01... Garry Frank Goes 2500, WPC Worlds Pt. I, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

WWW.1500LB.COM

The March 1994 edition of *PL USA* had the Women's TOP 20 rankings ... among the notables on the 97 lb. class listing were Ann Leverett (264 SQ, 170 BP, 330 DL, 766 TOT), Sioux-Z Hartwig at 105 (264 170 303 738), Amy Weisberger at 123 (352 214 358 925), Bettina Altizer at 132 (421 302 369 1041), Nancy Dangerfield at 148 (418 214 473 1107), Krista Ford at 165 (385 270 424 1080), Linda Jo Belsito at 181 (400 200 400 1000), Lynn Boshoven at 198 (505 320 485 1285), and Cyndi Regan at SHW (457 237 374 1052). The first woman who would bench press 400 in competition, Tamara Rainwater-Grimwood, was profiled by her husband Terry Grimwood. Andrea Sortwell set out her training program for teenage girls in our STARTIN' OUT section. The TOP 100 198s had Oct/2003 coverman Gene Bell in the Number One spot in the squat (777) and total (1978), with his buddy Sly Anderson in the top deadlift spot (766). Perry Lewis was No. 1 with a 555 in the bench press. Paul Sutphin was 68th in the squat with 639. IPF Record setter James Rouse was 90th in the bench with 430,



BACK ISSUE OF THE MONTH ... you can still get the MAR'94 edition of *PL USA*, and many others, for \$5 postpaid (see details below, and ask about our price break(s) when you order more than one issue!)

and Scott Waits was 89th in the deadlift with 611. John Black was 69th in total with 1610. Al Gerard, inventor of the TRAP

BAR, had his three lift training plan in this issue, along with comments, pro and con, about the bar by Louie Simmons. We

Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP

Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s

May/01 ... EdCoan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's **Jun/01** ... Sioux-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s

Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s

Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s **Oct/01** ... World Games, Tom Manno Interview, Jamie Harris Interview, John Corlelo Jr. Interview 700 BPC Club, Speed Cycling by Louie S., TOP 100 148s.

Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s **Dec/01** ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s

Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s

Feb/02 ... WABDL DL Worlds, IPF Bench Worlds, WNPW Worlds, WPC Worlds, Halberton Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 226s

Mar/02 ... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Liungberg, Becca Swanson, 850 DLs, Louie on the Repetition Method

Apr/02 ... WPO Finals Qualifier/Arnold Bench Bash, Ano Turtainen Interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s

Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs

Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt.

1, Karen Sizemore Interview, TOP 100 114s.

Aug/02 ... APF Seniors, USAPL Men's Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s

Sep/02 ... Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s

Oct/02 ... 556 squat @ 132 by Nance Avigliano, USAPL BP Natl, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues by Blakley, TOP 100 148s

Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, EdCoan Deadlift Workout, TOP 100 165s **Dec/02** ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPFS Subj. Worlds, Fred Hatfield Interview, Louie on Explosive Strength, TOP 100 181

Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s

Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s

Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP Workout, The Tendo Unit, TOP 20 Women/Master/Teen lists

had the sad task of relating the death of early squat superstar Jack Barnes. Herb Glossbrenner's All Time 165 lb. Squat listing had Rickey Dale Crain on top with 755, and Dan Austin in 99th spot with 617. James Benemerito was interviewed by Bob Gaynor (regarding drug test failures, he stated "Anyone who is caught should have their name and picture displayed in POWER-LIFTING USA.") The MONOLIFT developed by Ray Madden out of Baden, Pennsylvania was advertised. Russ Kitani won the ADFPA California State BP title at 242 (he has since done 600!) An "R. Desmond" benched 405 for 3rd in the 275s at the Advance Fitness National Bench Challenge in Attleboro, MA (could that have been Ryan Desmond, now well over 700!) Miguel Castro won the 132s at the ADFPA Hudson Open with 405 240 550 1195. Giorgio Usai (of FORZA Strength Systems) pulled an unofficial USPF Teenage American DL record of 424 at 132 at the Washington State Meet. Chris Bymes benched 360 at 132 at the ADFPA New York state championship.

Apr/03 ... WPO Finals & Bench Bash for Cash @ Arnold Classic, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s

May/03 ... Bill Crawford's Road Back, Odd Haugen Strongman, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s

Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHVs

SEP/03 ... USAPL Men's Nationals, Bench America, Keeping Iron in the Blood, PL vs OL, 1000 lb. Squat Club, Best Female Powerlifters, Louie Simmons on What You Need in Your Gym, TOP 100 114s

Oct/93 ... Gene Bell Interview, John Ware Workout, Sioux-Z Hartwig Interview, A.R.T. Techniques, 50 Best Squats, 50 Best Benchers, Louie Simmons on Training the Back, TOP 100 132s

Nov/93 ... Bench Bash for Cash - Rychlak, Latimer, Schick Interviews, WPC North Americans, IPF Jr. Worlds, Mastering Technique by Louie Simmons, All Time Biggest Totals by Herb G., TOP 100 148s

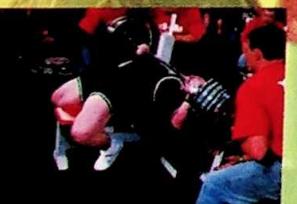
LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE), SEND TO POWERLIFTING USA, BACK ISSUES, BOX 3238, CAMARILLO, CA 93031.

A WEEKEND OF IMMENSE PROPORTIONS!

THEFITEXPO™

L.A.'S PREMIER STRENGTH & FITNESS EVENT

Special Guest Appearance
By Scot Mendelson,
World's #1 Bench Presser



February 20-22, 2004 11am-6pm daily

Pasadena Civic Center

300 E. Green St., Pasadena, CA.

PRESENTED
BY

**STRENGTH
SYSTEMS
USA**
Total Body Nutrition™

Featuring The 1st Annual

APF West Coast Powerlifting Extravaganza

A Qualifier for the 2004 WPO Finals in Atlanta

*Sat. & Sun., Feb. 21-22, 2004 11:00AM to 6:00PM
for entry info call 630-892-1491 or visit www.worldpowerlifting.org

\$12.00 GETS YOU ALL OF THIS!

Meet! Listen! Learn! Workout!

**IFBB Ironman
Pro Bodybuilding Contest**

NPC Women's Figure Competition

Strongman Exhibition

**Model Search &
Fitness Fashion Show**

Seminars with Elite Trainers

Workouts with Pro Athletes

Huge Exhibit Hall

Sponsored by

24 HOUR FITNESS

POWERTECH
The Original Leverage Company

MAXMUSCLE
www.maxmuscle.com

WPO
WORLD POWERLIFTING ORGANIZATION

VP
VANISHING POINT

LA S&F
LOS ANGELES SPORTS AND
FITNESS MAGAZINE

POWERLIFTING USA

BUSY BODY
HOME FITNESS

For complete details of all scheduled events and classes
and to purchase tickets visit www.thefitexpo.com



Featuring the 15th Annual

IRONMAN

Pro Bodybuilding Contest
*Separate ticket required.

ticketmaster

Selected events subject to a first come first served basis. Guests & attractions tentative & subject to change

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

20 DEC, APA Magnolia State Open PL, BP, DL, PP (Vicksburg, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

20 DEC, Body by George 'Mini Meet' Bench Press (teen, master, open, women) George Herring 770-963-6738

20 DEC, USPF RMAC 6th Ever Push/Pull, Rocky Mountain Athletic Center, 1968 West 6000 South, Roy, UT 84067, 801-776-1873

20 DEC, North Coast Push Pull (Freemont, OH) Rob Twining, 330-334-0557

20 DEC, (corrected phone number) 1st Bench Press Classic, Robt. Eckhart, 319 N. 2nd St., Lehighton, PA 18235, 610-377-5852

27 DEC, USAPI Waimanalo Qualifier, Keith Ward, 41-857 Kalamianaoole Hwy, Waimanalo, HI 96795, 808-259-5266
27 DEC, SLP The Last One! BP/DL Championships, Son Light Power, 122W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

10 JAN, APA Southwest Florida Open BP/DL (Ft. Myers, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

10 JAN, APA Vito Open BP (Sidney, NY) Chris Byrnes, 563-8580, cbyrnes@stny.rr.com

10 JAN, Ultimate Fitness BP, Ultimate Fitness, 1640 Livingston Rd., Hudson, WI, 54016, 715-381-0326, KLparkr@presenter.com

10 JAN, NASA Ohio State Bench Press (W. Liberty, OH) Dick Cordial, 937-653-5504, squat@foryou.net

10 JAN, USAPL NorCal Winter Classic (Diablo Barbell, Concord, CA), Rob Meulenber, 925-803-5029, rmeulenberghotmail.com

17 JAN, APA Battle of the Bad Boyz BP/DL Bash (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

17 JAN, Winter Blues PL/BP/DL (Wyoming, MI) Jon Smoker, 30907 CR 16, Elkhardt, IN 465126, 574-674-6683

17 JAN, Iron Boy Push Pull (Winston-Salem, NC) Keith Payne, Iron Boy Ent., Box 1602, Clemmons, NC 27012, 336-716-66 - 334-7 , Keith@ironboyenterprises.com

17 JAN, SLP York Fitness Raw PL/BP/DL (Jefferson City, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 JAN, NASA E. Texas Open (PL, BP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

17 JAN, White's Truck Stop / YMCA Winter BP/DL, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

17 JAN, APA/TMSPA Patriot Challenge, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr. Houston, TX 77049, powerlifter@angelfire.com

18 JAN, 13th Pump Total Fitness BP meet (men, women, teen, masters) Pump Inc. Gym, 2352 N. US 27, St. Johns, MI 48879, Jeff, 989-224-2441

19 JAN, PPL Augusta Open (drug free,

BP, DL, Ironman, Full Power) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
24 JAN, APF Dubuque Community Y Powerlifting & Push-Pull, Chad Fenwick, Dubuque Comm. Y, 35 N. Booth St., Dubuque, IA 52001, cfenwick@dubcomm.org, 563-556-3371

24 JAN, Mustang Invitational (Push-Pull, High School) Randy Biggiam, 309-725-3717 (Colfax, IL) rbiggiam@ridgeview19.org

24 JAN, USAPL Wisconsin State, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

24 JAN, SLP Hester's Family Fitness Winter BP/DL Classic (Louisville, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

24 JAN, APA Maryland State Open, High School, Teenage Powerlifting and State BP + DL Championships (Prince Frederick, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

25 JAN, SLP Leo's Indiana Open BP/DL (Beech Grove, IN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

25 JAN (New date), WNPF Pennsylvania/Delaware/Maryland State PL, BP, PC & **WNPF Deadlift Nationals**-(Philadelphia, PA), 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

31 JAN, 1st IPA Blue Ridge BB Classic (Roanoke, VA) Lance Loganbill, 540-556-6128 or 265-6582, pulwr@cox.net

31 JAN, SLP A Cold Day In ... Tuscola BP/DL (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

31 JAN, 1 FEB, USAPL Women's Nationals (Double Tree Hotel, Omaha, NE) James C. Hart, Box 82264, Lincoln, NE 68501, 402-470-3672, jmhrt@aol.com, fax 402-470-3684, 402-470-3672 after 9 PM CST or before 8AM CST

1 FEB, 13th Annual Winter BP Classic + DL (Fit Stop, Granger, IN) Anson Wood, 574-903-4586, info@e-normous.biz

7 FEB, USPF Southern California BP & DL (Los Alamitos, CA) Steve Denison, Box 2431, Los Alamitos, CA 33920, 661-333-9800 (cell), 562-936-1746 (office) PWRLFTRS@MSN.COM, www.powerliftingCA.com

7 FEB, Metroflex Gym Push Pull Challenge, Brian Dobson, 2921 S. Cooper St. #109, Arlington, TX 76015, 817-465-9331

7 FEB, Midwestern USA PL, BP, DL, PP (Iowa) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

7 FEB, Nat'l. Alliance of Powerlifters Meet (Houston, TX) Bob Garza 281-820-5923

7 FEB, AAU Pennsylvania State Atlantic Regional (Guerin Rec. Ct., Philadelphia, PA) Baptist Nupieri, 2315-755-9477, powerguru1@aol.com

7 FEB, USAPL Minnesota St. Jr./Master & Novice Open, Joe Cooper, 5344 Ugstad Rd., Duluth, MN 55811, 218-729-8940

7 FEB, SLP Chain O' Lakes BP/DL (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7 FEB, APF Gulf Coast PL & BP (New Port Richey, FL) Pasco Power Team, Rick Lawrence, 727-376-1707, Bart 727-847-6852

7 FEB, SPF Tenn. St. Open Push/Pull and the Tenn. St. Bench Press (touch n'

go). Powerhouse Gym, Hixson Pike, Chattanooga, TN, Jesse Rodgers, 423-876-8410, www.southempowerlifting.com

8 FEB, WNPF Ohio Championship, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

8 FEB, SLP Northern Illinois Open BP/DL (Machesney Park, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 FEB, USAPL SCI-Rockview St. Valentine's Day Massacre, Edward Schnars, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874 xt229

14 FEB, USA RAW BENCH PRESS FEDERATION WINTER NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 FEB, New Castle's 13th Annual BP Championships Touch 'n Go (teen, women, masters, men) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529

14 FEB, SCI Rockview USAPL St. Valentine's Day Massacre (Men 18 and Older, No Entry Fee) Tommy A. Peterman, Activities Dept, SCI Rockview, Box A.Rt. 26, Bellefonte, PA 16823, 814-355-4874, Fort 229, Tommy Peterman or Edward Schnars

14,15 FEB, NASA Natural Nationals Powerlifting, Bench Only & Power Sports Championship, OKC, OK. Rich Peters, Phone - 405-527-8513 , E-mail SQBPD@AOL.COM, P.O. Box

735, Noble, OK. 73068

15 FEB, SLP Chicago's Hardcore Open BP/DL (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

15 FEB, USPF Can-Am BP (Ramada Inn Convention Ctr. Men + Women Open, Jr., Masters, Collegiate, Unlimited Equipment - Cash Prizes) Nutrition 101, 655 Second St, Manchester, NH 03102, 603-626-5426, AmericanPowerlifting.com, SQ700@aol.com

21 FEB (NEW DATE), WNPF New Jersey + New York PL, BP, DL, SQ & PC EDISON, NJ, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

21 FEB (New Name), SLP Illinois State PL/BP/DL (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21 FEB, Northwest Pro-AM Bp & DL, www.hitestevents.com (cash prizes, Post Falls, ID) Roger Neff, 208-964-0194

21 FEB, WNPF Bill Beckwith Memorial PL & BP Class VII & State of Michigan PL (All age/ut. classes, Wayland, MI) Richard Van Eck, 269-521-4031

21 FEB, W. Va State High School PL (S. Charleston H.S., S. Charleston, WV) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

21 FEB, APF Missouri State (Eagle Gym, Overland, MO) Rick King, 314-

Coming Events

APF/AAPF/WPO Schedule

- 2-7-04, APF Gulf Coast Powerlifting + Bench Press Open, Tampa FL (Rick Lawrence)
2-21+22-04, WPO West Coast Qualifier @ Ironman Expo Los Angeles California. Qualifier for WPO Finals @ GNCOS, Atlanta GA 2004. (Kieran Kidder)
2-28+29-04, APF California State Powerlifting + Bench Press Open, Fresno CA (Bob Packer)
3-5+6-04, Arnold Classic WPO Super Open Finals, Columbus Ohio. (Kieran Kidder)
3-6-04, Arnold Classic WPO World Record Bench Press Challenge, Columbus Ohio. (Kieran Kidder)
3-20-04, APFS Carolina Open State Powerlifting Championship, Charleston SC. (Will Millman)
3-20+21-04 AAPF National Powerlifting + Bench Press, Las Vegas N.V. (John Upton + Mark Swank)
3-27+28-04 APF Jr. Nationals Mens Open/APF Maine State Powerlifting + Bench Press Open, Lewiston Maine. (Russ Barlow)
4-3-04, APF Jacksonville Open Powerlifting Championship, Jacksonville FL. (Wayne Pullum)
4-17-04, APF Louisiana Open Powerlifting Championship, Baton Rouge LA. (Garry Frank)
5-1-04, WPO Qualifier for WPO Finals @ GNCOS, Atlanta GA 2004.
5-8+9-04, APF Master, Sub-Master, Junior, Teenage Nationals Powerlifting, Bench, Omaha Nebraska. (Becca Swanson)
5-22-04, AAPF Florida State Powerlifting + Bench Press Open, Ft Lauderdale FL. (Kieran Kidder)
6-5+6-04, APF Senior Nationals Powerlifting + Bench Press, Baton Rouge LA. (Garry Frank) Qualifier for WPO Finals @ GNCOS, Atlanta GA 2004.
6-19-04, APF Florida State Powerlifting + Bench Press Open, Ft Lauderdale FL. (Kieran Kidder)
8-04, APWC Worlds Powerlifting + Bench Press Championships, Chicago Ill. Date TBA. (Emrie Frantz)
9-1+2-04, APF Georgia State Powerlifting + Bench Press Open, Kennesaw GA.
9-18-04, APF Maine State Push/Pull, Lewiston Maine. (Russ Barlow)
9-25-04, WPO Bench Bash for Cash, Orlando FL. (Kieran Kidder)
10-12th-17th-04, WPC World Championships, Fresno CA. (Bob Packer)
10-16-04, APF Mississippi State Powerlifting + Bench Press Open, Gautier Miss. (Joe Ladnier)
10-23-04, AAPF Southern States Powerlifting + Bench Press Open. (Kieran Kidder)
10-30-31-04, APF Pine Tree Powerlifting Open, Lewiston Maine. (Russ Barlow)
11-5+6+7-04, GNCOS WPO Finals Cobb Galleria Atlanta GA. (Kieran Kidder)
12-4+5-04, APF Southern States Powerlifting + Bench Press Open, Location TBA. (Kieran Kidder)

Dates and location are subject to change? More meets to be added. Call 630-892-1491 for info. (worldpowerlifting.org or worldpowerliftingcongress.com)

423-2525

21 FEB, USAPL Gold's Gym BP, Dave Kenyon, 219 High St., Beacon, NY 12508, 845-838-3327

21 FEB, World Legion of Power Contest, 310-763-4041, 562-863-1308

21 FEB, SLP Illinois State PL/BP/DL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

28 FEB (new date), USAPL UW LaCrosse Eagle Collegiate Open, Trevor Jacobson, 1430 Vine St. #A, LaCrosse, WI 54601, 608-784-3330

21 FEB (corrected e-mail), IPA 1st Annual CandyAzz Classic BP/DL, Sandi or Zane McCaslin, Box 137, Fultonville, NY 12072, 518-855-8700, candyazz@ironasylumgym.com, fax 518-853-8810

21 FEB (new date), WNPF 2ND Alabama Natural PL, BP, DL, SQ & PC-MONTGOMERY, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA 30214

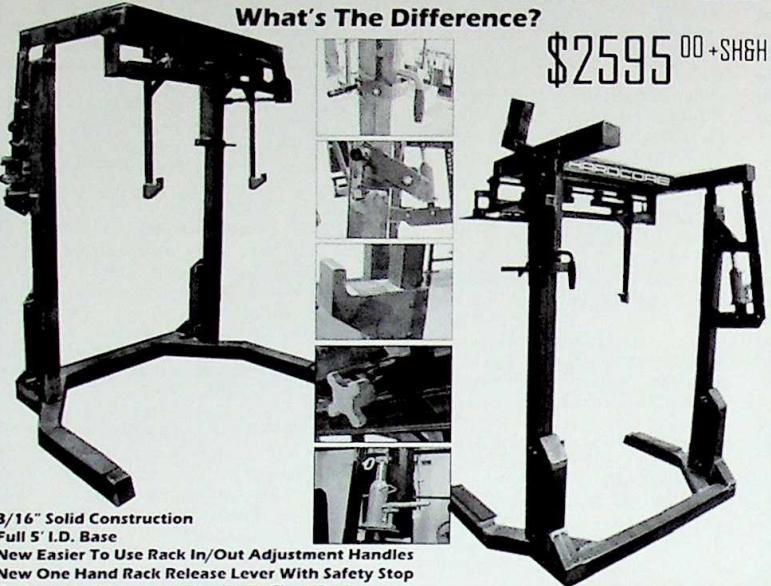
21 FEB, 3rd Fitness Connection Tomah Winter BP (Tomah, WI), DWG Productions, 2018 Jackson St., La Crosse, WI 54601, 608-787-5693 or 608-372-3883(gym)

21 FEB, USAPL South Dakota PL+BP, Jeff Blindauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411

21 FEB, NASA Power Sports Nationals, (RAW) SQ,BP,SC,DL (Nashville, TN) Rich Peters, Phone-405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735,

THE HARDCORE

What's The Difference?



\$2595.00 +SH&H

3/16" Solid Construction

Full 5' I.D. Base

New Easier To Use Rack In/Out Adjustment Handles

New One Hand Rack Release Lever With Safety Stop

An Improved Leverage Handle To Close Rack

An 11 Ton Jack With Easy To Use Release Handle

New One Piece Machined Bar Saddle

By Lifters For Lifters

Lewiston

(207) 225-5070

RUSS BARLOW

CHRISTOPHER WIERS

Maine

SCOTT BLANCHARD

Noble, OK. 73068

21 FEB, APA/TMSPA Texas State, Tom McCullough, Paul Revere Middle School, 10502 Brainerd Dr. Houston, TX 77049, powerlifter@angelfire.com

21,22 FEB, WPO West Coast Quali-

fier @ Ironman Expo Los Angeles California. Qualifier for WPO Finals @ GNC SOS, Atlanta GA 2004. Kieran Kidder) 630-892-1491, worldpowerlifting.org

22 FEB, 12th WNPF Georgia Natural PL, BP, DL & PC - ATLANTA or FITZGERALD, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

28 FEB, SLP Mason-Dixon Open BP/DL (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

28 FEB, Fitness One BP (Hamilton, OH) DWG Productions, 608-787-5693 or 513-856-7867

28 FEB, ISPA "RAW" Iron Horse PL, Sonny Runyon, 3421 W. Armitage Dr., Muncie, IN 47302, 765-529-7000, powerhouse562@aol.com

28 FEB, USAPL Virginia Open PL/BP Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

28 FEB, 5th NASA High School Championships (BP, PL, PS) The Gym, 112 W. North Ave., Flora, IL 62839, 618-662-3413, 1-8PM M-F, lesmitty@bspeedy.com

28,29 FEB, AAU North Carolina State (Greensboro, NC) kingsgym@triad.net, 336-622-3886

28,29 FEB, APF California State (Sacramento Red Lion Inn) Al Garcia, 916-482-2868

29 FEB, SLP Hillsboro Open BP/DL (Hillsboro, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 FEB (corrected e-mail), The Beast in the East BP (All Wt. Classes/Divs. - Taylor, PA) Joe Moe, 570-562-3642, m o c e y u n j @ n e i u . o r g , rhsmo@ns.neiu.k12.pa.us

FEB, NASA Ohio St. High School & Teen Record Breakers (PL, BP, PS - Springfield, OH) Greg & Susan Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

5,6 MAR, WPO Super Open Finals (Arnold Classic - Columbus, OH)

Huge Iron Productions, Box 1277, Edgewater, FL 32132, 386-426-8648, hugeiron@logicality.com

6 MAR, Walker's Gym BP Classic (Hopewell, VA - open & raw: men, women, teen, masters, police/fire/military) Barry Walker 804-458-7918

6 MAR, NASA Missouri St. (PL, BP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

6 MAR, SLP Tennessee Open BP/DL (Clarksville, TN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

6 MAR, SPF North Carolina State Open/Closed/Raw BP (Touch and Go) Best Western Motel (Hendersonville, NC) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410

6 MAR, Old Dominion BP/Curl Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

6 MAR, Atlantic State Open (Full Power - Men, Women, Teen, Jr, Sub, Masters) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

6 MAR, WABDL California State BP/DL (Monterey Beach Hotel, Monterey, CA), Matt Lamarque, 831-277-4766

6 MAR, 24th USAPL Pennsylvania State (Clark's Summit) Rob Keller, Box 829, Ambler, PA 19002, 954-262-6709, rk h k @ v e r i z o n . n e t , www.purepowerlifting.com

7 MAR, New Jersey Drug Free High School Meet, Health Quest of Hunterdon, 310 Rte. 31 N., Flemington, NJ 08822, Faith Cust, 908-782-4009 ext 246

13 MAR, APA Northwest USA BP/DL (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

13 MAR, Beast of the Northeast BP/DL (separate meets) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net

13 MAR, USAPL Albany Strength PL, John Payette, 332 Courtland Ave., Albany, NY 12206, 518-433-1703

13 MAR, NASA Tennessee St. (PL, BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

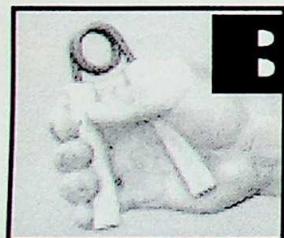
13 MAR, USAPL Battle of the Great Lakes VII (PL, BP - Men + Women - Open, Jr., Master, Grandmaster, Great Grandmasters, High School I + II, raw - Cleveland, OH) Gary Kanaga, 6346 Chestnut Hills, Cleveland, OH 44129, 440-884-7608 (h), 330-908-6199 ext 5261 (w), gary.kanaga@novdoniaschools.org

13 MAR, SLP March Madness BP/DL (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

14 MAR, WNP Western USA & California State BP, DL, SQ, PC (Los Angeles, CA) WNP, Box 142347, Fayetteville, GA 30214, 770-996-3418, WNP@AOL.COM

14 MAR, New Jersey High School Drug Free BP & DL (high school students only, St. Joseph High School,



Beef Builder Hand Grippers \$24.99 each

Machined steel springs and
knurled steel handles

**AVAILABLE IN II
RECALIBRATED STRENGTHS:**

Beginner (50 pp) Master (155 pp) Elite (250 pp)
Advanced (80 pp) Super Master (185 pp) Super Elite (280 pp)
Super Advanced (115 pp) Grand Master (220 pp) Grand Elite (310 pp)

Pro (341 pp) • World Class (355 pp)

(pp = pounds pressure to close)

SHIPPING ADDITIONAL

The Original...
**WEIGHTLIFTERS
WAREHOUSE**
FITNESS PRODUCTS

(800) 621-9550

www.wwfitness.com • wwfit@earthlink.net

GRAND OPENING 24 HOUR POWERLIFTING / STRONGMAN GYM IN ROANOKE, VA

MonoLift, Reverse Hyper,
Glute/Ham Raise.
The Cheapest Gym in Roanoke.
Call 540-556-6128

Hammonton, NJ) Paul or Peggy Sacco, 537 Pine Rd., Hammonton, NJ 08037
14 MAR, SLP Southwest Missouri BP/DL (Springfield, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 MAR, USAPL Florida State (Joe DiMaggio Athletic Complex, Clearwater, FL) Vincent Lombardi, 1065 Cresson Ridge Ln., Brandon, FL 33510, 813-685-3498, 727-443-7480, Lombardistrength@yahoo.com

19-21 MAR 04 (NEW DATE), USAPL High School Nationals, Bruce Sullivan, 1545 4 1/2 mile Rd, Racine WI 53402, 262-639-3210

20 MAR, 8th AAPF Frank Kostyo Memorial PL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, Ken@kensnlpower.com

20 MAR, 11th Snake River PL/BP, YMCA, 155 N. Corner St., Idaho Falls, ID 83402, 208-523-0600 (entry), 520-8773 (Mike)

20 MAR, APF Ohio Bench For Cash

(Middletown, OH) Tom Hypres, 513-539-5271 or 267-1699 or hyper242@sbcglobal.net

20 MAR, APF S. Carolina Open State Powerlifting Championship, Charleston SC (Will Millman) 630-892-1491, worldpowerlifting.org

20 MAR, NASA Ohio State (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

20 MAR, Winona Spring BP (Winona, MN) DWG Productions, 608-787-5693 or 507-452-7133

20 MAR, 100% Raw Eastern Regional (Sterling Comm. Cir., Sterling, VA) John James, 703-803-9178

20 MAR, SLP Heath Clifton Memorial BP/DL (Paragould, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 MAR, PPL Drug Free Spring Classic, (BP, DL, Ironman, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

**COMING SOON
FEBRUARY 21, 2004-CONTEST
CT FLETCHER CEO
"KING OF THE BENCH"**

**A NEW
FEDERATION
WORLD LEGION**

OF POWER

(3 1 0) 7 6 3 - 4 0 4 1
(5 6 2) 8 6 3 - 1 3 0 8

20 MAR, ADAU 41st Great Lakes (Open + All Ages - Men + Women) Joe Oregnia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

20-21 MAR, Amateur American Powerlifting Federation PL + BP Nationals, Mark Swank/John + Carol Upton (Las Vegas, NV - Plaza Hotel Casino - Only Qualifier for AWPC World PL + BP) 702-245-6852 or 702-656-6762

20, 21 MAR, IPA E. Coast

High School Regionals/Central PA Open PL & BP (New Oxford, PA) Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

21 MAR (NEW DATE), WNPF Lifetime Drug Free Nationals PL, BP, DL, SQ, PC - Philadelphia, PA, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA, 30214

21 MAR, WNPF Upstate New York Championships (Holiday Inn, Waterloo, NY) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

21 MAR, Laurence County Super BP & DL IV (Free meet t-shirt, \$30 entry fee - all classes - all ages - no formulas; trophies 1-5th) Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117

21 MAR, NPA Midwest Open Drug Free PL, BP, DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlefDB@cs.com

21 MAR, USPF Rhode Island PL + BP Open State Meet, Ted J. Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspl-v@cox.net

27 MAR (NEW DATE), USAPL West Virginia Open PL/BP (Bluefield, WV), John Shifflett, Box 941, Standardsville, 22973, (434) 985-3932, v a l i f t i n g @ a o l . c o m, www.virginiausapl.com

27 MAR, 24th Annual Central Ohio BP (open, masters, women, teen) Doug Glitt, 4560 Bell Station Rd., Circleville, OH 43113, 740-477-3972

27 MAR, USPF California State PL & BP (Los Alamitos, CA) Steve Denison, Box 2431, Los Alamitos, CA 90720, 661-333-9800 (cell), 562-936-1746 (office) P W R L F T R S @ M S N . C O M , www.powerliftingCA.com

27 MAR, 29th USPF WV State PL, SQ, DL & Holley Open PL & BP (S. Charleston High School) John Messinger, 304-744-2475

27 MAR, SLP Harrodsburg Open BP/DL (Harrodsburg, KY) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 MAR, NASA Arizona St. (PL, BP, PS - Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

27 MAR, JDM Fitness Foundation Law Enforcement DL (open to law enforcement agencies nationwide - charity event for Widows and Childrens fund - John Jay College, Manhattan, NY) jpfitnessfoundation.org, 718-548-3335, Mike Munzo + Jacqueline Davis

27 MAR, APC Georgia State Open, PL + BP, LB Baker, 770-725-6684, www.irondawg.com

27, 28 MAR, APF Junior Nationals (all classes, elite lifters, WPO qualifier) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

27, 28 MAR, USAPL March Madness BP & DL, Charles Schroeder, 27 Van Buren St., Warwick, NY 10990, 845-

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!

NO MIDDLEMAN!

Free 48 Page WHOLESALE Catalog
fully describing our 50 one-of-a-kind
Bodybuilding supplements formulas
that produce results!



CALL 1-800-798-9798
TOLL FREE CATALOG ORDER HOTLINE
Fitness Systems Manufacturing Corp.
104 Evans Ave. Dept. PL1203
Reading, PA 19608
1-800-822-9995 or Phone/Fax 1-610-670-0135

986-8487

27, 28 MAR, USAPL March Madness Sullivan Country Community College Meet, Charles Schroeder, 27 Van Buren St., Warwick, NY 10990, 845-986-0487

28 MAR, SLP Lock Out at the Lockup BP/DL (Taylorville, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

28 MAR, 5th Pittsburgh Monster BP + DL (Men + Women, All Divisions, All Classes, cash prizes - Holiday Inn Airport, Moon Township, PA) Mike Barravecchio, 301 Springwater Ct., Moon Township, PA 15108, 724-457-2708

MAR, Best of the Southwest BP (raw, natural) Steve @ Bodytorium Fitness Center, 122 Gallery Dr., McMurray, PA 15317, 724-941-7270

MAR, NASA Oklahoma St., (PL, PB, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

MAR, NASA Kentucky State (PL, BP, PS - Louisville, KY) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com

MAR, Carolina Full Powermeet, Monroe, 704-283-5587

3 APR, Atlantis New England PL (men/women - hosted by Ed Coan - Quinsigamond Comm. College, Worcester, MA) Bruce, Jeff, or Todd, 508-885-3686

3 APR, WNPF Western PA (Black Hawk High School, Beaver Falls, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

3 APR, SLP John Ware Classic PL/BP/DL (Kirksville, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

3 APR, APF Jacksonville Open Powerlifting Championship, Jacksonville FL (Wayne Pullum) 630-892-1491, worldpowerlifting.org

3 APR, Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinstbestbench.com

3 APR (new date), WNPF 1ST Collegiate Nationals & 4TH Ralph Peace Memorial Carolina BP/DL, PC - Greenville, SC, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA, 30214

3 APR, Iowa/Midwest Open BP or DL or Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

3 APR, APA/TMSPA Teenage Nationals + Tri-State Open, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, powerlifter@angelfire.com

3 APR, NASA Police + Fire Nationals, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com

3, 4 APR, IPA Iron House Classic PL + BP (Newark, OH) Mike Maxwell, 740-704-4747, www.ironhousezanesville.com

3, 4 APR, Power Palooza 6 PL, BP, DL / IPA Panther Classic, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468,

610-948-7823

3.4 APR, NASA High School Nationals, Powerlifting & Power Sports, OKC, OK. Rich Peters, Phone -405-527-8513, E-mail: SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

4 APR, USA Raw Bench Press Federation Spring Nationals, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

4 APR (new date), WNPF 2nd Tennessee PL, BP, DL, SQ & PC - Cleveland, 770-996-3418, WNPF@aol.com OR WNPF, Box 142347, Fayetteville, GA. 30214

10 APR, SLP Primestime Fitness BP/DL (Crestwood, KY) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

10 APR, NASA Kansas St. (PL, PB, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

10 APR, USAPL Western Regional PL, John Pena, 2735 S. Pace West Dr., Tulsa, AZ 85730, 520-751-0076

17 APR, USAPL Richmond Open PL & BP, Phillip Battle, Box 9713, Richmond, VA 23228, 804-737-9622, 301-2196, P.Battle@hotmail.com

17 APR, APF Louisiana Open Powerlifting Championship, Baton Rouge LA, (Garry Frank) 630-892-1491, worldpowerlifting.org

17 APR, SLP Midwest Raw PL/BP/DL (Jefferson City, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 APR, USAPL Midwest Women's PL/BP (Granite City, IL) Maureen Post, 618-345-6574, mpost57@sbcglobal.net or Rick Fowler 618-451-4737, Mens99Meet@aol.com

17 APR, DOWNG Fitness BP (Reedsburg, WI) DWG Productions, 608-787-5693 or 608-524-4282

17 APR, JDM Fitness Foundation Fire/EMS Deadlift (open to firefighters/EMS personnel nationwide - charity event for Widows and Childrens fund - John Jay College, Manhattan, NY) www.jdffitnessfoundation.org, 718-548-3335, Mike Munzo & Jacqueline Davis

17 APR, Drug Free Dungeon Power Works BP & DL (3 Rivers, MI) Mark Mellinger, 269-435-7586 or Tyrone Ward 269-273-1092

17 APR, PPL Drug Free Spring Classic (N. Augusta, SC - BP, DL, Ironman, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

17 APR, WNPF National BP & PC- Atlantic City, NJ, 770-996-3418, WNPF@aol.com OR WNPF, Box 142347, Fayetteville, GA. 30214

17,18 APR, NASA Iowa St. (PL, BP, PS - Des Moines, IA) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

22-25 APR, IPF World Bench Master/ Banovce Nad Bebravou, Slovakia

24 APR, SLP National BP/DL (Tuscola, IL) Son Light Power, 122



Provides a safer, more intense workout



Maximum Exercise Benefit.



Only way to effectively preload dumbbells.



The best way to spot and handle dumbbells.

Enter the Annual \$1000.00
10 Rep. Dumbbell Contest.
See rules at :
www.Powerhooks.com

POWER HOOKS

The right way to train with dumbbells

This is a "must have" product for any serious Power Lifter.

Fits all dumbbell sizes and styles

Holds up to 1000 lbs.



A BREAKTHROUGH IN DUMBBELL TRAINING.

Only \$49.95 plus S/H \$6.75

To order by credit card call toll free
1-888-669-6316 or send check
or money order to:

COUNTRY POWER
85-979 Farrington Hwy.
Waianae, HI 96792



Found only in stores that understand the importance of dumbbell training

W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

24 APR, NASA Wisconsin State, Bob Vivier, 837 Norman Dr., Stoughton, WI 53589, 608-205-9985

25 APR, SLP Indiana State BP/DL (Indianapolis, IN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

APR, USAFL Florida State Collegiate BP (Nova Southeastern University, Ft. Lauderdale, FL) Rob Keller, 3625 College Ave #316, Ft. Lauderdale, FL 33314, 954-262-6709, rk@verizon.net

APR, IPF NORTH AMERICAN (Miami, FL) Rob Keller, 3625 College Ave, #316, Ft. Lauderdale, FL 33314, 954-262-6709, rk@verizon.net

APR, USPF New England PL, Jamie Fellows, Box 375, Belmont, NH 03220

APR, NASA Illinois State Open PL, BP, PS (Flora, IL) Lindell Smith, lesmitty@bspeedy.com

APR, NASA Colorado St. (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

APR, NASA W. Virginia St. (PL, BP, PS) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

APR, AAU Qualifier (Burlington, NC) Dr. Jeffrey Noah, 336-229-5573

APR, USAPL California State PL + BP (Napa, CA) www.usapl-ca.org, Jason Burnell, 510-364-0197, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com

APR, USAPL Collegiate Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

1 MAY, WPO Qualifier for WPO Finals @ GNC SOS, Atlanta GA 2004, 630-892-1491, worldpowerlifting.org

1 MAY, AAU Salisbury Sportsfest Maryland Full Meet, East Coast Tandem DL (Fruitland, MD) Jimm Marvel, 410-742-9201, Jimmymarvel26@hotmail.com

1 MAY, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, Ken@kennellpower.com

1 MAY, Bench America II (Harper College, Palatine, IL) www.benchamerica.com

1 MAY, SLP Michigan Open BP/DL (Holland, MI) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

1 MAY (NEW NAME), 100% Raw Nationals & North American BP (men/women - open, masters, teen, juniors, police/fire - all by age & wt. class - no formulas), John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifing@aol.com, www.virginiaasapl.com

1,2 MAY, NASA N. Carolina (PL, BP, PS - Hickory, NC) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

1,2 MAY, WNPf 4TH Pan-American PL, Plus Submaster + Masters Nationals, BP, DL, SQ & PC Nationals & WNPf High School Nationals - Orlando, FL, 770-996-3418, WNPF@AOL.COM OR WNPf, Box 142347, Fayetteville, GA. 30214

2 MAY, SLP Steve "Mad Dog" Houston Memorial Iowa Regional BP/DL (Coralville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7-9 MAY, APF Teen, JR, Submaster, Master Nationals, (Oshawa, NE) Rick or Becca, 402-392-2446, www.beccawanson.com

8 MAY, USAPL 22nd Viking Open, Dennis Brady, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

8 MAY, SLP Cross County Pull BP/DL (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8 MAY, 22nd USAPL Viking Open (Men, Women, Masters, Jr., Teen) B+W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

8 MAY, APA/TMSPA Summer Bash, Tom McCullough, Paul Revere Middle School, 10502 Brian Forrest Dr. Houston, TX 77070-0499, powerlifter@angelfire.com

9 MAY, USAPL Cissell Classic @ the STL Fitness Festival, Harold Gaines, 2109 Butterfield Ct, Maryland Hts, MD 63043, 314-275-7069

15 MAY, USAPL SCI-Rockview May Melee, Edward Schnars, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874 xt229

15 MAY, NASA W. Texas (PL, BP, PS - Lubbock, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

15 MAY, 3rd USPF Open BP + DL (Sponsored by Eric CC Football Team - Buffalo, NY - Open, Women, Teen, Submaster, Masters) Dennis Green, 716-851-1898

15 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

15 MAY, SCI Rockview USAPL May Melee (Men 18+ - No Entry Fee) Tommy A. Peterman, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874 ext 229, Tommy Peterman or Edward Schnars

15,16 MAY, WNPf National Bench Press Championships (Lansing, MI) Jeff Buchin, 517-622-3890

22 MAY, SLP National Police & Fire BP/DL Nationals, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 MAY, AAPF Florida State Powerlifting+Bench Press Open, Ft Lauderdale FL, (Kieran Kidder) 630-892-1491, worldpowerlifting.org

22 MAY, NASA New Mexico St. (PL, BP, PS - Alamogordo, NM) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

22 MAY (new date), WNPf Raw Nationals & Police/Fire/Military Nationals + Powerfest, PL, BP, DL, SQ & PC - Edison, NJ, 770-996-3418, WNPF@AOL.COM OR WNPf, Box 142347, Fayetteville, GA. 30214

22,23 MAY, UAPC National PL/BP (Irving, TX - AWPC World Qualifier) Steve Bevill 903-288-8101, Luke Bevill livebsb@aol.com

23 MAY, WNPf Youth-Teen-Junior Nationals PL, BP, DL, SQ, Philadelphia, PA, & WNPf Strongman Nationals, 770-996-3418, WNPF@AOL.COM OR WNPf, Box 142347, Fayetteville, GA. 30214

29 MAY, NASA E. Texas State (PL, BP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

29 MAY, Super Bench 2004, (Men, Women, Teen, Jr, Sub-Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

MAY, 5th NHSP BP, Jamie Fellows,

Box 375, Belmont, NH 03220

MAY, USAPL Carolina State PL & BP Open (Charlotte, NC) Jennifer Thompson, 704-483-6332, jennifer@132poundsosfower.com, www.carolinapowerlifting.com

MAY, NASA Pennsylvania St. (PL, BP, PS - Wheeling, WV) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guh@uirefire.com

3-6 JUN, IPF World Women's (Cahors, France)

4 JUN, USAPL Pete Lanzi Memorial II (BP + DL, Men + Women, Open, Jr., Master, Grandmaster, Great Grand Masters, High School I + II, Raw - Cleaveland, OH) Gary Kanaga, 6346 Chestnut Hills, Cleveland, OH 44129, 440-884-7608(h), 330-908-6199, ext 5261 (w), gary.kanaga@novdoniaschools.org

4-6 JUN, AAU National BP + DL (Sheraton, Charlotte, NC in conjunction with the NCAAU Summer Sports Games) Kingsgym@triad.rr.com, **336-622-3886**

5 JUN, SCHS Athletic Boosters BP (S. Charleston High School, So. Chas., W. Va) John Messinger, 304-744-2475 (home), 304-766-0352(school)

5 JUN, SLP Wisconsin Open BP/DL (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5,6 JUN, APF Senior Nationals, Gary Frank (Baton Rouge, LA)

5,6 JUN, NASA Masters / Sub Masters Nationals PL'ing, BP & Power Sports Championship, Oklahoma City, OK Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. **73068**

10 JUN, Independence BP/Curl Raw + Assisted, John Shiflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

12 JUN, NASA USA (PL, BP, Push-Pull, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK **73068**, 405-527-8513, sqbpd@aol.com

12 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12-13 JUN, ADAU Nationals, Joe Orenia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

13 JUN (new date), WNPF Elite Nationals & WNPF North Americans & National Championship PL, BP, DL, SQ-Philadelphia, PA, 770-996-3418, WNPF@aol.com OR WNPF, Box 142347, Fayetteville, GA. **30214**

18 JUN, PPL Drug Free Georgia State (BP, DL, Ironman, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

19 JUN, APF Florida State Powerlifting+ Bench Press Open. Ft. Lauderdale Fl. (Kieran Kidder) 630-892-1491, worldpowerlifting.org

19 JUN, NASA Tennessee Extravaganza (PL, BP, PS - Nashville, TN) Rich Peters, Box 735, Noble, OK **73068**, 405-527-8513, sqbpd@aol.com

19 JUN, USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

19,20 JUN, AAU Drug Free USA BP, DL Push/Pull (Vista, CA - World qualifier) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

26 JUN, SLP Chicago Open BP/ DL (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,



Death Squat Poster
19"x29" Full Color
Just \$7.00
(plus shipping & handling)
To order go to www.FOOSTA.com
Secure Online Ordering

copyright 2003 FOOSTA

sonlight@netcare-il.com

26 JUN, 5th Annual New England's Strongest Man, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-358-5950

26,27 JUN (new date), WNPF Men's USA Championships & Women's National PL, BP, DL, SQ & PC Nationals - Atlanta & USA Strongman Championships, 770-996-3418, WNPF@aol.com OR WNPF, Box 142347, Fayetteville, GA. **30214**

JUN, NASA U.S.A. PL'ing, BP & Power Sports Championship, Springfield, OH. Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. **73068**

JUN, USAPL Teen/Jr. Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE **68524**, 402-470-3672

3 JUL, Iowa/Midwest Open Touch and go bench press (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes Box 433, Okaloosa, IA 52577, 641-673-5240

10 JUL, SLP Ft. Hamilton Days BP/DL (Hamilton, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

10 JUL, Independence BP/Curl-Raw & Assisted, John Shiflett, Box 941, Stanardsville, VA 22973, 434-985-3932, www.virginiausapl.com

10 JUL, NASA Dodge City Powerfest, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com

11 JUL, SLP Heart of Illinois BP/DL (Peoria, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sqbpd@aol.com

sonlight@netcare-il.com

17 JUL, ANPPC WORLD CUP POWER-LIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 JUL, 2nd APA Iron Bash At the Beach (Mattanawcock Lake, Prince Thomas Park, Lincoln, ME) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apawpa.com

24,25 JUL, NASA Grand Nationals, PL'ing, BP & Power Sports, Hickory, NC., Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. **73068**

31 JUL, 9th ADAU Catasqua YMCA Classic Raw Squat, Bench and/or Deadlift (separate contests, all age/wt. categories plus special olympian) Nick Theodorou, Nutritional Technologies, Box 3368, Palmer, PA 18043, 610-258-1894, nutritek@aol.com

31 JUL, NASA Tri-State Natural Championships (Special Olympics Free, Monolift) The Gym, 112 W. North Ave., Flora, IL 62839, 618-662-3413 1-8PM M-F, lesmitty@bspeedy.com

31 JUL, 1 AUG, AAU Drug Free North American PL, BP, DL, PP (Vista, CA - World qualifier) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

JUL, 6th NHSP Summer Slam Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220

JUL, NASA Spectacular (PL, BP, PS - Alvin [Houston], TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

JUL, NASA Western States Nationals (PL, BP, PS - Mesa, AZ) Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

JUL, USAPL Men's Nationals, Paul Fletcher, 17735 Creekhollow, Baton Rouge, LA 70817, 225-753-8586
6-8 AUG (new date), WNPF World PL, BP, DL, SQ & PC, Strongest Man in the WNPF Worlds - Edison, NJ, 770-996-3418, WNPF@aol.com OR WNPF, Box 142347, Fayetteville, GA. **30214**

8 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, Oh.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 AUG, PPL Drug Free Southeasterns, Python Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

14 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 AUG, USAPL Mid Atlantic Open PL/BP Raw + Assisted, John Shiflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

14,15 AUG, World Cup PL'ing, BP & Power Sports Championship, OKC, OK., Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. **73068**

15 AUG, SLP Missouri State Fair BP/DL (Sedalia, Mo.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21 AUG (New Date and Name), 100% Raw Eastern USA BP, John Shiflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

21 AUG, NASA Colorado Grand (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

21 AUG, SLP Indiana State Fair BP/DL (Indianapolis, In.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 AUG, SLP Guy Carlton Memorial Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

28 AUG, SLP Kentucky State Fair BP/DL (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

28 AUG, Granite State Open BP/DL, (Men, Women, Teen, Jr, Sub, Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (Separate Contests)

AUG, AWPC World Powerlifting + Bench Press Chicago, IL (Ernie Frantz) **630-892-1491**, worldpowerlifting.org

4 SEP, APF Georgia State Powerlifting+Bench Press Open. Kennsaw GA. 630-892-1491, worldpowerlifting.org

4 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8-12 SEP, IPF World Subjuniors + Juniors (S. Africa)

11 SEP, SLP Tennessee State Fair BP/DL (Nashville, Tn.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-

5429, www.sonlightpower.com, sonlight@netcare-il.com
11 SEP, WNPF Lifetime American Cup PL, BP, DL, SQ & PC & Police/Fire/Military Nationals, Atlanta, GA, 770-996-3418, WNPF@AOL.COM OR WNPFL, Box 142347, Fayetteville, GA. 30214

18 SEP, APF Maine State Push/Pull & BP (all divisions by formula) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

18 SEP, ADAU "No Drogues Allowed" SQ, BP, DL (NO Total - Men + Women - Open + All Age Groups) Joe Orenia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

20 SEP, WNPF South Georgia Bench/Deadlift & Powercurl Championships in Fitzgerald, GA, 770-996-3418, WNPF@AOL.COM OR WNPFL, PO BOX 142347, FAYETTEVILLE, GA. 30214

25 SEP, NASA E. Texas Regional (PL, BP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

25 SEP, NASA Bartlesville Classic PL, BP, PS (Bartlesville, OK) Jim Duree, JDuree7086@aol.com

25 SEP, WPO Bench Bash for Cash, Orlando FL, (Kieran Kidder)

25 SEP, SLP Open PL/BP/DL Nationals, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

26 SEP, SLP Missouri State BP/DL (Springfield, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

SEP, NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

SEP, NASA Oklahoma Grand (PL, BP, PS - Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

2 OCT, NASA Ohio Regional (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

2 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

3 OCT, SLP Iowa State BP/DL (Coralville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5-10 OCT, IFP World Masters (New Delhi, India)

9 OCT, SLP National "Raw" PL/BP/DL (Jefferson City, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9 OCT, NASA Tennessee Regional (PL, BP, PS - Nashville, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

11 OCT, PPL "Drug Free" Nationals, Python Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

12-19 OCT, WPC World Championships (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805

16 OCT, APF Mississippi State Powerlifting+Bench Press Open, Gautier Miss. (Joe Ladnier) 630-892-1491, worldpowerlifting.org

16 OCT, NASA Colorado Regional (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

16 OCT, SLP Arkansas State BP/DL

Be the first to show off your sport with these beautiful textured power-lifting pendants from Michelle's jewelry collection. They look great worn in competition or at leisure. These pendants and chain are 14k gold. Options for chain length are 18" to 20" with 1.5 mm rope chain.

SQUATTER



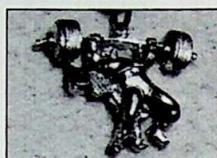
	Gold	Silver		Gold	Silver		Gold	Silver		Gold	Silver	
18"	\$200	\$110		18"	\$215	\$130		\$250	\$150		\$115	\$80
20"	\$215	\$120		20"	\$230	\$140		\$265	\$160		\$125	\$90
Pendant	\$140	\$70		Pendant	\$165	\$90		Pendant	\$200		\$70	\$50

DEADLIFTER



	Gold	Silver		Gold	Silver		Gold	Silver		Gold	Silver	
18"	\$200	\$110		18"	\$215	\$130		\$250	\$150		\$115	\$80
20"	\$215	\$120		20"	\$230	\$140		\$265	\$160		\$125	\$90
Pendant	\$140	\$70		Pendant	\$165	\$90		Pendant	\$200		\$70	\$50

BENCHPRESSER



	Gold	Silver		Gold	Silver		Gold	Silver		Gold	Silver	
18"	\$200	\$110		18"	\$215	\$130		\$250	\$150		\$115	\$80
20"	\$215	\$120		20"	\$230	\$140		\$265	\$160		\$125	\$90
Pendant	\$140	\$70		Pendant	\$165	\$90		Pendant	\$200		\$70	\$50

DUMBBELL



	Gold	Silver		Gold	Silver		Gold	Silver		Gold	Silver	
18"	\$200	\$110		18"	\$215	\$130		\$250	\$150		\$115	\$80
20"	\$215	\$120		20"	\$230	\$140		\$265	\$160		\$125	\$90
Pendant	\$140	\$70		Pendant	\$165	\$90		Pendant	\$200		\$70	\$50

For information, call Michelle at 760-371-7898 (8am to 5pm Mon-Fri). Ordering: Send money order or cashier's check to: Michelle Weiss, 405 Petris Ave, Ridgecrest, CA, 93555. Delivery Time is 4 to 6 weeks, all items in stock. S & H Included.

sonlight@netcare-il.com

9-14 NOV, IPF World Men's (Capetown, SA)

13 NOV, SLP Ohio State BP/DL (Hamilton, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 OCT, AAPF Southern States Powerlifting+ Bench Press Open (Kieran Kidder) 630-892-1491, worldpowerlifting.org

23 OCT, SLP Wisconsin BP/DL (Kaukauna, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23,24 OCT, NASA N. Carolina Regional (PL, BP, PS - Hickory, NC) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

30 OCT, ANPPC National PL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30,31 OCT, APF Pine Tree State Open (all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

31 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

OCT, 5th NHSP Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220

OCT, NASA Big River Classic (Blytheville, AR) Daryl & Tobey Johnson, DarylTobey@aol.com

OCT, NASA KY Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com

5+6+7 NOV, GNC SOS WPO Finals. Cobb Galleria Atlanta GA. (Kieran Kidder) 630-892-1491, worldpowerlifting.org

27,28 NOV (date assigned), USAPL Virginia State PL/BP (raw & assisted), John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiaapl.com

27 NOV, NASA W. Texas Regional (PL, PB, PS - Lubbock, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

20 NOV, NASA Arizona Regional (PL, BP, PS - Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

20 NOV, SLP Kentucky State BP/DL (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 NOV, NASA WV Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com

1-5 DEC, IPF World Bench Press (Cleveland, OH)

4 DEC, NASA Southwest PS, PB, DL, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

4 DEC, SLP Christmas For Kids BP/DL (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

5429, www.sonlightpower.com, sonlight@netcare-il.com

4 DEC (new date), WNPF IronMan Nationals (BP/DL) & Sarge McCray BP, DL & PC - Bordentown, NJ, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

4+5 DEC APF Southern States Powerlifting+ Bench Press Open. Location TBA. (Kieran Kidder) 630-892-1491, worldpowerlifting.org

5 DEC, SLP Northern Illinois Open BP/DL (Machesney Park, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5,6 DEC, AAU Drug Free World PL & International BP (Laughlin, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpw@pe.net

11 DEC, NASA Missouri Regional (PL, BP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

11 DEC (new date), 2nd ANNUAL WNPF S. Georgia BP/ DL & PC - Fitzgerald, GA, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

11 DEC, Chrismas BP Classic Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiaapl.com

18 DEC, SLP "The Last One" BP/DL (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

MAY 05, USAPL Men's Masters Nationals (Palm Springs, CA) www.usapl-ca.gov, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com

16 JUL 05, World Games

2-9 NOV 05 - IPF Men's Worlds (Philadelphia, PA) Robert Keller, 954-262-6709, rk@verizon.net

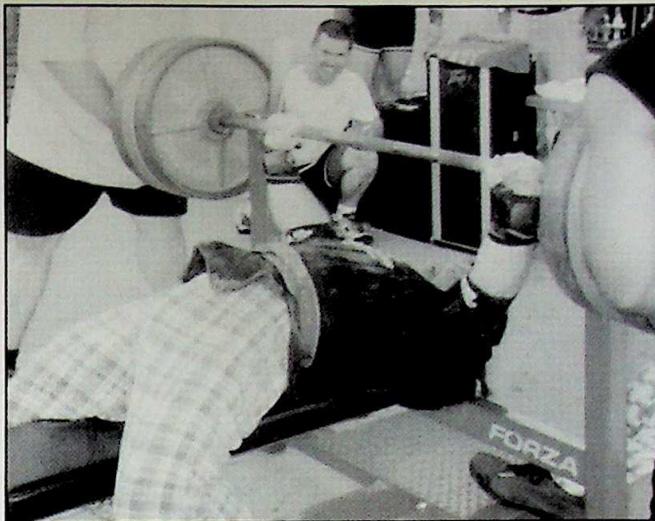
P.S. when writing include a Stamped, Self-Addressed Envelope. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

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

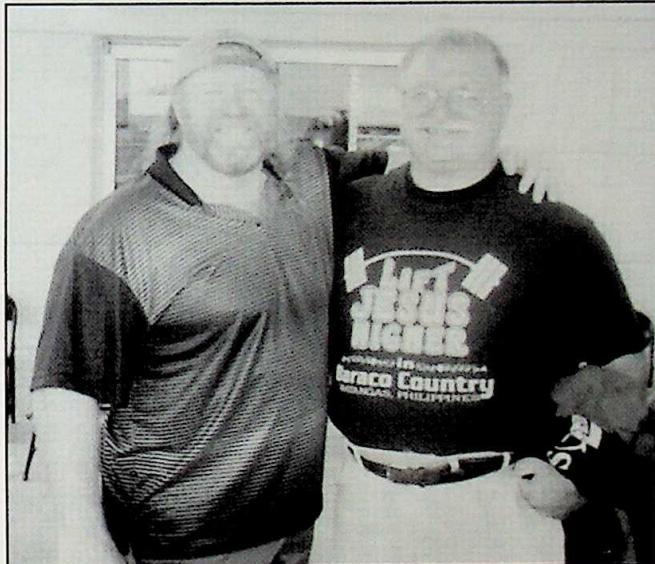
SLP Tennessee State Fair BP/DL
06 SEP 03 - Nashville, TN

BENCH PRESS	198
master women 40-44	Eddie Pitts 385
123	242
Sherry Talley 130*	Joey Wheeler 450
open women	4th 465
165	242
Kris Wienk 165	Chris Johnson 440
teenage men 13-15	242
275	Tony Rutkowski 405
K. Dickerson 205*	242
teenage men 16-17	Ray Clevenhagen
114	275
Brian Guffy 150*	Josh Robinson 505
148	DEADLIFT
Justin Bullington 150	master W 40-44
teenage men 18-19	123
165	Sherry Talley 250*
Leo Coleman 265*	4th 270*
4th 270*	open women
submaster men	165
308	Kris Wienk 330
John Stephens 620*	teenage men 13-15
master men 40-44	97
181	Zac Woodward 155*
Jack Brown 415*	teenage men 16-17
198	shw
Eric Couto 335*	Roland Brown 475*
4th 350*	4th 500*
242	junior men
Jim Gerhardt 400*	220
275	Michael Himes 700*
Randy Richey 255*	master men 40-44
308	242
Greg Hicks 565*	Jim Gerhardt 560*
master men 45-49	275
165	Billy Green 540*
Charles Smith 365*	master men 50-54
4th 375*	198
220	John Robinson 505*
Thomas Adams 430*	198
308	William Taylor 405
John Bible 425*	master men 60-64
master men 60-64	220
220	Ron Finch 415*
Ken Anderson 460*	open
4th 470*	181
220	Mike Lockley 600*
Ron Finch 280	181
master men 85-89	Jay Sikes 350
148	198
Jack Heizelman 175*	Richie Calton 555*
police & fire	275
275	Ed Faust 675
Scott Lee 295*	275
open	Josh Robinson 630
198	275
D. Nealy 655*	D. Blackburn 500
4th 675*	shw
198	Michael Jones 625
Jamie Wheeler 410	

BP - Best Lifter - DEWAYNE NEALY. Best Lifter - MICHAEL HIMES. * Son Light Power Tennessee state record. The Son Light Power Tennessee State Fair Bench Press/Deadlift Championship was held September 6, 2003 at the fairgrounds in Nashville, Tennessee. It was good to be back in my old stompin' grounds where it all started in 1979. It was here I met and trained with some of the greats of powerlifting; my old training partner Dwight Hooper, Doc Kreis, Chuck "The Truck" Braxton, Paul Wrenn and Troy Hicks. It was great to see Hooper again as it was to have Paul Wrenn present and an old friend and competitor I haven't seen in twenty years, John Bible. We had good turnout and a lot of fun, with several state and personal records set. In the bench press event first-time competitor Sherry Talley won at master women 40-44/123 with a new Tennessee state record of 130. Kris Wienk won at 165 open with 165, matching her own personal and state record. Caleb Dickerson set the record at teenage men 13-15/275 with 205 for the win there. At 16-17 Brian Guffy set the record at 114 with 150. Justin Bullington also finished with 150 with his win at 148. In the 18-19 age group Leonard Coleman got in four good lifts to finish with a new state record of 270. In the submaster division John Stephens finally got his first official 600 bench at 308. John finished the day with a great 620 final attempt for a new Tennessee state record. (Of course the only way John could have gotten either lift was the great lift-offs he got from his ex-training partner Randy Richey. And as you will see later Randy's superb lift-off to John and



At the Tennessee State Fair ... Dewayne Nealy (above) with a gigantic new state record 4th attempt 675 at 198, and (below) Dr. Darrell Latch with the legendary Paul Wrenn. (Latch photographs)



Dewayne Nealy took their toll, but Randy, always the selfless humble person he is, just shrugged it off. Aside from that here was also some question as to whether John's lifts should count; judges are reviewing the tapes! In the master men's 40-44 age division Jack Brown won again at 181, finishing with a new state record of 415. Eric Couto got in all four

of his attempts to finish with a new state record of 350 and the title at 198. At 242 it was Jim Gerhardt, taking that title with his opener of 400, which was also a new state record. (another gift!) Then at 275 was Randy Richey. Having trouble getting the bar down to his chest with 555, Randy had to settle with his opener of 255. There again, if he

hadn't had to lug all that weight around for John it would have been a different story. And "lug" is the right word to use, since John only takes out about 50-75 pounds, leaving 550 lbs. or more for his lift-off man to handle! Sorry, Randy! In the 308 class Greg Hicks got a new pr with his second attempt of 535, but went on to lock out a 565 state record for his final attempt. In the 45-49 division Charles Smith upped his own state record at 165 to 375 with his 365 third and 375 fourth attempt. Thomas Adams had to settle with his opener of 430 for the win at 220 and a new state record there. John Bible came up from Ringgold, Georgia for the title at 308 with a new state record of 425. Up from Dallas, Texas was 60-64/220 winner Ken Anderson. With his win there, Ken set the state record at 460, before upping that to a personal best 470 fourth attempt. Ron Finch was second at 220 with a personal best 280. Up next was the darling of the competition, eighty-five year old Jack Heizelman. Jack also came up from Texas, taking the title at 85-89/148 with a new Tennessee state record of 175. Nobody got bigger cheers when they lifted than Jack, who left town with his pockets full of phone numbers from young adoring female fans! Great to have Jack with us again. In the police & fire division Scott Lee successfully defended his title with a 295 state record at 275. The open division marked the return to competition of Dewayne Nealy, the number one bench presser in the world at 198. After some shoulder problems in the past year, Dewayne was back! Opening with a conservative 560 state record, Dewayne moved through his second and third attempts of 600 and 655. Calling or a fourth of 675, for a new personal record, Dewayne locked out the weight with what looked to be his best form of the day. 675 @ 195 bwt! Amazing! In second place at 198 was Jamie Wheeler with 410, followed by Eddie Pitts, who only got in his opener of 385. At 242 it was Joey "Sandbagger" Wheeler with 450, followed by a fourth of 465 for the win. Chris Johnson was second at 242 with a close 440 while Tony Rutkowski finished in third place with 405. Ray Clevenhagen, who was affected by the heat and loss of bodyweight, failed to get his opener of 460 in, then dropped out of the deadlift competition. Josh Robinson took the title at 275 with his opener of 505. Dewayne Nealy was awarded the best lifter trophy for the competition. In the deadlift competition Sherry Talley won her second title of the day at 40-44/123, also setting her second state record of the day with her 250 third attempt and 270 fourth pull. Kris Wienk also won her second title of the day in the open women's 165 class, finishing with 330, after a final attempt with a new state record of 355 failed to lockout. Zac Woodward looked strong at teenage men 13-15/97 with a state record 155, just missing a personal best 160 final attempt. In his first competition, Roland Brown looked impressive, taking the win at 16-17/shw. Roland finished with 475 before coming back with a fourth of 500 for a new personal best and Tennessee state record! Best lifter Michael Himes had the biggest pull of the meet with his win at junior 220, finishing with a new state record of 700! In the master men's 40-44 division Jim Gerhardt set the record at 242 with 560 while Billy Green won at 275 with a state record 540. John Robinson set the state record at 50-54/198 with a personal best 505 while William Taylor was second with 405. Ron Finch pulled a great state record 415 to lockout for the win at 60-64/220. In the open division Mike Lockley only got in his opener of 600, but still set the state record there with his win at 181. Jake Sikes was second at 181 with 350. Richie Calton pulled a state record 555 on his final attempt for the win at 198. Ed Faust got a big 675 at 275 for the win there, followed by Josh Robinson's 630 second attempt. David Blackburn, lifting in his first competition, pulled a personal best 500 for third place. Then in the shw class Michael Jones won with a great 625 pull. Thanks to all those at Special Events for all their help and to my son Joey and Dustin Kerns for their help loading and spotting. Also a big thanks to the boys at The Lifter's Club of Oak Ridge, Tennessee and to Wade Johnson for all their help. See you all next year. (Thanks to Darrell Latch for results.)

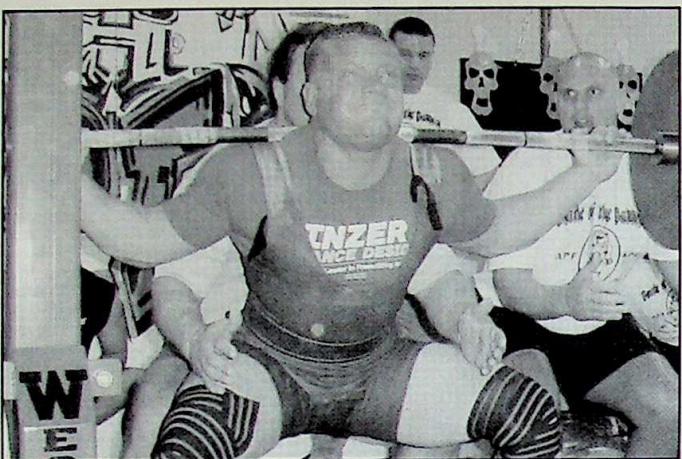
www.sarden.com

**Monolift
Power Racks
Glute Benches
Texas Power Bars**

**Troy Plates
Supplements
Medicine Balls
Safety Squat Bars**

Call Toll Free: 866-613-7719

SARDEN STRENGTH



Kyle "Smiley" Robertson ... one of the best Junior 220s in the World

**Battle of the Baddest
Johnny Petty Memorial
22 MAR 03 - Clayton, NC**

Bench Only		Chris Clark				
Women		165				
Open		Junior				
123		J. Gupton	405	365	450	1220
Teen		P. Bailey	315	265	370	950
G. Mans		Open				
Open		J. Gupton	405	365	450	1220
G. Mans		P. Bailey	315	265	370	950
120		181				
Brandon Cass		T. Williams	705	430	550	1685
K. Dowd		Britt Rapp	640	385	560	1585
Submaster		A. Bannermann	385	405		
A. Roberts		P. Harrington	720		640	
Men		Master 50-59				
R. Tuner		H. Gutnick	435	315	535	1285
148			198			
Masters 40-49						
Teen						
W. Moore						
135						
275						
181						
Open						
Bill Crawford						
725						
T. Lewis						
470						
R. Williford						
500						
198						
Open						
308						
Jeff McVicar						
545						
M. Prosser						
530						
Will Lynch						
465						
Deadlift Only						
Submaster						
Jeff McVicar						
545						
165						
220						
Kris Johnson						
345						
Open						
Travis Mash						
565						
Women						
SQ						
BP						
DL						
TOT						
181						
Stacey Manly						
390						
205						
405						
1000						
M. Robbins						
300						
225						
Connie Soto						
225						
148						
Teen						
		J. Arnett	550			



Amy "Firecracker" Vaughn, Jay "The Rhino" Ryne, and Kara "Bench Press Barbie" Bohigian at the Johnny Perry Memorial (Ron Shirley)

Teen	J. Childress	425	190	385	1000
Junior	K. Robertson	700	535	635	1870
275	Zach Hudak	865	575	725	2165
Junior	Zach Hudak	865	575	725	2165
Open	John Manly	825	600	675	2100
308	R. Horton	660	490	675	1825
Junior	M. Edwards	475	320	535	1330
Open	Jay Rhyne	920	605	700	2225
SHW	Brent Lever	700	500	720	1920
Michael Neal	825	625	700	2150	
Chris Clark	660	510	600	1740	

(thanks to Ron Shirley for providing results)

220 Al Reed missed 550 on his second attempt, getting it a bit out of the groove. He came back on his third attempt with his psych somewhere in the stratospheres, as he was able to complete the lift even though his shirt blew! He pointed at the bar after the lift and announced, "I own that weight," as if to say there was no way he was going to miss; thus punctuating his best day ever as he had made a PR, breaking Ron Walsh's 6 year old Central Bench Press League record and probably secured his first ever top 20 ranking. Teammate Steve Jarausch had an equally great day in the Saw class as his first two lifts were PR's also, and he finished with a great 575, which will put him in the top 60 to 70 range. Winding up the excellent day of lifting was Ron Cuny; at 57 he came so close with a PR of 345. In the deadlift the youngest and oldest came away with PR's. At only 8 and 63 lbs. Stephen King made a great 120. He should have a phenomenal career if he sticks with it since his Dad Mike is a very knowledgeable lifter. Andin the 60 and over 181's, AAPF National champion Dan Martin had the lift of the day, getting an incredible 430! Another AAPF champion, Mike Wider, got a 450 in the 148's, 55 and over. It has been so long since he's pulled that kind of weight, I don't really care to go over 2 decades worth of lifting results to try and figure it out. The next bench meet will be the 16th Annual Elkhart Bench Press Classic. It will feature sculptured awards in a Sandow-type pose, so I hope to see a lot of lifters turn out for the Central Bench Press Leagues' longest running meet.(Results - Jon Smoker.)



Jeff "the Stuff" McVicar lifted to honor strongman star Johnny Perry, who passed away recently at a tragically young age. (R.S.)

**13th Annual Endless Summer BP+DL
24 AUG 03 - Granger, IN**

Bench press	308	John Martinez	550
Masters 55+	SHW		
148	Mike Wider	450	Steve Jarausch 575
242	Ron Cuny	320	Youth
198	Craig Burton	63	Stephen King 120
181	Alyssa Allen	120	Teen
Novice	220		
242	John Burt	405	Women
Craig Kimble	355		
Men	181		
165	Mike Evans	375	Alyssa Allen 255
198	Jeff Whiteman	300	Men
220	Craig Burton	303	
220	Mark Herrman	308	
181	165		
At Reed	550*	148	220
Randy Moore	340	Mike Wider	450
275	275	Masters 60+	
Tony Macik	450	181	
Dan Martin	430		
* - Central Bench Press League record. Best lifter - Al Reed. Special thanks to: Jon G. Smoker, Mike Wider, Dan Martin, Larry Boynton, George Lealifano, Randy Hull, and Al Reed. The Fit Stop of Granger, IN once again seemed to provide the good vibes and atmosphere needed to produce some great lifting. Starting off the hit parade of great lifting was Mike Evans who put on an incredible display of pure strength at 165. Without any kind of supportive gear he made 375 look so easy, I was surprised when he couldn't negotiate 390. Jeff Whiteman lifted in his second meet since coming back and made his first ever 300. Nice going Jeff! At			
Mark Rodacker	600	358	617 1576
Mark Lane	330	275	402 1008
Jerry Handley	341	203	440 986
Cyrus Ford	380		380
Alex Dickinson	440	418	440 1300
Brian Briot	468	303	485 1256
David Wolf	435	336	501 1272
Rich Strang		352	352
Randy Lang		501	501
Tim Hildreth	281	347	429 1057
Todd Koenigs		413	413
Best Overall Men's Lifter	- Casey Brown.		
Best Overall Men's Bench Press	- Randy Lang		

(Thanks to USAPL for the meet results)

**WABDL Great Lakes Top Dawg
03 AUG 03 - Lansing, MI**

CLASS 1 BP	SUBMASTER BP
198	198
Mireles, Joe	369 Jones, Anthony 451
CLASS 1 BP	SUBMASTER BP
220	198
Stewart, Gre	325 Howard, M. 270
CLASS 1 BP	SUBMASTER BP
242	220
Garza, Jesse	419 Morris, Patrick 407
JUNIOR BP	SUBMASTER BP
181	242
Greshock, Matt	352 Crampton, T. 275
LAW/FIRE(Master)	TEEN BP 13-15
BP 40-47	114
198	Feeley, Ryan 121
Nicholls, Bruce	220 TEEN BP 13-15
MASTER BP 40-46	181
181	Baty, David 121
Walling, M.	353 TEEN BP 16-19
MASTER BP 40-46	181
181	Herrmann, S. 380
Stokes, Fred	336 TEEN BP 16-19
MASTER BP 40-46	198
198	Reynolds, Jeff 341
Horn, Darrell	358 TEEN BP 16-19
MASTER BP 40-46	SHW
198	Coolick, Joseph 303
Crater, Mark	275 TEEN DL 13-15
MASTER BP 40-46	114
198	Feeley, Ryan 220
Nicholls, Bruce	220 TEEN DL 13-15
MASTER BP 40-46	220
220	Brown, Nick 402
Boroski, Brian	330 TEEN DL 16-19
MASTER BP 40-46	181
242	Herrmann, S. 584
Smith, Rich	424 TEEN DL 16-19
MASTER BP 40-46	SHW
275	Coolick, Joseph 501
Peshek, Jeffrey	584 CLASS 1 DL
MASTER BP 47-53	148
242	Gidcumb, R. 264
Smolinski, Joe	424 CLASS 1 DL
MASTER BP 54-60	220
148	Stewart, Greg 502
Bates, Andrew	308 CLASS 1 DL
MASTER BP 54-60	259
220	Hudson, John 600
Fay, Greg	353 LAW/FIRE DL (MST)
MASTER BP 54-60	48+
308	SHW
Dustman, Bob	341 Lobins, Bill 551
MASTER BP 61-67	MASTER DL 40-46
181	198
Hemenway, R.	314 Crater, Mark 380
MASTER BP 61-67	MASTER DL 61-67
242	148
Marsh, Murray	374 Gidcumb, R. 264
OPEN BP	OPEN DL
148	148
Santiago, M.	336 Christopher 424
OPEN BP	OPEN DL
165	148
Ruelan, Mianuel	391 Santiago, M. 402
OPEN BP	OPEN DL
181	198
Greshock, Matt	352 Bischoff, Matt 622
OPEN BP	OPEN DL
242	242
Tallman, Chip	523 Arbic, Brad 666
OPEN BP	OPEN DL
242	SHW
Smith, Rich	424 Shumate, Mike 677
OPEN BP	SUBMASTER DL
259	220
Vargo, Paul	501 Morris, Patrick 473
OPEN BP	SUBMASTER DL
308	242
Forstner, Dave	512 Crampton, T. 424
OPEN BP	SUBMASTER DL
308	259
Dustman, Bob	341 Hudson, John 600



Bill Lobin's L/F WR 551 at the WABDL Great Lakes (Bob Garza)

**WABDL Southern Regionals
16 AUG 03 - New Orleans, LA**

Class 1 BP	Gwaltnev, Sara 143
165	L/F (Mst) BP 40-47
Tyson, Tim	391 165
181	Cook, Kenneth 402
Bell, Chad	347 242
Brown, Nick	402 198
Boroski, Brian	330 TEEN DL 16-19
MASTER BP 40-46	181
242	Herrmann, S. 584
Smith, Rich	424 TEEN DL 16-19
MASTER BP 40-46	SHW
275	Coolick, Joseph 501
Peshek, Jeffrey	584 CLASS 1 DL
MASTER BP 47-53	148
242	Gidcumb, R. 264
Smolinski, Joe	424 CLASS 1 DL
MASTER BP 54-60	220
148	Stewart, Greg 502
Bates, Andrew	308 CLASS 1 DL
MASTER BP 54-60	259
220	Hudson, John 600
Fay, Greg	353 LAW/FIRE DL (MST)
MASTER BP 54-60	48+
308	SHW
Dustman, Bob	341 Lobins, Bill 551
MASTER BP 61-67	MASTER DL 40-46
181	198
Hemenway, R.	314 Crater, Mark 380
MASTER BP 61-67	MASTER DL 61-67
242	148
Marsh, Murray	374 Gidcumb, R. 264
OPEN BP	OPEN DL
148	148
Santiago, M.	336 Christopher 424
OPEN BP	OPEN DL
165	148
Ruelan, Mianuel	391 Santiago, M. 402
OPEN BP	OPEN DL
181	198
Greshock, Matt	352 Bischoff, Matt 622
OPEN BP	OPEN DL
242	242
Tallman, Chip	523 Arbic, Brad 666
OPEN BP	OPEN DL
242	SHW
Smith, Rich	424 Shumate, Mike 677
OPEN BP	SUBMASTER DL
259	220
Vargo, Paul	501 Morris, Patrick 473
OPEN BP	SUBMASTER DL
308	242
Forstner, Dave	512 Crampton, T. 424
OPEN BP	SUBMASTER DL
308	259
Dustman, Bob	341 Hudson, John 600

For all intents and purposes, the event turned out to be very productive and smoothly run. The lifters came prepared, trophies were great and everyone enjoyed themselves. The Sheraton was a great hotel for the meet site. Records were set on the State, National, and World level by the tough Northern Regional lifters. The staff Mrs. Ted Feight, Frank Rosamond, Hope Garza, Rosina Sobocinski, and judges Steve Mandreger, Bill Lobins, AJ. Luckow, Richard Gidcumb, and Bob Garza all did a great job. The young tough athletes from Northville High School did terrific jobs spotting and loading, and were all around troubleshooters. Looking forward to putting on our next meet in Michigan next year. Thanks to all. (Thanks to Bob and Edi Garza for providing meet results.)

Master BP 40-46	Bourg, Brooke	281	Wood, Cecil	385	Sheen, Allan	353
165	220	242	Bell, Brad	352	198	Wood, Cecil
Cook, Kenneth	402	214	Open BP	242	198	Wood, Cecil
165	292	391	Tyson, Tim	502	198	Lopez, Richard
Mosley, Marloe	292	181	Richardson, Ed	181	198	Rando, Rick
181	308	181	Rodriguez, M.	440	198	Disa/Spec O DL
Frickey, Jason	413	181	Bozzellic, Joseph	374	198	Weeks, Hutch
198	391	198	Gardner, Justin	451	220	220
Lemarie, S.	391	198	Millrany, Ken	520	123	Hafner, Bob
220	220	220	Millrany, Ken	520	181	Barton, Harvey
Malone, Ken	451	259	Luce, Tony	440	242	Siddle, Charles
259	259	220	Madere, D.	402	259	Campbell, R.
Butler, Bradley	369	242	Norton, Sandy	253	275	WriQht, Buddy
SHW	369	242	Thierry, Joseph	468	220	SHW
Hamby, Mike	573	259	Wilkerson, K.	462	198	Barrett, L.
SHW	573	181	Spec O/Disa BP	462	242	Master DL 54-60
McKinney, T.	512	181	Christian, Mark	578	220	Rando, Paul
Master BP 47-53	512	165	Master BP 40-46	578	165	Open W DL
165	165	165	Weeks, Hutch	159	165	Christian, Mark
Sheen, Allan	193	181	Floyd, Greg	225	126	Master W DL 40-46
181	181	181	Submaster BP	193	165	Master W DL 47-53
Jones, Ron	270	181	Phillips, Leslie	371	165	Sanford, Donna
198	198	198	Adkison, Susan	424	198	243
Lopez, Richard	292	181	Master W DL 54-60	424	220	Bozzelle, J.
Wood, Cecil	259	242	Whitney, James	485	220	Deal, Scott
220	220	242	Jones, Clinton	352	259	Submaster DL
Jones, Clinton	352	275	Doublin, Eric	512	123	McDuffie, J.D.
165	165	165	Siddle, Charles	259	148	LaMonica, K.
Stewart, John	501	181	Campbell, R.	297	220	Submaster DL
165	165	181	Teen BP 16-19	193	165	Holden, Randall
165	165	181	Wright, Buddy	303	165	363
165	165	181	Arriaga, Pablo	358	165	McDuffie, J.D.
165	165	181	Master BP 54-60	358	165	722
165	165	181	Ross, Steven	507	165	The WABDL Southern Regional Bench Press and Deadlift Championships turned out to be a good, fun meet. Everyone was enthusiastic and helpful. I was impressed with the caliber of lifting, starting with the teenagers and women through the masters. It would be impossible for me to highlight every good lift. All of the lifters showed that they came prepared to do their very best, many State, National and World records were set. It's obvious to me that observing the focus and dedication these lifters have that they will be breaking their own Personal Records and State, National, and World records for years to come. Thank you all for your participation in the meet. (Thanks to Bob and Edi Garza, & Larry Prince.)
165	165	181	Calvo, A.	176	165	LaMonica, K.
165	165	181	Barrett, L.	451	165	Submaster DL
165	165	181	Whitney, James	485	165	Deal, Scott
165	165	181	Pinson, Clayton	259	165	243
165	165	181	Teen BP 16-19	193	165	Honeycutt, J.
165	165	181	Bell, Dan	352	165	220
165	165	181	Lambert, C.	336	165	Hirt, Junius
165	165	181	Calvo, Du Juan	429	165	Master DL 40-46
165	165	181	Calvo, Du Juan	429	165	Master DL 47-53
165	165	181	Calvo, A.	355	165	McDuffie, J.D.
165	165	181	Teen DL 16-19	193	165	The WABDL Southern Regional Bench Press and Deadlift Championships turned out to be a good, fun meet. Everyone was enthusiastic and helpful. I was impressed with the caliber of lifting, starting with the teenagers and women through the masters. It would be impossible for me to highlight every good lift. All of the lifters showed that they came prepared to do their very best, many State, National and World records were set. It's obvious to me that observing the focus and dedication these lifters have that they will be breaking their own Personal Records and State, National, and World records for years to come. Thank you all for your participation in the meet. (Thanks to Bob and Edi Garza, & Larry Prince.)
165	165	181	Lafferty, Betty	143	165	243
165	165	181	Gron, Tonya	115	165	220
165	165	181	Bell, Chad	551	165	Honeycutt, J.
165	165	181	198	562	165	220
165	165	181	Senese, Chris	562	165	McDuffie, J.D.
165	165	181	Holden, Cecil	548	165	722



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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
		Y 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	Y N		M F
Today's Date _____				
Card Issued By _____				

Registration Fee \$20.00
Make checks payable to and mail to:
**WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS**
P.O. Box 90305
Portland, OR 97290

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 _____

From the Originator of the Bench Shirt

INZER
ADVANCE DESIGNS

presents:

The Inzer **HEAVY DUTY** Series Blast Shirts

High Performance Heavy Duty

- * extended power support range
- * new arm lock design
- * extra tricep support
- * extra reinforced construction
- * guaranteed more results than any other shirt
- * recommended for experienced powerlifters only

Improved Heavy Duty

- * tight tough fit
- * strong support off chest
- * extra comfort built in
- * great immediate results

Name _____

Address _____

Phone _____

Qty. Color

Heavy Duty Blast Shirt \$58

High Performance Heavy Duty \$77

Extra High Performance Heavy Duty \$100

relaxed measurements of shoulders _____
chest _____ arm _____

colors - Black, Red, Navy Blue, Royal Blue
MC VISA DVR COD CHECK add \$6.00 S&H

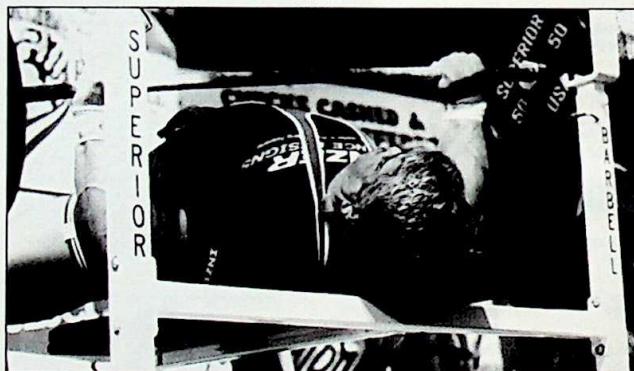
INZER ADVANCE DESIGNS, P.O. Box 2981, Longview,
Texas 75606, 1-800-222-6897, 903-236-4012

Extra High Performance Heavy Duty

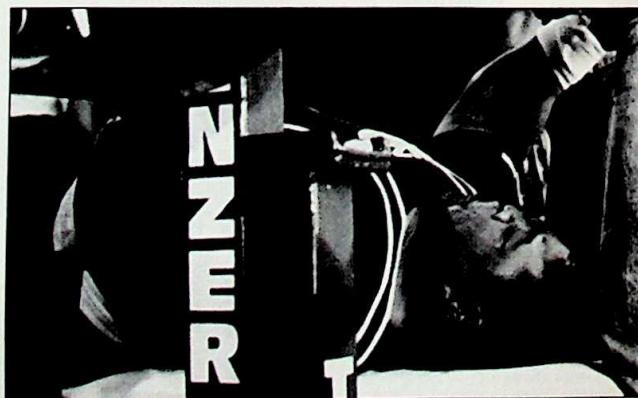
- * extra extended power support range
- * new arm lock design
- * more tricep support
- * extra reinforced construction
- * guaranteed more support and power than anything ever available before now

An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

HPHD & EHPHD, the secret experimental technology that assisted:



The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain



... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

Top Secret and Experimental until now! Now Available to YOU

**More Items Available
from**

**INZER
ADVANCE DESIGNS**
The World Leader In Powerlifting Apparel

800-222-6897

903-236-4012

Inzer Advance Designs T-shirts — 2 color logo

Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White \$8.00
S, M, L, XL, XXL, XXXL, XXXXL

Tank Tops — 2 color logo \$10.00

Wrestling Singlets — Black, Navy Blue, Royal Blue, Red
S, M, L., XL, XXL \$28.00

Wrestling Singlets with full 2 color Inzer Advance Designs logo \$33.00

Wrist Wraps — full length with velcro and thumb loop \$9.95

Wrist Wraps — heavy duty, full length with velcro and thumb loop \$17.00

**COMPETITION BELTS
Lever Belts**

Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching \$68.00

10 cm x approximately 10 mm • 4 rows of stitching \$58.00

Buckle Belts

- 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller \$68.00
 - single or double prong • any color • made in USA • lifetime guarantee \$70.00
 - suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA \$58.00
 - suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality \$29.00
-

Chalk — The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00
1 - 2 oz. block \$2.00

Suit Slippers — makes putting on tight suits easier. M, L \$19.95

Ammonia Caps - Box of 12 \$5.00

T-SHIRTS

(limited availability)

Inzer Intensity - multi-color deadlift design \$10.00

OFFICIAL MEET T-SHIRTS

Baddest Bench in America - multi-color design \$10.00

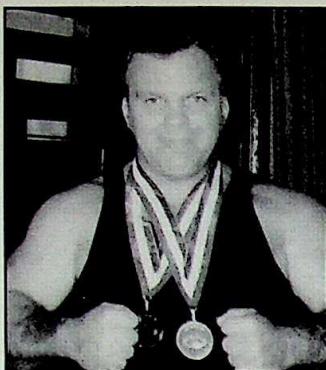
Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video.
All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

**2003 Georgia Games
19 JUL 03 - Life College, GA**

Bjr15	BN	
148	181	
Smith, Alex	260 Edwards, D.	370
Bjr15	BN	
181	181	
Smith, Adam	265 Burbage, Charles	
Bjr16-17	BN	
148	220	
Parrish, Billy	250 Bartley, Greg	410
Bjr16-17	BN	
242	220	
Brewer, Trey	425 Harkins, Paul	370
Bjr16-17	BO	
275	181	
Green, Arthur	320 Hamby, Darrell	435
Bjr16-17	BO	
275	181	
Oldham, W.	320 Edwards, D.	370
Bjr18-19	BO	
198	181	
Walraven, O.	350 Finlagson, Jeff	315
Bjr18-19	BO	
198	181	
Hartscock, M.	350 Warr, Greg	
BM40-44	BO	
165	198	
Roudebush, W.	235 Carter, Ted	310
BM40-44	BO	
198	220	
Dotson, M.	225 Yegarby, Alvin	575
BM40-44	BO	
220	242	
Yegarby, Alvin	575 Dean, Patrick	390
BM45-49	BPF	
181	198	
Hamby, Darrell	435 Abercombie, A.	315
BM55-59	BPF	
181	242	
Saul Jr, Howard	175 Franklin, Joe	365
BM55-59	BSB	
220	220	
Newsome, Phil	400 Bartley, Greg	410
BM60-64	BW	
220	132	
Hogan, Gerald	215 Luster, Ericka	135
Jr10	SQ BP DL TOT	
114		
Darby, Patrick	195 105 225 525	
Jr10		
114		
Luster, Jason	140 115 190 445	
Jr15		
165		
Ference, Kyle	300 190 355 845	
Jr15		
165		
Rowan, Gary	55 315 375 745	
Jr15		



Darrell Hamby with his Georgia Games medals (courtesy Hamby)

220	Keith, Russell	540	350	545	1435
M40-44					
220	Holston, Kevin	465	315	580	1360
M40-44					
275	Moss, Lee	400	350	425	1175
M45-49					
198	Grant, Lance	550	300	570	1420
M45-49					
198	Fernce, Denis	415	310	450	1175
M45-49					
242	Bowman, Tom	500	410	500	1410
M50-55					
198	Fellows, Tony	280	265	375	920
M55-59					
181	Sanders, Jack	450	200	460	1110
N					
181	Taylor, Bryan	285	225	305	815
N					
220	Jungbluth, Klaus	455	345	490	1290
N					
242	Harkins, Paul	400	370	470	1240
N					
148	Bingham, Elvis	500	385	450	1335
N					
242	Dauila, Oscar	470	360	440	1270
O					
181	Carter, Ted	390	310	550	1250
O					
275	Barradas, Rob	600	510	570	1680
O					
181	Moody, Jimmy	405	390	450	1245
O					
198	Moody, Jimmy	405	390	450	1245
O					
275	Del Conway	290	215	305	815
O					
242	Car, Ted	390	310	550	1250
O					
220	Holston, Kevin	505	315	580	1400
O					
242	Dean, Patrick	450	390	545	1385
O					
275	Abbott, Jeff	615	385	675	1675
O					
275					

Siegmund, Steve	575	465	620
1660	O		
275	Chad Goddard	605	315
O		600	1520
308	Inabinett, Mickey	655	535
O		580	
1770			
308	Pettit, Greg	600	435
O		605	1640
309	Hodge, Ronnie	525	380
SB		520	1425
181			
Traylor, Bryan	285	225	305
SB			815
181			
Scarborough, D.	430		430
SB			
308			
Inabinett, M.	655	535	580
SB			1770
309			
Hodge, Ronnie	525	380	520
(Thanks to Buddy Duke for the meet results.)			1425

**Larry Garro Memorial BP
17 MAY 03 - Baltimore, MD**

PL-114.5/R (OPEN)	L. WILLETT	440
CHRIS SCOTT	115	A (40-49)
R (40-49)		MIKE BRADLEY 490
CHRIS SCOTT	115	PL-275.5
PL-123.5		A (OPEN)
MALE/R (OPEN)		JOSH WITT 520
JEREMY JONES	180	ROBERT NORRIS 510
PL-148.75		A (40-49)
R (OPEN)		ROBERT NORRIS 510
TIM MUELLER	270	R (OPEN)
E. BENTLEY	220	DONALD PEAKER 430
R (40-49)		DL (OPEN)
TIM MUELLER	270	JOSH WITT 570
R (50-59)		DONALD PEAKER 500
E. BENTLEY	220	PL-SHW
PL-181.75		A (OPEN)
A (OPEN)		K. CALLOWAY 520
WADE SCOTT	405	R (OPEN)
DEL CONWAY	290	MATT SOLTIS 480
A (40-49)		DAVID HOLMES 445
WADE SCOTT	405	A. JOHNSON 445
A (50-59)		R (20-23)
DEL CONWAY	290	MATT SOLTIS 480
PL-198.25		CURL-160
A (OPEN)		CURL(OPEN)
BARRY BLEVINS	460	JOE LUSK 160
R (OPEN)		BRIAN EDWARDS 155
BARRY BLEVINS	420	CURL(40-49)
R (33-39)		BRIAN EDWARDS 155
BARRY BLEVINS	420	CURL(60-69)
PL-220.25		JOE LUSK 160
R (OPEN)		CURL-200
JON GRUBER	335	CURL(OPEN)
A (OPEN)		CHRIS RANKIN 170
GUY FAULKNER	450	CURL(70-79)
R. THOMAS	445	R. DEBAUFRE 95
A (33-39)		CURL-230
GUY FAULKNER	450	TOM GETSINGER 175
R. THOMAS	445	JOHN GRUBER 150
R (50-59)		KEVIN LAFFERTY 105
L. BUCCIONI	260	CURL(20-23)
DL (OPEN)		KEVIN LAFFERTY 105
GUY FAULKNER	540	CURL-260
DL (50-59)		CURL (OPEN)
L. BUCCIONI	440	JOHN BOSLEY 180
PL-242.5		JIMMY BROWN 155
A (OPEN)		CURL-SHW
MIKE BRADLEY	490	JOSH WITT 180
JIMMY BROWN	475	BP DL TOT
PL-105.75		
FEMALE/IM (OPEN)		
STACY KIRSCHBAUM		
IM (OPEN)		
VERNEL MORRIS	245	475 720
IM (50-59)		
VERNEL MORRIS	245	475 720
IM (OPEN)		
RONALD THOMAS	445	580 1025
GUY FAULKNER	450	540 990
TOM GETSINGER	425	550 975
JONATHAN GRUBER	335	525 860
KEVIN LAFFERTY	225	365 590
IM (20-23)		
KEVIN LAFFERTY	225	365 590
IM (OPEN)		
LANGSTON WILLETT	440	640 1080
MIKE BRADLEY	490	570 1060
TIM QUINN	360	550 910
CHRIS JACKSON	345	515 860
IM (40-49)		
MIKE BRADLEY	490	570 1060
TIM QUINN	360	550 910
IM (OPEN)		
DAVID E. HOLMES	445	620 1065
(Thanks to Brian Washington for the meet results.)		

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

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 _____

APA Labor Day Weekend Bash
30 AUG 03 - Blue Springs, MO

Bench Only	O	K. Robertson	505
132		242	
WM 45-49		M 55-59	
K. McGowan	145	M. Anderson	410
148		275	
(W)(WO)			
Amy Vaughn	305	J	
165		Chris LaStrada	500
J		275	
Aaron Kennedy		O	
198		Mark Austin	540
T 18-19		Deadlift Only	
N. Gentges	410*	165	
198		O	
M 40-44		Chris Johnson	350
Bruce Stevens	400	181	
220		T 18-19	
M 45-49		Zeke Talbot	510
K. Hernandez	385	181	
220		T 18-19	
SM		Nick Crafton	500
Steve White	400	198	
220		M 45-49	
SM		Bob Boyles	335 550
Matt Gangi	460	220	
220		SM	
O		Norm Johnson	365 515
John Falcon	500	242	
220		O	
		Jordan Hind	415 600
		275	
Powerlifting	SQ	SM	
97		M. Mickelson	365 435
WO		308	
C. Anderson	225	SM	
148	130	Ken Ufford	565 770
(W)(WO)		SHY	
Amy Vaughn	495!	O	
165	305!	Bryon Dowling	520 550
WSM		! - World Record. * - American Record.	
T. Brewton	225	The APA returned to Blue Springs, MO on August 30th 2003 with the Labor Day Weekend Bash.	
4th	160	The first meet nicknamed BS I was a huge	
165	290	success and after BSII it looks like this will	
T 14-15	305	become an annual event. The APA and all	
B. Vasquez	405	the lifters would like to thank Ron Inman and	
165	205	World Gym of Blue Springs for sponsoring	
M 45-49	405!	the meet. The lifting for the meet was tremen-	
Roger Broeg	265	dous with 36 lifters coming in from ten	
165	400!	different states. A host of state, regional,	
T 18-19	1015!	American and World records were set at	
Dustin Miller	420	the meet. Rickey Dale Cain was present to	
165	280	coach several of his lifters and support the	
(J)O	480	meet. Wade Johnson, an APA state chair,	
Justin Cantwell	500!	and Kris were there from Tennessee to help	
181	335	judge and help the lifters in the bullpen. The	
O	600	atmosphere for the meet was fantastic with	
Jeff Finlayson	475	great camaraderie and fantastic encour-	
181	310	agement from the crowd. In the women's	
Nick Crafton	400	division Cheryl Anderson in the 97 lb. class	
198	240	turned out to be the best drug free lifter of	
M 60-64	500	the meet and set a new state and regional	
Bob Crouch	375	record in the DL with a pull of 255 lbs. Amy	
198	175	Vaughn who flew in all the way from North	
M 45-49	400	Carolina produced the outstanding women's	
John Dotson	415	performance of the day for the women in	
198	320	the junior and open 148 lb. class. Amy started	
M 40-44	425		
Charles Gray	520	1160	
198	325		
O	455		
Jared Beard	600	1300	
220			
J			
Clayton Smith	475	1285	
220	335		
SM	475		
Norm Johnson	575	1455	
220	365		
O	515		
Brad Neal	615	1650	
220	465		
(J)O	570		
Kyle Robertson	745!	1650	
4th	505		
220	605		
O	1855!		
Brandon Cass	805	1855!	
4th	530		
242	775!		
M			
45-49			
John Hiburn	415	1055	
308	240		
SM	400		
Ken Ufford	730!	2065!	
SHW	565		
O	770!		
Bryon Dowling	750	1820	
Push/Pull	520		
198	550		
	BP		
	DL		



Amy Vaughn's 495(by R.Wood)



Brandon Cass pulling a 755 DL



Ken Ufford's 770 pound Deadlift

the day with a bang when she finished with a new American and World record squat of 495 lbs. Amy was not done in the record department when she followed up with a huge bench of 305 to set another American and World record. Amy would finish the day making two tough pulls after straining her back in the squat and finished with a total of 1205. In the teenage division Nathan Gentges from Sedalia, MO came to the meet with huge effort in the bench press division. Nathan put up a very strong 410 lb. bench for a teenage (18-19) American record. Nathan went on the try and re-break the record with a fourth attempt of 440, but it was not to be on this day. In the men's junior division there was nothing but big lifts all day. Kyle Robertson, who came in with Amy Vaughn, set 220 lb. class junior American and World records. Kyle hit a great 745 lb squat on his third, but he was not finished. On a fourth attempt Kyle put in one of the greatest efforts I have seen in the squat with a huge 775 lbs. for three white lights. Kyle finished the day with a junior American and World record with a total of 1855 lbs and best teenage/junior lifter of the meet. Justin Cantwell out of Kansas was not to be out done by Mr. Robertson. Justin had just finished his duties as one of America's service men and decided to show up and set a few records himself. Justin set junior American and World records in the 165 lb class with a squat of 500 lbs. and a total of 1435 lbs. The men's open division was nothing but electric all day long. It was the big boys that made all the noise for the men all day long which included great performances from Brandon Cass 220s, Ken Ufford 308s, and the big guy out of Iowa Bryon Dowling tipping the scale at 380 in the SHWs. Big Bryon, better known as Bubba, has only been competing for about a year and hit a squat of 750, bench of 520 and deadlift of 605. Give Bryon a few more years experience and

you will be seeing some huge numbers from him. Ken Ufford had a big day hitting several PRs and a hand full of records. Ken set American and World records in the submaster class with a squat of 730 and a pull of 770. To add icing to the cake Ken finished the day with a open and submaster record with a huge total of 2065 lbs. Ken made all his lifts look easy and will in the very near future break the 2100 lb barrier. Brandon Cass had the best meet of his young powerlifting career. Brandon dropped from the 242s to the 220s to make a huge splash on the powerlifting scene. The last flight of squats where electric and Brandon used the energy to hit a 820 lb squat on a fourth attempt. This was one of the most convincingly deep and explosive squats I have ever witnessed. Brandon continued to carry this great performance with a bench of 530, a open class American and World record pull of 780 and an incredible 2115 lbs. total for another open class American and World Record. Brandon is young and looks to put up even bigger numbers later this year in the 220 lb class. In the bench press division John Falcon out of the 220 lb class and was the winner of the best lifter award in the drug free division. The best lifter in the open bench division came down to a tiebreaker between Kyle Robertson of NC 505 in the 220 lb-class and Mark Austin of MO 540 in the 275 lb class. Kyle walked away with the award winning the tiebreaker by being the lighter lifter. The Master's class was led by a group of lifters out of Ricky Dale Crain's gym in Shawnee Oklahoma and out of this group Charles Grey left with best masters lifter award by squatting 520, bench of 325 and a pull of 455 for a total of 1300 lbs. Roger Broeg out of Nebraska set American and World records in the 165 lb (45-49) class with a squat of 350, deadlift of 400 and a total of 1015 lbs. (Thanks to the APA Missouri Chair, Rodney Wood.)

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	

\$25 Adult Membership \$15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

Message from the President

National Office:

124 West Van Buren
Columbia City, IN 46725

Administrator: Barbara Born
Executive Asst: Angie Overdeer
Website:
www.usapowerlifting.com

President: Larry Maile, Ph.D.
Email:
L-MAIL@usapowerlifting.com

Athlete's Representatives:

Brad Gillingham
P.O. Box 55
Minneota, MN 56264
Phone: (507) 872-5026

Dr. Larry Miller
10568 Ravenna Rd.
Twinsburg, OH 44087
Phone: (216) 425-0912
Fax: (216) 425-3854

President's Message:

This month marks the resumption of the USA Powerlifting Top 20 in PL USA magazine. We have kept a lifter data base since the initiation of our newsletter which includes the results of all USAPL sanctioned competition. While we may go through several "adjustments" we will start with the women's 97 lb. class and the men's 114 lb. class using data for 2002. One class will be submitted to Mr. Lambert for inclusion each month. Generally, it takes about 3 months for a year to "close out" in terms of results, so the 2003 stats won't be available until, perhaps, March 2004. Please give me your input as to whether you would like to shift to 2003 results at that time, covering the remainder of the 2003 classes in early 2004.

Youth Lifters Coming Through

The USA Powerlifting youth pro-

gram kicked off in September this year. Our first youth competitors have been entering meets since then. While numbers are low to date, the initial response by the lifters, meet promoters and parents is positive. Our first youth will participate in Women's Nationals in January. It should be exciting.

IPF International Competition at the Mountaineer Resort:

The International Powerlifting Federation and meet promoter Nick Busick will be staging an international competition at the Mountaineer Resort and Casino in West Virginia this spring. While details are yet to be worked out as to numbers and invitees, it is likely to be a small, team-based competition scheduled to be broadcast on ESPN.

Master World Championships

The U.S. continued its run at the Master World Championships in Regina, Saskatchewan, Canada, taking all five team titles. This is the second year for the sweep, and numerous individuals were crowned

World Champions including: Cathy Solan, Bettina Altizer, Deanna Chaney, Linda Chaney, Linda Schaeffer, Sue Hallen, Ellen Stein, Harriet Hall, Pat Beaumaster, Mike Bridges, Greg Jones, Paul Fletcher, Larry Traub, Johnny Graham, Robert Cortes, Sam Alduenda, Doug Dienelt.

Men's World Championships:

The Men's World Championships were held November 5-10 in Vejle, Denmark. The U.S. Team placed fourth, behind Russia, Ukraine, and Poland. Brian Siders was crowned World Champion, achieving the highest total in World Championship competition. He missed the World Record by 17.5 kg., completing 7 of 9 lifts. Dennis Washington brought home the Bronze Medal. Several tough breaks yielded some heartbreaking disqualifications, and Tony Harris demonstrated his unbelievable toughness, completing the meet after sustaining a minor quad tear. Two classes, the 100 kg. and the +125 kg. were shown live on Danish T.V., and the entire meet was taped to be summarized into a 90 minute presentation to be aired on Eurosport in January.

Club Information:

In our effort to assist USAPL lifters networking, we continue providing the names and contact numbers of USA Powerlifting registered clubs.

Neenah Powerlifting Club
4120 County Rd. A
Oshkosh, WI 54901
(920) 233-7605
Joe Lewis

Team Wissota
405 5th St. N.W.
Kasson, MN 55944
(507) 634-4580
Steve Johnson

St. Xavier H.S. Powerlifting
1485 Oakes Rd.
Georgetown, IN 47122
(812) 951-2079
Larry Traub

Plainwell Knights
73 N. Pine Rd.
Plainwell, MI 49080
(269) 664-4814
Tod Miller

**U.S.A.P.L.
CORNER**

114	Erwin Gainer 435	114	Erwin Gainer 287
Damario Holloway 397	Holmes 215	Damario Holloway 490	Jerel Ona 410
Mike Hafenbrack 347	Antonio Anstrum 215	Mike Hafenbrack 398	Jeff Drummond 391
Jeff Drummond 325	Marc Barbier 210	Jeff Drummond 386	Riccardi 358
Jerel Ona 315	Damario Holloway 193	Antonio Anstrum 360	Pao Khang 358
Holmes 309	Riccardi 185	Jerel Ona 165	Theron Chapman 320
Pao Khang 303	Jeff Drummond 182	Jeremy Meyer 160	Jeremy Meyer 320
Dekovan Kerr 292	Mike Hafenbrack 182	Kris Scheppé 155	Matthew Teadt 309
Marc Barbier 287	Todd Rogers 171	Dekovan Kerr 154	Jeremiah Welch 303
Jeremy Meyer 276	Jerel Ona 165	Pao Khang 149	Matthew Teadt 143
Todd Rogers 265	Jeremy Meyer 160	Theron Chapman 143	Matthew Teadt 127
Antonio Anstrum 250	Kris Scheppé 155	Mathew Teadt 127	Jeremiah Welch 121
Jeremiah Welch 248	Dekovan Kerr 154	Jeremiah Welch 121	Scott Beasley 120
Riccardi 240	Pao Khang 149	Scott Beasley 120	Bryan Prescott 116
Theron Chapman 231	Theron Chapman 143	Bryan Prescott 116	Shannon Lidstone 80
Matthew Teadt 231	Mathew Teadt 127	Shannon Lidstone 235	Shannon Lidstone 80
Bryan Prescott 209	Jeremiah Welch 121	Scott Beasley 230	Scott Beasley 230
Shannon Lidstone 185	Scott Beasley 120		
Kris Scheppé 176	Bryan Prescott 116		
Scott Beasley 140	Shannon Lidstone 80		
Squat	Bench	Dead	Total
97	97	97	97
Ashley Robbins 320	Jill Kennedy 155	Ashley Robbins 315	Ashley Robbins 780
Erin Dickey 248	Ashley Robbins 145	Erin Dickey 292	Erin Dickey 672
Erin Crapo 237	Erin Dickey 138	Jennifer Prejan 287	Cathy Solan 628
Cathy Solan 231	Cathy Solan 132	Cathy Solan 265	Erin Crapo 595
Jill Kennedy 225	Erin Crapo 121	Laura McMillian 259	Jennifer Prejan 595
Annette Axt 220	Jennifer Prejan 105	Donna Aliminosa 254	Annette Axt 568
Donna Aliminosa 205	Elizabeth Dickerson 100	Elizabeth Dickerson 243	Donna Aliminosa 540
Jennifer Prejan 204	Donna Aliminosa 95	J Porter 220	Jill Kennedy 525
Laura McMillian 193	Annette Axt 105	Barb Sieps 214	Laura McMillian 524
Barb Sieps 192	L. Perez 94	Brianna Johnson 204	Barb Sieps 494
J Porter 182	Barb Sieps 90	L Perez 193	J Porter 479
Abby Sheilds 171	Abby Sheilds 83	Abby Sheilds 193	Elizabeth Dickerson 455
Elizabeth Dickerson 165	J Porter 77	Elizabeth Dickerson 190	Abby Sheilds 446
Brianna Johnson 154	Brianna Johnson 77	Christine Steudlein 171	Brianna Johnson 435
Christine Steudlein 149	Christine Steudlein 77	Tonya Smith 160	L Perez 419
L Perez 138	Laura McMillian 72	Jill Kennedy 145	Christine Steudlein 397
Tonya Smith 110	Tonya Smith 65	Candy Loukprasong 135	Tonya Smith 335
Candy Loukprasong 110	Candy Loukprasong 55		Candy Loukprasong 300

USAPL Jambalaya Classic
02 AUG 03 - Thibodaux, LA
 Women SQ BP DL TOT
 Jennie Hollier 320 185 325 830
 Satin Perez 330 180 325 835
 Danielle Miller 340 220 345 905
 Men
 Damian Breaux 220 155 150 525
 Jerry Ross 440 320 580 1340
 Scott Miller 575 410 600 1585
 C. Koserog 500 335 560 1395
 (Thanks to USAPL for providing the results.)

USAPL Iowa State/Hawkeye Open
17 AUG 03 - Sioux City, IA

	Womens	198 Masters
Bench Only	Robert Boyle	330
Open	Open	
198+	220	
T. Goergen	170 Tim Anderson	523
Iowa	Master	
132 Open	220	
Terri Shepard	126 John Probasco	396
T. Goergen	170 248	
Hawkeye	Gene Goergen	248
Bench Only	Teen	
Teen 165	242	
Dustin Miller	286 Jeffery Hart	275
Master 165	Teen	
Jerry Ochs	203 275	
D. Goodwin	181 Nathan Butler	440
Teen	Mens Bench	
Jon Christensen	253 Master 181	
Teen	Alan Shepard	231
198	Master 220	
Zac Craig	314 Gene Goergen	248
	Master 275	
	Mike DenBeste 385	
Women PL	SQ BP DL TOT	
Teen		
105		
Jasmin Lee	204 88 238 530	
Teen		
114		
Lora Marietta	176 115 214 505	
Teen		
123		
Leah Marietta	242 126 275 643	
Teen		
132		
M. Laebeth	176 88 214 478	
Open		
132		
Karlyn Eslick	270 121 319 710	
Heidi Burke	187 93 214 494	
Open		
148		
Nicole Royals	187 110 253 550	
Open		
165		
Tracy Marks	341 159 319 819	
Women		
132		
Masters		
Terri Shepard	143 126 187 456	

World Team Qualifying Standard In order to become an AUTOMATIC selection to the 2004 Mens World team you need to A)Win the 2004 USAPL Seniors in Baton Rouge, Louisiana; B)Pass the drug test; C)Total at least the average 5th place total from the last 5 IPF Worlds. Those totals pending drug test results are posted below: 114/535kg. - (1179); 123/560 - (1234); 132/607.5 - (1339); 148/672.5 - (1482); 165/750 - (1652); 181/787.5 - (1736); 198/852.5 - (1879); 220/862.5 - (1901); 242/900 - (1984); 275/950 - (2093); SHW/972.5 - (2143). Any winners who don't achieve the total will be placed in the alternate pool along with the top non-winning totals from all classes. These lifters will then be ranked on a percentage basis, using their total in comparison to the 5th place average of the previous five Worlds. This alternate list will be used to fill in any open spots on the team. (Dr. Patrick Anderson)

Mens Powerlifting

	Teen	114	Open
Jake Hile	337	177	330 844
Teen 165			
Dustin Miller	407	286	479 1172
Master165			
Jerry Ochs	336	203	380 919
Dan Goodwin	209	181	225 615
Teen 181			
Jon Christensen	253	253	435 1051
Open 181			
Todd Craig	473	270	501 1244
Master 181			
Jim Hart	187	242	143 572
Open 198			
Robert Boyle	573	330	573 1476
Todd York	413	259	451 1123
Masters 198			
Robert Boyle	573	330	573 1476
Master 220			
Careyton Tony	303	286	303 892
Teen 242			
Jeffery Hart	336	275	385 996
Open275			
Joe Kvidera	523	363	440 1326
Master 275			
M. DenBeste	451	385	584 1420
Iowa			
Mens Powerlifting			
Teen			
148			
C. Clearwater	330	209	374 913
Master 148			
Jim Balamenos	308	198	429 935
Open			
165			
Richard Davis	501	352	440 1293
Open			
181			
Brian Sayer	374	275	435 1084

(Thanks to USAPL for these meet results.)

USAPL ALL MIDWEST BP/DL
21 JUN 03 - Buffalo Grove, IL (kg)
 BENCH PRESS 198
 WOMEN KEVIN FARLEY 212.5
 165 220
 DEVAN DOAN 117.5 M. NIELSON 205
 181 C. HOLTINK 155
 T. BREWTON 72.5 242
 TEEN DAVID DOAN 275
 148 M. SISKOSKY 160
 WISIAMI ETO 120 275
 165 JC FRANCO 240
 JOHN DUNLAP 107.5 N. KIRKIRIS 212.5
 220 D. BABULAL 210
 N. WIRTH 130 DEADLIFT
 JUNIOR WOMEN
 181 181
 ADAM BEESON 177.5 T. BREWTON 130
 MASTER TEEN
 181 148
 S. MOSKOWITZ 122.5 WISIAMI ETO 120
 198 JUNIOR
 D. ROSENWEIG 192.5 BRAD ARBIC 290
 ANLZERWICZ 115 MASTER
 275 R. ASDWOSKI 237.5
 T. STRIVERSON 212.5 OPEN
 OPEN 181
 RATAH THAT 182.5
 RATAH THAT 150 275
 DAN BABULAL 255
 BEST LIFTERS OPEN - DAVE DOAN 162.4,
 JC FRANCO 138.23, KEVIN FARLEY 135.8.
 WOMEN - DAVE DOAN 117.5, MASTER -
 TED STRIVERSON 146.3, TEEN - WILLIAM
 EIO 98.8. DEADLIFT - DAVE BABULALIC.
 (Thanks to USAPL for providing the results.)

USAPL NJ Bench Press Open
26 JUL 03 - Rockaway, NJ (kg)

	148	Toyo Ivanov	170
M. Santiago	155	Jeffrey Zick	152.5
Chris Apistar		Chris Nasser	152.5
181		Joe Bellanca	152.5
Mike Ciupinski	182.5	Raw	
Matt Babin	152.5	Marc Falcone	220
Jeff Zick	152.5	Matthew Spoto	205
Guest Only		Teen	
Joe DeMatteo	212.5	W. Eichhorn	160
198		Mike Kuhns	120
Marc Falcone	220	S. Gravesande	137.5
Toyo Ivanov	170	C. Nyegard	155
Chris Nasser	152.5	Paul Wilk	110
220		Mike Ryan	82.5
Dennis Cieri	262.5	Women	
M. Georgiev	160	Denise Sulzer	35
275		Masters	
Bart Lombardi	240	Bill Phillips	185
Kevin Hebert	240	Charlie Neal	200
Super Heavy		J. Caligari	150
Jeff Fiss	212.5	Jeff Fremont	120
Ron Scandale	205	Submasters	
Juniors		Matthew Spoto	205
David Bellanca	177.5		
Best Bench - Dennis Cieri with 578.5 pounds.			
(Thanks to USAPL for providing the results.)			

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725

(219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com
Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

A condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____

Name: _____ Phone: (_____) _____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

Membership Prices: (please circle one) • Adult - \$40.00 • High School Division (Full year; any meet) - \$30.00 • Special Olympian - \$10.00
 • High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00

Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire
 High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ____ qt. ____)(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)
 • Polo Shirt - \$35.00(s-x) \$37.00(xd & up) (size ____ qt. ____)(colors: navy, white)
 • White Referee Designation Polo - \$30.00(s-x) \$32.50(xd & up) (size ____ qt. ____)
 • Lifter Classification Patch - \$5.00 (qt. ____)(must provide meet results) • Navy Sweatshirt - \$30.00(s-x) \$32.00(xd & up) (size ____ qt. ____)
 • Logo Patch - \$5.00 (qt. ____)(Shpg for patch: .50)
 • Hats - \$15.00 (qt. ____)(colors: white, navy, black)

Check/Money Order # _____

Credit Card: Visa-Mastercard-Discover Exp. Date: _____

Card # _____ - _____ - _____ - _____

Cardholder Signature: _____

All memberships expire 12 months from date of purchase.



Membership Price: \$ _____

Merchandise Total: \$ _____

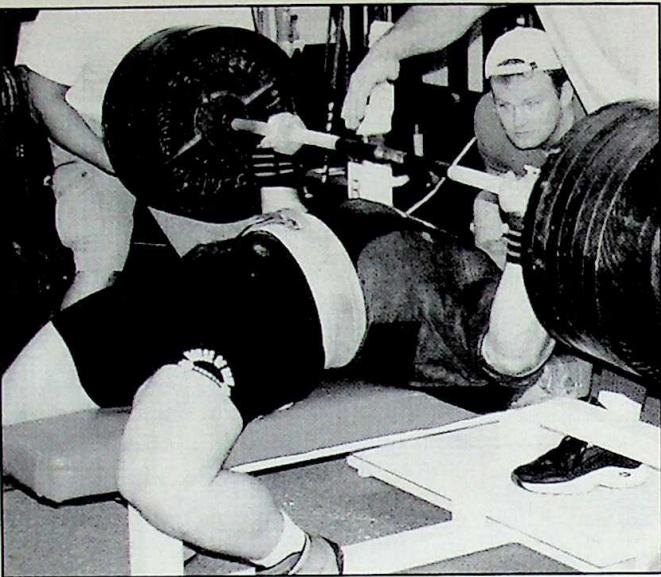
Merchandise Shipping: \$4.00

Total Purchased: \$ _____

(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

APF Big Iron Summer Push/Pull
26 JUL 03 - Omaha, NE

Women	Jeff Lottman	400
Deadlift	Teen	
Teen	148	
132	Nick Hatch	415*
Krissy Petersen	250	275
Women	Eric Freihage	325
Bench	Master I	
Open	242	
165	Michael Moody	425
Kris Grandick	205	Open
Men	198	
Deadlift	Shawn Frankl	535*
Master I	198	
220	Steve Fergen	440
Dan Beaudin	550	220
Open	Rick Koehrsen	500
308	220	
Early Bryant	665	Brian Mull
Men	242	450
Bench	Z. Voprada	550
Novice	275	
198	Jim Grandick	625*
Women	BP DL TOT	
Open		
123		
Brenda Fletcher	165	250 415
Men		
198		
Luke Kuhl	400	525 925
275		
Kyle Davis	330	500 830
Teen		
198		
Todd Kowal	420	580 1000
Open		
198		
Mike Brown	405	585 990
220		
Justin Graafls	450	600 1050
* - Nebraska Record. Best Lifters: Bench - Jim Grandic. DL - Mike Brown (Big Iron Gym.)		



Jim Grandick, bodyweight 256# - Nebraska's Biggest Bench - 625 pounds at the APF Big Iron Summer (Photograph - Big Iron Gym.)

NASA Grand Nationals (kg)					
19,20 JUL 03 - Hickory, NC					
Power	Curl	BP	DL	TOT	
chs					
227					
T. Woodard	52.5	175	227.5		
hs					
154					
Brandon Cooper	50	92.5	142.5		
285					
hs					
170					
Derik Board	50	92.5	60	202.5	
hs					
205					
Jeremy Donahew	35	70	142.5		

247.5		Meet	SQ	BP	DL	TOT
hs		hs				
227		250				
Chaz Ruppert	45	70	147.5	262.5		
hs		int				
250		170				
Don Blackwell	45	70	125	240		
jr		jr				
170		138				
Taylor Mills						
m1						
187						
Brett Boyer	76	157.5	245	478.5		
m1		jr				
250		205				
John Leonard	75	182.5	280	537.5		
m5		jr				
187		205				
Frank Sumner	65	122.5	162.5	350		
sm2		jr				
227		250				
Ralph Dishman	77.5	192.5	202.5	472.5		
sm2		jr				
205		250				
R. McClure	77.5	165	215	457.5		
Don Atkins						
220						
145						
172.5						
537.5						

A.P.F./A.A.P.F. Membership Application

Check ONE box that applies below



- AMERICAN POWERLIFTING FEDERATION
 AMATEUR AMERICAN POWERLIFTING FEDERATION
PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES



LAST NAME	FIRST NAME	INITIAL
STREET ADDRESS		
CITY		
STATE	ZIP CODE	
AREA CODE	TELEPHONE NUMBER	MO DATE YEAR AGE SEX US CITIZEN YES NO
A.P.F. \$30	A.A.P.F. \$30	A.P.F. & A.A.P.F. \$40
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)		
REGISTRATION NUMBER		
E-MAIL ADDRESS		

ATHLETES, fill out card completely, make check payable to and mail with fee to: **A.P.F. OR A.A.P.F.**

ARE YOU A PREVIOUS A.P.F. OR A.A.P.F MEMBER? YES NO

62 S. Broadway
Aurora, IL 60505

For information call: Ph: 630-892-1491 or Fax: 630-892-0909

IF UNDER 18,
HAVE PARENT
INITIAL

I CERTIFY THAT THE ABOVE ANSWERS ARE
CORRECT AND THAT I AM ELIGIBLE IN
ACCORDANCE WITH THE RULES OF THE
A.P.F. OR A.A.P.F.

SIGNATURE X _____

SINGLE LIFTS	nat
chs 315	187
Seth Casto	60
cm1	nat
280	205
M. Mc Call	37.5
cm5	nat
187	227
Frank Sumner	65
cp+f	Richard Cash 187.5
280	250
Scott Cassell	67.5
cpure	Gregg Lyons 185
187	280
Tim Broyles	65
csmp	M. Stidham 107.5
280	p+f
Scott Cassell	67.5
dlhs	Tom Isbell 120
227	p+f
Tyler Woodard	175
dlm5	250
187	250
Frank Sumner	162.5
dyouth	Kenny Benfield 175
youth	pure
Will Van Hoose	27.5
sqjr	250
205	250
Daniel Smith	230
sqm5	170
227	250
Frank Sumner	112.5
sqyouth	Evan Roark 137.5
youth	pure
Will Van Hoose	15
Bench	Tim Broyles 122.5
hs	pure
187	315
Josh Hayden	92.5
jr	W. Ferguson 160
170	227
Larry Neese	127.5
m1	pure
227	shw
Mike Price	275
Kenny Burkett	237.5
m1	sm1
280	shw
Michael McCall	120
m2	sm2
154	205
Richard Cash	187.5
R. Torvabene	82.5
m2	sm2
227	187
Jimmy Earley	227.5
m2	sm2
227	205
Mark Holbrook	207.5
Keith Dancy	210
m2	sm2
250	227
Pat Arrowood	165
Glenn Goad	150
m3	sm2
227	250
Bill Bradford	122.5
m5	sm2
227	280
Jimmy Earley	227.5
mp	wpure
250	138
Ariel Hayden	182.5
mp 315	60
W. Ferguson	160
T. Navmann	117.5
Full	jr 280
Jonathan Byrd	257.5
m1 187	162.5 220
Brett Boyer	250
m1 227	165 245
Tim Higgins	332.5
m2 187	190 295
Jim Elmore	150
mp 127	90 185
Robert Pope	112.5
mp 280	70 135
Bob Blick	230
nat 205	147.5 210
Greg Brewer	240
nat 205	152.5 250
Lynn Hodges	242.5
pure 205	167.5 205
Scott Chattin	215
pure 280	170 222.5
Andrew Shields	282.5
sm1 205	265 267.5
Lynn Hodges	242.5
pure 187	167.5 205
Pearce Ray Jr.	185
smp 250	160 187.5
Chris Nanney	200
wm1 119	147.5 200
T. Seymour	75
47.5 100	222.5
(thanks to NASA for providing these results)	

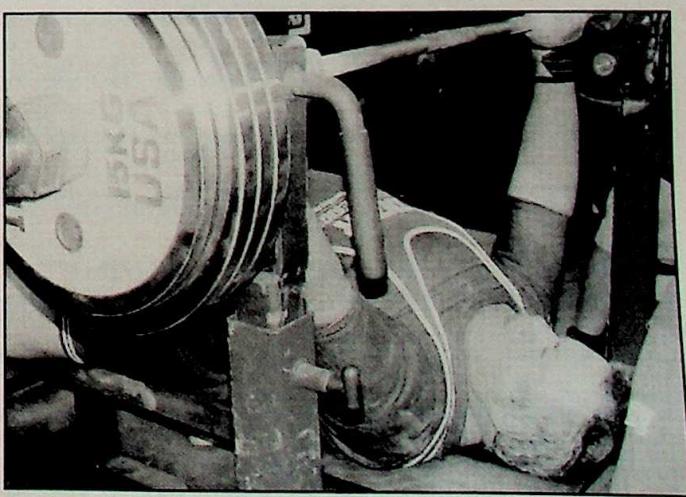
**WABDL Capitol City Classic
31 MAY 03 - Sacramento, CA**

Class 1 Men	Fil Dena	199+	Sue Vaterlaus	148*	M75-79
148	242	WM54-60	James Butler	165	176*
Eric Nahorniak	325	Russell Kitani	O	199+	
181	275	Norman Rial	Delia Chilgren	93	220
Todd Robinson	236	473	DEADLIFT		Matt Lamarque
Garred Lyle	330	David Freeland	Class 1 Men		622
198	529	4th	275		
Andrew Lie	236	540	Chad McFarland	385	David Freeland
Mike McCormack	325	308	Eric Nahorniak	452*	633
David Bradshaw	402	Richard LaRocca	165	306	Norman Rial
220	501	Steve Wong	Yasuhiko Kuroda	440	661
Archie Taylor	369	Sub M 34-39	Aaron Pina	462	Richard LaRocca
Steve Barnes	402	132	Garred Lyle	485*	677*
242	181	181	181	309	
Dan Tubridy	402	James Fernandez	198	Sub M 34-39	Nate Tuffanelli
275	242	242*	200	114	678*
Ryan Hebler	407	Richard Smith	220	123	Alexandr Vallejo
Tom Starkweather	462	Andre Planchon	220	123	270*
308	385	Mike McCormack	220	123	
Leo Contreras	418	David Bradshaw	220	123	
Jim Presley	501*	Mark Hatfield	220	123	
309+	418	Mick Quilici	220	123	
John Woerner	501	Ismanso Soekardi	220	123	
4th	275	573	220	123	
Jr M 20-25	507*	Jim Yoder	220	123	
165	Sub W 34-39	Sub W 34-39	220	123	
Kyle Herzik	236	Bianca Sanders	154*	123	
181	132	132	123	123	
Paul Deane	248	Elodia Womack	121	123	
275	121	Lisa Balestrini	143	123	
David Freeland	529	148	123	123	
4th	540*	Brenda Nolen	165	123	
Jr W 20-25	181	Jeanne Watts	176	123	
114	Teen 13-15	Teen 13-15	181	123	
Sarah Hagedorn	143	165	181	123	
132	181	Justin Berman	154	123	
Crystal Luiz	99	181	123	123	
Law/Fire Master	Timmy Peterson	214	123	123	
181	198	David Freeland	633	123	
Rudy Lopez	402	Jr W 20-25	633	123	
242	220	220	220	123	
Ismyanto	435*	181	181	123	
275	132	Josh Womack	187	123	
Walt Faulkner	407	148	187	123	
220	181	Steffan Parodi	275*	123	
Butch Martinez	408	165	181	123	
4th	413!	Danny Thomas	297	123	
309+	363	Robert Gernert	297	123	
Paul Goodwin	473	181	181	123	
4th	513!	Tophe Hemsath	181	123	
Law/Fire Open	181	Kevin Knack	214	123	
242	214	Aaron Bennett	248	123	
Derek Arredondo	429	Jason Olsen	248	123	
M40-46	198	198	198	123	
181	Eddie Bledsoe	225	198	123	
Todd Robinson	236	Dustin McFarland	253	198	
198	253	Alan Sinclair	341	198	
Mike McCormack	325	220	198	198	
Fil Dena	220	Brandt Butko	203	198	
220	303	Jarrett Blonien	352	198	
Dan Peterson	314	Steve Eckles	352	198	
242	352	4th	369*	198	
George Phipps	369	4th	292	198	
I. Soekardi	435	181	292	198	
275	181	Jim Pritchett	292	198	
Bob Smith	440	Teen W 13-15	292	198	
Tom Starkweather	462	123	292	198	
308	123	Karina Phipps	110	198	
Jim Shefield	501	181	110	198	
Jim Presley	501	M. O'Halloran	144!	198	
309+	181	Teen W 16-19	144!	198	
John Woerner	501	148	148	198	
4th	507	Emily Pritchett	115	198	
M47-53	199+	199+	199+	198	
181	Tracy Perry	137	Tracy Perry	137	
Eric Ansberry	248	123	123	123	
198	123	April Svendsen	137	123	
Greg Alves	314	132	132	123	
220	132	Lisa Balestrini	143	123	
Larry Wyckoff	336	Jill Deuser	176	123	
Butch Martinez	408	4th	181*	123	
4th	413!	148	181*	123	
308	148	Jeanne Watts	176	123	
Leo Contreras	418	181	176	123	
309+	181	M. O'Halloran	144	123	
Paul Goodwin	473	198	144	123	
4th	513*	WM 40-46	115	123	
M61-67	198	105	105	123	
148	105	Desiree Brown	104	123	
Larry Vincent	275	132	104	123	
Dennis Cone	264	132	104	123	
Mike Bonifield	286	126	104	123	
M68-74	126	Robyn Briggs	126	123	
165	126	Alene Brisbane	137	123	
Ron Goodman	225	Jill Deuser	176	123	
198	176	4th	181*	123	
Bob Stephens	303	148	181	123	
242	148	Desiree Brown	104	123	
Ernie Anderson	374	199+	115	123	
M75-79	199+	Janet Hase	170*	123	
165	199+	WM 47-53	170*	123	
Eugene Miranda	253	114	114	123	
220	114	Sally Keathly	88	123	
O	114	Linda Burnham	165	123	
148	114	Taylor Tom	165	123	
Taylor Tom	198	Jane Henner	110*	123	



Butch Martinez at 220 Master 47-53 (Photos courtesy Gus Rethwisch)

165 Ron Goodman set a CA Record with 225. In Submaster 132 James Fernandez set a Calif Record with 242. In Submaster 198 Andre Planchon set a Calif Record with 419. He's another one of Matt LaMarque's guys. Matt is the Calif State Chairman for WABDL and puts on a great meet every year in Monterey which is on March 6, 7 in 2004. In Submaster Women 123 Bianca Sanders set a Calif Record with 154. In Teenage Men 16-19 Steffan Parodi set a Calif Record with 275. In Teen 16-19 220 Steve Eckles and Jarrett Blonien battled it out with Blonien coming away with the win and the Calif State Record of 556. Eckles did a very respectable 529. At 242 Jim Pritchett pulled a Nevada Record 451. In Teen Women 13-15 181 Margot O'Halloran pulled a Calif Record 165. In Teen 16-19 148 Emily Pritchett pulled a Nevada State record 281. In open women Lisa Balestrini pulled and yanked her way to a Cal State Record 330. In Master Women 40-46 270 Charlene Nicholson set a Cal Record with 270 at 114. At 132 a beautiful Aleene Brisbane was extremely impressive with a 326 Cal Record. She doesn't give up. All of the women from the Pacifica Athletic Club who won the teen title were very well coached by Rene and all were shapely well trained and pulled their guts out - there were about 40 women in thus contest and they all pulled well. At 198 40-46 Anette Sozzi - Dangel set a Calif Record with 132. In 198+ Janet Hare set a Calif record with 170. In Master Women 47-53 Sue Vaterlaus set a National Record with 148 at 198+. In the deadlift in class I Eric Nahorniak set a Nevada State Record with 452 at 148. At 308 Jim Sheffield set a CA State Record with 606. In Junior Men 165 Kyle Herzik set a Nevada State Record with 363. At 198 Vice Lujan set a Cal Record with 573. He also holds the Class I and Junior Records in Washington. He just recently moved to Calif. In junior women Sara Hagedorn set a Calif record with 270 weighing only 112. At 132 Crystal Luiz set a Calif Record with 237. In Law/Fire Master 40-47 Ismyanto Soekardi set a Calif Record with 628 at 242. In Law/Fire Master 48+ Charles McFarland set a 198 Oregon Record with 578. Also in Law/Fire 48+ Rene Reyes set a CA Record with 435 at 275. In Master Men 40-46 George Phipps set a Nevada State Record with 518 at 242 but finished 2nd to Ismyanto Soekardi who won with a Calif State Record 628. Bob Smith was named best lifter with a 672 at 275. In Master Men 75-79 165 James Butler set a Calif Record with 176. In Open Richard La Rocca set a Calif record at 308 with 165.



Paul Goodwin at 319+ with a World Record in Sacramento, Calif.

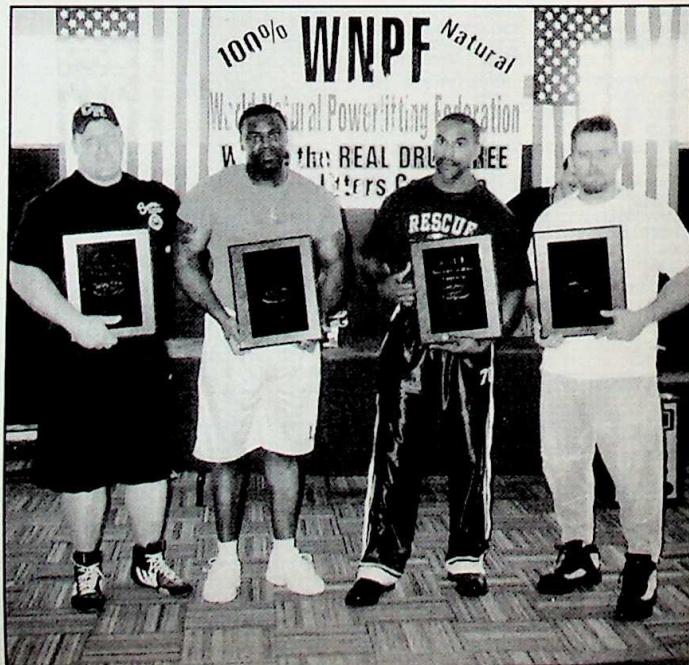
WNPF NATIONALS
12,13 JUL 03 - Youngstown, OH

Bench Press	35-39				
Assisted	Steve Cook	440*			
123	50-59				
40-49 Female	Tom Boyer	365*			
Nancy Procter	125	275			
Men	35-39				
148	Allan Clark	425			
Lifetime	60-69				
C. Venturella	345	Lyn Marsh	350*		
Natural	242				
C. Venturella	345	60-69			
40-49	Bill Bioinotto	305!			
C. Venturella	345	Squat			
165	Assisted				
35-39	165				
Allen McVaney	295	35-39			
181	Allan McVaney	515			
Lifetime	275				
Tim Stroshine	390*	40-49			
Tim Richards	370	Brad Lovejoy	570		
40-49	Raw				
Tim Richards	370	165			
Joe Fiumara	360	35-39			
Jeff Woods	350	Mark Gillum	300*		
198	198				
17-19	35-39				
Kyle Smith	285*	Mike McNinch	530!		
Lifetime	220				
C. Durant	350	Lifetime			
220	D. Fryberger	455*			
50-59	Deadlift Only				
Tom Boyer	405*	Assisted			
Ralph Brown	380	165			
242	35-39				
40-49	Allan McVaney	535*			
Wayne Carroll	410	242			
275	35-39				
40-49	Kirk Bardos	580*			
Jeff Peshek	600*	275			
SHW	40-49				
Natural	Brad Lovejoy	550			
Palmo Aracki	500*	Raw			
Lifetime	165				
Steve Rogers	450	35-39			
40-49	Mark Gillum	345*			
Steve Rogers	450	70-79			
Bench Press Raw	O. Vanbuskirk	335*			
148	220				
35-39 Female	Lifetime				
Tanny Eblin	140*	Donn Taylor	555*		
Men	Powercurl				
165	148				
Lifetime	Open				
Tom Woodruff	310	C. Venturella	135		
35-39	40-49				
Ed Eblin	305	C. Venturella	135		
Mark Gilliam	250	165			
40-49	Open				
Ed Schemine	300*	Tom Woodruff	160!		
181	Ed Schimine	150			
35-39	Mark Gillum	120			
Karl Kopernski	365	40-49			
50-59	Ed Schimine	150!			
Ed Freeman	320	70-79			
198	O. VanBuskirk	125			
Lifetime	181				
William Moss	360	50-59			
50-59	Ed Freeman	130*			
Dave Vargo	330*	220			
220	Open				
Lifetime	Steve Cook	175*			
Steve Cook	440*	Female			
PL Assisted	SQ	BP	DL	TOT	
Women					
114					
Lifetime					
Heidi Weger	250	145	295	690	
132					
60-69					
C. Winkelblech	205!	90!	280!	575!	
Men					
165					
Lifetime					
John Elsberry	380	335	350	1065	
35-39					
Allen McVaney	515	295	535*	1345	
40-49					
Jim Harris	415	330	485	1230	
John Elberry	380	335	350	1065	
181					
Lifetime					
Sarigianopolis	470	350*	465*	1285*	
50-59					
Leo Stiles	480	335	525	1280	
Police/Fire					
Greg Foy	475	365	550	1390	
198					
17-19					



Team Champs: Mike's Paint Street Gym; Front: Tom Woodruff, T. Eblin, Ed Eblin. B: E. Freeman, M. McCorkle. (Missing - M. Gillum)

CLASSES JOHN ELSBERRY TOOK THE LIFE-TIME DIVISIONS WITH A STRONG TOTAL AFTER A LONG LAYOFF FROM COMPETITION. JIM HARRIS EDGED OUT JOHN IN THE MASTERS DIVISIONS PUTTING UP SO THE STRONG LIFTS. SUBMASTER ALLEN MCVANEY SET A NEW OHIO RECORD IN THE DEADLIFT WINNING HIS DIVISIONS. AL ALSO TOOK FIRSTS IN THE SQUAT AND DEADLIFT DIVISIONS. IN THE 181 LB CLASSES TONY SARIGIANOPOLIS SET TWO NEW OHIO RECORDS WINNING THE LIFETIME DIVISIONS. MASTER LIFTER LEONARD STILES PUT UP A STRONG TOTAL AS DID GREG FOY IN THE POLICE / FIRE / MILITARY DIVISIONS EACH WITH A WIN. IN THE 198 LB CLASSES TEEN JEREMY HARRIS TURNED IN A STRONG TOTAL AS DID NICK CARANO IN THE NATURAL DIVISIONS. TONY EVANS CAME BACK AFTER A SHORT LAYOFF TO TAKE THE LIFETIME AND MASTERS 40/49 DIVISIONS. JOHN PHILLIPS RETURNED TO ONCE AGAIN WIN THE MASTERS 50/59 DIVISIONS SETTING A NEW OHIO SQUAT RECORD. IN THE 220 LB CLASSES ROBERT BABBITT, DAVE POLIS AND TOM CHAFFIN TURNED IN STRONG TOTALS WINNING THEIR DIVISIONS AND RALPH BROWN JR SET ALL NEW OHIO RECORDS EDGING OUT BILL SCHAFER IN THE MASTERS DIVISIONS. 242 LB LIFTERS ROBERT BURRESS AND KIRK BARDOS TURNED IN STRONG TOTALS WINNING THEIR DIVISIONS WITH BARDOS ALSO WINNING THE DEADLIFT ONLY DIVISIONS WITH A NEW OHIO RECORD. IN THE 275 LB CLASS THE BATTLE WAS ON IN THE MASTERS DIVISIONS WITH NEW OHIO RECORDS BEING SET BY BRIAN BRAMMER AND RANDY HUGG. BRAD LOVEJOY TURNED IN THE TOTAL, WHICH TOOK THE DIVISIONS WITH SO THE STRONG LIFTS ALONG WITH WINNING THE SQUAT AND DEADLIFT ONLY DIVISIONS. SUBMASTER HAROLD MOBLEY JR PUT UP SO THE STRONG LIFTS WINNING HIS DIVISIONS. IN THE SHW NATURAL DIVISIONS PALMO ARACKI SET TWO NEW AMERICAN RECORDS AND A NEW OHIO RECORD EDGING OUT DAVE BOSLER FOR THE WIN ALONG WITH WINNING THE BENCH ONLY DIVISIONS. IN THE RAW DIVISIONS + FEMALE LIFTERS SHAUNNA HENNEBERT, JESSICA KRAMB AND ANNA COLLINS ALL SET NEW RECORDS WINNING THEIR DIVISIONS. THIS IS THE FORTH REPEAT WIN FOR JESSICA WHO ALSO EXCELS IN SEVERAL OTHER SPORTING COMPETITION. IN THE MENS DIVISIONS RECORDS WERE SET IN THE 165 LB MASTERS DIVISIONS BY GARY HOXWORTH AND BEN CREECH WINNING THEIR DIVISIONS.



WNPFBL: Jeff Peshek, Steve Cook, Tony Evans, M. McNinch (Deamicis)

SIONS WITH HOXWORTH TAKING BEST LIFTER. 198 LB LIFTER MIKE MCNINCH SET NEW OHIO AND AMERICAN RECORDS ALONG WITH WINNING BEST LIFTER. MIKE ALSO TOOK THE SQUAT ONLY DIVISIONS SETTING TWO NEW RECORDS. 275 LB LIFTERS JASON WILGUS AND RICH LUKLAN PUT UP STRONG LIFTS WINNING THEIR DIVISIONS WITH LUKLAN SETTING A NEW OHIO RECORD. IN THE SHW DIVISIONS TOM BROWN DID SO THE FINE LIFTING WINNING THE MASTERS DIVISIONS. IN THE IRONMAN DIVISIONS STRONG LIFTS WERE TURNED IN BY BRAD HENNEBERT, BILL BECK, CHRISTIAN DURANT AND STEVE ROGERS WITH SEVERAL NEW OHIO RECORDS SET BY THESE LIFTERS. STEVE ROGERS ALSO TOOK FIRST IN THE LIFETIME AND MASTERS DIVISIONS IN THE BENCH AS DID CHRISTIAN DURANT. IN THE ASSISTED BENCH DIVISIONS NANCY PROCTER PUT UP A STRONG LIFT IN THE FEMALE DIVISIONS AND CHARLES VENTURELLA TOOK THREE DIVISIONS IN THE MENS 148 LB CLASSES ALONG WITH WINNING BEST LIFTER. IN THE 181 LB CLASSES TIM STROSHINE EDGED OUT TIM RICHARDS SETTING AN OHIO RECORD IN THE LIFETIME DIVISIONS. RICHARDS BOUNCED BACK WINNING THE MASTERS DIVISIONS IN A CLOSE BATTLE WITH JOE FIUMARA AND JEFF WOODS. TEEN LIFTER KYLE SMITH SET AN OHIO RECORD IN 198 LB CLASS AND TOM BOYER EDGED OUT RALPH BROWN FOR A WIN IN THE 220 LB MASTERS DIVISIONS. WAYNE CARROLL PUT UP A STRONG LIFT IN THE 242 LB CLASS AND JEFF PESHEK HAD THE HIGHEST BENCH OF THE DAY WINNING THE 275 LB MASTERS DIVISIONS AND BEST LIFTER. JEFF CAME UP JUST SHORT OF PUTTING UP 670 LBS. IN THE RAW DIVISIONS FEMALE TAMMY EBLIN SET A NEW OHIO RECORD WINNING HER DIVISION FOR A SECOND TIME. MENS LIFTERS TOM WOODRUFF AND ED SCHEMEIN PUT UP STRONG LIFTS WINNING THEIR DIVISIONS WITH BOTH LIFTERS ALSO SETTING NEW RECORDS IN THE POWERCURL DIVISIONS. ED EBLIN EDGED OUT MARK GILLUM IN THE SUBMASTERS DIVISIONS ROUNDING OUT THE 165 LB LIFTERS. GILLUM TOOK FIRSTS IN THE SQUAT AND DEADLIFT ONLY DIVISIONS. IN THE 181 LB CLASSES KARL KOPCZNSKI TOOK THE SUBMASTER DIVISIONS AND ALSO BEST LIFTER. MASTER LIFTER ED FREEMAN PUT UP A STRONG LIFT WINNING HIS DIVISION AND ALSO THE POWERCURL DIVISIONS. IN THE 198 LB DIVISIONS WILLIAM MOSS AND DAVE VARGO PUT UP STRONG LIFTS WINNING THEIR DIVISIONS WITH VARGO SETTING AN OHIO RECORD. 220 LB LIFTERS STEVE COOK AND TOM BOYER SET NEW OHIO RECORDS WITH COOK ALSO WINNING THE POWERCURL. 242 LB LIFTER BILL BIDINOTTO SET AN OHIO AND AMERICAN RECORD WINNING THE MASTERS DIVISION. 275 LB LIFTER ALLAN CLARK AND LYN MARSH LIFTED WELL WINNING THEIR DIVISIONS WITH MARSH SETTING AN OHIO RECORD. THIS YEARS TEAM CHAMPIONS IN THE BENCH PRESS WENT TO MIKES PAINT STREET GYM OWNED BY MIKE MCCORKLE. ONCE AGAIN SPECIAL THANKS TO ALL OF MY CREW WHO MAKE ALL OF THESE MEETS A SUCCESS AND TO ALL THE LIFTERS WHO SUPPORT THE WNPF. (Thanks to Ron Deamicis for results.)

Men M2					
242					
Smolinski, Joe	535	410	510	1455	
Men M2 Bench					
242					
Smolinski, Joe	410			410	
Men M4					
198					
Batko, Robert	440	220	505	1165	
Men M4 Bench					
198					
Batko, Robert	220			220	
Men M5					
165					
Steele, Don	210	160	315	685	
Men M5 Bench					
220					
Mueller, W.	325			325	
Men M5 Bench					
242					
Denny, Robert	315			315	
Men M8					
181					
Creech, Ben	175	105	220	500	
Men Open					
165					
Coats, Paul	455	315	550	1320	
Men Open					
165					
Proxmire, Brian	430	330	525	1285	
Men Open					
181					
Smith, Matt	465	335	460	1260	
Men Open					
198					
Terry, Craig	675	350	770	1795	
Men Open					
198					
Hanson, J.	500	370	550	1420	
Men					
198					
Otero, Matt	500	345	560	1405	
Men Open					
275					
Wenn-ng, Matt	720	520	700	1940	
Hartle, Mike	145	520	145	810	
Chantler, James	640	430	620	1690	
Men Open					
275					
Ewald, Clint	625			625	
Men Open Bench					
165					
Ruelan Jr., M.	385			385	
Men Open Bench					
165					
Hazelton, Scott	315			315	
Men Open Bench					
165					
Smith, Jayson					
Men Open Bench					
198					
Schlicht, Eric	345			345	
242					
Chevalier, Zac	350			350	
Men Open Bench					
275					

FROM THE WORLD NATURAL POWERLIFTING FEDERATION:

The WNPF wishes to announce that the WNPF and WDFPF have been reunited. The WNPF will continue to hold its annual events including its World Championship every year. We will also hold some WDFPF sanctioned events in the United States. It's been almost five years since a WDFPF event has been held in the U.S. and we are happy to bring the WDFPF back. The WNPF is the gateway for all USA lifters to lift in the WDFPF from this point on. Anyone interested in being a part of the WNPF/WDFPF please feel free to contact the WNPF at 770 996-3418 or email wnpf@aol.com. Also we would like to announce that Richard Van Eck and Jeff Buchin will be hosting several events in Michigan for the WNPF and we welcome these two fine gentlemen our association. We are also going to the west coast in March for the Western USA Championships. This meet will be a qualifier for the WNPF & WDFPF Worlds. The WNPF Worlds will be held in August 2004 in New Jersey. In order to qualify you must hit a WNPF National or major event and place in the top five in your division. Please take a look at the coming events for a WNPF meet near you and check out our website at members.aol.com/wnpf. We thank everyone for assisting the WNPF in 2003, you all know how you are and thank you to the many lifters and spectators that supported us in 2003. We hope to see all of you again in 2004. WNPF

Kerstetter, S.	445		445	USAPL Seattle Summer Classic
Men T3				02 AUG 03 - Seattle, WA
148				
Hamilton, Ross	325	190	420	935
Men T3				
220				
Southard, L.	485	245	485	1215
Women M7				
132				
Kazmierski, J.	40	45	80	165
148				
Drotar, Terry	110	70	200	380
Women Open				
132				
Overdear, A.	390	240	410	1040
Women Open				
165				
Martinez, Gily	365	180	300	845
Women T1				
198				
Brown, Bonica	335	160	345	840
Junior Men				
Marion Griffin	275	185	325	785
Ken Umetsu	415			
(Thanks to USAPL for providing the results.)				(Thanks to USAPL for providing the results.)

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
\$20.00 HIGH SCHOOL
\$40.00 ADULTS

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

SIGNATURE/PARENT 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.

Men	SQ	BP	DL	TOT
JR				
275				
Wenning, Matt	720	520	700	1940
Men JR Bench				
148				
Clark, Brett	325			325
Men M1				
165				
Sharpe, Art	315	330	405	1050
Men M1 Bench				
165				
Sharpe, Art	330			330
Men M2				
198				
Vasquez, M.	350	295	430	1075

New! COOL CAPS



from...

INZER
ADVANCE DESIGNS

The World Leader In Powerlifting Apparel!

A DENIM CAP — Pro-washed denim, "low profile" cap with adjustable brass buckle. Embroidered.

B TWILL CAPS — "Constructed" style & white, cotton twill cap with buckram backed front. Adjustable plastic snap. Embroidered

C with two designs to choose from.

IRONWRAPS

A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY.

IRONWRAPS Z

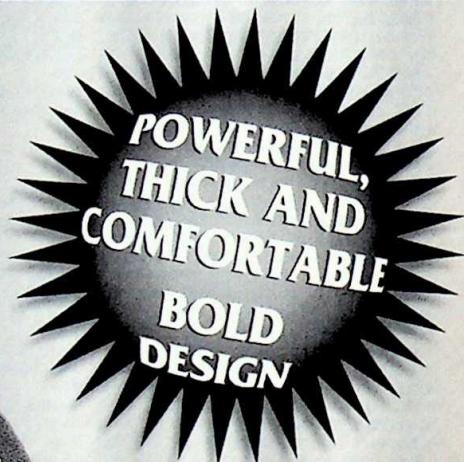
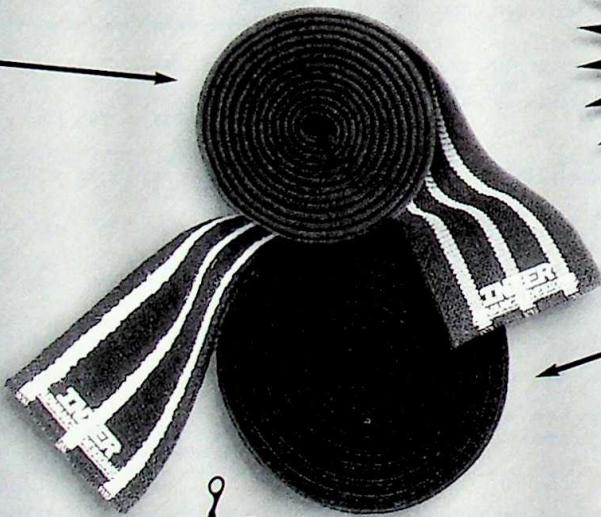
VERY, VERY POWERFUL!

The most popular knee wrap in powerlifting!

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

Patrick Hall

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



IRONWRAPS A

ENGINEERED FOR:

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

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

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

e-mail _____

Qty.

_____ Denim Cap (A) \$16 _____

_____ Twill Cap B C \$12 _____

_____ Ironwraps A \$22 _____

_____ Ironwraps Z \$22 _____

_____ 2 pair \$40 _____

Shipping \$5.50

Total _____

Overseas orders add 20% surface or 30% air.

Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS

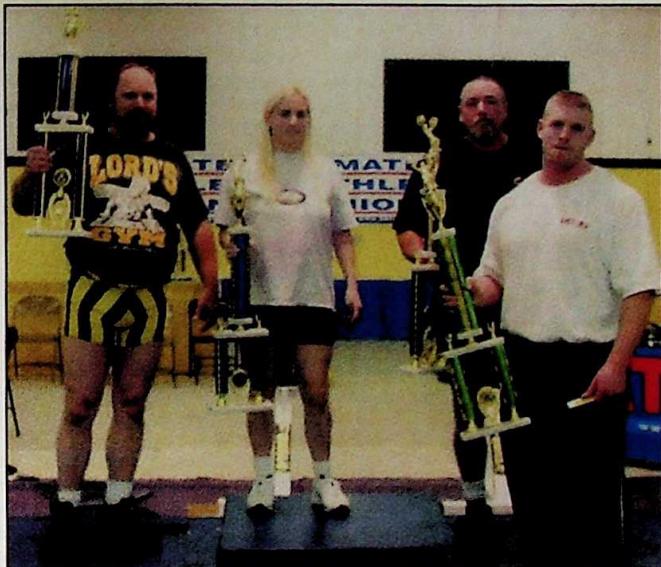
P.O. Box 2981 • Longview, Texas 75606

903-236-4012 • 800-222-6897

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

AAU VA Big Dawg BP
07 JUN 03 - Richmond, VA

BENCH	James Kearney	45
97	165	
Youth (15-14)	Youth (15-14)	
Non-Sanction	Non-Sanction	
Hakeem Foster	Peter Collins	35
97	181	
Youth (15-14)	Open Non-Sanction	
Non-Sanction	D. Hammett	130
Jamee Terry	Chris Gregory	112.5
105	Shawn Hydock	105
Youth (15-14)	220	
Non-Sanction	Open Non-Sanction	
Don Williams	T. Brightwell	202.5
114	242	
Teen (15-19)	Open Non-Sanction	
Non-Sanction	Dallas Adams	192.5
V. Navarre	Derek Knapp	107.5
114	242	
Teen (15-19)	Youth (5-14)	
Non-Sanction	Non-Sanction	
Darnell Floyd	Randall Abbott	67.5
114	275	
Youth (5-14)	Masters (40-49)	
Non-Sanction	Non-Sanction	
Jon Marrow	Matt McQuade	182.5
148	Alvin Belfield	175
Teen (15-19)	275	
Non-Sanction	Open Non-Sanction	
Chris Oliver	Alvin Belfield	175
148	Jack Wright	147.5
Youth (15-14)	275	
Non-Sanction	Teen (15-19)	
Don Taylor	W. Claiborne	125
148	SHW	
Youth (15-14)	D.SHUMAN	181
Non-Sanction	RAW44-49	
Kelley Bullock	198	
165	NOV,T16-17	
Teen (15-19)	T.BEANE	215
Non-Sanction	Miguel Dixon	140
G. Marrow	220	
95	Senior Masters	217.5
165	(50+) Non Sanction	572.5
Youth (15-14)	J.LAYDEN	217.5
148	220	
Non-Sanction	RAW T14-15	220
BEST LIFTERS - BATTLE OF THE BIG DAWGS - BEST FEMALE OPEN RAW BENCHER - AMY ROBIE. BEST MALE OPEN RAW BENCHER - TRIPP BRIGHTWELL. BEST MALE MASTER RAW BENCHER - MATT MCQUADE. BEST MALE MASTER ASSISTED BP'ER- BOBBY JONES. (By Barbara Beasley)	220	



Battle of Big Dawgs Best Lifters: Matt McQuade, Amy Robie, Bobby Jones, Tripp Brightwell. (photo courtesy The Little Mending Shop)

RAW O 40-44	M.EMERALD	202.5	165	237.5	605
242					
RAW SUB P&F	J.BUCKLES	162.5	130	187.5	480
275					
RAW O 50-54	L.McGRANE	240	170	295	705
275					
RAW OPEN	M.GRIFFEN	242.5	180	252.5	675
275					
R55-59,E55-59					
R.CROSS		202.5	147.5	200	550
					(Dennis Brennick - results, c/o Larry Larsen)

AAU Mass States Powerlifting
19 JUL 03 -(kg)

148	SQ	BP	DL	TOT
E.J.Cross	30	30	63	93
181				
Billy Stingfield				140
198				
Tim Beane				200
181				
Ward Benson			125	185
165				310
Joe Breault	103	115	188	406
148				
Tom McCarty	235	128	190	553
275				
Ray Cross			140	210
165				350
Bob Janjigian	160	138	228	526
220				
Jonathan Byrne	185	153	230	568
220				
Graig Hoffman			160	243
275				403
Len McGrane			175	303
242				478
Bob Reilly			170	200
275				370
Mike Ambrose	235	150	238	623
242				
Will Baker			160	250
242				410
Mark Emerald			165	230
165				395
David Malone			120	170
242				290
Eric Aronold				273
319				
Anthony Baker			228	255
shw				483
Richard Deleon	275	185	230	690
198				
Barry Eisenman	103	95	185	383
				(Dennis Brennick - results, c/o Larry Larsen)

AAU Mass States PL Push/Pull
06 APR 03 - (kg)

66	SQ	BP	DL	TOT
Y8-9, RAW NOV				
B.STOEHRE	27	22.5	47.5	97
97				
RAW45-49				
M.SOUZA	77.5	37.5	110	225
123				
E OPEN , EQ 50-54				
J.SHEAR	125	60	137.5	322.5
148				
RAW OPEN				
J.GARDELLA	117.5	102.5	142.5	362.5
132				
RAW O R50-54				
A.FARRAR	62.5	25	155	242.5
132				
RAW O, EQIP O				
KUPPERSTEIN	200	105	227.5	532.5
148				
RAW40-44				
R.HOULE	160	112.5	215	487.5
148				
RAW OPEN				
E.HO	142.5	102.5	160	405
165				
E OPEN				
G.MARSHALL	240	175	245	660
165				
RAW O T18-19				
B.O'REILLY	192.5	132.5	242.5	567.5
165				
NOV T16-17				
STINCHFIELD	90	45	120	255
165				
E T18-19				
J IMPARATO	167.5	110	212.5	490
165				
E 64-69				
L.MCCRARY	120	55	150	325
181				
R T16-17				
GIAMPIETRO	160	107.5	227.5	495



> This is a membership application form. Complete all areas and return Part One to the address shown.
> For information on registration and program, call 1-800-AAU-4USA.
> AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES

Regular Fee	'AB' Fee
Adult Athletes in the Following Sports:	20.00
Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting	23.50
Adult Athletes in the Following Sports:	20.00
Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling	25.00
Adult Athletes in the Following Sports:	Not Available
Chinese Martial Arts, Judo, Jujitsu, and Karate	25.00
Adult Tae Kwon Do Athletes	20.00
Adult Powerlifting Athletes	30.00

MEMBERSHIP CATEGORY	CHECK ONE:	Athlete	Coach	Official	Volunteer

CHECK ONE:	Youth Program	Adult Program	Added Benefit	Yes	No

Club No.:	Club Name:	E-Mail

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature _____
Parent/Guardian Signature _____

(article continued from page 19)

the burger and fries that you have been so accustomed to. Some fast food chains even have a "healthy menu" so that people can still eat somewhat healthy even while on the go. Bring some protein bars with you and throw them in your lunch box. They can really come in handy when you are in a bind. Just make sure that you follow the guidelines that I laid out above. There are many things that you can do to eat a power packed meal even when time is not on your side. Give these ideas a go and let me know if you need any more suggestions to keep your plan on track.

Q: I have a question in regards to your nutritional consultation services. My training partner started one of your 16-week nutritional consultation packages and he has completed the first 8 weeks at the moment. He has seen some unbelievable results in only 2 months. His squat is up 50 pounds and he has put 30 pounds on his bench. His bodyfat percentage has come down by 9% and his energy level is better than ever. He has really increased his volume workload per workout and he is recovering from his workouts much faster than before. I knew that you work with many of the best powerlifters in the world so you must be doing something right. He men-

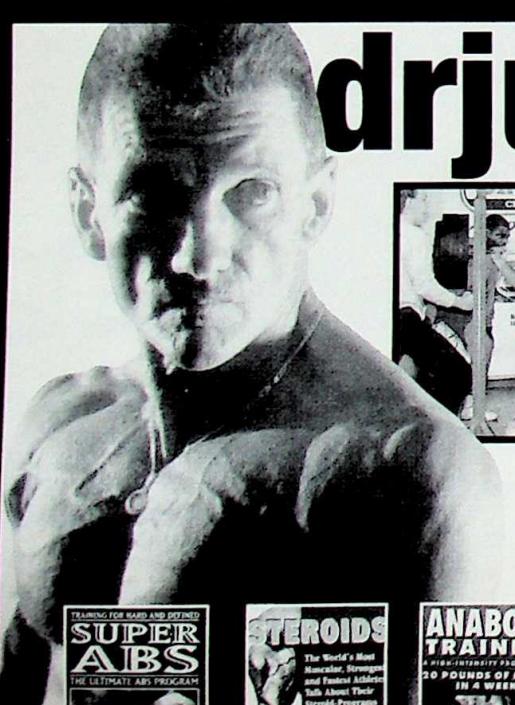
tioned to me that you are launching a new nutrition system and you were going to run some type of contest with the program? Is this true? I was wondering if you could let me in on what's going on, as I would definitely like to keep up to date on any new program that you have designed. Since he has done so well on your program I would like to come on board and work with you if you have any openings. I know that you are really busy but if you could slide me in I would really appreciate it. I'll tell you the truth, when my training partner started your program I thought all your nutrition mumbo jumbo was a crock. But after seeing my friend's progress I guess I have to eat my words because you proved me wrong. I have a competition coming up in 20 weeks and I really want to give your program a shot. Please get back to me as soon as possible because I don't want to waste any time. Sincerely, *Paul Kalmin*

A: Paul it's good to hear from you and I am happy that your friend has gotten such good results using my nutrition program. You forgot to mention his name though. I can understand how you may have thought that my theories for Powerlifting Nutrition were a crock since there is very little information on this topic. I am glad to hear you have seen it first hand for yourself, not just reading about it in the magazine. It

is true that I will be launching a new nutrition program called the Nutrition XP3. This program will be truly a one of a kind nutrition system developed just for strength athletes. I know that you must be sick and tired of seeing tons of different nutrition programs for the chronically obese or the competitive bodybuilder only to leave you guessing on what powerlifters should do to maximize their performance. With this unique program all the guess-work will be eliminated. No more wondering what you should eat for all your meals or how to layout a proper sports supplementation program to help you achieve your goals. No more wondering what you should be consuming for your pre and post workout meals. No longer will you have to go to a competition and find out the hard way that you ate the wrong things that had a devastating effect on your performance. The Nutrition XP3 will cover all you need to know to make sure you stay on top of your game for your next competition. Yes, your friend was right about the competition as well. With the launch of the Nutrition XP3 program I will be only taking the first 30 individuals whom are interested. Due to the fact that I do have a very busy schedule I can only limit it to the first 30 powerlifters that are looking to take advantage of this new revolutionary Power Nutrition Plan. The top individuals

in each division will be featured in my column in *Powerlifting USA* magazine. They will also be featured on the Nutrition XP3 web site. This will give the up and coming powerlifter tons of coverage in an international magazine and web site. So, if you are looking to take your total to the next level and get some good press coverage as well, give me a call so that we can include you on the roster for the launch of the new Nutrition XP3 program. This will be a first come, first serve basis so those of you that are serious about maximizing your strength and performance don't wait till it's too late. Paul please give me a call this weekend so I can get the info needed for the program design. Don't worry as I have reserved a space for you. I apologize to those that won't be able to be taken this time around, but we will keep you on a waiting list so that you will be able to be part of this exciting program. For those of you interested in joining the Nutrition XP3 program please contact me. If you have any questions you can e-mail me. I know with full confidence that you will be very happy with the results. Let's start the New Year off with a bang and let the Nutrition XP3 program take your powerlifting success to the next level!

If you have any questions please feel free to email me at: Aricciuto@X-tremePower.com

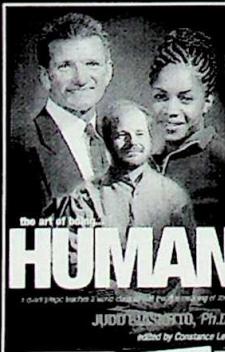


drjudd.net



Now Playing!

Dr. Judd's amazing record-breaking squat.
www.drjudd.net



HUMAN
A Quartet Inspires a World Record-Breaking Squat
by Dr. Judd Buscagno, Ph.D.
Edited by Constance Lee

NEW RELEASE

WORLD-CLASS BOOKS AVAILABLE NOW!
1-800-836-3093
order online at drjudd.net

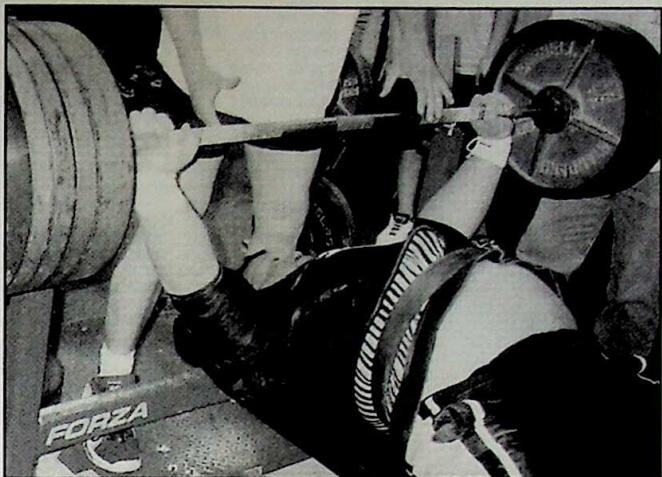
Training Methods, Tips and Secrets - \$19.95ea.

World Class Enterprises • 1108 W. Broad Ave. • Albany, Georgia 31707 • 229-446-0490

SLP National Bench & Deadlift
26 APR 03 - Tuscola, IL

BENCH PRESS	master men 55-59
junior women	198
123	Jerry Wood 415*
J. Wallace	145* 4th 420*
132	master men 65-69
Ginger Dial	110* 181
teenage men 18-19	John Bressner 270*
198	master men 75-79
Matt Bell	350 220
submaster men	Allen Glass 290*
220	4th 300*
Tony Bauer	335 police & fire/sub
master men 40-44	242
242	Lloyd Edwards 470*
Doug Haycraft	515* 4th 485*
4th	520* open men
242	165
Mark Aydt	415 Steve Barr 350
master men 45-49	242
198	Doug Haycraft 515
D. Rosenweig	450 4th 520
242	308
Bob Zirklebach	360 Mark Rose 550
shw	308
Jerr Watt	550* Matt Organ 525
4th	560* master men 45-49
master men 50-54	198
181	Mike Raya 580*
R. Carlson	290 242
DEADLIFT	Bob Zirklebach 470*
junior women	4th 500*
123	master men 50-54
Erica Haislar	265* 165
teenage men 13-15	Gregory Kleyn 515*
148	181
J. J. Watt	250* R. Carlson 375
master men 18-19	master men 65-69
198	181
Matt Bell	545* John Bressner 445*
submaster men	4th 455*
220	open men
Tony Bauer	375 181
4th	400 Derron Bohne 550*

BP - Best Lifter - MARK ROSE. Best Lifter - DERRON BOHNE. * Son Light Power national record The Son Light Power National Bench Press/Deadlift Championships were



Jerr Watt with a national record 560 BP at 45-49/SHW (Latch photo)

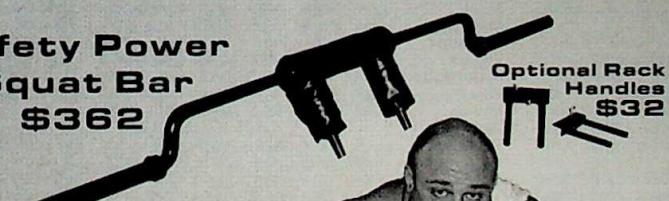
held April 26, 2003 at Son Light Power Gym in Tuscola, Illinois. A special thanks to my wife Susie for her help with the judging and to my son Joey for all he does at the meets. In the bench press event we had two girls from Truman University in Kirksville, Missouri, both taking their respective classes in the junior division, both setting new national records in the process. First at 123 was Missouri and Illinois record holder Jennifer Wallace who finished with a personal best 145. Ginger Dial won at 132 with 110, which was also a new Missouri state record. Lone teenager Matt Bell won at 18-19/198 with 350, just missing a personal best 370 final attempt. Tony Bauer also got a new pr with his win at submaster 220, finishing with 335. In the master men's 40-44 division 242 winner Doug Haycraft had a great day, taking that class along with the open 242 division. Doug finished with 515, then came back

with a successful fourth of 520 for both a new personal best and new national record for the master's class. Mark Aydt was second at 40-44/242 with 415, after missing a final attempt with 425. Dana Rosenweig, national record holder at 45-49/198, won there with 450, just missing the lockout with a new national record of 475 on his last two attempts. Also at 45-49 was 242 winner Bob Zirklebach with 360, matching his own national mark, and Big Jerr Watt who came down from Wisconsin for the title at shw, making a 560 national record fourth attempt. This was after finishing with a clean 550 pr. Richard Carlson came within inches of locking out a personal best 300 on his final attempt, having to settle with 290 for the win at 50-54/181. Jerry Wood got two new national records at 55-59/198, finishing with 415 and a fourth at 420. Jerry weighed in at just 183. John Bressner got a new pr and

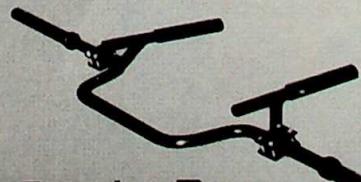
national mark at 65-69/181 with his 270 final attempt. Then at 75-79/220, seventy-five year old wonder Allen Glass wowed the crowd with his first ever 300 bench. Along with this being a new national record it was also a new Illinois and Indiana state record. Wow! In the police & fire division, the submaster 242 winner was Lloyd Edwards, who had one of the best forms of the meet. Lloyd finished with a 485 personal best and new national record fourth attempt, after making 470 on his third. In the open division 165 winner Steve Barr got a personal best 350 for the title. Mark Rose, national record holder at 308, won there with 550. Second place at 308 was Matt Organ who finished with 525. Both of these lifters are ready for the big "600" and will get it soon, whenever their shirts decide to cooperate! The best lifter award went to Mark Rose who finished with 550 at a 277 bodyweight. In the deadlift competition Illinois state record holder Erica Haislar broke not only her own personal record but also established a new national mark at junior women 123 with a great 265 final pull. J. J. Watt came from Wisconsin to set the national record at teenage men 13-15/148 with 250. Matt Bell won his second title of the day at 18-19/198, finishing with a new national record of 545. This was also a new personal best for Matt. Tony Bauer won his second crown at submaster 220, finishing with a personal record of 400, which he pulled on a fourth attempt. In the master men's 45-49 division Mike Raya set the mark at 198 with a solid 580 while Bob Zirklebach did the same at 242 with his 500 pr fourth attempt. At 50-54 Gregory Kleyn pulled a strong 515 national record at 165 and Richard Carlson pr'd at 181 with 375. Setting his second national, Illinois state and pr at 65-69/181, John Bressner finished the day with a great 455 pull. Best lifter Derron Bohne finished with his second attempt of 550 after a pr 585 failed to lock out twice on his way to the open 181 title. Derron weighed in at just 175, making his pull twenty-five pounds over triple bodyweight! Thanks again to the lifters, helpers and spectators. (Darrell Latch.)

Crepinsek Strength Equipment

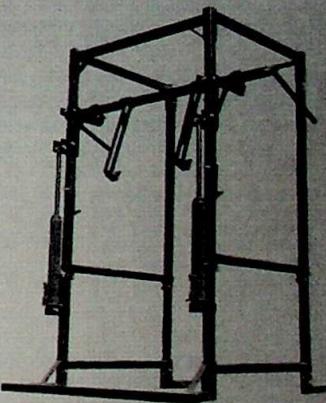
**Safety Power
Squat Bar
\$362**



**Weapons
of
Champions**
Scot Mendelson



**Combo Bar
\$385**



Sumo Rack
1/2 Adjustment
Pictured with Full Beam
Safety Power Hook
Custom Sizing Available

\$Call

www.1500LB.COM
NO Back Stress
Shoulder Pain
Knee Pain
Spotter

Factory Direct/Shipping Included
Crepinsek 130 Barnhouse Rd
Hollister, CA 95023
USA

831-637-0797

Call For Other Products & Models

Call/Fax

IPF MASTERS WORLDS - 8-12 OCT 03 - Regina, SASK, Canada (kg)																							
Master 1 Men	NAT	S1	S2	S3	B1	B2	B3	D1	D2	D3	TOT												
52kg																							
Taguibao	PHL	-150.0	157.5	-162.5	-77.5	77.5	85.0	162.5	185.0	195.0	437.5	Schuricht	GER	215.0	220.0	225.0	150.0	157.5	-165.0	215.0	222.5	-230.0	605.0
Anzuelos	ECU	-155.0	155.0	-160.0	-90.0	90.0	95.0	160.0	167.5	-177.5	417.5	Erickson	USA	192.5	200.0	210.0	125.0	135.0	-140.0	225.0	235.0	242.5	587.5
56 kg												Greenidge	CAN	190.0	205.0	215.0	125.0	-140.0	-140.0	190.0	210.0	-215.0	550.0
Sotowa	IPN	182.5	190.0	192.5	-92.5	92.5	-95.0	182.5	192.5	195.0	480.0	Bouchakour	FRA	-220.0	-220.0	-220.0							
Meadows	USA	-160.0	160.0	-167.5	110.0	-115.0	115.0	202.5	210.0	-212.5	480.0	90 kg											
Christians	RSA	-140.0	-140.0	140.0	-70.0	70.0	77.5	180.0	-195.0	-195.0	397.5	Traub	USA	260.0	267.5	272.5	167.5	172.5	175.0	272.5	290.0	-302.5	737.5
60kg												Jane	GBR	255.0	265.0	-270.0	155.0	162.5	-165.0	275.0	290.0	295.0	722.5
Jong	CAN	172.5	182.5	-202.5	132.5	137.5	145.0	185.0	197.5	207.5	535.0	Vereshchagin	RUS	260.0	275.0	282.5	-160.0	160.0	165.0	260.0	272.5	-275.0	720.0
Shibata	IPN	175.0	185.0	-190.0	135.0	-140.0	-140.0	190.0	205.0	-215.0	525.0	Barnes	GBR	-250.0	250.0	260.0	150.0	-155.0	155.0	280.0	-300.0	300.0	695.0
Merzlyakov	RUS	-195.0	-195.0	195.0	112.5	120.0	-127.5	190.0	200.0	-212.5	515.0	Tachibana	JPN	240.0	250.0	260.0	195.0	-205.0	-205.0	210.0	225.0	-242.5	680.0
Smith	USA	-182.5	182.5	-197.5	105.0	112.5	-117.5	187.5	197.5	202.5	497.5	Seguin	CAN	222.5	237.5	242.5	152.5	160.0	-162.5	242.5	255.0	260.0	662.5
Molina	ESP	-227.5	-227.5	-227.5								Anderson	NZL	180.0	200.0	210.0	130.0	137.5	-142.5	250.0	275.0	-290.0	622.5
67.5kg												Christo	USA	180.0	192.5	202.5	137.5	147.5	-155.0	205.0	237.5	245.0	595.0
McNamara	IRL	250.0	276.0	285.0	150.0	165.0	-172.5	240.0	-260.0	260.0	690.0	Desjarlais	CAN	155.0	165.0	175.0	160.0	170.0	175.0	175.0	185.0	197.5	547.5
Weinstein	USA	217.5	-230.0	-240.0	-127.5	127.5	-142.5	225.0	242.5	255.0	600.0	100 kg											
Tada	JPN	215.0	-225.0	-225.0	-145.0	145.0	150.0	225.0	230.0	235.0	600.0	Korolev	RUS	290.0	-300.0	300.0	150.0	157.5	160.0	270.0	277.5	---	737.5
Esquier	FRA	185.0	195.0	200.0	117.5	122.5	-125.0	-207.5	212.5	217.5	540.0	Weeks	USA	227.5	250.0	265.0	155.0	-165.0	165.0	250.0	272.5	275.0	705.0
Ichiro	JPN	-190.0	190.0	200.0	167.5	-172.5	-172.5	-170.0	170.0	180.0	537.5	Clark	USA	-245.0	-245.0	245.0	155.0	-162.5	162.5	280.0	287.5	-297.5	695.0
Riedel	GER	190.0	-200.0	200.0	-125.0	125.0	-130.0	190.0	-200.0	-200.0	515.0	Ponnava	FRA	-245.0	245.0	-255.0	-135.0	-142.5	142.5	265.0	280.0	287.5	675.0
Forde	IRL	185.0	-195.0	-195.0	90.0	97.5	-100.0	195.0	205.0	-210.0	487.5	Buchs	FRA	-240.0	240.0	250.0	140.0	150.0	-152.5	230.0	-240.0	240.0	630.0
Gildesberg	DEN	-155.0	155.0	-165.0	-85.0	-90.0	90.0	160.0	-175.0	185.0	430.0	Chala	UKR	-240.0	240.0	-250.0	-165.0	-165.0	-165.0				
Roytvand	NOR	-225.0	-225.0	-235.0								Graham	USA	295.0	-320.0	-320.0	160.0	170.0	-175.0	282.5	300.0	-310.0	765.0
75kg												White	GBR	260.0	-270.0	-270.0	150.0	160.0	165.0	300.0	-320.0	320.0	745.0
Beaumaster	USA	270.0	277.5	282.5	165.0	172.5	-182.5	245.0	255.0	260.0	715.0	Lefevre	FRA	235.0	250.0	260.0	170.0	180.0	-185.0	280.0	292.5	-305.0	732.5
Ito	JPN	232.5	-245.0	245.0	-162.5	162.5	167.5	240.0	257.5	-267.5	670.0	Szparek	GBR	200.0	215.0	-230.0	160.0	167.5	170.0	240.0	260.0	285.0	670.0
Hindley	CAN	-232.5	232.5	-245.0	-115.0	115.0	122.5	235.0	245.0	252.5	607.5	Armour	CAN	220.0	240.0	-250.0	165.0	-175.0	175.0	227.5	242.5	252.5	657.5
Hernandez	FRA	-212.5	-212.5	222.5	122.5	127.5	130.0	250.0	240.0	250.0	602.5	Platzer	GER	230.0	240.0	-252.5	145.0	155.0	-160.0	245.0	-260.0	-262.5	640.0
82.5kg												Eckstrom	CAN	210.0	222.5	-235.0	170.0	177.5	185.0	210.0	220.0	-230.0	627.5
Bridges	USA	275.0	292.5	320.5	200.0	-228.0	-228.0	265.0	285.0	305.0	825.0	125 KG											
Becker	CAN	262.5	272.5	280.0	-170.0	170.0	175.0	275.0	285.0	-295.0	740.0	Matyanya	UZB	270.0	280.0	-285.0	170.0	177.5	182.5	250.0	260.0	265.0	727.5
Glinin	RUS	245.0	260.0	270.0	170.0	180.0	182.5	250.0	270.0	285.0	737.5	Miller	USA	250.0	262.5	-265.0	167.5	-177.5	177.5	250.0	260.0	-270.0	690.0
Hampel	GER	260.0	272.5	-280.0	140.0	150.0	155.0	270.0	290.0	-310.0	717.5	Pakoti	NZL	260.0	-280.0	-282.5	157.5	165.0	-170.0	220.0	235.0	-245.0	660.0
Marentette	CAN	230.0	-242.5	242.5	160.0	170.0	172.5	255.0	265.0	-272.5	680.0	Bostrom	SWE	125.0	---	---	90.0	105.0	110.0	140.0	---	---	375.0
Harada	JPN	215.0	-225.0	-225.0	170.0	-175.0	177.5	250.0	270.0	-280.0	662.5	Lebedev	UKR	270.0	280.0	290.0	170.0	-180.0	182.5	252.5	262.5	270.0	
Carlott	FRA	227.5	-240.0	240.0	145.0	152.5	-155.0	267.5	282.5	-285.0	662.5	Kerr	GBR	247.5	262.5	270.0	172.5	182.5	182.5	250.0	260.0	265.0	727.5
Rasmussen	DEN	225.0	245.0	-252.5	170.0	177.5	182.5	190.0	210.0	-220.0	637.5	Soria	ARG	-290.0	290.0	310.0	165.0	175.0	-180.0	265.0	275.0	-282.5	760.0
Ducamin	FRA											Surrell	USA	280.0	310.0	-320.0	160.0	177.5	-185.0	250.0	270.0	-285.0	757.5
90kg												Tau	NZL	-270.0	275.0	-290.0	180.0	-185.0	-185.0	200.0	220.0	-260.0	675.0
Jones	USA	275.0	290.0	302.5	197.5	210.0	215.0	272.5	280.0	-282.5	792.5	Nowazek	CAN	220.0	240.0	-260.0	150.0	-165.0	165.0	185.0	-200.0	590.0	
Mauchosse	FRA	280.0	290.0	300.0	185.0	190.0	195.0	270.0	275.0	280.0	775.0	Master 3 Men											
Markham	CAN	267.5	285.0	-295.0	182.5	192.5	-197.5	255.0	267.5	277.5	755.0	52kg											
Leontyev	RUS	272.5	277.5	---	172.5	182.5	190.0	250.0	267.5	-270.0	735.0	Fushimi	JPN	120.0	-135.0	-135.0	100.0	110.0	120.0	140.0	162.5	-170.0	402.5
Asama	JPN	260.0	-270.0	270.0	-182.5	-182.5	182.5	260.0	270.0	-280.0	722.5	Vereshchagin	GBR	100.0	110.0	115.0	67.5	72.5	-77.5	120.0	130.0	135.0	322.5
Rykov	RUS	255.0	265.0	270.0	165.0	172.5	175.0	250.0	-262.5	-270.0	695.0	Barnes	GBR	155.0	161.0	-170.0	117.5	-125.5	125.5	155.0	165.0	-170.5	442.5
Simms	CAN	210.0	232.5	242.5	150.0	157.5	162.5	-240.0	240.0	-250.0	645.0	Tachibana	JPN	120.0	135.0	145.0	60.0	65.0	-70.0	140.0	165.0	-175.0	375.0
Harness	GBR	250.0	275.0	275.0	165.0	-175.0	175.0	290.0	305.0	-315.0	755.0	60kg											
Ukhach	UKR	-305.0	305.0	-320.0	215.0	225.0	230.0	290.0	305.0	317.5	852.5	Bederin	GBR	-180.0	-180.0	180.0	85.0	90.0	-92.5	200.0	210.0	215.0	485.0
Zwanstra	USA	285.0	295.0	300.0	205.0	210.0	-215.0	295.0	310.0	-345.5	820.0	Aita	JPN	170.0	180.0	-182.5	95.0	105.0	-110.0	180.0	190.0	-200.0	475.0
Luzanov	UZR	270.0	-285.0	-285.0	205.0	205.0	212.5	295.0	305.0	315.0	797.5	Nivault	FRA	165.0	-175.0	-175.0	47.5	47.5	-50.0	170.0	180.0	192.5	405.0
Hagfors	FIN	-280.0	285.0	-292.5	190.0	197.5	202.5	290.0	302.5	-312.5	790.0	Hansen	DEN	110.0	-125.0	125.0	-75.0	75.0	80.0	145.0	160.0	-170.0	365.0
Melzig	GER	-285.0	285.0	-290.0	170.0	-180.0	-180.0	285.0	302.5	315.0	770.0	67.5kg											
Graham	IRL	250.0	275.0	-275.0	170.0	175.0	-175.0	290.0	310.0	-315.0	755.0	Cortes	USA	155.0	165.0	175.0	105.0	110.0	115.0	195.0	210.0	220.0	510.0
Sicoli	FRA	300.0	-310.0	310.0	175.0	185.0	-190.0	270.0	270.0														

Sandu	CAN	-120.0	120.0	-130.0	-70.0	-70.0	-70.0
56kg	FRA	122.5	132.5	137.5	70.0	75.0	-77.5
Daumas	USA	117.5	-127.5	127.5	62.5	72.5	-75.0
Deutsch	BRA	120.0	127.5	130.0	65.0	-70.0	-70.0
Wender	FRA	112.5	-120.0	120.0	65.0	-67.5	-67.5
Louarduzzi	BRA	95.0	-102.5	102.5	55.0	-62.5	-62.5
Andrade	HKG	95.0	-105.0	105.0	57.5	-60.0	-60.0
Ip	USA	82.5	-90.0	-90.0	42.5	47.5	-50.0
Stepleton	USA	182.5	-192.5	-192.5	122.5	-127.5	132.5
60kg	JPN	132.5	142.5	150.0	82.5	87.5	-90.0
Altizer	USA	112.5	125.0	130.0	95.0	-100.0	-100.0
Ishikawa	GBR	105.0	-112.5	112.5	62.5	65.0	-67.5
Simons	CAN	102.5	112.5	-120.0	62.5	67.5	-70.0
Lesting	GER	75.0	-80.0	80.0	50.0	-55.0	-55.0
Cosby	GBR	145.0	155.0	160.0	90.0	97.5	100.0
Flett	CAN	130.0	142.5	150.0	72.5	77.5	80.0
67.5kg	IPF	112.5	122.5	-130.0	60.0	-65.0	-65.0
Blasherry	GBR	105.0	112.5	-120.0	62.5	67.5	-70.0
Papolis	CAN	105.0	112.5	112.5	62.5	65.0	-67.5
Welding	JPN	105.0	112.5	-120.0	62.5	67.5	-70.0
Nabekura	GBR	105.0	112.5	-120.0	62.5	67.5	-70.0
Banks	GER	75.0	-80.0	80.0	50.0	-55.0	-55.0
75kg	GBR	140.0	152.5	-160.0	110.0	115.0	-122.5
Chaney	ITA	125.0	135.0	140.0	-75.0	75.0	80.0
Beretta	CAN	105.0	112.5	112.5	55.0	60.0	-65.0
Heck	GER	90.0	95.0	-97.5	60.0	-72.5	---
Hofmann	GBR	150.0	160.0	170.0	95.0	102.5	110.0
82.5kg	GBR	130.0	145.0	160.0	82.5	-90.0	90.0
Malton	USA	100.0	115.0	125.0	77.5	-90.0	-90.0
Baum	CAN	75.0	80.0	-90.0	45.0	-50.0	52.5
90kg	GBR	140.0	150.0	-150.0	100.0	110.0	-120.0
Schaefer	Master 2 Women	100.0	115.0	125.0	77.5	-90.0	-90.0
Greenidge	GBR	75.0	80.0	-90.0	45.0	-50.0	52.5
90+kg	GBR	140.0	150.0	-150.0	100.0	110.0	-120.0
Hallen	GBR	122.5	137.5	-142.5	100.0	110.0	-120.0
44kg	GBR	122.5	137.5	-142.5	100.0	110.0	-120.0
Boulle	FRA	95.0	-100.0	-100.0	50.0	-52.5	-52.5
Aliminosa	USA	85.0	95.0	-100.0	42.5	45.0	-47.5
48kg	GBR	112.5	123.0	125.0	72.5	-78.0	-78.0
Matsuimoto	FIN	75.0	80.0	82.5	50.0	55.0	-60.0
Turunen	AUT	122.5	-125.0	-125.0	75.0	-77.5	-77.5
52kg	FIN	85.0	92.5	100.0	50.0	57.5	60.0
Wang	IPN	-137.5	-137.5	-137.5	-137.5	-137.5	-137.5
Kumpuniemi	AUT	122.5	-125.0	-125.0	75.0	-77.5	-77.5
Omori	FIN	85.0	92.5	100.0	50.0	57.5	60.0
56kg	IPN	-137.5	-137.5	-137.5	-137.5	-137.5	-137.5
Baron	FRA	105.0	112.5	117.5	62.5	-67.5	-67.5
Ling	CAN	112.5	-120.0	-120.0	70.0	75.0	-77.5
Zimme	GER	-70.0	-70.0	-70.0	-70.0	-70.0	-70.0
Kimura	IPN	-150.0	-150.0	-150.0	-150.0	-150.0	-150.0
60kg	GBR	142.5	150.0	-155.0	77.5	-82.5	-82.5
Lessard	CAN	112.5	117.5	-122.5	65.0	-70.0	-70.0
Johnson	USA	30.0	35.0	42.5	30.0	35.0	40.0
67.5kg	GBR	160.0	170.0	175.0	60.0	65.0	70.0
Fomina	RUS	160.0	170.0	175.0	60.0	65.0	-70.0
Keizer	NED	140.0	147.5	150.0	85.0	90.0	-92.5
Squires	CAN	115.0	-125.0	-125.0	60.0	65.0	-70.0
Steele	USA	100.0	110.0	-117.5	67.5	72.5	77.5
75kg	UZB	155.0	160.0	167.5	90.0	-100.0	-100.0
Kozlan	USA	107.5	120.0	-125.0	57.5	62.5	-65.0
Carlson	USA	107.5	115.0	117.5	60.0	65.0	-70.0
Hackney	GBR	105.0	115.0	-120.0	55.0	-60.0	-60.0
Dowsett	GBR	90.0	-107.5	107.5	55.0	60.0	65.0
Haywood	CAN	160.0	167.5	175.0	105.0	110.0	-120.0
82.5kg	GBR	120.0	130.0	137.5	60.0	65.0	-70.0
Beer	AUT	112.5	120.0	-125.0	50.0	55.0	-60.0
90kg	GBR	160.0	170.0	175.0	70.0	-75.0	-75.0
Hollands	GBR	160.0	170.0	175.0	70.0	-75.0	-75.0
90+kg	GBR	160.0	170.0	175.0	70.0	-75.0	-75.0
Hall	USA	210.0	215.0	230.0	138.0	-150.0	-150.0
Teams; Women's Master 40-49 - USA 69, FRA 40, CAN 39, GBR 37, JPN 25, BRA 14, RUS 12, GER 12, ITA 9, PHI 8, HKG 5. Women's Master 50+ - USA 58, CAN 32, JPN 27, BRA 24, AUT 24, GBR 19, FIN 18, RUS 12, NED 9, GER 8. Men's Master 40-49 - USA 69, CAN 57, JPN 48, RUS 36, IRL 31, FRA 31, UKR 24, GER 24, NZL 16, PHI 12, FIN 11, ECU 9, GBR 9, RSA 8, UZB 8, NOR 7, DEN 6. Men's Master 50-59 - USA 58, CAN 47, GBR 44, FRA 44, RUS 36, JPN 35, GER 29, NZL 18, ESP 12, UZB 9, ARG 9, SWE 6, UKR 6. Men's Master 60+ - USA 63, JPN 54, CAN 33, GBR 33, RUS 31, FRA 28, FIN 17, DEN 14, IRL 12, NOR 12, HKG 9, CZE 8, ESP 7, GER 7							



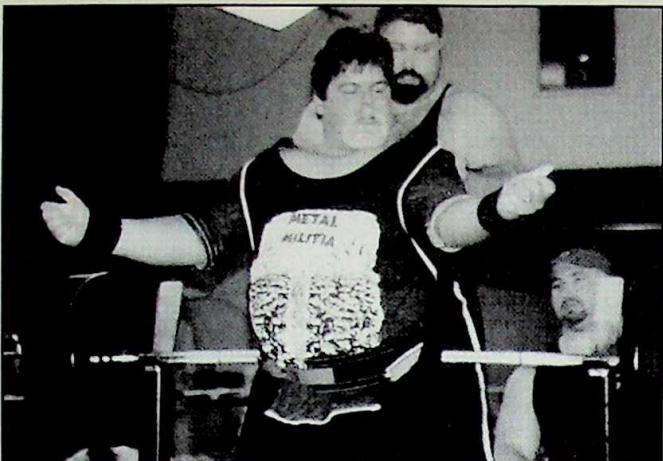
From Meet Director Wayne Cormier: "I am back home in the far north of Saskatchewan in a place called Buffalo Narrows tonight and it is snowing and cold. How quickly real life takes hold and memories come to surface of days gone by. My wood is chopped for the week and my deer/moose is ready for the winter. I must say it's good to get back to the basics and a simpler life. I would like to reflect on the 2003 WORLD IPF MASTERS CHAMPIONSHIPS-REGINA SASKATCHEWAN. I checked into the RAMADA HOTEL AND CONVENTION CENTER IN REGINA on Oct. 3rd and lived there until Oct. 16th. I appreciate the service of the RAMADA and DIAMOND LIMOS for their 24/7 service and hospitality. The excitement of preparing for the opening ceremonies was overwhelming, but enjoyable. The choir, fireworks, dignitaries, the parade of nations and the media were so exciting and it was rewarding to see these come to fruition. Every day began at 6am with the opening of the warmup room and spectator viewing arena. A short coffee and muffin, then to the merchandise table, manning this until 9pm. Meeting so many people from around the world who are so involved with this great sport was exciting. Meeting IPF PRESIDENT-NORBERT WALLAUCH, IPF VICE-PRESIDENT ALAN FERGUSON, IPF-JOHN STEPHENSON, IPF-BILL JAIMESON, USAPL-JOHNNY GRAHAM, USAPL-ROBERT KELLER, INZER ADVANCE DESIGNS-PETER THORNE, WAS CERTAINLY A HIGHLIGHT. I would have to say that watching Mike Bridges, Johnny Graham, Harriet Hall, Regina Hackney, Tom Nicholls, Bob Hindley, Jim Jong, Pat Ling, Jeff Becker, and others set standards was so exciting that it was hard to focus on the task at hand. There are so many other great lifters that I have not mentioned, but unfortunately I did not have the opportunity to see them as I was busy behind the scenes. It was so exciting to see so many of the athletes participate in the nightly activities provided. We had on Wednesday night 2 comedians and they entertained over 100 people. The rock and roll show was a hit with everyone taking a turn singing their favorite song. It was great to see Mike Bridges finish second overall in the hand stand competition. Norway was very strong!!! It was great to see the athletes let their hair down. Overall, USA came first in the competition, Canada second, and Japan third. The wind up banquet was extraordinary. Speeches from Norbert Wallauch, Alan Ferguson, John Stephenson, Bill Jaimeson, Peter Thorne, Robert Keller, and Jeff Butt really exemplified the importance of team work, leadership and direction if powerlifting is to reach its ultimate goal of excellence. There is so much to say but it is vital for me to thank our sponsors; POWERLIFTING USA, INZER ADVANCE DESIGNS, GLC DIRECT, BUDWEISER, PEPSI, ER EQUIPMENT, WISERS, THE FLAG SHOP, BODY WORKS, TROPHY WORLD, CITY OF REGINA, DIAMOND LIMOS, INLAND AUDIO VISUAL, KANGOO JUMPS, SOOTERS, THE GYM SHOP, MURRAY CHEV OLDS, GRAND VALLEY PRESS, INTERNATIONAL POWERLIFTING FEDERATION, CANADIAN POWERLIFTING UNION, SASKATCHEWAN POWERLIFTING ASSOCIATION, MURRAY'S SINGS, IVANKO, PETER THORNE, CBCTELEVISION, CTV TELEVISION, REGINA LEADER POST, AND THE RAMADA HOTEL AND CONVENTION CENTER. In closing: This was an excellent championship because of our sponsors, our athletes, coaches, managers, officials, spotters, loaders, volunteers, and support committee." Sincerely; Wayne Cormier-Meet chair (above, Wayne, with his wife Tricia and his daughter Trista, photo taken just after the opening ceremonies)



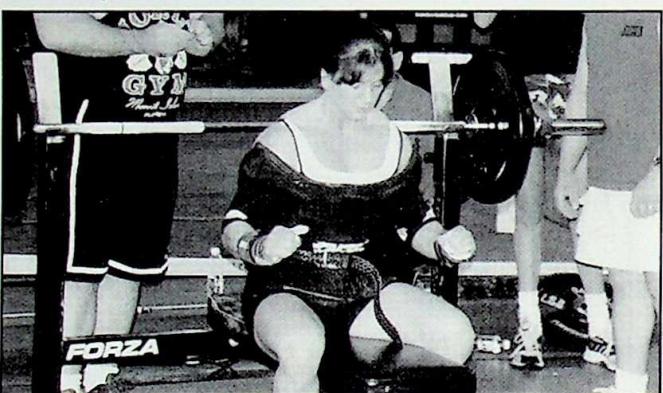
USA wins Team Trophy: accepted by Johnny Graham from IPF Officials

Saratoga YMCA Bench Press
06 SEP 03 - Saratoga, NY

Shirted Assist	Shw masters
Women	John Galligan
114 OPEN	Vinnie Vardine
Janet Faraone	Raw
123 sub master	Women
Tammy Daly	Shw open
Shw Open	Kasey Curran 155
Jean Putnam	Men
Men	148 teen
181 Open	J. Koppenhofer 275
M. VanVranken	165 open
181 sub master	Mike Murphy 255
Wayne Fosmire	165 teen
Mike Fosmire	260 Jessie Conroy
181 masters	181 open
Mike Castatalli	Clint Green 275
Steve Dussault	181 masters
198 junior	Steve Mitchell 205
Tyler Maynerd	198 open
220 teen	Steve Dejesus 370
L. Ciccarelli	340 Don Johnson 250
242 Open	198 submaster
Richard Putnam	Robert McDonough
242 junior	220 junior
John Porimbia	350 Brian Hof 315
242 sub master	242 open
Chris Barden	410 Rob Allen 370
242 masters	242 masters
Wes Stanton	365 Al Kirby 320
275 Open	242 novices
Ray Arnett	475 Keith Ferranti 250
275 submaster	275 open
Dave Anderson	500 Frank Tisko 450
275 masters	275 submaster
Jeff VanAlstyne	John Meager 350
308 Open	Shw open
Zane McCaslin	600 Chris Simone 465
Shirted - Best Lifters Female - Janet Faraone, Male - Zane McCaslin - 600. Raw - Best Lifters: Female - Kasey Curran - 155, Male - Frank Tisko - 450. The lifters "trained like freaks" and came out "full force" for this annual event. A total of 39 benchers showed up to participate, with several family members and mends in tow. The lifters ranged from novice raw benchers to the most experienced shirt benchers the world of powerlifting has to offer. There were 8 bombs in the entire meet. The meet was run by John Hart, the director of the Saratoga YMCA. This is an annual event for John that is growing more every year. The meet was unsanctioned, but followed the rules of the IPA and judged by very capable and experienced judges. Some of the volunteers, who aided in making the meet run smoothly, were Ron Daly, who not only helped with set up, but also helped run the mic, helped judge and showed support for all the lifters. Bill Crawford ran the mic, coached his lifters, and also did an awesome exhibition lift. Yours truly kept score and assisted Bill C. at the head table. John Hart not only ran the meet, but helped in judging along with Sebastian Burns and Scott Rabine. Sculptures by Seeker	



ALL TIME RECORD set by Janet Faraone, who benched 275 weighing 113 lbs. at the Saratoga YMCA Bench Press meet. Below, Zane McCaslin prepares for his 600 lb. bench press attempt, handled by Bill Crawford, who also did an exhibition lift. (McCaslin)



supplied the ever so awesome sculptured trophies. This meet includes JP Bulldogs, Grim Reapers and Gold Dragons for Best Lifters. Some of the highlights of the meet included Zane McCaslin's 600 lb bench press, which was not only the biggest lift of the day, but also placed Zane as best lifter using the Schwartz formula. Zane, lifting for just over 1 year, was surrounded by mends and family to support him. This, according to Zane is the true reward of powerlifting. Janet Faraone, weighing in at 113.6, benched a phenomenal 275 lb press. This is the largest

press in her weight class in any federation. Her 275 lb press not only sealed her place as best lifter in the women's shifted division, but by formula, she came in 2nd as best lifter overall. She is an amazing lifter. Janet was one of only two women who competed in Bench America in July of this year. Tammy Daly of South Glens Falls made her shifted debut, pressing a pr of 135, receiving her shirt in the mail just days before the meet. Mike VanVranken pressed 405 in the 181 lb class. He failed his first 2 attempts, pulling it all together in his third. That's a lot of pres-

sure. The Fosmire brothers competed against each other in this meet. Both competing 181 submasters, Wayne benched 265 and Mike benched 260. Mike Castatalli, a masters lifter in the 181 class benched 340. Competing 198 Junior, Tyler Maynerd benched 375. Lucas Ciccarelli of Gansevoort hit a pr with his press of 340. He's taking his meets one pr at a time. Chris Barden, also of Gansevoort, benched 410 lbs in the 242 submasters. Coming in all the way from Lake Placid, Wes Stanton competed in the 242 masters division. He nailed all 4 of his attempts, ending his day with a nice 365 bench press. Ray Arnett benched 475 in the 275 open classes, while Dave Anderson, competing in the 275 submasters benched a very impressive 500 lbs. The fourth flight consisted of 5 lifters all attempting 600+ pounds, with only Zane McCaslin prevailing with his 600 lb press. The man has tenacity and finesse. The raw division showed some impressive numbers as well. From teens to masters, there was a great display of lifts. Via the coaxing of Tom Hickey, Kasey Curran did her first meet on this day. With only the assistance of the butterflies in her stomach, Kasey benched a great pr of 155. This earned her first place in her division as well as best female lifter in the raw women's division. Keep it up Kasey; you are an awesome addition to the sport. Josh Koppenhofer, competing 148 teen, benched 275 lbs. This beat last year's lift in this class by 5 lbs. Great job Josh! Hope to see you back next year. Mike Murphy benched 255 lbs in the 165 open division, while in the 181 open, Clint Green benched 275. 181 masters trophy went to Steve Mitchell for his 205 bench. In the 198 open division, second place went to Don Johnson with a 250 lb bench, while first place went to Steve Dejesus with a great lift of 375. The 220 junior trophy went to 22 year old Brian Hof for his 315 bench. Rob Allen benched a nice 370 in the 242 open division while the 242 novice went to Keith Ferranti with his 250. Great job on your maiden voyage Keith. Al Kirby benched 320 in the 242 masters class. Frank Tisko, competing in the 275 open class, benched a very impressive 450 lbs. This sealed his place for best lifter in the men's raw division. In the 275 masters, John Meager benched 350. The last lifter in the raw division was Chris Simone putting up a strong 465. During intermission, before the awards ceremony, there was an awesome display of guest lifting done by Bill Crawford, Sebastian Burns and Ben White. Bill and Sebastian, both using this meet as a precursor to the WPO Bench Bash in Orlando, FL, benched 700+, Ben White, always a freak, benched 505 for 9 reps RAW. The crowd was impressed by all 3 of these notorious lifters. Results and pictures of nearly all the lifters, can be found at the Iron Asylum Gym website, www.irons asylumgym.com (Yours in Power, Sandi "Candy Ass" McCaslin.)

International Powerlifting Association "Lifting for Lifters"

Application for Registration

Last Name	First	Initial	IPA # for Renewal
Street Address	City		
State or Province	Zip Code	Country	
Telephone	Date of Birth	Age	Sex
		Pro _____	Am _____
		Elite Am _____	
Sign if above answers are correct. Parents sign if under 18 years.		Date	
Registration Fee: Adult \$25 ~ High School and Special Olympics \$15 Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404, www.ipapower.com			

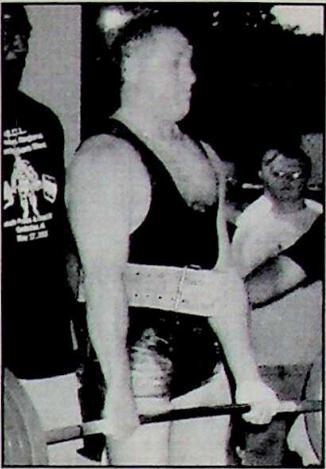
IPA Beast on the Lake

21 SEP 03 - Independence, OH			
	BP	DL	TOT
Amy Weisberger	335	460	795
165			
Josh Ashworth	325	535	860
198			
Rob McNutt	485	580	1065
220			
Duane Miller	430		430
Matt Ladewski	410		410
Dave McQueen	475	545	1020
242			
Dan Wehrs	410		410
Eugene Thomasson			
275			
Zach Cole	500		500
Nate Johnson	605		605
Tony Bologna	580		580
Troy Taylor			675
Tim Forby	475		475
308			
Jon Stafford	630		630
Bob Coe	465		465
SHW			
Rob Twining	525		525
Josh Guttridge	650		650
Matt Smith			
Tim Harold	600		600
Meet Director was Mark Burrows. Judges were Lou Simmons, Dave Tate, and Chuck Vogelpohl. Thanks to everyone who participated and helped (Results - Doris Simmons.)			

WABDL Riverfest Competition
17 MAY 03 - Gadsden, AL

BENCH	M 80+	
Class 1 Men	198	
181	Edwin Free	126!
Daniel Hagan	347*	O
198	123	
Matt Christie	385	Don McCook
Blake Stancil	391	198
Chris Senese	391	Brant Bishop
Ted Kennedy	418*	451*
Jason Frickey	220	Rod Rogers
220	308	413
Jamie Green	352	Rex Harrison
Aaron Hagan	358	Steve Khader
John Roland	402	Sub M 34-39
Barry Halt	442*	148
Jeff Tucker	242	John Pirani
242	181	297
Monty English	275	Charles Phillips
Josh Nelson	363	363*
Patrick Dean	380	A. Machristie
Thomas Kelsing	413	Jeff Ray
Buddy McKee	451*	W. Brantley
275	Sub W 34-39	479*
Keith Martens	123	
308	Annette Wright	154
Rex Harrison	402	Gaye England
B. McConnell	424	Teen M 13-15
David Dunn	529*	105
Disabled Men		Baxter Hunt
181		154
Greg Gibson	159	4th
198	114	156*
Ched Ward	270	Trent Corey
Guest Lifter	123	132
275	Cody McClure	154
Tiny Meeker	705	J. Gonnering
Jr. M 20-25		176
198	Tyler King	192
Roland McNeil	203*	
C. Dunaway	352	B. Leming
Blake Stancil	391	314
220	4th	325!
Rusty Lane	325	Law/Fire Sub Men
242	Erin Boyle	253
Jon Leftwich	347	Teen M 16-19
Josh Nelson	363*	148
Patrick Dean	380*	Cory Johnson
275	165	209
Curtis Dennis	451*	Jerrod Lucas
Law/Fire Master	181	Kevin Lacky
Men 40-47		325*
242	David Francis	270
198		
Blane Tindall	424	Kevin Brown
Law/Fire Open Men	220	347
165	Rick McCoy	336
R. Anderson	236*	Charle Proctor
308	242	264*
David Dunn	529	Rick Hagedorn
Law/Fire Sub Men	275	608!
165	Barry Alford	220
R. Anderson	236	Ron Proctor
198	Nikki Williams	529*
W. Brantley	479	156!
M 40-46	199	
181	B. Brown	143*
Alan Traylor	132	Teen W 16-19
Jeff Sullivan	352*	Loren Evans
220	165	90*
Jeff Tucker	165	A. Proctor
Rod Rogers	413	121*
K. Millrany	490	Krista Williams
242	199	211!
Blane Tindall	424	W.
308	105	
Steve Khader	451	Betty Lafferty
M 47-53	148	132
165	Kim Stoltz	99
Tom Corey	203	Cindy Weber
Ron Slaughter	303*	159
181	4th	176*
Ron Jones	242	WM 40-46
198	97	
Tom Gonnering	418	S. Stowers
220	165	82!
Ronald Proctor	330	Cindy Weber
176*	4th	159
Yan Howah	451	WM 40-46
242	199	Cheryl Williams
Buddy McKee	451*	170*
M 54-60	WM 68-74	
181	132	
Richard Hunt	264*	Louise Collier
220	Deadlift	
J. Skip Hall	225	Class 1 Men
242	123	
Rex Harrison	380	Don McCook
M 61-67	165	352
220	Zac Marsh	391*
Ken Anderson	424	Roland McNeil
4th	William Mosley	415*
	462	
	437!	Bret Ellis
	496	

was Ted Kennedy at 418. In the dog fight for second Chris Senese and Blake Stancil both ended with 391 and both weighed in at 198. Senese took second by virtue of the tie breaker rule and Stancil had to settle for 3rd. In a strong 4th place 385 was Mathew Christie of Georgia. In the class I 220's, Barry Holt won with a commanding lead of 40 lbs and Alabama State Record, 2nd was John Hagan of Alabama with 358; 4th was Tennessee's Jamie Green with 352. Last years winner Jeff Tucker of Alabama had an off day missing all 3 attempts. In class I 242's Co-best lifter, Alabama's Buddy McKee finished 1st with 451 and a comfortable 38 lb lead over 2nd place Thomas Kesling of Tennessee at 413. Patrick Dean of Alabama was 3rd at 380, in 4th also of Alabama was John Nelson 363 and Georgia's Monty English was 5th at 275. In the class 308's was dominated by co-best lifter David Dunn with a Georgia Record 529 bench press, a 105 margin of victory over a good 424 press by Bubba McConnell in 2nd with an Alabama record. Rex Harrison Jr. finished 3rd with 402 in this strong class. Some impressive highlights from the Junior and Teen divisions include a winning press of 451 and an Alabama record for Curtis Dennis Jr. in the 275 Juniors. Junior 198 Blake Stancil made an impressive competition debut by winning with a 391 lb press and a margin victory of 38. Teen standouts were Brandon Leming in the 13-15 165's, with a Tennessee and World Record 325 lbs. In the 16-19 165's Kevin Lackey won his debut and broke the Alabama record with a 325 lb press. The biggest teen bench of the day came from 16-19 275 winner Barry Alford of Alabama with 369; near missing 386 lbs. twice. The submasters and masters divisions produced some of the biggest bench presses of the day. Lt wt best lifter, Wesley Brantley ruled the submaster 220 with 391 lbs and a 165 margin of victory. Masters 40-46 220 Kenneth Millrany impressed everyone with his winning press of 490 lbs Alabama Steve Khader won the 40-46 308's with 451 tying his own state record. The 47-53 division was impressive with Tom Gonering of Alabama pushing 418 to win the 198's. Yan Howah of Georgia was impressive winning the 220's with 451. 2001 40-46 World Champion Buddy McKee moved up in age group and in weight class to win the 242's with an Alabama record 451 press. Ken Anderson, one of the best masters bench pressers of all time, set a 61-67 Texas and World Record with 437 to win the 220's in that age group. The outstanding benchers in the open division was Alabama's Brant Bishop winning the 198's with 451 and a state record. The women benchers were impressive with Krista Williams winning the 199+ teen 16-19 class with 211 lbs. for a Georgia and World Record and also earning the Heavy Weight women's best lifter. Cindy Weber won both the Women's Open and Masters 40-46 165's with Tennessee records a 176. Guest lifter "Tiny" Meeker wowed the crowd with a huge 275 class world record 705.2 bench press. This Texas Titan is definitely among the elite of "Masters Benchers". In the deadlift competition big lifts were the theme of the day. Two class I lifters topped 600 lbs. 242 winner Bubba McConnell pulled 606 and 308 winner Bubba McConnell pulled 600 for an Alabama record. The biggest Junior deadlift came from Alabama's Curtis Dennis Jr. at 633 to win the 275's and break the state record. The Law/Fire submasters 198's was won by Wesley Brantley with 589 for a Mississippi state record. The meet's final flight of deadlifts was World Class and something to behold with the crowd of about 600 on their feet and screaming almost the whole time. Only one pull was under 600 but it was the biggest pull of the day; in fact, the 6th biggest all time pull in 123 class history. Mississippi's 19 year old Richard Hawthorne (coached by Tony Caprari) hoisted up over 4.6 times bodyweight 573 lbs. winning the open and teen 123 class and breaking his own Mississippi and World teen and open records. He is the reigning WABDL World Teen and Open Champion. Master 47-53 three time World Championships and former World record holder Rick Hagedorn regained his 181 class World and Alabama record with a 608 pull. Georgia's George Herring, 12 time World



Rick Hagadorn's 607 DL (Bishop)

Champion, opened with a World record 746 to win the open and Master's 40-46 200's. George had 2 near misses at 766 and is a wonderful showman who always get the crowd in a frenzy. Tony Caprari, who was there to coach 123 winner Richard Hawthorne did an exhibition pull in this flight of 688 with no belt, no suit, just tennis shoes and shorts! He is only 22 yrs old and is the reigning world champion 198's with a world record 766. He also holds World Records in the 165 and 181 classes. Jeff Ray of Alabama pulled 661 in this flight to win the 198 opens and break his own state record. Guest lifter Brent "Sgt. Rock" Howard pulled 733 lbs. weighing in at only 220. He is the reigning 242 world champion and world record holder at 755. He made a good try at 766 at 220 but couldn't quite finish it. Dan Davidson pulled 672 to win the Masters 40-46 242's. Dan was the 2001 World Champion and former World record holder. Bobby "House" Driskill pulled 705 to take the open and Master's 40-46 275 wins and Hwy wt. best lifter award. He also broke the Alabama state record (masters 40-47 275 class). J.D. McDuffie of Alabama won the open 308's with 705. (Alabama record) and near missed a 760 national record. He lifted with a pulled quad here, but plans to break 800 at the Worlds in December. A final overview of the phenomenal final deadlift flight goes: Richard Hawthorne (123) 573, Steve Khader (308) 600, Buddy McKee (242) 606, Rick Hagedorn (181) 608, Jeff Ray (198) 661, Tony Caprari (198 raw) 688, Bobby "House" Driskill (275) 705, JD McDuffie (308) 705, Brent "Sgt. Rock" Howard (220) 733, George Herring (220) 746. To see the "Tremendous Ten" in action again come to the WABDL World's in Las Vegas at the Riviera Dec 14-19th: it will be well worth the trip! Congratulations to WABDL Alabama Chairman Rick Hagedorn and Brant Bishop for promoting one of the most exciting meets in the country. Come and be a part of the experience next year. You won't regret it! (Results - Buddy McKee)

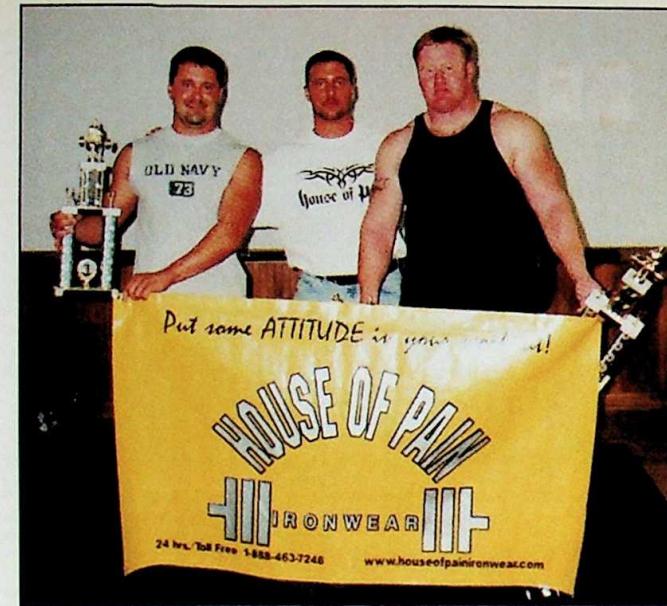


Rich Hawthorne's 573 DL @ 123

**4th Lynch Mob Shirtless BP
20 SEP 03 - Circleville, OH**

Women	Steve Diel	425
M. Ferguson	210	275
Women	Troy Baldwin	475
A. Salsbury	85	275
Women	Bob Howell	300
Gail Stadelman	130	308
Teen	Adam Baker	390
Tyler Smith	220	Masters 40-49
Teen	Barry Sowers	315
Dustin Bahas	240	Masters 40-49
Teen	Bill Johnson	185
J. Krouse	250	Masters 50-59
Teen	Mike Brown	335
Jacob White	185	Masters 50-59
Teen	Mike Ferguson	365
Hal Baker	185	Masters 50-59
181	Tom Boyer	365
Mark Gillum	300	Masters 50-59
220	Ray Lewis	175
M. Hamman	325	Masters 60+
242	C. Workman	245

Once again, the meet was held at the local VFW. Twenty-one lifters came to compete without the aid of bench shirts. The meet ran very smoothly and not a single lifter bombed! In the women's division, Gail Stadelman pressed 130 to take third place. Amber Salsbury, only 17 years old and 92 pounds, pressed 85 to earn second place. Marcia Ferguson took top honors with a 210 bench. Placings were determined using age and bodyweight coefficients. In the teen division, there were several lifters new to competition. Hal Baker finished fifth with a 185 bench. Jacob White also benched 185 and earned fourth place. Jonathan Krouse took third with a 250 lift. Dustin Bahas, at only 132 bodyweight, pressed 240 for second place. Tyler Smith finished out the teens with a 220 bench and first place. The open classes were rather sparse this year. Mark Gillum, at 181, benched 300 for first place and Lightweight Best Lifters honors. Michael Hamman, in the 220s and first-time competitor, pressed 325. Steve Diel, at 242, lifted 425 and took a successful 4th attempt at 440 for a Pro Troy Baldwin was impressive in the 275s, with a 475 bench and earned Best Lifter for the Heavyweights. Bob Howell, also a 275'er,



At the Lynch Mob Meet ... (l-r) Best Lifter Light - Mark Gillum, Co-Meet Director Jon Elick, Best Lifter Heavy - Troy Baldwin. (J. Elick)

lifted 300 to earn second place. The sole lifter in the 308's, Adam Baker, pressed 390 and just missed 405. In the Masters 40-49 division, Bill Johnson pressed 185 in his first meet for second place. Barry Sowers made easy work of 315 to take top honors in this class. In the Masters 50-59 division, an injured Ray Lewis lifted 175 for fourth place. Tom Boyer and Mike Ferguson both pressed 365 for third and fourth places, respectively. Mike Brown, at 58 years young, lifted 335 to take first place. The lone competitor in the Masters 60 and over division, was Charles Workman. He was quite an inspiration, pressing 245 at age 66! The Team Championship

went to the Westerville Powercats. Special thanks go to House of Pain Ironwear for donating t-shirts and hats for the top class winners. HOP is a big supporter of powerlifting and we should support them, in turn. Also, the meet could not have been successful without the meet staff: Jim Ramey, Rich Donley, Tom Huffer, Doug Glitt, Ellery Elick, and co-director John "Dink" Weaver. Thanks to all the lifters who participated and the friends and family who support them. (Info provided by Jon Elick, the meet co-director)

**NASA W. Texas State (kg)
17 MAY 03 - Lubbock, TX**

bpm2	m1			
250	315			
Mike Davis	140	Otis Shepard	155	
bmpm	m2			
250	205			
Kevin Carter	182.5	Herb Heald	110	
bpnat	m2			
250	250			
Mike Davis	140	Mike Davis	182.5	
cint	m3			
227	205			
J. Matthews	72.5	H. Brantley	132.5	
cjr	mp			
154	205			
Vandon Ray	50	H. Brantley	132.5	
csmp	nat			
187	250			
John Hodges	60	Mike Davis	182.5	
csmp	nov			
250	280			
Kevin Carter	95	L. Lambert	160	
Bench Only	sm1			
hs	187			
187	R. Fragoso	165		
Tra Brown	107.5	sm1		
int	227			
227	Monte Sewell	185		
J. Matthews	165	sm2		
jr	227			
154	Michael Taylor	182.5		
Vandon Ray	102.5			
Power Sports	Curl	BP	DL	TOT
hs				
187				
Tra Brown	57.5	95	210	362.5
sm1				
187				
R. Fragoso	65	150	190	405
sm2				
250				
Tracy Brown	92.5	172.5	232.5	497.5
Powerlifting	hs			
205				
Curtis Rust Jr.	272.5	160	217.5	650
m1				
205				
R. Michelotti	162.5	122.5	210	495
m2				
187				

Jan Werner	167.5	142.5	190	500
nat				
280				
Jose Samarron	295	182.5	252.5	730
nov				
170				
Mike Stroud	160	87.5	172.5	420
nov				
205				
Louis Tolliver	160	107.5	192.5	460
sm2				
227				
Michael Taylor	160	182.5	200	542.5
sm2				
315				
R. Samarron	295	182.5	305	782.5
smp				
170				
Steve Pena	170	115	170	455
smp				
227				
T. Winston	210	117.5	227.5	555
sm2				
315				
R. Samarron	295	182.5	305	782.5
teen				
119				
Eric Cyranoski	70	52.5	77.5	200
thanks to NASA for providing these competition results to POWERLIFTING USA				

**Arkansas Bench Press Open
19 JUL 03 - Bryant, AR**

TEENAGE	220
C. Alexander	225
Nate Moore	230
Aaron Walker	242
148	Kevin Anthony
Jared Dehan	245
165	Rodney Davis
Neal Impson	255
181	Brian Roberts
Chris Neal	275
198	Trey Lovelady
Troy Lovelady	360

The Arkansas Benchpress Association 2003 D.D. Nichols Bench Press Open was held at Bryant Fitness Zone in Bryant, Arkansas on July 19, 2003. The meet was small, but had a large group of spectators on hand to watch. All lifters were beginners to the sport and got some good experience at the meet. There were several teenage lifters who have potential to excel in the sport. The teenage lifters were Jared Dehan, Nate Moore, Chase Alexander, and Aaron Walker. We look forward to seeing these guys in coming events. Thanks to Chris Kinzler owner and operator of Bryant Fitness Zone for his help and the use of his facility. A thanks also goes out to Mike Moore, Dennis Washcowick, and Chris Moore for judging, spotting and loading. And special thanks to my lovely wife Tonya Nichols who helped organize, coordinate, direct and keep scores. The next A.B.A. Meet will be held in Bryant, Arkansas January 2004. (results were provided to PL USA courtesy A.B.A. President D.D. Nichols.)

**Natural Deadlift Meet
12 JUL 03 - Danville, IL**

CLASS 1	Head (M)
MEN OPEN	Collins
(165 Lbs. Class)	D. Tamayo
Sigmon	Carney
Horton	Harrouf
Edwards	E. Johnson
P. Taylor	(242 Lbs. Class)
Gosa	K. Jones
(181 Lbs. Class)	W.B. May
A. Brown	590
M. Doogan	555
L. Thomas Hayes	(275 Lbs. Class)
Booker Lawson	Carroll
(198 Lbs. Class)	Williams
Winters	685
D. Thomas	L. Pace (M)
Scott	675
Spencer	(275)
Ferguson	Master Lifter
Profit	Division (40-49)
(220 Lbs. Class)	L. Pace
Hunt	675

(M) Master / !Personal Best / Bombed Out. We would like to thank God for keeping all the lifters safe from injury. Happy Birthday L. Pace "Big Low." Thanks to the L.T.S. Department for this meet. God Bless Everyone! (Results provided by L. Pace.)

WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT?

LOUIE SIMMONS' REVERSE HYPER MACHINE



WESTSIDE BARBELL
3884 Larchmere Drive Grove City, Oh 43123
PHONE (614) 801-2060

NPA NATIONALS

6,7 SEP 03 - Freeport, IL

WOMENS BP	MASTER
123	220
C. HOYLE	130 BURLINGAME 400
148	275
J. COTHERMAN	105* DAVE BARTA 405
TEENAGE BP	TONY BROWN 315
13-16 165	DEADLIFT
M. MATHIEU	160* TEENAGE
17-19 165	165
C. CEDERHOLM	290* C. CEDERHOLM 450
MENS OPEN BP	198
165	PAT SHIPPETT 530
C. CEDERHOLM	290 OPEN MENS
181	165
B. MULLARKEY	305* C. CEDERHOLM 450
MARK SCOTT	270 D. OLSON 315
198	198
VAUTSMEIER	302 B. HOCHSTEIN 545
220	MIKE MURRAY 450
BILL STAMPFLI	275 220
BURLINGAME	400 BURLINGAME 605
242	275
ROB LUYANDO	540 JEFF HOYLE 640
275	S/H/W CLASS
T. OSBORNE	440 ADAM MILLER 610
D. JANSEN	405 MASTER MENS
P. MERCADO	350 181
T. BROWN	315 D. UNDERHILL 500*
308	198
J. MILLER	365 B. HOCHSTEIN 545
SUBMASTER	220
198	BURLINGAME 605
NATE ALLISON	315
FULL MEET	SQ BP TOT
TEENAGE	
198	
PAT SHIPPETT	380 255 530 1165
MENS OPEN	
198	
M. Mullavkey	500 325 500 1325
220	
SHAIN MILLER	625* 400 575 1600
242	
ROB LUYANDO	550* 540 520 1610*
F. LUYANDO	555* 405 535* 1495
MASTER	
220 40-46	
BURLINGAME	825* 400 605 1830
220 CLASS	47-52
S. COOGAN	505 260 525 1290
242	
R. HANSON	480 335 515 1330
POLICE & FIRE	
220	
DON POWERS	700 460 600 1760
242	
ROB LUYANDO	550* 540 520* 1610*
275	
D. HODGES	525* 315* 425* 1265*
* - PERSONAL RECORD. THE 2003 N.P.A. NATIONALS WAS A GREAT MEET! OUR MEET WAS HELD AT FITNESS LIFESTYLES IN FREEPORT IL. OUR MEET WAS SUPPOSED TO BE A 2-DAY EVENT BUT TURNED OUT TO BE A 3 DAY COMPETITION DUE TO LIFTERS HELPING OUT IN THE MEET AND THEIR WORK SCHEDULE. OUR MEET WAS SPONSORED BY POWERLIFTING U.S.A. MAGAZINE, HOUSE OF PAIN, IRONWEAR, TITAN SUPPORT SYSTEMS, FITNESS NUTRITION CENTER, AND TOMMY K'S. THANK YOU SO MUCH FOR YOUR SUPPORT! STANDARD LIFTING RULES USING A PAUSE IN THE BENCH AND NO 3 PLY SHIRTS. MANY LIFTERS LIFTED WITHOUT GEAR. WE HAD A # OF FIRST TIME COMPETITORS. DRUG FREE LIFTERS CAME FROM 3 STATES DURING THE 3-DAY EVENT. IN THE BENCH ONLY COMPETITION JUDY COTHERMAN TOOK THE WIN IN THE 148 CLASS WITH HER 2ND ATTEMPT OF 105 LBS. JUDY WAS LIFTING IN HER FIRST COMPETITION AND LIFTED WITHOUT ANY LIFTING GEAR. OUR OTHER FEMALE LIFTER CAME FROM OREGON CHRISTINE HOYLE. CHRISTINE TOOK THE WIN IN THE 123 CLASS WITH A STRONG BENCH OF 130 LBS ALSO LIFTING WITHOUT GEAR. BOTH WOMEN LIFTERS SHOWED A LOT OF ATTITUDE. IN THE TEENAGE DIVISION MICHAEL MATHIEU TOOK THE WIN IN THE 13-16 YEAR OLD CLASS WITH A LIFT OF 140 LBS THIS WAS FIRST COMPETITION HE ALSO LIFTED WITHOUT GEAR. IN THE 17-19 YEAR OLD CLASS CHRIS CEDERHOLM TOOK THE WIN WITH A LIFT OF 290 LBS. ON HIS SECOND ATTEMPT IT WAS A PERSONAL BEST OR CHRIS WHO IS TRAINING FOR THE W.A.B.D.L. WORLD'S IN THE MENS OPEN BILL MULLARKEY WON THE 181 CLASS	



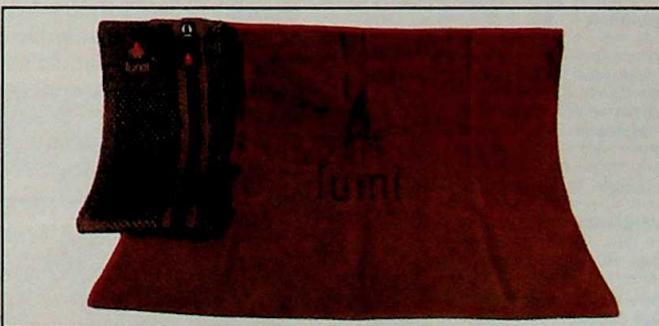
NPA Nationals Participants ... included, front row, left to right, Dave Underhill, Darrell Olson, Mike Mullarkey, Bill Mullarkey, Chris Cederholm, Mark Scott, Bob Hochstein, Joel Miller, Judy Cotherman, back row, left to right, Chad, Mike Murray, Paul Mercado, Dave Banto, Michael Mathieu, Jeff Hoyle, Christine Hoyle, Rob Luyando, Adam Miller. (photograph provided courtesy D. Burlingame)

WITH A PERSONAL BEST OF 305 LBS LIFTING IN HIS FIRST COMPETITION ALSO LIFTING WITHOUT GEAR. TAKING 2ND WAS MARK SCOTT WITH HIS FIRST ATTEMPT OF 270 LBS COMING FROM CHICAGO IL. MARK WAS ALSO LIFTING WITH NO GEAR. DAVE VAUTSMEIER TOOK THE WIN IN THE 198 CLASS WITH A STRONG BENCH OF 302 LBS DAVE JUST MISSED AT 317 LBS LIFTING WITH NO GEAR ALSO. DUANE BURLINGAME TOOK THE WIN IN THE 220 OPEN WITH HIS THIRD ATTEMPT AT 400 LBS DUANE ALSO TOOK THE TITLE IN THE 220 MASTER CLASS BILL STAMPFLI DROPPED DOWN TO THE 220 CLASS I DIVISION AND TOOK THE WIN WITH HIS OPENER OF 275 LBS BILL JUST MISSED 300 LBS ON HIS OTHER ATTEMPTS THE BIG BENCH OF THE DAY WENT TO 242 LB. CLASS LIFTER ROB LUYANDO WITH A LIFT OF 540 LBS ROB MISSED HIS OTHER ATTEMPTS OF 560 AND 565. BOTH LIFTS WERE VERY CLOSE, ON A GOOD DAY HE WILL BENCH 600 LBS DAVE BARTA WON THE 275 MASTER CLASS WITH HIS SECOND ATTEMPT OF 405 LBS DAVE PUT 405 LBS UP LIKE IT WAS NOTHING. ON HIS THIRD ATTEMPT DAVE MUST HAVE MISSED THE GROOVE, HE MISSED 430 LBS BUT BY THE LOOKS OF HIS 405 LIFT I THOUGHT 450 WOULD GO TODAY. TAKING 2ND PLACE WAS TONY BROWN WITH 315 LBS TONY CAME TO WATCH BUT WAS TALKED IN TO LIFTING AND DID A GREAT JOB. TAKING THE WIN IN THE 275 OPEN CLASS WAS TROY OSBORNE WITH A STRONG BENCH OF 440 LBS DAVID JANSEN WAS NOT FAR BEHIND WITH 405 LBS WHO HAD NOT PLANNED ON LIFTING. TAKING 3RD IN HIS FIRST MEET WAS PAULMER CADO WITH A STRONG 350 LB. BENCH TONY BROWN ROUNDED OUT THE GROUP WITH 315 LBS JOE MILLER CAME FROM IOWA TO LIFT AND PUT UP A STRONG 365 LB. LIFT TO TAKE THE WIN IN THE 308 CLASS JOEL HAS POTENTIAL TO BENCH 400 PLUS, NEXT MEET IN THE DEADLIFT CHRIS CEDERHOLM WON THE 165 OPEN CLASS WITH A PERSONAL BEST OF 450 LBS THIS WAS HIS FIRST DEADLIFT COMPETITION, CHRIS LIFTED WITHOUT A LIFTING SUIT. TAKING 2ND IN THE 165 OPEN CLASS WAS FIRST TIME COMPETITOR DARRELL OLSON WITH HIS OPENER OF 315 LBS IN THE 198 CLASS BOB HOCHSTEIN TOOK THE WIN WITH A STRONG PULL OF 545 LBS BOB JUST MISSED 560 ON HIS THIRD ATTEMPT TAKING 2ND WAS MIKE MURRAY LIFTING IN HIS FIRST MEET WITH A STRONG PULL OF 450 LBS HE HAD MORE IN HIM; MIKE LIFTED WITHOUT GEAR. DUANE BURLINGAME TOOK THE WIN IN THE 220 MASTER CLASS WITH HIS SECOND ATTEMPT OF 605 LBS PASSING ON HIS THIRD. DUANE ALSO TOOK THE TITLE IN THE 220 OPEN CLASS ADAM MILLER FROM IOWA WON THE S/H/W CLASS WITH A PERSONAL BEST OF 610 LBS ADAM OPENED

WITH AN EASY 490 LB. PULL, OPEN UP HEAVIER NEXT TIME BIG GUY JEFF HOYLE ENTERED THE DAY OF THE EVENT BIG JEFF BROUGHT HIS WIFE TO COMPETE AND I TALKED HIM INTO LIFTING. THE BIG GUY LIFTED IN THE 275 LB. CLASS AND PULLED AN EASY 640 LB. DEADLIFT. THIS GUY IS A MONSTER AND A GREAT GUY TALK ABOUT A LOT OF RAW STRENGTH IN THE FULL MEET WE HAD ONE TEENAGER PAT SHIPPETT WHO HIT 380 ON THE SQUAT, 255 IN THE BENCH, AND A BIG 530 DEADLIFT TO WIN THE 198 CLASS IN THE 198 OPEN MIKE MULLARKEY LIFTING IN HIS FIRST MEET FINISHED THE DAY WITH A 500 LB. SQUAT, 325 LB. BENCH, 500 LB. DEADLIFT FOR A 1325 LB. TOTAL. THIS GUY LIFTED WITHOUT ANY GEAR. REMEMBER THE NAME I'M SURE YOU WILL BE HEARING IT IN 2004 WITH SOME BIG LIFTS SHAIN MILLER TOOK THE WIN IN THE 220 OPEN CLASS WITH A P/R SQUAT OF 625 LBS, 400 LB. BENCH, 575 LB. DEADLIFT FOR A 1600 LB. TOTAL. SHAIN WAS ALMOST LIGHT ENOUGH FOR THE 198 CLASS A LOT OF POTENTIAL IN THIS LIFTER. WE HAD A BATTLE IN THE 242 OPEN CLASS ROB LUYANDO TOOK THE WIN WITH A 550 LB. SQUAT, 540 LB. BENCH, 520 LB. DEADLIFT FOR A 1610 LB. TOTAL. FRANK LUYANDO HAD THE LEAD AFTER A 555 LB. SQUAT BUT LOST GROUND IN THE BENCH WITH 405 LBS FRANK PULLED A STRONG 535 LB. DEADLIFT TO TOTAL 1495 LBS IN THE MASTER 220 CLASS 40-46 DUANE BURLINGAME GOT A P/R SQUAT OF 825 LBS, 400 LB. BENCH, 605 LB. DEADLIFT FOR A 1830 LB. TOTAL TO TAKE

THE WIN. IN MASTER 220 47-52 STUART COOGAN WON THE CLASS WITH A 380 LB. SQUAT, 255 LB. BENCH, 530 LB. DEADLIFT FOR A 1165 LB. TOTAL. IN MASTER 242 ROBERT HANSON TOOK THE WIN WITH A 480 LB. SQUAT, 335 LB. BENCH, 515 LB. DEADLIFT FOR A 1330 LB. TOTAL. POLICE AND FIRE DON POWERS WON THE 220 CLASS WITH A 700 LB. SQUAT, 460 LB. BENCH, 600 LB. DEADLIFT, FOR A 1760 LB. TOTAL. ALSO IN POLICE AND FIRE DARREN HODGES LIFTING IN HIS FIRST COMPETITION HIT A PR SQUAT 525 LBS, 315 LB. BENCH, 425 LB. DEADLIFT FOR A 1265 LB. TOTAL. BEST LIFTER IN THE BENCH PRESS WENT TO ROB LUYANDO WITH A 540 LB. BEST LIFTER IN THE DEADLIFT WENT TO BOB HOCHSTEIN WITH A 545 LB. PULL. THE CHALK HAS SETTLED FROM THE AIR, THE AMMONIA CAN NO LONGER BE SMELLED. BUT FOR THOSE THAT CAME TO WATCH THE INCREDIBLE LIFTS, THEY WON'T FORGET THE INTENSITY AND STRENGTH THEY WITNESSED AT THIS FINE MEET A BIG THANK YOU TO OUR JUDGES, SPOTTRES, AND LOADERS MIKE MULLARKEY, BILL MULLARKEY, RAY POLLACK, DUANE BURLINGAME, GLEN DIXON, BILL STAMPFLI, DAVE BARTA, DARRELL OLSON, CRIS CEDERHOLM, DAVE UNDERHILL, CHAD MORING AND JASON HASKEN. THANK YOU POWERLIFTING USA, HOUSE OF PAIN IRONWEAR, TITAN SUPPORT SYSTEMS, FITNESS NUTRITION CENTER, AND TOMMY K'S FOR YOUR SUPPORT! TILL NEXT TIME LIFT HARD AND DRUG FREE. SUPPORT OUR GREAT SPORT AND TRY TO DO THINGS TO MAKE THIS WORLD A BETTER PLACE FOR OUR CHILDREN OUR NEXT MEET WILL BE MARCH 2004. YOU CAN EMAIL ME AT FITLIFEDB@CS.COM FOR MEET INFORMATION. (Results thanks to Duane Burlingham.)

NEW PRODUCT



The Lumi is a lightweight, highly absorbent cloth perfect for workouts. Machine washable and super soft to the touch, the Lumi is a simplified alternative to a regular towel. It comes in a small (\$19.95) and large (\$44.95) size. Please visit www.lumi.com to learn more about this super-absorbent towel for a high performance lifestyle.

ARKANSAS BENCH + OPEN BP
23 AUG 03 - Little Rock, AR

WOMEN (148 bw)	Jim Powell	435
Alma Johnson	Trey Loveday	360
(132 lb)	220	
Tami Berry	Wade Talley	500
MEN'S OPEN		
125	Terry Venable*	525
165	Andre' Dyer	480
T. Robinson	Rodney Davis	370
Rodney Raper	Brian Roberts	345
Phillip Clark	242 1/4	
198	L. Walker	515
Eric Benefield	Kelvin Brown	450

* - BEST LIFTER. The Arkansas Bench press Association 2003 Arkansas Open was held at Powerhouse Gym in Little Rock, Arkansas on August 23, 2003. The meet was small, but had a large group of spectators on hand to watch. Some lifters were beginners to the sport and got some good experience at the meet. Others, who have competed within the ABA sanctioned meets, surpassed their personal best lifts such as, Rodney Davis, and Kelvin Brown. Lorenzo Walker broke his own record with a 515 BP in the 247 1/4 lb Class. There were two women who competed in the meet as well. It was a close competition. Alma Johnson won by .757 points over Tami Berry for the women's overall. Thanks to Jeff Lawrence and David Scott, the owners and operators of Powerhouse Gym for the use of their facility. Thanks also goes out to Earle, Dennis Washcwiack, and Chris Moore for judging, spotting and loading. And special thanks to my lovely wife Tonya Nichols who helped organize, coordinate, direct and keep scores. The next A.B.A. Meet will be held in Bryant, Arkansas January 2004(A.B.A. President D.D. Nichols.)

APA Midwest Open
8 MAR 03 - Blue Springs, MO

BENCH	SM			
123	John Falcon	425		
T 13-15	M. Coulson	405		
Blake Smith	242			
132	M1			
WSM	Marvin Lawson	400		
Claudia Peters	Lowell Hake	380		
148	O			
O	Jim King			
A. Campbell	SM			
165	Tim Meeker	435		
Troy Jarvis	275			
181	O			
T 16-17	Mark Austin	525		
Nathan Gentges	SM			
198	Mike Mickelson	335		
M1	SHW			
Bruce Stevens	O			
T 13-15	Aaron Kookier	465		
Cole Surber	110	Deadlift		
Johny Carter	370	181		
220	M2			
M1	Job Vogt	360		
Steve Duff	470	198		
M2	O			
Ken Hernandez	410	Arrin Norris	500	
M4	220			
M. Anderson	385	J		
O	D. Schroeder	505		
Keith Parrish	520	O		
Powerlifting	SQ	Brandon Cass	770	
97	BP	DL	TOT	
WO				
C. Anderson	200	130	235	565
148				
WO, SM				
C. Lambrecht	175	85	190	450
198				
M2				
Les Keith	410	310	450	1170
O				
Jared Beard	550	455	475	1480
SM				
Rodney Wood	615	465	540	1620
T 16-17				
William Talbot	445	285	470	1200
Joshua Schutte	315	185	275	775
220				
M1				
Mike Pace	455	325	450	1230
T 14-15				
Nick Gentges	335	225	275	835
242				
O				
Brandon Cass	800	520	770	2090
SM				

GOT PROTEIN?

Not at These Prices You Don't!

ProteinCustomizer.com
offers a full line of
specialty proteins,
including, but not
limited to:

**ALL INSTANTIZED
FOR EASY MIXING!**

Whey Protein	\$3.50/lb
CFM Whey Isolate	\$6.99/lb
Ion Exchange Whey Isolate	\$6.99/lb
Hydrolyzed Whey Peptides	\$7.25/lb
Micellar Casein	\$8.75/lb
Milk Protein Isolate	\$4.75/lb
Egg White Protein	\$3.99/lb
Flavored BCAA + Glutamine Anabolic	
Workout Drinks	\$22.50/lb

Custom mixing is available upon request, *no extra charge!*



"BCAA's are a critical component for fast recovery from my extreme training. The best part about it is the BCAA and proteins from ProteinCustomizer really do make a significant difference in my strength and recovery!"
Thanks Again,
Karl

Karl Gillingham:

IFSA Pro Strongman Champion and World's Strongest Man Competitor

"As a Doctor of Chiropractic, Board Certified Nutritionist and a competitive powerlifter, I know the importance of supplementing an athlete's diet with branched chain amino acids. By increasing my body's supply of BCAAs, I can speed up the recovery process from intense and grueling workouts, all while doing it drug-free. BCAAs should be a part of the drug-free athlete's arsenal of supplements and the BCAA powder from ProteinCustomizer is my personal choice!"
Michael A. Hartle, D.C., D.A.C.B.N., C.C.N., C.C.S.P., C.S.C.S.



L-Glutamine, BCAA, Creatine, Hydrolyzed Peptides, Carbohydrates, Joint Care, Specialty Supplements, all at the lowest prices on the planet!

For Secure Ordering Log On To:

ProteinCustomizer.com

Or Phone: 630.231.4900

Al Baehr	650	430	700	1780
308				
Ken Ufford	715	560	760	2035
T 16-17				
Jordon Schutte	365	185	400	950
SHW				
O				
Bryon Dowling	700	510	600	1810
Push/Pull		BP	DL	TOT
181				
M2				
Joh Vogt		230	360	590
220				
SM				
Norm Johnson		335	525	860
Robert Parrish				
242				
M4				
Robert Wisdom	350	405	755	
Best Lifters: Women's Powerlifting - Cheryl Anderson, Men's Powerlifting - Brandon Cass, Women's Bench - Claudia Peters, Men's Bench - Keith Parish, Push/Pull - Norm Johnson, Deadlift - Brandon Cass. (Thanks to Roger Broeg for providing these results.)				

PPL Augusta Open "Drug Free"
19 APR 03 - Augusta, GA

BENCH PRESS	40-49			
148	Bruce Bridges	325		
17-19	SHW			
Ashlee Cain	185*	Police		
220	G. Tanksley	500		
Raw	DEADLIFT			
Greg Bartley	410*	198		
		33-39		
		A. McChristie	450	
IRON MAN	BP	DL	TOT	
198				
33-39				
A. McChristie	325	450	775	
220				
33-39				
Jimmy Haynes	SQ	BP	DL	TOT
Full Power				
165				
17-19				
Ben Martin	380*	265*	505	1150*
4th			515*	
181				
Open				
Daniel Hagan	505	320	475	1300
Novice				
Steve Clark	425	315	400	1145
C. Cunningham				
198				
Open				
J.Hueanpannga	550	305	575	1430
33-39				
A. McChristie	440	355	450	1245
50-59				
Thomas Shea	350	275	375	1000
220				
PFM/Raw				
Ryan Williams	455	365	610	1430
40-49				
Tony Hickman	405	390	135	930
33-39				
Jimmy Haynes				
242				
Open				
Greg Campbell	770*	590*	610	1970*
Josh Thompson	525	330	615*	1470
PFM				
Billy Warren	700	430	600	1730
275				
Karl Tillman	790*	475	620	1885*
33-39				
Barry Sturdvant				
Supers				
Open				
S. Henderson	700	465	700	1865*
Jeff Baker				

* - New PPL Record. Monolift provided by Don Thompson Krew from Columbia, SC. Who will be the first lifter in the PPL to reach 2000? "Whoosoneva" (Whoever ... Georgia Talk) it is ... How about this ... the first lifter to reach the 2000 lb. total will get his/her next entry free plus a three day, two night vacation courtesy of the PPL! Thanks to my Staff ... Mellie Mel Givens, Shelly Ann "Pebbles" Richardson, Sandra "Cocoa" Walker, Willie "Soupbone" Morris, "Grease", Gerald, "Bay Bay", Shayla Brown, "Tippy" Tiffany Richardson, The Martial Arts Tournament Center and anyone else who helped, supported and attended this show, without you and the Man above ... it would have never been. (Thanks to "Tee Skinny" Man Meyers.)

**SLP Open National Powerlifting
20 SEP 03 - Tuscola, IL**

BENCH PRESS	(4th)	520*
RAW	shw	
master men 40-44	Sonny Runyon	480*
165	master men 45-49	
Ed Shemine	315*	165
(4th)	325*	John Keele 385*
shw	308	
Sonny Runyon	480*	Jim Piner 400*
master men 60-64	master men 55-59	
275	242	
James Dawson	335*	Charles Bowen 255*
open men	275	
shw	E. T. Williams 300*	
Sonny Runyon	480*	master men 60-64
ASSISTED	275	
junior women	James Dawson 335*	
132	open men	
Christina Weise	130*	165
master W 40-44	John Keele 385	
148	198	
Denice Smith	115*	Jesse Pryor 490*
open women	shw	
132	Sonny Runyon 480*	
Erica Haislar	150*	DEADLIFT
181	junior women	
Christina Smith	140*	132
(4th)	175*	Christina Weise 255*
teenage men 18-19	open women	
181	132	junior men
Nick Terhaar	280*	Erica Haislar 270*
junior men	teenage men 13-15	275
148	97	B. Williamson 550*
Eric Hunter	225*	295* 650* 1495*
148	Matt Cavallaris 185*	600 deadlift for a 1560 total.
Joshua Reyes	205	Ed Bridges 580*
198	148	380* 600* 1560*
Matt Bell	345	Steve Arahood 525
submaster men	198	350 470 1345
198	Joshua Reyes 405*	242
Tony Coduto	465*	Tom Oberle 605*
(4th)	480*	365 540 1510
275	open men	master men 45-49
Otha Boyd, Jr.	435	220
master men 40-44	198	Eric Hunter 315
165	198	master men 45-49
Ed Schemine	315*	Robert Kuhn 400
(4th)	325*	400* 505* 1305*
308	220	4th 525* 1325*
G. Messenger	505*	master men 50-54
Powerlifting	Bruce Myers 600*	148
SQ	BP DL TOT	Ed Engelke 175*
RAW		150* 250* 575*
master men 40-44		275
165		Larry Readman 400*
Ed Schemine	55	275* 525* 1200*
4th	315* 135 505	open men
ASSISTED	325* 515	165
teenage women 18-19		Mike Dykeman 330
148		210 360 900
A. J. Smith	225* 150* 235* 610*	242
4th	275* 650*	Ed Clark 775
submaster women		575* 600* 1950
181		4th 600* 1975
Brenda Phelps	320*	275
teenage men 13-15	200* 300* 820*	Joe Carter 810*
97		515* 725* 2050*
Matt Cavallaris	135* 100* 185* 420*	PL - Best Lifter - JOE CARTER, BP - Best Lifter - JESSE PRYOR, DL - Best Lifter - JEFF DOUGLAS. * Son Light Power national record. The Son Light Power Open Nationals were held at Son Light Power Gym in Tuscola, Illinois on September 20, 2003. With so many great lifters we saw several new state and national records set and everyone seemed to have a fun time. Thanks to my judges, loaders and helpers, especially to my wife, Susie, son Joey, Dustin Kerns and Rob Mann. In the full meet we saw some great lifting, starting with the women competitors. A. J. Smith won at teenage 18-19/148, setting all new national records in the process. She finished with a 225 squat, making all three of her attempts, 150 bench and a 235 deadlift for a 610 total. A fourth pull with 275 pushed her total to 650. Brenda Phelps had a great day at submaster women 181, finishing with a 320 squat, 200 bench and a 300 deadlift for a 820 total. All of Brenda's lifts were new national records for her class. In the teenage men's 13-15 age group, eleven year old Matt Cavallaris won at 97 with all new national records. Matt got a 135 squat together with a 100 bench and a 185 pull for a great 420 total. The really great thing about Matt is that he weighed in at 60 lbs, making his pull five pounds over triple bodyweight! At junior men 275 Brandon Williamson won his first national title with some fine lifting. Brandon finished with a 550 squat after 600 stalled halfway up, benched his opener of 295 then pulled a great personal best 650 deadlift for a 1495 total. All were new national records for Brandon! In the submaster men's division three time national champ Ed Bridges lifted for the first time here, taking the title at 165, again with all new



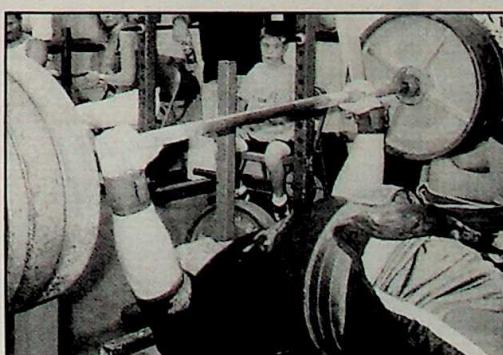
BEST LIFTERS: Joe Carter, Jesse Pryor, Jeff Douglas (Dr. Latch photos)

national records in the process. Ed nailed a 580 squat, followed with a 380 bench and a 600 deadlift for a 1560 total. Ed also holds all of the open records at 165 and 181. Steve Arahood, with possibly the best overall form in the competition, won at 198 with a 1345 total. Steve finished with a beautiful 525 squat, followed with prs in both the bench (350) and the deadlift (470). Steve had a perfect day of lifting, finishing 9 for 9. Also lifting in the submaster division was returning champ at 242, Tom Oberle. Tom only got in his opening squat of 605, but which was still good enough for a new national record. Tom's 365 bench together with his 540 opening deadlift gave him a solid 1510 total. At master men 40-44 Ed Schemine came all the way from Ohio to lift in the 'raw' division and set the national record there. Ed did just that, taking a token lift in the squat and deadlift but making 315 in the bench, followed by an easy 325 fourth for the record. Ed's biggest thrill of the day came when the legendary Mike Bridges lifted off for him on every attempt. In the 45-49/220 class Robert Kuhn finished the day with a 400 squat and bench, along with a 505 pull for a 1305 total. A fourth pull with 525 gave Bob a great 1325 total. Robert's bench, deadlift and total were new national records. Bob is also a world champion arm wrestler. At 50-54/165, first-time competitor Ed Engelke set all new national records with his 175 squat, 150 bench and 250 deadlift for a 575 total. Past national champ Larry Readman returned to capture the title at 275, also setting all new national records there. Larry finished with 400-275-525-1200 for the win. In the open division, Mike "Chaulk Boy" Dykeman won at 165, finishing with 330-210-360-900. With each new attempt Mike added more chalk to his body, including his head, until he looked like the Pillsbury Doughboy. Must be something in the water at Peoria?! Taking the title at 242 was Ed Clark, with what became his best competition to date. Ed got a great 775 pr squat, his first 600 bench in a full meet, and a 600 pull for a great personal best 1975 total. Our final competitor in the full meet

was also our best lifter, Joe Carter. Coming all the way from Tennessee, Joe walked away with all new personal marks as well as establishing new national records for his class. Joe just simply powered up his final attempt squat of 810, blew away his 515 opening bench while just missing 530 at the very top, then showed the strength of a true deadlifter as he locked out 725 for his final lift of the day. 2050 total at 275, no tricks, no gimmicks, just raw power! In the bench press competition we had four lifters in the raw division, all of which set new national records there. At master 40-44, Ed Schemine won the 165's with 315, followed by his 325 fourth. Taking the titles at 40-44/shw and open/shw was Sonny Runyon with a solid 480. Master 60-64/275 winner James Dawson won there with 335. In the assisted division it was Christina Weise for the win at junior women/132 with a new national mark of 130. Denice Smith also set a new national record with her win at master 40-44/148, finishing with just her opener of 115. Erica "Hooter Girl" Haisler set the mark for the open 132 class with 150 while Christina Smith got the biggest lift among the girls with her 175 national record fourth attempt and the win at 181. In the teenage men's 18-19 age division first-time competitor Nick Terhaar set the national record there with 280. At junior men 148 we had a little battle, with Eric Hunter out on top with a new national mark of 225, followed by Joshua Reyes with 205. Matt Bell won at 198 with 345, making just his opener. Tony Coduto had a great day, taking the submaster 198 class with a great 465 national record. Tony then returned to the platform for a successful fourth of 480, which was also a new personal record for him. Otha Boyd, Jr. had some problems getting by his opener of 435 for the win at 275. Gary Messenger set two new national records with his third and fourth attempts, finishing with 505 and 520 respectively. Sonny Runyon won at 40-44/shw with his 480 national mark. John Keele continues to improve with each new competition, taking himself one step closer to that magical 400. John won at 45-49/165 with a national record 385, taking also the open division and setting the record there. Jim Piner finished with a national record 400 for the win at 45-49/308. Charles Bowen, Jr. set the mark at 55-59/242 with 255 while E. T. Williams did the same at 275 with 300. At master 60-64/275 it was James Dawson with his national record 335. In the open division, 198 winner Jesse Pryor got a second title of the day at junior/132, finishing with a new national record of 255. Training partner Erica Haisler also got a new national mark with her win at open 132, finishing with 270. Matt Cavallaris set the national record at 13-15/97 with his great 185 pull. In the junior men's division Joshua Reyes won at 148 over Eric Hunter 405 to 315. Joshua's 405 was also a new national record for that class. Matt Bell had a couple of runs at 600, but settled with his 575 record performance for the win at 198. In the open division Joshua Reyes repeated his win at 148, another record, while Jeff Douglas got the biggest pull of the meet at 198 with 615. Weighing in at just 196 this gave Jeff the best lifter award for the meet. Leon Fisher returned to competition after about a year off, taking the 220's with his opener of 500. Then at 308 was Bruce Myers with a national record 600, just missing a final attempt with 650 at the top. Thanks again to everyone who participated. It was good to have the "Legend", Mike Bridges with us and past ANPPC National Champion William Foster from Tennessee. See you all again next year! (Thanks to Dr. Latch for results.)



11 Year Old Matt Cavallaris with a 185 DL @ 60 lbs. bodyweight.

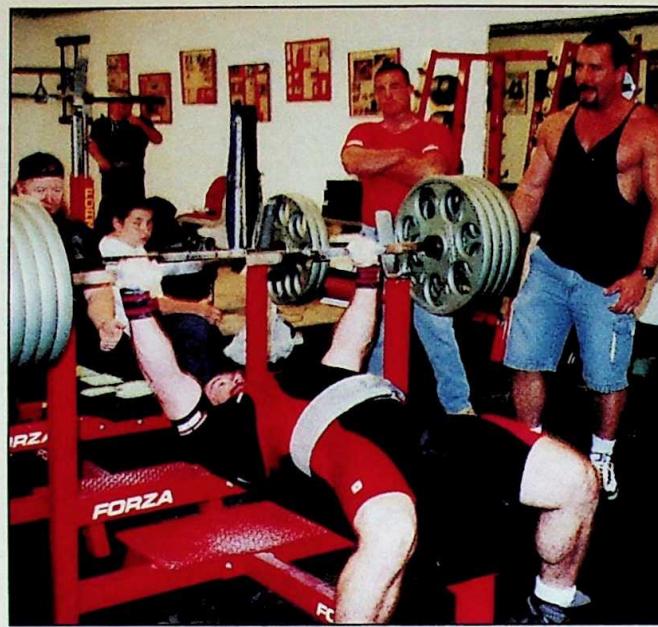


Ed Clark with a 600 pound bench press @ 242 lbs.

**SLP Iowa State BP/DL
06 OCT 02 - Coralville, Iowa**

BENCH PRESS	275
submaster women	Cozy Cozine 475
132	open men
Claudia Peters	140* 198
junior men	H. Sullivan 420*
148	4th 430*
Travis Holt	290* 220
submaster men	Jay Cravatta 490*
242	4th 500*
Scott Dukowitz	515* 220
master men 40-44	Cory Carlson 335
181	242
J. Poggenpohl	320* Scott Dukowitz 515*
198	DEADLIFT
Mike Ficcola	325* junior men
4th	330* 148
220	Travis Holt 365*
Steve Duff	465* master men 40-44
master men 45-49	198
242	Mike Ficcola 450*
Kurt Haines	375 open men
4th	385 242
F. Campos	565*

* - Son Light Power Iowa state record. BP - Best Lifter - SCOTT DUKOWITZ. The Son Light Power Iowa State Bench Press/Deadlift Championship was held at Gold's Gym in Coralville, Iowa on October 6, 2002. Thanks to owner Brian Allen for hosting this event once again and to everyone who helped out with the competition. In the bench press event Claudia Peters got a new personal record along with a new Iowa state record with her win at submaster 132. Claudia made all three of her lifts to finish with a great 140. Travis Holt upped his own state record in the junior 148 class with his 290 third attempt. A fourth with a personal best 300 failed just off his chest. Scott Dukowitz came up all the way from Belleville, Illinois to take the submaster 242 class, finishing with a state record and personal best 515. At 40-44 we had three great lifters, each of which posted new state records for their respective classes. At 181 it was James Poggenpohl with a great 320, finishing with at least five more pounds in him. Mike Ficcola had a



Holland Sullivan with a State Record 430 at the SLP Iowa State (Latch)

great day, taking the 198 class with three new prs, 315, 325 and a fourth with 330. Steve Duff also got in all three of his attempts, finishing with a strong 465 after just missing a fourth with 470. At 45-49/242 Kurt Haines was coming back from a pec injury but just blew away each of his attempts, finishing with an easy 385 fourth attempt. Cozy Cozine, taking the win at 45-49/275, had to settle with his opener of 475 after 510 failed just at the top both times. Holland Sullivan had made some great gains in the past few months, which was evident here, as

he finished with 420, before coming back with a state record 430 personal best for the open 198 win. Jay Cravatta even amazed himself after posting his first 500 bench for a fourth attempt. Jay had just finished with a 490 state record and the title at 220. First-time competitor Cory Carlson also did well, finishing with 335 for second place at 220. Scott Dukowitz won his second title of the day with his state record 515 at 242; taking also the best lifter title for the bench press competition. In the deadlift event Travis Holt guest-lifted in the junior 148 class, establish-

ing a new state record there with 365. Mike Ficcola won his second title of the day while also setting his second state record of the day with his win at 40-44/198, finishing with a solid 450. Our final lifter was open 242 winner Florencio Campos. Florencio pulled his heart out with his state record second attempt pull of 565, locking out to the roar of the crowd. We had a small turnout once again, but we really did have a great competition. Most lifters came away with new prs and/or new state records. Everyone supported each other and helped out with the spotting and loading chores, and the main thing was that everyone had a great time. Thanks everyone for your support, and we'll see you again next year! (Dr. Darrell Latch)

**Extreme Gym July Jamm BP
19 JUL 03 - Beaverdam, VA**

Woman	Simon Strong	400
132	SHW	
Brenda Feltner	100	Phillip Battle 440
SHW		Masters 40-49
T. Saunders	155	Johnny Dean 450
Teen		Scott Morris 420
148		W. VanSickle 285
Tony Peyton	135	Raw
165		181
Jason Waller	125	Dana Smith 255
198		220
Joey Middleton	240	Jason Slater 310
Men		David Stanley 305
132		275
Scott Zerbe	370	Roscoe Ware 480
181		Tim Minor 460
Clay Brickey	275	Master 60+
198		181
George Ferell	500	Earl Feltner 125
220		220
Jason Ogle	440	Thomas Amiss 210
275		Masters 50-59
Danny Pullen	440	Jim Hale 285
425		Jim Sams 275
Best Overall Lifters - George Ferell and Scott Zerbe. Best Women Lifters - Brenda Feltner. Special thanks to Petey Cropp (By Jack Coy.)		

The Gold Standard in Grippers

Captains of Crush® grippers pack industrial strength in a hand-sized package: They weigh less than a pound, but they challenge the world's strongest men. These state-of-the-art hand grippers begin where others end.

If you are new to grip training, begin your quest with our Trainer—substantially tougher than a sporting goods store gripper, there is nothing wimpy about it. Next up is our No. 1, which is tough enough to defy most men who lift weights the first time they try to close it. When you can close our No. 2 gripper, you have left the realm of ordinary hand strength and have a grip you can be proud of, and you will be ready to face the big meat: our No. 3 and No. 4. Close either of these grippers under official conditions* and we'll certify you, making you a member of a very exclusive club and giving you bragging rights in the grip world.

For over 15 years, we have pioneered new territory in the gripper world, defining new limits of toughness, sophistication and precision.

Captains of Crush: the gold standard in grippers.

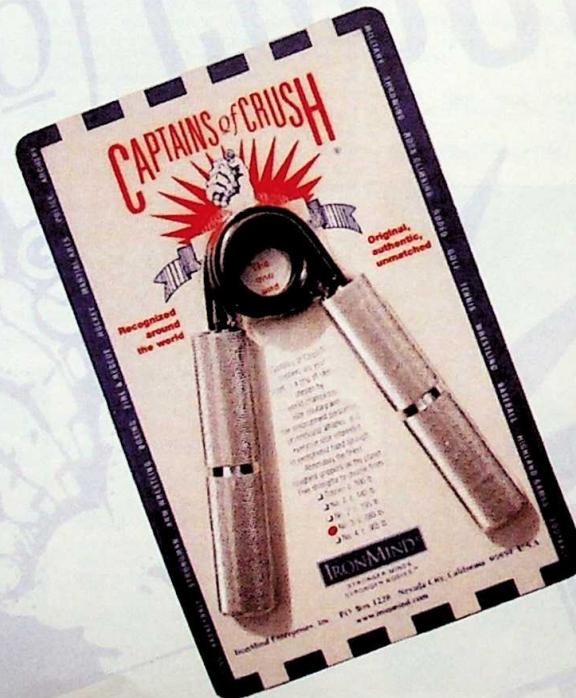
Captains of Crush grippers: US\$19.95 each plus \$6.00 S&H for one in the US (\$7 S&H for 2, \$9 for 3 or 4, \$10 for all 5).
For quick and easy on-line shopping or to request a catalog, visit us at www.ironmind.com.

IRONMIND®

Stronger minds, stronger bodies™

IronMind Enterprises, Inc., P O Box 1228, Nevada City, CA 95959 USA
Web site: www.ironmind.com; e-mail: sales@ironmind.com; tel: 530-265-6725; fax: 530-265-4876

*Enjoy surfing our site www.ironmind.com or go directly to http://www.ironmind.com/faq_grippers.shtml if you're in a hurry to see the rules.



APF Beach Bench Press

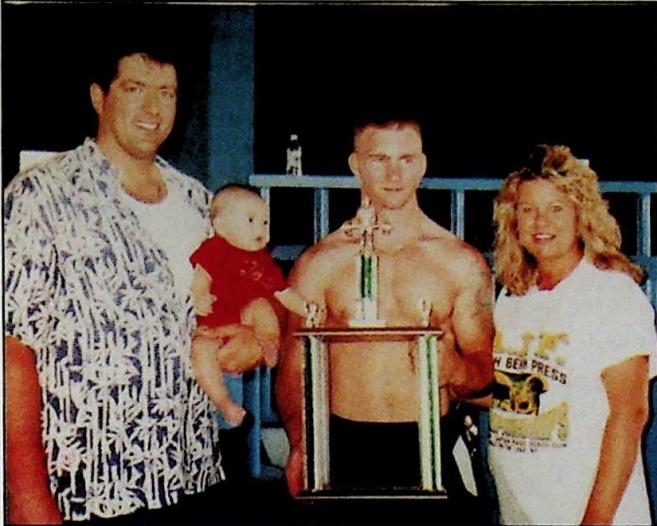
19 JUL 03 - Angola, NY

W OPEN - AM	M Mstr(50-54) - AM
198+	148
Jean Putnam	350*
W TEEN(16-17) - AM	242
165	Steve Stanley 250*
B. Labushesky	165* 275
M TEEN(18-19) - AM	Larry Huff Sr. 350
148	MEN'S Mstr(60-64)
Joe Gambino	290* AM
220	181
Vanik Aloian	440* Mike Casatelli 300*
W SUBMASTER-AM	242
148	Alfred Kirby 400*
Peg Scanlon	150* MEN'S OPEN - AM
MEN'S SUBMASTER	165
AM	Josh Dern 350
181	165
Scott Fisher	390 Tom Graham 325
275	181
Craig Kimak	450* Scott Fisher 390
MEN'S SUB - PRO	220
220	Colin Jenkins 425
James Howell	425 220
W Mstr(40-44) - AM	Victor Dean 340
132	242
Amy Winberg	140* Larry Huff Jr. 365
MEN'S Mstr(40-44)	242
AM	Steve Coppola 365
165	275
Tom Graham	325 Joe Wnuk 370
181	SHW
Steve Dussault	390 Jeff Miller 460
220	MEN'S OPEN - PRO
Robert Petrie	340* 148
220	M. Panzarella 305*
Julio Cheverez	340 220
242	James Howell 425
Wayne Carroll	410* 242
M Mstr(45-49) - AM	Richard Putnam 550
220	275
Charles Clark	310 Patrick Dick 625
242	275
Paul Liszka	300 Matt Rydelek 525

* - State Record. AM - Amateur. TEAM - 1st Place - Niagara Powerlifting Club, Niagara Falls, NY. BEST LIFTER AWARD - Amateur Division - Josh Dern, Pro Division - Patrick Dick. Narrative: Special thanks to Richie Albert, owner of Mickey Ratt's/ Captain Kidd's Beach Club, and his staff whose endless support has made this competition a big success each year. I would like to thank Paul Chidress and all the judges, spotters and loaders. I would like to thank the new competitors for coming out this year for the first time, and Vinnie Vardine and the Gorilla Pack team. I would like to thank all the veteran competitor's for all their continued support, and Dennis Brochey and the Niagara Powerlifting Club team. (Results - Irvin Murr)

South FL Spring Ironman, BP+DL
26 APR 03 - Lantana, FL

Bench Only	Open
Female:	148
Open	T. Yarbrough 137.5
148	220
M. Thomas	49.89 Mark Thomas 157.5
Male	242
Submasters	Rich Meyer 272.5
220	Joe Confessore 185
Mark Savin	177.5 308
242	Dean Rollins 275
D. Thompson	205 Jeremy Herring 192.5
275	Deadlift Only
Jim Taylor	242.5 Masters (40-44)
Masters (40-44)	198
198	Doug Peterson 210
Doug Peterson	127.5 Masters (50-54)
Masters (50-54)	148
275	Louis Casanova 122.5
D. Baumstein	227.5 Open
	308
Ironman	Ed Pustynikov 190
Female	BP DL Total
Teen (13-16)	
114	
Jessi Seidelman	52.5 77.5 130
Male	
Submasters	
275	
Paul Donahue	190 235 425
Masters (40-44)	
198	
Doug Peterson	127.5 210 337.5
Junior	



@ the APF Beach Bench Press ... Meet Director Irvin Murr, son Irvin III, Amateur Best Lifter Josh Dern, and wife Angie Murr. (Murrphoto)

Amy Sinnott, Lance Mosley, Dwayne Kouf, Ed Rectenwald, and the Santaluces High School Cheerleaders. Everyone had a great day in the bench only division. In the Female's division, Michelle Thomas lifted strong in her first competition benching 49.89. In the submasters, Jim Taylor stepped up and benched a big PR locking out a strong 242.5. Richie Myer from Orlando in the 242 Open smoked 272.5 as an opener and gave 294.8 a heck of a ride. But it was big Dean Rollins from Orlando in the 308 Open who had an excellent day going 3 for 3 ending the day with a huge 275 bench. Those who competed in the Ironman Division also had a great day. In the Female's 114 Teen Division (13-16), Jessi Seidelman did great in her first competition ending the day with a 113 kilogram total. Mike Necolettos took the day after coming back from a muscle tear in his forearm, benching 227.5 and deadlifting 292.5. We also had the honor of witnessing

Brian Schwab, our guest lifter, bench a huge 210 and deadlift an impressive 262.5 in the 165 Open. We hope everyone had a great time and we look forward to seeing you at our future meets. For more information on upcoming meets please call Bob Youngs at 561-718-9877 or email us at southsidebarbell@hotmail.com. (These results are courtesy of Southside Barbell Club)

Winyah Fitness Bench Press Classic
28 JUN 03 - Georgetown, SC

Women	Thomas Strong	340
Jolene Howard	125	220
Dianne Henry	130	Tommy Oldham 475
148	242	Carl Griggs 405
Future McNeill	320	275
Riley O'Neal	120	Idris Williams 405
165	275	
James McElveen	335	Michael Phipps 510
Jason Placker	330	Corey Williams 430
Robert Nesbit	300	275+
181		Jerry Tancil 600
Steve Sawyer	435	Benji Fiyah 520
Sean Redfern	440	Victor Shannon
Alan Bremner	335	Master 40+
Bradley Hardee	310	Jerry Tancil 625
Antoine Brown	215	Dennis Smith 395
198		J. Hacksworth 375
Jason Sturkie	530	Willard Braveboy 400
Earl Boone	450	Master 50+
Neil Adams	425	John Blackman 480
Patrick Byrd	385	Doug Ricafrente 430
Mike Johnson	340	Jack Powell 370
		Best Lifters: Jason Sturkie and Jerry Tancil. (Thanks to Alan and Steele Bremner for these meet results.)

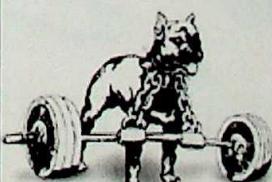
Ahvenamaa Championships (KG)

31 MAY 03 - Mariehamn, Fin

Women	SQ	BP	DL	TOT
56				
Ulrika Skaglund	95	50	127.5	272.5
82.5				
Linda Rosback	120	77.5	140	337.5
Men				
60				
Sven-Erik Elfberg	162.5	120	180	462.5
67.5				
Kenneth Lundsten	210	142.5	230	582.5
75				
Linus Ekblom	135	100	145	380
82.5				
T. Mickelsson	60	172.5	200	432.5
90				
Mikael Wahlbeck	230	160	262.5	652.5
Jon Krogell	225	165	250	640
Jimmy Pero	175	115	242.5	532.5
Jim Maenpaa	180	145	205	530
Rasmus Donner	170	115	185	470
100				
John Clemes	272.5	180	240	692.5
110				
Elis Hognas	260	195	260	715
Anders Johansson	215	155	255	625
125				
K. Sommarstrom	300	205	300	805
Jonas Pensar	240	195	300	735
125+				
Ove Lehto	365	280	365	1010
Kenneth Sandvik	225	290	225	740
This area is an island between Sweden and Finland. Once the Europeans were held there (Jari Tahtinen)				

LOUIE SIMMONS' PRESENTS Training Secrets of Westside Barbell Club

Now on video!



Squat Workout.....	\$54.95
Bench Press Workout.....	\$49.95
Bench Press Secrets.....	\$35.95
Squat Secrets.....	\$29.95
Dead Lift Secrets.....	\$29.95
Special Strengths.....	\$54.95
Reactive Method.....	\$44.95
T-Shirts (m,l,xl,2xl,3xl)...	\$14.95

Shipping/handling.....\$6.50



Send Check or Money order to:

Westside Barbell Club
3884 LARCHMERE DR
GROVE CITY, OHIO 43123

Back View of dog appears on back of t-shirt

Iron Horse Bench Press

26 JUL 03 - Muncie, IN

Open Men	B. Hensley	275
OpenWomen	Jadee Wriah	95
148	242	Sub-Master
Mens Teen 18-19	Brad Witter	365
Brett Clerk	325	275
198	Open- Men	Novice Men
Novice Men	Rob Scott	300
Rob Chambers	260	275
220	Novice Men	Novice Men
Novice Men	Joe Treao	285
S. Christener	285	275
220	Masters 1	Masters 1
Sub-Masters	Mark Houser	365
Joe Goodhew	365	215
220	Masters 3	Jim Dawson
Bob Jones	320	319
220	Masters 1	Jim Piner
Open Men	Jim Piner	390
Jesse Pryor	450	319+
242	Masters 1	Mark Stamper
Masters 2	Mark Stamper	300
Chanie Bowen	245	319+
242	Open Men	Sonny Runyon
		500
(Thanks to Sonny Runyon for these results.)		

WESTSIDE BARBELL
3884 Larchmere Drive Grove City, Oh 43123
PHONE (614) 801-2060

AWPC World PL & BP (kg) 15-17 AUG 03 - Saco, ME						
Men	275		Master 40-44	242	4th	230
220	Mike Wlosinski	232.5	Phil Halliwell	320	Men Jr	
Ethan Baker	197.5	Master 45-49	R. Roberts	300	220	
Ken Wentworth	182.5	198	275	275	Jim Swanson	307.5
275	F. Sbalchiero	192.5	Mike Wlosinski	382.5	282.5	182.5
D. Szymanski	215	242	308	232.5	772.5	727.5
242	T. Bartolomei	215	Tim Lane	325	295	910
Pat O'Reilly	215	David Murphy	242	190	215	
181	J. Zintsmaster	167.5	Master 45-49	295	570	
45-49	Master 50-54	242	Buddy McKee	310	Zach Zenze	222.5
Bob Fabiano	177.5	242	M. Toderico	195	132.5	132.5
Tom West	167.5	Jon Hurtado	175	255	167.5	215
Master 55-59	275	J. Zintsmaster	182.5	760	Teen 13-15	570
165	Master 60-64	308	152.5	732.5	198	
Scott Craig	167.5	T. Holzapfel	195	142.5	Zach Zenze	222.5
4th	172.5	Master 70-74	242	265	132.5	132.5
Master 65-69	242	Dick Zenzen	307.5	727.5	Teen 16-17	215
148	Richard Austin	160	162.5	705	198	
R. Gidcumb	97.5	JR 242	235	255	Vincent Abrego	275
Master 75-79	Pat O'Reilly	215	Jon Hurtado	110	A. Kolodziej	162.5
132	Thomas Kapsch	182.5	275	175	225	225
David Gellman	75	Women	220	760	Nicci Dean	662.5
4th	80	Master 55-59	242	198	Open	312.5
Master 40-44	Rhonda Russillo	92.5	John Medeiros	217.5	Joseph Wilson	142.5
220	Master 45-49	145	145	192.5	227.5	610
M. Capriotti	212.5	123	242	555	Joe Cameron	215
James Pinckard	195	Rhonda Russillo	217.5	202.5	Dave Innis	160
242	4th	92.5	160	487.5	N. Mezera	240
Phil Halliwell	227.5		195		275	665
Powerlifting	SQ	BP	572.5		James McQuaid	300
Open		DL			Points - Women: Lisa Denison - 710, Joanna Conner - 652, Rhonda Russillo - 177. Men: Jason Patrick - 837, M. Allococo - 826, G. Sotirakos - 793, C. Kanavas - 747, Dan Car-	172.5
Men Submaster		TOT				272.5
148	Charles Morse	197.5	125	527.5		745
165	D. Naughton	242.5	152.5	147.5		
181	John Pelletier	237.5	125	230		
198	Scott Nautel	267.5	172.5	250		
John Westleigh	242.5	142.5	247.5	690		
220	Mike Ridge	300	192.5	272.5		
Women SubMaster		765				
148	Sharra Powell	172.5	80	147.5		
4th		400				
SubMaster		182.5				
SHW						
Joanna Conner	205	102.5	185	492.5		
132	Dan Carpenter	180	125	205		
165	C. Kanavas	240	160	267.5		
Putt Houston	242.5	162.5	227.5	667.5		
181	Joe Espy	242.5	165	222.5		
4th		630				
Ward Benson	205	125	192.5	522.5		
Randy Pushard	182.5	125	185	492.5		
198	G. Sotirakos	300	215	292.5		
242	Jason Patrick	380	230	330		
4th		940				
Phil Halliwell	320	227.5	277.5	825		
4th						
Buddy McKee	310	195	255	760		
Scott Griffin	295	147.5	252.5	695		
275	M. Allococo	410	255	295		
J. McManmon	292.5	177.5	272.5	742.5		
Women						
165	Lisa Denison	195	80	180		
SHW		455				
Joanna Conner	205	102.5	185	492.5		
Men						
Master 40-44						
148	M. Robinson	215	140	237.5		
Master 45-49						
181	F. Ruettiger	282.5	155	237.5		
Bob Fabiano	237	177	245	675		
Master 50-54						
Mario Nigro	245	120	220	660		
Master 65-69						
148	R. Gidcumb	142.5	97.5	140		
4th		380				
165	Richard Flores	237.5	120	240		
Women		597.5				
Master 45-49						
114	B. Zintsmaster	95	42.5	115		
4th		252.5				
Men						

Men Jr
220
Jim Swanson
242
Brad Arbic
Teen 13-15
198
Zach Zenze
Teen 16-17
132
Evan Goulas
198
Vincent Abrego
A. Kolodziej
Teen 18-19
165
Joseph Wilson
198
Joe Cameron
220
Dave Innis
N. Mezera
275
James McQuaid
Points - Women: Lisa Denison - 710, Joanna Conner - 652, Rhonda Russillo - 177. Men: Jason Patrick - 837, M. Allococo - 826, G. Sotirakos - 793, C. Kanavas - 747, Dan Car-

penter - 744, Phil Halliwell - 731, Putt Houston - 708, Buddy McKee - 676, Joe Espy - 673, J. McManmon - 643, Scott Griffin - 621, Ward Benson - 550, Randy Pushard - 530, Patrick O'Reilly - 190, Ethan Baker - 181, Ken Wentworth - 168.(courtesy of Russ Barlow)

14th Annual Cabin Fever DL + BP 30 MAR 03 - Granger, IN

Bench Press Masters 45+
Women 181
148 Raw
Nicci Dean Larry Boynton 312.5
Open Masters 50+
181 242
Steve Benson 425 Terry Frick 370
Masters Steve Muff 350
220 Deadlift
Mark Mellinger 400 Masters
242 242
Pete Van Camp 340 Brad Rose 480
Held at The Fit Stop. Best lifter - Steve Benson. Special thanks to: Randy Hull and Mike Wider. The lifters who showed up at this small meet had a great chance to do their best lifting, not having to sit around all day. Some of them really took advantage of it.

The POWERBELT™ ...worn by Champions

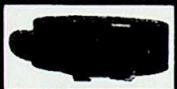
For belt orders give color, waist size and single or double prong



Style A \$79.99
Any 3 color choice
Double Thickness / Suede



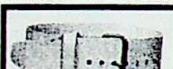
Style B \$79.99
Any 2 color choice
Double Thickness / Suede



Style C \$79.99
Any 1 color choice
Double Thickness / Suede



Style E \$69.99
4" tapered suede
Single Thickness



Style F \$33.99
4" leather
Style H (not pictured) \$31.99
4" tapered leather



Style I \$55.99
Standard (1 color) Suede
Buckle or Lever



Style L \$79.99
1 color suede lever belt
2 color add \$5.00 3 color add \$10.00
LEVER ONLY \$20.00



Style M \$35.99
Imported Suede Belt
2XL, 3XL and 4XL \$38.99
Limited Colors



Style N \$109.99
Same as Style C
w/ embroidered name



Style O \$109.99
Same as Style L
w/ embroidered name



Style 1 \$35.00
Full Dip Belt
w/ chain



Style 2 \$20.00
Loop Dip Belt
w/ chain



The Genesis POWER
\$19.95 WRAP



The Genesis POWER
w/wrist loop WRIST
WRAP
\$16.95



Redline POWER
\$17.95 WRAP



Redline POWER
\$12.95 WRIST
WRAP w/wrist loop

BOZZER WRAP ROLLER\$129.95

Comes with 2 Split pins. Additional Split pins \$6.00 each.

It Really Works!

The Genesis Power Shoe

The Only Squat Shoe
Ever Designed For Squatting
By A World Class Squatter

• Wedge Heel • 2 Velcro Straps For Support
• Cowhide Outer For Support • Pigskin Inner For Comfort
• Sizes 3-16 • Made in U.S.A. • Any Color By Special Order



\$115.00
White w/Black
IPF Legal



Power
Deadlift
Slipper
\$12.00
Sizes 01-15
Call for Colors



Power
Deadlift
Shoe
\$50.00
Sizes 03-14
Call for Colors



Otomix
The Ultimate
Trainer!
\$99.00
White
White/Charcoal
White/Half
Sizes 04-14

Larry Boynton hit an all time pr at 45 with a raw 312.4. He put an enormous amount of work into this lift with some very high volume work early on, and it really paid off when he went into a cycle for the meet, as every workout he was hitting new PRs for reps with whatever weight he was using. Mark Mellinger and I go back to the late 80s and it was great to see him get 400. Steve Benson hit a great 425 at 181 and copped his first best lifter. Terry Frick and Steve Muff had a good battle in the masters 3, 242s, with Terry prevailing 370 to 350. Brad Rose was our lone puller and he hit a 480 on his 2nd attempt, but something didn't feel quite right, he passed on his 3rd (Thanks to John Smoker.)

USPF Northeastern Open BP (kg) 10 AUG 03 - Manchester, NH

Jr Men	Submaster Men
K. Odell	162.5 S. Blum 120*
F. Coolbroth	132.5 Master Men 40-49
Mens Open 148	M. Ioannou 170*
F. Pacheco	137.5 F. Pacheco 137.5
Open 181	Master Men 50+
M. Ioannou	170 B. Frost 157.5 Submaster MA record.
Open 220	Unlimited Equip's back and got all new NH Master records,
J. Dowst	205* G. Monmaney 137.5 and Greg Monmaney showed up for the

Best Lifter - Jeff Dowst. * - State Record. Referee - Brian Farmer, Jamie Fellows, Dave Follansbee, Brian Cote, Announcer/Expeditor - Dave Follansbee. Venue - Ramada Inn, Manchester, NH. We had a really good day despite the smaller than anticipated turnout. Several state records were attempted and broken. Frankie Pacheco had 2 strong attempts at USPF American Records. Keith Odell and his special made USPF legal shirt from Karin came all the way from Rhode Island to take the junior division over Fred Coolbroth, another up and coming junior lifter. At 82.5 kg, Mike Ioannou, 2002 Pan American Champ at 82.5 kg, had a strong day breaking his own MA State Record. Big Jeff Dowst, 2002 100 kg Pan American Champ, came back stronger than ever to break the USPF NH Mens Open record with a super strong 452. A third at 462 proved to just barely be too much, although I thought it would go easy after seeing his 452. A consistently consistent lifter, Jeff takes the overall at just about any contest he chooses to enter. As was the case today, Scott Blum came from Franklin, MA and garnered a 157.5 Submaster MA record. Bryant Frost came back and got all new NH Master records, SHW L. Oppenhuizen 300

unlimited division to test out his new double ply Phenom, while conforming to USPF performance rules. Special thanks go out to Jamie Fellows, Brian Farmer, Brian Cote, Carole Kuchinsky, Bill Dugay, Scotty Martel, Emily Roy, Spark, and everyone else for all of their help. Also, our sponsors: House of Pain Ironwear, Nutrition 101, USA Bodybuilding.com, Champion Barbell Club. Remember to see what's happening in true New England Powerlifting check out our website: AmericanPowerlifting.com or contact me at SQ700@aol.com (results by Dave Follansbee, USPF Executive Committee.)

5th Annual Deadlift on the River 14 SEP 03 - Elkhart, IN

Teen 14-15	Master 55+
132	148
Jon Smoker	220 Mike Wider 430
Teen 16-17	Men
148	242
Tim Willis	265 RyanKlein 680
Women	275
165	Aaron DiPrima 600
Alyssa Allen	275 Paul Sippola 555
SHW	Dain Soppelsa 550
L. Oppenhuizen	300

Best lifter - Ryan Klein. Special thanks to: Mike Wider, Lynne Boshoven and Rich Salvagni. This meet continued to follow a happy pattern: we avoided rain by the slimmest of margins and there was lots of great lifting. It rained most of the morning, and then stopped for a couple of hours. We had a few more sprinkles as people began to warm up and then it stopped, until about an hour after the meet when a quick monsoon hit. And out of 9 competitors, we had lots of spr's and 4 lifters attempting and/or making 600 lb. lifts! Getting both was best lifter Ryan Klein, who made a very close 680, a lift which will put him well up the top 100 list for 242's. Getting the other 600 was Aaron DiPrima from Paw Paw, MI. His training partner Dain Soppelsa couldn't negotiate 600 but still came away with a pr 550. Also attempting 600 was Paul Sippola who showed some vast improvement, but he had to settle for 555 and 2nd place in the 275's. Both women lifted quite well: Alyssa Allen got a pr 275, even though she dropped a wt. Class; and Lucinda Oppenhuizen's 300 was so easy, she made a 4th attempt 325. I could see her making a 400 with another year of training. Rounding out the pr's was Jon Smoker whose 220 showed he was good for a little more, but he'll save that for his next meet. (Smoker.)

Champions wear the BEST!

NO BRAG...Just FACTS

The

XTREME POWER SHIRT

CUSTOM
ALTERATIONS
\$15.00
Tell us how
YOU want it!
And we will
make it
Just for
YOU!

Stretchy
Back
\$15.00
Velcro
On Any Shirt
\$25.00

One, Two & Three
Color Combinations
Available
No Extra Charge
Navy Blue, Black, Red,
Royal Blue, White, Light Blue,
Forest Green, Gold, or Burgundy

The POWER Shirt..... \$ 39.95
The MEGA Power Shirt..... \$ 64.95
The XTREME Power Shirt..... \$ 89.95
The DOUBLE XTREME Power Shirt..... \$134.95
When ordering SHIRTS please give relaxed chest, shoulder and bicep measurements.



Genesis Power Suit & Deadlift Suit

Designed by Rickey Dale Crain...IPF / WPC / AAU World Champion



Genesis Power Suit - DOUBLE PLY \$115.00
Genesis Power Trainer (no straps-brief w/legs) \$ 42.00
Genesis Power Trainer - DOUBLE PLY (no straps-brief w/legs) \$ 89.00
Genesis Power Brief (no legs) \$ 29.00
Genesis Power Brief - DOUBLE PLY (no legs) \$ 63.00
For all SUIT orders give height, weight and thigh measurements.

One, Two & Three
Color Combinations Available
No Extra Charge
Navy Blue, Black, Red, Royal Blue, White,
Light Blue, Forest Green, Gold, or Burgundy



Power
SLICKERS
an easier way
to put on a tight suit
\$17.95

Give
Height and
Weight!

The Originals.....
Power Suit..... \$39.95
Power Trainer \$29.95
Power Brief..... \$19.95

Cotton/Lycra
Lifting Singlet...xs-XL...\$35.00
2XL.....\$37.00 3XL.....\$39.00 4XL.....\$41.00 5XL.....\$43.00
Navy, Black, Red, Royal and Charcoal
(call for other solid and multi-colors available)

CRAIN'S
Muscle World, Ltd.
3803 North Bryan Road
Shawnee, OK. 74804-2314 USA
rcrain@charter.net
www.crainsmuscleworld.com
http://members.boardhost.com/powerforum/

SHIPPING \$6.95
Outside U.S.
30% Surface
or 40% Airmail
Oklahoma Residents
Add 8.5% Sales Tax
YOUR ORDER MAY BE
SUBJECT TO BULK
SHIPPING CHARGES

ALL PRICES SUBJECT TO CHANGE
CHECK / CASH / CREDIT CARD / C.O.D. (\$25.00 min.)
Customer Service 1-405-275-3689 Fax 1-405-275-3739
1-800-272-0051

100% Raw Powerlifting Federation 27 SEP 03 - Southern Pines, NC

Women	(40-44)
114	Angelo Biggs 270
Open	(50-54)
Deb Flanagan 155!	Frank Sumner 280
Masters (40-44)	Open
Deb Flanagan 155!	Frank Sumner 280
132	Angelo Biggs 270
Open	L. Starwalker 185
Sharon Baldwin 140!	220
148	(14-15)
Open	Charles Betts 145
Donna White 205	(35-39)
4th	220! J. McDougald 415
Karen Brewer 105	(45-49)
Master (45-49)	Dave Lhota 390!
Karen Brewer 105!	(50-54)
181	Jeff Fox 280!
Submaster	Law/Fire/Military
A. McDougald 140!	Randy Smith 425!
198	Open
Master (40-44)	Paul Bossi 480
Helen Hoffer 125!	Randy Smith 425
198+	J. McDougald 415
Master (40-44)	Dave Lhota 390
Gail Woodson 185!	J. Williams 365
Police/Fire/Military	Charles Betts 120
Gail Woodson 185!	242
Men	(25-29)
77	Orlo Helmer 450!
Youth (10-11)	Kinta Mallory 455
Q. Thomas 45!	(35-39)
132	Tim Cain 400
Master (65-69)	Law/ Fire/ Military
Byron Swain 195!	Tim Cain 400!
148	Open
(55-59)	Orlo Helmer 470!
David Serrell 225!	Kinta Mallory 465
4th	215! Titus Moore 410
Teen (18-19)	Tim Cain 400
Trey Hague 265!	275
Jacob Fox 255	Teen (18-19)
Open	Theo Yablonski 260
Trey Hague 265!	(45-49)
Jacob Fox 255	Joseph Hilliard 430!
David Serrell 205	(50-54)
165	Mike Leibacher 355!
(16-17)	Open
Robert Gabales 260	Joseph Hilliard 430
4th	265! Mike Leibacher 355
(30-34)	Theo Yablonski 260
Israel Figueroa 290	319
(45-49)	(25-29)
M. Wicker 280!	M. Prosser 500
Open	Open
Israel Figueroa 290	M. Prosser 500
M. Wicker 275	Hallie Ward 315
Robert Gabales 260	SHW Class
181	Open
(14-15)	H. Canada 425!
L. Starwalker 185	
! - National Record. Best Lifters: Female - Donna White. Teen - Jacob Fox. Sub master - James McDougald. Master (40-49) - Dave Lhota. Master (50-59) - Frank Sumner. Law/ Fire - Randy Smith. Open Light - Paul Bossi. Open Heavy - Kinta Mallory. (by Paul Bossi)	

100% Raw PL Nationals
19 JUL 03 - Robersonville, NC

Bench	242LB Class
1981b Class	(25-29)
Open	Odo Helmer 455*
Will Lynch	465 242LB Class
1981b Class	Master (50-54)
Master (40-44)	Mike Leibacher 340*
Tyrone Bell	250 275LB Class
220lb Class	Teen (18-19)
Teen (14-15)	Yablonski 250
Ben Hopkins	320* SHW Class
242LB Class	Teen (14-15)
Open	Michael Hill 215
Odo Helmer	455*
Powerlifting	SQ BP DL TOT
148 Class	
Open	
Chris Geer	175 195 275 645
Teen (14-15)	
Chris Geer	175 195 275 645
165 Class	
Female Teen (14-15)	
Teresa Geer	165 100 175 440
Police/Fire	
Jack Moore	335! 215 395 955
4th	405!
Open	
Jack Moore	335! 215 395 955
4th	405!
Mike Wicker	275 280 385 945
4th	285!
Master (45-49)	
Robert Barth	290 235 385 910
Teen (16-17)	
Josh Dunbar	340 245 320 905
181 Class	
Open	
Doug Parrish	425 310 450 1180
Derrick Bryant	365 330 405 1120
Teen (16-17)	
Chris Wicht!	410 290 515! 1230

privacylabtesting.com

- * Order your own lab tests
- * No physician visit needed
- * Totally private
- * Results arrive via your computer
- * Know the state of your health!

this meet lacked in quantity it made up in Quality. There were 24 World Records broken in the Powerlifting part and 4 National records broken in the Bench Press part. There were also many personal records for lifters. Many thanks to all who helped make this meet run smoothly. 100% Raw Powerlifting Federation has been very rapidly and have been receiving calls from all over the county about running meets in those areas. We look forward to a promising future and wish everyone the best in training. Our National Bench Press Championships are scheduled for Southern Pines, NC and World Championship Bench Press set for Elizabeth City, NC. (Thanks to Paul Bossi for results.)

Body Factory Challenge

19 JUL 03 - Bangor, PA

15-16	Teen	SQ	BP	DL	TOT
272 lbs					
Kris Haney	440	300	450	1190	
148 Open					
Bill Romanelli	450	315	420	1185	
220 Open					
Chris Morris	675	450	650	1775	
Dan Wowak	525	280	440	1245	
242 Open					
B. Ramberger	555	425	535	1515	
SHW Open					
Brian Bachar	600	450	565	1615	
Bench Only					
181 Open					
Steve Lewis			370	370	
Master's 45-49					
224					
Bob Benecke		350		350	
Master's 40-44					
216					
Fred Vogel		275		275	

(Thanks to Jim Parrish for the meet results.)



www.elitefts.com

METAL®



www.elitefts.com

Elite Fitness Systems is now carrying the Metal Gear line of powerlifting gear. The Metal Sport & Wear line started six years ago, in Finland, by world class powerlifter Ano Turtainen. The entire line is made in Finland of the highest Finnish quality. They use materials not found in other powerlifting gear. This gear is some of the best quality in the world.



Pro Squatter



Pro Deadlifter



Pro Briefs

WHY IS METAL GEAR THE BEST POWERLIFTING GEAR ON THE MARKET?

- | | |
|---|--|
| <ul style="list-style-type: none"> ► Extra thick material gives you rebound at the bottom, unlike canvas ► Unreal carryover! ► Finnish expertise and quality ► Metal makes the only true deadlifting suit | <ul style="list-style-type: none"> ► Unique stitching locks to the leg to prevent slipping ► Metal Wraps stop at the bottom to give amazing rebound ► Made by powerlifters for powerlifters |
|---|--|



IPP Squatter



Metal Infra Wraps



Metal Knee Wraps

www.elitefts.com

888.854.8806

**4th Pittsburgh Area Monster BP
30 MAR 03 - Pittsburgh, PA**

BENCH	OPEN	TJ GEFFERT	440	MASTER
WOMEN	BARRAVECCHIO 525	T.SMITH	625	R.COOPER 615
132 OPEN	M.WALKER 500	T.MANKAMYER 620	275	A.WILLIAMS 550
C.SHAFFER 170	P.GRATTAN 475	POLICE	OPEN	D.ROYHAB 605
148 OPEN	D.ROYHAB 345	L.STINSON 550	SUBMASTER	D.ROYHAB 605
T. SMITH 210	NOVICE	G.FAULKNER 570	OPEN	B.FLEMING 605
148 MASTER	A.KRAKOVSKY 475	L.STINSON 550	SUBMASTER	B.FLEMING 605
T.SMITH 210	POLICE	JUNIOR	NOVICE	
165 NOVICE	BARRAVECCHIO 525	C.MARTINO 520	MASTER	J.MEDVAN 525
L.CONNER 150	A.KRAKOVSKY 475	J.BATYKEFFER 475	MASTER	D.BROWN 650
165 MASTER	GRANDMASTER	A.WILLIAMS 550	NOVICE	JUNIOR
L.CONNER 150	F.GALLAGHER 320	A.WILLIAMS 550	NOVICE	F.MASON 560
MEEN	MASTER	P.GRATTAN 475	NOVICE	
132 OPEN	OPEN	S.BORUSHKO 405	NOVICE	
N.SALEM 230	SUBMASTER	J.BESCHE 560	NOVICE	
148 NOVICE	BARRAVECCHIO 525	A.WILLIAMS 550	NOVICE	SHW
J.FITOS 285	A.KRAKOVSKY 475	NOVICE	NOVICE	OPEN
165 OPEN	POLICE	A.WILLIAMS 550	NOVICE	R.GAYDOS 700
J.CLARK 330	308	POLICE	NOVICE	A.WILLIAMS 550
B.AMIDON 270	NOVICE	R.COOPER 615	NOVICE	M.BRODY 550
J.CAIRNS 260	D.MAUST 550	A.WILLIAMS 550	NOVICE	A.LAPAGLIA 540
165 NOVICE	J.MEDVAN 390	M.BRODY 550	NOVICE	M.BRODY 550
B.AMIDON 270	POLICE	M.BRODY 550	NOVICE	
165 SUBMASTER	D.MAUST 550	This year's Monster Meet was again held at the Holiday Inn Airport. The crowd of over 500 watched 70 benchers and 50 deadlifters. Scot Lewis benched a huge 600 at 220 lbs, taking home the \$175 prize and overall Best Bencher Award. Scot narrowly missed 625 and promises to be back in 2004. Last years champ, Ryan Celli, nailed 500 at 198 Lbs. "Big" Doug Maust smoked 550 at 308 Lbs in his very first meet. Way to go Doug, see you next year! Ryan Celli deadlifted a huge 630 at 1981bs and took home the overall Best Deadlifter and cash prize. Bob Dickson nailed 600 at 198. 64-year-old Leon Stinson pulled 550 at 220 Lbs. Impressive, Leon! "Big Boy" Roger Gaydos cracked the 700 barrier with a big 700 pull at 315 Lbs. For the 4th year in a row, this meet was a huge success. None of this would have been possible without the following people: My loving wife, secretary and vice-president, Stephanie. Tami Scappe--you're awesome. My training partner, Mike Scappe, Katie Waldhausen, Rob "715" Capozzolo, Ron Butchie, Mike Zurcher, Mike Crapis, Andy Snyder, Joe "ming" Vallesse, Donnie Deselle, Craig Bishak, Roger Itzel, Eric Fisher, Damon Solomon, Micky Lankert, Larry Hanasky, Bob Gift, Paul "MasterP" Portugal, Kenny Wolf and Mom and Dad. Thanks to everybody!! I would like to give a special thanks to Dave Brown and the Allegheny Athletic Club, Steve Siwial and the Bodystorium, Rob Capozzolo and Titan Gym - who have been on board and supported the monster met from day one. One more huge THANK YOU goes out to "Uncle Frank", Bedoloto, Mr.	OPEN	
J.CLARK 330	MASTER	D.BROWN 440	OPEN	
165 (17-19) TEEN	D.BROWN 440	A.WILLIAMS 550	OPEN	
P.RICOTTILLI 315	SUSMASTER	550	OPEN	
181 POLICE	D.MAUST 550	500	OPEN	
M.WATTS 300	M.SCAPPE	500	OPEN	
181 MASTER	JUNIOR	500	OPEN	
T.WEBB 375	F.MASON 435	500	OPEN	
T.SHERBONDY 330	A.SULFONE 330	500	OPEN	
SUBMASTER 181	SHW	500	OPEN	
M.KINNICK 325	OPEN	500	OPEN	
181 JUNIOR	J.JENNINGS 515	500	OPEN	
CHRISTOPHER 255	R.BUTLER 515	500	OPEN	
181 (17-19) TEEN	NOVICE	500	OPEN	
C.BEER 365	R.BUTLER 515	500	OPEN	
T.ADELSBERGER 275	POLICE	515	OPEN	
J.WILL 220	J.JENNINGS 515	515	OPEN	
198	DEADLIFT	515	OPEN	
OPEN	WOMEN	515	OPEN	
R.CELLI 500	123	515	OPEN	
P.SINICROPI 425	OPEN	515	OPEN	
J.SHEELER 375	L.MARTIN 310	515	OPEN	
A.ROYHAB 365	132	515	OPEN	
NOVICE	GRANDMASTER	515	OPEN	
C.WARGO 400	N.SCHUCHERT 275	515	OPEN	
POLICE	165	515	OPEN	
D.BREEDEN 420	GRANDMASTER	515	OPEN	
S.BELL 400	K.OBERST 280	515	OPEN	
R.RIPPOLE 335	198	515	OPEN	
D.VERGERIO 320	OPEN	515	OPEN	
GRANDMASTER	D.HAINSEY 300	515	OPEN	
E.BOLLINGER 330	NOVICE	515	OPEN	
L.LINDSAY 310	D.HAINSEY 300	515	OPEN	
SUBMASTER	MEN	515	OPEN	
B.DICKSON 400	132	515	OPEN	
R.DENNISON 325	OPEN	515	OPEN	
JUNIOR	N.SALEM 415	515	OPEN	
C.REILSONO 475	NOVICE	515	OPEN	
A.RISING 400	J.FRAZEE 275	515	OPEN	
220	148	515	OPEN	
OPEN	(17-19) TEEN	515	OPEN	
S.LEWIS 600	S.ANTOINETTE 475	515	OPEN	
D.JETT 520	165	515	OPEN	
C.DWOREK 515	OPEN	515	OPEN	
B.POCHIBA 480	B.AMIDON 470	515	OPEN	
T.BOWSER 395	NOVICE	515	OPEN	
D.BOWMAN 405	POLICE	515	OPEN	
GRANDMASTER	COLONDRILO 540	515	OPEN	
M.LEVIN 380	181	515	OPEN	
SUBMASTER	OPEN	515	OPEN	
C.DWOREK 515	R.GREGORY 475	515	OPEN	
G.FAULKNER 450	NOVICE	515	OPEN	
C.MARTINO 415	N.KIROW 405	515	OPEN	
J.FARELLI 350	JUNIOR	515	OPEN	
JUNIOR	CHRISTOPHER 470	515	OPEN	
J.BATYKEFFER 500	N.KIROW 405	515	OPEN	
J STEFANO 335	(17-19) TEEN	515	OPEN	
242	ADELSBERGER 440	515	OPEN	
OPEN	198	515	OPEN	
A.WILLIAMS 475	OPEN	515	OPEN	
J.BESCHE 410	R.CELLI 630	515	OPEN	
NOVICE	P.SINICROPI 600	515	OPEN	
A.WILLIAMS 475	J.FERRARO 540	515	OPEN	
H.DUMAS 475	NOVICE	515	OPEN	
POLICE	D.VERGERIO 475	515	OPEN	
C.SLA VICK 475	POLICE	515	OPEN	
A.WILLIAMS 475	J.FERRARO 540	515	OPEN	
GRANDMASTER	S.BELL 525	515	OPEN	
B.POCHIBA 480	GRANDMASTER	515	OPEN	
SUBMASTER	D.SIRIANI 460	515	OPEN	
C.SAYLOR 530	SUBMASTER	515	OPEN	
A.WILLIAMS 475	B.DICKSON 600	515	OPEN	
JUNIOR	(14-16) TEEN	515	OPEN	
B.FRAITO 385	M.SANDERS 415	515	OPEN	
275	(17-19) TEEN	515	OPEN	

California

Signs
& Products

**FREE
SHIPPING!**

ON ORDERS OVER A \$100.00

BANNERS - FLAGS - A-FRAMES

DIMENSIONAL LETTERS -

MAGNETICS

**TRADE SHOW
BANNER SIGN
SPECIAL!**

3'X8' \$85.

EACH SIGN

PRICES SUBJECT TO CHANGE WITHOUT NOTICE/ADD \$10 FOR HANDLING & COD TAG

(800)

659-5007

**12"X18" / 2(PCS) \$49.
MAGNETIC TRUCK SIGNS**

**USAPL Commonwealth Games
19 JUL 03 - Roanoke, VA**

Female	45-49
114	Steve Pegram 320
Open	65-69
Angie Mamola 150	George Litos
123	Open
Open & 40-44	Bill Mears 355
Leigh Haines 160	220
Men	14-15
114	Bill Carson 280
14-15	16-17
C. Stiltner 135	Matt Woods 285
165	Open
16-17	D. Benson 415
Josh Dalton 230	55-59
Open	Dave Minton 255
D. Simmers 315	242
181	Open
Open & College	Mike Cumbee 375
Jamie Hooper 335	60-64
55-59	Bob Thompson 340
Brian Brindle 250	Supers
198	40-44
18-19	Pat Brody 405
G. Walters 440	Open & 45-49
	T. Crockett 300

(Thanks to John Shifflett for these results.)

**APF Florida Bench Press (kg)
05 APR 03 - Daytona Beach, FL**

MM	MO
198	242
Charles Lee 110	Mike Hummell 275
MM	MO
220	275
Ron Williams 160	Greg Gass 222.5
MO	MO
198	SHW
Brian Highnote 225	K. Southwood 230
MO	MM/MO
198	SHW
Louis Lloyd 132.5	Miguel Rodriguez
	Michael Hummell Best Lifter (By Huge Iron)



Scot Lewis benched 600 in the 220s at the Pittsburgh Area Monster Bench Press (photograph provided courtesy of Mike Barravecchio)

UNCLASSIFIED ADS

\$3.00 per line per insertion
Figure 34 letters & spaces per line

Shrug & Log Bars, Talons, Farmer dumbbells & Handles, thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel. Much more. From the same folks who have brought you affordable accurate machined steel fractional plates since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard \$5.85 US, 9.95 elsewhere PDA 104 Bangor Street Mauldin SC 29662 864-963-5640 fractionalplates.com

Ivanko Olympic Plates: Black, Machined Gray, Calibrated Painted, and Calibrated Chromed. Weightlifters Warehouse, 1-800-621-9550

IRONMAN MAGAZINE, honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

Frantz Sports Ctr for all your powerlifting needs. Call 1-630-892-1491

National & World Championship Powerlifting Customized Rings by Josten. C.W. Lee, 403 Diamond Circle, Naples, FL 34110, 239-597-8117

Insane prices -- Compete Supplements has them on: Dymatize, Beverly Intl., SAN, Sci-Fit, LaBrada, Betastatin, Biostest, Champion, Cytodyne, E.A.S., MuscleTech, next Proteins, Optimum Nutrition, Scitec, Syntrax, Twinlab, VPX, and many more! We will not be beaten by anyone, anywhere on price or product knowledge. Call 618-233-1080, or toll free at 1-866-276-7877, or visit our website at Completesupplements.com. Be prepared for huge savings!

Texas Power Bar by MAC Barbell \$235.00 plus shipping. Weightlifters Warehouse 1-800-621-9550

MUSCLETOWN USA by John D. Fair - this book is an insightful examination of the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, and is as revealing as it is entertaining. (432 pages, 70 il-

lustrations). Paperback edition is \$23.50 plus \$4 shipping and handling per book hardbound books in stock - \$65 plus \$4 s/h. Payable to PL USA, Box 467, Camarillo, CA 93011.

SAVEMONEY-ILLINOISLIFTERS

LOWPRICES-BRANDNAMES
SHOPSCHUETT'S-PALATINE
Supplements-Vits/Mins-Weights
226N.HicksPlace 1-847-359-9808
SAVE 20% On Min. \$20 Purchase

"The Strongest Shall Survive" ...
this is the classic Bill Starr training

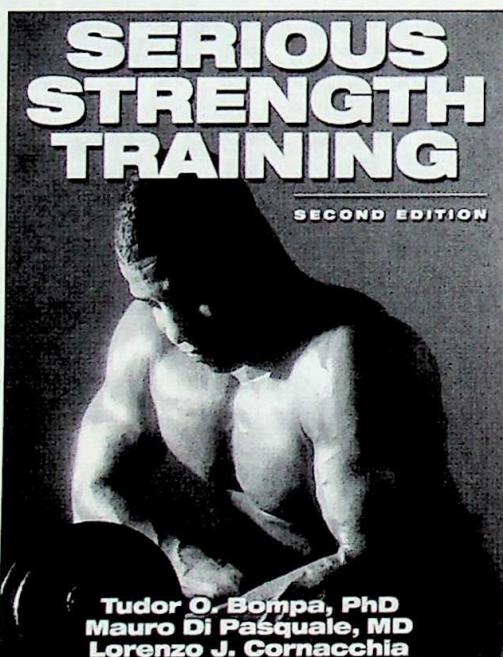
manual, and it has long been out of print, but now we have copies available once again. (See our review of this book in the February 1997 edition of *PLUSA*, page 10). The price for one copy of this book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, before this book sells out again!

www.PowerShack.net 1000's Supplements discounted to rock bottom prices.

Build Your Own Professional Metal Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O. Box 1234, Ft. Laud, Florida 33302

HAVE YOU EVER NOTICED ...
How many world and national records have been set on SORINEX brand equipment? Many pro and college teams depend on us for their strength needs! We have it all! Toll free 1 877 767 4639, PO Box 121 Irmo, SC 29212, www.sorinex.com

DON'T TRAIN ALONE - ALWAYS USE SPOTTERS. - DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR



JUST OUT New Book!

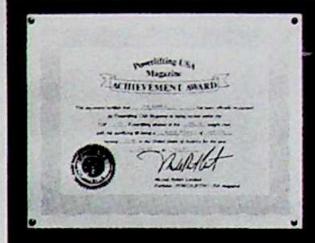
Former IPF World Champion Mauro Di Pasquale MD has provided a major new contribution to this revised 2nd edition of *SERIOUS STRENGTH TRAINING* with co-authors Tudor Bompa (considered the 'father' of periodization training) and kinesiologist (and former NWA wrestler!) Lorenzo Cornacchia. \$19.95 plus \$4 s/h to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011 (plus sales tax for California residents)

What's Inside: ... detailed theory on how muscles work (in layman's terms), what periodization training is really about, training cycle development theory, recovery practices, maximum athletic nutrition (including the Metabolic Diet!), EMG studies on which movements are safe, exercises demonstrated through great photography (including the Safety Squat Bar). The SIX PHASES OF TRAINING are laid out explicitly: Anatomical Adaptation, Hypertrophy (with entry level program specifications), Mixed Training, Maximum Strength, Muscle Definition, and Transition Training. The glossary is great, references extensive, and in the appendices they have that handy chart to figure your max lift based on the reps you do with a given weight, and the reverse ... a chart to figure your max lift based on the reps you can do with a given training weight.

TOP 100

For standard 165 lb./75 kg. USA lifters in results received from Sep/2002 thru Aug/2003

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

NEXT MONTH... TOP 181s

Statement of Ownership, Management and Circulation 12. Publication Title: Powerlifting USA. 2. Publication No.: 01998536. Date of Filing: 1 OCT 03. 4. Issue Frequency: monthly. 5. No. of Issues Published Annually: 12. 6. Annual Subscription Price: \$31.95. 7. Complete Mailing Address of Known Office of Publication: 2486 Ponderosa Dr. No. Suite D-216, Camarillo, Ventura, CA 93010. Complete Mailing Address of the Headquarters of General Business Offices of Publisher: 2486 Ponderosa Dr. N. Suite D-216, Camarillo, CA 93010. 9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor: Publisher: Mike Lambert, Box 467, Camarillo, CA 93011; Editor: Mike Lambert, Box 467, Camarillo, CA 93011; Managing Editor: not applicable. Owner: Michael Robert Lambert, Box 467, Camarillo, CA 93011. In Joo Lambert, Box 467, Camarillo, CA 93011. 11. Known Bondholders: Not Applicable. 12. Not Applicable. 13. Publication Name: Powerlifting USA. 14. Issue Date for Circulation Database: Oct/03. 15. Extent and Nature of Circulation: Average No. Copies Each Issue During Preceding 12 Months/ Actual No. Copies of Single Issue Published Nearest to Filing Date. A. Total No. Copies: 15836. 36/15500. B. Paid and/or Requested: 1. Mail subscriptions: 8245. 36/8043. 2. Not Applicable. 3. Sales through dealers and carriers, street vendors and counter sales: 5352. 82/6760. 4. Other Classes: 63. 45/64. C. Total Paid and/or Requested Circulation: 13661. 63/14867. D. Free Distribution by Mail: 97/97. E. Free Distribution Outside the Mail: 0/0. F. Total Free Distribution: 97/97. G. Total Distribution: 13758. 63/14964. H. Copies Not Distributed: 2077. 73/536. G. Total: 15836. 36/15500. J. Percent Paid and/or Requested Circulation: 99.29%/99.35%. 16. This Statement of Ownership will be printed in the Dec/03 issue of this publication. 17. Signature and Title of Editor, Publisher, Business Manager, or Owner: M. Lambert, Date 10/1/03.

SQUAT	BENCH	DEADLIFT	TOTAL
1 789 Berardinelli, 2/28/03	551 Boldt, F., 3/1/03	688 Palmer, R., 2/28/03	1951 Palmer, R., 2/28/03
2 788 Palmer, R., 2/28/03	525 Mazza, J., 7/5/03	683 Conyers, A., 11/8/02	1879 Conyers, A., 2/28/03
3 771 Conyers, A., 2/28/03	507 Mara, M., 12/28/02	644 Nickson, E., 12/7/02	1873 Berardinelli, A., 2/28/03
4 727 Hooper, W., 7/19/03	500 Miller, L., 2/9/03	635 Castro, M., 8/9/03	1774 Hooper, W., 7/19/03
5 670 Crowe, B., 8/8/03	485 Kirchner, L., 7/5/03	633 Berardinelli, A., 2/28/03	1710 Crowe, B., 8/8/03
6 619 Beaumaster, P., 5/2/03	473 Palmer, R., 2/28/03	633 Braca, J., 5/2/03	1631 Petrillo, D., 6/7/03
7 617 Olson, G., 5/10/03	470 Crowe, B., 8/8/03	625 Adams, T., 12/7/02	1620 Nickson, E., 5/3/03
8 610 Curley, P., 4/03	468 Agamao, A., 11/16/02	617 Cirigliano, R., 11/16/02	1592 Tincher, B., 6/7/03
9 606 Reichert, G., 10/25/02	462 Schwab, B., 4/26/03	617 Cayer, A., 5/2/03	1576 Strickland, B., 6/7/03
10 606 Nickson, E., 7/19/03	462 Petrillo, D., 6/7/03	617 Little, A., 5/10/03	1554 Beaumaster, P., 5/2/03
11 600 Perez, J., 11/9/02	460 Luther, J., 7/5/03	611 Wade, T., 3/29/03	1548 Perez, J., 11/9/02
12 600 Strickland, B., 6/7/03	457 Hooper, W., 11/15/02	611 Macri, M., 7/19/03	1545 Diataldo, S., 5/17/03
13 600 Larriese, S., 8/8/03	457 Berardinelli, 2/28/03	610 Wright, 11/23/02	1537 Macri, M., 7/19/03
14 595 Lewis, 10/11/02	455 Clark, A., 7/5/03	606 Sigala, M., 9/28/02	1535 Kirchner, L., 5/10/03
15 585 Diataldo, S., 5/17/03	451 Tincher, B., 6/7/03	606 Reichtart, G., 10/25/02	1532 Wade, T., 3/29/03
16 584 Macri, M., 7/19/03	446 Landon, G., 2/15/03	606 Diataldo, S., 12/15/02	1532 Braca, J., 5/2/03
17 578 Tincher, B., 6/7/03	446 Conyers, A., 2/28/03	605 Retz, G., 3/1/03	1530 Curley, P., 4/03
18 578 Bracken, D., 7/19/03	440 Sanfilippo, E., 2/1/03	605 Snelling, R., 8/10/03	1520 Larriese, S., 8/8/03
19 573 Stark, J., 5/3/03	435 Hickman, R., 3/22/03	600 Crowe, B., 2/15/03	1515 Cayer, A., 5/2/03
20 573 Little, A., 5/10/03	430 Elrod, M., 10/26/02	600 Petrillo, D., 6/7/03	1495 Marshall, G., 5/17/03
21 570 McVaney, A., 10/26/02	425 Hermans, D., 1/18/03	600 Hooper, W., 7/19/03	1492 Reichtart, G., 10/25/02
22 570 Roney, J., 4/12/03	425 Baker, G., 3/29/03	600 Bridges, E., 8/17/03	1488 Little, A., 5/10/03
23 567 Petrillo, D., 6/7/03	424 Kaneshiro, S., 9/28/02	600 Cantwell, J., 8/30/03	1488 Bracken, D., 7/19/03
24 565 Welch, M., 8/8/03	424 Evangelista, A., 5/3/03	589 Pardue, T., 3/15/03	1485 Roney, J., 8/8/03
25 562 Rivera, M., 4/12/03	424 Richmond, M., 8/23/03	589 Strickland, B., 6/7/03	1482 Olson, G., 5/10/03
26 560 Barnes, D., 10/26/02	420 Rodriguez, M., 6/6/03	589 Kanavas, C., 8/15/03	1480 Retz, G., 3/1/03
27 556 Braca, J., 5/2/03	418 Cunningham, S., 22/03	580 Nulman, A., 12/1/02	1471 Bermudez, L., 10/26/02
28 551 Taylor, D., 12/7/02	415 Collins, T., 3/03	580 Roger, R., 3/22/03	1471 Kanavas, C., 8/15/03
29 551 Wiltshire, G., 3/1/03	415 Paige, Z., 6/28/03	578 Schwab, B., 4/26/03	1466 Lewis, M., 5/2/03
30 551 Wade, T., 3/29/03	415 Williams, J., 8/2/03	578 Smith, G., 6/7/03	1465 Schupbach, J., 11/24/02
31 551 Cayer, A., 5/2/03	415 Andres, T., 8/78/03	575 Romberger, 1/25/03	1460 Wright, 11/23/02
32 551 Vasquez, J., 5/17/03	410 Moorehead, 12/8/02	573 Eddy, R., 10/26/02	1444 Pardue, T., 3/15/03
33 551 Bohigian, K., 6/7/03	410 Higgins, S., 8/2/03	573 Davis, K., 3/1/03	1438 Eddy, R., 10/26/02
34 550 Schupbach, J., 11/24/02	407 Perez, J., 11/9/02	573 Franks, A., 4/12/03	1438 Smith, G., 6/7/03
35 550 Manning, K., 12/7/02	407 Williams, L., 5/17/03	573 Beaumaster, P., 5/2/03	1438 Davis, K., 7/19/03
36 550 St. Juste, W., 3/22/03	405 Birt, R., 10/26/02	573 Darin, C., 5/2/03	1435 Cantwell, J., 8/30/03
37 550 Archie, C., 3/22/03	405 Deloise, N., 11/9/02	573 Brown, C., 6/7/03	1432 Sigala, M., 5/2/03
38 550 Thomas, D., 3/22/03	405 Roberts, J., 2/22/03	567 Sielawa, S., 11/9/02	1430 McVaney, A., 10/26/02
39 550 Marshall, G., 5/17/03	405 Nickson, E., 3/15/03	565 Hart, M., 9/14/02	1430 Freeman, M., 4/12/03
40 545 Kirchner, L., 5/10/03	405 Osgood, D., 7/19/03	565 Roney, J., 8/8/03	1421 Wiltshire, G., 3/1/03
41 545 Lumpe, S., 5/10/03	403 Weingust, S., 11/16/02	563 Croft, B., 12/7/02	1416 Bohigian, K., 6/7/03
42 545 Smith, G., 6/7/03	402 Hamel, G., 11/16/02	562 Bermudez, L., 10/26/02	1415 Barnes, D., 10/26/02
43 545 Keenan, P., 7/19/03	402 Campbell, B., 3/1/03	562 Olson, G., 5/10/03	1415 St. Juste, W., 3/22/03
44 540 Eaddy, R., 10/26/02	402 Mouzon, J., 5/3/03	562 Tincher, B., 6/7/03	1410 Cirigliano, R., 10/25/02
45 540 Sylvox, L., 2/22/03	402 Phillips, W., 5/10/03	560 Theodorou, D., 10/26/02	1410 Cagnolatti, D., 1/11/03
46 540 Retz, G., 3/1/03	402 Cook, K., 8/16/03	556 Ricchio, R., 9/28/02	1410 Murphy, J., 6/14/03
47 540 Sherbondy, T., 4/12/03	400 Freeman, M., 4/12/03	556 Lubeck, W., 5/31/03	1405 Vasquez, J., 12/1/23/03
48 540 Scanlon, J., 6/7/03	400 Hough, B., 2/11/03	556 Fleming, M., 6/6/03	1405 Taylor, D., 12/7/02
49 535 Sanderson, K., 3/22/03	400 Chang, E., 7/5/03	555 Schupbach, J., 11/24/02	1405 Bridges, E., 3/8/03
50 534 Houston, P., 8/15/03	396 Wrye, J., 3/1/03	555 Hurd, C., 12/1/02	1405 Rivera, M., 4/12/03
51 534 Naughton, D., 8/15/03	396 Murphy, J., 6/14/03	555 Marshall, G., 5/17/03	1405 Brown, C., 6/7/03
52 530 Hulse, M., 2/8/03	395 Cagnolatti, D., 1/11/03	555 Taylor, T., 6/22/03	1400 Hatchet, E., 3/22/03
53 530 Freeman, M., 4/12/03	395 Ciupinski, M., 3/8/03	551 Ahmadzadeh, B., 3/1/03	1400 Archie, C., 3/22/03
54 530 McCarthy, D., 5/17/03	395 Immekus, M., 8/9/03	551 Lineman, J., 4/12/03	1399 Phillips, W., 5/10/03
55 529 Corpuz, N., 11/9/02	391 Marinis, N., 5/10/03	551 Wads, M., 5/17/03	1394 Sielawa, S., 11/9/02
56 529 Hall, M., 4/27/03	391 Ruelan, M., 8/3/03	550 McVaney, A., 10/26/02	1394 Houston, P., 8/15/03
57 529 Kanavas, C., 8/15/03	391 Tyson, T., 8/16/03	550 Curley, P., 11/16/02	1388 Corpuz, N., 11/9/02
58 529 Wilson, J., 8/15/03	390 Armstrong, A., 11/2/02	550 Hatchet, E., 3/22/03	1380 Keenan, P., 11/24/02
59 525 McElroy, J., 9/28/02	390 Marshall, G., 11/23/02	550 Archie, C., 3/22/03	1380 Hammers, D., 11/30/02
60 525 Bridges, E., 3/8/03	390 O'Brien, S., 8/2/03	550 Larrisey, S., 8/8/03	1380 Romberger, J., 1/25/03
61 525 Gober, J., 3/22/03	390 Funk, S., 8/9/03	545 Hokoana, M., 11/16/02	1375 Sylcox, L., 2/22/03
62 523 Bermudez, L., 10/26/02	387 Hilliard, R., 5/17/03	545 Derks, A., 3/14/03	1375 Sherbondy, T., 4/12/03
63 523 Matsumoto, 11/9/02	385 Bermudez, L., 10/26/02	545 Gober, J., 3/22/03	1372 Wads, M., 5/17/03
64 523 Phillips, W., 5/10/03	385 Strickland, 11/10/02	545 Mattoni, L., 5/13/03	1372 Lubeck, W., 5/31/03
65 523 Murphy, J., 6/14/03	385 Davidson, E., 3/8/03	540 Perez, J., 11/9/02	1372 Scanlon, J., 6/7/03
66 523 Flores, R., 8/15/03	385 Speranza, J., 3/15/03	540 Guthrie, G., 11/9/02	1366 Darin, C., 3/8/03
67 520 Rouan, A., 11/16/02	385 McDonald, K., 4/6/03	540 Benzeira, J., 3/15/03	1366 Stark, J., 5/3/03
68 518 Sielawa, S., 11/9/02	385 Lawyer, C., 4/26/03	540 Colondrillo, C., 3/30/03	1360 Langford, J., 3/22/03
69 515 Hammers, D., 11/30/02	385 Perkins, J., 5/3/03	540 Wagner, T., 8/1/03	1360 Sanderson, K., 3/22/03
70 515 Williams, D., 2/8/03	385 Linerud, D., 5/17/03	535 McLawchin, S., 8/2/15/03	1360 Panteledes, J., 3/30/03
71 515 Leah, L., 3/22/03	380 Neal, C., 10/19/02	535 Langford, J., 3/22/03	1355 Williams, T., 3/29/03
72 515 Sendijo, J., 3/22/03	380 Langwell, R., 12/14/02	535 O'Reilly, B., 4/6/03	1350 Hill, J., 10/5/02
73 515 Panteledes, J., 3/30/03	380 Baer, J., 3/22/03	534 Duckett, M., 10/26/02	1350 Franks, A., 4/12/03
74 512 Boute, P., 10/25/02	380 Cerasini, G., 5/17/03	534 Bracken, D., 7/19/03	1345 Hurd, C., 12/1/02
75 512 Sigala, M., 5/2/03	380 Vroman, C., 5/18/03	530 Shurley, J., 11/30/02	1345 Thomas, D., 3/22/03
76 510 Wright, J., 11/23/03	380 Craig, S., 8/15/03	530 Lerach, D., 2/15/03	1344 Wilson, J., 8/15/03
77 510 Langford, J., 3/22/03	380 Runyan, J., 8/16/03	530 St. Juste, W., 3/22/03	1340 McElroy, J., 9/28/02
78 510 Hill, J., 5/17/03	380 White, A., 8/17/03	530 Friday, S., 3/29/03	1340 Nulman, A., 12/1/02
79 507 Cirigliano, R., 10/25/02	380 Keele, J., 8/23/03	530 Panteledes, J., 3/30/03	1340 Manning, K., 12/7/02
80 507 Janikowski, C., 3/22/03	375 Rinker, J., 3/22/03	529 Lewis, J., 10/11/02	1340 McCarthy, D., 5/17/03
81 507 Olson, B., 5/2/03	375 Gordon, H., 6/7/03	529 Valmoja, J., 11/9/02	1339 Ricchio, J., 9/28/02
82 507 Brown, C., 6/7/03	375 Steiner, L., 6/22/03	529 Wiltshire, G., 12/7/02	1335 Polak, J., 11/16/02
83 507 Davis, K., 7/19/03	375 Evans, M., 8/24/03	529 Flores, R., 4/12/03	1333 Hall, M., 4/27/03
84 505 Cagnolatti, J., 10/26/02	374 Hokoana, M., 11/16/02	529 Weber, B., 5/17/03	1333 Olson, B., 5/2/03
85 505 Leblanc, M., 11/30/02	374 Wrye, R., 11/16/02	529 Zieleny, J., 8/1/03	1330 Chioldo, D., 4/26/03
86 505 Pierce, K., 3/22/03	374 Hanifen, L., 12/8/02	526 Diaz, E., 8/16/03	1328 Ahmadzadeh, B., 3/1/03
87 501 Edmondson, 12/14/02	374 Shively, J., 6/14/03	525 White, F., 9/21/02	1328 Chang, E., 3/29/03
88 501 Pardue, T., 3/15/03	374 Bracken, D., 7/19/03	525 Polak, J., 11/16/02	1328 Zieleny, J., 8/1/03
89 501 Davis, R., 8/17/03	370 Glaus, J., 10/12/02	525 Kibler, D., 2/8/03	1320 McLawchin, S., 2/15/03
90 500 Monteagudo, J., 9/29/02	370 Green, C., 1/25/03	525 Sanderson, K., 3/22/03	1320 Gober, J., 3/22/03
91 500 Hatchet, E., 3/22/03	370 Vail, M., 3/15/03	525 Chiodo, D., 4/26/03	1320 Welchke, M., 8/8/03
92 500 Richardson, 3/22/03	370 Curley, P., 4/03	525 Kirchner, L., 5/10/03	1320 Wells, P., 8/16/03
93 500 Ramirez, G., 3/22/03	370 Larriese, S., 8/8/03	525 Rothe, K., 5/17/03	1317 Boutte, P., 10/25/02
94 500 Dunklin, J., 3/22/03	370 Knapski, A., 8/9/03	525 Deleon, E., 5/17/03	1317 Riffe, T., 7/20/03
95 500 Cantwell, J., 8/30/03	369 Daniels, K., 9/28/02	525 Stephens, A., 5/17/03	1317 Flores, R., 8/15/03
96 496 Allen, J., 7/5/03	369 Marxheimer, J., 11/16/02	525 Rouan, A., 7/26/03	1315 Monteagudo, M., 9/29/02
97 496 Wagner, T., 8/1/03	369 Romero, J., 11/16/02	523 Taylor, D., 12/7/02	1315 Kibler, D., 2/8/03
98 495 Kibler, D., 2/8/03	369 Vasquez, J., 11/23/02	523 Rivera, M., 4/12/03	1315 Roger, R., 3/22/03
99 495 Leblanc, P., 2/8/03	369 Newbill, F., 3/8/03	523 High, R., 6/6/03	1315 Rothe, K., 5/17/03
100 490 Ricchio, J., 9/28/02	369 Wade, T., 3/29/03	523 Riffe, T., 7/20/03	1310 Edwards, C., 2/8/03

GOTHIC CREST ▼



www.houseofpain.com

▼ BIG 3

HARDCORE

SQ+BP+DL

POWERLIFTING

STRONGMAN ▼



▼ THORN



MEGACURL ▼

PUSH YOUR LIMITS!!



NEW T'S from

HOUSE OF PAIN

III IRONWEAR III

All designs
are on the back of
preshrunk heavyweight
100% cotton T's,
with HOUSE OF PAIN logo
on left chest.

*You cannot find
tougher shirts on this planet!*

• AVAILABLE COLORS •

GOTHIC CREST: ash or black

BIG 3: ash or white

STRONGMAN: white

THORN: tan or white

MEGACURL: ash or white

ONLY \$14 each plus S&H
Sizes M-4X (add \$1 for 3X & 4X).

Call **1-888-463-7246** to order NOW!

or fax **972-772-5644**

or order online @ www.houseofpain.com

or mail your check to:

HOUSE OF PAIN P.O. Box 333 Fate, TX 75132



INZER

ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD

THE FOREVER GUARANTEE

MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT **FOREVER.**

13mm lever belt \$68
13mm buckle belt \$70
10mm buckle or lever belt \$58
Tapered buckle or lever belt \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort.

Extra firm leather will conform over time for a permanent personal fit.

Soft leather will conform to your shape more quickly.

Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style

suede both sides, suede inside only, or smooth leather both sides.

Mention this ad, get a FREE T SHIRT With each belt ordered,
3 styles available



- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.

- Highest quality suede provides non-slip surface.
- NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER

WE MAKE POWER GEAR A SCIENCE

1-800-222-6897

INZER® POWER SHOE

maximize your leverage • stabilize your body

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



SOLE MOLDED TO PERFECTION

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

INZER POWER SHOE \$119.95

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

**INZER®
ADVANCE DESIGNS**

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